

*"Building knowledge on a foundation of well-being"*

May 2025

**SEMKYI RANGDA**

Issue 08

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*Tsoknyi Gechak Ling Voices*



**The Beginning**

# TGS IN YEAR 2024.25

## A QUICK LOOK

### NUMBERS

Number of students graduated to Shedra in April 2025: **8**

Total number of students in TGS & Gargon KG as of May 15, 2025: **211**

Total number of teaching and non teaching staff: **31**

### NOTEWORTHY ACTIVITIES

Moved to new school building in July 2024.

Peer counseling program expanded to Tsoknyi Gechak Ling Shedra.

In addition to regular in house teacher training, our team also received training on 16 guidelines by FDCW team Marian & Ceci during Losar break. The guidelines are introduced in each classroom from March 2025.

Year 8 students organized in house poetry recitation and story telling program - we decided to do it as an annual tradition.

### NEW PLAYGROUNDS

Thanks to the fundraising efforts of Pundarika Switzerland, indoor basketball and table tennis courts have been finished and are currently operational. Additionally, a small outdoor playground was prepared for the kindergarteners.

### ANNUAL EXHIBITION NOVEMBER 2024

Kyabje Tsoknyi Rinpoche visited every classroom station and enjoyed students' performances. Teachers and students from three different schools were also welcomed.

### MONTHLY SPORTS SERIES

Successfully ran throughout the year with games and activities like Kho Kho, Kabaddi, quiz, debate and races.





### Greetings from the TGS Team!

Thank you for supporting Tsoknyi Rinpoche's vision to give the young nuns modern education. Since the new school year began in the last week of April 2025, we have been very busy with a variety of duties, including curriculum development, classroom agreements with students, developing daily lesson plans and instructional materials, establishing assessment criteria, and setting up classrooms.

It's been very rewarding to teach the young nuns. Their pure heart is the greatest thing we encounter every day. It can sometimes be also demanding as our classrooms are diverse in terms of ages and learning requirements because we welcome anyone who knocks on Tsoknyi Gechak Ling Nunnery's door. But we are glad to announce that, in spite of obstacles, we are making every effort to establish a happy learning environment with Rinpoche's kind vision, leadership, and your assistance. As a gift from us to you, please enjoy some articles and poems authored by our young nuns.

Smile



Smile! til you are alive  
Cause it brings the  
people together.

When you smile at someone  
A small and silly movement of  
mouth brings laughter and  
happiness in the world.

It cost us nothing  
But brings us a lot  
love, respect and happiness  
And avoid the sadness

Smile is the ray of new hopes  
and life.



# A letter to myself

Dear Samten Sangmo,

You are lovely sweet and cute.

Congratulations you are going to grade 3. Please don't sleep in the

class room. Be a good girl in the

class room. Always listen to your teacher and do your home work on time. Don't fight with your classmate. You are a

hard working student. You are the best student. I Always love you. Your lovely Samten Sangmo.



# 2

## BOOKS

A book is a physical digital object containing written or printed information, typically bound and protected by a cover, and can be either fiction and non-fiction. Books serve as a medium for preserving knowledge across generation

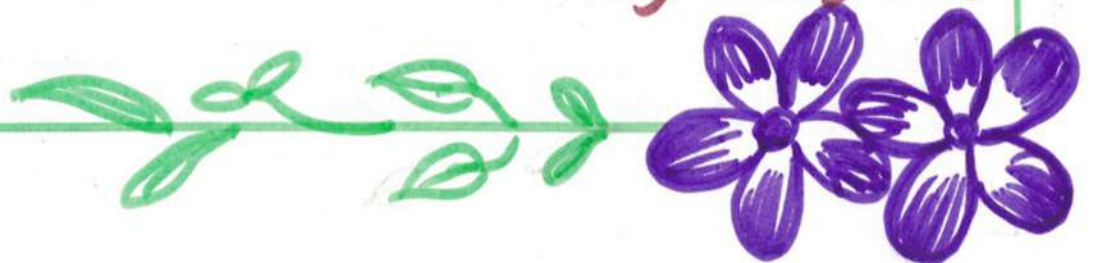
Books are very important because they helps us learn new things and enjoy exciting stories. They make us better in school by teaching us about different people and places. I read books every day and like to read stories. Books are like best friends who are always there to tell us something new and amazing. Reading books has many benefits it can help reduce stress and improve brain junction. By reading, you can also learn new



things and gain different perspectives. Reading books is also a great way to improve your writing skills. Moreover, reading books can help you develop empathy and emotional intelligence. When you read, you get to experience the world from someone else's perspective. This can help you understand people better and be more compassionate. Books allow us to experience realities outside of our lives. They teach us to relate to others by often putting us in the shoes of the narrator.

Reading books can also help you improve your critical thinking. When you read, you are exposed to different ideas. So, books play an important role in our life. Without books life is impossible.

By - Udiyana







# RESPECT

Respect means showing regard for someone or something valuing their feeling and views and treating them with consideration and dignity.

It's fundamental value that fosters healthy relationships and a sense of community.

It is a positive feeling or equal action shown towards someone or something. considered important or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities.

Dorje  
Gharma







# PEACE



Peace is when there's no fighting, only calm. It's like a gentle breeze soothing and serence. In peace, people understand each other, and respect differences. It's about harmony, where everyone feels safe and valued. Peace means no fear, just tranquility.

Peace refers to a societal friendship and harmony, where negative activities like violence, hostility and hatred are not present.

Inner peace is more important than success and the desires of life. Satisfy the soul by gaining peace of mind, heart, and soul. Many individuals ask what inner peace is and how it is achieved? calmness is the true definition of peace.

Khakhyaal  
Hamas i



# THANK YOU!



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