



Echo

Monthly Periodical

Issue 2 | June 2022



Special Edition to mark the auspicious occasion of 87th 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



THANK YOU-YOUR HOLINESS

- Tenzin Namdrol,
VII S

Poetry of the Month



A Monk from a Jewel Land

- Penpa Norbu,
XII D Sc.



Tibetan Children's Village
Bylakuppe

Dear Readers

No words are ample enough to convey the heartfelt gratitude to our spiritual leader, His Holiness the 14th Dalai Lama. He was born into this world for the purpose of illuminating the mankind on compassion, kindness, non-violence and harmony. He is an advocate for greater global equality and equal rights of all people to peace, happiness and freedom. He constantly and tirelessly puts sincere efforts towards resolving the issue of Tibet and to convey the message of inter-religious harmony and universal responsibility. His Holiness has also devoted his life towards the pursuit of humanitarian and environmental causes and a lot more. In 1989, he was awarded the Nobel peace prize. His holiness has been teaching and encouraging people to be happy and to know that if their minds are upset, mere physical comfort will not bring them peace, but if their minds are at peace, even physical pain will not bring any harm.

So, on behalf of all my editorials, I would like to express my gratitude towards his holiness the 14th Dalai Lama and pray for his long and healthy life. His very existence will help us to be able to survive, practice our religion and language and retain our identity.

Ode to His Holiness

*In the land of chaos,
Came a smile of happiness
His presence a subtle joy
A ray of hope on my land
Preached us the value
Of humanity and happiness
How living and acting humane
Is the rhythm of life.
In a world of inter-dependence,
Humanity is a seed
Sowing it will harvest*

*Peace in plenty
Showed us the meaning
Of kindness and compassion
Of equality and fraternity
Claiming these our birth rights
We are fortunate
To be gifted his presence
Able to protect our identity
Long live His Holiness*
- Tenzin Kesang (Editor) XII B (C)

The World's Famous Leader

- Ngodup Gyamtso, X S

Praying you is my duty

Preserving Tibetan culture is my responsibility

Making people happy is my passion

And loving the nature is my life

With these lines I would like to introduce the world's famous leader, the greatest of all times, the god of kindness and the leader of Tibetans in exile –the great 14th Dalai Lama. He was a simple boy named Lhamo Dhondup born on 6th July 1935 in Taktser village in Amdo region of Tibet. The world didn't know him at that time. People celebrated in Birthday in Tibet before 1959 but after the Chinese communist party occupied our country, he came to exile and India and today he is known all over the world. His birthday is celebrated with great joy and pride. He says he has learnt to be kind and loving from his mother since childhood.

The Nobel Peace Laureate

- Tenzin Yangchen, X D

The Nobel peace laureate, the spiritual leader of all the Tibetans, a

simple monk, a true philanthropist is none other than the Great 14th Dalai Lama of Tibet. He has been living in exile since 1959 with thousands of Tibetans in India and abroad. There are many refugees in the world living a very difficult life, but the lives of the Tibetan refugees are far better than many of them. All thanks to His Holiness. We have access to countless of things these days and it's entirely due to the hard work of our proficient leader. Even though his holiness had many worries yet he still lives a jocund life. We all should do our best to keep up the teachings of His Holiness.

Gratitude towards His Holiness

- Lodhen, XII D Sc.

There is one person whom I admire the most in today's world i.e. His holiness the 14th Dalai Lama. With his calm and compassionate way of treating people in this world, it gives me hope and refreshes my mind that secretly screams "I want to live". He has done so much in our life by supporting our ancestors, a place to live, a place to study and a place to start a new journey. His holiness not only thinks about Tibet and its people but he wants this whole earth to be

free from suffering and pain. He is still working tirelessly on it. I am already grateful to be a follower of someone who has an aim like that in this pale world and just receiving his blessings and support. It's just something I get unconditionally and I want to cherish it by helping the Tibetan community find the right path.

Greetings to His Holiness

- Tenzin Dayou, XII S Sc.

On July 6, 1935, His Holiness was born in the impoverished village of Taktser in Eastern Tibet. He is recognized as the 13th Dalai Lama's reincarnation. In 1959, during the invasion of our dear mother nation by the CCP, His holiness strongly encouraged us to preserve our language and culture and have some faith in ourselves. Our ancestors endured harsh climatic conditions as they travelled through India, a land with rich cultural heritage. He asked the Indian government to grant us plot of land where we may practice our religion in order to preserve our culture and language. The noble peace prize was awarded to him in 1989 "for proposing peaceful solutions based upon tolerance and mutual respect in order to preserve

the historical and cultural heritage of his people". He travelled the world giving talks on how to develop compassion inside oneself.

Thank you His Holiness for making the world a better place to live in and for inspiring us to never lose faith in ourselves and that one day we will be able to step foot on our motherland with heart full of joy.

Greetings to His Holiness the 14th Dalai Lama on his 87th birthday.

Thank You - Your Holiness

- Tenzin Namdrol, VII S

On 6th July 2022, His Holiness is turning 87. I would like to wish him a very Happy Birthday and express my heartfelt gratitude to him. His Holiness is admired and loved by many people in the world for his absolute simplicity and hard work. He always tells us to be kind and compassionate towards others. His main message to the world is that if you cannot help the person in need at least make sure to not harm them.

Today, All of us, Tibetan children are able to attend schools and enjoy our childhood because His Holiness has been working hard for us. Even though our country has been

occupied by the Communist China, under the great leadership of His Holiness we are able to live freely without any fear. We have all the basic human rights in India which the Tibetans in Tibet do not have. All thanks to His Holiness. I do not know where I would be if I do not have a star like His Holiness to guide me in my life. I would like to appreciate and thank His Holiness for everything he is doing for me and the other Tibetan children like me. I will always remember his advice to us, the children of Tibet and try my best to be a good Tibetan girl. I wish him a very Happy Birthday and a long and peaceful life.

The 14th Dalai Lama

- Tenzin Nyendak VII D

The 14th Dalai Lama is also known as Gyalwa Rinpoche. His Holiness was born on 6th July 1935 to a farming family in Takster in the Amdo region of Tibet. We Tibetans believe that he is the reincarnation of Chenrezig, the bodhisattva of compassion. He is the highest spiritual leader of Tibet. He travels all over the world spreading his message of peace, non-violence and compassion. He is everything to us, without his effort it is impossible to have our identity after losing our

independence in 1959. In exile, he helped in making new Tibetan settlements, schools, monasteries, hospitals, etc. His countless and selfless services to Tibetans and to humanity is extraordinary and indescribable.

Long live His Holiness the 14th Dalai Lama!!

The Person I admire the Most

- Tsering Dolma 'A', XII S (C)

The person I admire the most in my life is His Holiness the 14th Dalai Lama, Tenzin Gyatso. His life and activities have always charmed the people of Tibet and the world. To us he is one of the most outstanding personalities Tibet has ever had. Today His Holiness the 14th Dalai Lama shines as a great leader all over the world showing the path of kindness, simplicity of life and love.

At the age of 16th he was appointed as the leader of Tibet. In 1959, China captured Tibet. Therefore, he was left with no choice but to seek refuge in India and other neighboring countries. When his holiness reached India, he first built Tibetan school requested the Indian government to build schools for the Tibetan children. Today, we find

not only Tibetan children studying in Tibetan schools but also the children of remote areas in the Himalayan region. He travelled all over the world for the sake of Tibetan people and to spread knowledge about peace and kindness even though he is 87, this much old but he still continues his journey. He has determination and hard work, his large heartedness was another notable trait which revealed his inner goodness.

Finally but not the least, we the people of Tibetan and behalf of the world are really grateful to have him in our life. We sincerely thank you from the bottom of our heart. He is a beacon for the world.

Long live his holiness the 14th Dalai Lama.

FREE TIBET.

My Greatest Inspiration

- Migmar Dorjee Gurung, XII P (C)

H.H the 14th Dalai Lama is our spiritual leader. In his speech and videos, he always tells about the importance of love, kindness, caring and compassion towards others. He is one of the greatest inspirations to us. He not only teaches others about love and compassion but also practices it wholeheartedly for the world to see. He is loved by many people around the globe. Thousands

of people gather to listen to his message of love and peace. Even though we don't have our own country, we are very much blessed to have his holiness the 14th Dalai Lama as our leader. I do believe we will get our country one day. In a nutshell, I wish his holiness the 14th Dalai Lama to live a long, healthy and prosperous life.

My Guru, His Holiness

- Aisha Choezin, XII S Sc.

A book in my hand, four walls that surrounds me provides endless knowledge. The auspicious frame that's hung perfectly by the window blesses us as we go on with our days. It's a frame of His Holiness, My Guru. The day we lost our country. We wept in sorrow and longed FOR A HAND. YOU KEPT US SAFE UNDER YOUR TENDER ARMS WHILE WE REALISE, WE HAVE BEEN GIFTED A SOUL. India reached out its hands with a firm grip reassuring us that they wouldn't let go of the hold. We are truly humbled. The blissful soul that's wrapped around the red cloth carried peace and kindness to the horror & arrogance, clarity to doubtful mind, strength to those trembling. The steps you took and the courage you have shown will forever be

imprinted in us. From this life to the next, in whatever shapes and forms I shall forever remain grateful to you.

A tender heart, a calm soul

A peaceful mind, our guru

His Holiness the Dalai Lama.

The Person I should be Grateful to

- Tenzin Choenyi, VIII D

The person I should be grateful is His Holiness the Dalai Lama. He was born in year 1935 on 6th July at Amdo, Taktser. His mother's name is Dickey Tsering and his elder brother name is Gyalo Dhoundup. He even has a younger sister called Jetsun Pema la. He took his responsibility over religion and culture at 16 years old. He always loves animals and books. He wrote a book called "the seed" in year 2020. The story is super interesting. I really want to meet in real life but luck is not good enough to meet him. He is great writer, great speaker and an excellent leader of Tibet. He gave us the right to vote for the president in the year 2011. All the people know him as "Gyalwa Rinpoche". His favorite animal and color is pigeon and green. Long live His Holiness the Dalai Lama! Free Tibet!

Tibet's Ultimate Protector

- Tenzin Rigchok, XII D Sc.

The man, the myth, the legend is none other than H.H. the 14th Dalai Lama. The one who has been sacrificing everything for his people, for his country, for every creature in the universe. It is next to impossible to find a leader like him. He is truly one in a zillion. For us Tibetans, we owe everything to him yet he owes nothing to us. We can never repay him for how much he has done to us. From his birth he has dedicated everything for us. Travelling from one country to another country. Creating awareness of Tibet's current state and yet he has never told us his problems, always smiling and laughing to fill the lives of others with happiness. Sitting in the class I feel always feel grateful towards him. A simple man yet worthy as a god. He is the reason we get to wear clean cloths, go to school, get the right education, and sleep relaxed and secured on bed. Tibetans cannot be, what they are today without his support and guidance. He, Our Holiness is Tibet's Ultimate protector. I am proud to be a Tibetan following his footsteps, dreaming one day I get to be in my homeland Tibet.

Long Live His Holiness

HIS HOLINESS THE 14TH DALAI LAMA

- Tenzin Pema XII B (C)

On this auspicious day of His Holiness I would like to show my gratitude towards the spiritual leader of Tibet "his holiness the 14th Dalai lama" .He is the reason that we Tibetans in exile are living freely with our own identity, language and culture.

He teaches us how to be kind, peaceful and compassionate to all the living things. Many people from foreign countries came to India to meet His Holiness and also he had been called to many foreign countries to deliver speech and spread the message of love and compassion in the hope of making the world a better place to live. His Holiness in turning 87 this year and I wish and pray for him to live a long life. He is the light for all the Tibetans and the most grateful person in my life.

LONG LIVE- HIS HOLINESS

- Rinchen Sangpo, XII P (C)

In this competitive world, most of the people living around the world are thinking only about one thing that is

"I", "Me" "Myself". There is anger, jealousy, hatred, suicide, selfishness, murder, war and so on. Even though your life is precious and important, it is equally important to think about others. In such a scenario, one single man dressed as Buddhist monk is promoting love and compassion and encouraging people to practice it. He is the reincarnation of H.H the 13th Dalai Lama, TENZIN GYATSO, THE GREAT 14TH DALAI LAMA OF TIBET. He teaches the people how to love each other and violence is not the way to resolve any issue.

He is known for his kindness and compassionate soul. But to a Tibetan like me he is ALIVING GOD.

Tenzin Gyatso, The 14th Dalai Lama of Tibet

- Tenzin Sonam, VIII D

The other name of His Holiness the Dalai Lama is Tenzin Gyatso. The Dalai Lama is also known as God with thousand eyes and thousand hands (Chenresig)

At the age of 16 he took control of his country Tibet. He gave us the opportunity to study and grow and become a good Tibetan .He formed the Democratic government in exile.

We are living happily today because of him.

✍His father is Choekyong Tsering

✍His mother is Dickyi Tsering

✍His elder Brother is Gyalu Thondup

✍His younger sister is Jetsun Pema

✍He lives in Tsuglakhang, DHaramsala.

Life of the Great 14th Dalai Lama of Tibet

- Tenzin Choeying, X D

His Holiness the great 14th Dalai Lama was born in Amdo Taktser. It is a beautiful place. His parents were simple farmers yet very generous and kind. He says that his father loved to ride horse and his mother to help and feed the poor. When he was a child he was naughty like us. Since he was chosen as the reincarnation of His Holiness the 13th Dalai Lama, he could not live with his parents in the Potala Palace. So he also says that he missed his parents a lot. When the Chinese Occupied Tibet in 1959 and demolished many monasteries and killed thousands of Tibetans, he came to India. The then Prime Minister Pandit Jawaharlal Nehru accepted to give him a place to live till Tibet regained its independence. It has been more than

50 years since we have lived in India. All the Tibetans would not have been here today, if His holiness had not been there. I personally feel truly blessed to have him in our country. On behalf of all the Tibetans, I wish him a very Happy Birthday. I pray and wish you live for 1000 years.

Our Spiritual Leader

Tenzin Jamyang, VII S

He was born in 1935 in Tibet

His child name was Lhamo

Dhondup.

He is very kind and intelligent.

He loves his mother so much.

When he was chosen as the 14th Dalai Lama,

The news spread like a wild fire.

They shifted him to the Potala palace,

He became the spiritual leader.

He learnt Buddhism from young age.

He became monk at the age of 7.

Tibetan call him chenresig (god) but

Chinese call him terrorist.

He lost his country at the age
of 16
He came to India as a refugee.
He saw lot of trouble and
suffering.
Yet, he rises from the ruins

He preserved Tibetan language
and
Culture which was destroyed in
Tibet
He always belief in peace and
non-violence,
Though Chinese killed millions
of Tibetans.

He kept us alive and
Took care of our education.
We never forgot what he has
done
We Tibetans are in debt of his
love and kindness.

The God of Tibet

- **Tenzin Dekey IX S**

All the people think god exists
but we can't see them.

All the people say
there is god watching over us.
All the people thought
once that this man is our god.
And that man was the Dalai
Lama.

We all know His Holiness.
We all saw His Holiness.
We all believe in His Holiness.
But have you ever thought of
his holiness
when you were at your happy
times?
Have you ever thought of his
holiness
when you were enjoying your
life?
No, you always thought of him
when you need something,
when you are at your death
bed.

Tibetans won't be living this
peaceful and good life
If His holiness hadn't come to
India in exile.
His holiness was the one that

gave us light
when the World around us was
pitch dark.
His holiness was the one that
freed us from that jail
That was beautiful from outside
brutal from inside.

The man that he was once
called god,
Is none other than His Holiness
the 14th Dalai Lama.

He is our savior and he is our
god.
So let us start thinking of him
at our good times.
Thanking him for giving us
another future.
We thank his holiness for what
he had done for us.
We thank him for his life.

THANK YOU

- **Karma Shenphen, X S**

Thank you,
Your holiness for all the
blessings
Thank you

For giving us new life
Thank you
For your selfless service to our
nation
Thank you
For always teaching us to smile
Thank you
For never giving up hope
Thank you
For everything you have given
to us.

The Dalai Lama of Tibet

- **Tenzin Yeshe, IX D**

Greater than you and I
Greater than the sea.
He is our spiritual leader
His holiness the Dalai Lama.
He teaches us love and
compassion
Also kindness and humanity
All hail our spiritual leader
His holiness the Dalai Lama.

Won many hearts and a Nobel
peace prize
Still down to earth and forever

wise
So let's follow his footsteps and
practice
kindness, compassion and love.

**His Holiness - YOU ARE
OUR SUN**

- Tenzin Yankee IX D

To the mountains and the back
to the far far hills and around
the oceans
where the horizons starts to
appear.
We love you through the clouds
and through the universe
across mars all the way to the
sun and back.

Your holiness,
you are just like a dictionary of
universe
and the light of darkness.
Your voice is harmonious and
perfectly blends
with your personality.
His holiness,
you have adorable eyes that
adore every

animal equally in this universe.
Your hands are like flower
petals and
when it's time for helping
someone,
your hands are always open.

You have a very warm smile,
which is so pleasant in our
eyes.
You have not just taught us to
live and survive
but also to be happy and proud
of who we are.

I had never got to see him,
neither had I got to talk
but I can describe him in tons
of words
which would never come to an
end.
If I got to see him one day,
that would be my dream come
true.

A Ray of Hope for Tibet

- Sonam Tsomo, XII S Sc.
The curtain of new chapter fell

A page of sorrow was flipped
Our country wasn't ours
anymore
Through the midst of chaos
Firmly longing for helping
hand
There, rose a ray of hope
Along thousands heartfelt
prayers
Among the street of corpse and
blood,
We were gifted a young blood.
Born in an ordinary family
Thirsting for the freedom and
peace
Under the gun point of red
Chinese
There you came with a hope
during a hopeless time,
Working from dusk till dawn
For the sake of six million
Tibetans
Carpeted the world with love
and kindness
Is now the lord of peace
In the eyes of billions of people

H.H the 14th Dalai Lama
- Dechen Angmo, XII S (C)

Every single word he says
Every single advice he gives
Is taken as a treasure
That spreads peace in world

He always thinks of others
Not only for us Tibetans
But all the living creatures
And always tries to help
All of them

He always remind us
The value of humanity
And always teach us
Kindness and sympathy
And compassion

He is the king of Tibet
He is our protector
We should follow those
Precious advices he gives

On Behalf of all the students
I would like to wish him
A very happy 87th birthday
And have a long life His
Holiness

The Birth of a Legend*- Tenzin Palmo, XS**A legend was born**He was named Lhamo**Dhondup**Also known as The Dalai Lama
to the world**The best leader in the world**And a Nobel Peace Prize**winner**He started our government**CTA**Gave us the right to vote**We still feel like we are staying**In our own country.**This is all because of His**Holiness**I thank him from the bottom of
my heart**Today, as we celebrate your
day**I send my hearty and happy
birthday wish**On his way.....**May you live a long and
healthy life.***A Monk from a Jewel
Land***- Penpa Norbu, XII D Sc.**Fifty nine was the year we all
fear**Wasn't that the day we all shed
tears**Had no direction, and left with
a question mark**What can we do, we had
nowhere to embark**People of our nation was in
dark**For which we could do
nothing.**The reds really left us with no
hope**But remember who came up
with the helping rope.**His Holiness,**Went everywhere for the search
of land**And thank you India for your
helping hand**to the man who wore a pair of
glasses,**Who opened schools and send
children to classes**The bond between us could
never be apart**As the gratitude is always in
our heart**And we will always remember
your good deeds**Because you did it when we
were in need***WHO AM I?***- Karma Pema VIID**I have kind heart**I have many different names**I am the highest spiritual
leader of Tibet**I was born in 1935**I am considered as a living
bodhisattva**I ordained monk of Gelug
school**I retired as a political head in
2011.**I was born in farming family in
Taktser**I have many siblings**My parents love me so much
I am 87 years old now
WHO AM I?***HIS HOLINESS THE 14TH
DALAI LAMA***- Tenzin Kunsang, IX S**His Holiness the 14th Dalai Lama.**The name is Tenzin Gyatso.**Leader of our Tibet.**One of the best leaders in the
world**And the son of Dickyi Tsering and
Choekyong Tsering**He was awarded the Noble Peace
Prize.**A smile like a bright sun**And also naughty when he was a
kid.**He is the great advisor to us and
all worldwide**Now he is 87 years old**but to us he is still young.**He has great power of compassion**Born in Amdo Takster of Tibet**In the house of honest and humble
parents.**In advance, I wish him happy
birthday.**Wish you for long life**And great health.*

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