

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

September 2021

Issue 04

# SEMKYI RANGDA སེམས་གྱི་རང་སྒྲུ།

*Tsoknyi Gechak Ling Voices*







## SCHOOL UPDATES

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

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

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

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

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

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

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

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

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

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

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

### **Tsoknyi Gechak School**

**LKG:** Lotus

**UKG:** Lilly

1: Canna

2: Daffodil

3: Daisy

4: Jasmine

5: Orchid

6: Iris

7: Marigold

8: Sunflower

### **Tsoknyi Gargon School**

**KG:** Gargon Bunnies

1: Gargon Canna

2: Gargon Daffodil

3: Gargon Daisy

4: Gargon Jasmine

5: Gargon Orchid





# SCHOOL UPDATES

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

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



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



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



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



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





# STUDENTS CORNER

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Thank you Pema Dolker for the cover  
Page art!



# GREAT PERSON

GREAT PERSON.

By meeting you  
I get inner peace

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

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

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



From: RIGSANG PAIMÖ



# Show that you understand....

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

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

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

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



By Dorje  
Dorlkar





# My Philosophy



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

Someday the enmity will end because we need love, help and support from each other. Your





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



Kunkyab Rolmo



# Life Giver, my Mom

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

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

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

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

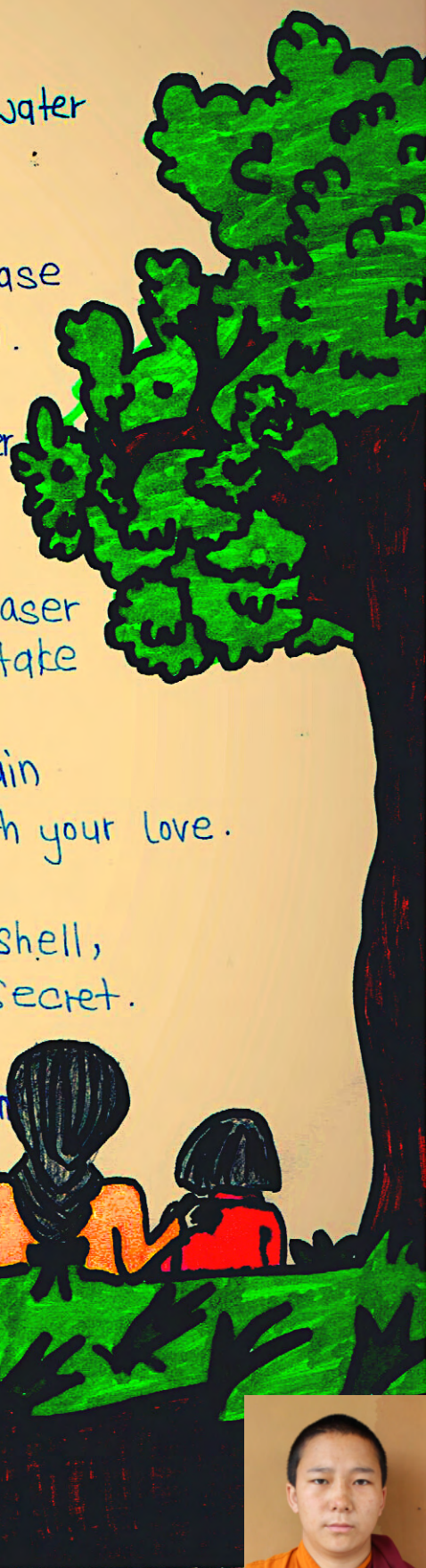
If I am a dry day, you are my rain  
you are there to nourish with your love.

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

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

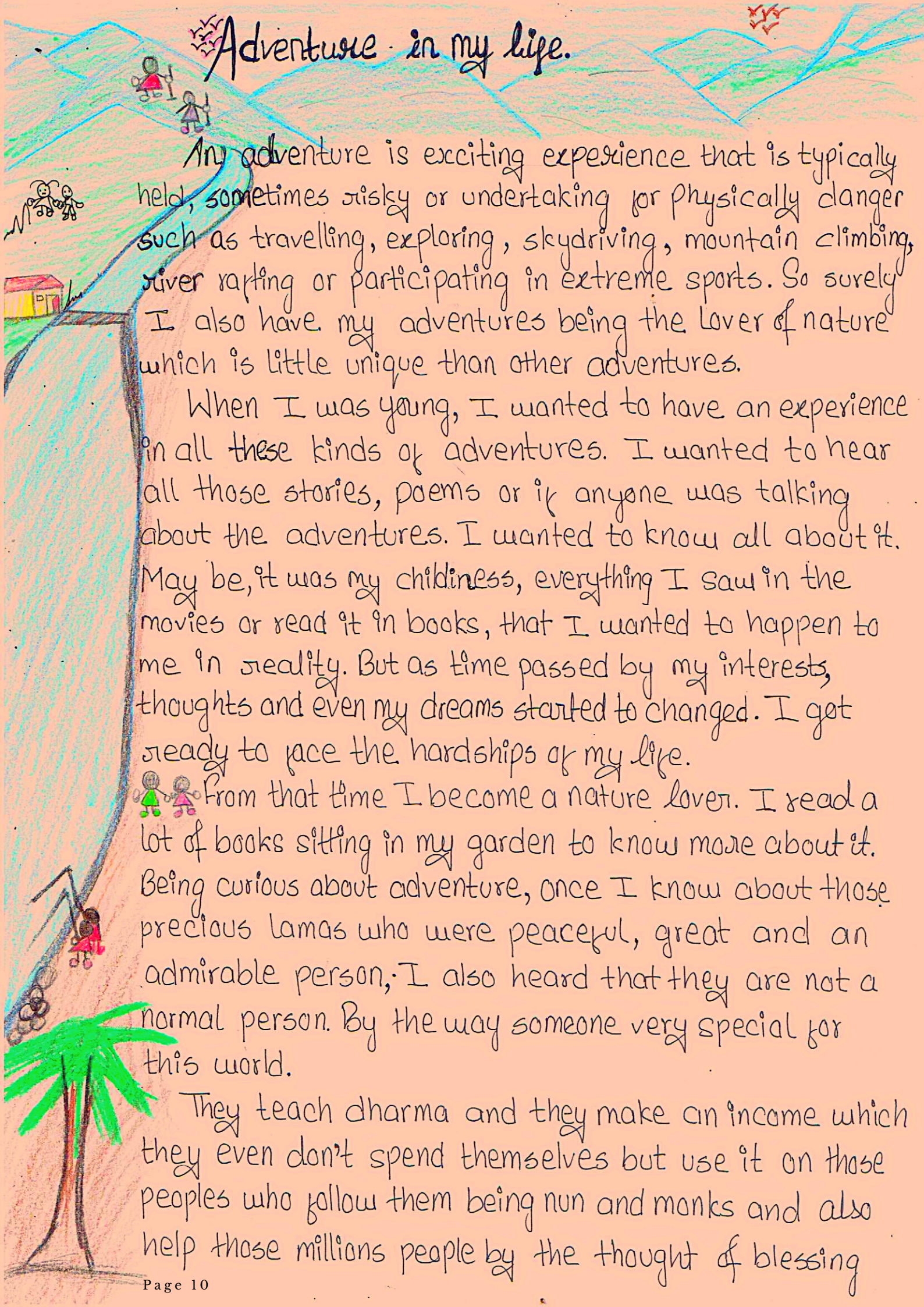
If I am a pen, you are my copy  
you let me pen my feelings

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





# Adventure in my life.



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

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

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

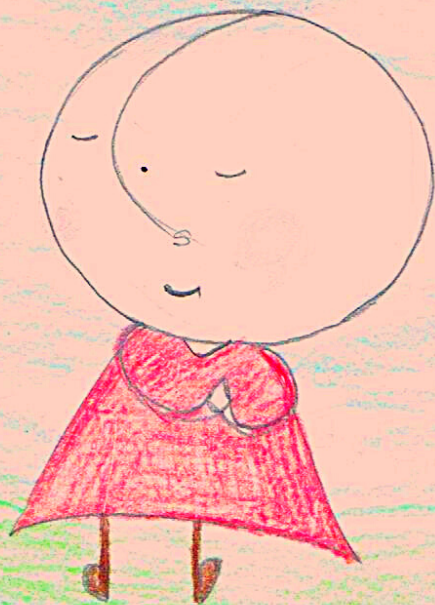
They teach dharma and they make an income which they even don't spend themselves but use it on those peoples who follow them being nun and monks and also help those millions people by the thought of blessing



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

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

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

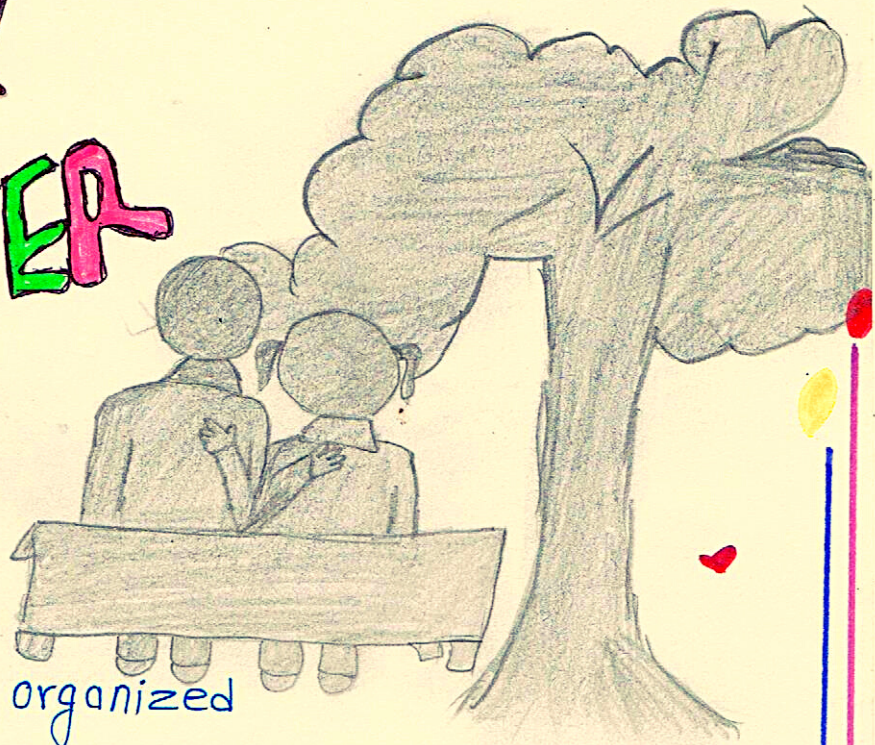


-Ngakyi-Chuzin





# LOST FATHER



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

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



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

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



## A letter to my future

Dear future,

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

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

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

Never let your tears fall down and fly as high as



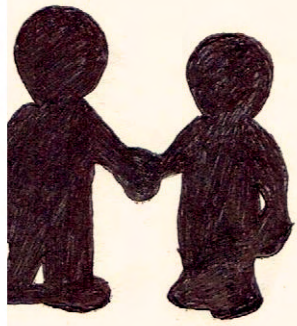
you can. you will not be able to do everything but don't under-  
~~stand~~ estimate yourself. you will make a lot of mistake but  
don't get disheartened and cry like I did. Instead be strong  
and learn from these mistake. Don't ever care about what other  
say because it will only hurt you. Don't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

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



Ever your  
Pasang D.





A friend like you

A friend like you is always sweet.  
A friend like you is always melody.  
A friend like you is so true.  
A friend like you is always  
there for me.

A friend like you gives all the glee.  
A friend like you always make  
me happy.

A friend like you help me to  
overcome my sadness and hurtiness  
A friend like you is rare to find.  
It's you, yes, only you my dear  
best friend "MUSIC".





# Positive Thoughts

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

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

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

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

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



By = Phardien Phardien



## I AM FROM YOUR OWN GARDEN

I am not so bright to be noticed by all.

I am not top girl to be loved by all.

I am not bride to be attracted.

Even i'm not groom to be awesome

I am not award to be target of player.

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

I am not story teller to be heard by all.

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

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

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

I am not feelingless to be selfish about all.

I am not happy sign to smile everyday.

I am not so rich to fulfil your every desires.

I am not machine to work all day.

I am not fairy to make everything possible

I am not brilliant to understand all

I am not too fool to know nothing.

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

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

I am your own sister

your Rangsong 'i'





## 'Same Animals Same Beautiful World'

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



being tortured. Respect and compassion  
as you treat yourself. "And god said"  
I have provided all kind of grain and  
kinds of fruits for you to eat.

But for the wild animals and for  
the birds I have provided grass and  
leafy plants for food.

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



Nyungtho P



# विश्वास

तिमिली आफू सँगै भएँ  
असलेको लोहीत सुनएको धिया  
कसलाई गलत ठहराउँ म  
सोच्ने नसक्ने भयो

खुसी भएर पाइन्छ भएँ  
भाँडा छैन काँडा छ यसको राम्रो  
अन्धमको यो दुनियाँमा  
कसको गरिँ म विश्वास

सुँझो इशारा म काँडा लुक्छु र  
गलत र सहिलाई कसरी छुन्छु ?  
सोने देखेलाई छोर भो भन्छु  
भनको हलो भएकालाई कसरी लुकाउँ ?

केही सग्न उल्टु छु संसारमा  
तर छोरै कहिलेलाई कसरी हलाउँ ?  
भएँलागे त सुँझै सहिने धिया  
गलत हो भएँ विश्वास कसलाई गरिँ ?

विपरि ग्रह देखिने मान्छे छन्  
कसको हात समाउ म आफैँ जन्दिन  
रुखलाई साथ दिए अर्कोलाई दिन केही दू  
कसरी यसको व्यवस्था गर्ने म जाहेरन ।

सुँझै कुरालाई कसले गलत ठहरिन्छ  
योहीलाई सहि कुनैले भएकालाई पछ्याउँ ?  
दुनियाँमा विषमा म अलमलै छु  
कसको कुरालाई म सुनि ?

देखाई र लोखो अलग छ ग्राह  
म कुनलाई सहि हो भनी विश्वासले  
विभागी भएँ खुली बल्लो भयो  
यस्तै प्रश्न आनि निरासले





# An ode to my sister

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



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

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



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



-Ngakyi Chuzin.





# 'My Little Lily'



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



# TEACHERS CORNER

*Featuring some of the outstanding journals kept by our teachers*

**Curiosity by Ms. Ritu**

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**Culture opens the sense of beauty by Ms. Laxmi**

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**New day by Ms. Dipty**

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**A Genla's journal by Genla Dolma Lhamo**

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# CURIOSITY



I want to fly  
and live there.



22 February, 2021

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

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

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

I told that they take oxygen cylinders from earth.



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

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

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

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

She said, "Yes."

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

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

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

Everybody shrank their face and reacted "Yuck!"

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

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

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

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





Ms. Laxmi

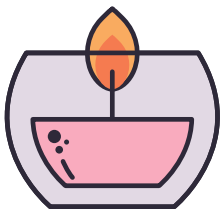


## Culture Opens The Sense Of Beauty

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

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





## ONE DAY IN MY CLASS...



*Ms. Shristi*

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

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



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

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





## NEW DAY



*Ms. Dipty*

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

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

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

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



# སློབ་མ་གཅིག་གི་བྱ་སྤྱོད་ལ་རྟེན་ནས་དགོ་ཆུང་གི་སྤྱོད་ཚུལ།

སྤྱིར་སློབ་མ་རྣམས་ཀྱི་བྱ་སྤྱོད་མི་འདྲ་བ་རེ་ཡོད་པ་ལ་རྟེན་ནས་དགོ་ཆུང་གི་སྤྱོད་ཚུལ་ཡང་མི་འདྲ་བ་རེ་ཡོད་པས་དེ་དང་མཐུན་པ་ཚོགས་གཉིས་དགོ་ཆུང་གི་སློབ་གྲྭ་འདྲིར་སྤྱོད་ལ། ༡༩༠༩༥ ལ་ལ་སློབ་མ་གཅིག་གི་བྱ་སྤྱོད་ལ་རྟེན་ནས་དགོ་ཆུང་གི་སྤྱོད་ཚུལ་མདོར་ཅན་ཞུ་ན། སློབ་ཕྱག་རྣམས་ཀྱི་གཤིས་སྤྱོད་གསལ་པོ་ཞིག་ཤེས་པར་བྱ་བ་ལ་ངེས་པར་དུ་སློབ་ཕྱག་དང་འབྲེལ་པའི་སློབ་སྤྱོད་བ་དང་དགོ་ཆུང་སྐོས་ཤིང་དགོས་པར་ངའི་ཚོར་སྣང་ཆེན་པོ་ཞིག་བྱུང་སོང་། ང་རང་གི་ངོས་ནས་བསམ་ན་དེ་སྟོན་སློབ་ཕྱག་རྣམས་ཀྱི་གཤིས་སྤྱོད་གང་ཡང་ཤེས་ཕྱབ་ཀྱི་མེད།

## བརྗོད་གཞི་དངོས་ནི།

ང་རང་དགོ་ཆུང་བའི་ལོ་དེའི་སྐབས་སུ་འཛམ་གླིང་གང་སར་ཁྱབ་པའི་རྟོག་དབྱིབ་ནད་ཀྱི་དཀའ་ངལ་བྱུང་དང་བྱུང་བཞིན་པ་ཡིན་པའི་དེ་དུས་སྤྱིར་དགོ་ཆུང་རྣམས་ནང་ལ་ཕེབས་མ་ཕྱབ་པའི་རྟེན་གྱི་ནད་རང་དགོན་ནས་ཡོད་པའི་དགོ་ཆུང་རྣམས་སྟོན་དང་མི་འདྲ་བའི་ལྷག་པར་དུ་ཉ་དགོས་བྱུང་སོང་། འདྲིན་གྱི་འགོ་བཅུགས་ནས་ཟླ་བ་གཅིག་ཙམ་འགོ་ཚར་པའི་རྗེས་ལ་རྟེན་གཅིག་ངས་སྐད་ཡིག་གི་སློབ་ཆོན་བཞིན་པའི་སྐབས་སུ་སློབ་མ་གཅིག་གི་སྤྱོད་ཚུལ་མི་རུང་པའི་ཆོག་བཅོག་པོ་ཞིག་བཤད་སོང་། སློབ་ཕྱག་གི་མིང་འབོད་ནས་དེ་འདྲ་ཆོག་ངན་པ་དེ་ཆོ་བཤད་ལ་ཡོད་མ་རེད་ཞེས་ཆོག་འཇམ་པའི་སྟོན་ནས་ཞུ་ཡིན། ད་དུང་ཉན་མ་སོང་དེ་ལས་མང་ཏུ་བཤད་སོང་། ང་དཔེ་མི་སྤྱོད་པའི་ཉ་ལས་སོང་གང་ཡིན་ཞུ་ན་ད་ལྟ་བར་འདྲིན་གྱི་ཚོགས་བཞིན་པའི་སྐབས་སུ་དེ་འདྲ་བས་ཆོག་བཅོག་པོ་བཤད་པ་གོ་སྤྱོད་མེད་ཀྱང་དེ་དུས་འདྲིན་གྱི་གྲོགས་མོ་རྣམས་ལ་ཉ་ལས་པའི་ཚོར་སྣང་གང་ཡང་བྱུང་མི་འདུག། ངས་སློབ་ཆོན་བཞིན་ལ་མཚམས་བཞག་ནས་སློབ་ཕྱག་དེ་ལ་དམིགས་བསལ་གྱི་སློབ་གསོ་བརྒྱགས་ཡིན། དེའི་རྗེས་ལ་ང་ལ་བསམ་སྟོ་མང་པོ་ཞིག་འཁོར་སོང་དེ་ཉ་བྱ་སྤྱོད་ཕྱག་གི་བྱ་སྤྱོད་ལ་བརྟེན་ནས་དགོ་ཆུང་ལ་གུས་ཞབས་མེད་པའམ་སློབ་གྲོགས་ལ་ངོ་ཚ་མེད་པ་ཞིག་ཚོར་བྱུང་། དེ་འདྲ་སྤྱོད་ལས་ངན་པ་དེ་དག་དགོ་ཆུང་ང་ལྟ་བུ་གཅིག་ལས་མ་གཏོགས་གཞན་ཚང་མ་ལ་དེ་འདྲ་སྟོན་གྱི་ཡོད་ན་བསམ་བྱུང་། དེ་དུས་དགོ་ཆུང་གཞན་པ་རྣམས་ཀྱང་དྲ་ཐོག་ནས་འདྲིན་གྱི་བཞིན་པ་ཡིན་ཅང་ངས་ཉ་སྟོར་འགོ་པའི་སྐབས་སུ་དགོ་ཆུང་གཞན་པ་ལ་ཡང་རྣམ་འགྱུར་དེ་སྤྱིར་ནང་བཞིན་སྟོན་པ་མཐོང་སོང་། མོ་རང་གི་སྤྱོད་ངན་དེ་འདྲ་སྟོན་པ་ལ་བརྟེན་ནས་རྟེན་སྤྱོད་མ་དེ་ཆོ་རང་ཉིད་འདྲིན་གྱི་ཚོགས་བཞིན་པ་ཡིན་ན་འདྲ་སྤྱོད་དགོ་ཆུང་རྣམས་དྲ་ཐོག་ནས་འདྲིན་གྱི་ཚོགས་བཞིན་པའི་སྐབས་སུ་ཡིན་ན་ཡང་འདྲ་དམིགས་བསལ་གྱི་དོ་སྣང་ངམ་སེམས་ཁྱུར་དེ་



སློབ་ཕྱག་དེ་བཟོད་ལྟངས་ཉན་ལྟངས་སོགས་ལ་སྟེར་ཤོར་འགྲོ་སོང་། བྱི་ཚྭ་སྒྲིལ་བྱས་ནས་བརྟག་དཔྱད་བྱེད་  
 པའི་སྐབས་སུ་སློབ་ཕྱག་དེ་ལ་སྟོན་མང་དུ་མཐོང་སོང་། འཛིན་ཁང་ནང་ལ་མཚམས་རེ་རྒྱང་པ་བརྒྱུད་ནས་  
 བཟུང་ཡ་དང་མཚམས་རེ་གྱོན་ཆས་རྣམས་ཀྱང་ཚུལ་བཞིན་དུ་མི་གྱོན་ཡ་འདྲ་པོ་མང་པོ་མཐོང་སོང་། ཉན་  
 གཅིག་མོ་རང་གི་ལོ་ལྔ་མའི་བོད་ཡིག་དག་ཀྱན་ལགས་ལ་ཡང་མོའི་སྟོང་ལམ་སྒྲིར་ལ་སྐད་ཆ་དྲིས་ཡིན་མོ་ལ་སློབ་  
 གསོ་བརྟག་ན་སྟུག་དུ་བཏང་ཡ་ལ་སོགས་པ་ལྔ་མ་ནས་ཡོད་རེད་གསུངས་སོང་། གཞི་ནས་མོའི་སྟོང་པ་ང་གཅིག་  
 པོ་ལ་སྟོན་པ་མ་རེད་བཞག་དག་ཀྱན་གཞན་པ་ལ་ཡང་དེ་འདྲ་སྟོན་གྱི་འདུག་བསམ་བྱུང་། སྟོང་པ་དེ་འགྱུར་  
 ཡག་ལ་ཐབས་ཤེས་ག་རེ་འདྲ་པོ་ཚལ་དགོས་ས་རེད་ངས་བསམ་སྟོ་མང་པོ་ཞིག་བཏང་ཡིན། སློབ་ཕྱག་འགྲའ་  
 ཤས་དྲག་པོས་འདུལ་བྱབ་པ་དང་འགྲའ་ཤས་ཞི་བས་འདུལ་བྱབ་པ། འགྲའ་ཤས་བཟོད་ལྷགས་བཏང་སྟེ་  
 འདུལ་བྱབ་པ་བཅས་སློབ་མ་འདུལ་ཐབས་སྟོ་ཚྭ་སྒྲིལ་ཡོད་ཀྱང་ངས་མོ་ལ་ག་རེ་ཐབས་ཤེས་བྱས་ཀྱང་ཕན་མ་  
 སོང་།མཐའ་མ་ལ་ངས་སེམས་གཏོང་ནས་སྟོང་རྗེ་དྲག་པོ་སྟོང་སོང་མི་རེ་རེ་ལ་གཤེས་སྟོང་མི་འདྲ་བ་ཡོད་པས་དེ་  
 མོ་རང་གི་གཤེས་སྟོང་ཞིག་ཡིན་པ་ངས་ཤེས་སོང་དེ་མ་ཟད་ལོ་ན་ཡང་ཆུང་ཆུང་ཞིག་རེད་འདུག་སྟོ་བྱར་དུ་  
 འགྱུར་བ་གཏོང་ཡ་ལ་དཀའ་ལས་ཁག་པོ་ཡོད་ཅང་། དང་པོ་དག་ཀྱན་སུ་འདྲ་ཞིག་ཡིན་རུང་སློབ་མ་དེ་  
 དང་དེའི་སྟོང་པ་དང་། རིག་པ་གོམས་གཤེས་སོགས་ངོས་ཤེས་པ་བྱེད་རྒྱ་ཏ་ཅང་གལ་ཆེན་པོ་ཞིག་ཡིན་  
 པ་ཆོར་སོང་།

### མཇུག་གི་གཏམ།

གོང་དུ་བཤད་པའི་སྐད་ཆ་རྣམས་རང་ངོས་ནས་བཅོས་བཅོ་དང་། འུད་བཟོད་བྱས་པ་མིན་པར་རང་ཉིད་ཀྱི་  
 མྱོང་ཆོར་དངོས་བཤད་པ་ཡིན། ཉམས་སྟོང་གི་སྐད་ཆ་དེ་དག་བདེན་པ་ཡིན་པའི་ངེས་པ་མེད། ལས་དབང་  
 གཅིག་པའི་དག་ཀྱན་རྣམས་ལ་ཉེན་ནས་སློབ་བྲིད་གྱི་བྱ་བཞག་རྣམས་ལམ་སྟོང་དང་། ཕན་ལུས་ལྡན་པ། རྒྱལ་  
 ཆེན་གྱི་དག་ཀྱན་ཞིག་དུ་འགྱུར་རྒྱུར་བ་དམིགས་ནས་རང་ཉིད་ཀྱི་བསམ་ཚུལ་བཟོད་པ་ཅམ་ཡིན་ནོ། དེ་དག་  
 ནི་དག་ཀྱན་དཀྱུས་མ་ཞིག་གི་ཡུན་རིང་སེམས་དུ་ཉར་བའི་སྟོང་གཏམ་ཅམ་ཞིག་ཡིན་དམིགས་བསལ་གྱི་གནད་  
 ངོན་གང་ཡང་མིན་ནོ། མྱོང་ཚུལ་དེ། ༢༠༢༡/༩/༢༩ ཉིན་ལ་འབྲི་བ་དགའོ།

སྟོལ་མ་ལྷ་མོ།

སྟོང་ཐག་པ་ནས་བྱགས་རྗེ་ཆེ་གནང་ཁུ་རྒྱ་ཡིན།



Genla Dolma Lhamo



# COMMUNITY CORNER





ཐོག་མར་ནམ་པ་ལྟན་རྒྱས་ལ་འཆམས་འདྲི་བཀྲ་ཤེས་བདེ་ལེགས་ཀྱི་  
 དེ་མིང་ལ་དག་དབང་ཆོས་མཆོ་ཡིན། སྤྱི་ལོ་2072 ལོར་ངས་ཆོགས་གཉིས་  
 དགེ་ཆགས་སྤིང་གི་བཤད་བླ་ནས་ལོ་རིམ་དགུ་པའི་སློབ་མཐར་ཕྱིན་པ་ཡིན། སྤྱི་ལོ་  
2020 ལོར་བདག་ལ་བཀའ་དྲིན་གསུམ་ལྟན་གྱི་ཅ་བའི་སྤྱ་མ་སྐབས་མེ་ཆོགས་  
 གཉིས་རིན་པོ་ཆེ་མཆོག་དང་བདག་ལ་སྤང་དོར་གྱི་གནས་བསྟན་པའི་དགེ་བའི་  
 བཤེས་གཉེན་དམ་པ་མཁན་པོ་དོར་མེ་དབང་ཕུག་ལགས་སོགས་པ་ནམས་ཀྱིས་  
 དགོན་པའི་ངོས་ནས་གཞི་རིམ་སློབ་གྲར་ལྟོག་བྱེད་མཁན་ལ་བསྐོས་གནང་  
 སོང་། ཁོང་ནམས་པའི་བཀའ་གསུང་བཞིན་གྱས་མོ་རང་ཉིད་ཀྱིས་རང་བྱས་  
 གང་སྟོན་ནས་བུས་པ་བཏོན་ཏེ་དད་གུས་སྤོ་གསུམ་གྱིས་སྟོན་ནས་ཞབས་ཏོག་བྱས་  
 དང་བྱ་བཞིན་པ་ཡིན། ད་རེས་ངས་རང་རེའི་ཁོར་ཡུག་གཅིག་པའི་སློབ་གྲ་འདིར་  
 ལྟོག་པའི་མིང་ཁུར་ནས་ཞབས་ཏོག་བྱ་བའི་གོ་སྐབས་རགས་པ་འདི་ང་རང་ཉིད་  
 ལ་མཆོན་ན་ཏེ་ཅང་བསོད་ནམས་ཆེན་པོ་ཞིག་ཡིན་པར་ངོ་འཛིན་བྱེད་ཀྱིས་ཡོད།  
 སློབ་གྲ་འདིར་ལས་ཀ་བྱས་ནས་ལོ་གཅིག་ལྟག་ཅམ་ཕྱིན་སོང་། ལོ་ཟླ་དེའི་རིང་ལ་  
 ངས་སློབ་གྲའི་ལས་བྱེད་པ་ནམས་དང་སློབ་ཕུག་ནམས་དང་ལྟན་དུ་མཉམ་འབྲེལ་  
 བྱས་པའི་གོ་སྐབས་དང་རང་རྒྱུད་ལ་ཡང་སྤར་མེད་པའི་ཉམས་སྦྱོང་གསར་པ་མང་  
 པོ་ཞིག་ཐོབ་པས་དགའ་བོ་བྱུང་། ད་ཅུང་ཟུ་མཐུད་ནས་མ་འོངས་པར་ལྟག་བསམ་  
 དཀར་པོའི་སྤྲོད་དབུས་ནས་ཞབས་བསུ་བྱ་བུ་པའི་རེ་སྟོན་ཡོད། སྤང་མར་  
 ཐུགས་མེ་ཆེ་གནང་བྱ་འདོད་བྱུང་།



Ani Ngawang Chotso



# MANAGING COVID IN TGL

Tashi Lhamo  
TGL Residential Nurse

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

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

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





# SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Kunchok Dolker

༼ སློབ་གྲྭ་ ༽

ཀེ། སྤྱིར་སློབ་གྲྭ་ཞེས་པ་ནི་ཤེས་ཡོན་ཡར་རྒྱས་གཏོང་སའི་གནས་སམ་གཞི་ཞིག་ལ་ཟེར།  
ཀེ། འདིར་སྤྱིར་དང་དུས་ཀྱི་ཤེས་ཡོན་དང་བྱུང་པར་དུ་ནང་ཆོས་སློབ་བྲིད་གནང་ཞིང་  
སྤྱིར་བཏགས་བྱེད་པ་ལ་བརྟེན་ནས་མ་འོངས་པ་ནི་སྤྱི་ཆོག་གས་དང་སངས་རྒྱས་ཀྱི་བསྟན་པ་  
དང་སེམས་ཅན་ཐམས་ཅད་ལ་ཕན་ཐོག་རྒྱ་ཆེན་པོ་ཡོང་གི་ཡོད་པ་མ་ཟད་སྐད་རིགས་  
ལྷ་ཆོག་གས་ལ་མི་ཚོངས་ཤིང་མཐོང་རྒྱ་ཆེ་ཞིང་ཐོས་རྒྱ་ཆེ་བ་དང་རང་གཞན་གཉིས་ཀའི་  
དོན་དུ་བསམ་སློབ་གཏོང་སྟངས་ཏེ་ཅང་གུ་ཡངས་པོ་དང་རྣམ་དཔྱད་ཀྱི་རྩལ་གསར་དུ་  
བསྟན་པ་ལ་སོགས་པ་ཞིག་ལ་ངོས་འཛིན་བྱེད་ཀྱི་ཡོད།



# SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Tsering Chodron

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

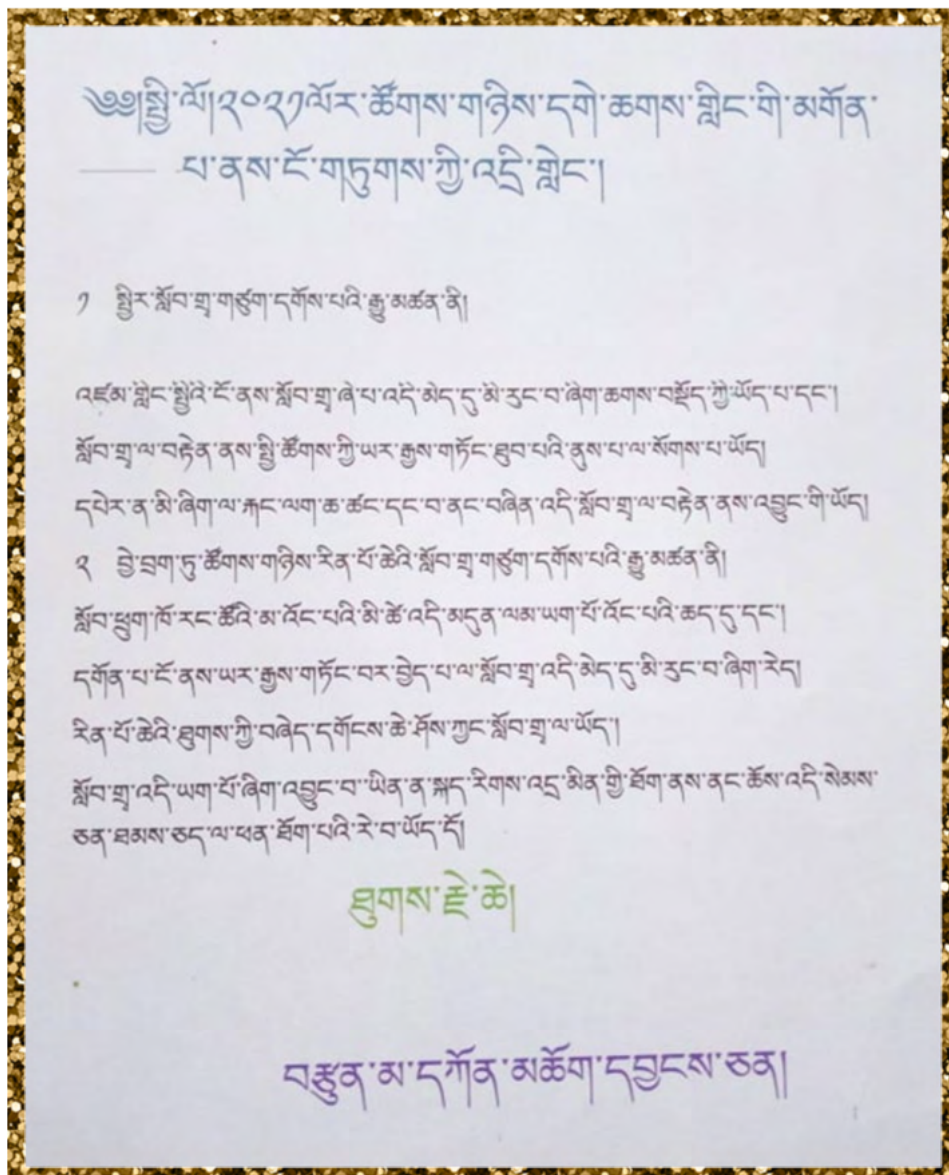
When I see our young nuns getting school education, I feel really happy for them. I hope that one day they are going to make our Rinpoche and all of us proud.



# SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Kunchok Yangchen





# SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Yeshe Dolma

སློབ་གྲྭ་

༡༥ སློབ་གྲྭ་ཞེས་པ་ནི་སྐད་ཡིག་ལྟ་ཆོག་སྐད་ཡིག་གི་འབྲི་སློབ་ཉན་བཤད་སོགས་སྤྱིར་སློབ་སྦྱང་གང་  
ཞིག་ཡིན་ཀྱང་དེའི་རྒྱ་མཚན་གཞིར་མ་ཤོར་ཆད་མེད་དུ་མི་རུང་བས་མཐོ་རིམ་སློབ་གྲྭའི་འབྲུང་གཞིར་  
འབྱུང་བ་ཞིག་ལ་ངོས་བཟུང་གིས་ཡོད།

༡༦ དེ་ལྟ་བུ་སློབ་གྲྭ་གཞུག་དགོས་དོན་ནི་དང་དུས་དང་མཐུན་པའི་ཤེས་ཡོན་དང་སྐད་རིགས་ལྟ་  
ཆོག་ཡོད་པ་དང་།རང་བཞིན་གཉིས་ཀའི་མི་ཆོས་ཤེས་ཡོན་དེ་ཕན་བའི་ལག་ལེན་སྟེ་ཡ་དང་།

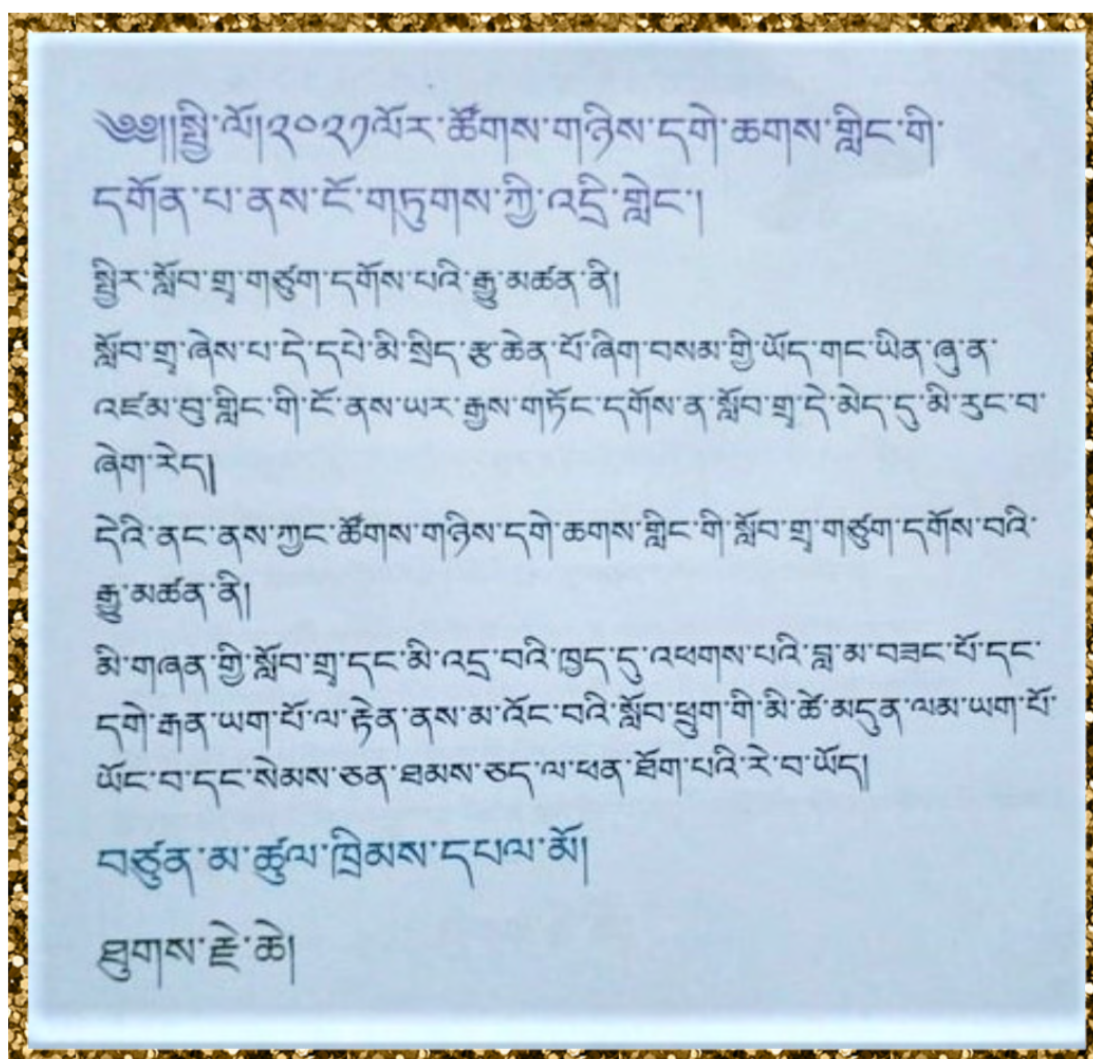
༡༧ སློབ་སྦྱང་སྦྱང་ཙམ་མ་ཡིན་པར་ལུས་དག་ཡོད་གསུམ་གྱི་སྦྱོང་བའང་བཟང་སྦྱོང་དུ་འབྱུང་བུ་  
པའི་ཆེད་དུ་ཡིན་ནོ།



# SENIOR NUNS ON IMPORTANCE OF SCHOOL



Ani Tsultrim Palmo





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