

"Building knowledge on a foundation of well-being"

May 2022

SEMKYI RANGDA

Issue 05

སེམ་ཀྱི་རང་དཔྱད་སྒྲུབ་པ།

Tsoknyi Gechak Ling Voices





SCHOOL UPDATES

From September 2021 until April 2022 (in chronological order)

Tsoknyi Gechak School ran online until the end of September 2021 due to the pandemic. We conducted our children's day program in September 2021 with our teaching team joining online. We also organized long overdue graduation program for TGS Batch II and III in September 2021. The two batches graduated to Shedra from TGS in the previous years but due to the pandemic their graduation celebration was on hold. Rinpoche joined the ceremony. The graduates were overjoyed.



Tsoknyi Gargon School ran partially physical and partially online until the end of September 2021. Both schools opened physically from October 1, 2021.

We organized annual exhibition in November 2021. Rinpoche, Semu La (Ani Kunchok La), Ms. Fionnuala Shenpen were our special guests for the exhibition. Tsoknyi Gargon School students also joined the exhibition in Tsoknyi Gechak School.



We also conducted remedial classes in the morning and evening for students who could not learn well during online school. The remedial classes were on English, Nepali, Tibetan, Math and Science subjects targeted to the senior graders. We conducted remedial classes from November 2021 until January 2022.

Despite the challenging circumstances due to the pandemic, we were able to organize our term report card days as usual - 3 times in an academic year.

SCHOOL UPDATES

*From September 2021 until April 2022
(in chronological order)*

We have also introduced Social Emotional and Ethical Learning (SEEL) in our curriculum in senior grades from this year. We plan to implement it school wide from academic year 2022.23.

We have also started thangka painting classes targeting the senior graders.

The peer counseling program continues with our 15 peer counselors on duty. They have formed 15 support groups. The peer counselors continue to receive training on various topics, such as psychological first aid, suicide prevention, bullying, harassment, self esteem, creative movement therapy, etc. and pass their knowledge to their support group members during their regular meetings.

In April 2022, we wrapped up our academic session 2021.23. We organized a graduation ceremony on April 25, 2022. Students and teachers were lucky to spend sometime with Rinpoche after the graduation. We also organized school trip to Edu Farm to celebrate the year end.





My Children's Stories

Ms. Bhima
Nepali teacher

Our children first come to become nuns in Tsoknyi Gechak Ling and then they become our students. Like everyone, they come with their own stories. The stories sometimes are very different from what I have experienced as a child.

I have been working in Tsoknyi Gechak School almost about seven years now. I teach Nepali to preschoolers and elementary grades. I have had taught in other schools before, but teaching here is differently satisfying. The children regard us as their mothers. They are easily attached to us. Sometimes we have to keep a boundary so that we can run classes smoothly. If we do not keep the boundaries, chances are that the classrooms will be very messy.

In junior grades, our teaching style is very homely and relaxing. We give children a lot of time and space to share their thoughts and feelings. In the senior grades, we are bit academics-driven due to government board exams. They also get to share their thoughts and feelings but not so much like in junior section. The junior section students are not yet in their teenage so they are more open and love to share their stories... Sometimes so vividly and naively that you are in shock for many days.

When the new students come, we request them to share why they decided to become nuns. We do not force them but if they feel like sharing, we listen to them. One recently arrived nun told us that she had witnessed a horrific event of her father's murder. She came to become a nun because her mother got married to someone else after her father's murder and her old age grandmother could not look after her well. Now she is barely 8 years old. She is so gentle and hardworking that it is impossible to think how this child must have reconciled what had she seen before coming here.

Another nun told us how she was neglected as a child by her parents. Her parents used to drink heavily and leave her on the roadside. As far as she was told, she was barely one year old when a woman brought her to Kathmandu from her village and raised her. She did not go to school until the age of 10. The woman looked after her but she was not sent to school for some reasons. She started working in a hotel from the age of 6-7 and supported the woman who raised her. But when she was 10, someone who knew this nunnery brought her here so that she would have a better life. She loves the experience of being a nun here.


I cannot explain what I feel hearing to these stories. I have nothing but respect for these little souls.



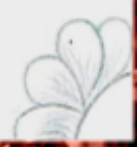
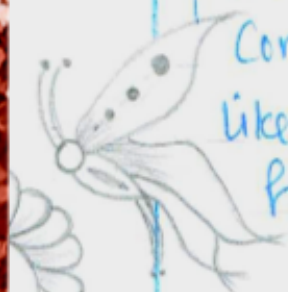
Experience Being a Counselor

-Kunqyab Rolmo, peer counselor, PAS

Peer counseling is a helpful process that involves one-on-one interaction between member of a group, who have several things in common. It is a way of relating, responding and helping people, aimed at exploring thoughts, feeling, issues and concerns, with the hope of reaching a clear understanding and make informed decision.

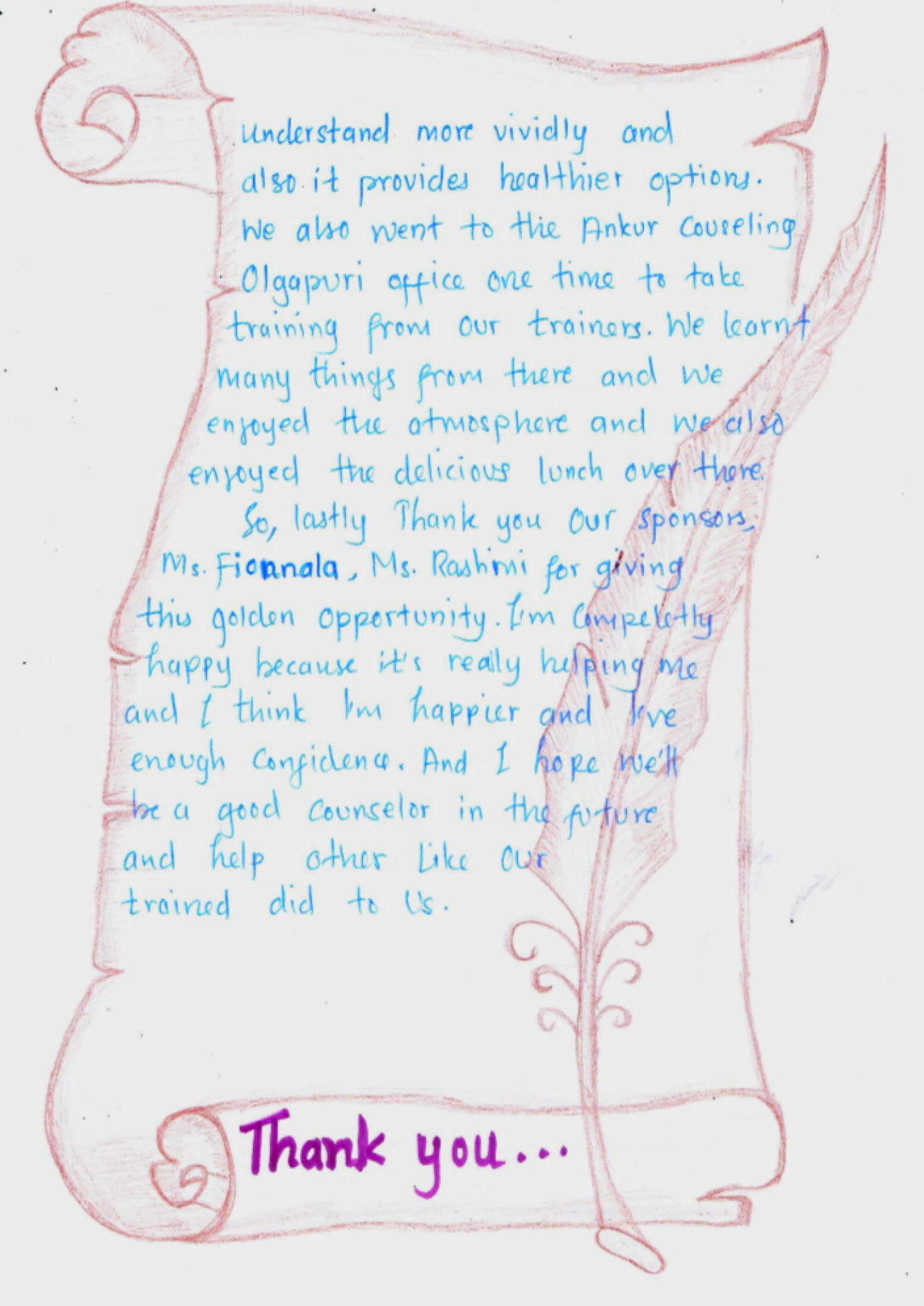


Peer counseling is very important. It finds out the root cause of the problems. If some people are suffering mentally, hurt or depressed, so being in peer we can easily share our problems with counselor. We as peer counselor are indeed happy that we get chance to become a counselor. And we also make a support group according to the age and one counselor are in each group. On every second Sunday. We have a support meetings. And they share their feelings, problems to the counselor and we keep it confidential. But if the problems are serious, like abuse, suicide and the activity which harms other and self then it's not



allowed to keep Confidential.

Our trainer phy psychologists Dr. chori, Ms. Sumitra, and Ms. Shriti are very friendly and we openly and happily share our feelings, problems and soon we get change a lot after attending many training and workshop on Bullying Orientation, Trauma and grief, Anger and so on... As we realized that "Every cloud has a silver lining". We oftenly attain peer counseling training and we love counseling and we enjoy alot. I think Counseling with peer is best way to be happy and have comfortable life. It's very effective and it also helps to increase the self esteem. and Luckily, this year we also get chance to join Peer Counseling training Which is milestone for us. And the main objectives of peer Counseling are to feel them secure and comfortable and also helps them to from problems by giving options. They console us not in sympathetic way but in empathic way, because of this we became aware of the root cause of the problem and we



Understand more vividly and also it provides healthier options. We also went to the Ankur Counseling Olgapuri office one time to take training from our trainers. We learnt many things from there and we enjoyed the atmosphere and we also enjoyed the delicious lunch over there.

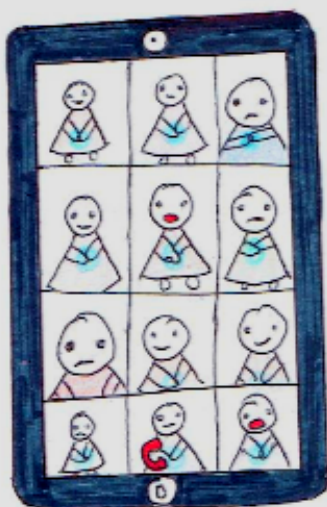
So, lastly Thank you our sponsors, Ms. Fionnala, Ms. Rashmi for giving this golden opportunity. I'm completely happy because it's really helping me and I think I'm happier and I've enough confidence. And I hope we'll be a good counselor in the future and help other like our trained did to us.

Thank you...

ཚོར་བ།



༡། སྤྱི་ལོ་ ༢༠༡༩ ལོའི་ནང་ཡམས་ཚོར་བ་དྲུག་པོ་ འཛམ་གླིང་ལ་
 ལྷོ་བ་པོའི་ནང་ཡམས་དེས་སེམས་ཅན་གྱི་ལ་ལྷན་པར་མེད་པ་སྐྱེས་
 བསྐྱེད་ཀྱི་ཚོར་བ་དྲུག་པོ། སྤྱད་པའི་ཚོན་ང་ཚོ་དགོན་པའི་བུ་ཕྱོག་
 མ་ནམས་ལ་བྱད་ཡམས་ཀྱི་རྒྱུན་པས་སེམས་ལ་དུང་ངས་སྐྱེད་པ།
 སྤྱུག་བསྐྱེད་སེམས་ལྷན་བ་པོ་དང་། སྤྱུག་བསྐྱེད་ཀྱི་ཚོར་བ་དེ་དག་ཞི་
 བའི་ཐབས་དང་མཐུན་རྒྱུན་སེམས་དགོན་པ་ནས་གཞུང་སོང་། དཔེ་ལ།
 ལྷན་བྱ་གསལ་པའི་སྐྱེད་དང་། ཁ་པས་དེ་ག་ལང་བཞུག་བུ་ཅུང་དང་
 ལྷན་པའི་ཁ་ལམ་སེམས་གང་ཡག་གཞུང་བ་དེ་ལྷོ་བ་ཕྱོག་ཐབས་
 སྐྱེད་པའི་བཟའ་དྲུག་ཞིག་ཡིན། ལྷོ་བ་ཁ་ལམ་པོའི་ལ་སྐྱོབ་
 སྐྱོང་གི་གོ་སྐབས་དང་བུལ་དུས་སེམས་ལ་སེམས་ལྷན་ཚོན་པོ་
 པོ་ཞིག་འབྱུང་། སྐྱེས་སུ་དུ་རྒྱུན་ལོ་འཛིན་གྱི་ཚོན་པས་དུས་
 དགའ་བ་འབྱུང་། ཡོན་ལ་ཡང་བུལ་རྒྱུན་སྐྱོབ་སུ་ཚོན་པས་ཡོ་དང་
 དུ་རྒྱུན་ལོ་འཛིན་སྐྱོབ་སུ་རྒྱུན་སྐྱོང་ཡོ་ལ་ལྷན་པར་མང་པོ་
 ཞིག་འབྱུང་སོང་། ལྷན་ཡམས་དེས་མི་ཚོའི་ནང་བདེ་སྤྱུག་
 གི་ཕྱམས་སྤོང་གསལ་བ་མང་པོ་རྫོང་སོང་།



ཐུགས་རྗེ་ཚོ།

Feeling Thermometer by
 Pejung Yingsel, TGS Peer
 Counselor

Handwritten signature in blue ink.

JUNIOR CORNER

FROM KINDERGARTEN TO GRADE 3



Table of Contents - Junior Corner

Hello Yangkyi (in Nepali) by Si Bhuti, UKG	Page 11
Sister by Samikchha, Grade 1	Page 12-13
Mother (in Tibetan) by Odiyana, G2	Page 14-16
My feelings by Norbu Wangmo, G3	Page 17
Mom by Nyisher Sangmo, G2	Page 18
Dear Daddy by Preeti Maya, G2	Page 19
Mother (in Nepali) by Semma, UKG	Page 20
Thank you sponsor by Bhedreya, G3	Page 21
About my friend Sangmo (in Tibetan) by Shegma, G2	Page 23-25
When I came to the nunnery (in Nepali) by Rangri Woesor, G3	Page 26
About me and my family by Yidki Munsel, G3	Page 27
Letter to my mother by Palkyi Roltso, G3	Page 28
Friend by Tashi Palmo, G3	Page 29
I want to say something to my sister by Dorje Garma, G2	Page 30
World's most beautiful lady by Ngawang Lhamo, G2	Page 31-32
About teachers (in Tibetan) by Dechen Choezom, G3	Page 33
Best friend forever by Niruta, G2	Page 34



सी माता देल्लोके याइकी

रानी कुकुर याइकी

गुम्बा मिन बसु

दुला कुकुरले भुक्दा

डरासर भाग्दछ ।

एक दिन उरले

नरामो काम गयो

जब मिर करायो

याइकी डरले

भाग्यो

डरले भाग्दै जादा

आनीले सम्राट्या

एक दिन पछि

आनीसंगै खेल्यो,

हामी पनि गएर

याइकीसंगै खेल्यो

त्यो दिन त हामीलाई

कति रमाइलो भयो





Sister



Today I want to say
something for my sweet sister
she is so beautiful. she is so
cute. she is everything for me.
I like my sister because she
helps me to do my homework.
she also plays with me. I like her
very much when I have any problems



I Share to my Sister this
poems for my Sister. this poems
for my Sister

Time Change
people Change
Season Changes
But I never Change
Beacause I always love
my Sister

From = Samikcha



၂၀၁၅ ခုနှစ် ဇူလိုင်လ ၁၅ ရက်နေ့
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 နတ်ကောင်းစွာ ဖြစ်ပါစေရန် ဆုတောင်းပါသည်။



ហោយហេតុត្រូវខ្មែរខ្មែរយល់ខ្មែរ។

បញ្ហាដែលបានប្រឈមនឹងយើងគឺ ក្រុម

ហោយហេតុត្រូវខ្មែរខ្មែរយល់ខ្មែរ។

យើងបានឃើញពីការប្រឈមនឹង

ក្រុមហ៊ុនដែលបានប្រឈមនឹងយើង

ក្នុងការប្រើប្រាស់ប្រព័ន្ធគ្រប់គ្រង

ធនធានមនុស្សដែលបានប្រឈមនឹង

យុវជនដែលបានប្រឈមនឹង

ការប្រើប្រាស់ប្រព័ន្ធគ្រប់គ្រង

ក្រុមហ៊ុនដែលបានប្រឈមនឹង

အရှင်ဘုရား၏ ဝမ်းသာပျော်ရွှင်စရာ
အရာများကို

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My feelings

Hi! I am Norbu wangmo.
Right now I study in daisy
class. I am very excited
to go in jasmine class. because
there will be new teachers.

Some of my friends are afraid
to go; but I am not. When
we will be in grade four than
I will feel a little bit more mature
too. We will be getting more
responsibilities than usual like
going for prayers. We might
have to focus more on
studies than now.

Thank you



I miss my mom.

I want to meet you.

Sometime I get so sad.

because I miss you I miss your voice

I miss your face I miss every thing

about you I'm very proud that are my

mother. Thank you for everything



Myisher sangmo
Daffodil

Dear: Daddy

My daddy is special.

He is brave, strong and smart

That's why I love him.

with all my little heart,

Happy Father's Day



PREETI MAYA
DAFFO OIL

~~सैमा~~

आमा खाना बनदिन्

बाबा काम गर्दिन्

द्विी जामा लराई

आँगनमा नादिन् ।

शोक लागेर बहिनी

धुधुधु रुनिदिन्

खाना दिई आमा

गालामा पुग्दिन् ।





Thank you for Sponsor

Dear sponsor Hi how are you? I love you are fit and fine I am also good. I am very happy because I got a very kind sponsor like you and I am very excited also because I will be at grade 4 After few months. This is my last year in junior section and I will be in senior section Thank you for your support I will always pray for your Happy life and long life.





ପ୍ରଥମ ଅଧ୍ୟାୟ

ପ୍ରଥମ ଅଧ୍ୟାୟ ପ୍ରଥମ ଅଧ୍ୟାୟ ପ୍ରଥମ ଅଧ୍ୟାୟ

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ପ୍ରଥମ ଅଧ୍ୟାୟ ପ୍ରଥମ ଅଧ୍ୟାୟ

ପ୍ରଥମ ଅଧ୍ୟାୟ ପ୍ରଥମ ଅଧ୍ୟାୟ



ପ୍ରଥମ ଅଧ୍ୟାୟ ପ୍ରଥମ ଅଧ୍ୟାୟ

॥ शुभमस्तु ॥ श्रीगणेशाय नमः ॥
॥ श्रीगणेशाय नमः ॥

॥ श्रीगणेशाय नमः ॥ श्रीगणेशाय नमः ॥

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॥ श्रीगणेशाय नमः ॥ श्रीगणेशाय नमः ॥



ମାତାଙ୍କୁ ପ୍ରଣାମ କରିବା ପାଇଁ ଏହି କାର୍ଯ୍ୟକ୍ରମ ପାଇଁ
 ସମାପନ କରାଯାଏ।



ମାତାଙ୍କୁ ପ୍ରଣାମ

ଶ୍ରୀମତୀ ସୁମିତ୍ରା ଦାଶ



म घाँ आँटा




म घाँ आँटा कति खुसी भस्की घिरें
 किन्भने मलाई आनी बस्न मन लाग्यौ ।
 म गाँउमा हुँदा आनी बस्न जाँने भन्थेँ ।
 र मैले सहरमा देखाको घिसँ । गाँउमा
 देखेँ । हाम्रो गाँउमा पनि गुम्बा घियो र म
 घाँ जाँने भन्थेँ तर म बिरामी भएर म
 घाँ आएँ । म एक दुई दिन फुपूको बसेँ ।
 अनि अस्पताल पनि गएँ । त्यसै मिराको घरमा
 पनि एक दुई महिना बसेँ अनि फेरी अस्पताल
 गएँ । त्यहीँ डाक्टरको डाक्टरले भने एक वर्ष
 पछि आउनु पर्दछ त्यसैले घाँ सहरमा नै राख
 भन्ने । त्यो बेला त्यसै मिरा यो गुम्बामा काम
 गर्नुहुन्थ्यो । अनि त्यसै यो गुम्बामा आनी राखे
 हुँदा भनेर मलाई पनि आनी बस्न मन घियो
 त्यसैले मेरो बजाले बस्ने भनेर सोध्नुकोले जाँने
 भन्ने र यसको भोलिपल्ट बिहान खाजा खाएर
 ट्याक्सीमा आएँ । आँटा भसेँ पासाड आँउने
 पनि घियो । ट्याक्सीमा आँटा र भाग्द भनेर
 र दाईको बाईकमा चढ्यौ । अनि यो गुम्बामा
 पुग्थौ । अनि पाँच घ दिनसम्म त्यसै बसेर
 मलाई गुकेलीमा गर्थेँ । यसरी नै म अहिले
 कक्षा तीनमा पढ्दैछु ।

धन्यवाद !



नाम - उजोम
कक्षा - गुथौली




about me and my family



my name is yiky munsel. I am
13 years old. I am from dolpa. I study
in grade three. my school name is tsoknyi
gechak school. in my family there are 5
members. they are father, mother two
sister and me. my father name is
tsering dhundup. my mother name is
Janchup. my sister name is dawa and
Rinzen. my father is 33 year old. my mother
is 30 years old. my mother is a house
wife. my father is a farmer. my sister
goes to school. she is student
I love my family





Letter to my Aama (mother)

Hello aama,


I hope you are good and fine
I am very good and Happy in gumba.
Don't worry about me. I hope you are
eating well and every body is doing well
Please take care of yourself. I always
miss you aama. you are very special to
me. I am not with you but I am happy
here at gumba I have friends, sister,
Teachers who loves me and cares me a
lot. Never forget me aama.

Thank you for evering. Love you aama
your beautiful daughters Palkyi Roltso



Friend



A good Friend is the only relation which we earn in whole life. A true Friend is always with us. To find a good friend who is loving, caring, helpful, honest, loyal, and most important friendly. This is the biggest achievement of us which we get in the form of a true Friend. undoubtely, we always learn some thing new and exciting in the company of our good Friends from childhood. A pleasurable time spent with friends is a kind of some happiness that can't be express. A good Friend is someone difficult to find. A friend is somebody you can always count on when times are a hard  time.



I want to say something to my
Sister!

Dear

sister... Thank you for everything you have done for me. For me, you are very special person. Now a days, I really miss you and I know you are not here with me but you always in my heart. I know your father is sick and I'm sorry for not helping you. I will pray for your dad okey! dear sister, I never understand your love, support and care. When you were with me but now I realize that your scold was love.

Everything you have done for me is not less than my mother. Now, I feel regret and sad, now always. I become little dirty because you are not here. things I want to tell is I know I can't return your love. care but I really want to say thank you and love you sister... I promise when I become little older I will help you and support you... I will always remember your advice... thank you for being my sister and I'll try to be your
Good sister okey! & ☺

WORLD'S MOST BEAUTIFUL LADY

Today I am going to share you about a relationship between a grandmother and a grand-daughter there is nothing special to tell but as nature's how there was a old, and a cute grandmother who used to feel weak; hurt and bored most of the time and she used to live in a small cattle alone, she had give birth to daughter and son's but during oldage there was no one to hold her and care about her. by looking that her grand-daughter used to feel really sad but she cant give her all time to grand-maa because she need to go to school. But when ever she had free time she used to help her grandly and talk with her sweetly. which bring smile in her, grandmother's face with countless wrinkle. Year 2072 B.S had totally changet her life. The earthquake of 2072 B.S. changed everything in her life she lost her memories because of her fearness. she behaved very strangly

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Grand-mee  love  me

she started to sleep in toilet she denied to tell everything to her grand-daughter and other too. Later her grand-daughter became a nun and grand-mother's son and daughter brought her to hospital. now its been many years she is in the hospital. Her granddaugther heard that grand-mother is little well now but she still don't remember her grand-daughter and after long time her grand-daughter is going to meet her hope every thing come back same as in dream. this story is about me and my grand-mother and i am excited to meet her —



Best Friend Forever

Hello.....

I'm in Tsoknyi gechak school.

There are lots of people and there are many friends. my best friend helps me in my work.

I enjoy playing with them. I love my best friend. Best friend is a very important in

every people's life. best friend is a person who always help when her friend is in

problem. Every people need best friend in their life. when we chooses our friend we should

always be careful because if you choose bad friend in your life then it will destroy your life

so, you should always choose good friend in your life. Good friend means who show you

good way and always helps you to understand and supports you. My best friend always

understand and encourage me and I feel very lucky that I have my best friend.



by + Nineta

SENIOR CORNER

FROM GRADE 4 TO 8



Table of Contents - Senior Corner

Bambi by Gende & Choekyi Jugne, G4	Page 37-39
My mother and my father (in Tibetan) by Pema Choeying, G4	Page 40
Types of people by Jampal Jezung & Sipa Rangdrol, G5	Page 41-42
Why I laugh a lot by Zabsel Palmo, G5	Page 43
Our Gomba (in Tibetan) by Kenrab Sangmo, G6	Page 44-45
First visit to TGS by Yingchuk Palmo, G5	Page 46-47
My beloved mother (in Nepali) by Sherab Dolma, G6	Page 48-49
Musa/Mouse by Tenzin Lhamo, G6	Page 50-51
Self Realization by Tharlam Choedon, G7	Page 52-53
My travel (in Nepali) by Tsojung Demey, G7	Page 54-56
The ring on her finger by Natso Rolmo, G8	Page 57-60
I feel (a poem in Nepali) by Rangjung Lhamo, G8	Page 61-62
A void mind fully blown by Tongnyi Wagmo, G8	Page 63
Meditation by Minupa & Gani Jenzin, G5	Page 64-65
Dear Diary by Sherap & Dawe, G5	Page 66
I want to sing by Palchen Lhamo & Dawa Sangmo, G5	Page 67-68



BAMBI

"I'm always with you even when you can't see me, I'm here". These are the line said by Bambi's mother and unfortunately she died in her early age and Bambi always remember this words throughout his life. This touched me so much because I also lost my mother in my small age.

Learning stories is always fun because it carries us with its plot, story and character. This year we read Bambi while reading it, I felt like this story is written for me and the character Bambi is no other but me. All the character that is in the story is around me.

In class four we read so many stories and one of them is Bambi which touched me so much. We watched its movie we read from the book and we do it so many time whenever I felt sad and lost, I read the story again and again. The main character in the story is Bambi. He is small just like me, he is scared at first but with the help from his mom, his friend, elder people who are surrounded help him to become a good human being.


Bambi struggle starts when his mother died just like mine. Every one love and adored him and he was raised by old stag. My story is also the same after my mom death I was raised by my grandparents. Even though his mom died very early but she teaches him so many lesson to survive in the jungle. She even prepared him after her death and Bambi always remember his mom suggestion and guide line for his life.

Whenever I was sad and worried I remember my mom where her smile always tell me what to do and what not to.


Bambi has so many friends, his best friend Thumper (rabbit) also teach him so many lesson,

like to how treat others, how to eat, how to speak, how to walk, to be kind. I have many friends in Gumba who help me in each and every step of my life. They help me in my studies, they make me happy when I felt sad and they help me in every way. Other character owl, falin, flower also teach him many lesson. They teach us to enjoy life and help each other when needed.



The main character old stag transformed Bambi into a young adult. Old stag who always saves animal from the hunter and from the danger. He is like a god and everyone follows him blindly. He kept himself in the danger to save his friends, family and the jungle. Whenever old




Stag enter into the story I remember Rinpoche as he support us in everything. Without him we will be lost in this jungle because of his love and kindness, today I see myself as Bambi who is charging Spiritually and confidently to survive in this concrete jungle.



"Nothing last forever, but something special can last a lifetime" this line always teach me that everything has its time nothing stay with us forever but the time that I spend with my mom, my grandparents will always stay with me in my memories. And I won't be hopeless as Bambi teach me that there is always a new hope when the sun rise again and again. Thank you Bambi for giving me so many lesson for life to make it beautiful and lovely.



By :- Gende,
Choekyi Jungne



Types of People

UNIQUE WORLD

My life had taught me some powerful lesson that maybe I should share some of life lesson to you. In my life I learn that life is unproductable. life is full of unwanted, unexpected. How in blink of an eye my life changed and how in blink of an eye I changed.

I learn that with all this changes that you become better people every single day. what life did to me doesn't define me but what I became in the return. Regardless of all heart, terms while and adversity defines me who I am and today with the heart full of containment. I am blessed to be where I am.

There are 3 type of people that I met so far.

No 1: I called this people opportunities. People who tag along with you these people are so weak that they just try to remain in your shadow. because they know strength these people in front of the world claim to be your but deep inside they all know they are not your people. Pray for these people and 'liberate your self by setting them free. because these people are 'not nice'. They will always try to come back in your life to get their share from your success.

I will repeat liberate yourself by setting them free. when you do, so remember when wrong people leave right things start to happens.

Then 2nd category: that I have seen people who don't claim that they are your people. People who don't even need the share life line that you have. You will always find these people standing next to you, always there with you for you. without saying a single word people whose heart are full of unconditional love for you. These are your people. These are the people that you should truly value in your life. I am blessed to have

these beautiful people in my life who have never left
who have never left me. I have learned that pain is
not your weakness pain is your strength because with
the pain you comes to heal in. Healing does not come to
you, It comes from you, It come through you so today
if you are in pain congratulation because you are
on the journey of becoming an impacted. A person who
can heal the world you can be that person. It
all start from the one tiny step of

"Pain and accept"

Let your
dream
HAPPEN



Enjoy Every
Single day
of
life



Ready to be
yourself



"Try to Accept
Everything"

Written by: JAMPLE JEZUNG
SIPA RANGDROL

Why I laugh alot

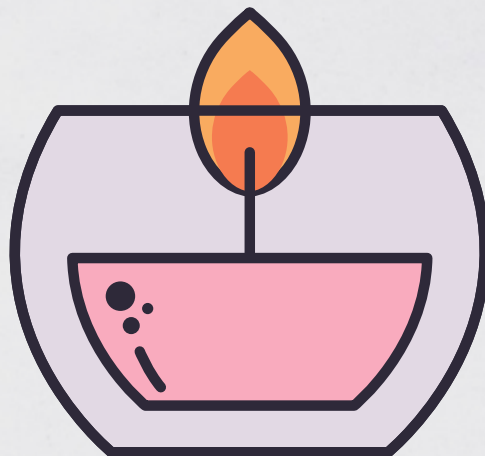


laughing is the best medicine for everyone, including me. I really like to laugh a lot. I can laugh in every situation. When somebody falls I laugh, when somebody gets scolded I laugh, when I get scolded I laugh. I laugh and laugh in every thing even when I get angry I laugh. I don't even need any jokes to laugh. my friends also tell me that I am the most laughing person in the class and my laugh is so loud that dangerous like a bomb. Sometimes my family complains that because of my laugh I am getting fat day by day. When I laugh my face becomes red. my friends tell me not to laugh. When miss Dipty said your smile is very cute. I was shy, and I laugh again. It has very strong power. you can change your enemy into friend. When my friends laugh without reason, I laugh alot. When my friends are doing dance and when they don't dance well I laugh alot. When I play with my younger ani they also laugh a lot just like me. They are cute and funny. They also laugh without reason they are just like me. They laugh in tiny things and their smile is so pure and lovely. so if you want to laugh you can come to me to laugh together I am waiting come fast to laugh.

First visit to TGS.

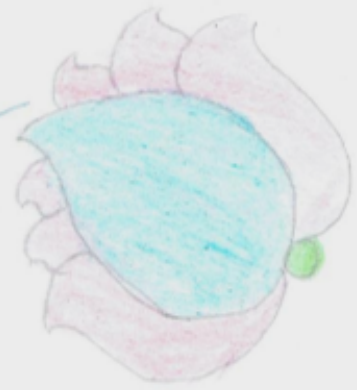
When I first went to TGS, I felt so happy and excited. Then I felt little sad because I was missing my gampa and we ~~are~~ went far from our friends and our family of Gargon. We went TGS ~~but~~ I was so happy because there we make many friends and new teachers who love us just like our parents. Our face changed into red, when we first enter into the school ground. I didn't eat my lunch and we throw my lunch because I was missing my gargon lunch and also of shyness. But our new friend support us that our shyness, uncomfortable go away remembering my first day at TGS was exciting confusing day during also. From Gargon to TGS we travel in our school van. Van ride is always fun. Every day we sing, we eat, we chat, and sometimes we read for test also - we even didn't notice that we are in traffic jam. We waited and waited we get small headache that time we felt little vomiting. We need plastic that time. But now we are okay with it and it become fun to ride van. We saw a beautiful places and cloths that we love to wear. Once when we were coming to Gomba we see accident which was dreadful, so while travelling we saw many things its

like a adventure to us. Now we Love going to
our TOS we didn't want to go far from our TOS
friend and when we go to study in TOS we
didn't want to go TOS from our Gargon we
want to stay over there at TOS. We are very
lucky because we get TOS friend and teachers are
like our parents. We are very lucky. Our teacher,
TOS friend and gargon friend are very kind. So,
I love TOS. We are so lucky to get such a nice
school and surroundings... THANK YOU.



मेरी प्यारी

आमा



आमा हमें लागे भगवानका रूप हो।
आफ बाचन नजान पान हमलाई बाचन सिकाउनु
हुन्छ। आफ्नो सपनालाई पाछे छोडेर हमलाई
सफल बनाउनुको लागि सफलताको बाटो दिनु
सिकाउनु हुन्छ। आमाले हो जस्तै हमलाई ९
माइला काश्मा रस्खर दुःख पिडा सहनुहुन्छ।
आमाले हो जस्तै आफ्नो आँसु बगाएर भरु पान
हाम्रो आँसु पुछी दिनुहुन्छ।

आफ जस्तो कठिनमा भरु पान हाम्रो
जीवनको हरेक मोडमा साथ दिनुहुन्छ। मलाई पान
मेरो आमाले हरेक समयमा साथ दिनुहुन्छ, कठिन
बाटो होस वा खुसीका दिन होस। आमाको माया
पाउनु नै हाम्रो जीवनको सबैभन्दा ठूलो कुरो हो।
म अहिले



^{८८}
 तपाईबाट टाढा हु तर मेरो मतमा तपाईको लाज
 आया ल्याउन गाहरो छ । म तपाईबाट जाति टाढा
 भए पनि तपाईको आया र आशिविद सधैं मेरो
 साथमा हुनेछ । आमा भनेको त्यस्तो चिज हो ।
 जुन हजिले शब्दमा बयान गर्न सकिदैन ।
 आमाको आया निस्वार्थ हुने भएकै भएर
 मलाई आमाको आया धेरै लाग्छ ।

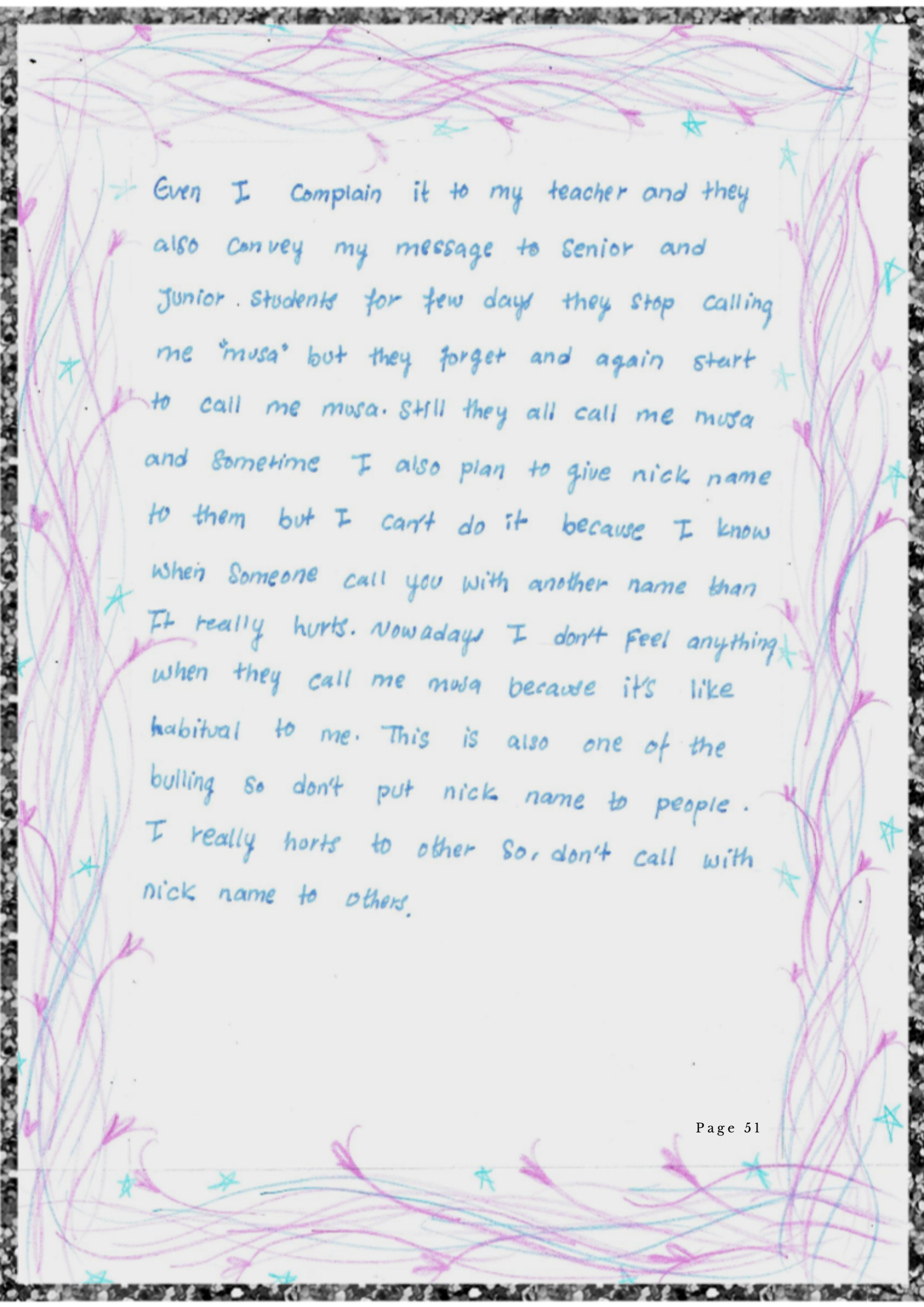
आमा नै हो मेरो प्यारी संसार । तपाईले
 नै दियो मलाई राम्रो संस्कार ^{१११११} धौतसल म
 स्वर्गमा जस्तै बाटोमा हिँडे हु म तपाईको
 सपना बाँकेर, ^{१११} त्यसैले ^{१११} देव ^{१११} मलाई आमा बन्न
 सपना । मेरी प्यारी आमालाई मेरो धेरै धेरै
 आया अनि सम्मान ।

मलाई तपाईको आया धेरै लाग्छ ।



MUSA

Actually my name is Tenzin but my friend call me musa I am tiny and when I lost my two teeth I look like a musa according to them. So from that time I get my new name musa. At first I also find it interesting and unique but later it starts to annoying me. All of my friends including my juniors and senior anni call me musa. If elder nuns call me musa then It doesn't hurt me but if small kids call me musa that time it really hurts me and I really want to kick and slap them when people call me musa than I really want to do somethings and bite them but I can't do it because I am small. Some time I take it as a joke.



Even I complain it to my teacher and they also convey my message to Senior and Junior students for few days they stop calling me 'musa' but they forget and again start to call me musa. Still they all call me musa and sometime I also plan to give nick name to them but I can't do it because I know when someone call you with another name than it really hurts. Nowadays I don't feel anything when they call me musa because it's like habitual to me. This is also one of the bullying so don't put nick name to people. It really hurts to other so, don't call with nick name to others.

Self Realization...

When I was a small kid. I spent my 11 years with my family. That was very terrible. At that time I didn't get chance to spent happy life because my dad was an alcoholic.

When ever he drank alcohol he lost himself and he always beat me and my mom. My mother was very worried about us. He never thought about us. We all were scared with our dad. One day he drank alcohol and he beat my mom very badly that she almost lost her eyes. I couldn't help her because I was small and I didn't know what was going on. I had no idea how to help her. I was crying helplessly. Now I really regret about that situation. I am worried about my mom.

On my holidays I always call her and asked about dad and my mom answer me that "he always drinks and always beat me" So, I felt really bad about my dad because he is wasting his life and making my mom life also miserable.

When ever I close my eyes her crying face comes in front of my eyes. Every night I miss my mom, I cry silently. My nights are spending only on worris. Now, I am a nun and I live in the Tsoknyi Gzechak Ling Monastery on the Chobhar hill.

I was 12 year old when I decided to become a nun. In the beginning, I missed my family, friends, and my uncle aunt. But soon I made new friends in the monastery and I didn't miss my home that much. My mom also visit me ofently.

The monastery is so joyful and peace ful because of Tsoknyi Rinpoche. I love to live here and want to complete my study. I really enjoy with my friends and some time we fight but that fight truns our relation more strong and sweet.

In Lhasa I went to visit my family. The first few days I really enjoyed. Every one showered me with love

care because they were seeing me after so many years. But slowly become busy in their household chores. And I was left alone. After some days of my vacation I start to miss my Gomba. I really missed my monastery and I realized. That I love my life there, I enjoy there, and I felt complete there in my gomba there, I realize that is my true home where my heart find peace and rejoice. Finally I find my real family, friends and I realize that my Father only gave me birth but I really born when I accept Gomba as my home and Rinpoche as my Father.



This is not end of my story. This is not final chapter of my life. The consequence is yet to come.

And I believe one day everythings will be okay and my stupidity smile will last for ever.

Thurlam Choeden

मेरी यात्रा

मेरो गाउँ दोल्खा थिल्ला हुँदै विग्रा ठाउँ हुँदै माथिल्लो भेगा बुलुवा भन्ने ठाउँ हो । पहिला त्यहाँ रमाइलो र सफा ठाउँ थियो । त्यहाँ बिलुली र बाबो खासै राम्रो विकास भएको थिएन । त्यतिबेला आफ्नो गाउँमा खासै भन्दा त्यहाँ धेरै धर्मको बारेमा पनि थाहा थिएन । म मिति २०७३/१०/२० गते काठमाडौँबाट आनी बस आएको हुँ । त्यतिबेला देखि अहिलेसम्म ६ वर्ष पछि फेरि आफ्नो गाउँमा जान पाएको थियो । मलाई मेरो गाउँ जाने बाबो खासै राम्रो थाहा थिएन । मेरो आफन्तले मलाई आफ्नो गाउँ जान विकट दृश्यदिनु भयो । म बसमा चढे । खुसीले म बसको इयालबाट हेर्दै गए । त्यहाँबाट खुनको रंग, मुरे हुँदै धारकोटो दोल्खा थिल्ला देखि लिएर सिङ्गाएसम्म ४ घण्टा लाग्यो रहेछ । म बसको इयालबाट सहर, बजार गाउँ झर, घरहरूको यो सबै दृश्य हेर्नमा मस्त भएँ । मैले बसको इयालबाट मैले यो सबै रमाइलो दृश्य हेर्दै हेर्दै कहिले पुगेको थाहा पाएन । त्यस पछि फेरि बोलेरो चढनु पर्ने रहेछ । त्यसपछि म बोलेरो पछिडि बसेँ । त्यहाँका मान्छेहरू कसैलाई पनि चिन्न सकिन तर पनि मैले त्यहाँका मान्छेहरूलाई मास्क एउटा दिएँ । त्यहाँ मैले आँखाले चारैतिर हरिया जङ्गल देखियो, ढोडा देखिएको उकलो ओशलो र घुमाउरो बाबोहरूका देउडाउमा र शान्त खेत बिरता पशुपन्दीहरू भन्नेहरूको दृश्य थिए । त्यसबाबोमा

पशुपन्दीहरू भगमोहक दृश्य थिए । त्यसबाटोमा
 पशुपन्दीहरूले गीत गाए । मलाई त्यसको स्तरले
 गथा ज्ञानमन सुन्न मन लाग्यो । त्यहाँ खेले गाला
 पनि रहेद । त्यहाँका खेलाको फरत पनि रहेद ।
 यी सबै रमणीय दृश्यले ज्ञानमन यी मेरो सुन ।
 आखँलाई रखायो । यी सबै जना दृश्य हेर्दैहेदै म
 आफ्नो गाउँ घरमा पुगे । मेरो बुबा मलाई आदि
 बाबा म लिए । आउनुआएको रहेद । २ मुलाई
 एकदम खुसा लाग्यो । मेरो आमा बुबा चौरी गाई
 पाइयो रहेद । उनीहरू आफ्नो काममा प्रस्त रहेद ।
 त्यहाँ आफ्ना चौरीको गाठ बनाएर बस्ती रहेद ।
 मलाई एकदमै रमाइलो लाग्यो । मेरो बुबा आमाले
 चौरीहरूलाई खसु काटेरु दियो रहेद ।
 मैले पनि बुबा आमालेग खसुको शरीर लावन
 सहयोग गरे । मेरो गाठको परिपार चराचुरुङ्गी-
 हरु धेरै किसिमको अइरहेयो रहेद । अहा !
 कति रमाइलो भनेर आफैलाई प्रस्त गरे ।
 म त्यहाँ आफ्नो गाठमा चौरीको बाढी पाएको
 रहेद । मैले त्यो बाढीलाई पागे, घाँस खुवाए
 त्यहाँ मलाई हरियाली जङ्गल र पाहाड, हिमाल
 हेर्न पाए । म फेरि ५ दिन पाँडे म आफ्नो गाउँमा
 घुम्न पुगे । त्यहाँ मेरो काका, काकी, देमा र
 दाइहरू धेरै डुडुडुन्यो । उनीहरूको पनि चौरी
 गे चौरी रहेद । उनी सबैको काम मेरो
 बुबा आमाले गर्ने जस्तै जस्तै रहेद । त्यसबाटोमा
 पुरानो गुम्बापनि रहेद । त्यो पनि माथि लेकमा
 त्यहाँ पहिना उहिले देखिको पुरानो, गुम्बाको
 देउमा घुम्न गए । त्यहाँका पुरानो नि. चिज
 वस्तुहरू हेयो । त्यहाँ प्राकृतिक सुन्दर ठाउँ
 रहेद । त्यहाँ हिउँ पनि पज्यो र म गहिउँमा
 ख दाईसँग खेल्न पाएँ । मैले त्यहाँ हिउँसँग
 रमाइलो भयो । त्यहाँ मेरो आफुबतले

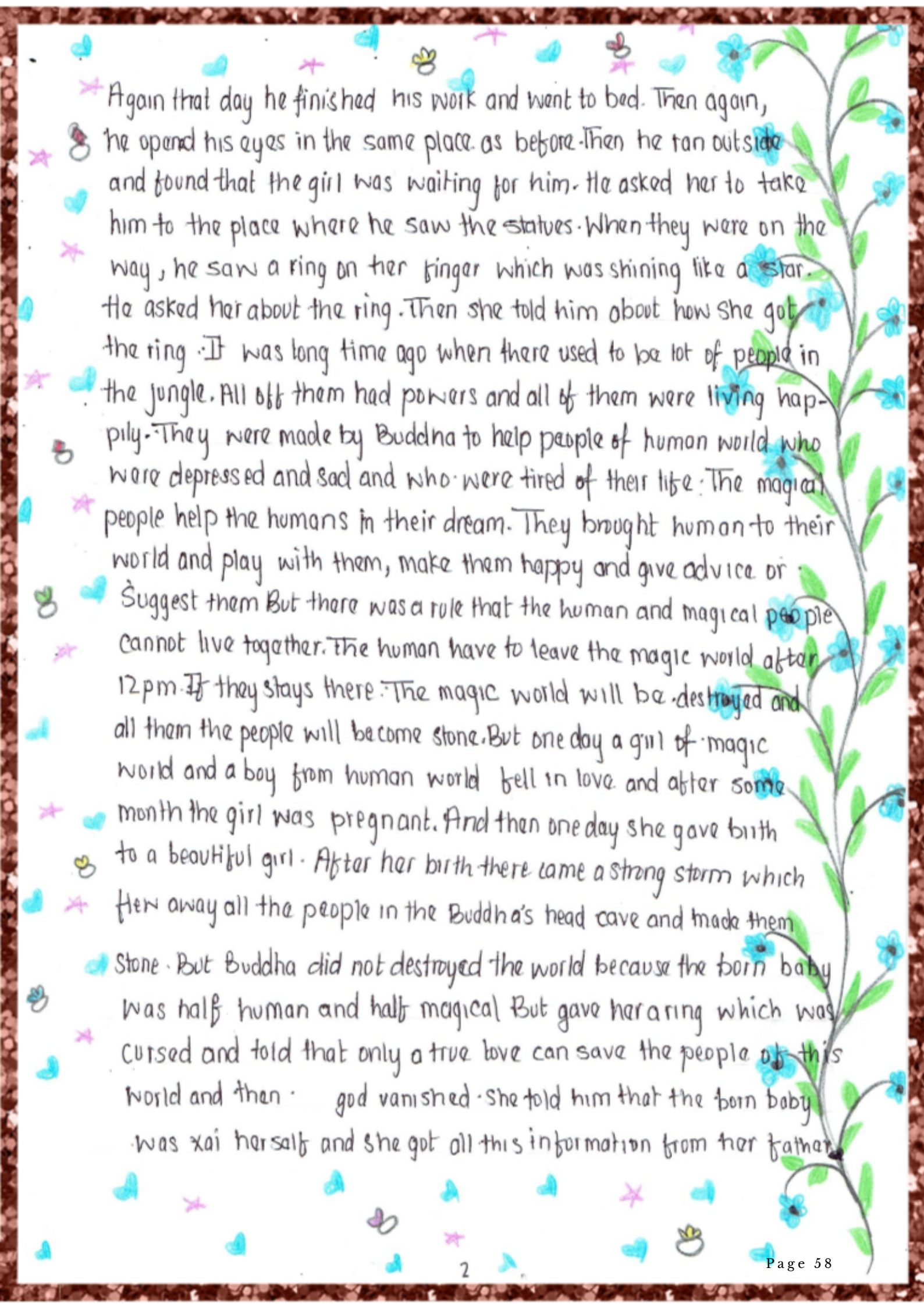


मलाई एकदम राम्रो गर्नु भयो । त्यस पछि फेरि म
 मेरो चोरी गोठमा गए । मेरो गोठमा शव तात चोरी
 गाइ रहेछ । उकात बाख्र रहेछ । आदि न
 छ । यस पछि मेरो गाठमा शेड बिजुलीको
 विकल भए छ । मेरो आमा बुवाले गन्धका काम
 देखाएर मलाई एकदमै आफुलाई पनि त्यो काम
 गर्न इच्छा लाग्यो । लगभग मेरो हुवा सबन
 लागेको थियो । मलाई मेरो आमा बुवा पनि
 माया धेरै लाग्यो । यो माया पनि कहिले
 नसुक्ने रहेछ । त्यसको मानिसहरूलाई धर्मको
 ज्ञान दिने । अब म मेरो गाउँ कहिले जान
 पछेछ कि भनेर मतमा लाग्छु । मेरो बुवा आमा-
 सँगको माया कहिले नहुने भन्ने कुरा
 गर्छ । त्यस पछि म मेरो गाउँ टाउलाइ राम्रो
 हेरेर आखि भन्ने आलु खगेर फेकियो
 त्यसरी मेरो यात्रा सकियो । मलाई फेरि
 त्यो हिमाल, पहाड, त्यो हरियाली जसंगले
 त्यो सानो मेरो गाउँ पुग्ने समय छुनिरहे
 छ ।



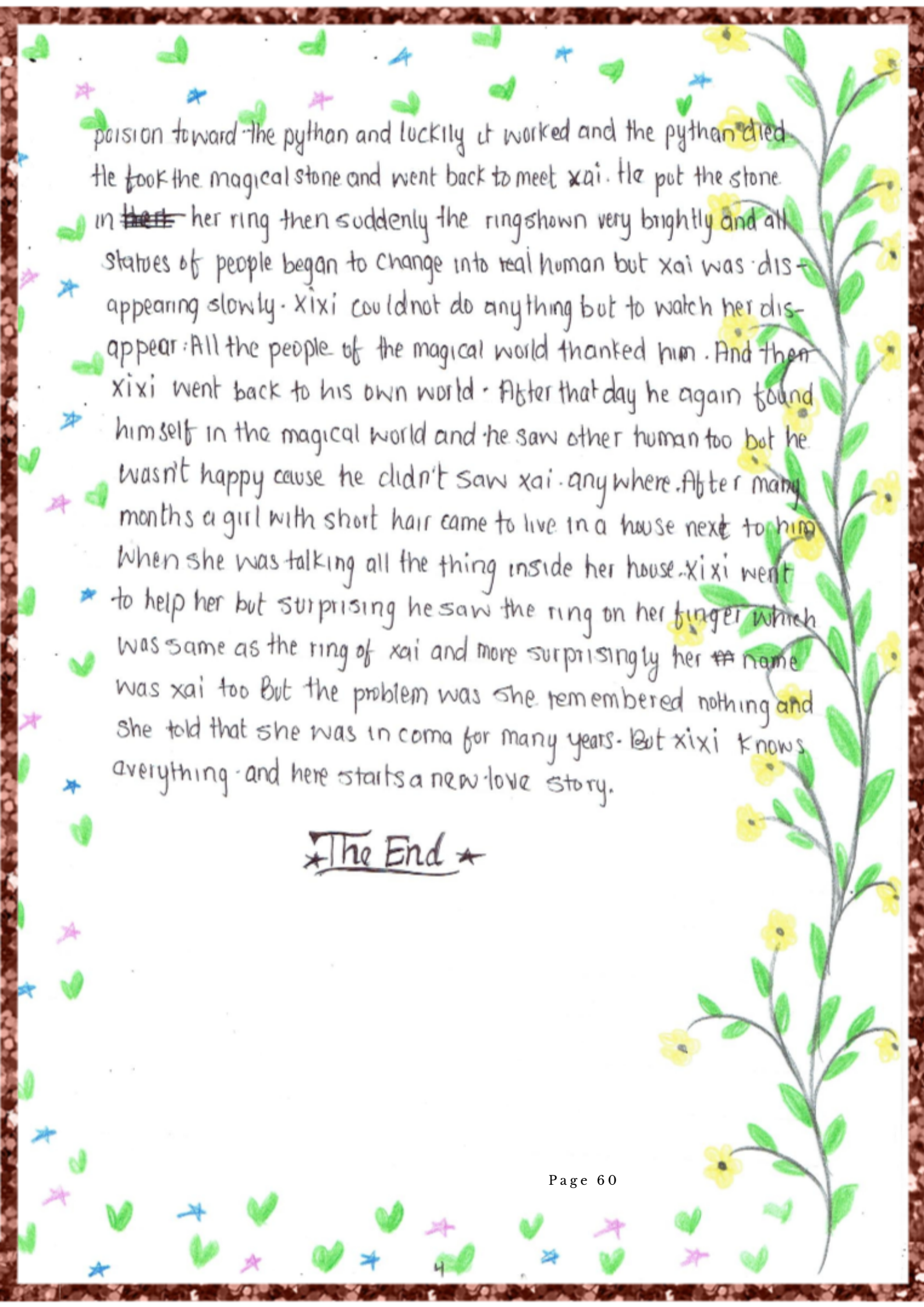
★ The Ring On Her Finger ★

Once upon a time there was a boy named xixi. He was very busy working in his office. He shift his apartment from Busan to Seoul. He was very depressed one day, he came home after finishing his work and directly go to sleep without eating dinner. Suddenly he opened his eyes and then he found himself in another world. He felt very strange. The surrounding was very clean and greeny and there stood a girl with long brown hair, playing with the animals. He fell in love with her at first sight. Then he came out of his home and went near the girl. He asked her so many questions but she didnot answered. After few minutes, she told her name to him. Her name was xai. They talked about themselves for few minutes and became good friends. After that xai took xixi to show her world. She was the only person left in this jungle. She showed xixi different unique flowers and animals after climbing many stairs she showed him a strange big statue of Buddha's head with mouth opened. Inside there were many statues which look like people when reach his hand to touch one, something happened and he opened his eyes once again. He relized that it was his dream. He was so confused because all that things happend in his dream felt so real.



Again that day he finished his work and went to bed. Then again, he opened his eyes in the same place as before. Then he ran outside and found that the girl was waiting for him. He asked her to take him to the place where he saw the statues. When they were on the way, he saw a ring on her finger which was shining like a star. He asked her about the ring. Then she told him about how she got the ring. It was long time ago when there used to be lot of people in the jungle. All of them had powers and all of them were living happily. They were made by Buddha to help people of human world who were depressed and sad and who were tired of their life. The magical people help the humans in their dream. They brought human to their world and play with them, make them happy and give advice or suggest them. But there was a rule that the human and magical people cannot live together. The human have to leave the magic world after 12pm. If they stays there. The magic world will be destroyed and all them the people will become stone. But one day a girl of magic world and a boy from human world fell in love and after some month the girl was pregnant. And then one day she gave birth to a beautiful girl. After her birth there came a strong storm which flew away all the people in the Buddha's head cave and made them stone. But Buddha did not destroyed the world because the born baby was half human and half magical. But gave her a ring which was cursed and told that only a true love can save the people of this world and then god vanished. She told him that the born baby was xai herself and she got all this information from her father.

who had died 5 years ago and from that day on, no human came to the magical world and he was the first man to come to the world because the house he was living now was the house of her father. Then xixi asked her how can a true love can save the people of magical land. They arrived in the cave where all the statues were kept xai showed the statue of the king of the magical world and said that the true lover should take a key from the hand of king and then there will appear 3 doors and he have to choose one door and take a poison and then the lover should go through a stair and should take a magical stone from a room and when the lover will put the stone in the rigg, all people will be come normal. After hearing that, xixi told xai that he loved her and when he confessed his love to xai he suddenly opened his eyes and found himself in his bed in human world. The next clay, he was so excited to go to the cave and he was waiting for night and he finished all his work and ran home and slept. He once again found himself in magical land then he called xai and went to the cave. He first took the key from the King and then there appeared three door he choose one and took poison and then the 3 door changed into tight and showed him the stairs. He began to climb the stairs, after climbing 100 stair he reached a room. When he opened the door. There was a huge pythan sleeping and there was the magical stone in the middle of the room. He tried to take the stone quitely but the pythen woke up and the he began to run, but then he remembered that he had a poison. He threw



poison toward the pythan and luckily it worked and the pythan died. He took the magical stone and went back to meet xai. He put the stone in ~~the~~ her ring then suddenly the ring shone very brightly and all statues of people began to change into real human but xai was disappearing slowly. Xixi could not do anything but to watch her disappear. All the people of the magical world thanked him. And then xixi went back to his own world. After that day he again found himself in the magical world and he saw other human too but he wasn't happy cause he didn't saw xai anywhere. After many months a girl with short hair came to live in a house next to him. When she was talking all the thing inside her house. Xixi went to help her but surprising he saw the ring on her finger which was same as the ring of xai and more surprisingly her name was xai too. But the problem was she remembered nothing and she told that she was in coma for many years. But xixi knows everything and here starts a new love story.

★The End★

मलाई लाए ।

अध्यासो हुनु भन्दा आघि आखा जयिस्तनु महानुभाव
चम्कने तारा र ठहिरहने जुनीकीरीलाई देखन नपाउँदा
बिना सल्लाह कैकीलाई कैद जरी नधुनु महारान
कमिला जस्ता हजुरको वीर सैमिक घटी जाला ।

अरु हस्दीमा ल्यो कुरा होस उदो हुँकिन नि मित्र
भित्र करैलाई घौचने काँडाको पिडा सहिस्सकदो हुन्छ
पिका होसोलाई बुझी उत्तर दिनु है मित्र
मेरो भन्नु मिमीने हो नबुझ्दाँ तिमीले रक्ती लाए ।

सहीलाई शेज्नु मछ्मे हजार या सय
बसत्यलाई बुझ्नु र बुझ्नाउनुमा फरक हुन्छ
विश्वास किलाएर मुटु न्नीड्नु महोदय
पियको आँसुर पिलाएकोमा फरक हुन्छ ।





म त विना जन्तव्य अधिवर्द्धे दु साधी
काँह रीकिन पुग्घु ल्येहीलाई रवीकार्ण तयार
के की प्रतिक्षा ही चाहा दैन को माधि
बन्ने पी ही चिन्ता लाग्द सुकेकी पात कुल्चेकी पत्थर

कुनै पत्ती हँदैन कालको सरकार
हँसु फेरि किन हँदैन आँसुलाई किक्क लाग्द
टाँका जानत चाहन्छुनि छोडी हरेक प्रहर
तर जानै चाहँ काँही सोची बाँका लाग्द ।



A Void Mind Fully Blown

I wore a short frock and had curly hair. On bare feet, I walked on a dusty road with rosy cheeks and tearful eyes. I was walking with my dear papa. After walking long pass and hills. I arrived in a place I call home now, at T.G.L gompa. First I met with our dear Tsoknyi lama. He changed my fate, my life and my direction. I built new home, family, friends in this heavenly place. He changed my curly and dusty hair into shiny and bright head.

He changed my belief and taught me about Buddhist way of life listening to advices from my teacher and laughing with friends.

Made me move open to run life.

May every creatures get a bunch of happiness

and never suffer from sorrows. May everyone shine in this world and spread dharma teaching. My void mind change as great mind. I'm winner and I understand.

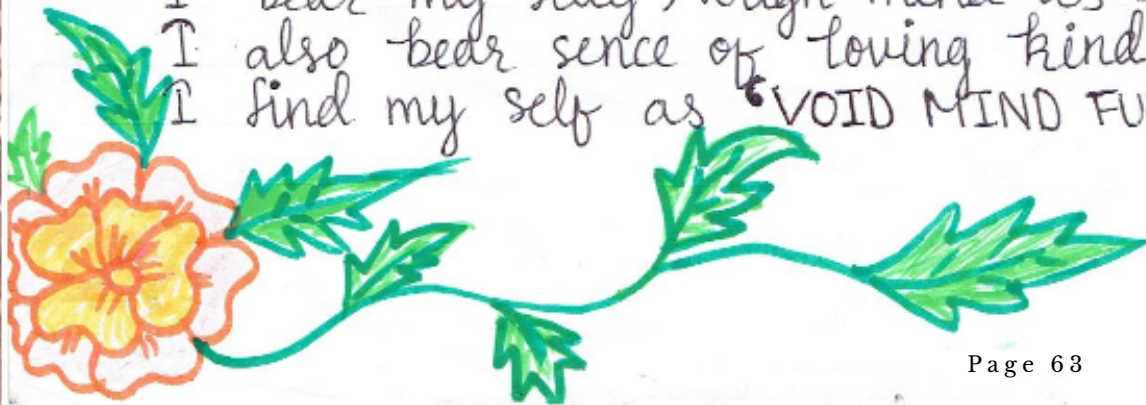
I cultivate my mind.

I bear fruit, plant.

I bear my silly, rough mind as blooms lotus.

I also bear sence of loving kindness.

I find my self as 'VOID MIND FULLY BLOWNED'.





Meditation



Meditation is the practice of thinking deeply in silence. In order to make the mind calm. Through regular meditation levels of stress can be reduced as well as managed. Meditation is relaxation like yoga and deep breathing that activates that the bodies relaxation respond when meditation is practiced regularly. It leads to decrease in our stress in levels everyday life. Meditation give a boost in our feeling of happiness and calmness. It increase our ability to stay cool, calm and Composed under pressure.



Effective meditation is free from any kind of distraction, Research has shown that meditation has benefits on mental health including decrease in depression increase in positive emotional state and increase in the ability to deal with unavoidable stressful conditions. in life. Meditation not only involves mental states such as affection, kindness, Sympathy and energy.



The benefits of meditation are many it helps in increasing creative levels of mind while practicing meditation, our heart rate and breathing slows down, blood pressure becomes normal; Sweating becomes less oxygen level will increase while meditation which increase positive thinking attention level and awareness to reduce stress.



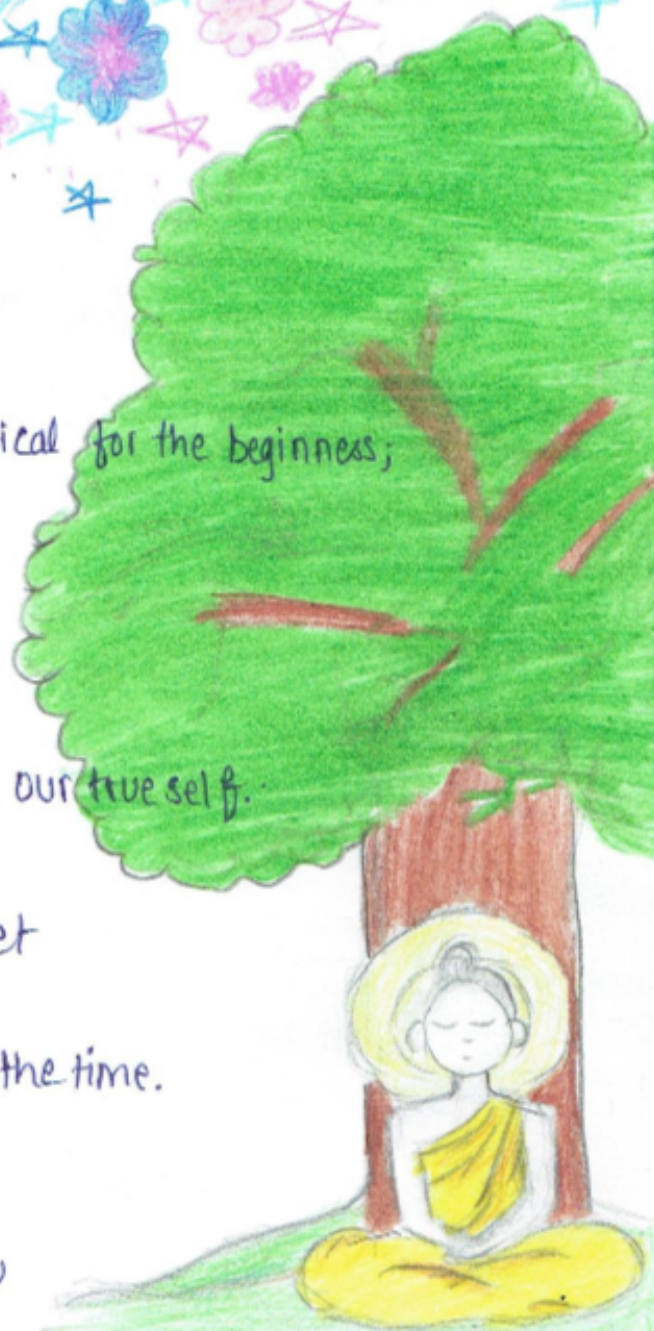
There are four ways to meditate:-
Sitting on the floor or a seat.
Standing
Walking
Lying down



of these four, sitting is the most beneficial for the beginners;

We can meditate at any time.
All we need to do is breathe and
be aware that we are breathing,
This is meditation; this is being our true self.

We meditate to clear our mind, to get
back to our true self to Buddha
nature which has been there all the time.

When you remember that life lasts
only one breathe, breathe when you
are angry, breathe Every day
breathe mindfully; let go of hurtful
thought; breathe.



Written by = Minubpa 
&
Gani Jenzin 

Dear Diary

Author = Sherap and Dawe.

Page 66

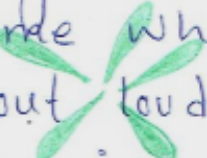
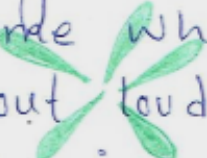
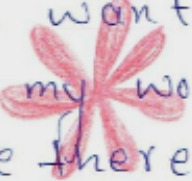
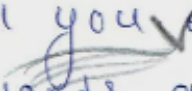
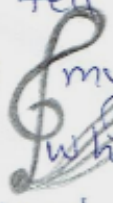
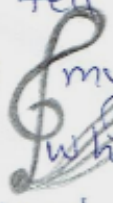
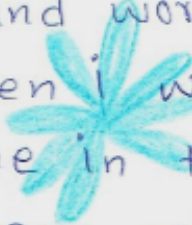
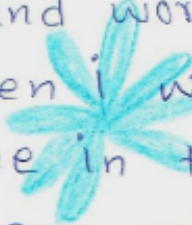
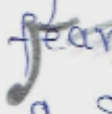

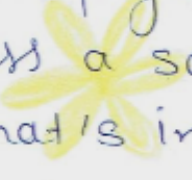

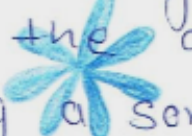
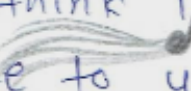
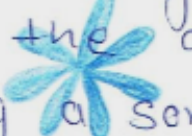
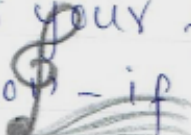




I write my diary when I feel sad, emotional and happy. All people have their own feeling to some people used to write diary. So I also write a diary. I love to write a diary and I still write a diary. Diary is a things which help to remember our memories.

Today I am starting over again one day at a time. one step, one breathe at a time. I am lost without you but I've decided its time to find me ready or not here I come. If per chance, I feel like a failure, I'll just do it over and over again till I get it right. Thanks for always being there for me when my heart was getting too heavy to survive. You were there to listen my stories. you made me what I am today. When my heart was craving for a shoulder to cry upon, you were there, peeping through the row of my books. You made me capable enough to handle my problems on my own. Without letting the whole world know. Thanks for making me so strong. My lyric are my diary. You're hearing every detail of my life. I was not such a short story. You are just in a hurry to change the only book. I love you because you are the only who understand me and help me to retain my memories I hope u could understand the emotions of those words that I write on you. Today I close the door of my past, open the door of my future, take a deep breathe and step to a new life

I Want to Sing

Page 67

I want to sing like the birds singing not worrying about tomorrow. I don't care who hear  me what others think. I just want to sing out  loud. I want to sing all  my worries and happiness. I want to sing cause there are billion reason. Whenever i sing i feel like I am doing meditation.  feel you emotion. I want to tell you a few words about the music in  my life and world. i want to sing it is every  where when  i wake up, i hear a song that take me  in to my own soul. At school, at home, any where. The song that can't bring me  fear, i hope it will be forever, let's sing a song altogether. A song  for your faithfulness, a song of your grace and of your loving kindness  a song of your name. with everything that's in me  ford listen to  the angles sing along. i think  if you sing  a song for the first time to your mom and dad, or your friends and they go, 'that's pretty cool' - if you're playing at the coffee shop, singing songs,  or if you have a gig somewhere and you're  singing own your songs, i think that's some  version of making it... it's not just about having commercial success, it's about

having a great life. I also like to sing a song. Whenever I go I sing with smile face as bathroom, shop, kitchen and toilet whenever. Song is my best friend. Song make me feel relax. When I am feeling sad, angry and emotional that time I sing a song. Song is my life partner. When I sing that time I feel I am doing meditation. I really like to sing a song. When I am talking with my friend that time I also I am singing at now. When I sing that make me feel relax and happy. Song is my love. I love song.

If you are not happy then sing a song that make you feel relax and feel better.

Write by
Palchen Tharso
Dawa Sangmo





Table of Contents - Shedra Corner

Journey to Shedra by Yeshe Palmo	Page 71-72
Our Guru (in Tibetan) by Ngawang Choedron	Page 73
Today tomorrow forever together by Pema Yangkyi	Page 74-76
Friend by Urgyen Tsomo Lama	Page 77
Love and compassion by Dorje Dema	Page 78-79
My words to Rinpoche La by Kunsang Dechen	Page 80-82
Painful days of my life by Dorje Drolker	Page 83-84
Bullying by Rigsang Palmo	Page 85
To the one whose heart is deeper than ocean by Nyinjge Kunkyab	Page 86



My Journey To Shedra

It's me Yeshe Palmo. Here I'm going to share some of the facts that I experience through my journey to Shedra. After my graduation from school, I decided to study in Shedra. On 30th March 2020 on Wednesday me and my friends joined the Shedra. The course of Shedra is for ten years so, basically we have to start from preliminary till 9 standard. My journey of preliminary was very good and I enjoyed every day and moments with my friends. I had great fun in preliminary class. I pass the exam in my preliminary class and I got good marks as well. Now I was in Shedra class one. While in class one I faced some kind of obstacles such as feeling sick, not understanding the text both with the words and meaning, having misunderstanding and problems with my friends, missing my family and so forth on that time one of our teacher was teaching us (Choejug) A guide to the Buddhist way of life by Shantideva. She taught it very well but it is my bad luck that I couldn't understand it at the beginning. Therefore, lots of negative thought started coming in my mind such like = I am not good enough to be here. Maybe, I am not perfect to be a nun, I am not good in every way and so on. These negative thought was burning inside me very strongly. At that time I was really disturbed. And I used to listen advice of our Rinpoche La and elder nuns. Thank God slowly slowly I started understanding the meaning of the text. Shantideva text really helped me to subdue my negative thought. Shantideva's text is the one of the best commentary which will be always be in my mind and

Soul because it helps me to transform my negative thoughts in to positive ones. Because of Shantideva's text, I know the real meaning of our life. Our life is very precious and it is very difficult to obtain. As Buddha says your body is precious. It is your vehicle for awakening. Treat it with care. In our life we faces difficulties but we have to face it and solve it. We can't run away from it. In shedra, I learned many new words, meanings about the dharma and everyday my interest in dharma is growing more and more. I really want to complete my shedra course and become a good dharma teacher. That I can service my nunnery and for the sake of humanity. Whatever obstacles may come in the future may three jewels always protect and help me to face it. As I have already completed my first year shedra class one and now I am in 2nd year [shedra class two]. And I feel blessed. At last, I really want to thank my comrade Rinpoche la, Our great Sponsors, teachers and my lovely friends who always gave their love, care and support not just to me but for all the nuns.

- Yeshe Palmo

འཇིག་རྟེན་འཇིག་རྟེན་ལ།

ལྷན་ཞུ་བ་མཚའི་ལ་གྱི་སྐྱེས་པོ།
འོད་གསལ་འཕྲུལ་པོ་ལྷན་སྐྱེ་ཚེ་ལ་དོ།
ལྷན་ཞུ་བ་དང་ལྷན་ཞུ་བ་ལ།
མི་མང་བཟའ་སྐྱེ་སྐྱེ་བའི་ལ་འོ།

སྐྱེ་མཚའི་ལྷན་ལ་བར་ལ།
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སྐྱེ་མཚའི་ལྷན་ལ་དེ་ལས།
གཤམ་པ་ལྷན་ལྷན་ལྷན་ལས་ལ།

ལ་མ་བར་མཚའི་སྐྱེ་མཚའི་ལ།
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འོད་གསལ་འཕྲུལ་པོ་ལ།

TODAY TOMORROW FOREVER TOGETHER

Dechen Palmo = She is not a lazy person but sleeps a lot. She finds it easy to share her feelings to all her friends. She is good in sketching and debate and talks a lot in her free time. She is a big fan of Kim Taeh-yung (BTS member)

Sangye Drolkar = She is friendly in nature with all people. She looks simple but is very funny. She is very fond of English and Tibetan songs. She is afraid of horror movies and ghosts also. We call her (bu-dawa) it means boy.

Urgen Tsomo = She is a little tall and fat. She is very talented to write Tibetan poems and she doesn't love to watch television and to fight with others. She is meek and kind-hearted person.

Dechen Kacho = She loves to write a dairy. She loves to sing v-Ten rap songs. She is short tempered in nature but a kind person. She loves to read story books. She is good in English writing and reading.

Sangye Drayang = She is very talented in English writing and reading. She loves to sleep a lot. She is sensitive in nature and good in dance, action, darma, etc. She sings songs a lot. She has a beautiful face. Most people like her.

Pema Wangmo = She is hardworking in study. She speaks less with friends and loves to write English poems. She wants to become a poet in future. She is talented in every subject. She has love and kind habites. She follows the rules very well.

Kacho Wangmo = She looks serious but is funny too. She is a silen natured person. She

Loves to sing English songs and she laugh very much while friend say some Jokes. She is clean in nature and she takes care of her health. She has good timing in work. She speaks less with her friends.

Negdon Sangmo = she has a cute smile and little aggressive but such a kindhearted person. She loves to watch koerean drama and is a big fan of BTS. She also loves to sing about dharma.

Lungrig Tsomo = She has a smiling face and is a white beauty and such a meek girl. In her free time she listens to music and loves to pray for other's goodness.

Pema Yangkyi = Finally, I am Pema. I will not talk about myself. I prefer to keep myself a mystery.



Friend



A bonding of a real friend never dies. Friend is like two bodies with one soul. Friend is like a diary where we can share our feelings when we are sad, happy, alone, boring and so on.

They accept you as the way you are. They never judge and forgive all your mistakes. You can share your every feelings with them because of them you feel better in your life. Friend is the person who makes a difference in your life, who believes in you, trust you always keeps you close to her/his heart. They says nice things about you because of their understanding and value about you we feel comfortable and secure. They are the one who always walks beside you as your support. Sometimes they fight and quarrel but still they always worry and love you the most. You will never feel alone when you are surrounded by good friend. We should feel lucky to have a great friend. Friend always supports both in joy and sorrow.

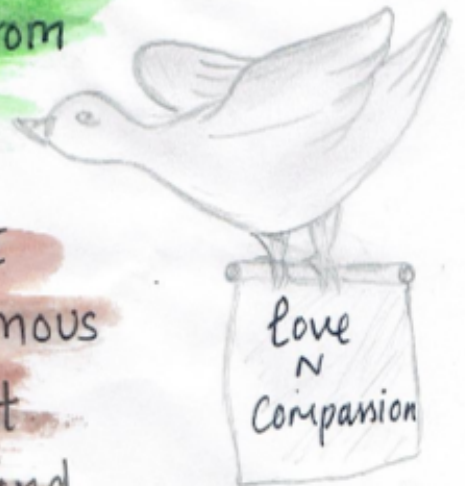
A good friend always guide us in a right path. When we make wrong choice. Friend is the person who won't let us fall. As there is a quotation, which says: A strong friendship doesn't need daily conversation or being together. As long as the relationship lives in the heart, true friends never part. Lastly, I am so thankful to the all my friends for their love, care and support.



Urgyen Tsomo Lama

Love and Compassion ♡

You're here to be for everyone
You're here to be spread kindness
You're here to clear creature pain
You're here to let it happen from
your heart



To mesmerise other heart
You don't need to be famous
To mesmerise other heart
You should be loyal, kind
Compassion and patient

As Buddha said,
Use your voice for kindness
your ear for compassion
your hand for charity
your mind for truth and
your heart for love



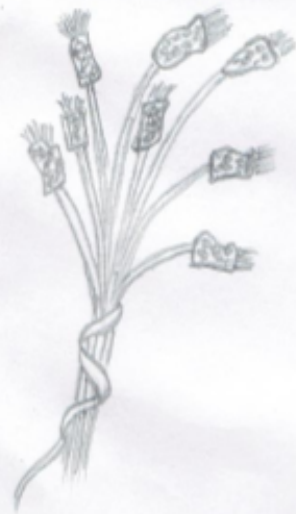
Kindness is a best medicine to
be happy
Honesty is a best medicine to
be reliable

As H.H Dalai lama said,
Love and compassion
necessities, not luxuries
Without them humanity
cannot survive.



Be kind to others
Be loyal to others
Be compassion to others
Be patience to work
That's the teaching of Buddhas.

Don't be impressed by
money, followers, degrees
and titles. Be impressed
by kindness, integrity
compassion.



Bad deeds lead to world of scorns
Good deeds lead to world of beautiful garden
Therefore always have
Love and compassion towards others.

By: Doije Nema
Class: Stdra 1



My words to Rinpoche La...

Thank you Rinpoche La for everything. Me and all of us (our T.G.L families) feeling very fortune as being the student of yours. You are the one who had taught us over all the years till today the difference between right and wrong. You have been shown us a really beautiful meaning of life and the way of enlightenment. We all never want to forget that what you have taught us. That will always be in our soul untill our last breath. We hope that you will be best witness of our life. You are the one who knows us well the most. And you has been the closest to us.

Thank you so much for living behind us. And you have been supporting us through all our highs and lows. To be honest, we are unable to describe who you are for us? Really you are so precious of our life. You are the most nearest to our little heart. Words are never enough to express our love towards you. Always be with us eternal of life to life untill enlightenment. There's no greater wealth in this world that you are caring to us. Me and all of us feeling so thankful to god (Lord buddha) for send us such a great person like you...



God!!! Once thank you for giving us a wonder and expensive gift. Rinpoche La... People like you are really rare to met even in a dream. We can't imagine how you are valuable to us. And also we can't imagine how our life would have shaped out if we are not met or found you. So, your arrival into our life was a huge blessing. Without you we are absolutely a wrong person. Because of your great support and effort that we are on this wisdom situation.

We love to heard your advice at everytime. We are so glad to heard your advice during any opportunity. While you advising we felt hope surge within us. We didn't want to fail your hope or else. You are love and advice showed us a new hope that we can do something welfare for all sentient beings by being the mini dalai lama in the form of female. So, however we try to improve our everyelse into what you want us to be. We studied hard as well as we started paying less heed to our unnecessary task.

We know nothing is IMPOSSIBLE. So, we try hard to success you are hope, wish and every else untill before we die. We try our best to treat every one as equal and try not to do things to others that we would not like them to do to us.

At last word not a least. We would like to say thank you for your kind service and uncountable facilities. We know the word thank is very small and it can can't enough you but there's hidden a million words that how you are truly precious and how thankful you are. Honestly, you gives us so much countless support, love, care. It hurts us that we can't do the same for you dear RINPOCHE LA. We can't ease your mind and yet that is our dearest wish.

Hence, you are so precious person of our life. So, once again thank you so much from the bottom of our little heart.

Thank you.
With sincere
Kunsang Dechen



Painful days of my life...

My most unforgettable day was, when I lost my father. On that time, I was very young and I don't have any idea about dying issues. I also don't know the fact everything that is born should die one day.

In the same way, that people will die one day, just like my father. At that moment, I remember my mother and relatives were crying, but I don't know why they were crying? I remember I looked at my mother and my eyes were full of tears. I thought, what is happening on? But still I have no idea. On that time I saw my mother very helpless wailing full of tears in her eyes. I remember asking my mother, why are you crying again and again. But she didn't answer. The very next day, I understood that he had left us. At that moment, I felt so weak, lonely. The other day we went to our grandmother home. At that time, I felt a kind of regret that when he was alive. I didn't help him and didn't spend my time with him. Even I didn't talk nicely with him or. I was so small that I can't remember his face and don't know much about him. But now I wanted to know more about him. Nowadays, I keep on asking my mother about him. I'm jealous when other children talk about their own father. When I see other children spending time with their father. I feel they are so lucky and blessed.

I feel so unfortunate not having my father. I miss him a lot. I wanted to call my father just like other children do and to spend time with him but it is impossible after all he is no more.

To the world you are a dad.
But to our family you are the world. No one in this world can love a girl more than her father. You will always be in my heart, dad.



Dad,
I miss
you ...

- Droje Drolkar

BULLYING



Bullying means threatening
teasing someone badly.

Generally, bullying is based on colour,
state, situation background,
By backbiting,
Physically and Mentally others.

Bullies Manner Annoyed and
irriate other lives

Erase other Confidence. This is
The main Bully character

Ones friends, Society

in the name of joke

A Bully buries a child's talent.

A Bully makes them feel ashamed inferior
hopeless.

Bullying brings others lives
a bad result the end.

Socuide Panic and Prejuidice
"Love n Let Live"

-Rigsong
Palmo

TO THE ONE WHOSE HEART IS DEEPER THAN THE OCEAN...

Well, Rinpoche la, I'm luckier than the luckiest lottery winner
to have you in my life. I can't describe you in words.
You are more than I ever dreamed.

Without any expectations of return, you gave me true love,
you gave me unlimited care,
and gave me such advice which melts my heart.

Without requesting, you fulfill my every wish.
You are my protector.



Thank you for all your precious time and giving lots of
lessons related to darma life. In all your words, I found wide
meaning that you are always thinking about the progress of others.

Lastly, In the world there are billions and millions of people but
nobody makes me feel like you do so, **THANK YOU...**

= Nyingje Kunkyab 

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rashmi@tsoknyigechakschool.org*

If you'd like to know the contents of Nepali and Tibetan articles/poems, please write to the school principal.

We'd like to thank Shedra Students Ani Dagme Wangmo, Ani Yeshe Palmo and Ani Pema Dolker for the wonderful artworks featured in Semkyi Rangda Issue 5.



24/3/2022

Lethé Palmes