



Echo <

Monthly Periodical

Issue 1 | March 2018

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"If you can be very impartial in analysing your own past, then you will have a much better future!"

- Mehmet Murat ildan

Article of the Month



New Year Everywhere

-Tsering Choeden
XD

Poetry of the Month



Cheers to 7 years

- Nawang Lhamo
XII B Sc.



Tibetan SOS Children's Village
Bylakuppe

Dear Readers

Greetings to you all

We are pleased to present you the issue of 'Echo', the monthly periodical of our school. ECHO serves as a forum for the expression of the literacy and artistic skills of the students. This is a platform for students to showcase their numerous creative abilities in the form of articles and poetry.

We have compilation for you from, the editorial board, on range of tips on building up one's confidence, health tips, riddles, tongue twisters and jokes for fun. Hope that our aim to make it more attractive and fun to read has been achieved.

And from the students' side, we have wide range of poetry, articles, stories with moral backup and some inspirational essays. We hope you admire our young poets' and writers' effort and have a meaningful reading.

And along with, the much anticipated Inter House Cultural Competition is just round the corner. It is such a delightful sight to see fellow students' engaging extensively in lead up to the contest. I personally feel, we should feel blessed to experience such a good learning opportunity of our rich Tibetan tradition and culture, especially in the wake of critical times of our nation.

And to conclude, we present you the first issue of Echo 2018 and hope you appreciate our young writer's creativity and admire it like we do. And for this issue, it is just the beginning for lot to come...

- Sonam Wangmo, XII B Sc., EDITOR

Holiday

- Tenzin Chemi, VIII S

Holiday is supposed to be enjoyed, as you all know, people gather around and plan wonderful getaway. Usually we all spend our holiday with our beloved ones. We crack jokes, play games and so on and we do different interesting things. On holiday, we don't like to repeat the things that we are accustomed to do because it is identified as a special occasion. Parents would love to have their children home who were away at school for months. They would gladly do all the things that their children want. They won't let their children work on the holiday and treat them with love and care. That's their way of making up for the lost time, show their affection for us. Basically, we recognize holiday as very necessary as we could roam around places which include things that we children love. So holiday is supposed to have fun!!

No pain, No gain

- Tenzin Rigchok, VIII S

This phrase means that if you don't work hard, you won't achieve the result you wished to have. It is like the story of the ant and the grasshopper. First during summer, ants work hard, preparing for the winter and the lazy grasshopper sits on a stone and sing song all day long through the summer. So after a while an ant said to the grasshopper, "Do you want to starve in winter?" and the grasshopper replied, "shut up, ant". The ant said, "you better store food for the winter" and the grasshopper replied, "There are so many time left till winter, I will collect my food later". So the ant went away on his way. Soon the leaves started to fall and the trees were covered with white snow. The grasshopper was freezing and starving. He went to the ant's colony and begged for food and shelter. But the ants refused him and later the grasshopper died of starvation and cold. Just like in this story, our life is an example too. The naughty students who don't pay attention in

the class are just like the grasshopper and the regular, hardworking students who pay attention in the class are the ants, working hard for the future.

Moral of the story: if you don't work hard, your life will be wasted like grasshopper.

Whom would I ask to come if I had my own talk show and why?

- Tenzin Youdon, XII B (Sc.)

I would ask my loving parents, teachers, one of my life supporters, my sponsor, my friends, who encouraged me to do good things and were always with me through the journey, my school life.

First, I will welcome my loving parents to listen to my talk show because ever since, I was in my mother's womb, she has made sure to sleep well and think positive so that I can be well and healthy. She takes care of me with so much love and adoration, even before we have ever met. With dad on her side, he has made sure for both of

us to be safe. After I was born, I was well cared by them. More importantly when I was only four years, they struggle on road to escape Tibet and in poor condition, with most amazing gift of making me literate. And I'm forever indebted to them. Their care for me is too much to be put in words. That sometimes I wonder what had I ever done to deserve them. So I will definitely ask them both on my talk show so that I can declare to the world and them of how much I love them and want them to know.

Secondly, my whole school life supporters. My sponsor, who have helped me, since I was little. I was left in a room, which I have never been in and had never seen. I was in such a bad condition and have no money to give my school fees. They have volunteered to sponsor my fee. And I feel so grateful for that. I want to let him know how much I appreciate his kind gesture and how grateful I am for it.

Third, to my all teachers, who have showed me the right path to walk on and guide me through my school life. I am really thankful to all of

them for I am and who I have grown into. Being the second parent for me, I am grateful for it. And yes I consider my home mother as a teacher too, as she had taught me how to cook, keep the place clean and I am grateful for that too.

Lastly, my best friend who have inspired and motivated me to do good things and scolded me for my bad things or wrong doings. I really want to thank them with all my heart as they have been like a sister to me. So I am going to thank them on my talk show.

Here I am concluding and once again to all my precious ones, A big THANKYOU!

R.I.P.

- Tsesum Dolma, IX S

A tall guy, whose stage was his life, singing and dancing was just like his oxygen, composing song was his soul which faded in darkness. You fight with you against darkness. We ask you to guide against darkness. But they refuse. So you still fight but finally 18th Dec 2017 you were exhausted and you

gave up the game. You don't want to but you saw only this way, you join the beautiful stars that shine in the darkness. You have done well Jonghyun, you had a very long battle with depression. Rest in peace. The day you died will always be remembered. You are my inspiration. The person who refuses must be in regret for not helping you. I don't think that person deserves to call himself a doctor. You maybe not with us but you will always be in our heart. Stay strong Shinee and Shawols.

The brightest stars on stage became the brightest stars in sky. R.I.P. Jonghyun.

A Good Year

-Tenzin Kalden, XII S (Comm.)

A Good year starts from a good day and one should start a day with hope and aspiration. I believe a colorful day is a good day and I want the whole year to be a colorful one. A good year is associated with full of joy, entertainment and a lot of hard work.

I want to enjoy at the same time, I will stick to books. I want this year to be

memorable one and at the end, I don't want to regret. This year is very crucial for me and it will make a lot of difference. I have lot of things to learn.

For a good year, one should work hard. Consistency is very important, not only in studies but in all the fields, consistency and regularity is very important. The goal and action must go together.

A year will be good year if I give my best effort.

New Year Everywhere

-Tsering Choeden, X D

A powerful and delicious smell of cooking pervaded the rooms and by New Year Eve, had grown so strong that even the cats and the dogs poked their nose to sniff hopefully in the air.

I woke up extremely early next morning, so early that it was still dark. For a moment I thought the roaring of the wind had woken me, but then I felt a cool breeze and sat bold upright, something seemed to be making me uncomfortable. The noise of the storm was even louder

in our common room. I thought to have some water and jumped from my bed, but I couldn't move. I thought my leg had been paralyzed and stared shouting. But no sound seems to be moving through my throat as I ate lots of ice-creams the day before. Something brushed against my leg and I bent down just in time to grab hold a thread;

I was amazed at how someone could have left a thread just like that. I dragged the thread away but it seemed to be coming from my leg. I searched it carefully with the help of my hand and then saw what had happened!

Somebody had intentionally put thread around my leg and I thought my legs had been paralysed! How very stupid of me! Just then, the light came on and the sound came echoing through everywhere as if doors and windows were also wishing - "HAPPY NEW YEAR!"

Perfect

- Phuntsok Yangdon, IX D

*She keeps on telling
She is just an ordinary girl*

But I want to say,

She is more than just that

I know you aren't perfect, nor you have to be, do you know why? Because I love you, just the way you are. Love isn't only made for lovers, it's also for those who love each other. Better than lovers do. Baby you don't have to wear a box of make-up to be prettier. You are beautiful just the way you look. My dear best friends don't compare one person, with another person. Because every person is lovely in their own way.

My first day at school

- Tenzin Passang, VII S

I still remember my first day at school. At that time I was around six years old. It was a very interesting day for me. My mother woke me up early in the morning. After bath and breakfast, I put on my school uniform. I felt a little excited as my brother was in 10th grade in that particular school

My father took us there by school. We walked around the compound; it was full of cheerful boys and girls. We went to the Principal office, he

admitted me to the first standard. The class teacher was very kind. Students were very nice and friendly and gave me a very positive vibe. Around 11:30, the bell rang and the school was over. My brother had come to pick me up. And as we reached the school gate, I saw my mother waiting near the gate. She came to pick us up in a cab.

It Happened To Me

- Tenzin Kelsang, X B

This incident occurred when I was 13 years of age. I was going to school with my friends. One of my friend Tsokgyal suggested that we could play a game while on our way to school. We all agreed as our school is kind of close. So, we all shouted "Which colour do you want?" After some seconds he shouted: I want colour um.....Blue". We all ran and started to find something which is blue in colour.

Then, I saw a piece of blue paper lying on the middle of the road. Without thinking I dashed towards the paper and suddenly I heard a horn and saw a bike coming towards

me but it was too late for me to make a move. I don't know what happened next. When I came back to my sense, the first thing that I saw was my mom and she was crying but as soon as she saw me, she wept her tears and tried her best to hide her emotions. When I tried to sit upright, I felt a sharp pain all over my upper part of my body. I asked her what actually happened and she said that I had met with an accident. So, what I have from this incident is "Think Before You Leap".

Cherish Your Life

- Ngawang Chooney,
Hospital Staff

*Cherish your life,
Like a sharp knife.*

*Choose the open door,
Like a clear moor.*

*Be open and clear,
With others who are dear.*

*Money, Money, Money,
May count honey.*

*But life doesn't end there,
You be aware.*

*Of everything around you,
Like mynah's two.*

*Stay happy,
Stay strong.*

*Cherish life,
This school life.*

*You see for sure,
Like the sky-azure.*

*Count jewels of knowledge,
Count jewels of clutch.*

*As in vehicles,
So safe.*

*Welcome back,
Welcome back.*

*Back after a long holiday,
Begin a new day,
Study Steady!*

Students' Life

- Thupten Gyurmey, XII D Sc.

*Students' life is full of fun
Work and play and run
Our day begins with a prayer
And ends with full of play and
player*

*We go to school with heavy bags on
our back
And water bottles in our hand in
pack
We sit in the class for seven periods
And lean with full energy
Of togetherness and synergy*

*In school, we make many friends
And learn many trends
We even learn values
Of love and life*

*East or west
Students life is the best.*



Cheers to seven years

- Nawang Lhamo, XII B Sc.

*We built us solid bridge of stone
But it broke down as if made with
glass,
The distance that our pride created:
Tore us several miles apart.*

*Brick by brick we tried to rise
Step by step we reached the top
Took us years to get this far
But one wrong call, we lost it all.*

*We went through all the twist and
turns
We lost our minds and locked our
hearts,
Stories, memories secretly blended
Unsaid words and feelings ignored.*

*Genuine friends are hard to come by
Honest souls are rarer to find,
Call it a miracle or my luck
That I met you in this life*



Friendship**- Kalden, X D***It's not about how much you have
been together**It's not about how much you have
given him**It's not about how much he takes
It's about how much you value him.**You may have met your friend in
your childhood**Or met him during your school life**It does not matter to anyone**This matter only to you and your
friend**During your first days of friendship**The ship will sink or it will float**If it sinks you are just titanic**A ship which is said to be
unsinkable**If you believe it will be not sinked**You can't guarantee that it will not
sink**It may sink in the middle**Don't let your ego close to your
friend**We need to value each other**This will gain friendship goal
And friendship goal will lead
You to a beautiful destination.*When I first saw you**- Cheme, X S***It was a brainy day I was watching
Out of the window, when I first saw
you**I wish I have a number to dial.**During the day I think about you,
At the night time I dream about you,
When I dream we were together
and having**Fun, laughing, and suddenly
somebody woke me up
From my slumber and left nothing
just a roll**Of my tears coming out of my eye.**When you go in front of me, a rush
of joy**Follows inside me when you
Are gone I always take a deep
breath**And sigh**During the summer season you are
one of them*Appreciation for
Teachers**- Sonam Dechen***We students need great teachers like
you,**who always care for us,
and are always there for us-
with full of good thoughts.**You once had a choice,
but you chose to teach-
us everyday, everytime.
It's us student you reach!**You make all the difference,
in the life of each child.**Those who used to be quite,
those who used to wild.**It's the way of your teaching.**You make all the students
understand.**We all look up to you, thinking-
Oh! You are outstanding.**You teach us from your heart,
And we value your time.**How hard you work for us,
We'll never forget.**During the heat you are much
hotter**During the winter**I am much colder than that of the
season*This year**- Pasang Tsamchoe, IX S***This year like another year**It will be lots of fun**This year will promise I will do my
best**Even wind, fire etc can't stop me!**And I look forward to 2018**And I will appreciate myself**This year have may things to do**Even wind, fire, sun etc can't stop
me**To do list will change into I did list**So, too my temperature will settle
down**The word I use to say will not
change**Into I can do it or may I try it!**This year will goes to me**I don't need prayer,**I want your blessing**Now, this year I am ready are you?*

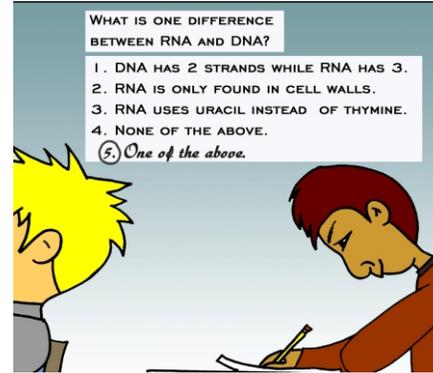
Please remember this appreciation!!!

365 Days without you

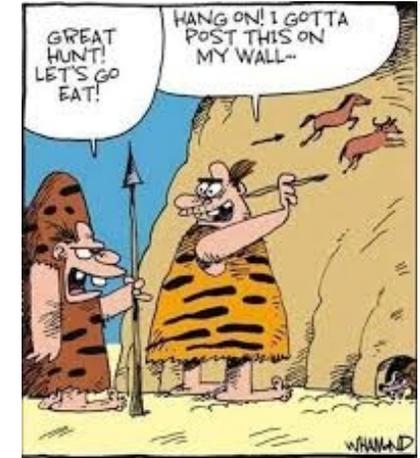
- Tenzin Norzom, IX D

A girl,
 With a bright smile.
 A girl,
 With a pure heart.
 We were just kids,
 When we were friends.
 Then the relation came,
 Stronger than friend!
 That relation called
 "best friend"!
 A girl,
 She is so intelligent.
 A girl,
 Very near to my heart.
 Suddenly of some situation,
 She went far away.
 From that day,
 We never met-
 for one year.
 I didn't contact her,
 I didn't meet her,
 I didn't even see her.
 I was so lonely,
 I was so hopeless,
 You can't even imagine,

How much I missed her!
 She was my supporter,
 She was the fairy,
 which helped me in problems.
 I always prayed to god,
 That the time come soon,
 To meet her; to hug her;
 To talk to her.
 Then one day, the god did it.
 The god heard my feelings for
 friendship.
 How helpless I was ,
 The god helped me,
 She was coming back,
 I was crazy that time,
 I was meeting my best friend!
 After one year, after 365 days,
 After 8760 hours,
 I was really happy,
 You may read this,
 But I really wanted you-
 To read this, to show you-
 how much I felt!
 I want to explain, but
 I can't express it in words,
 I think you can feel it,
 And god bless you!!!



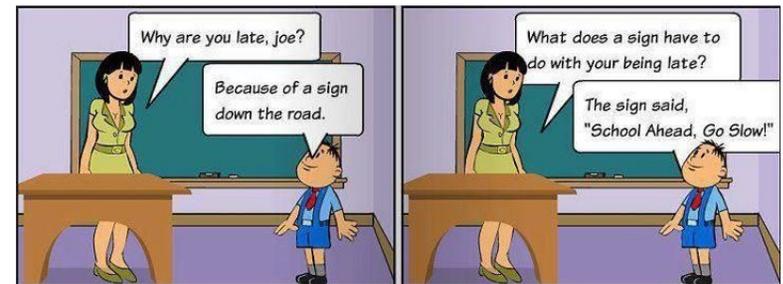
You: Teacher!
 Teacher: Yes?
 You: Would You Punish Me For Something I Didn't Do?
 Teacher: Of Course Not.
 You: I Didn't Do My Homework.



Early Facebook

Syllabus- 80GB
 We study- 80MB
 Retains in mind- 80KB
 Write in exam- 80Bytes

Result comes in binary digits
 i.e.
 00, 01, 10, 11





1. Create a secure environment for learning

If a student feels that at any moment a peer can ridicule them, this will obviously affect their willingness to express themselves in your lesson (for fear of getting picked on), as well as their wider confidence around school. It's crucial that students feel safe in class, safe to express themselves and be themselves.

But more than just having strategies to implement, this is also about taking a completely non-partisan approach to the class. You can't have favourites who you allow to dominate, while others are pushed to the back.

Equally, however much you want to "keep a class onside", there are certain things you simply can't let slide. Having the gumption to face up to conflict to establish a secure learning environment is crucial.

2. Praise and positive

reinforcement

I remember when I first started teaching, I would write the word "praise" in capital letters on a Post-it note and stick it on the screen of my laptop as a constant reminder to encourage pupils.

It's often something I would overlook in the heat of powering through a lesson plan to actually stop and acknowledge individual students, especially during the early part of my career.

Yes, it's important not to offer faint praise, but if someone answers a question, completes a task or even comes into the room in the right manner, a quiet and heartfelt "thank you" or "well done" can go a long way.

I recall that I once observed a secondary school MFL teacher who had a "star chart" on her wall and a box of "star tokens". She would hand out these stars on a regular basis then add up the number of stars each student had on a wall chart, which would equate to merits.

I suppose it was a non-tech version of Dojo points, a system used more extensively in primary schools. But the bottom line is, some praise and reward

systems are very powerful in engaging otherwise disengaged students, providing an easy and effective way to build positive relationships with students.

3. Set tasks that are initially achievable

A lot has been written in education about "challenge" of late. As much as I absolutely agree that it is vital to push students academically, it's my view that it's also beneficial to offer students an opportunity to "get going" and, subsequently, a chance for you as teacher to build pupil confidence and self-esteem.

Sometimes setting tasks that are achievable for students is one great way of doing this. The feeling of "getting something right" for a student, who rarely feels they do this, can be transformative in the short term.

4. Providing opportunities for independence

If the culture in a classroom is one in which students either rarely get things wrong, because answers are given, or where the teacher provides the answer too quickly whenever a student is stuck, then massive possibilities for

confidence building are potentially missed.

By giving students the chance (at times) to learn for themselves, we can empower them and boost their self-esteem.

The best practice I have seen in this area is to have a "before you ask the teacher" poster displayed around the classroom with a set of rituals that each student needs to go through before engaging with the teacher. The 3B4ME poster is just one example:

☞ *Brain Think again about the task/question set*

☞ *Book Look in the textbook or exercise book and re-check any example given*

☞ *Buddy Ask a peer or consult a lead learner*

☞ *Boss Ask the teacher for assistance*

Setting smart lesson success criteria is also important. By ensuring students know what they have achieved and when, we give them a regular commentary on their own success.

- Compiled by
Tenzin Woeden, XII B (Comm.)
(Editorial Member)

Health Tips:

Best and worst time to eat some common fruits

Banana

☞ *Best time: Noon*

Banana is high in fibers that help in digestion and soothe hearth burn

☞ *Worst time: Night*

Eating banana at night can lead mucus formation and cold.

Apple

☞ *Best time: Morning*

Apple peel is rich in fibers pectin that help in-bowel movement and prevent constipation.

☞ *Worst time: Evening / Night*

Pectin is hard to digest at night and increases stomach acid that can lead to disturbances.

Water Melon

☞ *Best time: Breakfast / Lunch*

Digestion rate is highest at that time and also fulfill water requirement in the body.

☞ *Worst time: Dinner / Bed time*

Can upset stomach and slow digestion and can lead to frequent trips to the toilet and cause poor sleep at night.

- Compiled by
Phuntsok Dorjee, XII S Sc.
(Editorial Member)

Riddles

 *What season does Humpty Dumpty hate the most?*

The fall

 *A man is in his car. He sees 3 doors: a golden one, a diamond one and a silver one. Which door does he go through first?*

Car's door

 *I start with M & end with X. I have never ending amount of letters. What am I?*

Mailbox

Tongue Twister

 *How can a clam cram in a clean cream can?*

 *Send toast to ten tense stout saint's tell tall tents.*

 *How many boards, could the Mongols hoard. If the Mongol hordes got bored?*

Joke

Lady Teacher: Kiran, I am beautiful. Which tense it is?

Kiran: Past tense

Teacher: Lokesh say something beginning with 'I'.

Lokesh: I is

Teacher: No, you must say I am

Lokesh: Alright, I am the ninth letter of the alphabet.

- Compiled by
Kelsang Choedon, XII S Sc.
(Editorial Member)

Source:
www.phayul.com

**News
on
Tibet Issues**

Dalai Lama declared healthy after check up, returns home

April 07, 2018:

Exiled Tibetan leader His Holiness the Dalai Lama who returned back to Dharamshala on Thursday has been declared fit by his doctor. The 82 year-old visited the Indian capital for a health consultation after he suffered from common cold, his doctor said.

The Dalai Lama's western medicine physician Dr. Tsetan Dorjee Sadhutsang told Voice of Tibet that the Tibetan leader earlier in the week suffered from minor throat irritation and common cold and was flown to Delhi for a check up.

"After detailed examination and medication for the minor ailments, His Holiness has been declared fit and healthy by the consulting doctor. He also had the opportunity to check his pending eye check up during the 3-day trip," Dr. Sadhutsang said.

Cash reward for reporting ties with Dalai Lama: Chinese police in Tibet

April 06, 2018

Chinese police in occupied Tibet's Nagchu County, Tibetan Autonomous Region (TAR) has reportedly offered cash reward for people who call in information of "crimes" that include efforts to promote Tibet's national culture or language or ties to exiled spiritual leader the Dalai Lama regarded as a "separatist" by Beijing.

Washington based Radio Free Tibet reported that an official circular dated

March 13, propose amounts up to 100,000 Yuan (15,856 USD) for tips on activities of "what it calls criminal gangs, a term loosely defined to include persons or organizations advocating "separatism," a charge often leveled against Tibetans calling for greater cultural or religious rights."

Also cash rewards up to 50,000 Yuan are also offered for information on gambling, drug trafficking, and "the abuse of religion, power, and family connections to illegally encroach on property," as well as fundraising activities, environmental activism, money lending with exorbitant interest, and the illegal possession of firearms and ammunition.

Tibetan athlete Choeyang Kyi wins gold at IAAF meet in Portugal

April 09, 2018

Tibetan athlete Choeyang Kyi has secured gold in the women's 20 kms race walking event in the prestigious International Association of Athletics Federation (IAAF) meet in Rio Maior, Portugal on Saturday.

The Tibetan who won silver at 2012 Olympics won the race 38 seconds faster than her nearest competitor. Kyi beat Italy's Antonella Palmisano, the 2017 world bronze medallist and world champion and native Ines Henriques in a powerful display throughout the midway point of the race from where she maintained the lead until the finish.

"This was a good race. I expected to win again in this competition, and I'm looking forward to the team championship in Taicang, where I intend to fight for the gold," Kyi said looking to carry on her winning momentum in the next race in May at Taicang, China..

DYSA Mundgod lifts 24th GCM Gold Cup - 2018

April 10, 2018

In a clash of much anticipated final between Gangtok FC and DYSA Mundgod, DYSA Mundgod emerged victorious scoring twice.

Editorial Board

Advisors: Pema Yangchen (Ms.)
Tenzin Samdup (Mr.)

Editor: **Miss Sonam Wangmo** XII B Sc.

Members: Miss Kelsang Choedon XII S Sc.
Miss Tenzin Woeden XII B Comm.
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