



Echo <

Monthly Periodical

Issue 3 | June 2018



Special Edition to mark the auspicious occasion of 83rd Birth Anniversary of His Holiness the 14th DALAI LAMA.

"The best gift for me on my birthday; please keep your own mind, your own heart more compassionate, more spirit of genuine concern for others' well being. And with that motivation if possible serve others, help others."

- His Holiness the 14th Dalai Lama

Article of the Month



Tribute to His Holiness
- Tsering Sithar
XII B Sc.

Poetry of the Month



Long Live, His Holiness
- Dichen Dorjee
XII S Sc.



Tibetan Children's Village
Bylakuppe

Dear Readers

I am highly honored to be presenting you this edition of echo which has been dedicated to observe the auspicious occasion and most joyous moment of His Holiness the 14th Dalai Lama's 83rd Birthday. This edition in particular is filled with poems and articles expressing our heartfelt gratitude towards His Holiness.

Well, the month of June has ended as fast as it had started. With the summer vacation, Dr. Hermann Gmeiner's birth anniversary and universal prayer day, June has gone by in a blink of an eye. On 21st June, Class XII students staged yoga practices to mark the International Yoga day. Under the initiatives of our School P.E.T., Mr. Lobsang Wangchuk, the concerned students were trained hard and well for a week long. Fellow students did wonderfully well on the day to make the event prosperous and successful.

Finally I would like to wish His Holiness the Dalai Lama, a very happy birthday and pray for his long life. I on everyone behalf, also convey our most sincere heartfelt gratitude for everything he has done for us Tibetans and Tibet. May he live a long and healthy life.

- Sonam Wangmo, XII B Sc., EDITOR

Tribute to His Holiness

- Tsering Sithar, XII B Sc.

It's my biggest, greatest and the largest thing to be born as a follower of arguably without doubt, the most important living spiritual leader in the world today 'His holiness the 14th Dalai lama, Tenzin Gyatso'. Although he is one of the most widely recognized people on the planet, he continues to describe himself as a simple Buddhist monk. He has dedicated almost his entire life towards well being of others, propagating kindness and compassion, providing practical and spiritual advice on the eternal questions that trouble humankind of 21st century. He is greatly revered and respected. He is a monk of highest integrity and self-effacing humility for which he is honoured and loved throughout the world and for us Tibetans...well what has he not done? It is not possible and will never be for us to express our gratitude and his kindness in words for it is eternal, indelible and un-repayable. He devoted his whole life selflessly and

diligently for the cause of Tibet. In 1950, at the tender age of 16, he was forced to assume full political power when china invaded Tibet. This year he is turning 83 but still, he is working tirelessly towards bringing peace and freedom to Tibet and to the world at large which has been his lifelong ambition. And now under his leadership and also under the gracious hospitality of the friendly Indian government, we Tibetans in exile are fighting to regain our country's freedom by judicious, consistent and hardworking policy of negotiation, setting a supreme example of 'non-violence' way to the world. He is a brave man of immense courage, who has led an adventurous life with fortitude and forbearance. What I am now and what we all are now is because of him. If not for him, then probably all of us wouldn't be in this world. In 1960s and '70s, coming to exile and living in a completely unknown place was not an easy task for Tibetans as we felt isolated, poor, hungry, and unemployed (not understanding what a word Indian were saying). But His Holiness sought help from the Indian

government and other foreign countries to give us shelters, food and clothes. Many were employed and given shelter, food and clothing. So as times move on also did we. Now living standard of Tibetans in exile has somewhat improved a lot. As for the children, he set up schools to give opportunities for modern education. He went all over the world pleading them to sponsor his nation's children among whom many are homeless and orphans. Nowadays, 94 Tibetans residential and day schools are built all over India. Thanks to which our society literacy rate is estimated at 60.7%.

Yet there are so many others things he did for us but writing all would never end. So therefore in a nutshell, not only we Tibetans but the whole world must be extremely grateful that such a noble person lives and teaches on our trouble planet. So let us wish him a very happy 83rd birthday and that may he live long to dispel the misery of our world.

His Holiness, Source of Inspiration

*- Tenzin Choephel,
XII D Comm.*

His Holiness the Dalai Lama is the essence for all the living being, we owe him a lot of debt of gratitude. He is a budding scientist, a great scholar and philosopher, a peacemaker and above all just a simple monk. Most importantly he is our pride as a Tibetan.

He travels around the world tirelessly, spreading compassion love and peace, promoting oneness of humanity and harmony among different religion and about different environment issues. Whatever support we are getting for international community is all because of his blessings and effort. I'm indeed blessed to have him as our beloved leader.

His Holiness believes that we can make the world more peaceful to live in, not just through prayers but through actions. We should practice the profound teachings of

His Holiness in our daily lives. We have to preserve Tibetan traditions and values by studying and practicing Tibetan language and culture.

May His Holiness live a long life. And hope that one day all the Tibetans in Tibet and overseas be able to see your return to our homeland, our Tibet.

The Living Buddha

- Ngawang Tenzin, XII S

Every time I get to see His Holiness, either in a car or on throne, contentment is felt. I'm sure all of you had that same feeling. He's everything to us. Since 16 years of age, he has been looking after all of us. He kept us away from danger and saved our culture from destructions. He could foresee how much education and kindness is necessary for us. And then, there are some people who choose the wrong side and go against his wishes and oppose him. They don't realize that what they have is actually due to his and only his greatness. If money is all that they

want, I'd love to say earn it in a right and deserving way.

He's a noble man living to spread kindness, love and compassion to every corner of the world. He chose middle way approach to deal with china even after thousands of Tibetans were massacred. What other better name could he be given than the living Buddha. Long live his holiness the 14th Dalai Lama.

Gratitude!

- Tenzin Rangdol, IX D

Being a son of my parents, I should be saying that the person whom I should be most grateful is my parents. But, in my case, it's different. The person whom I think should be grateful to is His Holiness the 14th Dalai Lama and I have millions of reasons for that.

As Tibet was fully conquered by China in the year 1959, many were aware of China conquering Tibet from east. When we came to exile first, Indian government didn't approve Tibetan immigrants to migrate into India. During that time

His Holiness himself showed up at the border of the Indian government and accepted and let Tibetans come over to India. Due to this reason, we are living happily at the present. Just imagine what would have happened if His Holiness hadn't shown up. Well, the whole tribe of Tibet might have been wiped out.

Not only for that reason, his speech, quote, have always inspired me in many ways. Being a short tempered person myself, I frequently get angry and whenever I do, I would close my eyes and think about His Holiness's face and I realized finally that I am forever grateful to him. I would say that if you can do what His Holiness asks, because he won't ask us to do bad things. But, if can't then at least don't oppose him.

Indispensable Human

- Sonam Dolma

We all know that without his holiness, we Tibetans wouldn't have survived after coming to exile from Tibet. It is due to His Holiness

that we are where we are now.

He was born in a small village called Taktsar in the north-east of Tibet, according to Tibetan calendar, that is in 1935, his family was large for he has two sisters and four brothers and they are widely spread out in age. His mother Deckyi Tsering la gave birth to sixteen children, but nine of them died at tender age. His father Choekyong Tsering la was very kind hearted man, he was rather short tempered too but his anger never lasted long. His mother was a kind and a loving person.

She fed every beggar, she would gladly give her own share of meal to a hungry person and she would herself be hungry, their main livelihood was agriculture but in year 1933, His Holiness the 13th Dalai Lama Thupten Gyatso departed from this world and news spread though out the Tibet, the people were desolate with that devastating incident and the search for the reincarnation began.

Lastly they did many things and

discovered the 14th Dalai Lama from there. He is the spiritual and temporal ruler of Tibet. Our whole TCV is but with the grace of His Holiness. I am from Tibet, I am now a student in TCV, due to him. His Holiness may be peace keeper of the world but to me and my fellow Tibetans, he is our spiritual. Our immense gratitude to him though we can't pay him directly but through helping other and by being compassionate. We, the Tibetans always feel fortunate to have a special and very generous leader like His Holiness.

Gratitude

*- Tenzin Dhundup,
XII D (Comm.)*

It's such a pleasure to be born as a Tibetan. I feel myself as the luckiest in the whole world and I feel so proud to be a Tibetan. We face lots of difficulties and challenges but all the obstacles we face, we do it with so much courage in any situation. But we should never forget what we are today and how we are today is all because of him: Our spiritual

leader, His Holiness is turning older and older and his feelings toward the native people can't be expressed as these days unexpected things are happening, like opposing him. How could you imagine of doing such things to one who gave you a lot, which is immeasurable. But there still exist some shameless individuals who do silly things.

Whatever you are doing, don't forget that you are people of His Holiness the Dalai Lama. And most importantly, turning his words into action is our responsibility.

83rd Birthday of His Holiness:

- Kunga Namdrol, XII B Sc.

I extend my warmest wishes to His Holiness the Dalai Lama as we observe this auspicious occasion of his 83rd birthday today. We celebrate today as a day of an extraordinary leader, a good man, a man with amazing grace and this is the occasion to express our solidarity with our brothers and

sisters. Our religion and culture has been represented by our leader with extraordinary persistence and dignity. His message of compassion, peace and human dignity resonate across the world.

Although he described himself as a simple Buddhist-Monk, His Holiness the Dalai Lama is one of the world's most influential people, a man with amazing grace. People all over the world are inspired by his messages of peace, compassion and non-violence.

So, on this very auspicious day of His Holiness The Dalai Lama, we would like to extend our gratitude for everything you did for the well beings of us Tibetans, not only that but for all the sentient beings on earth. I wish you good health and vigor to live more than 120.

Our Great Leader

- Sangmo Sona, XI P Comm.

What is leader?

Leader is the one who leads the people and who is the protector of people and the country. We may

come across lots of leaders and we can also become a leader. But to become a good leader, we need to have lots of good qualities.

In every country, there is always a leader who leads the country: for country Tibet, one of the largest areas surrounded by mountains with white snow. In it we have our most peaceful, kind hearted, compassionate person. He who always cares about people and his country. He is believed by most of the people in the world.

Whenever he goes to any country, he will advise all the people to help others, be compassionate and trust in themselves. This advice will make our heart and state of mind relief, also we can feel very comfortable.

During his birthday, majority of the people in the world, even in the foreign, his birthday is being celebrated. But he always tell people that he doesn't want any celebration, instead the best gift for him is for the people to be helpful to each other and be kind and honest.

Lastly, I wish him a long life ahead always and may our country get our freedom back as soon as possible.

THANK YOU HIS HOLINESS THE 14TH DALAI LAMA.

When Everything Sanctified

- Sonam Wangmo, XII B Sc.

On the 6th July, 1935

Never before seen, an enigma of an evening

Six stars dominating the sky

A cry of a baby came from a house

A baby boy in the arms of his mother

At taktsar, Amdo, in the land of Tibet

Divinity has been graced and blessed

At the age of seven, on one evening again

Strangers visit the house of his

With many signs that proves he is Indeed H.H. the 14th Dalai Lama of Tibet

Escorted to Lhasa, the start of his journey

Hope of the Tibetans

The epitome of compassion

The leader of Tibet

"Others before you" he says, I quote

Has been his motive then and now

66 years of his life, he spread the peace

Creeping into the start to the addition of a year.

On the 6th of July, 2018

Not much of an enigma of an evening

From TCV Bylakuppe, Karnataka, India

I wish you the happiest birthday and healthiest life.

Oh Kundun!**- Thupten Gyurmey, XII D Sc.***Oh Kundun, champion of peace**Forever I shall be grateful to
you**For all the opportunity I get
Without you, Tibetans would be
scattered**We keep our cultural identity**And rich tradition**Your efforts have paid dividend**Today we are self sufficient**We will be your followers**Carry your message of love and
peace.**Oh Kundun, master of peace**Forever I shall be thankful**Our life would be impossible
without you I bet,**For us, your kind presence
mattered**We keep our faith on our
solidarity**You have shown us the way and
guided**You have made our world
magnificent
We will be your peace messenger**Passing message of compassion
and love**Happy birthday your Holiness
and thank you for everything.**Long live your Holiness!!!***Poem****- Tenzin Chime***You are our god,**You are our everything**You think of us**You care about us**You taught good things to us**You love equal to all**You advice the bad people**You don't have anger**You are very old**But you work hard**When you laugh**We feel happy**His Holiness the 14th Dalai Lama**Thank you for what you have**done.***His Holiness the Dalai****Lama****- Tenzin Yangchen, VII D***You are the one for the Tibetans**Because of you we are safe.**Your kindness and gratitude**Tibetans are safe in India**Believing, that you are the
manifestation of chenresig.**You are the king of compassion**Compassion and love, everything
you spread the message of love**Indian government respects you**You're here not only for the**Tibetans but for the people of the
world also,**You love and care for us equally**You wish to see Tibet's freedom**Where every Tibetans has**freedom to cherish their culture**We the Tibetans are very lucky**because**We have a leader like you**So I promise you I'll do my best**May you live a long life and very**soon, we will have freedom and
Peace forever again***Our Karma****- Passang Tsamchoe, IX S***You are our brightest karma**Which shines twenty four hours**Your words give us courage**That we can do better.**We came refugee in 1959**You helped us in many ways**You gave us shelter**You are our great legend**Please stay longer with us**We love you so much**World without you is like life
without joy**You are our Lama**One day we all will meet at**Potala*

*That day I want to see your face
with full joy*

*And it will be a great history of
Tibet*

That all will salute to your name

*We wish you a very healthy
happy birthday*

*Your gratefulness can't be
written in words*

*You deserve a word from us that
karma*

Stay fit and never give up.

Happy birthday your

Holiness

- Jhama Tsukwon, XII B Sc.

*Twinkle eye with the most
beautiful eyes.*

*One and only the
Ocean of wisdom*

*You can touch so many hearts by
a glance*

That is a miracle

*Your wisdom transforms a fraud
human*

Into a real human

That is a boon

*That you can offer hope beyond
divinity*

That is a special blessing

*Every country civilization has
gotten better*

*From the day you touched the
soil*

And that is a special blessing

*Your present makes one's life full
of*

*Happiness, you are one of all
Yet you say you are a simple*

monk

*Now you are far from us,
That sounds like miles*

*But your blessing reaches us
beyond the oceans*

Oh, the wisdom of ocean

*You are our dharma guru
And only that cannot be*

compared

So, on this auspicious day

Of your birth, Tashi Delek to you

*Holiness, long live and happy
83rd birthday.*

You are

**- Lobsang Phuntsok,
XII S Comm.**

*You are the only one in this
planet.*

*Born on 6th of July 1935,
Tasktser.*

*And the Tibetan's spiritual
leader*

*His Holiness the 14th Dalai
Lama.*

*You are the cloud, which
Travels around the world;
Spreading the peace, sometimes
Pours the drops of joy and
happiness*

*You are the sun
Lightening up every dark
corners,*

*Of the world
Leading towards the brighter
way.*

*You are the living GOD
Indeed the source of*

encouragement

*Teaching us the importance of
life and*

*The way to become
compassionate*

You are the savior

*Because of you, we Tibetans
Are in exile living with full*

freedom

As other countries citizens

You are always in smile

*Signifying the joy and happiness
Despite losing one's country*

Trying to save the whole universe

*You are immortal to us, though
not physically*

*But your love and compassion,
advice which have*

*Brought and will still bring
harmony in the society*

*Long Live His Holiness and
thank you*

For everything.

The light of Tibet**- Phuntsok Yangdon, IX D**

*A spiritual leader is someone
Who reaches for I's country
And touches everyone's heart
Without saying any word.
Your leadership is just like
A cheerful spirit that spreads
Happiness all around the
world,
And changes everyone's heart
You are the greatest leader
ever,
As you have given us,
Millions of reasons to smile,
And trillions of reasons to live.
You are just like a gift,
When we are broken
A strong powerful medicine,
When we get sick
As the world desperately
Needs more peacemakers
We want you desperately
Even in our next mysterious
life.*

*You have been the light of Tibet
Admired by the world
Inspiration of the universe
And we are the luckiest people
ever.*

Remembered forever**- Sonam Palmo, XII S**

*Today is the day, remembered
by all
When the thousand splendid
sun
Lighten up the dimmed life
Of millions fellow beings

In a far land of abandoned
kingdom
Where people embrace peace
and love
Were rewarded with the best
gift ever
A leader a mentor and a
guardian.

Well known, H.H. his holiness
the 14th Dalai Lama
His devotion toward the living*

*being
Is beyond comparison and to
the eternity
That was remembered forever.*

*In the time of depth in despair
Where people are broken in
pieces
You were there to lead boldly
Even at such tender age.*

*We pray to the moon and back
That you'll live for trillion
years
In green and happiness
That forever, we'll be your
followers
Happy birthday you holiness.*

Long Live His Holiness!**- Dichen Dorjee, XII S Sc.**

*Wise eyes stare out
With piercing intensity
Advising us the refugee
To take a silent vow

To follow the path*

*Of four noble truths
And to always
Believe in non-violence*

*His childhood stolen
For his purpose is
To lead our country
His choice stolen*

*Though he preached
Wearing a simple dress
And only slippers
He stole the world's heart

With sheer honesty
He spoke and advised
The entire world could do
Was follow his path*

*And all the refugee
That is us
Pray for his long life
Long live His Holiness!
We the Tibetans will fight and
Always follow your noble path
Long live His Holiness!!*

Your Holiness! Happy birthday

- Tenzin Tsering, XII S Sc.

Happy birthday to you, your
Holiness,
Since your birth
The love and compassion spread
over the world,
Leads to the beginning of the
century of peace
The words of emptiness,
That changed thousands of minds
and life
Finally leads to a single word
Though you struggled a lot,
Not for your oneself, but for
Tibetans and for world peace
The middle way approach you
followed
Leads to the success.
Beyond the religion you taught
That is appreciated over the
world;
Your act of kindness and
compassion,
Inspires millions of people.

Thank you, our holiness,
And a very happy 83rd birthday.

Tribute to our spiritual leader

- Tenzin Yangkyi, XII S Sc.

Your loyal heart and your kind
spirit
Is a tower of strength for the
fugitive;
And your soul that is pure and true
Is a guiding light for the blind.
Your courage and the gleam of faith
Makes our life a worthwhile
And awaits our spirit too
For the future in the distance
Every kind word you speak
Creates a better life for everyone
And lightens every heart
Even in the darkest of all.
Thank you for your great effort
Pressing forward persistently for
Tibet
Our heart will keep the courage of
the quest
And surely the roads last turn will
be the best.

Health Tips:

Benefits Of Drinking Water On An Empty Stomach Daily!!!

✍ Flushes Your Bowels

When you drink a lot of water, you will feel the urge to move your bowels. For this reason, drinking a glass of water on an empty stomach can help you regulate your digestive tract. If you are having trouble going to the bathroom, this is the perfect way to get things moving again and regularized. This is beneficial because it clears your body of any waste.

✍ Releases Toxins From The Body

When you go to the bathroom, you are expelling toxins from your body. Water helps you go the bathroom so when you drink water you are detoxifying yourself. The more water you drink the more cleansed your body will be. It also helps reduce bloating

✍ Increases Energy

If you are feeling sluggish, you should drink a tall glass of water. Drinking water on an empty stomach stimulates your red blood cells to grow faster. More red blood cells results in more oxygen in your blood. This means you will have more energy.

✍ Clears Up Complexion

If you want clear skin, drinking water can help you get it. When you have more toxins in your body, you are more likely to have blemishes and dull skin. When you have regular bowel movements, you are keeping your body detoxified, it leads to less breakouts and clearer skin. Drinking water on an empty stomach can help speed up the process.

- Compiled by

Phuntsok Dorjee, XII S Sc. (Editorial Member)

Dalai Lama launches 'Happiness Curriculum' for over 1000 Delhi school**July 02, 2018**

On what Delhi Chief Minister Arvind Kejriwal called a “land mark day”, Tibetan leader His Holiness the Dalai Lama launched the ‘Happiness Curriculum’ described to be a supplementary education to strengthen ethics and moral based teaching for school children in the Indian capital.

The Dalai Lama who has pointed out gaps in the modern education system and advocated inclusion of secular and ethics based education in the modern education realized the building blocks for his vision with this initiative by the education board in Delhi. Emory University in the US is developing similar curricula at a higher academic discipline.

The Tibetan leader told thousands gathered at the Thyagaraj Stadium, "What we need in the world today is an education of values, not based on any religion, but based on common sense and scientific knowledge." He also said that prayer alone will not bring about enlightenment but training the mind and examining the things through logic.

Tibetans warned against celebrating Dalai Lama's birthday in Kham**June 28, 2018**

Tibetans in Draggo County in Kardze Tibetan Autonomous Prefecture in eastern Tibet have reportedly been warned against celebrating the birthday of the exiled Tibetan leader the Dalai Lama by the Chinese authorities.

Tibetans in Tibet and those in exile revere the Dalai Lama who turns 83 next

month as the foremost figure; his birthday is a prominent day in the calendar of the Tibetans and its celebration is identified as a form of resistance by China in occupied Tibet.

Radio Free Asia which published a report on June 27 cited an anonymous source saying, “as the Dalai Lama’s birthday [July 6] is just around the corner, the Tibetans in Draggo have been warned against celebrating with religious observances such as prayer gatherings or offerings of incense.”

Celebrating the birthday of the Dalai Lama or even possession of his photo is considered illegal in occupied Tibet with two Tibetans being arrested just earlier this month from a place called Rimakor in the Kardze Tibetan Autonomous Prefecture’s Draggo county, according to RFA.

Dalai Lama to visit Netherlands, Germany, Switzerland in September**June 27, 2018**

The Tibetan spiritual leader His Holiness the Dalai lama is scheduled to visit Netherlands, Germany and Switzerland in September for a speaking tour on importance of peace, compassion and non-violence

According to the Tibetan leader’s official website, His Holiness will wrap up the four-day teaching on Buddhapalita's Commentary on the Fundamental Wisdom of the Middle Way at the Tsuglakhang main temple on September 7 and will leave for Netherland the following week.

On September 16, the Dalai Lama will give a public talk on “Why Compassion is Essential in our Troubled World” at Ahoy Rotterdam, the Netherlands. His Holiness will give a teaching on Geshe Langri Thangpa’s Eight Verses of Mind Training (lojong tsik gyema) at Ahoy Rotterdam.

Editorial Board

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

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Tibetan SOS Children's Village
PO Bylakuppe, Distt. Mysore
Karnataka State - 571104, India