

"Building knowledge on a foundation of well-being"

September 2021

Issue 04

SEMKYI RANGDA

སེམས་གྱི་རང་སྒྲུབ།

Tsoknyi Gechak Ling Voices





SCHOOL UPDATES

From last academic year until August 2021 (in chronological order)

Academic year 2020/21 started in May 2020 with online classes in Google Meet which continued until January 2021.

We also conducted our children's day program in September 2020 and annual exhibition in October 2020 online.

Three of our TGS students had covid in November along with some senior nuns (source unknown). They all recovered well without experiencing any serious symptoms. This disrupted our online classes for about two weeks but we continued to engage students through various assignments and project works.

Tsoknyi Gargon School started offering kindergarten and language classes from December 2020.

With the first wave of pandemic slowing down, TGS reopened physically in February 2021. In April 2021, second wave of pandemic started which forced us to go back to online mode again.

Just before going into second wave lockdown, we were able to conduct 'child care, protection and safeguard training' for the teachers and 'peer counseling training' for the students.

We wrapped up our academic year 2020/21 in May 2021. 11 students graduated from grade 8 to the Shedra program.

Our plan was to start our new academic session 2021/22 from June 14th 2021. But 16 of our students along with some senior nuns tested positive for covid (source unknown) and we had to postpone the start of the school year. In the meantime, teachers engaged Gargon students online. Our students and the senior nuns who had covid did not experience any serious symptoms and recovered well. We started our new academic year from July 8th 2021.

We now run Tsoknyi Gechak School fully online and Tsoknyi Gargon School partially online and partially physical.

From this academic year, we have started calling our classes with following names:

Tsoknyi Gechak School

LKG: Lotus

UKG: Lilly

1: Canna

2: Daffodil

3: Daisy

4: Jasmine

5: Orchid

6: Iris

7: Marigold

8: Sunflower

Tsoknyi Gargon School

KG: Gargon Bunnies

1: Gargon Canna

2: Gargon Daffodil

3: Gargon Daisy

4: Gargon Jasmine

5: Gargon Orchid



SCHOOL UPDATES

From last academic year until August 2021 (in chronological order continues)

TGS and Gargon team celebrated teacher's day virtually on July 23rd.



We also have been conducting our alternative Sunday meetings for planning and teacher's training purposes, weekly teachers journal sharing for knowing our students even better and alternative week teachers' review meeting for sharing teachers' best practices from their classrooms. These all happen virtually.



All of our eligible teachers, staff members and students have received vaccination against covid-19.



We have also entered into a service agreement with Ankur Counseling and Training Center, Nepal's renowned mental health counselling and training institute, to continue to provide professional expertise and support to our student peer counsellors. Our first support workshop with Ankur team was conducted in August 2021 and this will continue every month.



TGS team also helped Phakchok Rinpoche in setting up his school for his monks in Chapagaun, Lalitpur. The school's name is Samye School and it runs from kindergarten to class 5. It started from August 2021.



STUDENTS CORNER

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Thank you Pema Dolker for the cover
Page art!

GREAT PERSON

GREAT PERSON.

By meeting you
I get inner peace

I got you from god
You are divine
Your one smile
Brings peace.

Whenever I am with you
I forget my all sorrow and complains
My every moment becomes
Beautiful because
You touch my soul

May you always smile and make
this world a smiling place
Thank you for everything and
making us beautiful internally and
choosing us to walk with you.



From: RIGSANG PAIMÖ

Show that you understand...

When you plan something, if it does not work well, don't give up. Look for reasons why it is not doing well. It may need good idea. It may need to be secret.

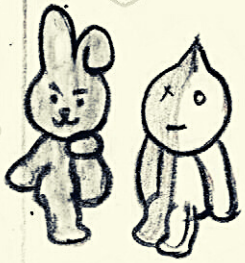
If we have problems with our friends or families, don't take more tension because it may hurt you. So, we have to make solution and solve it quickly.

Bad things have no positive effect at all. No tension, no reasoning, no hurting just understanding will things nice.

If you understand, and you show that you understand, you can love and the situation will definitely change.



By Dorje
Dorlkar



My Philosophy



All people are not good and not perfect as god. Different people have different talent to show but they need sometime to find that talent. People may hate you, people may love you. You just need to find right path and be your own hero. I believe only remember the god when they needed or when they are in grief. But the truth is that god is always within us. Don't listen to other comment cause they comment on you even when you success or fail in your goal. You don't need to change for other, let other people change there mind by your work and determination. Don't wait for opportunity create your own opportunity. Don't expect that people will come and help you. Someday the enmity will end because we need love, help and support from each other. Your



problems is not only yours it leads to another problems. Stop being selfish and show your soft heart. What we want from others is pure heart. Who have real sence, of humanity. Most people have enemy and hate each other but one day that person will will depend on you. Nothing is impossible, you are there for you. Yourself is there to make it possible by trying, working hard. All people are scared of darkness and difficulties. We all know what we feel when we have light, happiness. Like wise, It is difficult to get success the goal as everything. But when you succeed you will find light and your all ways will be clear just like pure water. No one will come and tell you to do it, you have to decide for yourself to work hard and spontaneously. No one wants to suffer and have grief. All what you need is wisdom, wisdom of being good, wisdom of humanity, wisdom of love and so many things to be become that one. You just need faith with in your heart, Dream big, think big, talk less and do more just believe in yourself.



Kunkyab Rolmo

Life Giver, my mom

If I am a plant, you are my water
You nourished me,

If I am flower, you are my vase
You hold me from falling down.

If I am shivering, you are my heater
You make me warm.

If I am a pencil, you are my eraser
you are there to ease my mistake

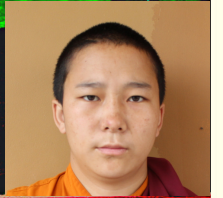
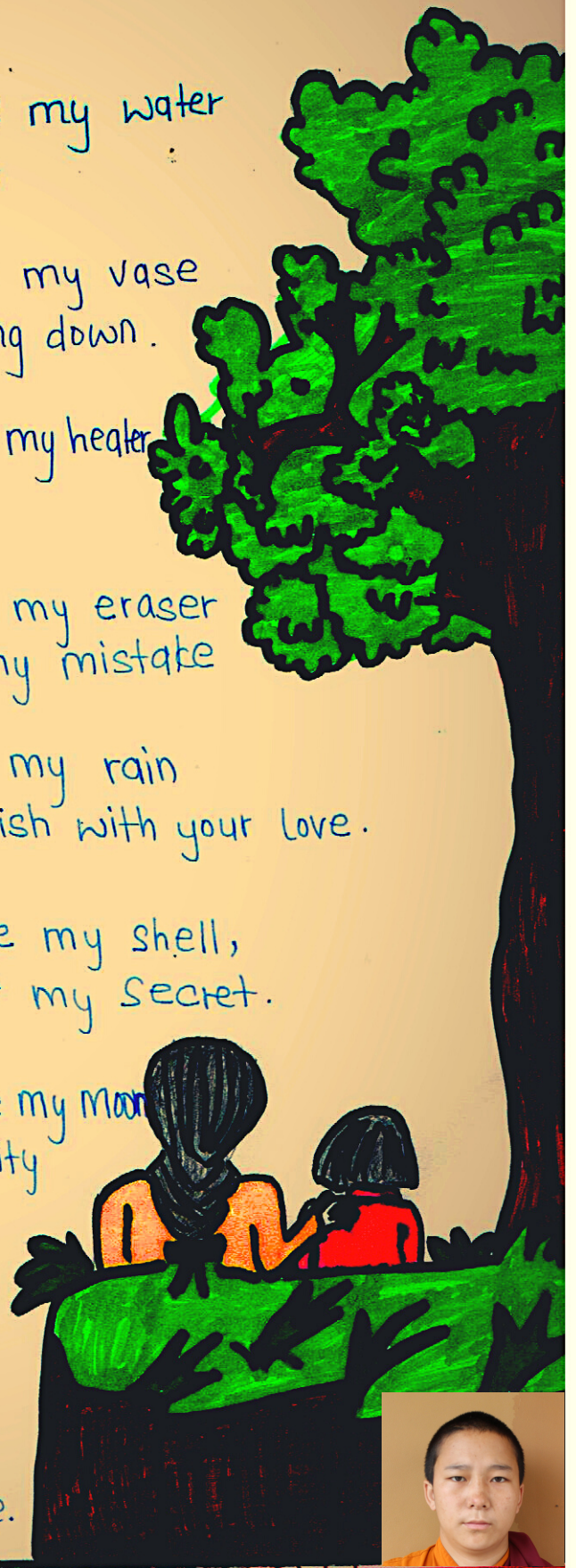
If I am a dry day, you are my rain
you are there to nourish with your love.

If I am an egg yolk, you are my shell,
you are there to cover my secret.

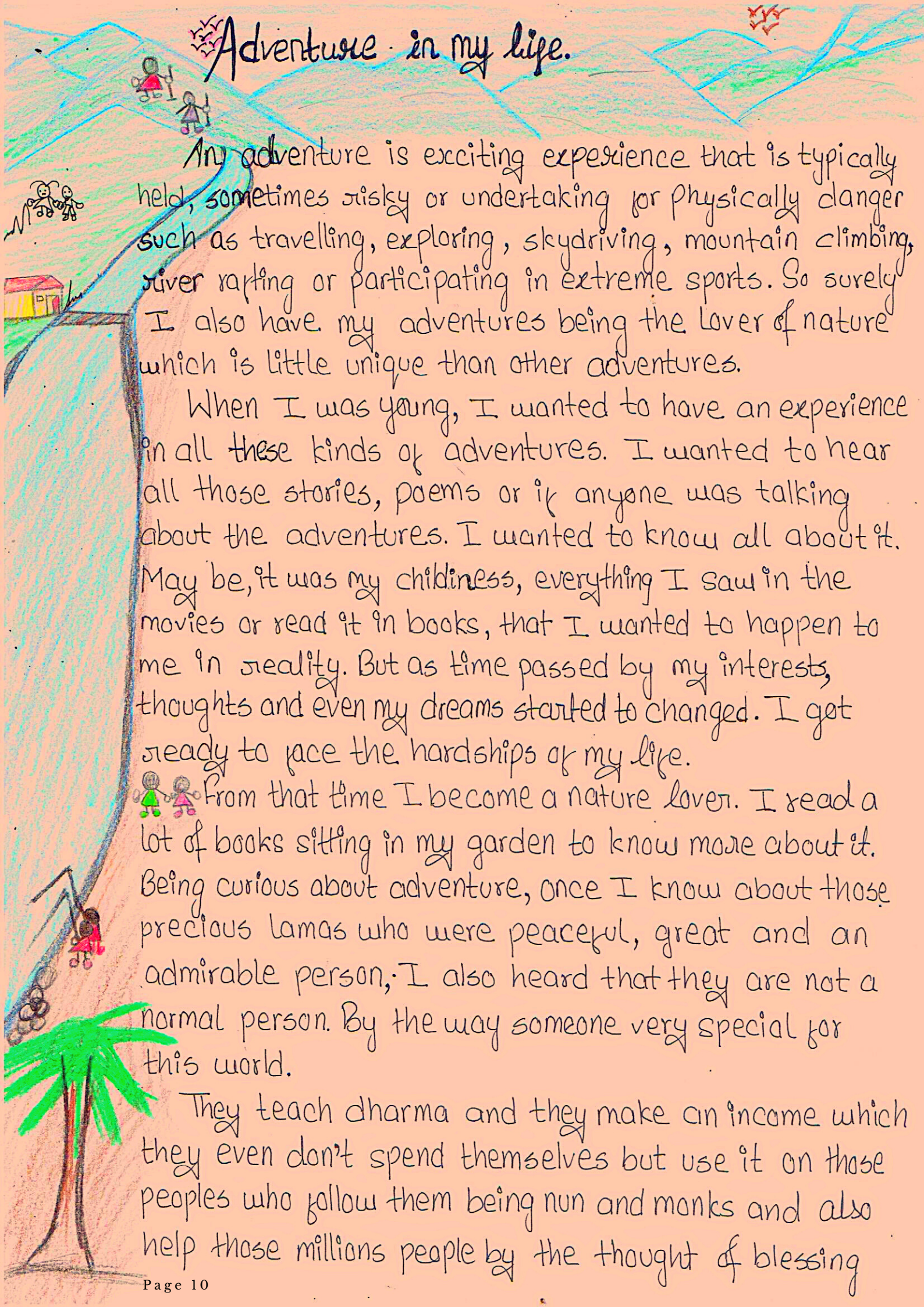
If I am a sun full of fire, you are my moon
you give me tranquillity

If I am a pen, you are my copy
you let me pen my feelings

If I am a lifeless being,
you are my source of life.



Adventure in my life.



An adventure is exciting experience that is typically held, sometimes risky or undertaking for physically danger such as travelling, exploring, skydiving, mountain climbing, river rafting or participating in extreme sports. So surely I also have my adventures being the lover of nature which is little unique than other adventures.

When I was young, I wanted to have an experience in all these kinds of adventures. I wanted to hear all those stories, poems or if anyone was talking about the adventures. I wanted to know all about it. May be, it was my childishness, everything I saw in the movies or read it in books, that I wanted to happen to me in reality. But as time passed by my interests, thoughts and even my dreams started to changed. I got ready to face the hardships of my life.

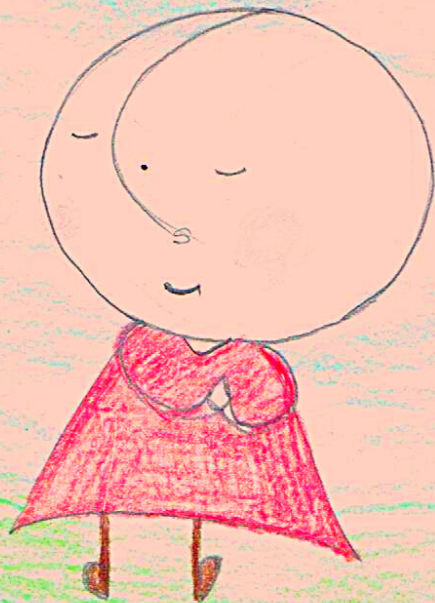
From that time I become a nature lover. I read a lot of books sitting in my garden to know more about it. Being curious about adventure, once I know about those precious lamas who were peaceful, great and an admirable person, I also heard that they are not a normal person. By the way someone very special for this world.

They teach dharma and they make an income which they even don't spend themselves but use it on those peoples who follow them being nun and monks and also help those millions people by the thought of blessing

and teaching dharma. I imagine their life without these nuns and monks, if they want that it will be an amazing life with their own parents. They can also be the richest one of the world. Surprisingly, they build a nunnery, monastery, temples and raise all those nuns and monks becoming their both teacher and more than their parents.

On that day, I realized an adventure can be here, there and anywhere but this types of peoples are rare to find in the world of 21st century. Today, I'm a nun and I also want to help people showing the right path like our Tsaknyi Rinpoche La. Now, it is biggest adventure of my life. I hope that I can do and I hope maybe I will fulfill my one lastest adventure.

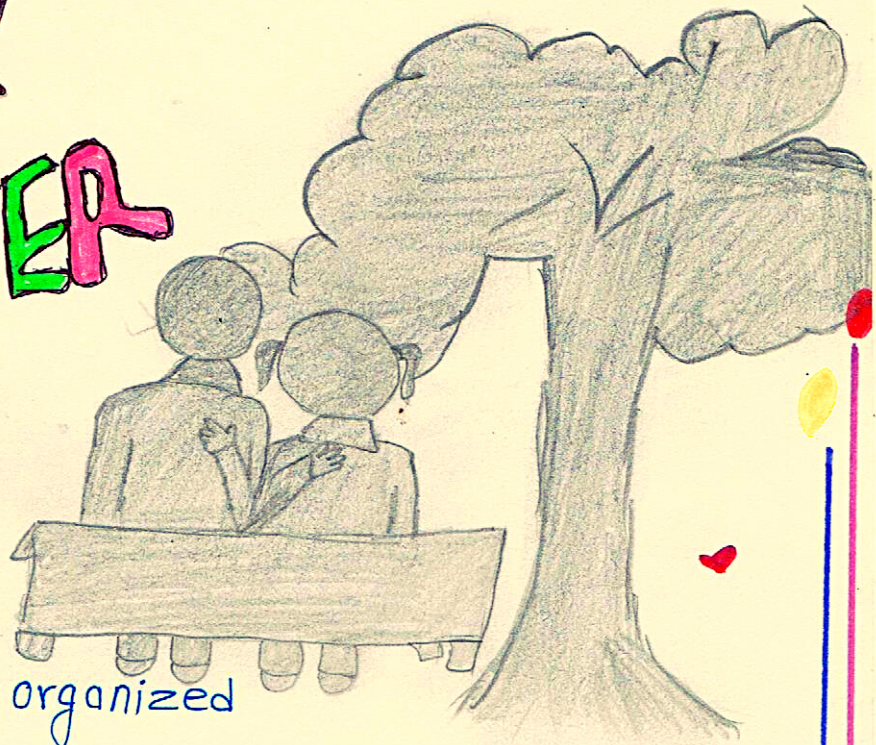
At last, I would like to say thank you so-so much Rinpoche La for everything you have done for the people of world. You make me believe and reconize myself. I feel I am also the lucky one among all the students whom you have shown the way.



-Ngakyi-Chuzin



LOST FATHER



All human beings live in organized human society. All human beings have their road to walk. People should not forget about their motivation in their life. Some have cheerful incident and some have sad incident in their life. I also have my unforgettable incident in my life.

The unforgettable incident in my life was my great papa who left this world and his family members. I could not forget this incident in my life. It was a shock to me when my sister told me that evening. It's still hurts me and makes my life full of sadness even today. It was on 10/18, Tuesday when my father left me alone in this world. I always miss my father's love, care in my life. He always supported me and helped me in my problems. Whether it was big or small when my father left me that time. I didn't get chance to see his face and I didn't get chance to meet

him in his condition. That is my big regret because I didn't meet him in that time. I always cry and even my small problems are being big becoz he was not there to solve it. It is impossible to forget him until I am alive and his love and care. Without him, there is no meaning of my life also but I also know that I need to move on - There is no joy in my life. Without him my life is empty. I miss you every moment of my life and I cherished every moment that I spent with you. Thank you for being my great father. Thank you for making my life bright with your blessing which I am always getting it from the heaven. I try to make my life just like yours and follow the foot steps that you had shown me. Love you.

People born and people die in our society. That's why we should not think only sad incident in our life because It makes our life sad. We should try not to think that kind of events. Always change your life from sadness to happiness. We have to left the past bury and present bloom. We should try to in Fluence other to live happy life.

A letter to my future

Dear future,

You might find this letter or you may not but when you receive it understand it and take the advice that I am going to give you, when you get older, you will be confused with everything. you will want a person to be with you but no, at that age you will be left alone. Every day will think that they understand you but you will know the truth thus, don't feel sad like me, Don't cry be like me.

Go through everything and stand strong. Don't be like me be a good student and focus on your studies. Make your parents proud and try your best to meet all of their expectation and make them happy like me.

But in that journey don't forget yourself always know that you are not weak just because you are a girl. When people tell you. "Don't sit like that you are a girl" or "Don't behave like that or that or don't do this and don't do that you are a girl." Do not listen to them. know that you are stronger than most of the boys and you can do everything that they can do and you can even do better.

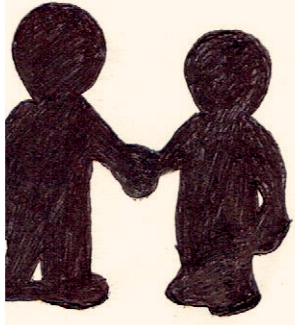
Never let your tears fall down and fly as high as

you can. you will not be able to do everything but don't underestimate yourself. you will make a lot of mistake but don't get disheartened and cry like I did. Instead be strong and learn from these mistake. Don't ever care about what other say because it will only hurt you. Don't let any one break you. Hurt is just a four-letter meaningless word care for yourself. Have faith in yourself. please understand this because I know. I know because I loved and cared for and trusted other people more than I did to myself. There were days when smiling hurt but I forced myself to laugh, so that no one will know what's wrong with me. but I don't want you to feel this way. Be happy think about yourself and be a strong person. person only then will you be able to survive in this world. Make your teachers like you because its a great blessing. I know its value because I never had that blessing bestowed on me try to make your teachers happy but never choose a favourite among your friends and enjoy your life.

I forgot to love myself and I regret that I want you to enjoy your life and your days with with your loved ones. Behave yourself and love yourself.....



Ever your
Pasang D.



A friend like you

A friend like you is always sweet.
A friend like you is always melody.
A friend like you is so true.
A friend like you is always
there for me.
A friend like you gives all the glee.
A friend like you always make
me happy.
A friend like you help me to
overcome my sadness and hurtness
A friend like you is rare to find.
It's you, yes, only you my dear
best friend "MUSIC".



Positive Thoughts

If you have positive thoughts
you can change this gloomy
world into beautiful world.

If you have positive thoughts
you can separate good from bad.

If you have positive thoughts
people around you always
love your company.

If you have positive thoughts
you can move forward
without any obstacles.

If you have positive thoughts
you can save yourself
from any situation.



By = Phardien Phardien

I AM FROM YOUR OWN GARDEN

I am not so bright to be noticed by all.

I am not top girl to be loved by all.

I am not bride to be attracted.

Even i'm not groom to be awesome

I am not award to be target of player.

Actually i'm not just perfect to be your friend.

I am not story teller to be heard by all.

May be i'm not internally beautiful to be liked by you all.

I'm not so famous to be known by all.

I am not as your friend to be loved by you.

I am not feelingless to be selfish about all.

I am not happy sign to smile everyday.

I am not so rich to fulfil your every desires.

I am not machine to work all day.

I am not fairy to make everything possible

I am not brilliant to understand all

I am not too fool to know nothing.

I'm not bitter to be isolated among sweets - yeah may

be i am not same as you. May be i am unique but that's the truth that i am from your own garden - i am a girl and

I am your own sister

your Rangsong 'i'



'Some Animals Saw Beautiful World'

This world is beautiful. It is created by the god equally for all. Trees, plants, human beings, animals all are equal. But with the developed human being think they are the superior. Now, they are mistreating all the other things. Animals also are living beings. Like us they have feeling, desire, wants, needs, family. We are all same in wanting happiness and not wanting suffering. So, we must need to treat them as our own family, we should try to understand their feelings and needs. We shouldn't be so selfish to sacrifice programs, to protect animals rights. People can learn to not do such violence like killing animals, torturing them, sacrifice their life. People sacrifice animals in the name of culture, tradition and superstition beliefs. They also kill them during different festivals. They kill in the name of god and goddess. So, we should not practice such bad things. Speechless animals can not talk. We live by the death of others. Animals do not give their life to us. Just like you don't like pain animals also don't like

being tortured. Respect and compassion
as you treat yourself. "And god said"
I have provided all kind of grain and
kinds of fruits for you to eat.
But for the wild animal and for
the birds I have provided grass and
leafy plants for food.

To stop sinful action. To keep
the heart neat and clean. There fore
other are more important than you. You
must not eat meat because the life is in the
blood. Animals are my friends and I
don't eat my friends. Save animals and
save this beautiful words.



Nyungtho P

विश्वास

विपरीत आफू सामो भयो
 उसको लोहीत सुनाएको धिया
 कसलाई गलत ठहराउ म
 सोचौ नसक्ने भयो

खुसी भएर पाइन्छ भयो
 भाँडा छैन काँडा छ उसको राम
 अन्धमको यो दुनियाँमा
 कसको गरौ म विश्वास

सुनको इशारा म काँडा लुक्छु र
 गलत र सहीलाई कसरी छुट्याउ ?
 सोनो देखेलाई छोर भो भन्छु
 भनको हलो भान्जालाई कसरी लुकाउ ?

केही सठा रक्खु छु संसारमा
 तर छोर कठिनलाई कसरी हटाउ ?
 भएलागे त सुनै सहिने धिया
 गलत हो भयो विश्वास कसलाई गरौ ?

विपरीत ग्रह देखिने मान्छे छन्
 कसको हात समाउ म आफैँ जन्दिने
 सुखलाई साथ दिए अर्कोलाई दुःख देहाई
 कसरी यसको व्यवस्था गर्ने म जाहेरन ।

सुखै कुरालाई कसले गलत ठहराउ
 व्यथालाई सहि कुनैले भन्छलाई पछाड ?
 दुनियाँमा विपत्ता म अन्धमलाई छु
 कसको कुरालाई म सुना ?

देखाउ र लोखो अलग देखा
 म कुनलाई सहि हो भयो विश्वासले
 विपत्ता भएर खुली बल्छे भयो
 यस्तै प्रश्न आनि निरासले



An ode to my sister

Everyone should have a sister
Just the way I do
I feel the luckiest younger
To have a sister like you.



One who has shown me path
who knows my destination
when she sees my tears
her heart also cries.

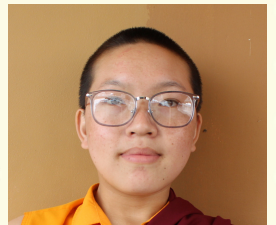
One has motivated me
and corrected my every mistake
when I give up my dream
She was totally broke down



Somehow you never change for others
Being for me, never loose yourself
You are the one who make me dream again
So, would like to say "Thank you so much?"



-Ngakyi Chuzin.



'My Little Lily'



In this world all people have their own favourite things and among them my favourite thing is little bit different and my favourite thing is Dairy. I Love to write in my Dairy. when I feel sad, alone, angry, happy and what ever I always share with my Dairy. And also my Dairy looks like a paper but for me that is really meaningful and I really love it. I don't know why when I feel sad or anything happy then I write in my Dairy. Then I feel happy and be comfortable. I love my Dairy so much. Every one said my best friend is Dairy and its true that my best friend is Dairy but it doesn't mean that I don't have friend at all. Yes, I have many friends but my comfortzone is Dairy. I wish it could talk with me, share her own feeling with me. I also take care of it really nicely. I always want to make it beautiful. Everyone of us want to look beautiful, right? so, I think when I make it because I also make it beautiful with my words, it is like a meditation for me like for calm, peace. People do meditation but I write dairy and I am trying to find out who am I by writing on it. oh.. I forget to tell that I have name it 'Little Lily'. So it sounds like girl name. I love her she memorizes my sorrow and happiness whatever happening in my life. I trust her very much. she cannot speak but I can talk with her and share everything and I know this is the one who never breaks my trust...

TEACHERS CORNER

Featuring some of the outstanding journals kept by our teachers

Curiosity by Ms. Ritu
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Culture opens the sense of beauty by Ms. Laxmi
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One day in my class... by Ms. Shristi
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New day by Ms. Dipty
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A Genla's journal by Genla Dolma Lhamo
Page 30-31





CURIOSITY



I want to fly
and live there...



22 February, 2021

I was explaining on the topic Solar System in class four. As, I came to the point for explanation on the moon relatively and told there is no air and water in the moon, so life is not possible there - - - . One of the students said, "Then we will take water from the earth in the plane and we will reside there".

I said, "It's not possible, we need oxygen too".

"Then, how do astronauts travel to the moon?", again she asked a question.

I told that they take oxygen cylinders from earth.

She again responded, "We will also carry Oxygen Cylinders".

I asked, "Once the whole water and oxygen cylinder finishes, what will you do then?"

She replied "We will head back to the earth".

I responded "And again you want to go back to the moon with oxygen and water for these huge mass of population, yes?"

She said, "Yes."

Everybody in the class giggled and told that it's not possible.

I replied the same, "Yeah, it's not possible. It requires lot of equipments and Human resources with huge expenses. Plus there is no gravity. You will always fly."

She again said "Wow! it's more joyful. Everybody will fly. Miss, will our poop and pee also fly?"

Everybody shrank their face and reacted "Yuck!"

Yeah! I told if it is lighter than the gravity of the moon.

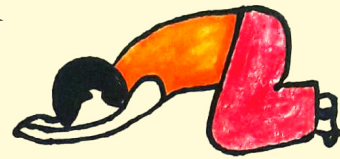
Observing lots of questions arising in her head, I suggested her maybe one day she could invent a tool that will easily pump water from earth directly to the moon. "You will become a scientist", I said.

"Wow! do child can be a scientist?" she again questioned

"Of course!, invent any new things, you or everybody else will be regarded as a scientist", I replied.



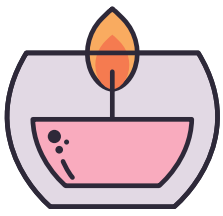
Ms. Laxmi



Culture Opens The Sense Of Beauty

My favorite observation of 12th April 2021 Monday in the Kindergarten was when I saw one new kid who doesnot understand Nepali language did half body prostration during our praytime. At that time we all were reciting Green Tara Prayer -

“OM TARE TU TARE TURE SOHA” with full devotion and that kid was sitting in her own place in a circle did three times prostration then she simply close her eyes with joining her hands in namaste mudra until other kids finished the prayer.



ONE DAY IN MY CLASS...



Ms. Shristi

I call my students my kids as they are very close to my heart and this journal is very special to me as we all missed our families together one day in my class.

On 5th April 2021, I was in class two trying to help them hang the solar system model we recently built. While we were doing it, some students noticed my wet T-shirt. They started whispering and staring at me. I asked them what happened but they didn't answer me. I asked again and one of the students told me that my T-shirt was suddenly wet. While I was trying to figure that out myself, another student told me that my baby boy must be hungry at home. It melted my heart.



I became mother to a baby boy in October 2020. His name is Vipashya. After my maternity leave and reopening of school after covid, I started coming to school physically from March 2021. Sometimes I brought him with me to school but sometimes I left him with my family. That day, I left him with my family. My T-shirt was wet because I couldn't breastfeed him on time.

That day we continued with the topic of mothers and breastmilk. Some students told me how they miss their mothers and their childhood memories of breastfeeding. Everyone missed their families. As I was also missing Vipashya, one suddenly came to me and hugged me really tight and said, we are also your kids, aren't we? You are our mother too. I smiled and said yes. We wrapped up class with a tight group hug. I was very happy to see their face glowing with our shared love.



NEW DAY



Ms. Dipty

Memories are sometimes sweet like a sugarcane and sometimes bitter like a bitter ground. This is my bittersweet memory from some months back.

I was in class four. In the morning meeting, we usually share our stories with each other and we talk about what we can learn from the stories. I love my students equally but I should confess that I have soft corner to this particular little one who shared her story that day. Her sweet smile always melts my heart and makes my day.

Her story from that day melted my heart for her even more. She first hesitated to share her story but slowly she revealed her story. 'Miss I never liked my father because I had only seen him angry and dissatisfied with everything. He made my and my mom's life really depressing. He was an alcoholic and always beat my mother so bitterly without any motive. My grandpa and the neighbors came to my house and saved my mom's life. That was so confusing to me because I didn't know what was going around and why my father was doing all these! I simply stared at my mom and wept with her.'

With tears in her eyes, she further shared, her father tried to punch her too but her mom always protected her. "Miss, I couldn't do that for my mom but she always hovered over me." After this there was a long silence in our class. I tried to break that silence and asked where her parents were. She said she doesn't know about her father as he has disappeared. "Miss, I am glad that he did that. Now my mom is at Bouddha, and I am so happy for her that she finally has a peaceful and new life." She gave me that sweet smile again. Her face was so bright and cheerful while sharing these last few lines. Her smile made me think that she had let go of her past and was happy for the present moment not like me as I am still clung onto some past memories.

སློབ་མ་གཅིག་གི་བྱ་སྤྱོད་ལ་རྟེན་ནས་དགོ་ཆུན་གྱི་སྤོང་ཚུལ།

སྤྱིར་སློབ་མ་རྣམས་ཀྱི་བྱ་སྤྱོད་མི་འདྲ་བ་རེ་ཡོད་པ་ལ་རྟེན་ནས་དགོ་ཆུན་རྣམས་ཀྱི་སྤོང་ཚོར་ཡང་མི་འདྲ་བ་རེ་ཡོད་པས་དེ་དང་མཐུན་པ་ཚོགས་གཉིས་དགོ་ཆུན་སྤོང་གི་སློབ་གྲྭ་འདྲིའི་སྤྱི་ལོ། ༡༩༠༩ ལོ་ལ་སློབ་མ་གཅིག་གི་བྱ་སྤྱོད་ལ་རྟེན་ནས་དགོ་ཆུན་གྱི་སྤོང་ཚུལ་མདོར་ཅན་ལྟར། སློབ་ཕྱུག་རྣམས་ཀྱི་གཤེས་སྤྱོད་གསལ་པོ་ཞིག་ཤེས་པར་བྱ་བ་ལ་ངེས་པར་དུ་སློབ་ཕྱུག་དང་འབྲེལ་པའི་སློབ་སྤྱི་བ་དང་དགོ་ཆུན་སོགས་བྱེད་དགོས་པར་ངའི་ཚོར་སྣང་ཚེན་པོ་ཞིག་བྱུང་སོང་། ང་རང་གི་ངོས་ནས་བསམ་ན་དེ་སྟོན་སློབ་ཕྱུག་རྣམས་ཀྱི་གཤེས་སྤྱོད་གང་ཡང་ཤེས་ཕྱབ་གྱི་མེད།

བརྗོད་གཞི་དངོས་ནི།

ང་རང་དགོ་ཆུན་བྱེད་པའི་ལོ་དེའི་སྐབས་སུ་འཇོམ་སྤོང་གང་སར་ཁྱབ་པའི་རྟོག་དབྱིབ་ནད་ཀྱི་དཀའ་ངལ་བྱུང་དང་བྱུང་བཞིན་པ་ཡིན་པའི་དེ་དུས་སྤྱིའི་དགོ་ཆུན་རྣམས་ནང་ལ་ཐེབས་མ་ཕྱབ་པའི་རྐྱེན་གྱི་ནང་རང་དགོ་ཆུན་ལོད་པའི་དགོ་ཆུན་རྣམས་སྟོན་དང་མི་འདྲ་བའི་ལྷག་པར་དུ་ལྷ་དགོས་བྱུང་སོང་། འཇོམ་གྱི་འགོ་བཅུགས་རྣམས་ཟླ་བ་གཅིག་ཙམ་འགོ་ཚར་པའི་རྗེས་ལ་རྟེན་གཅིག་ངས་སྤྱོད་ཡིག་གི་སློབ་ཚན་བྲིད་བཞིན་པའི་སྐབས་སུ་སློབ་མ་གཅིག་གི་སྤྱི་ལོ་མི་རུང་པའི་ཚོགས་བཅོམ་པོ་ཞིག་བཤད་སོང་། སློབ་ཕྱུག་གི་མིང་འབོད་ནས་དེ་འདྲ་ཚོགས་ངན་པ་དེ་ཚོ་བཤད་ཡོད་མ་རེད་ཞེས་ཚོགས་འཇུག་པའི་སྐོར་ནས་ལྟ་ཡིན། ད་དུང་ཉན་མ་སོང་དེ་ལས་མང་དུ་བཤད་སོང་། ང་དཔེ་མི་སྤྱིའི་ཉེ་ལས་སོང་གང་ཡིན་ལྟར་ད་ལྟ་བར་འཇོམ་གྱི་ཚོགས་བཞིན་པའི་སྐབས་སུ་དེ་འདྲ་བས་ཚོགས་བཅོམ་པོ་བཤད་པ་གོ་སྤོང་མེད་ཀྱང་དེ་དུས་འཇོམ་གྱི་གོགས་མོ་རྣམས་ལ་ཉེ་ལས་པའི་ཚོར་སྣང་གང་ཡང་བྱུང་མི་འདུག། ངས་སློབ་ཚན་བྲིད་ཡོད་མཚམས་བཞག་ནས་སློབ་ཕྱུག་དེ་ལ་དམིགས་བསལ་གྱི་སློབ་གསོ་བརྒྱགས་ཡིན། དེའི་རྗེས་ལ་ང་ལ་བསམ་སྟོ་མང་པོ་ཞིག་འཁོར་སོང་དེ་ལྟ་བུ་སློབ་ཕྱུག་གི་བྱ་སྤྱོད་ལ་བརྟེན་ནས་དགོ་ཆུན་ལ་གུས་ཞབས་མེད་པའམ་སློབ་གོགས་ལ་ངོ་ཚ་མེད་པ་ཞིག་ཚོར་བྱུང་། དེ་འདྲ་སྤྱོད་ལམ་ངན་པ་དེ་དག་དགོ་ཆུན་ང་ལྟ་བུ་གཅིག་ལས་མ་གཏོགས་གཞན་ཚང་མ་ལ་དེ་འདྲ་སྟོན་གྱི་ཡོད་ན་བསམ་བྱུང་། དེ་དུས་དགོ་ཆུན་གཞན་པ་རྣམས་ཀྱང་དུ་ཐོག་ནས་འཇོམ་གྱི་བྲིད་བཞིན་པ་ཡིན་ཅང་ངས་ལྟ་སྟོར་འགོ་པའི་སྐབས་སུ་དགོ་ཆུན་གཞན་པ་ལ་ཡང་རྣམ་འགྱུར་དེ་སྤྱིར་ནང་བཞིན་སྟོན་པ་མཐོང་སོང་། མོ་རང་གི་སྤོང་ངན་དེ་འདྲ་སྟོན་པ་ལ་བརྟེན་ནས་རྟེན་སྤྱི་མ་དེ་ཚོ་རང་ཉིད་འཇོམ་གྱི་ཚོགས་བཞིན་པ་ཡིན་ན་འདྲ་སྤྱིའི་དགོ་ཆུན་རྣམས་དུ་ཐོག་ནས་འཇོམ་གྱི་ཚོགས་བཞིན་པའི་སྐབས་སུ་ཡིན་ན་ཡང་འདྲ་དམིགས་བསལ་གྱི་དོ་སྣང་ངམ་སེམས་ཁྱུར་དེ་

སློབ་ཕྲུག་དེ་བཟོན་སྤངས་ཉན་སྤངས་སོགས་ལ་སྟེར་ཤོར་འགོ་སོང་། བྱིབ་ཚགས་བྱས་ནས་བརྟུག་དབྱུང་བྱེད་
 པའི་སྐབས་སུ་སློབ་ཕྲུག་དེ་ལ་སློན་མང་དུ་མཐོང་སོང་། འཛིན་ཁང་ནང་ལ་མཚམས་རེ་རྐང་བ་བརྒྱངས་ནས་
 བཟུང་ཡ་དང་མཚམས་རེ་གྲོན་ཆས་རྣམས་ཀྱང་ཚུལ་བཞིན་དུ་མི་གྲོན་ཡ་འདྲ་པོ་མང་པོ་མཐོང་སོང་། ཉེན་
 གཅིག་མོ་རང་གི་ལོ་ལྔ་མའི་བོད་ཡིག་དགོ་རྒྱུ་ལགས་ལ་ཡང་མོའི་སློབ་ལམ་སྐོར་ལ་སྐད་ཆ་དྲིས་ཡིན་མོ་ལ་སློབ་
 གསོ་བརྟུག་ན་སྟུག་དུ་བཏང་ཡ་ལ་སོགས་པ་སྔ་མ་ནས་ཡོད་རེད་གསུངས་སོང་། གཞི་ནས་མོའི་སློབ་པ་ང་གཅིག་
 པོ་ལ་སློན་པ་མ་རེད་བཞག་དགོ་རྒྱུ་གཞན་པ་ལ་ཡང་དེ་འདྲ་སློན་གྱི་འདུག་བསམ་བྱུང་། སློབ་པ་དེ་འགྱུར་
 ཡག་ལ་ཐབས་ཤེས་ག་རེ་འདྲ་པོ་ཚོལ་དགོས་ས་རེད་ངས་བསམ་སྟོ་མང་པོ་ཞིག་བཏང་ཡིན། སློབ་ཕྲུག་འགའ་
 ཤས་དྲག་པོས་འདུལ་བྱབ་པ་དང་འགའ་ཤས་ཞི་བས་འདུལ་བྱབ་པ། འགའ་ཤས་བསྟོན་ལྟགས་བཏང་སྟེ་
 འདུལ་བྱབ་པ་བཅས་སློབ་མ་འདུལ་ཐབས་སྣ་ཚོགས་ཡོད་ཀྱང་ངས་མོ་ལ་ག་རེ་ཐབས་ཤེས་བྱས་ཀྱང་ཕན་མ་
 སོང་།མཐའ་མ་ལ་ངས་སེམས་གཏོང་ནས་སྟོང་རྗེ་དྲག་པོ་སྟེད་སོང་མི་རེ་རེ་ལ་གཤེས་སློབ་མི་འདྲ་བ་ཡོད་པས་དེ་
 མོ་རང་གི་གཤེས་སློབ་ཞིག་ཡིན་པ་ངས་ཤེས་སོང་དེ་མ་ཟད་ལོ་ན་ཡང་ཚུང་ཚུང་ཞིག་རེད་འདུག་སྟོ་བྱར་དུ་
 འགྱུར་བ་གཏོང་ཡ་ལ་དཀའ་ལས་ཁག་པོ་ཡོད་ཅང་། དང་པོ་དགོ་རྒྱུ་སུ་འདྲ་ཞིག་ཡིན་ཅུང་སློབ་མ་དེ་
 དང་དེའི་སློབ་པ་དང་། རིག་པ་གོམས་གཤེས་སོགས་ངོས་ཤེས་པ་བྱེད་རྒྱ་ཏུ་ཅང་གལ་ཆེན་པོ་ཞིག་ཡིན་
 པ་ཚོར་སོང་།

མཇུག་གི་གཏམ་

གོང་དུ་བཤད་པའི་སྐད་ཆ་རྣམས་རང་ངོས་ནས་བཅོས་བཅོ་དང་། འུད་བརྗོད་བྱས་པ་མིན་པར་རང་ཉིད་གྱི་
 མྱོང་ཚོར་དངོས་བཤད་པ་ཡིན། ཉམས་སྤོང་གི་སྐད་ཆ་དེ་དག་བདེན་པ་ཡིན་པའི་ངེས་པ་མེད། ལས་དབང་
 གཅིག་པའི་དགོ་རྒྱུ་རྣམས་ལ་རྟེན་ནས་སློབ་བྱིད་གྱི་བྱ་བཞག་རྣམས་ལམ་སྟོང་དང་། ཕན་ལུས་ལྡན་པ། ལྷབས་
 ཆེན་གྱི་དགོ་རྒྱུ་ཞིག་ཞིག་ཏུ་འགྱུར་རྒྱུར་བ་དམིགས་ནས་རང་ཉིད་གྱི་བསམ་ཚུལ་བརྗོད་པ་ཅམ་ཡིན་ནོ། དེ་དག་
 བེད་དགོ་རྒྱུ་དཀའ་མ་ཞིག་གི་ཡུན་རིང་སེམས་དུ་ཉར་བའི་སྟོང་གཏམ་ཅམ་ཞིག་ཡིན་དམིགས་བསམ་གྱི་གནད་
 ངོན་གང་ཡང་མིན་ནོ། མྱོང་ཚུལ་དེ། ༡༠༡༧༩ ཉེན་ལ་འབྲི་བ་དགོའོ།

སྟོལ་མ་ལྷ་མོ།

སྟོང་ཐག་པ་ནས་བྱགས་རྗེ་ཆེ་གནང་བྱ་རྒྱུ་ཡིན།



Genla Dolma Lhamo

COMMUNITY CORNER



ཐོག་མར་རྣམ་པ་ལྟན་རྒྱས་ལ་འཚམས་འདྲི་བཀའ་ཤེས་བདེ་ལེགས་ལྷན་
 ངའི་མིང་ལ་དག་དབང་ཚོས་མཚོ་ཡིན། སྤྱི་ལོ་2012 ལོར་ངས་ཚོགས་གཉིས་
 དགོ་ཆགས་སྤིང་གི་བཤད་གྲུ་ནས་ལོ་རིམ་དགུ་པའི་སློབ་མཐར་ཕྱིན་པ་ཡིན། སྤྱི་ལོ་
2020 ལོར་བདག་ལ་བཀའ་དྲིན་གསུམ་ལྟན་གྱི་ཅ་བའི་སླ་མ་སྐབས་མེ་ཚོགས་
 གཉིས་རིན་པོ་ཆེ་མཚོག་དང་བདག་ལ་སླང་དོར་གྱི་གནས་བཟུན་པའི་དགོ་བའི་
 བཤེས་གཉེན་དམ་པ་མཁན་པོ་དོར་མེ་དབང་ཕུག་ལགས་སོགས་པ་རྣམས་ཀྱིས་
 དགོན་པའི་དོས་ནས་གཞི་རིམ་སློབ་གྲར་ལྟོག་བྱེད་མཁན་ལ་བསྐོས་གནང་
 སོང་། ཁོང་རྣམས་པའི་བཀའ་གསུང་བཞིན་གུས་མོ་རང་ཉིད་ཀྱིས་རང་རུས་
 གང་སྟོ་ནས་རུས་པ་བཏོན་ཏེ་དད་གུས་སྤོ་གསུམ་གྱིས་སྟོ་ནས་ཞབས་ཏོག་ལྷན་
 དང་ལྷན་བཞིན་པ་ཡིན། ད་རེས་ངས་རང་རེའི་ཁོར་ལུག་གཅིག་པའི་སློབ་གྲུ་འདིར་
 ལྟོག་པའི་མིང་ལྷན་ནས་ཞབས་ཏོག་ལྷན་བའི་གོ་སྐབས་རགས་པ་འདི་ང་རང་ཉིད་
 ལ་མཚོན་ན་ཏེ་ཅང་བསོད་ནམས་ཆེན་པོ་ཞིག་ཡིན་པར་ངོ་འཛིན་བྱེད་ཀྱིས་ཡོད།
 སློབ་གྲུ་འདིར་ལས་ཀ་བྱས་ནས་ལོ་གཅིག་ལྷག་ཙམ་ཕྱིན་སོང་། ལོ་ཟླ་དེའི་རིང་ལ་
 ངས་སློབ་གྲུའི་ལས་བྱེད་པ་རྣམས་དང་སློབ་ཕུག་རྣམས་དང་ལྟན་དུ་མཉམ་འབྲེལ་
 བྱས་པའི་གོ་སྐབས་དང་རང་རྒྱུད་ལ་ཡང་སྤར་མེད་པའི་ཉམས་སྦྱོང་གསར་པ་མང་
 པོ་ཞིག་ཐོབ་པས་དགའ་བོ་བྱུང་། ད་ཅུང་ཟུ་མཐུད་ནས་མ་འོངས་པར་ལྷག་བསམ་
 དཀར་པོའི་སྤྲིང་དབུས་ནས་ཞབས་བསུ་ལྷན་བྱུང་བའི་རེ་སྟོན་ཡོད། སྤང་མར་
 ཐུགས་མེ་ཆེ་གནང་ལྷན་འདོད་བྱུང་།



Ani Ngawang Chotso

MANAGING COVID IN TGL

Tashi Lhamo
TGL Residential Nurse

Its been a year that I have been working in TGL nunnery as a Residential Nurse, and my experience here is wonderful indeed. With this opportunity to share my experiences, I would like to write about times during Covid. During 1st and 2nd Covid outbreak in our nunnery where some of our nuns tested positive, initially dealing with it was quite tough as we have many nuns living together here in one place. But with the blessings of our Rinpoche la, help from our ani genla, residential staffs, our school principal Ms. Rashmi and Nurse Marsha, everything happened to manage well by providing best possible care to our all nuns.

As of now, our nuns have recovered well and are continuing with their own activities like online classes, holding prayers etc. with following certain precautions such as wearing mask and maintaining distances.

Our all elder nuns had received Covid vaccination whereas our small nuns below 18 have been vaccinated with flu shot and provided Tibetan herbal medicine for immunity booster. I believe our nuns are safer and well protected now.



SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Kunchok Dolker

༼ སློབ་གྲྭ་ ༽

གཞི་ སློབ་སློབ་གྲྭ་ཞེས་པ་ནི་ཤེས་ཡོན་ཡར་རྒྱས་གཏོང་སའི་གནས་སམ་གཞི་ཞིག་ལ་ཟེར།།
ཀྱི་འདིར་སློབ་དེད་དུས་ཀྱི་ཤེས་ཡོན་དང་ལྷན་པར་དུ་ནང་ཚམ་སློབ་བྱིན་གནང་ཞིང་
སློབ་བཟུང་བྱེད་པ་ལ་བརྟེན་ནས་མ་འོངས་པ་ནི་སློབ་ཚུགས་དང་སངས་རྒྱལ་གྱི་བསྐྱེད་པ་
དང་སེམས་ཅན་ཐམས་ཅད་ལ་ཕན་ཐོག་རྒྱ་ཆེན་པོ་ཡོང་གི་ཡོད་པ་མ་ཟད་སྐད་རིགས་
ལྷ་ཚོགས་ལ་མི་ཚོངས་ཤིང་མཐོང་རྒྱ་ཆེ་ཞིང་ཐོས་རྒྱ་ཆེ་བ་དང་རང་གཞན་གཉིས་ཀའི་
དོན་དུ་བསམ་སློབ་གཏོང་སྤངས་ཏེ་ཅང་གུ་ཡངས་པོ་དང་རྣམ་དཔྱོད་ཀྱི་རྩལ་གསར་དུ་
བསྐྱེད་པ་ལ་སོགས་པ་ཞིག་ལ་ངོས་འཛིན་བྱེད་ཀྱི་ཡོད།།

SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Tsering Chodron

We learn new knowledge from school. It makes many people's lives easier, skillful, beautiful and meaningful. I never went to school in my entire life and because of that I find certain aspects of my life very challenging.

When I see our young nuns getting school education, I feel really happy for them. I hope that one day they are going to make our Rinpoche and all of us proud.

SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Kunchok Yangchen

༄༅། ལོ། ༢༠༢༡ ལོར་ ཚོགས་གཉིས་དག་ཆགས་སྤང་གི་མགོན་
—— པ་ནས་ངོ་གཏུགས་ཀྱི་འདྲི་སྤྲོད་།

༡ རྒྱུ་སློབ་ལྷན་གཙུག་དགོས་པའི་རྒྱ་མཚན་ནི།

འཇོམ་སྤོང་སྤྱོད་ངོ་ནས་སློབ་ལྷན་ཞི་པ་འདྲི་མེད་དུ་མི་རུང་བ་ཞིག་ཆགས་བརྗོད་ཀྱི་ཡོད་པ་དང་།
སློབ་ལྷན་ལ་བརྟེན་ནས་སྤྱི་ཚོགས་ཀྱི་ཡར་རྒྱས་གཏོང་བའུ་བའི་རུས་པ་ལ་སོགས་པ་ཡོད།
དཔེར་ན་མི་ཞིག་ལ་རྒྱུ་ལག་ཆ་ཚང་དང་བ་ནང་བཞིན་འདྲི་སློབ་ལྷན་ལ་བརྟེན་ནས་འབྲུང་གི་ཡོད།

༢ རྒྱུ་ལག་ལྷན་གཙུག་གཉིས་རིན་པོ་ཆེའི་སློབ་ལྷན་གཙུག་དགོས་པའི་རྒྱ་མཚན་ནི།

སློབ་ལྷན་ཁོ་རང་ཚོའི་མ་འོང་པའི་མི་ཚོ་འདྲི་མེད་མཁུན་ལམ་ཡག་པོ་འོང་པའི་ཆད་དུ་དང་།
དགོན་པ་ངོ་ནས་ཡར་རྒྱས་གཏོང་བར་བྱེད་པ་ལ་སློབ་ལྷན་འདྲི་མེད་དུ་མི་རུང་བ་ཞིག་རེད།
རིན་པོ་ཆེའི་སྤྱགས་ཀྱི་བཞེད་དགོངས་ཆེ་ཤོས་ཀྱང་སློབ་ལྷན་ལ་ཡོད།

སློབ་ལྷན་འདྲི་ཡག་པོ་ཞིག་འབྲུང་བ་ཡིན་ན་རྒྱུ་ལག་ལྷན་འདྲི་མེད་མིན་གྱི་ཚོགས་ནས་ནང་ཚོས་འདྲི་སེམས་
ཅན་ཐམས་ཅད་ལ་པན་ཚོགས་པའི་རེ་བ་ཡོད་དོ།

སྤྱགས་རྗེ་ཆེ།

བརྒྱུན་མ་དགོན་མཚོག་དབྱུངས་ཅན།

SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Yeshe Dolma

སློབ་གྲྀ

༡༥ སློབ་གྲྀ་ཞེས་པ་ནི་རྒྱ་དམག་ལྷ་ཚོགས་རྒྱ་དམག་གི་འབྲི་སློབ་ཉན་བཤད་སོགས་སྤྱིར་སློབ་སྦྱོང་གང་
ཞེས་ཡིན་ཀྱང་དེའི་རྒྱ་དམག་གི་ཞེས་ཚད་མེད་དུ་མི་རུང་བས་མཐོ་རིམ་སློབ་གྲྀའི་འབྲུག་གཞིར་
འབྲུག་པ་ཞེས་ལ་དོས་བཟུང་གིས་ཡོད།

༡༦ དེ་ལྟར་སློབ་གྲྀ་གཞུག་དགོས་དོན་ནི་དང་དུས་དང་མཐུན་པའི་ཞེས་ཡོན་དང་རྒྱ་དམག་སྤྱི་
ཚོགས་ཡོད་པ་དང་། རང་བཞིན་གཞེས་ཀའི་མི་ཚོ་ལ་ཞེས་ཡོན་དེ་ཕན་བའི་ལག་ལེན་སྤྱོད་པ་དང་།

༡༧ སློབ་སྦྱོང་སྤྱིར་ཙམ་མ་ཡིན་པར་ལྷན་དུ་གསུམ་གྱི་སྦྱོང་བའང་བཟང་སྦྱོང་དུ་འབྲུག་ཐུབ་
པའི་ཚེད་དུ་ཡིན་ལོ།

SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Tsultrim Palmo

༄༅། ལྷོ་ལོ་༢༠༢༡་ལོར་ཚོགས་གནིས་དགེ་ཆགས་སྒྲིང་གི་
 དགོན་པ་ནས་ངོ་གཏུགས་ཀྱི་འདྲི་སྒྲིང་།

སྒྲིབ་སྒོལ་གྱི་གཞུག་དགོས་པའི་རྒྱ་མཚན་ནི།
 སྒོལ་གྱི་ཞེས་པ་དེ་དཔེ་མི་སྲིད་ཅ་ཚེན་པོ་ཞིག་བསམ་གྱི་ཡོད་གང་ཡིན་ལྟར་
 འཇམ་བུ་སྒྲིང་གི་ངོ་ནས་ཡར་རྒྱས་གཏོང་དགོས་ན་སྒོལ་གྱི་དེ་མེད་དུ་མི་རུང་བ་
 ཞིག་རེད།

དེའི་ནང་ནས་ཀྱང་ཚོགས་གནིས་དགེ་ཆགས་སྒྲིང་གི་སྒོལ་གྱི་གཞུག་དགོས་པའི་
 རྒྱ་མཚན་ནི།

མི་གཞན་གྱི་སྒོལ་གྱི་དང་མི་འདྲ་བའི་ཁྱད་དུ་འཕགས་པའི་སླ་མ་བཟང་པོ་དང་
 དགེ་ཚན་ཡག་པོ་ལ་རྟེན་ནས་མ་འོང་བའི་སྒོལ་ལྷུག་གི་མི་ཚེ་མདུན་ལམ་ཡག་པོ་
 ཡོང་བ་དང་སེམས་ཅན་ཐམས་ཅད་ལ་པན་ཐོག་པའི་རེ་བ་ཡོད།

བཅུན་མ་རྒྱལ་བྱིམས་དཔལ་མོ།
 ལྷུགས་རྗེ་ཆེ།

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