

Echo

Monthly Periodical

Issue 2 | April 2018

Editorial 1
 Articles 2
 Poems 7
 Special Feature 13
 Health Tips 15
 Riddles & Jokes 16
 Tibet News 17



*"What sculpture
 is to a block of marble,
 education is to a
 human soul."*

- Joseph Addison

Article of the Month



Memories hidden in TCV
 - Sonam Choeden
 XII P (C)

Poetry of the Month



Grateful
 -Roll no. 11
 XII B



Tibetan Children's Village
 Bylakuppe

Dear Readers

Hereby, we are thrilled to present you the May Issue of Echo. The rich English literacy has been expressed in poems written from the depth of heart, articles with profound meaning and scholastic essays from our writers. Many of writers wrote from their heart which makes these periodicals more esteemed.

We have to congratulate Triral house for bagging the pole position in marquee event of year, the Inter house cultural competition. Other houses were good but felt short by small margins. Stiff competition sure made the life of judges very difficult in picking up the winner. After all, I myself as spectator felt as if I am witnessing our nation's rich culture and traditions. Our unique culture blossomed with every performance. All in all, it was indeed a night to remember.

Well, now that the summer vacation is within sniffing distance. There is hint of excitement and happiness palpable in the air. Smiles widens on my fellow friends as June draws closer and closer. But let me remind you to keep our priorities in check; study. With each passing days, we are always a day closer to the term exam.

Finally, we present you the second issue of Echo. We have interesting features and contents from the editorial board.

Wish you all a happy reading

- *Sonam Wangmo, XII B Sc., EDITOR*

The Hero in you

- *Roll no. 5, X D*

I believe in you readers that one day you will be hero of your own, family and your nation but that's not enough at all. Believe in yourself and do everything you can to achieve what is required to be a great hero.

You should use the potential you have within you. You should use the power you have within you. The present situation you are in is not the whole story of your life. You might be a failure now but you might become a hero years after. You might think you will never be a hero, and then u are critically thinking in the wrong way. Should I shout so that everyone can hear that you are a hero? No, every human being is hero in their own world. Only you can discover the hero within you. No one can be you. You are who you are.

Never let go of your dreams, believe in every success. Start with dream and end like a hero in the world.

Memories hidden in TCV

- *Sonam Choeden, XII P (C)*

From dusk till dawn, many years passed with joy, bit sorrowful and wholesome and awesome. There is a saying in English "memories keep you awake, memories keep you alive". No educational system can drive without the help of trained and competent teacher. TCV is different as I have been here for years and it gave me energy to cope up with new environment that enhances the learning and understanding. Like never before, an institute so huge in area and as well as in strength. TCV is something which rises with a hope, a place where all my dreams have been planted. Indeed no matter what problem we face. This institute has given a ground and the ability to think, to work, to assimilate and to articulate new ideas. In the beginning of my journey in TCV, I came to know that "a man is the architect of his fortune". However later did I realize that a man can become the architect of his own fortune with the help of a good teacher which is only found in TCV

school.

Thank You

- Tenzin Dhakar, X P

We thank many people who help us in this world. We thank our parents who gave birth to us, we thank a person who give us something. We thank for many reasons.

Today, I Tenzin an writing this essay to thank you His Holiness The Dalai Lama as I know that without you we Tibetans are nothing! You are the person who gave us everything we have right now. Though we don't have freedom you have made us feel like we have one. You being our spiritual leader have always made sure to put us on the right path of living. You never harm anyone like most people do. You are the sweetest and the greatest leader. You are the reason of the recognition of Tibetans.

Lastly, I would like to conclude by thanking you because you are the reason behind the happiness of every Tibetan family... without you I can't imagine the situation of the

Tibetan community!

Thank You So Much For
EVERYTHING.

The person I like the most

-Tenzin Namdol 'A' 7'd'

There are many people I like. People have their own choice of liking to another person. The person I like the most is my father. Because he really cares for me and he supports me in everything. He is not only my father, he is also my best friend. He loves me a lot. I love him too. He is the one who only gave me a real education. Education is not only about books and texts, it is also about manners and how we behave. The manners I now practice are all taught by him.

Because of him and mom, I got first prize last year. I wish I will get it again this year. My father's name is Namgyal 'Arts'. All people in camp 1 know him very well. When I go out, other people don't know me but when people realize that I am Namgyal's daughter then they recognize me. Then they will be all

over me, gushing about my dad.

I am proud of him and always will be. He makes me very popular in the adult committee. He works very hard to make us happy and never let us suffer in any way. He always wants to see happiness in our smiles. I like him a lot. When I cry, he would hug me and console me. But there are times when I don't like him so much. But most of the time I do like him.

My father is my hero, star, king, my everything. I call him the person I like the most because we two are always same in everything. He spreads harmony wherever he goes.

His hobby is to draw all sorts of things or to make new things. He is very kind and always helps people when in need. He thought of others before himself and though as irritating as it is sometimes I love him for it.

He is very important to me. He does not have all the solutions for my problems but he does his best to

make it easier for us. He is the king of my world and he makes me very happy.

He would always be there for me whenever I need him. He would advise me about life through his experience. I know that he is proud of me. And I am happy that I can give him that.

That's why I always take studies seriously because this is the thing that can make my father very happy like no other. He believes in me and I won't betray him. I promise.

How I Spent My Holiday

Lobsang Choton, XII B Sc.

For the first two weeks, I stayed unplanned and lost my track. Then I thought that it was very awful to spend my holidays like this.

So, I started planning my days. I planned to have a very nice and healthy breakfast. But unfortunately I ended up waking at 9:00 am and ate brunch instead of breakfast. But it was not long before Losar arrived and everyone became so busy that

they couldn't spend time in bed sleeping. And I went to Mundgod for Losar. I stayed at Gaden Monastery where we have an uncle. So, he arranged a room for me and my sister.

On the first day of Losar, I visited all the temples in Drepung and Gaden Monastery. Both were so huge that they even exceeded my expectations. But it was a very memorable day. And the following days, we just spent most of our days.

I also visited the Rock Garden. It was really wonderful because there was a whole village which was made of dummies. The villagers looked so real but they were dummies and one of the most fascinating things was that the whole dummies were made of wastes. There were like hundreds of dummies. Not only dummies but also many other monuments to see.

After those happy days in Mundgod, I went to my sister's place in Mysore. I stayed there for

at least 2 weeks and while I was there, I signed up myself in BYJU's app. And there was a quiz in which you can participate and they'll pair you up with a random person of your same standard to challenge. I thought of learning Biology for class 12 but I ended up all my days competing for the quiz. While staying with my sister, I experienced lots of other things. For example, how you should deposit money in bank or how you should travel etc. On the whole, I enjoyed my holiday and with that, I also got many new things to learn and discover.

My beloved mother

-Tenzin Yangkey, X B

"My mom, my everything"

It's such a pleasure to be born as your child, I called myself the luckiest child in the whole world, I feel so proud to be called by your name especially the day when you left me alone. You face all the difficulties on your way and challenge all the obstacles you face with so much courage in any situation.

And when 2013 came, it was like the worst day of my life as my one and only dad passed away but you are my rock. You never gave up and made me strong.

You treat us just like our dad, so that we wouldn't feel the emptiness he had left behind. It's been six years since dad has passed away. You take all the house responsibilities. I feel truly glad to have you as my mom. As a mother, you gave us all the love of a father, a brother, an uncle, and an aunt. That no one can give and no one can ever replace you. As for me I am like semi-orphan. But you never make us feel that our dad had passed away. You never let us feel the emptiness and did your best. You are the best. I wish that you will live a thousand of years with me happily.

He is well known as my HERO

- Kelsang Lhadon

"Dad, a daughter's first love"

Life seemed well when he was around me but as of when he passed away everything is

completely broken.

It's been more than three years, yet I still find it hard to believe. I always thought that he will come back. Even now I still hold on to my life with a smile, hoping he will return. Remembering about the day when he passed away, people were saying, "don't worry, you still have your mom, be happy with her". It was a pleasure that mom was there. But forgetting about dad is one of my biggest problems.

Well, he is none other than Lobsang Tsering, the man who is well known as my hero the man who never let me down even in the hardest of situation. I just want to let him know that I miss him more than I can ever express.

Goal

-Norbu Lhamo, X S

Like everybody else has a goal, I also have a goal. It's very important to have a goal in life. If you don't have a goal in life, you will achieve nothing. If you want to be a successful man or a woman, you should have target and the target is

your goal. So you need to work according to your goal.

A loving daughter to my family, a good student to my teacher, a great mate to my classmates and a successful citizen of my country, Tibet. Now you may think I am greedy having four goals. But I am sorry to say that I am not. I have one goal and it is to be good, kind and helpful to all the living beings.

So lastly I would like to say you should also have a goal in your life no matter what ever problems or obstacles you face on your path to your goal. Believe me you can do it and face the problems because nobody can stop you from achieving it. If you have determination and hard work, nothing is impossible.

X 'D' on shoe

- *Anonymous*

*I have many dotted holes
Depending upon the company
I feel whole
Body feels it comfortable*

*I am useful in every way
Except if you have to fly
You can take me at bay
Or even with a spy*

*If you take me with you
I won't leave you
Until and unless you
Don't want me to stay with you.*

*But I will wait there
For you to pick me up
Or somebody else here
And would throw a sup of water*

*I will protect your feet
From pain and injuries
If you have a case to meet
I will help you to run to jury*

I hide your ugly feet

*And represent it with dignity
I make your feet neat
And help you to look tidy*

*You may drape me wherever
But I will never complain
And you can wear me whenever
As I have mentioned I never
complain!*

Monsoon days

- *Tenzin Choedon, X B*

*The scrolling heat of monsoon
Breaks the student from learning
When the monsoon appears the
classroom
Is all heated and students feel so
Sleepy while teachers are teaching.
The bathrooms taken by singers
And playground by players
And canteen by eaters, all
Because the scorching heat of
monsoon
We feel sleepy because
Of our hemoglobin and
I call them little vampires
Who always irritate us from
learning.
When the day monsoon begins*

*Everything becomes dull and
boring,
Students don't want to study nor do
they want
To play or eat in the canteen.*

Grateful

Roll no: 11, XII B

*In this big blue green world
They are millions of people
surviving
Some sees, world as a family
Some sees, world as a stranger
Some people eat food in five stars
But they want 10 star foods to eat
Some people eat Rs. 20 food and yet
They are happy and enjoy to the
fullest*

*Some people get Samsung phone.
But they need apple phone to carry
Some people don't own any phone
But live their lives with contentment
and with more communication.*

*Some people wear branded cloths
But want better than what they wear.
Some people get secondhand*

clothes
But still wear it proudly

We are different from each other
We all are not same people
But we all can all feel grateful
About what we have.

Be satisfied with what you have
Be content and grateful
As they are many others
Who are poorer than you
They can live a life of happiness
Why can't you??

My Life

- Jigme Thutup, X D

My life is a movie
And everyone's watching
So let's get to the good part
And past all the nonsense

Sometimes it's hard to do the right things
It's like they want me to be perfect
They don't even know that I'm hurting
This life not easy

And I'm not made out of steel
Act like you know me

But you never will
I got to learn things
Learn them the hard ways
This life's not easy
Sometimes it's hard to do the right thing.

Life

- Wangchuk, X D

You know,
Our life is like a cellphone.

If you use it carefully,
You got many things.

If you don't use it in judicious way,
You got a lot of problems.

In your peaceful life,
Don't judge other people,
Judge yourself and
Do whatever you can do.

Don't be a selfish giant,
Try to be a compassionate man.
If you don't want to be a good man

or women
At-least, don't make others bad and
Think about future generation
Do something for them.

My Mother Earth

- Tenzin Norkyi, VII S

Oh My Mother Earth! My near and dear
To me you are very near.
Your shape is a sphere
And I love to live here.

Your body is blue.
Your chupa is green,
Flying all around is your white cloud.
Messengers of peace and purity.

You are so beautiful.
You make us feel happy.
Your stomach is the core.
And muscles are the mantles.

And we'll all make sure
That you'll have a cure.
By love and harmony,
Which are medicines like sweets.

Oh Mother! My near and dear
To me you are very near
And I want to be here
For I want to live without fear.

Teacher my role model

- Tenzin Tsepak, VII S'

Oh my loving teacher
You are the best teacher,
You are the one whom I
Love the most

Oh my greatest teacher
You play a great role in
Our school, you are
The best person in my life

Oh my, beloved teacher
You enrich my knowledge.
You are the protector of our nation
Oh my beautiful teacher,
You make me so happy in my school life
I love you from the core of my heart

Oh my hardworking teacher
You have become my role model
I want to become like you in future
I love you my teacher.

A book to me

- *Tenzin Choenyi, VII D*

*A book to me is like my parents.
Who loves and cares about me.*

*A book to me is like sister.
Who helps me with my studies.*

*A book to me is like my teacher.
Who gives education.*

*A book to me is like friends.
Who always trust me.*

*A book to me is like my fortuneteller
Who warns me*

*So always read books
And love books
Read it, it will give you knowledge*



"I can't play video games with you after school. I have to help my father help me with my homework."

My wish

- *Tenzin Kunchok, VII D*

*I wish to go back to Tibet,
I wish to have kind people on earth,
I wish to see Potala very soon,
I wish environment becomes clean,
I wish I can see my people of Tibet,
I wish I can see my Tibet
I wish I can die in Tibet
I wish the world becomes clean;
I wish that all animals live happily
I wish to have peace on earth
I wish His Holiness live long
I wish I can see Tibet's city
How I wish my wish come true..*

Beauty

- *Tenzin Kunkyab, VIII D*

*Beauty is seen,
In our parents heart, their care,
their love,
Their kindness and
Unconditional love,
Or sacrificing their life for us.*

*Beauty is seen,
In baby's smile,
They love, they play,*

*Beauty is heard,
In playing guitar,
It sounds, its tunes,
Singer singing, dancers dancing.
There's beauty everywhere .*

No pick up, No drop

- *Mrs. Ngachoe (Clinic Staff)*

*No pick up, no drop,
Pick up what you drop.*

*Leave the place clean,
As you would love it.*

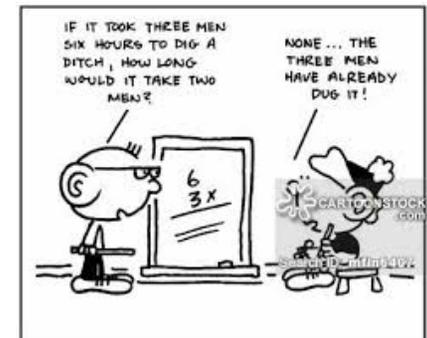
*No pick up, no drop,
Never mess up the environment.*

*These happy, healthy,
Monastic environment.*

*I am all for Namdroling,
I am all for Penor Rinpche,
I am for all,
The learners,
Within the environment.*

*You have given a,
Superlative name,*

*i.e., golden temple,
if it gives you,
serenity of your heart,
then be responsible,
in future plans,
of a visit,
next time,
for we,
are there for you,
hearty welcome,
His Holiness the Dalai Lama's
Visit to Namdroling.*





1.)

Ask yourself, **“What's the worst that could happen?”** Too often, we place excess importance on potential problems. We all have a certain amount of energy, so let's apply it to creating extraordinary relationships, advancing our careers and meeting our goals **INSTEAD** of wasting that energy worrying. Take action on what you have control over and minimize risks for what you don't. Then invest your energy wisely.

2.)

In doing something for the first time, imagine that you have already done it in the past. Close your eyes, then vividly imagine you succeeding wildly at what you are really going to do for the first time. The mind does **NOT** know the difference between something

VIVIDLY imagined and something real. Make it vivid by involving all 5 senses.

3.)

Find someone who is already confident in that area and copy them. Model as many of their behaviors, attitudes, values, and beliefs for the context you want to be confident in as you can. How can you do this? Talk with them if you have access to them. If you don't have access to them, get as much exposure to them as you can. This could be talking to people who know the person and/or buying their products if they have some.

4.)

Use the “as-if” frame. I literally love this frame of mind. If you were confident, how would you be acting? How would you be moving? How would you be speaking? What would you be thinking?

What would you tell yourself inside? By asking yourself these questions, you are literally forced to answer them by going into a confident state. You will then be

acting “as-if” you are confident. Now just forget you are acting long enough and pretty soon you'll develop it into a habit.

5.)

Go into the future and ask if what you're faced with is such a big deal. This might be a bit morbid and yet this works tremendously well. Imagine yourself on your deathbed looking back over your life. You are surrounded by your friends and family. You're reviewing your life. Is what you're faced with now even going to pop up? That's highly unlikely. Keeping things in proper perspective really diminishes fear.

6.)

Remember that you lose out on 100% of the opportunities that you never go for. To get what you want, ask for it. I fully believe that if I ask enough people for whatever I want, I can get it. This is not necessarily true and yet it's a useful belief. As you think about your goals and what you are striving for, how effective would it be for you to believe that all the people out there want to help

you if you only ask? Whether that is true or not in the “real world” does not matter. If you find that belief empowering, I invite you to adopt it as your own.

7.)

Disarm the nagging, negative internal voice. That negative internal voice can keep anyone stopped. To disarm the internal voice, imagine a volume control and lower the volume. Or how about changing the internal voice to Mickey Mouse? Do you think you could take Mickey Mouse seriously if he were criticizing you? Change the voice to a clown voice. The point is to disarm the voice by altering the way it nags at you. If I hear my own voice nagging me, it stops me. If I hear a clown voice, I laugh and continue onward.

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

Health Tips: *to avoid cold & flu*

Wash your hands

Common cold and flu viruses spread by direct contact. Avoid people with colds or the flu like the plague. Viruses spread from their hands to door handles, the telephone or the keyboard and can live for hours on these surfaces. The next person touching the same object will pick up these bugs, so wash your hands often.

Get more sleep

Achieving restful sleep each night (8 hours) helps the body repair itself and build the immune system. If you need help sleeping, see our tips on how you can sleep better.

Drink plenty of fluid

Avoid becoming dehydrated. A typical healthy adult needs around 1.5 litres of water each day. Drinking water flushes out your system and helps keep your immune system strong.

Eat well

A diet rich in fruit and vegetables can help you avoid many health problems. Foods rich in vitamins A and C such as citrus fruit, dark blue and red berries, mangoes, apricots, carrots and beetroot support the immune system.

Get plenty of fresh air

Avoid getting stuck in a room full of people with stale air. Find fresh air and breathe deeply. This helps the lymphatic system move protective immune cells around the body. Even though it's cold, try opening the window for a few minutes every hour for a blast of fresh air.

Get plenty of exercise

Exercise helps to boost circulation which makes it easier for immune cells to get around the whole body, searching out viruses. It also stimulates the lymphatic system which helps to eliminate toxins and waste.

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

Riddles



What has two ends but no beginning?

Answer: A rope.



I get wet while drying. What am I?

Answer: a towel



I eat, I live. I breathe, I live. I drink, I die. What am I?

Answer: Fire



I am tall when young and short when I am old. What am I?

Answer: a candle

Joke

Police: Where do you live?

Me: With my parents.

Police: Where do your parents live?

Me: With me.

Police: Where do you all live?

Me: Together

Police: Where is your house?

Me: Next to my neighbors house.

Police: Where is your neighbor's house?

Me: You won't believe me if I tell you.

Police: Tell me!

Me: Next to my house.

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

Source:
www.phayul.com

**News
on
Tibet Issues**

***Uphold Tibetan dignity wherever you go, Dalai Lama to
Tibetan national football squad***

May 18, 2018

The players of the Tibetan national football team and the members of the Tibetan National Sports Association today called on His Holiness the Dalai Lama at the latter's residence here. The national squad is set to visit England to participate in the CONIFA World Cup between May 31 and June 9, 2018.

The Tibetan leader told the players and their staff that they must take with them the compassionate nature for which Tibetans are known. "Where ever you go as professionals, you must make sure that it upholds and enhances the Tibetan dignity. We Tibetans deserve to take pride in ourselves. When we were displaced as refugees initially, we did not have much except preserving our religion and culture. But now over the last few decades, our culture of compassion is truly remarkable, and concurs with science," the 82 year old Tibetan leader told the players and their staff.

The Tibetan leader was presented a souvenir of the Tibetan squad by TNSA's president Pasang Dorjee.

***Tibetan doctor honored with Alumni Achievement award
at Stony Brook***

May 18, 2018

A Tibetan doctor currently working with the Zero TB program of the Central Tibetan Administration was honored with the Stony Brook University-Public Health Program's 2018 Norman H. Edelman Alumni

Achievement Award in New York on Thursday.

A former student of Public health under the Tibetan Scholarship program, Kunchok Dorjee received the award at the convocation held at the Stony Brook campus.

Dr. Kunchok said he was most honored and humbled to receive the award. He expressed his gratitude to his mentors and teachers at Stony Brook where he studied public health.

"The education I received and the overall experience I gained at Stony Brook opened me up, gave me a global perspective of things and reinforced my commitment to public health. Everything I learnt then during my education here, I am using now in my daily work," said Kunchok in his address to the convocation.

***Black marketing of Potala entrance ticket busted, 15 Chinese
arrested***

May 08, 2018

Chinese police have arrested at least eight people in connection with black marketing tickets to visit the Potala Palace, the home of the Dalai Lamas, in the Tibetan capital Lhasa, according to GuChuSum former political prisoners' movement based here.

A UNESCO heritage site, Potala palace is an important destination for tourists from not just Mainland China but also around the world. Upon discovering that Chinese agents make huge profits out of ticket sales illegally, local Tibetans reported the matter to the police who started its investigation.

Chinese authorities have found out that agents illegally make from 50 Yuan to 400 Yuan by standing in queue at the ticket sales counter for tourists.

Editorial Board

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To

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From

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