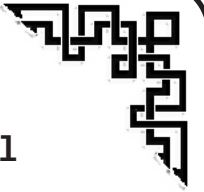


Echo

Monthly Periodical




Issue 4 | Sept., 2022




*"Every day,
think as you wake up,
today I am fortunate to be alive,
I have a precious human life, I am not going to waste it."
- His Holiness the 14th Dalai Lama*

Article of the Month



Social Media & its Effects
- Tenzin Dekyong
XI B Sc.

Poetry of the Month

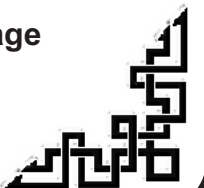


Kill your excuses
- Nishant Kumar
XI B Sc.



Tibetan Children's Village
Bylakuppe

visit us at : www.tcvbyl.net



**Dear Readers,**

A man is shaped by the habits he possess and embodies which should subsequently be complemented into discipline. Striving to live a disciplined and well-mannered life benefits you to your prime. On school grounds we are often times reminded of the importance of discipline. We are advised to follow certain rules and compelled to abide by them like wearing shoes properly, shirts to be tucked in and listening to your teachers.

But the prudence of such discipline extents its branches on a more personal level. Self-discipline is mastered when you make it a habit to abide by it. Our dynamic societal advances shouldn't contradict our need for a disciplined life, the need of being a good person to your family, friends, teachers, society and yourself. As you familiarize the importance of self-mastery, you will understand how discipline grounds us and polishes our path. Discipline is an attribute which keeps us focussed and not give in to negative thoughts. The distractions in the contemporary world shouldn't divert us from our primary goal. Therefore, discipline is a habit and skill worth mastering.

So, on behalf of the editorials I would like to conclude by adding that individual and self-discipline is a pre-requisite for embodying collective discipline and hence should be adhered to strictly in this contemporary world.

- Tenzin Kesang, XII B Comm., Editor

The Art of Simple Living

- Jangchup Dolma, X S

I had read a book during the time when I was experiencing a lot of stress and it was my first time reading a self-help book. It helped me a lot to keep my mind at peace. There are 100s of ways mentioned in the book to overcome stress and I tried to pick up some.

The book was actually written by a Japanese priest called Shunmyo Masuno. He has written about the art of simple living in Zen style. This book will lead you out of the hustle and bustle of today's life and gives you true happiness. For instance, meditating on emptiness, just to think of nothingness, making time to be alone, exhaling negative emotions, instead of worrying get moving, get active, be positive and learn to accept the reality and so on. I found it easy to follow some of these life styles and make my life happy and

peaceful. The reading of this wonderful book not only benefitted me in my thoughts, it also gave me new life experience and I learnt how to behave well. The title of the book is Zen the Art of Simple Living.

Letter to my Dad

- Tenzin Dhasel, X S

Hey Dad,

I want to say something that is I miss you every single day. Dad, thank you for looking after me, after mom left. You have always taught me how to be strong. You have always worked hard to give me a better future. I never saw you in bed at night and you were never seen when I woke up in the morning. You worked day and night just for me. During my holidays you came home just to meet me and spend some time with me. Dad, you are the best. I will always choose you over everyone. Never ever leave me alone because I have nobody. I am sorry if I have ever made you feel sad. I have never asked for

anything because all I need is just you by my side every second. Thank you for being there in my life and I miss you.

Gift of God

- *Yeshi Tharchin, X S*

It was during the cold winter night of 2019. I was reading a story book covering myself cosily in thick warm blanket. I reached the part where the hero saw his dead mother who had died many years back. I checked the time and it was past eleven fifty pm. The cold breeze of december blew through the window, dogs started barking, the mighty trees made some fearful whooshing sound out of nowhere. A small spotless white puppy appeared at my door. He looked helpless. I took him inside and gave him some milk. He drank it immediately wagging his tail. I fed him and thought that he was a gift of God.

Social media and its effects

- *Tenzin Dekyong, XI B Sc*

Is social media a good thing or a bad thing? This is the most frequently asked question in today's time. Well, there are always two sides of everything. It depends on one's perspective. The same goes with the social media. Most people state it to be a revolutionary invention yet many more people state of its negative impacts on the society.

I personally agree with many studies which prove that extensive use of social media can actually cause addiction to the users. Throughout their days, they feel to post something on their pages or check other's post as it has become an important part of their lives. Extensive use of social media has reduced the level of human interaction and many of us have lost the charm and flavour to be together under

one roof.

Social media gives birth to unrealistic expectations of life and friendships. I must also add that there is increased rates of anxiety, poor sleep and depression among youngsters.

To conclude, if you can't imagine your life without any access to social media, it is a sign that you have been trapped. Hence you should understand that it is a double edge sword. While it has many benefits; it can also influence youngsters in unhealthy ways.

Understanding Gratefulness

- *Tsering Sangmo, XII B (C)*

Every one of us must understand the word 'GRATEFUL' and its importance in our lives. I am grateful to all those people in my life who raised me into a good human being. I am particularly grateful to my SOS school for making me a capable girl. Appreciating what I have in my life makes me feel

contended.

Therefore, I feel it is important to be satisfied and happy with what we have right now. Instead of complaining and demanding more things in life, learn to be thankful. For example, when one is completely fit and healthy, one must understand that there are people in the hospital in critical condition wishing and praying God to give them one more day to live. So I think we should utilize the luxuries and the opportunities that we have to the maximum and always feel grateful.

My favourite animal- Sharks

- *Tenzin Ramjam, VIII D*

Hello readers,

How are you? Here, I am Tenzin Ramjam writing this essay on Sharks. You must be wondering why I have chosen to write on this topic. I personally love sharks and it is one of my favourite animals.

Here are few interesting facts of Sharks.

There are around one thousand species of sharks. There may be many more of it deep inside the ocean which have not been explored. It is said that Sharks have survived five major extinctions of the earth which I found it very interesting. Sharks are super sensitive to smell. Even a drop of blood in a huge ocean can be detected by them. It is an unbelievable quality in sharks which is not found in other animals. There is electro reception on shark's nose they use as a sensor. Shark is indeed a very unique species.

Friendship

- Yashi Chhoten, XI B (C)

Friendship is one of the most valuable treasures that anyone can possess. God gave us the right to choose friends. They are initially strangers but gradually when they become our friends, they take a very special place in our hearts even more than our

siblings and parents. True friends always support each other during the times of adversity. They stand by us like a pillar and guide us in the right direction. That is why, it is said that true friends are more precious than gems. Friendship is a divine relationship which is beyond the blood relations we have with our siblings, cousins and parents. To me, it is the only relationship that is truly priceless. Always be the first person to support your true friends and never ever lose them in life.

My Mother

- Tenzin Lekphel, VIII D

My mother is a symbol of affection, kindness and sacrifices. A mother is someone who is totally living her life for her children and family. She is always ready to sacrifice anything for her children. She is the pillar of strength for them. The family is incomplete without her presence. She guides in our

journey of life. Mother is not simply a word, she is the whole universe to me. When I think of my mother I feel that I have an ideal mother.

21st Century's Biggest Challenge

- Tenzin Tsephel, IX D

In the 21st century, we have witnessed many good things like the rapid development in technology. A century ago, there was no internet access to the common people, no mobile phone, and no advanced technology in hospital to treat various diseases. Despite all these developments, there is still a challenge. In fact, a very big challenge. That is the mental illness of people also known as mental disorder. People suffering from stress, anxiety and depression are found to be common in today's society. It is also particularly common amongst the teenagers.

Mental illness could be due to many reasons. Some are due to

lack of social connection, addiction to alcohols and other substance abused. Family problems and financial problems are also some of the reasons of mental illness and sadly it cannot be completely cured effectively by any pills or surgery. Many young and famous celebrities die due to mental illness.

Change in social behaviour is one of the ways to get oneself free from these problems. Lastly I want to make all the readers aware about this deadly disease and live a happy and stress free life.

Mortality of Life

- Tenzin Dhakar, XI B Sc.

Every person born on this earth are meant to die one day. No one can be spared from this reality. Things we love are like leaves on the trees. They can fall at any moment not just due to the gusty wind but also due to slow breeze. We should never forget that everything we possess and all the people we love will disappear

from our lives someday. Impermanence is a part of our lives and we must learn to accept it. Moreover it is also important to understand and love the present moment and live it to the fullest. Today is all we have and make it worth remembering. This moment exists only now and it won't come again. So enjoy every moment before it turns into a memory.

“The only moment in which you can be truly alive is the Present moment”.

The Legends of Football

- *Tenzin Chime, IX D*

Football is my favourite game. There are many famous football players known to the world but no one can be as famous and as popular as Ronaldo and Messi. They are the greatest players of all times. Ronaldo has won the championship league five times-four times with Real Madrid and once with Manchester United. Messi has

won four champion league titles. They are getting older now and the youngsters are taking their place but no one can break their records. They are the ones who made me fall in love with football. Lastly, heroes come and go but legends are forever. I will never forget them. Thank you for being my idol.

Say No – to Judgement

- *Tenzin Norzin, XI S Sc.*

Most of the people have the tendency to judge others. It could be over the person's appearance, behaviour, dressing sense and so on. Judging others unnecessarily is the worst characteristic trait of human beings. Many people just judge other people causally not knowing the harm they are causing to others. So if you have this quality in you, it is better to just put an end to it. The sooner the better for you.

Stating from my experience I have seen tons of people judging others without proper

understanding of who they are actually. The social media is one of the platforms which provides stage to judge others by writing mean comments. Society itself is responsible for this.

Everyone should be mindful and think seriously before judging someone. Be open-minded, be positive, and give positive vibes to others around you. Everyone is beautiful and unique in their own way. So appreciate the beauty and goodness in others.

Basketball

- *Tenzin Tseten, X S*

Basketball is my favourite sport. I have been playing this game since 3rd grade. In my camp there is a basketball court and many tournaments are organised. I grew up watching these games and that is how I developed interest in the game. When I watch the senior boys of our camp play basketball games I always wanted to play like them. So I learnt it, the skills and styles during my free times after

the school and during holidays. Soon I got selected in teams and started participating in the tournaments held in my camp. And my journey as a basketball player began. I am thankful to the people who put lots of efforts in constructing this basketball court in my camp. Thank you!

Myself

- *Rinchen Dolma, VII*

Hi, my name is Rinchen Dolma. I am 12 years old. Today, I am going to share you about my family. I have five family members. They are my parents, my big brother, my small sister and myself. My father is in army and my mom works as a farmer and she also works in a convenience store in Ladakh. My brother is in class X and my sister is in class III. My parents and my siblings are my saviours. My dear father gives me everything I want in my life. My mother cooks all the foods that I like to eat. My brother helps me in my studies. My sister and I play a lot of new

games together. My parents always advise me to study well, behave well and do my best in everything. Without my family I would not have gotten this far. I love my family and you should do too.

Mother

- Tenzin Wangmo, VIII S

Hi, Today I am going to share you all about my mother and her struggle in life. A mother is someone who gives new life, new hope to new generation in this world. Mother is the second God and the best teacher to her children. I believe that without mothers there is no life, no world and no future on the earth.

When I used to cry in the night she is the first person to get up from her sleep and come to me for support. She has been my constant guide all these years. She carried me for nine months and struggled so much to give birth to me. I am forever grateful to her. She is my real super

hero. I want to make my mother happy and enjoy her life. All I can do now is to study well and give her a very good result.

A Father like him

- Kunzang Angmo, XI S Sc.

My dad is a special gift from the god, a true hero and the one who guides me to the bright and futuristic journey of my life. I personally feel so lucky and fortunate to be his daughter. Dad, thank you so much for erasing the nightmare from the dictionary of my life.

Apart from running the home, he also guides me, supports me and teaches me everything that I should learn to become a good human being. No matter what, he has been always there during my hard times. He gave me hope to study harder and inspired me to do the best in everything.

I really appreciate him for all his sacrifices. He represents a better hope for tomorrow. I will promise to keep him healthy

and be there for him whenever he needed me. He deserves the most respect for being such a loving Dad. I am sending him lots of love!

New Environment

- Rinchen Lhamo Chukla, XI B Sc.

Many years ago, there was no fear of water scarcity, no fear of forest being burnt and no fear of animals dying under strange circumstances. The Phrase 'Global Warming' did not exist then and nobody knew what it was. Who would have thought people would suffer one day of the rising global temperature and the change in the climate pattern?

But today this is the topic mostly concerning every one of us. Who is responsible for this problem? Is it the government, the big business men, the students, the farmers? No, we can't blame anyone in particular. We are all responsible for the same. The lessons learnt in our

primary classes made us aware of the fact that we are directly or indirectly dependent on the environment which is very true. We have failed to understand all these and today we are suffering due to global warming. As an educated person, we should do our duty of protecting our environment. If we continue to neglect it, the time may come when we have to carry oxygen tanks wherever we go.

It is our environment and we are responsible for its preservation.

My SOS Family

- Tsewang Choedon, XII P (C)

SOS is my family. I belong to Nepal and there are 9 SOS Village schools. One of them is for the Tibetan refugee children and it is where I grew up and spent 14 years of my life. My school is called SOS Children's village Chhorepatar, Pokhara. I was 3 years old when I got admission in this school. In the initial days everyone and everything was new and life was

difficult. I did not know how to speak Tibetan properly. I used to speak in the local language.

In my home at the SOS village school, we had 10 children and one foster mother. She was a very kind woman and she used to treat us all like her own children. She helped me grow into a good girl. I am very blessed to have got into SOS. I feel very grateful to my SOS family, sponsors and His Holiness the 14th Dalai Lama. In the school campus, we have 12 homes in total. Our campus is huge and it is surrounded by beautiful greenery and playgrounds. I loved my stay in my school campus. It is extremely peaceful and well maintained.

Lastly I would like to say that when I grow up in future, I would work towards giving back to my community in whatever way possible. Thank you SOS for supporting this little girl grow into a big confident and responsible girl.

Absence makes the heart grow fonder

- Tenzin Dekyong Sherpa, XI B Sc.

There is a saying, 'Absence makes the heart grow fonder'. Most of you must have been familiar with this saying and I believe many of you must have even experienced it too. Whenever I think of this saying it reminds me of my family, my friends and all my loved ones who are distant from me and how much I miss them. Now that I am miles and miles away from them, I truly miss their presence. Their absence makes me wish I could be around them to share the laughter and joy. My family and I living in different countries even makes me feel worse. Even in my happiest moments I can't express my joys and also at the lowest moments, I can't seek their help. I regret the time when I didn't spend time properly with them when they were with me.

How I wish the clock would turn and I could get those time back for once in my life. I will make sure to spend time with them to the fullest.

In a nutshell, I suggest everyone to try your best to spend your time and create memories with your loved ones always.

One We Cannot Have

- Tenzin Namdol Girl, IX D
Pretending yourself to have a potential
Of doing everything is one
We cannot have.
We learn through mistakes and those
Mistakes will never leave us alone.
That shows we are imperfect and
Yes we are imperfect because
Perfection is one
We cannot have.
What we feel and what we love
Is the happiness of days or a year
Because eternal happiness is one
We cannot have.

Everything we touch surely dies
And everything we feel surely fades
Because permanence is
One we cannot have.
Everything that we do now
Is for the happiness of future
But that happiness will never come
And one day we will die
Without experiencing it.
So we should try to live

In a present moment
Finding present happiness
Because no one knows the future
And knowing the future will be
The greatest one that
We cannot have

Who am I?

- Karma, VII D

I am a good human being.
My father is Choekyong Tsering
My mother is Dickyi Tsering
Who is very kind & generous.

I am a simple Buddhist monk
I am a true Tibetan.
People of the world

Love and respect me

I help children

Who are poor and sick

Who are homeless

And orphaned

Who am I?

Love Yourself

- Dawa Dolma, XD

There was a girl in darkness

Living a life like a mouse in a hole

Hard to believe on herself

*Always thinks she is an error
maker*

Feels blue inside the heart

Tries to convey her feelings

To someone who can understand

But there is no one to share

Her life changed one day

When she stood in front

Of a mirror to see her

From inside & Talked to herself.

She then knew that she has

The potential to be proud,

Be herself and be alive

In true sense.

Since then, she lived a new life

Spreading joy & happiness

Making lasting memories

And loving herself to the fullest.

Kill your excuses

- Nishant Kumar, XI B Sc.

*Who gets you out of bed in the
morning?*

*What gets you to do your
homework?*

What gets you in the gym on time?

It's not your alarm

It's not even your hostel Amala.

It's neither your school teachers

IT's YOU

The only one that can make it

Happen for you is YOU.

But.....

But, I am not good enough,

But, I am not that intelligent,

But, I didn't get time to study,

But, I don't have enough money,

But I am not smart enough,

BUT, BUT, BUT, BUT.....

*If you're ever going to step into
your future,*

*And want your mission in life to be
accomplished,*

*You will have to get over your
BUT....*

*Coz that will prove to be a hurdle
in your growth.*

So.....kill your BUT,

*Kill your excuses and achieve
your goals.*

My Classmate of 2022

- Tenzin Choney B, 12 S Sc.

I had never dreamt that

I will meet these beautiful faces

As each day pass by

Some or the other way

We have to bid good bye

I just want to say

I will miss you all and

Love you all.

I will remember everything

Your name, your care and

Love for each other.

The exam is knocking at the door

Year is ending rapidly.

Yet it doesn't feel real.

Feels like we just met yesterday

*The loud laughters and beautiful
faces.*

The long hours we spent together

They will become old memories

Precious but hard to get it back.

I will never forget

- Tenzin Rinzin, XD

I will never forget you

Dear mom.

Whether we are near or far.

*Our love for each other will never
die.*

My dearest Mom

*I will never forget your love
towards me*

Your love and kindness will

Always remain in my heart

When I feel sad

You are the first one

Who I remember

You are the one

Who loved me
Since my birth.

I am afraid of losing you
Please don't leave me alone
I am scared
To live in this world without you

You always guided me
Whenever I chose the wrong path
You are the one whom I trust the most
I will never forget you, MOM

Be Content with what you have

- **Tenzin Yangdon, IX S**

You have to be content with what you have
Some people see the world as a happy place
Some see the world as a strange land
Some more people see it as their home

Some people spend less money
But they live a satisfied life

Some people spend more money
But they still need more

Some people live in simple small house
And live happily in it
But some people live in big buildings
But they still live unhappily in it.

Some wear branded clothes
But they still want more branded clothes
Some people wear simple clothes
And they wear it proudly.

So, what I really want to say is
For what you have be content with it.
Sometimes people with nothing
Lives much happier than those with everything.

So, understand the difference
Between need & desire

School

- **Tsering Dolker, IX S**

School is a temple of learning
A place to learn how to behave
And respect for the others.
It is where we feel happy, sad
And experience all emotions.
With uniforms on,
The students look equal,
Beautiful and smart.
I have lived in this school
For 12 long years
Spending time with my
Beautiful friends and teachers.
I respect all the staff
And thank you so much
For everything.

Health

- **Tenzin Dawa, VII S**

Health is everything -
this is the sentence frequently told
by our parents and elders. Many
students ignore it.

So, today I, Tenzin Dawa is going
to write a poem on this sentence.

Health is everything
Elders always say
Health is everything
Most of the teachers say
Coz no health, no education,
No play nothing

Health is everything
No health, no life
You get caught by diseases
And it will keep you away
From family, friends and
Special people whom you love.

Some disease like T.B monkey pox,
HIV and heart attack
Can even kill you.
So listen to elders, teachers
And parents who advice
Us good.



Source:
www.phayul.com

**News
on
Tibet Issues**

TIBETAN MAN FROM DARTSEDO DIES IN CHINESE CUSTODY

DHARAMSHALA, Oct 2: A Tibetan man named Ngodup Tsering has reportedly died after Chinese authorities arrested him on Sept. 28 for allegedly visiting and providing food and edibles to an old age home in Dartsedo County in the so-called Sichuan province. A source told *Tibet Times* that the Chinese police reportedly beat the man so severely at the local police station that resulted in his death the following day. In a most bizarre allegation, the police saw Ngodup's visit to the elderly home as an insult to the Chinese government officials responsible for taking care of the elderly.

CHINA CLAIMS AUTHORITY OVER REINCARNATION OF DALAILAMA

DHARAMSHALA, Oct. 6: A panel of so-called Chinese experts have claimed absolute authority over the reincarnation of the spiritual head of Tibet, His Holiness the Dalai Lama, at an International Webinar on the 'Religious Rituals and Historical Customs of the Reincarnation of Living Buddhas' on Monday. The event that took place on the side lines of the 51st United Nations Human Rights Council was sponsored by three Chinese institutions, including the China Society for Human Rights Studies.

The messaging from the Chinese government on the international platform comes days after the cabinet of the Tibetan government-in-exile last Thursday in a statement said that the “religious activity has to be conducted as per the responsibilities that His Holiness the Dalai Lama enshrines and entrusts,” and that CTA will take full responsibility as and when the time

arrives.

On October 4, a day after the event by the Chinese panel, the US Under Secretary of State for Democracy and Human Rights Uzra Zeya expressed US support for the Tibetan community's religious freedom, especially their authority to choose their own religious leaders during an event hosted on the sidelines of the 51st session of the Human Rights Council.

The CTA President Penpa Tsering in an interview to *ABC News* earlier said that the Dalai Lama is the sole authority when it comes to the matter of his reincarnation along with the will of the Tibetans both inside and outside Tibet.

TIBETAN WRITER'S DEBUT NOVEL SHORTLISTED FOR 2022 SCOTIABANK GILLER PRIZE

DHARAMSHALA, Sept 29:

The Vancouver-based Tibetan writer Tsering Yangzom Lama's debut novel *We Measure the Earth with Our Bodies*, published in May has been shortlisted for the prestigious 2022 Scotiabank Giller Prize. The jury presenter on Tuesday said that the “pages of the story are both a homage to survival and a home for the exiled.”

“Through a stirring intergenerational saga that spans decades and continents, Tsering Yangzom Lama deftly unearths how exiles create home when their homelands have been stolen. With tender authenticity, [the novel] delicately and vigorously illustrates the ongoing human cause of Tibetan displacement and the resolve of refugees to uphold the strong diaspora, despite the violence of colonialism,” writer and jury Waugshig Rice described how Lama's story puts Tibetan women in the centre, bound by a “country to which they can no longer return”.

Editorial Board

Advisors: Tsering Yangkey (Mrs.)
Tenzin Samdup (Mr.)

Editor: Miss Tenzin Kesang XII B (C)

Members: Miss Pema Lhamo XII B (C)
Miss Tenzin Tseyang XII B Sc.
Miss Thinley Lhamo Naksang XII B Sc.

Find us also at
[Http://tcvbyl.net/periodicals/](http://tcvbyl.net/periodicals/)

To

.....

.....

.....

From

.....

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