

"Building knowledge on a foundation of well-being"

May 2023

SEMKYI RANGDA

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Tsoknyi Gechak Ling Voices



The Beginning

SCHOOL UPDATES

From May 2022 until April 2023 (in chronological order)

The teachers started their preparation for the academic year 2022.23 with curriculum presentation among their colleagues in the last week of April 2022. This helped teachers to come up with collaboration projects and field trips to be implemented in the new academic year. This also helped daytime teachers and monastic Tibetan teachers to integrate their curriculum contents as much as possible.

The students started their academic year with captain elections and deep cleaning of school building along with their monastic duties.

Before we started our classes from May 9, we also hosted Book Bus for three days from 4-6 May 2022. Along with variety of books, the Book Bus team also conducted read-a-loud sessions and workshops on social justice for our students.

This year we were hopeful that the covid pandemic will not affect us compared to previous years so we planned for monthly sports and competition days and professional development days. We were able to organize these activities without a pause. Throughout the year, the students participated joyfully in the monthly sports and competition days representing four houses.

The monthly professional development days coincided with students' monthly Big Puja days. The teachers participated and led various workshops related to teaching learning practices. Along with it, our wonderful friends of TGL Australia team provided English pronunciation and writing training to our English teachers on planning Sundays throughout the year.



We implemented Gompa Education curriculum from this year. The students learnt tormo and kargen making skills, gyalang and umje skills, among many other important skills. We also implemented Emory University's Social Emotional and Ethical Learning curriculum school wide. There were some challenges to implement the curriculum in junior grades, but it went really well in the upper grades. Peer counseling program was also implemented school wide. The peer counselors conducted support group meetings and also referred their peers for psychological counseling with Ankur Psychologists. Our Admin Officer took referred students to the Ankur Counseling and Training Center after liaising with the psychologists.

Both Tsoknyi Gechak and Tsoknyi Gargon schools ran physically for the whole academic year. We were able to visit many places for educational purposes, such as Basantapur, Kirtipur, Central Zoo, Pilgrim Book House, National Museum, Boudha, Swayambhunath, Namu Budhha, Tiger Lily Petting Farm, among others and also organized our annual market day.

Our annual exhibition was organized on 11 November 2022 in the presence of Rinpoche and other guests. We also organized our annual arts celebration led by our dear friend and famous artist Ashmina Ranjit on 17 March 2023.

We organized our first report card day in August, second in December and third in April 2023. Finally to sum up our fabulous year with full of learning, challenges and warm heartedness, we organized annual award ceremony in the presence of Rinpoche and Sayum La on 18 April 2023.



It was my good karma that brought me to TGS...



Ms. Laxmi

Namaste and Tashi Delek! I am really happy to share a little bit about myself with you today. I started working in Tsoknyi Gechak School in 2014 as a grade 1 teacher. It was my good karma that brought me to TGS. My first year here was remarkable in terms of learning and thriving. I started enjoying my work rather than just taking this as a job. This experience helped me to be the "TGS Teacher of the Year" in 2015. The work environment constantly inspired me. To this date, the feeling continues to be the same. Currently I lead our kindergarten section with enthusiasm and passion and I also serve the school community as a vice principal.

I spend most of my time planning, teaching, worrying or doing a combination of all three. I have a passion for teaching. I use most of my screen time for searching new ideas and methods related to teaching and learning.

I do remember a student telling me one day how she loved our classroom discussion. As a teacher, I love interacting with my students. I encourage a lot of brainstorming, discussion, and sharing ideas during my class. I always feel that children bring so many ideas with them already. They are not empty vessels. As an educator, our duty is to provide them such environment where they can share those ideas freely and thrive.

Each day there are new challenges waiting for us as teachers. These can be related to the students' learning abilities or our own teaching learning practices. Last year when I took to teaching upper kindergarteners as their grade teacher, there were students with various abilities and interests. Each child was different in her own way. As a teacher, I needed to adapt my teaching method in order to fit the needs of the student rather than judging them. There were lots of ah-ha! moments when students understood the concept that I taught and figured out themselves how to solve the problem with some of my guidance.

I feel that teachers need to have a good connection with each student. This connection can really help them not only academically but also personally, socially and emotionally as well. So far, my experience as a teacher has been enriching because of my students, my entire school team and my own passion. I am really thankful to the entire school team for their encouragement and support.



Our Trip to Basantapur



Ms. Sangyal

On August 3rd 2022, daisy class group (year 3) students along with 3 teachers (Ms Shristi, Ms Tashi and myself) visited Basantapur Durbar Square. Before leaving for the trip, Ms Shristi read a book called "Basantapur Ko Yatra" to students to give ideas about the place. Our students were very excited as it was their very first class trip of this academic year. They were even more excited to see Kumari in real life.

We visited Kumari Ghar right after we reached Basantapur. After waiting for a few minutes, we finally got a glimpse of Kumari, the living goddess according to the Newari Buddhist and Hindu tradition. Our students seemed very curious and had so many questions about Kumari. So, we decided to let our students ask questions to a guy who works there. They asked some very good and meaningful questions. Especially Nga Lhamo confidently asked a few good questions that made us so proud of her. After that, we explored the Basantapur city by visiting Kasthamandap temple, Krishna Mandir, Kal Bhairav sculpture and Taleju temple.

We all were so tired and hungry after visiting these auspicious places so we dropped at Layaku restaurant to have our lunch. When we finished our lunch and went to pay the bills, the staffs from that restaurant were praising our students for having good table manners. We left the restaurant with a happy note and went to visit Hanuman Dhoka Durbar museum. There we got a lot of information about the ancient era of Nepal. After visiting the museum, we took our students to 99 shop to experience shopping. Our students were amazed to know the price of the items are either NRs. 99 or 199. They couldn't miss the opportunity to buy the things they needed. Many of them bought water bottles, few stationery items and other things.

Our students learnt and experienced many things from this trip. We as teachers also enjoyed this trip by guiding our students and also guided by their enthusiasm. This educational trip to Basantapur was very informative and meaningful.



JUNIOR CORNER

FROM KINDERGARTEN TO GRADE 3



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Love and Like

What do you love? and
What do you like?

I love my dad and,
I like my cat,

I love my mom and,
I like my friends,

If you love your dad moms
I will be your friends



- Jinpa Dolma

My hobby

My hobby is to sleep.

When I sleep I have

Beautiful dreams.

I fly in the sky.

I meet my Parents.

This is the reason I

Love sleeping

By Mingyur Paldon
Class. Dabfodil

Me and My family

Hello! My name is Minub Sharchen. I am from Sinduli. My school name is Tsoknui Grechak. I study in grade two (Daffodil) class. I like to visit Sawoyambhu. I have 9 members in my family. They are father, mother, 5 Brothers and sister. My father's work is farmer. My mother's work is housewife. I have 3 Brothers they like in gomba. Brothers and sisters go to school. Sister and Brother's work is study. My work is study. My favorite teacher is all. My favorite food is pizza, Momo and Baroer. My favorite fruit is all and vegetable is all. My best friends are all. My favorite subject is all. I like volleyball. I am a nun.

My HOBBY

Hellow! I'm Mishik wangmo, that's my name. I'm 12 years old. I'm from sindepakh-ok. I live in chobbhar. Today I'm going to share about my hobby. I like waching T.V, but I don't like listing vidio. I love swimming. I love playing with my friends. They loves me. But I don't like their parents because they always scolds me. My best friends are Anita, Manju and Arusha. I like Nepal. I like to visit India. I like peach. I like Gundruk, Meat and dhindo

Thank you

From= Mishikwangmo
class= Daffodil

STORY BOOKS

I like to read story books because when we read story books. we get many knowledge from it.

There are many kinds of story books in our library.

I enjoy reading story books.

We have also visited to the book shop.

I see many story books and we also bought story books.

Some of my friends are very confused which one to buy.

When we return to our gomba we all asked our friend what types of books did they buy.

We swap our story books with each other.

I love reading my friends story books.

THANK YOU





HAPPY
MOTHER'S
Day

Thank you for giving
me chance to see this
beautiful world my mom.
love you

Thank you for Supporting
me every time my mom.

Tea is hot.
Time is short.
My mother is
God.

love you forever
my mom Sonam.

bsp = palkji sher
Grade 3 Tree

पृथ्वीनारायण शाह

पृथ्वीनारायण शाहको जन्म बिस १७६९
मा जीरखारबामा भएकै भियो रे।

पृथ्वीनारायणको बुबाको नाम
नरभूपाल शाह र आमाको नाम
कौशल्यावती भिए। त्यस बेला
सानैमा विवाह गर्ने चलन थियो।

त्यही चलन अनुसार पृथ्वी
नारायण शाहको विवाह चौध वर्षको उमेरमा
विवाह गरेका थिए। पृथ्वी नारायण सानै देखि
अत्यन्त शुरा भियो रे। पहिले पहिले अनेक
ससान राज्यहरूमा विभाजित भियो रे। त्यस
बेला काठमाडौं उपत्यका नै कान्तिपुर पटन र
भादगाउँ गरी तीन राज्यमा बाँडिएको थियो।
काठमाडौं देखि पश्चिमतिर रहेका ससान
राज्यहरूलाई बाइसे राज्य र चौबीसे राज्य
भनिन्थो रे। उनले नै विश्व मानचित्रमा
नयाँ नेपाल अधिराज्य खडा गरेक हुन।



यो छुन पृथ्वीनारायण
शाह

धन्यवाद

by pcsi

Our Environment

Our environment was very clean and beautiful. But today our environment is very polluted. People throw garbage on the road and water. They litter everywhere and anywhere. People burn plastics and unwanted things which makes the environment more polluted.

Now, there are organizations where they work to save plants and trees and make people aware of the environment and pollution. People are trying to manage the garbage in proper way. The streets are getting cleaner. The environment is getting better than before which is a good thing.

गुम्वाभा वरुन मन लाग्छ
तर पदाद्वेखि इर लाग्छ
आफन्तको पाद आउँछ
तर आँसु भने आउँदैन ।



फूल दिन मन लाग्छ
काँडा देखेर इर लाग्छ
साथी बल्ल मन लाग्छ
तर बिछोड रुन्छ कि
भुग्ने इर लाग्छ ।

आकासमा चरा
उड्छ सरर
तिमी पनि नाच
जामा लगाए फरर ।
नाम रिन्जिन घोडैन
कक्षा - सर्वदा



ALL ABOUT MY MOM AND DAD

Hi! I am Sabina. I am from Rasuwla.

I have seven members in my family. I am the youngest child my father is a mason. my mother is a house wife we were very happy but one day my parents had a fight and I still remember that day. ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

one day I was sitting with my mother in the room. my mother locked the door

from inside but later my mother can't open the door. and she broke the

lock when my father came he got angry

and they fought. My father hit my mother I cried a lot. I was very small that time

I slept with my mother at night but when

I wake up she was not in the bed. I called her. but she was not in the

love you
mom and dad.
our life is

house. I cried a lot and my father went
house. My father bring her home my mother
and father meet. I was so happy. That was
the happiest day.

From: SALI

IVA



Our country

Nepal is our country. It is land
locked. No part of it touches the sea.
It is landlocked by India and China.

India and China are our neighbouring
countries. It is also known as Himalayan
country. It is divided into 7 provinces and
77 districts. Kathmandu is the capital city
of Nepal. It is in Province 3 which is
also known as Bagmati Province. Mount
Everest is the highest peak of the world.
It is in Province 2 Solukhumbu. 80% of
people are involved in agriculture.

From = Sang y norzin

Story of Hardworking Girl

①

Once there was a girl name Sangmo. She was small but hardwork. She lives in beautiful village surrounded by hills and mountains. The name of her village is Samagaw. Now she have four members in her family. They are her mother, brother, younger sister and she.

She was happy but not much because she have lost most important person in the world. That was her father. She loves her father. But unfortunately her father dead.

She have work very hard. Her mother have to work of her father. So she help her mom by doing small small work from small age.

(2)

She help her mother by picking woods from forest. cooking food etc. Oneday her mother was late so she cooked food. The food was very delicious. So all her family was proud of her. at the very warm morning. She and her brother went together to forest and pick woods. After picking woods. They came to home and wear uniform. After that they went to school. They came back home after finishing school. They ate dinner and selpt That night her mother went to her grand ma. When it was morning she heard that grand-mother's dead. She feel like she has fall from sky to land. Because she has already lost her father and now she has lost

her grandmother. She was so sad. She cried a lot. One day when she and her friends were playing. Mistakely stone goes into her eye. She try very hard to open her eye. But she can't open her eye. Until two days. At third day. She open her eye a little. At that day she came to kathmandu in helicopter. She goes to hospital. After that she stay few days in kathmandu. She have her Spoonser. Her Spoonser said you will get new eye later. When you will Seventeen or Eighteen years, but you can't see. Than her uncle said her mather to keep her to **gomba**. It will be good for her. Her uncle said. So her mother put her to

gomba. Now she is in **Tsobnyi Gechakling**. (4)

She is good. She do hardwork for her future.

She always pray for her mother because
She doesn't want to lost her mather.

She is doing good with her life and
working hard to make her future bright.

The End ♡



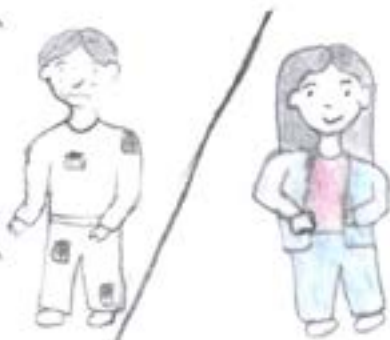
By shegma
class - 5

फूल राम्रो गुलाफको
 कोला भय पनि
 मन राम्रो आमाको
 छोटा भय पनि ।



सानो सानो बर्कुरामा
 परेको मास
 आमा भन्नु सानै पदि
 आँखा भरी आँसु ।

किन भनेर हुला नगर
 फूल फूल नि सबै
 गरिब भनेर हुला नगर
 धनी हुना नि सबै ।



नाम-सेराब छोड्ने कक्षा-सर्वदा

Friends

Friends are very important in our life because they help us when we are in trouble and also they support us. friend always love and care for us. friend are very kind with each other. Friends always do what friend want to do. So don't let them go. we have to practice our friend. This one is called best friend. So I want to say Thank you for loving caring and giving me everything. That's why I love you my friends.

The Story of HANDA and HANDI

Once upon a time there lived a tiger in cave. Tiger had two children Handa and Handi. They two always fighting for meat. They cannot hunt other animals because they two are baby. Oneday a little rabbit come to meet Handa and Handi because today is Friendship day. Little vabbit want to give gift for them. But Handi doesnot want to take her gift because gift is to much small than Hand's gift. And then rabbit is Apsef. Handa said to Handi why you are not taking her gift?. Because i need big gift like your gift said the Handi. Father come and said the Handa and father said what's going on? Handi said i have small gift and Handa have big gift father said you have to take whatever. Gift is small or big. Because small gift also gift and big is also gift.

POEM

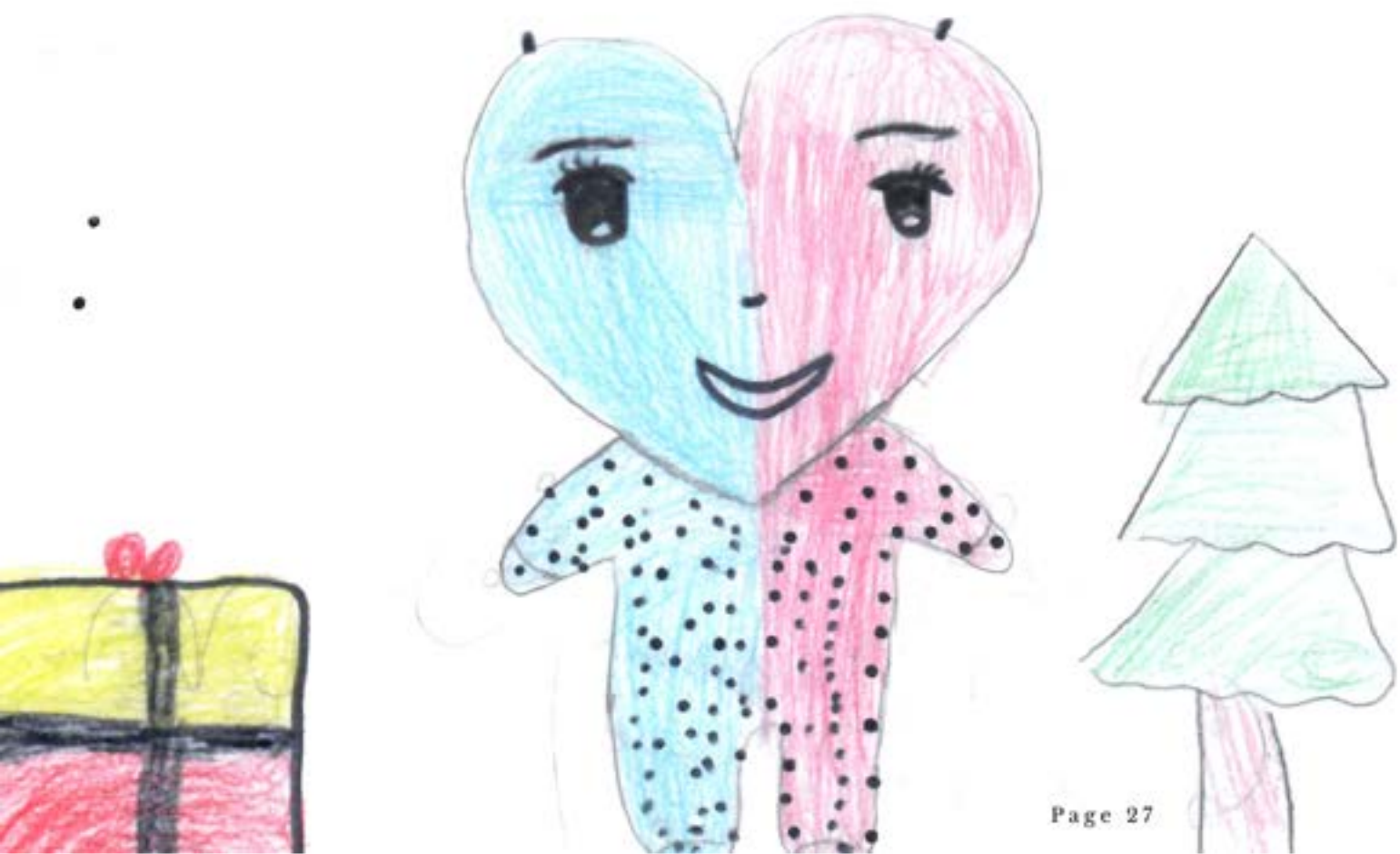
When i came this world i got special sister. Her name is Lhak futi sherpa. She is 19 years old. She takecare of me and also love me.

{ Some people hate me
Some people love me
(But i never think my
sister hate me.)

{ My sister is the best
My mother is the best
You all are my guest }

Feelings

Hi I am Tashi Palpar. Today I am going to share my feelings. I am very happy in this gumba. My friends helped and loved me a lot. Rinpoche la loves and cares us all. I want to be a good ani. thank you all of you for your loved and care. I'll never leave this gumba.



SENIOR CORNER

FROM GRADE 4 TO 8



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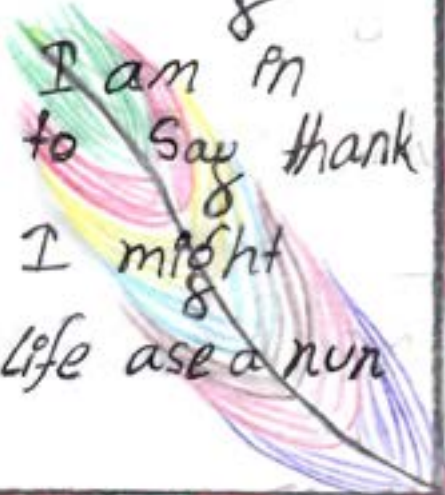
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The family



family is a gift from god and is very important. We can exchange every things but not family. The family is the most precious thing in all people's life. There is no one who doesn't want a family we all belong one family We want be in this beautiful and wonderful world without family support We can't move on like we might think. Every and most of the family We have to respect them. family give birth to me and I am in this world. I want to say thank you to them. Because I might not get to live my life ase a nun



Which is the way to enlightenment. I really like and respect my way to living as a nun. which is all thank to my family. The beautiful life that I god.



My Dream

From my childhood, i had dreamed. I wanted to become rich because when i went to school that time my mother always give me pop corn for breakfast but i didn't like to eat. That time i think if i have many money then i buy yummy food for my breakfast. From that time i wanted to become a rich but slowly i understood our situation of house and as time passed by, my interest, thoughts and even my dreams started to change.

When i was fifteen years old, my mind and heart is interested on Art. That time i felt, i can fulfil my dream, which i wanted to success. Luckily we got a golden opportunity to learn about Thanka. When i was drawing a Thanka. I lost in my own world. It make me relax

and happy. Now i am still learning thanka, and i am very excited to learn more thanka. Finally, I got such a nice and big dream. Now Thangka is my dream.

Drawing thangka makes me curious about it's history so i asked my thangka teacher and she said that it was started from ancient Tibet. People used to learn skill of Thangka for painting and to design monastery and temples etc. It also to draw thangka on "Ressey" (a kind of cloth) so, Tibeian people named it Thangka but no one knows who exactly started Thangka? It is also called one types of meditation.

If i will fulfil my dream then i will open my own small Thangka's office and i will teach other peoples. I am praying for God to bless me.

**THANK
YOU**



by - Damchoe
Sangmo



The day my Grand mother passed



"A grandmother's love is forever and always"
 Hello. My name is Dawe munseland this is my story. I lived in Dolakha now I live in Chobhar at Kathmandu. My village name is Charikot. It is provience no 3. There are many peoples in my village. There are differ types of cast.

I had six member in my family. They are Grand ma but she passed away, mother, father, two brothers and me. My father, mother and my brother stayed at farm house. Me, my brother and Grand mother stayed at home. Me and my brother joined School in the village. My brother read in class five and i read in class two. My Grand mother made delicious food for us. She is very hard working women. We enjoyed every moment with her. We are happy. We played games, we studies and we ate delicious food. In losar my Grand mother gave us new clothes. We enjoyed a lot at losar. We also sing a song and dance. Days, months and years were passing very nicely we are blessed to have such a nice time.



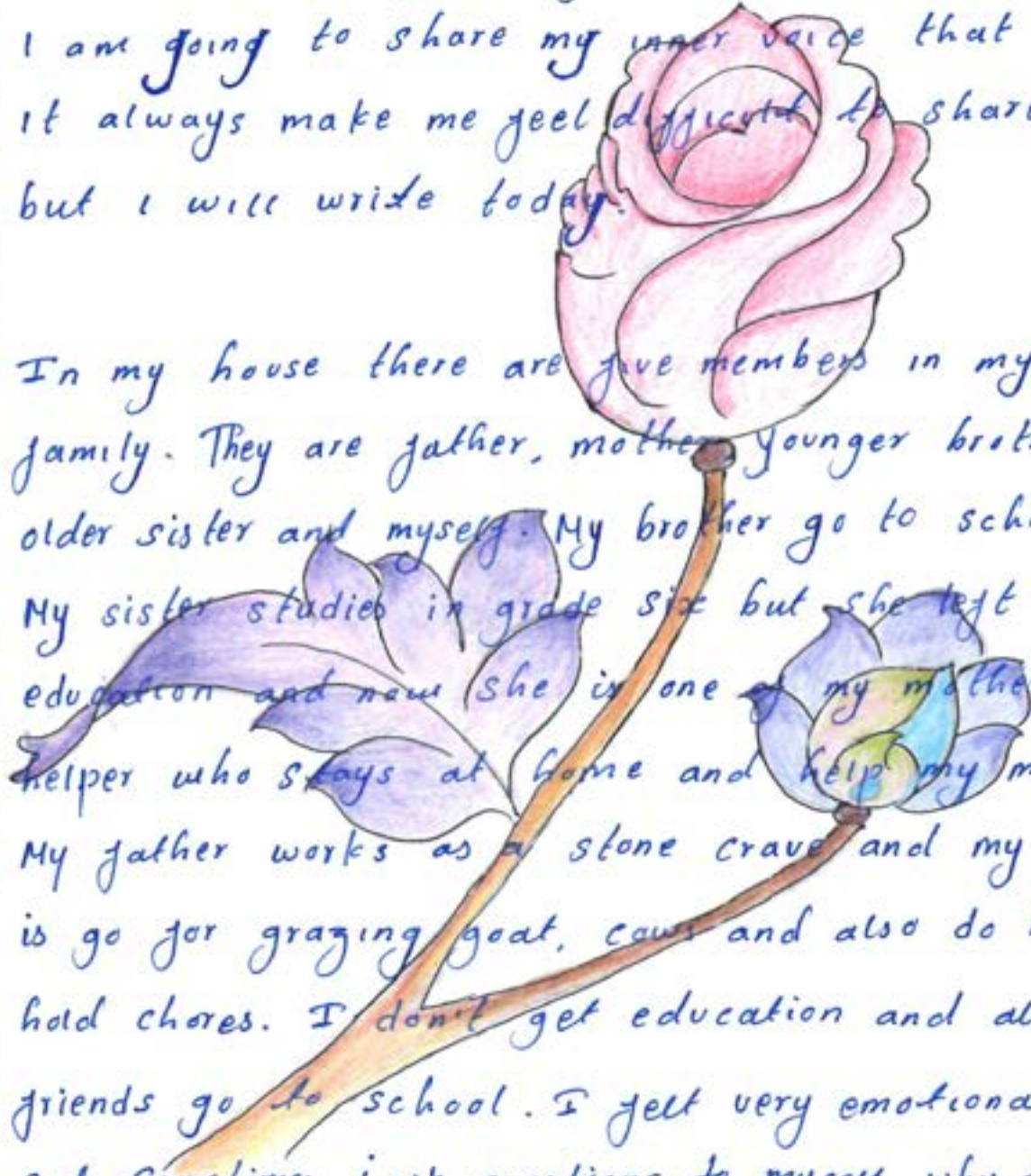


But one day the in our happiness the black cloud rumbled in our happiness. Me and my brother went outside to play. After few minutes we heard sound of our Grandmother coughing. My brother said let's go and take a look at grandmother. We looked at grandmother she was not speaking, not moving that and speaking to her but she made us scared and we started to cry. I gave some water to my Grandmother but she didn't drink it. I called my brothers. There was saliva coming out from her mouth. We called our neighbours. Aunt came and asked what happened. I was speechless. After few moments I explained all the things what happened earlier. She started to call other neighbours and they all came to check and then what happened I don't know because I didn't go home. All the villagers gathered and said that our grandmother passed away. My brother's friends went to call my father and mother. My father cry so much and he was very devastated by seeing grandmother's body. Then my relatives started to do death rituals. Every one was busy but I was busy on recollecting all the memories that I had with my grandma. At that time I promised to hold my grandmother forever in my heart, forever in my memory. Even today after so many years I remember my grandmother with heavy heart and I always remember this quote. "Those we truly love never truly leave us. There are things that death can not touch"



Drolma Kyizom

I am Drolma Kyizom from Namdo. Today I am going to share my inner voice that it always make me feel ~~difficult~~ to share but I will write today.



In my house there are five members in my family. They are father, mother, younger brother, older sister and myself. My brother go to school. My sister studies in grade six but she left her education and now she is one of my mother helper who stays at home and help my mother. My father works as a stone craver and my job is go for grazing goat, cows and also do house hold chores. I don't get education and all my friends go to school. I felt very emotional and sad. Sometimes I ask questions to myself why they are **not** letting me to go to the school. I worked in my house and other's house. I wanted to read

but i don't get chance to read. I know all the job what my mother does like, cooking, cleaning, washing even how to make "KERA" i do all my job very effeciently. At that time i was only 10 years.

My father was alcoholic. Because of it he had cancer and he died. After this i was very depressed and i decided to become a nun, as i have many friends who are nun and after many years my mother get married and my sister also get married. Now my brother only lived in my village house. I love my brother very much and i also care for him. After some month my brother also decide to become a monk. We met and we two cried out because we need to stay separately. Now he is in Boudha white gomba. He is very happy and i am also happy for him.

In this gomba there are so many nuns and i felt very difficult to talk to them. They all talk Nepali. I don't understand Nepali and tibetan language. I understand only my mother

tounge i.e Gurung then after several days I start to read from L.k.G. I don't know how to write even how to hold pencils but Miss Bhima and Miss sonam lhamo teached me how to hold pencils and how to speak. They support me a lot. This is my first school "Tsoknyi Gechak school". Because of miss Bhima and Miss sonam lhamo now I am in grade 5. I am so happy with my life. I got many friends and my lovely teachers. They give me true love and care which I get from my mother. Now my teachers are my mother.

And I get new father his name is Kyapche Dupwang Tsoknyi Rinpoche la. He change my life. In this gomba happiness is everywhere. I will be good to make every one happy. He gave me everything new my life, my name, my perspective to world, my family and my society. I want to help those who were being sufferred and being traumatize because of this society and family. Hope one day I will be able to change the life of the sufferred people.

Kind Boy

Once upon a time there was one remote village. In that village there was a boy. That boy was a doctor. he loves his village so after finishing his studies he come back to village to help his villagers.

Every one was so happy because of his decision. Every thing was fine but the new virus cover the village. Every one from the villages got affected with this virus.

The doctor was very kind with out worrying about his health he started to treat the people. slowly the health of the villagers coming to normal stage. The doctor was so busy that he forget to wear mask and to wash hands also. He was got affected by the virus.

He was so busy helping others that he forget he was also suffering from it. He save so many peoples.

but he couldn't save himself. He passed away but the villegers still remember him in their prayers and in their good thoughts.

By: Gende
Class: (5) orchid.



— A DAY TO REMEMBER —



Hello! This is Lekshey Paldon. Here I want to write one of my moments which makes me laugh. This memory of my life will be captured and remembered throughout my life.

One day in the class everyone was doing homework. Me and my friends Sherap were joking and laughing. My friend was copying all the act that I was doing. I was wearing a hat. My friend said "Thinsulate" I thought it was a Korean language. I also repeated the same as she said 'Thinsulate'. After that I told her Korean words "Mana Safinga sumida" which means "nice to meet you." I asked her what is meant by 'Thinsulate' as I wanted to learn Korean language. She started to laugh and she was laughing continuously. I didn't have any idea why she was laughing. I felt very hot. So I took off my hat. I saw a word 'Thinsulate' on my own hat and I realized 'Thinsulate' is not a Korean word. It's the name of a hat's company. I've been fooled. I laughed until I got my stomach pain. We both enjoyed this moment which I wanted to share with all of you guys. Hope you all enjoyed it.

Thankyou

My Dream Job

Today, I am going to share you about my dream. So, I hope you all like it. My dream is ^{to be a} social worker. I hope you all know, what's the meaning of social worker? I really want to help poor people and all people. I really want to help society, which is one of the good work. Many people like to do social worker, but I want to do social worker, not to earn money but for my country and I really want to do dharma by doing social work, just like Anuradha Kairala. My dream is also like her. I really hope one day, I will become social worker. The people who work for society, they forget all the thing. Without worrying about day and night. They make our life easy and comfort. So, we should be thankful for them. I will try to do social work. I will give my best. Some of them are trying to make money out of it, everyone can contribute something for society, no one can stop by doing humanitarian etc. Being an Ani, I want to contribute by my work, and by philosophy, which is to be kind, honest and to change this society into a non-violence one.

So I want to be a social worker. I know one day I will be success to become a good one.

by - Kunkhen Chamo (Orchid)

There is no shame in tear

We all have both happiness and sadness moments in our life. Either the situations are the worst or the best. I mostly cry to express how exactly I feel right now. So, tear becomes my friend.

Many people believed that crying is unhealthy behaviour but in my opinion, I'll say crying is healthy behaviour. It helps to make people feel light and calm. As a peer counselor of my friends of gumba, I came to know that if somebody is crying then let them cry instead of stopping them. But I don't mean that you shouldn't respond them, moreover, tears express all the pain and worries that are inside us. In my life, I have faced many problems, twists and turns. Sometimes life becomes so burden for me. I'm a girl who is a bit of stubborn, emotional and naive. Every little to big situations hurt me so badly that I cry, sob, and scream but not in front of others. I don't cry in front of others because I used to believe that crying in front of others makes myself weak. And I don't want people to believe that I am weak, worthless. Slowly I discovered that there is no shame in tear. Everybody cry, I cry, you cry ~~or~~ even thunders cry when it is about to rain.

So I love to cry sometime. I felt pity for boys as they were ~~told~~ that boys don't cry. But girls can cry. They can show their emotions through crying. And do you know sometimes crying make it easy to convince?

Importance of friends

Friends are very special and important for everyone in the world. Friends are the most important people who can talk with us to the end of the life.

In my opinion friend is the most special person of my life. There were many friends with me but I was not friendly with all. I liked some friends, who are from different places. And we all are here in this Compa. We came to know each other slowly. Then I slowly like them. I came to know about them and started liking their kind behaviour. I was also feel that, they can be my friends. for me, they are very special. They all talk with me and I feel happy. They understand my feelings. I feel very secure when they are with me, may be because I am always with them.

One day one of my friend became sick. At first I didn't know that she was sick, then one of my friends

Came and told me that she was sick. I thought what to do and how can I help her? I did not get any idea. I went to see her but I didn't know what to do? I felt very bad for my self because I couldn't help her. I told her to take good care and eat good food. Then I went to my room. On the way, I become very emotional and I felt very sad and cried a lot. Then again I felt very bad about my self. Even I felt I couldn't be a good friend. I couldn't help her when she needs me. At that time, I couldn't do anything and was not interested to do anything. So I shared this feeling to my other friends. They gave me so many ideas. Then I felt relaxed and all my worries and painful feeling ran away from my mind.

From that day, I deeply realized that friends are very important in our life. They really play an important role for us. As we are staying here in Compa, we have only friends to care, and share our problems, pains, happiness, sadness, worries etc. Now a days, each and every feelings I share with my friends. I love my friends

and care them very much. Thank you all my
friends for being with me each and every
Situation..

Love you all



friendship is like

Fish can't live without

Water.....

Plant can't live without

Sunlight, air and water.....

Living being can't live without

Oxygen.....

Bird can't live without their

wings.

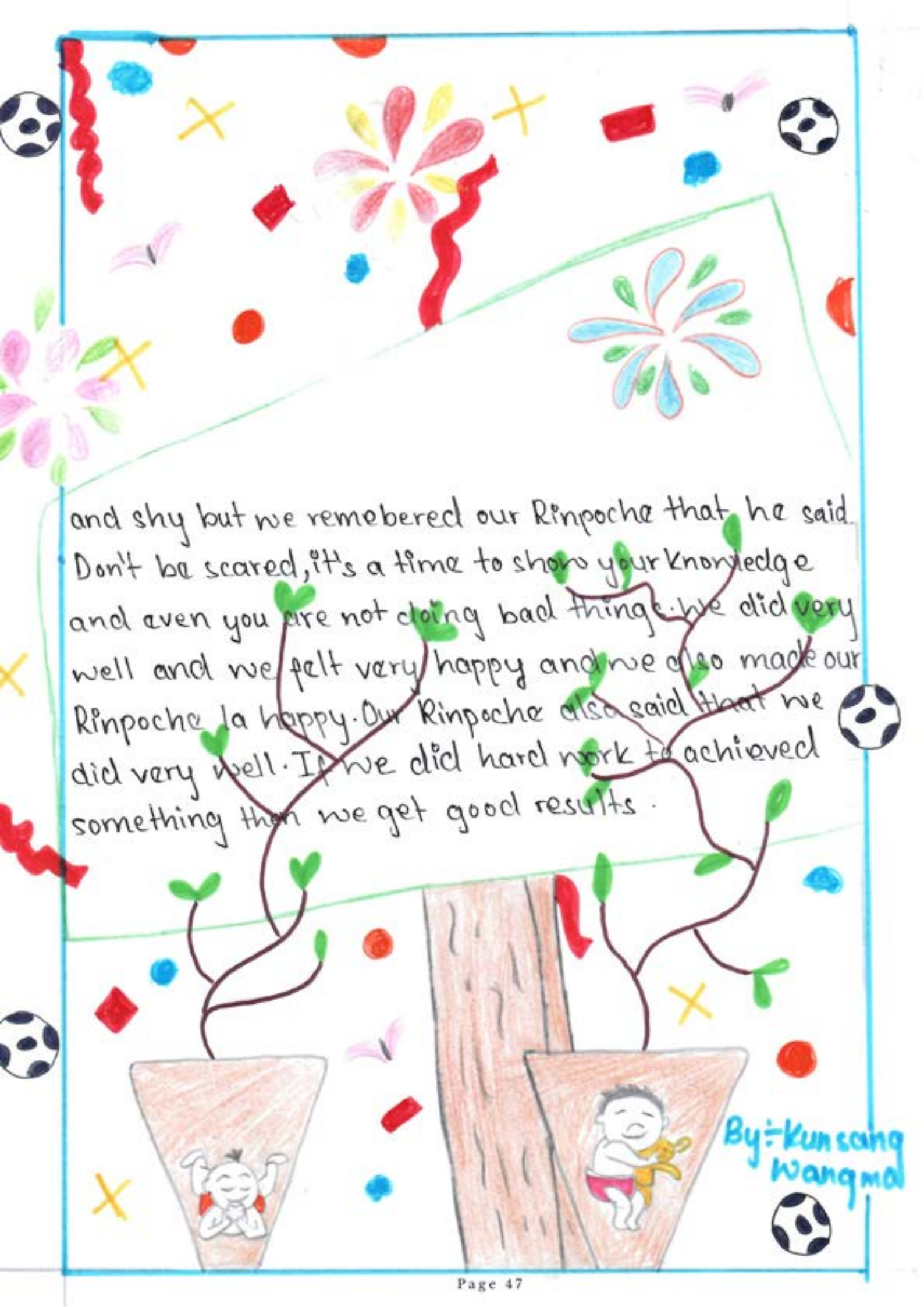
And I can't live without my

friends.♡

An Exhibition to Remember....

On 14th Nov 2022, we had exhibition. Each year in Tsoknyi Gachak School, we had our exhibition during 2nd term. This year also we had exhibition on 14th Nov 2022. The theme for the exhibition was caring for our environment and animals. All the TGS students performed different performances based on the theme. We Grade 8 also thought that we did a nice performance, as this year is the last year in school for us. It is also the history in TGS that this year in our grade 8, we are only 5 students and the class having the smallest number of students.

For the exhibition, we were divided into different groups according to the subjects. We all felt very difficult while practicing. During preparation for the exhibition, we all were involved in almost all subjects. We all equally participated. Even we participated twice or thrice in the subjects because of less number of students. There were different subjectwise activities like presentation, short act, experiments and many more. On 13th Nov No22, we had demo day. We did demo day for making the exhibition day fruitful and wonderful. That day our principal Ms. Rashmi came to visit/observed all class. That time we did many mistakes and we felt shy. After that she encouraged us and we practiced a lot till the night. Finally our exhibition day came and we all felt very nervous.



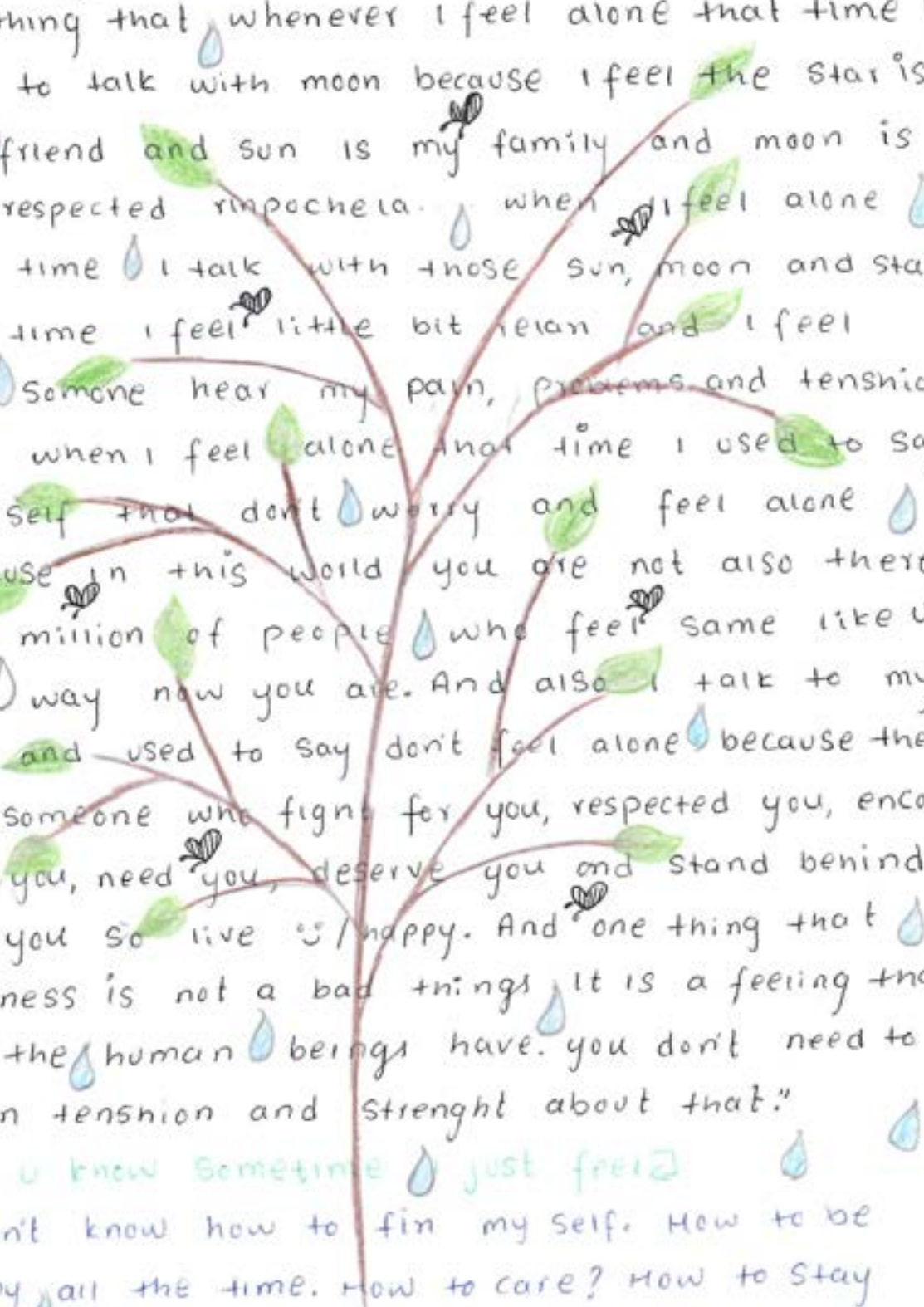
and shy but we remebered our Rinpoche that he said
Don't be scared, it's a time to show your knowledge
and even you are not doing bad things. We did very
well and we felt very happy and we also made our
Rinpoche la happy. Our Rinpoche also said that we
did very well. If we did hard work to achieved
something then we get good results.

By: Kunsang
Wangmo

ME AND MY LONLINESS



According to the dictionary lonely means "unhappy". Because when you have no friends or people to talk to. But in my opinion loneliness doesn't mean you have no enough friends. It means you don't want to be with the people who make you feel lonely, it means you want to give a time for yourself and communicate with your own thoughts. I usually want to be alone. I'm happy with my loneliness. While being alone of the situation. I'm going through. I can be myself and talk to myself. I don't mean, I don't want anyone but at sometime I want to be left alone. And be myself. Me and my loneliness talk to each other. Communicate and understand each other. I want to left alone when I'm feeling heavy, mix and unhappy. So, that I will be able to understand the situation and minimize the problem. There is specially unique content of being alone. where I don't need to get into any argument and hurt any of living beings so, whenever I'm hurt, blue, angry and sad I practise being lonely to play with my thought + reduce my anger and keep everything under control so that



I will not mess up which consequences will not hurt me: I'm happy to be alone. And you know guys one thing that whenever I feel alone that time I used to talk with moon because I feel the star is my friend and sun is my family and moon is my respected rimpochela. when I feel alone that time I talk with those sun, moon and star that time I feel little bit relax and I feel that someone hear my pain, problems and tension. And when I feel alone that time I used to say my self that don't worry and feel alone because in this world you are not also there are million of people who feel same like u the way now you are. And also I talk to my self and used to say don't feel alone because there are someone who fight for you, respected you, encourage you, need you, deserve you and stand behind by you so live 😊/happy. And one thing that loneliness is not a bad things it is a feeling that all the human beings have. you don't need to be in tension and strenght about that."

And u know sometime just feel
I don't know how to fin my self. How to be happy all the time. How to care? How to stay motivated? I don't know how to fin my self.
I don't know how to regular my self. How to

follow my own rules. I don't know how to write anymore. I don't know how to trust myself, feel like I am constantly dreaming. Don't worry about a thing 'cause' every little thing gonna be alright. "YOU DON'T HAVE TO DO WRONG THINGS" "YOU CAN DO HARD THINGS."

I don't cry over the people. I cry over the way I get treated cause I don't deserve that. A friends make you laugh a little harder, cry a little less, and smile a lot more. A few bad chapters does not mean your story is over.



-> with love shamo.

WE DIE
THAT MAY BE
THE MEAN OF LIFE. FROM
GREAD / 6-♡u

"Books"



Books are nice
It gives us choice
Books are shine
It never bind

Books are gold
It never be old
Books are good
It change our mood.

Books are my friends
It increase my brain
Books have many pages
Reader have different ages.



We need more books
They need more look
New ideas give us rise
We can see from our eyes.

Corona virus in Nepal

Corona shook the whole world. It took many innocent lives. Same tragedy happened in our country, Nepal. There were cases about people dying in painful and sad way. Many Family members were parted in such difficult situation because of lockdown. Quarantine was a heard time for everyone. People were not allowed to go out and cases like suicide, Domestic violence, Increased. Some people suffered from hungry and shelter. It's a big relief that corona is decreasing but virus knock our doot time to time. But we have vacciant now and we will always vemeber the innocent people whose lives were taken by corona virus.

Thank you

By - Mingyur Dēchen
Class - 5



It's During the
toughest time of your
Life

That you'll get to see true colour of the people who say they care about you. notice who sticks around and who doesn't and be grateful to those who leave you, for they have given you the room to grow in the space they abandoned and the awareness to appreciate the people who loved you why you didn't feel lovable

Bottom line:

Be ok with giving the gift of your absence to those who don't appreciate and respect your presence.



Poor Patriarch and happy Girl

My village is beautiful and many tourist were impressed with my village beauty.

But the villagers were not nice because their eyes were folded with patriarchy thoughts.

from the same village but it is male dominated society villager thought girls are useless and they have to look after house and they thought girls do not need to go to school, they said if girls went to school then who is going to do house works. They always said why we born as a girls, to go

School you need to be born as a boy. They always support boy in every step, they said boys are very strong and they should go to school and earn money. Boy do not need to do house hold things, only they need to learn.

We really suffer because of this

thinking my father was also suffered from this thought. He never treat me nice. He always discriminate between me and my brother. They seperate me in food, clothes, education also. It makes me cry but my father become irritating and he beat me very badly. I become badly sick. I was mentally and physically sick. Then he said girls are useless. Because of my father bad behaviour my mother run away from my house with my elder sister. After my mom act I need to do all the things, I look after my grandparents and my house also my father left the house to earn money. Also started to dominate me, they made me work, their household chores. If I did not do their work then they beat me. I was so tired doing all these work so I request my grandparents to go to gumba as I found that is the only safest place for me. Then i come to gumba.

In gumba there is no discrimination we all are girls, teacher are also women and everything is so perfect here.

Some time I really wish that only girls remain in this world then I guess this world will become happy. There is huge different between girls and boys. I suffered because of this patriarchy thoughts. There are so many girls, women who were suffered because of traditional thoughts. I was also victim of it. Now I am very happy and enjoying my life very much because of my gumba I thank everyone who are pouring love, respect, care towards me.

I want to express my gratitude to my Kingsche la

THANK
YOU

by - Orgyer

Gyezin

Class - Orchid (5)

The Girl And Her Grandma

long time ago there was a little girl who lives with her grandmother in a small village. One day her grandmother went to jungle and bad man shoot gun at her, which killed her. the little girl come back to home and she searched her grandmother. She went to jungle in hope of finding her. then she found her grandmother's death body she was very furious at the person who killed her grandmother. She went back to her village and she asked all the villagers about the killer. ~~they~~ they come to her Scared about the killer then an old man come to her and told her that her grandmother was killed because she found expensive jewellery in the jungle. That bad person was also looking for it. So, that bad guy killed her grandmother and catch the bad man and took him to the police and the police reward the money to that girl in the honour of her grandma bravery act.

-By palbar wangmo
class (5) orchid



Poem on
"Love for animals"

Be kind to the animals
They are god's creatures
Keep them by caring and loving
Not by killing and hurting.



Animals can be our friends
If we love and care
They also hear and come near
Animals are best
Allow them to take rest.

Every day is an adventure,
When you share your
life with an
Animals!



By :-
Ranjana
Namolik


When i meet Tsoknyi Rinpocheha and
TGL Friends 

You CAME TO My
Life Like AN ANGEL 

Dear Rinpocheha



you are the real hero for me

I feel very happy to have you in my life.
you are someone I cannot think and imagine to
be in my life. you change our life unhappy into
happy and sadness into happiness. I feel very
fortunate to have you in my life you change
my life you are like **Bossem** flower  for me
like if you are not in my life, or My life
is like decaying flower I really rely on you
your every work is extraordinary work for me.
Venerable rinpocheha you are the that person who
show us the right path when we chose another
path. I think life without you is like ridiculous
and impotent you are priority in our life. Having
phenomèndal feeling in this nun's life is only because
of you. You maximize my life from being damage.

Your smile brings me laughter whenever i am far from you. The reason today i can smile and here is only because of you. You are everything for me.

You are my thunder
in Rain. you are my

Sunlight in Raven

you are my tear

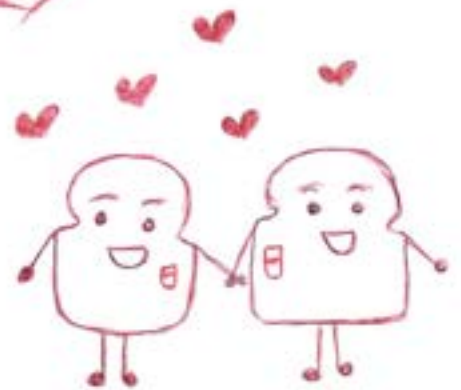
When i feel pain

you are my mind

When i am Blind



FRIENDS



In everyone's life best friend is very important. Without best friend. no one is complete. I have many friends but i just want to experience the feeling of being best friend. I just have faith in best friends. Sometime whenever i went far from them i just



miss them a lot. This is the reason how friends are important. In my life, I always appreciate them as my friends. I have many Bon voyage with friends and i always contempltte about enjoyment moments. Frankly best friends make our life indebted. I learn every day many good and different things from friends. We argue in small things but our name friendship was never decreased. I felt secure, debonair whenever i am with my friends. I want to be a bestfriend of everyone and i always enjoy having their company. They will be significant people in my life. Love you all,

Beautiful . Pleasant life

NAME = Sherap palzin
CLASS = Iris / six

Best friends are hard
to find. Harder to
leave Impossible to
forget. I Love my
FRIENDS

PROUD TO BE A GIRL

Page 62

I am proud to be girl and nun I believe girl can do so-many similar things to boys. I thank to god and universe that I'm girl. So, let's read a short story about a little girl,

Once upon a time there was a family who lived in a village named Solukhumbhu. In their family there was 5 daughters and one son. This is the story about 4th girl named Gita. When she was born most of her family members thought she was boy but unfortunately she was born as a girl. She was very innocent 5 years old girl. She was very small but she knew how to cook food, and do household chores. She read in grade 1. She had no idea in which environment she was being raised and what problem she was going to face. She went to school and after school she worked and helped her mother. She was doing great in school but she didn't get any appreciation from anyone except her mom. She loved her mom more than anything. She didn't know why she got scolded even she was working and doing nice at everything. One day she was in the kitchen and heard the conversation of



WHAT?
~~~~~

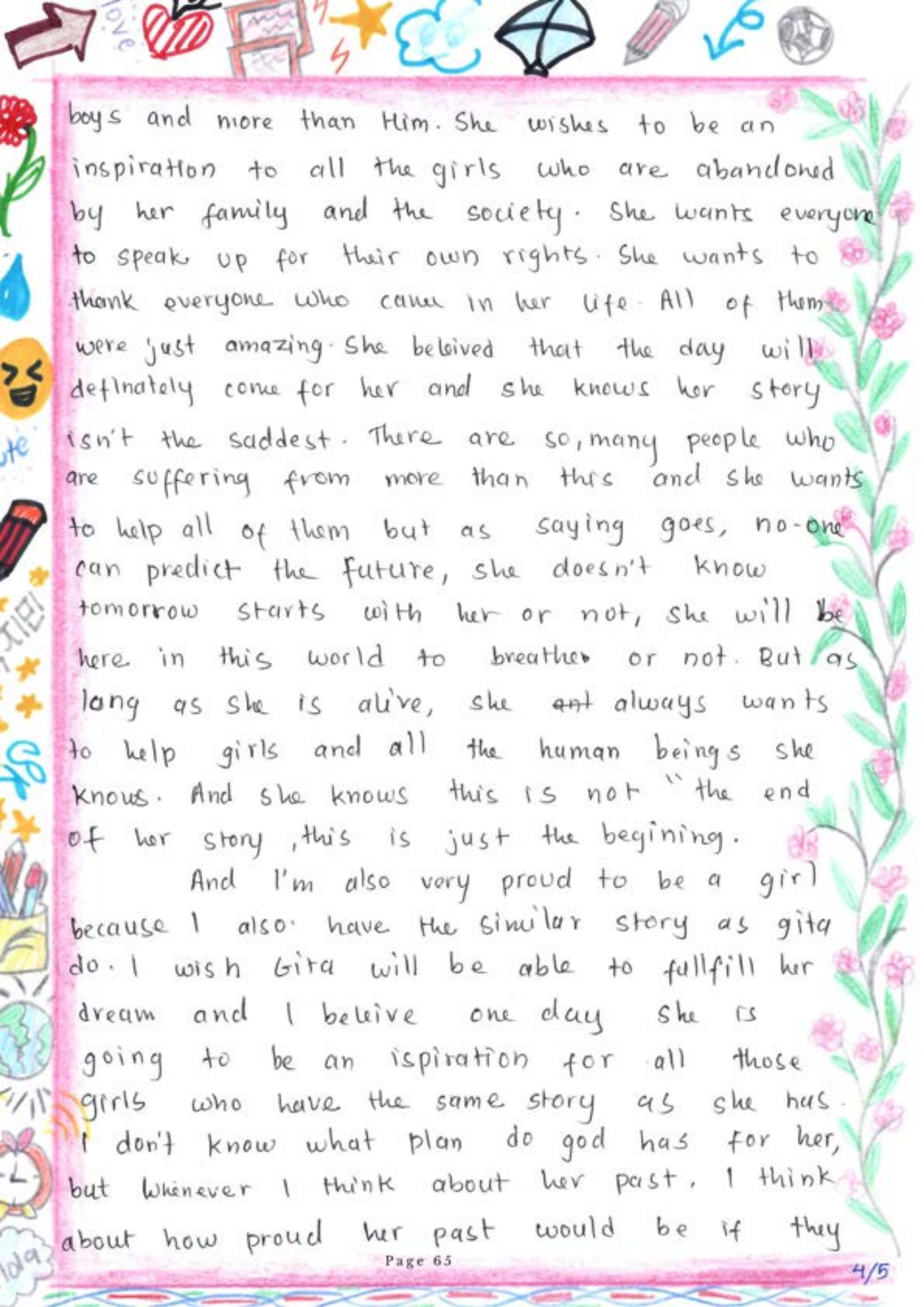


love

dad and mom. It was something related to her. Her dad was cursing her mother that she didn't give birth to a boy. And her mom was saying that girls can do same things as boys can. Girls are more helpful, kind, hardworking than boys. They were arguing. She didn't understand anything as she was just 5 years old. She knew that her family is not getting same respect as other family got but she just didn't know why. One day her all family gathered and talked that two of the family members were going to be nuns. She didn't know the meaning of nun and how nun should live, but she said she wants to be nun and her elder sister too said the same. And the final decision was she and her elder sister were going to be nuns. And they all decided to go to Kathmandu without their dad and with the help of their uncle, the only person her mom had believed and recognized in the town. They were all very excited but no-one knew what's going on with their mother. But her mom was really kind that she smiled for her kids and just moved on to other step taking risk. Before reaching to the town her mother got a news that made her cry, and made her weak. She heard that her one and only person (uncle) whom she'd believed had been lost in Kathmandu. No-one had any idea about him and all her kids did not have any idea where their uncle was. They all saw their mother crying a lot and didn't know why but it made them cry too. And at that time Gita realized that nothing is more painful

than seeing tears in mother's eyes. Her mother had no idea which way to choose, whether to leave the dream about town and live in village getting so many disrespect and or to move on taking risk. And she finally chose to leave the village and went to the town hiding many questions and fear with heavy heart and they reached the town and managed to live there. After one day of reaching there, Gita and her elder sister came to the gomba. It was very new and alien to them. Her mom bid them a good bye. Gita felt numb and tear fell down from her eyes as she was only 6 and half years old when she came to gomba. It was really hard to adjust and make new friends. Everything was very new and the whole world she was going to live was very new to her. Slowly, she learnt to adapt in the gomba. The name of the gomba was "Tsoknyi Gechak ling. It is miracle magic that she was here in a very right place. When she slowly learnt about social problems, she got to know that the disrespect, unappreciation, hate all the bad things she got even she'd done good things was only because, she was a girl. There was a time she used to hate to be a girl, and now she feels proud to be girl because she knew from how tough situation she came from and how ~~her~~ brave her mom was who tolerated every pain and tough time of her life. She feels proud to be a girl of a very brave woman. It had been a 7 year that she ~~hasn't~~ hasn't visited or gone to her village and this year she is going to her village. She is very excited to look the environment where she was raised and to make people realize woman/girl can do everything as





boys and more than Him. She wishes to be an inspiration to all the girls who are abandoned by her family and the society. She wants everyone to speak up for their own rights. She wants to thank everyone who came in her life. All of them were just amazing. She believed that the day will definitely come for her and she knows her story isn't the saddest. There are so many people who are suffering from more than this and she wants to help all of them but as saying goes, no-one can predict the future, she doesn't know tomorrow starts with her or not, she will be here in this world to breathe or not. But as long as she is alive, she ~~ant~~ always wants to help girls and all the human beings she knows. And she knows this is not "the end of her story, this is just the beginning.

And I'm also very proud to be a girl because I also have the similar story as Gita do. I wish Gita will be able to fulfill her dream and I believe one day she is going to be an inspiration for all those girls who have the same story as she has. I don't know what plan do god has for her, but whenever I think about her past, I think about how proud her past would be if they

Could see her now.

In my life, I have met so many people. All of them were very amazing and wonderful. Some had enter in my life to shape it ~~for~~ ugly and some ~~to~~ have enter my life to shape it beautifully. I appreciate all of them. And inspiration of my life are Rinpoche, Mom and the principal of my school. I want to thank all of them for everything.

— THANKYOU —



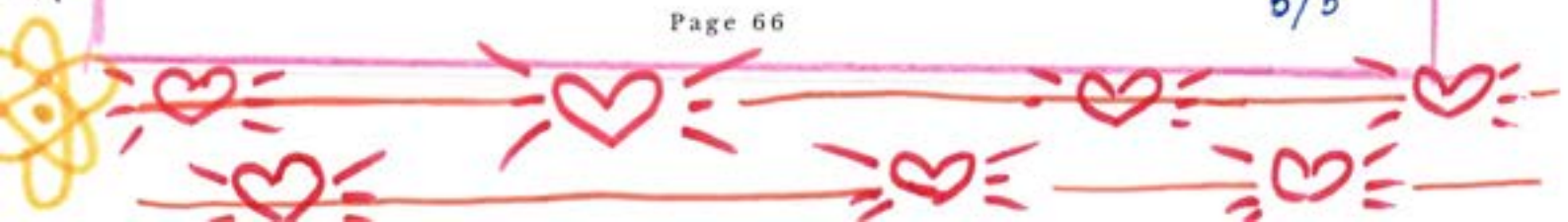
"To the women of my beloved world.  
Believe in yourself. You are strong,  
Speak up about your dreams and  
your goals every day, so that  
everyone knows that you  
exist"



➤ Be a girl who you are not  
what problem had  
made you

By:- Sipa Rangdrol  
Grade:- VI

5/5





Simply aim is the ultimate destination to reach life. Different people have different aim in their life. Some people wants to earn lot's of money, while some other people wish to get ample knowledge. Similarly, some people are aimless. An aimless person are just like a ship without a rudder. A rudder directs the ship in proper directions. If there is no rudder, a ship can't follow the proper direction. In the same way, the person without aim can't be successful person.

Being an ordinary person, I have one aim in my life. My aim is to be a doctor, and serve my country and people.

Now, I am studying in grade four. After passing the BLE for us 'Iron Gate of life'. My wants is to study in grade 9 and 10 after passing I also wants to join <sup>to</sup> majoring science at a best collage. I also want to join science, Math and Humanities. After some years, I do hope to be a successful person. Then I should get chance to study medicina. Then I want to go to other country, to study ahead. After that I shall return my motherland and

Experiment and practice in a big hospitals to earn both money fame and to do social work also. My native is not just to collect money and money in the city. So, I shall go my birthplace, a small village in the remote area to serve the ignorant and poor villagers.

First of all I shall set up a small clinic in my village and provide free treatment.

So, These all are only my thoughts. I hope my thoughts and aim will be successful one day. I want to stop my pen here. Thank You....



- Tashi Palmo  
class 4

# HARDWORK LEADS TO SUCCESS



The advice that I've always heard from my mom. This advice really touched my heart and really motivated me. So, I thought this advice can help you all also. I also remember that no work can be done without hardship. There are obstacles every where. Life is full of pluri of ups and downs. Don't run away from the problems and obstacles. Instead tackle with the problems. Life isn't always a fairy tale bed also not a bed of thorns either. And there is a famous saying that failures are the pillars of success so keep trying. If there is will then there is a way. Be a fighter, Be a dreamer, There is a hope for everyone. If you have dreams then you can do it. If you want a better life tomorrow then prepare from today. All that can you do now is hard work. Remember that "a Rome wasn't build in single day" it means it will take time to get success. Have patience. Keep on trying, keep on praying. I'm pretty sure that one day you will grab success and praise. But after all success is not a final

thing. All we need is a peaceful and happy life. Happiness comes from your own actions and thoughts. Happiness goes and comes, that's natural. Lastly no matter how many times you fail. Have a hope and patience. In my life, I failed so many times. It made me depress. I cried and cried. I felt shy and I had no courage to face to the world and deal with the situation. I shared my problems to my mom and she said "Don't worry dear, life is all about numerous ups and down. You can't always expect good things to happen with you. No matter how many times we fail and torn apart, we get up and fight. That is how life should be lived. Believe in yourself. I know slowly but surely you will make it. Just move on face it what happened is happened don't live in regret you've so many thing to do. I'm always there with you!" This words have healed me. I tried applying it. I just faced situation and did my best. I worked harder than before and I did it as mom had said. Studying had been always hard for me but I'd never gave up and I don't know how I had made it and I'm now staying in grade 8. It's my last year of <sup>the</sup> school. I don't know what my future hold but I'll always try even fail again.

TARLAM  
CHODEN  
BY

# Kindness

Name: Sring kunzom

Kindness means feelings which we cannot see and touch. Kindness is important in our life. Kindness teaches us to think about others. Without kindness, people will not love us. We also use kind words. If we stay kind to each other, then people love us. People will do the same as we do. If we become kind to others, they will also slowly become kind. Then the world will become kind and peaceful.



Because of the noise



In my early age of my life, I am so happy with my family. That time I really love my dad. My dad give me everything. But one day my dad drinks alochol and I was sleeping but I woke up. Then I saw my mom and dad are Fighting with eachother, than my dad was beating my mother Then I asked my sister, I was so Confused. Then I started to cry because I see my mom Crying. my sister also start to cry alot. On morning my mother was sick. then I was so sad, Because my dad left my mom. he leaves my family forever and then from that time I hate my dad. But my dad really loves me. but I don't like him. One day, When I see my dad. I always remeber he beat my mom. Also, I don't like him. And my mom also don't like him. One day my mom was seing the facebook.





then she told us. your papa had married  
with another girl. Then I feel so angry, shocked.  
I felt bad for that girl because I know that  
my dad is never going to change his habit  
and perspective towards girls.

By: Zabsel  
Grade: Six

Thank  
you



# The Way I Smile and the reason is you



## "Respected Rinpoche la."

you are the one of the genius person and also founder of the gumba. you are very kind, helpful and you always help the girls for their education you always showed love and smile to all people. Today the reason behind my smile is respected Rinpoche la. I want to full fill his dream i will be mini Dhalai lama.

## "My sisters"

When I was in village and my sister was in France she called me she said she is coming to nepal I have come to receive her at the airport. Then me and my aunti came in town at 10:00pm we went to her home and my uncle took photos. I am living in town and the reason behind I am learning is you my sister this smile is my sister.

## "Friends"

My friend name is Pema Dolma she lives in Kathmandu she goes to the school named Namgyal school. she always help me in needed. And i always share my feeling with her and she also share me her feeling. she always take good care of me. she always work hard. she always stand there fore me she always fight for me. when i cry then she also weep with me and when i laugh we laugh together and the reason behind this smile is you.



They all are very important for me. Thanks alot. I don't have anything to give you. but i will do my best to return same love. happyness and smile. to you all the best gift of my life. is you all. you all are always like a sun to me. from where i get the warmth of everything.

Thankyou..

By- Yeshi Kun Kyab  
Grade-6(Iris)



# Family

# Poem

We all need family  
to be friendly.

All family want to meet  
but they don't want to beat.



My family is sweet  
They always meet  
If I do bad  
then they feel sad.

Our family are not satisfied  
but they are good inside  
My family earns lots of money  
So, I can get lots of honey.



In my family, I like mummy  
because she is very funny  
All people like good  
but they never told.

Family, where the life begins  
and love never ends.



## MISSING You...

We stayed together from so many years. We both shared and cared each other very much. We were very happy those days. We ate together and even laughed together in very small matters.

We helped each others in need. We cared and supported each others. When you were sick, I became very serious. I remembered that I brought the needed things for you. When you were unable to do, I even brought you food when you were sick. As we were very near and dear one, I was doing everything for you. If there was little time/holidays, I used to talk with you. We shared our feelings and small things with happy tears and sad tears.

When I met you for the first time, I felt so lucky and amazing. From that time, I felt so lucky and amazing. From that day you cared and helped me a lot. When I was in bed rest that time you brought me hot water and you stayed with me when I didn't sleep. At that time my eyes were full of

tears, which still make me happy. Nobody has done like this for me. Sometime when you were sad and upset then I felt sad and worried about you. I believed you and trusted you. In my heart if there was something to share, I would go to you and share my feelings. When I shared you my feelings, you would give me good advice and tried to solve my problems. I thought that you could easily understand my feelings. I considered you as my own sister as I don't have any sister. I am so happy to have you in my heart. You are perfect for me.

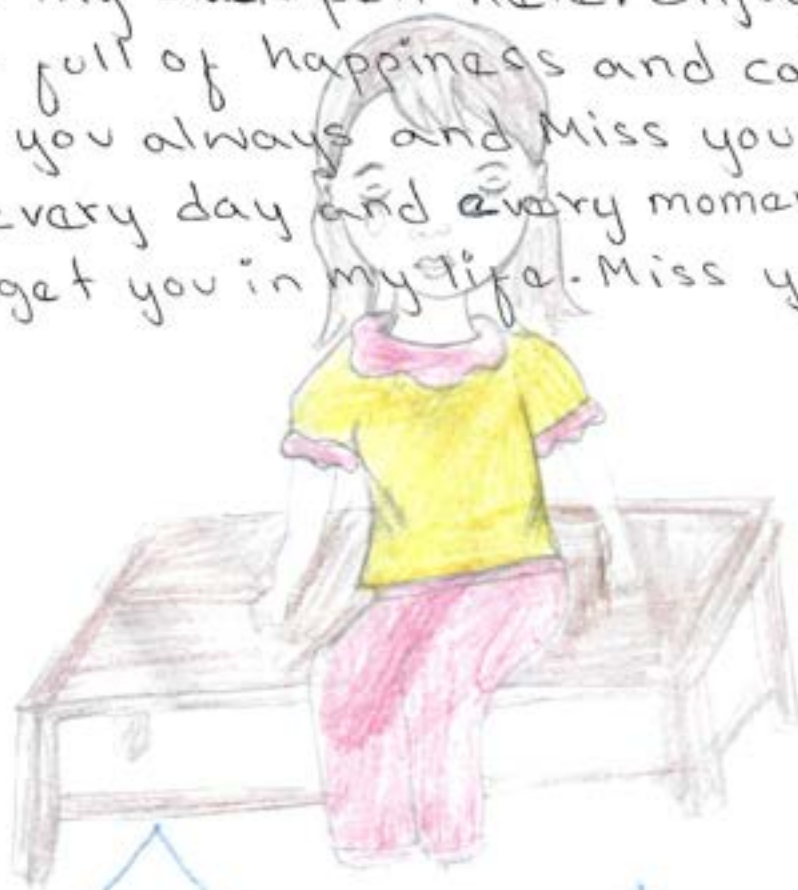
One day you shared me that "you were going to leave this Gomba", at that time I felt so sad and felt difficult to accept those words. Suddenly, my eyes were full with tears. I couldn't control myself and I cried a lot's so, I hugged you and started crying. Then later, I was sick seriously. I never thought that you would leave this Gomba. These words disturbed me a lot. I couldn't study and talk

with friends and others. From that day, In every second I really missed you. So, most of the Saturdays, I called you and we both talked a lot, I felt so happy to talk with you and stayed with you my sister.

There are not enough words to describe how thankful I am for having you in my life, I know I don't show how grateful I am. No matter what times of day and no matter what reason. Thank you for keeping me in your heart, I am sorry for all the pains that I had given you. You are everything for me. I am grateful, thankful for every single thing you had done for me, I wanted to pay back with you. But I never could, I know because we are far as long distance. Now a days, we are very far from each other so, I really miss you. You are not with me and I feel that I am alone, sad girl and emotional. I will remember you in my every step in my life. Every day and Every time I really miss you so much. I never ever forget you in my life and I will never give up that I will do some things for you my dear. for me you

are like sun and water. Without sun and water, is like people can't live. I never forget you. Thank you for everythings. I really felt proud that I got a person like you dear.

So, lastly Thank you so much from the bottom of my heart. You are the best way you are and I really really miss you so much my dear. I wish you a long life and Best of luck for your future. And in next generation we will meet again like before... Now, I am going to stop to write here with my black pen here. Enjoy your life with full of happiness and compassion. Love you always and Miss you always in every day and every moment. I never forget you in my life. Miss you so much..





# Kathmandu pollution

pollution is increasing very fast in our country. Kathmandu is also facing the same problems. We can see garbages every where, we hear news about people getting sick because of the pollution like asthma, diarrhoea, ~~cancer~~ and many others.

But there are people who are doing their best in preventing pollution and is against the projects that is harmful to environment. It is good to see people being awared about the pollution and it's harmful effects. We should save our environment.



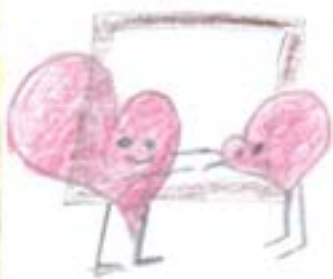
When we didn't save our environment then it would be dangerous for all living beings. So, we have to work together for ourself.



By: yingchuk palmo  
From: Grade 6.

## Love yourself

At first you love yourself. If you love yourself, then all people will love you. For loving ourself we must listen our own heart. When you listen your heart, you can work properly. If you do not listen your heart you may loose yourself. I also never listen to my heart, I just listen to Others. facing lots of problem. Sometimes I cry a lot in my bedroom or Sometimes in bathroom. I am also trying to help myself by knowing my own problem. Sometimes I think that the problem I am facing is the small one and can handle myself. In life different problems may come. We should not run away from problems but have to face them and never give up. We have to be strong. We can change bad into good one. Never see others and compare with them. Try to ignore all the worst things. Be focussed and concentrate on what you are doing. and learn news things day by day,



Sojany Bamej

World is beautiful  
Spend time together  
Either we have problems  
Or a painful moment  
Always do the best  
And never forget to smile



# OUR CONTACT ADDRESS

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

**[www.tsoknyigechakschool.org](http://www.tsoknyigechakschool.org)**

**[www.facebook.com/tsoknyigechakschool](http://www.facebook.com/tsoknyigechakschool)**

**[info@tsoknyigechakschool.org](mailto:info@tsoknyigechakschool.org)**

*If you wish to directly contact the principal, please write to:*

*[rashmi@tsoknyigechakschool.org](mailto:rashmi@tsoknyigechakschool.org)*

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

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