



IDENTIFICATION



Name:-.....
 Class:-..... Class Roll No:-..... Home:-.....
 Adm No:-04/ / House:-.....
 Weight:- 2.2 xKg Height:- 1.5 x Inch
 Blood group:-..... Birth Place:-.....
 Date of birth:-..... E-mail:-.....
 Aadhar No:-.....

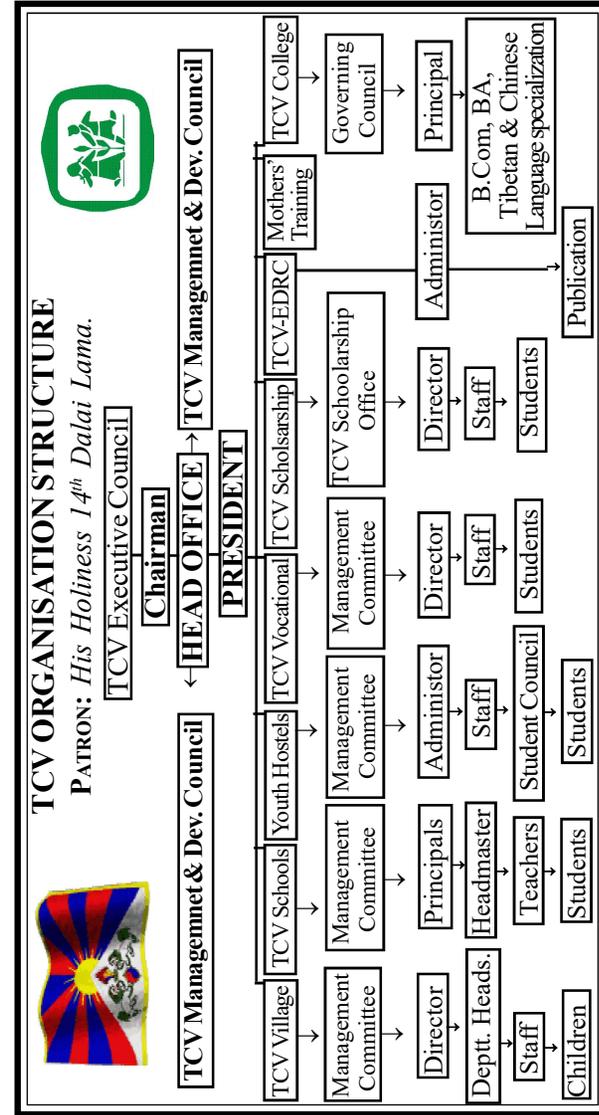
(IF THIS DIARY IS FOUND, PLEASE RETURN TO THE OWNER AT THE ABOVE ADDRESS.)

Dear students,

- ☞ Don't accept anything without questioning.
- ☞ Ask again and again, do not stop until you understand the lesson clearly.
- ☞ An hour's study with concentration is far better than several hours of reading without concentration.
- ☞ Don't postpone today's work to tomorrow.
- ☞ Your mind is strong, you can learn anything, if you mind.
- ☞ Obey your parents and elders.
- ☞ Have compassion for the old and disabled.
- ☞ Student's life is golden life; make ornaments from it.

CALENDAR REFERRED FROM MEN-TSEE-KHANG

Diary Designed By
Chumar-ber Tsang Nyima Damdul Martsa



དགོས་དམིགས།

༔ བོད་སྐྱུག་ཁྱིམ་སྡེ་ནི། རོ་བོ་ཆ་ཚང་ལ་ཆེག་བརྐྱེད་ལ་ཁེངས་ཀྱི་ཚོགས་པ་
 ཞིག་ཡིན་པ་དང་། དེའི་གཞིགས་སྐྱོད་འོག་ཡོད་པའི་བོད་སྐྱུག་ན་མ་པར་རང་
 རེའི་རྩ་ཆེའི་རིག་གཞུང་རང་རྒྱུད་ལ་བརྟན་པོར་འཇགས་ཐབས་ཐོག་དེད་དུས་
 སྤྱི་ནང་གི་ཤེས་ཡོན་ཚད་ལྡན་རྒྱུ་སྤྲོད་པའོ། རང་རྒྱུ་འཕེར་ལ་སྤྱིར་འཛུལ་
 མིང་ཁྱོད་ཀྱི་དང་། ཡང་སྤོས་བོད་མིའི་སྤྱི་ཚོགས་ནང་ཞབས་འདེགས་ལྷན་ལུ་
 པའི་བོད་མི་བཟང་པོ་ཞིག་ཡིང་ཐབས་ལ་འབད་བརྩོན་ལྷན་དེ་ཡིན།

དམིགས་ཡུལ་ཁག

- ༤ སློབ་མར་མ་མའི་གཅེས་སྐྱོད་དང་བརྩེ་བ་སྤོད་ཐབས།
- ༤ བོད་མིའི་རོ་བོ་དང་། རིག་གཞུང་གི་གོ་དོགས་བཟང་པོ་སྤྱོད་ཐབས་བྱ་རྒྱ།
- ༤ ཀུན་སྤྱོད་དང་བཟང་སྤྱོད་ཀྱི་རིན་ཐང་སེམས་རྒྱུད་དུ་སྤྱོད་ཐབས་བྱ་རྒྱ།
- ༤ ལུས་པ་ལྡན་པའི་བོད་ལུགས་དང་། དེང་རབས་ཀྱི་ཤེས་ཡོན་མཁོ་
 སྤོད་བྱ་རྒྱ།
- ༤ སློབ་གྲུའི་ནང་སློབ་མ་དག་གི་ཤེས་ཡོན་སྤོད་ཐབས་ཀྱི་
 ཁོར་ལུག་མཁོ་སྤོད་བྱ་རྒྱ།
- ༤ ལུས་སེམས་འཚར་ལོངས་ཡོང་བའི་ཁོར་ལུག་མཁོ་སྤོད་བྱ་རྒྱ།
- ༤ མི་ཚེ་དང་། སྤྱི་ཚོགས། ཆབ་འབངས་རང་བཞིན་གྱི་འཛུལ་ཐང་
 ལྡན་པ་ཡོང་རྒྱུ་ར་ཆ་རྒྱུན་མཁོ་སྤོད་བྱ་རྒྱ།
- ༤ འོས་ཤིང་འཚམ་ལ་ལུས་པ་ལྡན་པའི་མི་ཚེ་དང་། མདུན་ལམ་གྱི་
 ལམ་རྩོན་མཁོ་སྤོད་བྱ་རྒྱ།

MISSION

The mission of Tibetan Children’s Village (TCV), an integrated charitable organization is to ensure that all Tibetan Children under its care receive a sound education, a firm cultural identity and become self reliant and contributing members of the Tibetan Community and the world at large.

GOALS

- To provide parental care and love
- Develop a sound understanding of Tibetan identity and culture.
- Develop character and moral values.
- Provide effective modern and Tibetan education.
- Provide child-centered learning atmosphere in the schools.
- Provide the environment for physical and intellectual growth.
- Provide life, social and citizenship skills.
- Provide suitable and effective life and career guidance.

SCHOOL MOTTO

རང་ལས་གཞན་གཅེས།
“OTHERS BEFORE SELF”

ལྷན་ལྷ་ཚིག་སྒྲིག་པ།

༄༅། །རྣམ་ལྷ་ཚོ། ཚིག་སྒྲིག་པ་གྲིས། ཚོལ་ཁ་གསུམ་གྱི་མི་རིགས།
རང་རིགས་ལ་ཞེན་དང་། རང་ཕྱུལ་ལ་སོམས་དང་། བསྟན་དག་ལྷ་ལྷིས་མཉམ་
གཙོད་ག་འདྲ་བཏང་བྱུང་། ཚོལ་ཁ་གསུམ་གྱི་སྤྱོད་ལྷ། རང་རིགས་བསད་
ཅིང་། རང་ཕྱུལ་འཕྲོག་ལམ་ལ། བསྟན་དག་ལྷ་ལྷིས་མཉམ་གཙོད་རྗེ་སྤྱོད་ག་རྗེ་
བྱས། ལ་བརྗེད་སེམས་ནས་བྱུང་དགོས། རང་གི་སེམས། རང་གིས་གཏུག་
རང་དོན་ཁོ་ན་ལོན་པར། གངས་ཅན་མགོན་པོའི་བཀའ་བཞེན་བསྐྱབས་ནས་
ཡོངས་རྒྱུགས་པོད་རྒྱུང་ས་རང་དབང་དོན་ལ་འབྲུངས་དགོས། ཚོལ་ཁ་གསུམ་
གྱི་སྤྱོད་ལྷ། །།

བདེ་སྦྱིད་གསར་སྦྱོང་།

༄༅། །བདེ་སྦྱིད་གྱི་ཉི་མ་རྗེས་སུ་གར་ཡོང་། བོད་རིགས་སྤྱོད་ལྷ་ནམས་
དགའ་བའི་འོད་ཟེར་འཕྲོ། སྦྱིད་པའི་སྦྱོར་བྱུངས་ལེན། ཚོས་སྦྱིད་གྱི་མཛད་
པོའི་མཚར་ཅན། བོད་རྒྱོད་ས་གསར་དུ་བཞད་སྐབས་སྤྱག་ན་དམྱོང་སྦྱོངས།
ཁོང་གི་དབུ་འཐིད་བཟང་པོས་བོད་རྒྱོད་ས་བདེ་ལ་བཞོད། ཚོས་སྦྱིད་རྒྱང་འབྲེལ་
རྗེས་སུ་རྩོམ་པ་འགོད་གོས།
བཙེ་ཚེན་པད་དཀར་འཚར་བའི་གདུལ་ཞིང་། ཁ་བ་ཅན་གྱི་འགོ་ཀུན་དགའ་
བའི་འོད་ཟེར་འཕྲོས། སྦྱིད་པའི་སྦྱོར་བྱུངས་ལེན། ཚོལ་གསུམ་གྱི་བོད་རིགས་
ལ་ཕྱུས་པ། ལྷོ་སེམས་གཅིག་ཏུ་བསྒྲིག་པའི་རིགས་ཞེན་དམ་པོར་རྒྱངས། འདྲི་
སྦྱིད་དབུ་འཐིད་བཟང་པོས་བོད་རྒྱོད་ས་བདེ་ལ་བཞོད། ཚོས་སྦྱིད་རྒྱང་འབྲེལ་
རྗེས་སུ་རྩོམ་པ་འགོད་གོས།།

དཔེ་དམ་གཞི་གསར་གཞས།

༄༅། །གནམ་སྤོན་པོ་ཁོད་ག་མཚར་བའི་ཚོག་ འོད་ཟེར་འཕྲོ་བའི་ཉི་མའི་
དཀྱིལ་འཁོར་ཡོངས་སུ་གསལ། འོ་ལགས་སོ། །གནམ་འདྲི་རང་བཞིན་ཁ་
དོག་དུངས་ལ་ཉི་མས་འཛམ་གླིང་གསལ་དེས་སོ། །གསལ་དེས་སོ། །བོད་
རྒྱོད་ས་དམ་པ་ཚོས་གྱི་ཞིང་ནས། ལྷ་སྦྱོའི་བཙན་དམག་ཡོངས་སུ་བསྐྱོག་ བོད་
གྱི་རྒྱལ་ཁབ་རང་དབང་བཞད་དུ་ས། འཛམ་གླིང་འདྲི་ཡང་ཞི་བདེ་རང་ས། བཟ།
ལིས་བདེ་ལེགས། བདེ་ལྷན་མང་གཙོའི་གཞུང་ལམ་ཚོག་ཏུ་ལྷུབ་མཐའ་རིས་མེད་
སོ་སོ་བྱུང་ལེད། མི་རིགས་འདྲ་མཉམ་གཞི་རྩར་བཞག་ནས་བོད་མི་ཡོངས་གྱི་
རང་ཕྱུགས་ཚོས་སྦྱིད་བྱུང་བཙེ་བྱུང་གཉན་ལ་སྦོའ་སྦོའ་རྒྱ་ཚེ་དང་འབྲེལ་རང་ཕྱུལ་
བསྐྱར་ལེན་རང་དབང་གཅོང་མ་གཏུག་གྱི་འདོད་དོན། ལ་གོང་ས་ལ་སྐྱབས་ལ་གོན་
ཐམས་ཅད་ལ་བྱིན་པའི་བཀའ་བཞེན་བསྐྱབས་སྐྱོར་སྦྱོར་སེམས་གཅིག་ཏུ་སྒྲིག་པ། །།

དུག་ཅུ་དཔེ་དམ་སྤྱོད།

༄༅། །སྤྱི་ཡི་བཞོད་པས་རི་དབང་སྦྱིངས་ཤིང་། དུག་ཅུའི་དབྱངས་སྤྱོད་
ཟབ་ཡངས་ཐུགས་མཚོར་བརྒྱས། ཨི་མ་རྟོ་ལ་དགའ་བ་ལགས་སོ་སྦྱིད་དོ། །ལའོན་
ཁྱོད་དགུང་གངས་རྒྱ་གཅིག་བཞེངས་པའི། དུས་བཟང་ལ་ལྷ་དུས་ལ་མ་འདི་མེ་
དོག་རབ་བཞད། ཨི་མ་རྟོ་ལ་དགའ་བ་ལགས་སོ་སྦྱིད་དོ། །འཕྲོ་ལ་བཙེ་བའི་
ཐུགས་རྗེ་སྤྱན་མངའ། ལུལ་ཀུན་སྦྱིང་རྗེའི་ཕྱང་པོ་གཅིག་ཏུ་འདུས་པའི། ཨི་
མ་རྟོ་ལ་དགའ་བ་ལགས་སོ་སྦྱིད་དོ། །སྦྱིད་གསུམ་དབང་སྐྱར་བསྐྱར་འཛིན་རྒྱ་
མཚོ། མི་ཡི་ཉིན་བྱེད་གདུལ་བྱའི་ལའའ་ན་འཕགས་ཤིང་། ཨི་མ་རྟོ་ལ་དགའ་
བ་ལགས་སོ་སྦྱིད་དོ། །མི་ལ་ཐུན་མཚན་མའི་སྦྱིད་གཡོགས་ཀུན་བྲལ། མཛད་
བཟང་འོད་སྦོའ་སྦོའ་ལྷོགས་བརྒྱུར་ནས་པར་འཕྲོ་ཞིང་། ཨི་མ་རྟོ་ལ་དགའ་བ་ལགས་
སོ་སྦྱིད་དོ། །སྐར་ཡང་མི་ཉུབ་སྐྱལ་བརྒྱའི་བར་དུ། ཁམས་གསུམ་སྦྱི་སྦྱི་
དཔལ་དུ་མཛེས་པར་གྱུར་ཅིག ཨི་མ་རྟོ་ལ་དགའ་བ་ལགས་སོ་སྦྱིད་དོ།། །།

༡༧། ཁང་མེ་ཁབ་གངས་ཅན་གྱི་སྒོངས་སུ་བརྟེན་གཞུག་ཟླ་བལ་བ། ཚོས་རྒྱལ་
 སྒོང་བཅན་སྐམ་པོས་དུས་རབས་བདུན་པའི་ནང་དེ་ཡང་ཚོས་རྒྱལ་རང་ཉིད་ཀྱི་ཞབས་ཀྱི།
 གྲོ་ཉི་རྒྱལ་ཁྲིམས་ཚེན་པོ་བཅའ་དགོས། སྒོན་ཡང་ཁྲིམས་མེད་པས་རྒྱལ་
 བཟན་རྣམས་སོ་སོར་འབྱུང་བ་ཡིན། ད་དུང་ཁྲིམས་མེད་ན་ཉེས་ལྷེད་དར་
 ཞིང་དེའི་འབངས་རྣམས་སྤྱད་བཞུག་པར་འགྱུར། ཞེས་གསུངས་ནས། ༡།ཁྲི་
 ཅེ་འབྲས་བཞེར་གྱི་ཁྲིམས། ༢། འབྲས་གསེར་ཐོག་གཤམ་ཅན་གྱི་ཁྲིམས། ༣། རྒྱལ་
 ཁམས་དཔེར་ཐུངས་ཀྱི་ཁྲིམས་སོགས་ཐོག་མར་བཀའི་ཁྲིམས་ཡིག་དུག་མཛད་པ་དང་།
 དེ་ནས་བྱ་བར་འོས་པ་དང་མི་འོས་པ་སྟོན་པའི་རྒྱལ་ཁམས་དཔེར་ཐུངས་ཀྱི་ཁྲིམས་ཀྱི་
 ནང་ཚན། གནས་སྐབས་ལྟ་མིའི་ཉེན་བཟང་དང་མཐར་ཐུག་ཐར་པ་དང་ཐམས་ཅད་མཁྱེན་
 པའི་གོ་འཕང་འཕྲོག་ཐབས་སུ་ལྟ་ཚོས་དགོ་བ་བཅུ་དང་འཇིག་རྟེན་མིའི་ཡ་ཤེས་དང་
 མཐུན་པའི་མི་ཚོས་གཙང་མ་བཅུ་དུག་སོགས་ཀྱི་སྒོ་ནས་འོད་འབངས་པེད་བར་བསྐྱེད་ས་
 པར་མཛད་འབྲས་སུ།
 དུས་ལྟར་ཅི་ཙམ་སོང་ཡང་། འོད་མི་རིགས་ཀྱི་སྒོ་གསུམ་བུ་སྒྲིབ་པ་དུས་དུམ་དུམ་ལྟར་
 གྱིས་བསྐྱེད་པའི་སྤྱི་གཞུག་གྱི་ལྷན་པོ་དེ་ལྟར་དང་། སྤྱི་ལཱ་ལམ་སྟོན་འདི་རྣམས་
 ང་ཚོས་གཅེས་ནོར་ཞིག་དུ་ཅེ་འཇིག་དགོས་གཤམ་ཆེ་བར་བརྟེན། ཁྲིམ་སྒྲིབ་ལས་ལྷེད་
 དང་སྒོ་བ་སྤྱད་ཡོངས་ཀྱི་སྤྱི་གཞུག་ཆེད་འགོད་ལུས་པ་བཞིན་ཚང་མས་ལྷགས་སྤང་
 ཚེན་པོས་རྒྱན་གྱི་སྒྲིབ་ཚུལ་རྣམས་དཔེ་འོས་འབའ་ཞིག་ཡོང་བའི་ལེ་སྟོན་བཅས།

སྐུ་ཚོ་ལ།།ཞེ་ལ།།འབྲུ།།

- སྤྱི་གཞུག་ཚོང་བ། མ་ཉིན་ལེན་སྒོང་བ། མོག་གཡེམ་སྒོང་བ།
- རྒྱན་སྒོང་བ། བུ་མ་སྒོང་བ། ཚོག་རྒྱུ་བ་སྒོང་བ།
- ངག་འབྲུལ་སྒོང་བ།
- བརྒྱུ་ལེམས་སྒོང་བ། གཞོད་སེམས་སྒོང་བ། མོག་རྩ་སྒོང་བ།

མི་ཚོས་གཙང་མ་བཅུ་དུག་ནི།

- ༡། དཀོན་མཆོག་གསུམ་ལ་སྐྱེ་མར་བཟུང་ནས་གུས་པས་མཚོད་པ་དང་གཅིག་
- ༢། ཚེ་འདི་དང་སྐྱེ་བ་གཞན་དུ་ཕན་པའི་དམ་པའི་ཚོས་སྐྱབ་པ་དང་གཉིས།
- ༣། བ་མར་དྲིན་གསོ་བའི་བསྐྱེན་བཀུར་ཆེ་བ་དང་གསུམ།
- ༤། ཡོན་ཏན་ཅན་ལ་མཚོག་ཏུ་མཐོང་ནས་གོང་དུ་བཀུར་བ་དང་བཞི།
- ༥། རིགས་མཐོ་བ་དང་ཕན་པ་རྣམས་ལ་སྤྱི་ལུ་སྤྱད་བྱས་པ་དང་ཇུ།
- ༦། མཛོད་བཤེས་ལ་གསུམ་འཕྲོད་སྤངས་ཏེ་ཉེ་སེམས་མ་འོར་བའི་གཞུང་
 རིང་བ་དང་དུག་
- ༧། ལུ་ལ་མི་ཁྲིམ་མཚེས་དང་དམན་པ་རྣམས་ལ་ཅི་ལུས་ཀྱིས་ཕན་པར་སྐྱབ་
 པ་དང་བདུན།
- ༨། གཞན་གྱིས་ཅི་ཟེར་ལ་མི་ཉན་པའི་ཡིད་དྲང་ཞིང་བཅན་པ་དང་བཅུད།
- ༩། མི་ཡ་རབས་ཀྱི་སྒྲིབ་ཚུལ་ལ་བརྟེན་བཅུད་དགུ།
- ༡༠། ཏེ་ཅང་བཟང་ཞན་གྱི་མཐའ་གཉིས་སུ་མ་ལྷུང་བར་ཟས་ནོར་ལ་སྒྲིབ་ཤེས་
 པ་དང་བཅུ།
- ༡༡། དྲིན་བྱས་པ་ལ་བརྟེན་མེད་ཀྱི་ཕན་ལན་སྐྱབ་པ་དང་བཅུ་གཅིག་
- ༡༢། བྲེ་སྤང་སོགས་སྒྲིབ་ཚུལ་ལ་གཡོ་སྐྱེ་མེད་པ་དང་བཅུ་གཉིས།
- ༡༣། ཉེ་རིང་དང་ལུ་ལ་བསྐྱེད་སྒོ་མས་ཤིང་གཞན་གྱི་དཔལ་འཕྲོར་ལ་མི་བཟོད་
 པའི་སྤྱི་གཞུག་སྒོང་བ་དང་བཅུ་གསུམ།
- ༡༤། གཡོ་སྐྱེ་ཅན་དང་ཤོགས་ངན་པའི་རིགས་ལ་མི་ཉན་པ་དང་བཅུ་བཞི།
- ༡༥། ངག་འཇམ་ཞིང་གཞན་གྱི་སྒོར་འཚོས་པའི་སྐྱེ་མཁས་པ་དང་བཅུ་ལྔ།
- ༡༦། ཚོས་སྤྱི་གང་ལའང་དཀའ་བ་སྤྱད་བཟོད་པའི་ཐོག་པ་ཆེ་ཞིང་སྒོ་ཁོ་གི་
 ཡངས་པ་དང་བཅུ་དུག་གོ།

ཟུར་སྐྱོད་རིག་གནས།

༄༅། །པོད་ཡུལ་གྱི་མ་རྗེའི་སློབ་གྲུ་རྒྱལ་ཏུ་ཟུར་སྐྱོད་རིག་གནས་འདི་ཉིད་ལ་གཞི་རྒྱུ་སློབ་སྦྱོང་གི་ཆ་རྒྱུ་མེད་དུ་མི་རུང་བ་ཞིག་ལ་ངོས་འཛིན་དང་ཡིད་ཆེས་བྱེད་ཅིང་། རིག་གནས་དེ་དག་ལ་བརྟེན་སློབ་གཉེར་བ་སོ་སོས་སྤྱི་ནང་གང་སར་སློ་རྒྱ་གོང་འཕེལ་འགྲོ་བའི་ཕན་ཚུབས་ཆེན་པོ་ཞིག་ལ་ངོས་འཛིན་བྱེད་ཀྱིན་ཡོད། དཔེར་ན་རྒྱ་ཁག་ལ་བརྟེན་འཛིན་བྱེད་སྤངས་དང་། ཚེད་མོ་བའི་ཀྱུན་སློང་ནམ་དུའོད་སྟོན་སྤངས། ཟུར་མེད་དུ་སློང་ཆོད་ནམས་ཤེད་སྐྱོད་ལེགས་པོ་བྱེད་སྤངས་བཅས་སོ། །

ཡོ་གཅིག་གི་སློབ་ཡུན་འདིའི་རིང་སློབ་སྦྱོང་ནམས་ཁང་ཚོན་བཞི་དང་འཛིན་གྲུ་ནང་ཁུལ་ལ་ཆ་བགོས་ཀྱིས་གཤམ་གསལ་ཟུར་སྐྱོད་རིག་གནས་ཁག་ལ་འགྲན་བསྡུར་གྱི་ལམ་ནས་སློབ་སྦྱོང་བྱེད་ཐུས་ཡིན།

ཀ༽ འཛིན་གྲུ་ནང་ཁུལ་འགྲན་བསྡུར།

- ༡། པོད་སྐྱོད་བཟོ་སྐྱོང་། ༣། དཔྱེན་སྐྱོད་བཟོ་སྐྱོང་།
- ༢། འཕྲི་ཚོམ་འགྲན་བསྡུར། ༤། སློབ་གྲུའི་ལས་གཞི།
- ༥། ཚེད་རིགས་འགྲན་བསྡུར།
- ༦། པོད་སྐྱོད་དག་ཅུལ་འགྲན་བསྡུར།
- ༧། དཔྱེན་སྐྱོད་དག་ཅུལ་འགྲན་བསྡུར།
- ༨། འདྲི་འགོད་འགྲན་བསྡུར།

ཁ༽ ཁང་ཚོན་ནང་ཁུལ་འགྲན་བསྡུར།

- ༡། ཡོ་འཁོར་རྒྱལ་མཚོང་འཕེན་གསུམ་གྱི་འགྲན་བསྡུར།
- ༢། རིག་གཞུང་གཞན་སྐྱོད་འགྲན་བསྡུར།

MESSAGE

“We, the Tibetan Refugees, are in a land we can not call our own. Why did we have to leave our homeland? Was it because of a civil war? Was it because of a wide spread famine? Was it because of some natural calamity? No, certainly not. It was not because of these reasons. Many among you are orphans, why? Many children in Tibet are not provided the simplest educational facilities. So when everything is given to you, you must realize your good fortune and at the same time the weight of your responsibilities.”

-His Holiness the Dalai Lama
(to students on 10th March)

OUR FAMILY

- 🔊 TCV Residential Schools..... 08
- 🔊 TCV Day Schools 02
- 🔊 TCV College..... 01
- 🔊 Vocational Trg. Centres 02
- 🔊 Youth hostel 03
- 🔊 Outreach Programme 03
- 🔊 Home Mothers Training Centre..... 01

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them. - Dalai Lama

Don't try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are. -Dalai Lama

WHAT IS TCV?

Tibetan Children's Village (TCV) is an integrated community for the care and education of orphans and destitute Tibetan Children in Exile. It is a registered, non-profit charitable institution with its parent organization based in Dharamsala, northern India. It is also a member of SOS Kinderdorf International Vienna.

TCV has many branches spread across India with over 14000 children under its care. A large number of our children are newly arrived refugees from Tibet.

All the children in TCV in groups called "Khim-tsang" a typical Tibetan homes with two foster parents. Each of these homes or Khim-tsang is a self-contained family group with its own house, kitchen and other facilities. Children are raised as brothers and sisters to each other and share the household chores with their foster parents. During the day, children attend the school which is in the Village and in the evening they return to their Khim-tsang to be with their 'family' In addition to looking after the physical, mental and spiritual needs of the children, TCV seeks to provide the best of modern education along with a deep and intimate understanding of rich cultural heritage of Tibet; to cultivate a sense of national identity which will enable the children to share the hope of the Tibetan people to return someday to a free and independent Tibet; to help young boys and girls become self-reliant, contributing members of society and world community.

"If you meet someone without a smile, give him one."

SCHOOLPRAYER

Obeisance to my protector Manjushri, who holds to his heart a scriptural text, symbolic of his seeing all things they are. Whose intelligence shines forth as the sun, unclouded by delusions or traces of ignorance who teaches in sixty ways, with the loving compassion of a father for his only son. All creatures caught in the prison of samsara, confused in the darkness of their ignorance, overwhelmed by their suffering. You whose dragon-thunder like proclamation of Dharma arouses us from the iron chains of our karma, who wields the sword of wisdom hewing down suffering. Wherever its sprouts appear, clearing away the darkness of ignorance. You whose princely body is adorned with the one hundred and twelve marks of a Buddha, who has completed the stages achieving the highest perfection of a Buddhisattva.

Who has been pure from the beginning, I bow down to you, O, Manjushri. With the brilliance of our wisdom, O, compassionate one, illuminate the darkness enclosing my mind, enlighten my intelligence and wisdom, so that I may gain insight into Buddha's words and texts that explain them.

RULES OF DISCIPLINE

- ✗ Attendance at prayers, school assembly, class, games, study and all functions is compulsory.
- ✗ The school uniform must be worn during class, at all functions and when going on outings. Students are expected to be clean and neatly dressed at all times.
- ✗ Students may not be absent from class study, games or any other school function or gathering without first submitting the proper leave slip from their home or hostel. In case of sudden absence due to illness or other unforeseen circumstance, then the leave slip must be brought on the first day of attending school, after such an absence.
- ✗ Attendance at all meals is compulsory irrespective of whether the student wishes to eat or not.
- ✗ Frequent absence from school and general bad behaviour may lead to denial of promotion or exclusion from public examinations.
- ✗ It is expected that proper care should be taken of all school property and personal belongings. Students may not write their names on any school furniture or otherwise scratch and deface them or write or draw on the walls. Any kinds of breakage or damage even by accident should be reported at once to the Headmaster or class teacher. A suitable fine will be charged according to the damage from the class or the students.
- ✗ Students should not bring jewellery or other valuables such as electric gadgets, expensive clothes & shoes to school. The school will not be responsible for loss of such articles.

- ✗ Student are not allowed to keep large sums of money in their possession. Large sums of money brought and received should be deposited in their personal account in the office and withdrawn from time to time according to need.
- ✗ Students may go for outing during the second Saturday and Sunday of each month. However, leave permits will be issued only if their home parents, hostel warden / matron personally come to take the necessary leave.
- ✗ Students late comers penalty Rs. 200/- with permission and Rs. 500/- without permission.
- ✗ Students are not allowed to go outside the school boundary without proper leave.
- ✗ Smoking, drinking alcohol, gambling and use of drugs are strictly prohibited.
- ✗ Students are not allowed to buy from unauthorized hawkers in the school compound.
- ✗ Any form of theft and bullying will be considered a breakage of discipline.
- ✗ Students may not keep knives or any other weapons in their possession.
- ✗ Students are not allowed to stay in any staff quarters during the absence of the concerned staff member or otherwise stay long period without sufficient reason.
- ✗ No TCV students will resort to any unfair means of any examination, both internal and external.

འདི་གཞི་ན་འདི་ལ་བརྩོན་འགྲུས་ཡོད་ན། །

ཡོན་ཏན་རང་གི་ལག་ན་ཡོང་། །

TCV Schools Standing Rules and Regulations on Measure Disciplinary Matters.

POSSESSION OF MOBILE

- ⇒ TCV is a charitable organization which runs with the help of money received from donors. Majority of our students don't pay anything for their Education.
- ⇒ In such a school, if the students are using mobiles and keep items of high value then it's a big contradiction to the very nature of the school.
- ⇒ There is a written circular from CBSE stating that there should not be mobiles in the hands of the students in the school campus. (Circular No.2 Dated 29th July 2009, Restriction in the use of mobile phones in school)
- ⇒ TCV schools have also learned so many lessons where they mussused mobile phones.
- ⇒ Every TCV school has provided the basic means of communication like land line phones and internet facilities.

The following ruling on possession of Mobile will stand binding:

- ⊗ If a student is caught with a mobile, he/she will be given the **2nd warning card**, fine of Rs. 1000 will be collected, his/her parent will be called and they will have to sign the agreement letter.
- ⊗ This will be carried out by the Headmaster/Student Advisory Committee (SAC)
- ⊗ If a student repeats the same mistake, he or she will be given **3rd warning card** from the Principal's office/ Headmaster's office/Student Advisory Committee (SAC) and call his/her parents to sign the agreement letter and Rs. 1000

will be collected. These rules must be made known to the students and their parents.

Generally after getting **3rd warning card**, if a student is involved in the breach of major school discipline then he or she is liable to be handed over to their parents depending on the magnitude of their indiscipline.

⊗ *After the last warning card issued. If a student is found possessing mobile, as a punitive action, he will be given a choice between paying monetary fine equivalent to monthly parental contribution and handing over to parents for parental guidance.*

SUBSTANCE ABUSE

⊗ The First warning Card (White Paper) will be issued and the parents will be informed. The student has to write a promissory letter and a write up on the harmful effect of smoking. SAC will handle the case.

SIGNATORIES TO THE FIRST WARNING CARD.

SAC	Class teacher	Sub teacher	Sub teacher	Sub teacher	Sub teacher	H. mother Warden

THIRD TIME :

⊗ Second Warning card (Yellow Paper) will be issued and the case will be forwarded to the Headmaster/mistress' office. Parents will be informed for the second times. Student will do write up on the harmful effect of smoking.

SIGNATORIES TO THE SECOND WARNING CARD.

Headmaster	SAC	Class teacher	Home Incharge	Home mother Warden

FOURTH TIME:

☒ Third Warning card (REd Paper) will be issued and the case will be forwarded to the Principal's Office. Parents will be called to school. A written undertaking will be signed by the parents on future action, if the child does not show any improvement.

SIGNATORIES TO THE THIRD WARNING CARD.

Director	Principal	Headmaster	SAC	Class	Home	H.Mother
				Teacher	Incharge	/ Warden

FIFTH TIME:

☒ The case will be handed over to the Managing Committee of the School for Final Decision and Action.

“The problems we face today - violent conflicts, destruction of nature, poverty, hunger and so on are mainly problems created by humans. They can be resolved only through human effort, understanding and the development of a sense of brotherhood and sisterhood. To do this, we need to cultivate a Universal Responsibility for one another and for the planet we share, based on a good heart and awareness.”

-His Holiness The 14th The Dalai Lama

༄༅། །ཚོས་ལུགས་འདྲ་མིན་བར་ལྟ་བུའི་རྣམ་གཞག་བྱུང་པར་ཆེན་པོ་ཡི་ཡོད་ཀྱང་། འུ་མས་བརྟེ་དང་གཞན་ཕན། བཟོད་སྦྱོར་གྱི་རྒྱ་ལོ་ཚོས་ལུགས་ཚང་མ་གཅིག་གུར་གྱིས་གསུང་གི་ཡོད་སྟབས་ཚོས་ལུགས་ཚང་མར་གུས་བརྟེ་བྱ་དགོས།། ལྟོ ལ་གོང་ས་མཚོག་གིས།།

SCHOOL HOURS

SUMMER (8th March TO 03rd May)

CLASS III TO XII			
Morning	7:30 a.m.	to	01:30 p.m.
Saturday	07:30 a.m.	to	12:00 noon
STAGE I TO CLASS II			
Morning	07:30 a.m.	to	12:40 p.m.
Saturday	07:30 a.m.	to	10:30 a.m.

WINTER (05th May TO 22nd December)

CLASS III TO XII			
Morning	08:30 a.m.	to	01:10 p.m.
Afternoon	02:10 p.m.	to	04:00 p.m.
Saturday	08:30 a.m.	to	01:10 p.m.
STAGE I TO CLASS II			
Morning	08:30 a.m.	to	01:00 p.m.
Afternoon	02:10 p.m.	to	03:05 p.m.
Saturday	08:30 a.m.	to	12:10 p.m.

WORKING DAYS:- As per the resolution of EDC meeting, we need the minimum of 200 working days in each academic year.

No second saturday overnight stay in March, June & December.

TOTAL NUMBER OF HOLIDAYS:
SUMMER BREAK: From June 01st to June 10th 2025 (10 days)
NO OF SUNDAYS: 41 DAYS.
 Total no of other holidays 27 days (2nd Saturday included)
Winter Vacation:- From 18th Dec 2025 to 28th February 2026

TERMANDE EXAMINATIONS-2025

First Term : March 08th – 04th August, 2025

SUMMER BREAK : June 01st – June 11th

SA-I Exam ((VI-VIII & ; XI, XII) : July 29rd to Aug 04th

Term-I Exam (IX & X) * Periodic Test : July 29th to Aug 04th

Exam Break :- 05th and 06st August, 2025

Second Term : August 07th – December 22nd

SA-2 Exam (VI- VIII & ; XI, XII) : 15th to 20th December

Winter Class for XII & XI Sci : Dec. 29th - Jan 28th 2026

Term break : *There will be no Term Break after the First Term. The result of Term-I of all classes must be ready by August 06, 2025.*

1. Class-XI Science to report (TCV Selakui & Bylakuppe)
:- May 01st 2025
2. Class XI Commerce and Arts students to report
:- May 05th 2025
3. School closing function :- December 22nd 2025
4. Students leave for winter holidays after the closing ceremony
:- December 22nd 2025
5. Staff leave for winter holidays start from December 28th 2025
6. Weightage of Terminal Examination: (Class VI to X)

I	Subject Enrichment - 5 marks	5%
II	Unit Test - 10 marks	10%
III	Note Book - 5 marks	5%
IV	Term-1 Examination (3 rd week of July)	30%
V	SE + UT + NB (5 + 10 + 5) marks	20%
VI	Term-2 Examination (4 th week of December)	30%
7. Class I to X will have grading system.

LIST OF HOLIDAYS FOR THE YEAR-2025

S.No.	Date	Month	Day	Name of Holiday
1.	05 th	March	Wed	Parent's Day
2.	10 th	March	Mon	National Uprising Day
3.	14 th	March	Fri	Chotrul Due-chen
4.	12 th	April	Sat	2 nd Saturday
5.	10 th	May	Sat	2 nd Saturday
6.	01 st June to 11 th June	June		Summer Holiday
7.	11 rd	June	Wed	Saka Dawa
8.	14 th	June	Sat	2 nd Saturday "No holiday"
9.	23 rd	June	Mon	S.O.S. Day
10.	06 th	July	Sun	90 th Birthday of H.H. the 14 th Dalai Lama
11.	10 nd	July	Thu	Zamling Chi-sang
12.	12 th	July	Sat	2 nd Saturday
13.	17 th	July	Thu	45 th Villge Anniversary
14.	28 th	July	Mon	Choekhor Due-chen
15.	09 th	August	Sat	2 nd Saturday
16.	15 th	August	Fri	Indian Independence Day
17.	02 nd	Sept	Tue	Tibetan Democracy Day
18.	05 th	Sept	Fri	Staff Day
19.	13 th	Sept	Sat	2 nd Saturday
20.	02 th	Oct	Thu	Gandhi Jayanthi
21.	11 th	Oct	Sat	2 nd Saturday
22.	01 st	Nov.	Sat	Karnataka Rajyotsava Day
23.	05 th	Nov	Wed	Tibetan Teacher's Day
24.	08 th	Nov	Sat	2 nd Saturday
25.	11 th	Nov	Tue	Lhabab Due-chen
26.	14 th	Nov	Fri	Happy Children's Day
27.	10 th	Dec	Wed	Nobel Peace Prize Day
28.	01 st	Jan	Thu	Happy New Year-2026
29.	26 th	Jan	Mon	Republic Day of India
30.	16 th Feb to 21 th Feb.	Feb.		Tibetan Losar

SCHOOL PRIZES

I. ACADEMIC PRIZE

Instead of the traditional position prizes a target percentage is set for each class / section. All those who obtain the target percentage set will be awarded prizes. The target percentage is as follows:

1. Class XI & XII75 % and above
2. Class VII to X D=A2 grade, S,B,P=B1 Grade
3. Class VI A2 Grade
4. Class I to V A grade
5. Subject prizes.....

Subject prizes will be awarded to the student who comes first in Tibetan, English and Mathematics in the class.

II CLEANLINESS PRIZE:

The class teacher selects the best student for this prize taking into consideration the student's personal cleanliness, how s/he keeps his/ her stationery, library books and his/ her general attitude towards cleanliness in and outside the classroom.

III CONDUCT PRIZE:

The class teacher selects the best student for the prize taking into consideration the student's punctuality, sense of responsibility, social etiquette, discipline in and out side the classroom, co-operation and consideration for others.

IV GAMES AND SPORTS PRIZE:

It is responsibility of the Games Committee of the School to select the best athletes (boys and girls) for the year

DAILY SUMMER TIME TABLE

(8TH MARCH AND MAY 03RD 2025)

S.No.	Activities	From	To
1.	Good morning rising bell	5:30 a.m.	
2.	Yoga time	5:30 a.m.	6:00 a.m.
3.	Breakfast	6:00a.m.	6:25 a.m.
4.	Cleaning and washing	6:25 a.m.	6:45 a.m.
5.	Morning Prayer	7:00 a.m.	7:30 a.m.
6.	Morning Assembly	7:30 a.m.	7:45 a.m.
7.	First Period	7:45 a.m.	8:30 a.m.
8.	Second Period	8:30 a.m.	9:15 a.m.
9.	Third Period	9:15 a.m.	10:00 a.m.
10.	Tea Break	10:00 a.m.	10:20 a.m.
11.	Fourth Period	10:20a.m.	11:05 a.m.
12.	Fifth Period	11.05a.m.	11:50p.m.
13.	Short Break	11:50 a.m.	12 Noon
14.	Sixth Period	12 Noon	12:45p.m.
15.	Seventh Period	12:45 p.m.	01:30 p.m.
16.	Lunch Break	01:30 p.m.	02:30 p.m.
	Lunch " <i>On holidays</i> "	12:00 noon	12:30p.m.
17.	Recess	2:00 p.m.	3:00 p.m.
18.	School activities	3:00 p.m.	5:30 p.m.
19.	Dinner	5:45 p.m.	6:15 p.m.
20.	Recess	6:15 p.m.	6:30 p.m.
21.	Evening Prayer	6:30 p.m.	7:00 p.m.
22.	Self studies (<i>in the class</i>)	7:00 p.m.	8:30 p.m.
23.	Preparation for bed	8:30 p.m.	9:00 p.m.
24.	Good night and light off	9:00 p.m.	Good Night

DAILY WINTER TIME TABLE

(05TH MAY AND DECEMBER 22ND 2025)

S.No.	Activities	From	To
1.	Good morning rising bell	05:30 a.m.	
2.	Yoga time	05:30 a.m.	06:00 a.m.
3.	Breakfast	06:00 a.m.	06:25 a.m.
4.	Cleaning and washing	06:25 a.m.	06:45 a.m.
5.	Morning Prayer	07:00 a.m.	07:30 a.m.
6.	Self Studies(in the class room)	07:30 a.m.	08:30 a.m.
7.	Recess	08:30 a.m.	08:45 a.m.
8.	Morning Assembly	08:45 a.m.	09:00 a.m.
9.	First Period	09:00 a.m.	10:00 a.m.
10.	Second Period	10:00 a.m.	10:50 a.m.
11.	Tea Break	10:50 a.m.	11:20 a.m.
12.	Third Period	11:20 a.m.	12:10 p.m.
13.	Fourth Period	12:10 p.m.	12:55 p.m.
14.	Fifth Period	12:55 p.m.	01:40 p.m.
15.	Lunch Break	01:40 p.m.	02:30 p.m.
	Lunch " <i>On holidays</i> "	12:00 noon	12:30 p.m.
16.	Sixth Period	02.30 p.m.	03:15 p.m.
17.	Seventh Period	3:15 p.m.	04:00 p.m.
18.	Rest / Evening tea	04:00 p.m.	04:15p.m.
19.	School activities	04:15 p.m.	05:30p.m.
19.	Dinner	05:45p.m.	06:15 p.m.
20.	Recess	06:15 p.m.	06:30p.m.
21.	Evening Prayer	06:30 p.m.	07:00p.m.
22.	Self studies (<i>in the class</i>)	07:00 p.m.	08:30p.m.
23.	Preparation for bed	08:30 p.m.	09:00p.m.
24.	Good night and light off on 09:00 p.m.		

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SATURDAY TIME TABLE

(08TH MARCH AND DECEMBER 22ND 2025)

S.No.	Activities	From	To
1.	Good morning rising bell	05:30 a.m.	
2.	Yoga time	05:30 a.m.	06:00 a.m.
3.	Breakfast	06:00a.m.	06:25 a.m.
4.	Cleaning and washing	06:25 a.m.	06:45 a.m.
5.	Morning Prayer	07:00 a.m.	07:30 a.m.
6.	Self Studies(in the class room)	07:30 a.m.	08:30 a.m.
7.	Recess	08:30 a.m.	08:45 a.m.
8.	Morning Assembly	08:45 a.m.	09:00 a.m.
9.	First Period	09:00 a.m.	10:00 a.m.
10.	Second Period	10:00 a.m.	10:40 a.m.
11.	Third Period	10:15 a.m.	10:50 a.m.
12.	Tea Break	10:50 a.m.	11:10 a.m.
13.	Fourth Period	11:10 p.m.	11:45 p.m.
14.	Fifth Period	11:45 p.m.	12:20 p.m.
15.	Short Break	12:20 a.m.	12:30 a.m.
16.	Sixth Period	12.30 p.m.	01:00 p.m.
17.	Seventh Period	01:00 p.m.	01:30 p.m.
	Lunch Break	01:30 p.m.	02:30 p.m.
	Lunch " <i>On holidays</i> "	12:00 noon	12:30 p.m.
18.	Rest / Evening tea	04:00 p.m.	04:15p.m.
19.	School activities	04:15 p.m.	05:30p.m.
19.	Dinner	05:45p.m.	06:15 p.m.
20.	Recess	06:15 p.m.	06:30p.m.
21.	Evening Prayer	06:30 p.m.	07:00p.m.
22.	Self studies (<i>in the class</i>)	07:00 p.m.	08:30p.m.
23.	Preparation for bed	08:30 p.m.	09:00p.m.
24.	Good night and light off on 09:00 p.m.		

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Special Program TIME TABLE

(08TH MARCH AND DECEMBER 22ND 2025)

S.No.	Activities	From	To
1.	Good morning rising bell	05:30 a.m.	
2.	Yoga time	05:30 a.m.	06:00 a.m.
3.	Breakfast	06:00 a.m.	06:25 a.m.
4.	Cleaning and washing	06:25 a.m.	06:45 a.m.
5.	Morning Prayer	07:00 a.m.	07:30 a.m.
6.	Self Studies(in the class room)	07:30 a.m.	08:30 a.m.
7.	Recess	08:30 a.m.	08:45 a.m.
8.	Morning Assembly	08:45 a.m.	09:00 a.m.
9.	First Period	09:00 a.m.	10:00 a.m.
10.	Second Period	10:00 a.m.	10:45 a.m.
11.	Tea Break	10:45 a.m.	11:15 p.m.
12.	Third Period	11:15 a.m.	12 Noon.
13.	Fourth Period	12 Nonn	12:40 p.m.
14.	Fifth Period	12:40 p.m.	01:20 p.m.
15.	Sixth Period	02:20 p.m.	02:50 p.m.
16.	Seventh Period	02:50 p.m.	03:30 p.m.
17.	Lunch Break	01:30 p.m.	02:30 p.m.
	Lunch " <i>On holidays</i> "	12:00 noon	12:30 p.m.
18.	Rest / Evening tea	02:30 p.m.	04:15p.m.
19.	School activities	04:15 p.m.	05:30p.m.
19.	Dinner	05:45p.m.	06:15 p.m.
20.	Recess	06:15 p.m.	06:30p.m.
21.	Evening Prayer	06:30 p.m.	07:00p.m.
22.	Self studies (<i>in the class</i>)	07:00 p.m.	08:30p.m.
23.	Preparation for bed	08:30 p.m.	09:00p.m.
24.	Good night and light off on 09:00 p.m.		

APPOINTMENTS

I. SCHOOL HEADS MEETING

School Heads Meeting is scheduled on one day after section meeting, every month.

II. MOVIE SCHEDULE

There will be a movie once a month for students. The screening date and time will be notified every month by the film incharge.

II. PRINCIPAL'S TALK

Principal will take assembly once in each term and when ever need arises. He will also observe class demonstrations and other co-curricular activities of the school and give suggestions and talks as and when needed.

CO-CURRICULAR ACTIVITIES

T.C.V. believes that properly organized and regulated activities are just as much a part of sound education as studies. It is chiefly through these activities that the various facets of child's personality are revealed such as team spirit, self confidence, sportsmanship, initiative and the proper use of leisure are developed.

Co-curricular activities that we have school's section wise through the academic year are:

I. INFANT SECTION

Drama, Sing song, poem recitations, Yoga, Tibetan Handwriting, paper cutting and folding, drawing, reading, story telling nature walk etc.

II. JUNIOR SECTION.

Quiz, poetry recitation, morning presentation, Meditation, Tibet our country project, teacher's talk, gardening, drawing, music, Tibetan Handwriting, School project, English handwriting.

III. SENIOR SECTION.

Morning class presentation, Teachers' talk, Tibetan handwriting for class VII and VIII, Tibet our country project, newspaper reading in Tibetan and English, Social works day and Science & Technology day, Maths day, English Day and Tibetan Language day.

IV. Teachers' talk: 2nd & 4th Friday for Sr. Section and 1st & 3rd Tuesday for Jr. Section

V. Morning assembly bell will be rung 5 minutes earlier for class demonstration.

The major co-curricular activities organized at the inter house and inter class level are:

INTER CLASS LEVEL:

1. Tibetan Debate
2. English Extempore
3. Tibetan Elocution
4. English Elocution
5. Quiz competition
6. Essay Competition
7. Tibetan handwriting
8. Games and Sports: Basketball, Football, Volleyball, and Kho-kho
9. School project (*Subject wise*)
10. Tibet Our Country Project

INTER HOUSE LEVEL:

1. Annual Athletics Meet.
2. Cultural competition:-One of the main features of School Activities is the Song & Dance.

PASS & PROMOTION CRITERIA:

CLASS I – V (PRIMARY LEVEL)

☞ In principle no pass / fail or detention at the primary level.

☞ Exceptionally deserving students may be given double promotion to a higher class.

CLASS VI – VIII (MIDDLE LEVEL)

☞ A student who obtains minimum 33% in each subject will be declared pass.

☞ For failure students detention / promotion will be decided case by case during screening meeting at the end of the academic year and the result tabulation will be done accordingly.

☞ A student who consistently fails to show any sign of aptitude or improvement in his / her term examination and who is over-aged (above 18 years) shall be guided into a suitable vocational course.

CLASS XI - XII

☞ ALL PASS { score 33% or more in the two languages [Tibetan & English] and any three electives & COMPARTMENT students { less than 33% } in one or two elective subjects will be promoted to class XII.

☞ **For failure students (less 33% in three or more subject detention/promotion is decided case by case during the screening meeting at the end of the academic year.**

☞ A student who consistently fails to show any sign of aptitude or improvement in his/her term examinations and who is over-aged (over 18 years) shall be guided into a suitable vocational course.

ELIGIBILITY CRITERIA FOR CLASS-XI: (GENERAL POLICY)

- ☞ A student, who is declared qualified as per the class X CBSE result, will be promoted to class XI in the TCV schools.
- ☞ If a student has to appear in the EIOP retest (due to failure to obtain 25% in the SAs) he / she will be given opportunity to join TCV schools for class XI in case he / she is able to get the CBSE's qualifying grade after the retest.
- ☞ All students who do not qualify for class XI admission will be guided into suitable vocational training course.
- ☞ No change of streams will be permitted after the school submitted its stream choice list to the Education Director's office by January 30th of every year.
- ☞ Class XI 1st time failure: Option to repeat class XI will be decided at the Screening meeting at the end of the academic year.

COMMERCE STUDENTS WITH MATHEMATICS

- ☞ Whether or not to take mathematics in class XI from the beginning .
- ☞ Once the candidate decides to take mathematics, he / she should continue to take mathematics seriously as any other subject through out class XI. However, those candidates who have taken mathematics in class XI as one of the subject and have secured pass marks or higher, are only eligible to take mathematics at class XII level.

ELIGIBILITY CRITERIA FOR CLASS - XI SCIENCE STREAM

- ☞ The previous criteria of having Standard Mathematics mandatory for XI Science stream is done away with. The schools should now follow CBSE guidelines for XI admission. A student who has opted for Basic Mathematics can also join XI Science stream in TCV schools. However, for a student to choose Mathematics is subject to a change of rules of CBSE.

- ☞ The performance in Science, Mathematics, English and Tibetan in Class IX, and Maths, Science, English and Tibetan must be 50% to be eligible for Science sStream. (**One time measure only**)
- Each school will submit the Science, Maths, English and Tibetan results along with candidate list to the Head Office by January 31, 2025

ACADEMIC EXCELLENCE AWARDS FOR CLASS XII:

- ☒ Class XII graduating students obtaining 90% and above in aggregate marks will be awarded Rs. 10,000:00 with a Merit Certificate from the TCV Head Office. This may be honoured during the Anniversary of Upper TCV.
- ☒ Rs. 10,000:00 will be awarded to the Topper in Tibetan Language in +2 Board Examination.

ELIGIBILITY CRITERIA FOR XI SCIENCE IN TCV SELAKUI SCHOOL:

- ☒ The top 80 students from Science Stream eligible list will qualify for TCV Selakui for +1 Science. This will be based on the performance in Maths, English and Science in the class IX and X as per the following format.

Class	IX	X	Total
Subject	Annual	Pre-Board	
Math	100%	100%	200
Science	100%	100%	200
English	50%	50%	100
Tibetan	50%	50%	100
Total	300	300	600

- ☒ Individual choice should be given whether or not to take mathematics in class XI from the beginning.
- ☒ Once the candidate decides to take mathematics, he/she should continue to take mathematics seriously as any other

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subjects through out class XI. However, those candidates who have taken mathematics in class XI as one of the subject and have secured pass marks or higher, are only eligible to take mathematics at class XII level.

TCV SELAKUI : STUDENT SELECTION CRITERIA

☒ Preliminary Selection : Based on common Term-I examination in Tibetan, English and Maths for class V. Question papers to be set by Head Office.

☒ All students scoring an average of 60% and above in the Preliminary Test qualify for TCV School, Selakui selection interview and 2 hours Test provided that the candidate is born on or after 1st January, 2014. Schools are requested to be sure that they are 100% accurate in the entry of the date of birth of students.

☒ **Group Interview** will be conducted on September 25, 2025 (Monday in each TCV school and the result are to reach Head Office within a week after the conduct of the interviews.

☒ **Written test:** The duration of the common written test will be 2 hours.

☒ The maximum marks for each subject: Tibetan, English and Maths will be 20.

☒ A written test will be conducted on 19th September, 2025 (Friday) at 10:00 a.m. in all TCV schools and the answer sheets should be sent to TCV school, Selakui for assessment. TCV Selaki will submit the results to the Head office (Education) for Final tabulation of results.

☒ **REPORTING DATE TO TCV, SELAKUI:** The selected students as per notification from TCV Head Office to the schools will report to TCV Selakui on reporting date of school.

☒ A total of 60 students will be taken to TCV Selakui. Once admitted at TCV Selakui, withdrawal will not be permitted as per the rule.

1. "Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend – or a meaningful day."

-His Holiness The 14th The Dalai Lama

IMPORTANT TCV PHONE NUMBERS:

1. **TCV HEAD OFFICE:(Code 01892)**
 President 221351
 General Secretary: 220356
 Education Director: 221686
 Accountant's Office : 221685
 Admission Office/Out reach program 220240/221260
 FAX: 01982-221670
2. **TCV MAIN VILLAGE: (Code 01892)**
 Director 221354
 Director (Residence) 221335
 Principal 21686 / 221266
 (STD booth) 221204
 Health Centre: 221399 / 221245
 H/C (Training) 221640
3. **TCV SUJA (Code: 01908)**
 Director: (Telefax) 01908-252621
 Director's residence 252620
 Principal: 252799
 A/c Section: 210125
 Dispensary: 252879
 E-mail: tcvsuja_bir@yahoo.com
4. **TCV LADAKH (Code: 01982)**
 Director: 264114
 Director (Residence): 264903
 Principal: 264039
 A/c Office 264040
 Fax: 01982-253474
5. **TCV SELAKUI, (Code: 0135)**
 Office: (Telefax) 0135-2698573
 Principal / Headmaster: 2698307
 E-mail: duktsering@yahoo.co.uk

6. **TCV LOWER DHARAMSALA: (Code: 01892)**
 Principal: 289064 / 9816629064
 Principal's Residence 228148
 Main Office(Telefax) 01892-229064 / 282123
 E-mail: lowertcvschool@yahoo.co.in
7. **TCV GOPALPUR: (Code:- 01894)**
 Director (Telefax) 01894-252268
 Director's residence 252189
 Principal 252391
 Principal's residence 252108
 A/c Office 252269
 Headmaster "Senior School" 252109
 Headmaster "Junior School" 252391
 Boys Hostel 252721
 Girls Hostel 252394
 E-mail gopalpurtcv@yahoo.co.uk
8. **TCV CHAUNTRA: (Code:-01908)**
 Principal 251063/252268
 Principal's residence 252189
 Headmaster Office 251045
9. **TCV BYLAKUPPE: (Code:-08223)**
 Director (Telefax) 08223-253464
 Principal 254990 / 252652
 Senior Headmaster 254989 / 252017
 Junior Headmaster 252014
 A/c Office: 254447
 Sponsorship Office: 253662
 Dispensary: 254482
 E-mail(Director Office): sostcvbyl1980@yahoo.com
 E-mail(Principal Office): sostcvbyl6369@yahoo.com
 School webmail : www.tcvbyl.net

10. **TCV Private ITI, SELAKUI (Code:- 0135)**
 Director Office: 2698237,2698297
 Fax: 0135-2698307
 E-mail: sosvtc@sancharnet.in
11. **TCV PATHLIKUHL; (Code:- 01902)**
 Office: 240504,240175
12. **TCV YOUTH HOSTEL DELHI: (Code:011)**
 Administrator's Office: 27862980,27862981
 Office: 27862652,27553628
 E-mail: tibhost@del6.vsnl.net.in
13. **TCV YOUTH HOSTEL BANGALORE: (Code:080)**
 Administrator's Office: 25507278
 Men's Hostel: 25507276
 Women's Hostel: 25507275
15. **TCV COLLEGE, BANGALORE: (Code:080)**
 Principal's Office 28437267/28437270
 Principal's residence: 980030822
 Tele-fax 080-28437266
 E-mail: tcvcollege@gmail.com
 Website: www.tcv.org.in

"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. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."

-His Holiness The 14th The Dalai Lama

STUDENT COUNCIL MEMBERS

SCHOOL CAPTAINS & PREFECTS:- 2024-2025

(BOYS) SCHOOL CAPTAINS (GIRLS)

Sangey Norbu XII-B Sci. Jampa Choedon XII-D Com

(Boys) School Prefects (Girls)

Ashish Kumar XII-S Comm. Tenzin Youdon XII-D Comm

Tenzin Gelek XII-S Comm Dechen Wangmo XII-S Sci

Lobsang Choephel XII-S Sci Nyima Sangmo Tamang XII-D Comm

Phurpa Tsering XII-D Sci. Tenzin Tsomo XII-S Comm

SCIENCE BOYS HOSTEL CAPTAINS-2025

Miss. Karmo Choezom XII-B Miss. Dawa Bhuti XII-S

SCIENCE GIRLS HOSTEL CAPTAINS-2025

Miss. Jigmet Chuskit XII-B Miss. Nyima Sangmo Gurung XII-B

COMMERCE BOYS HOSTEL CAPTAINS-2025

Master Tenzin Tsering XII-D Master Sonam Tsering XII-D

COMMERCE GIRLS HOSTEL CAPTAINS-2025

Ms. Passang Lhamo XII-B Mss. Changa Lhamo XII-S

HOUSE CAPTAINS & PREFECTS - 2025

Boys NYATRI HOUSE Girls

Sonam Tsering XII-D Sci. Tenzin Dadon XII-B Sci.

Tenzin Namdol XII-D Com. Chemey Lhamu XII-D Com.

SONGTSEN HOUSE

Tenzin Sopa XII-D Comm. Tenzin Namdol XII-S Com.

Staenzin Otzer XII-D Sci. Dawa Drema XII-S Sci.

TRISONG HOUSE

Yeshi Dhondup XII-B Com Dawa Lhamo Naksang XII-B Com.

Pema Tashi XII-D Sci. Chhuldim Mentok XII-B Sci.

TRIRAL HOUSE

Tenzin Chemi XII-D Com. Tenzin Dickyi XII-B Sci.

Rinchen Tashi XII-S Sci. Tenzin Choeky XII-S Com.

COMMITTEE MEMBERS - 2025

GAMES COMMITTEE

- | | |
|-------------------------|-----------------|
| 1. Mr. Jampa Ngodup | Chairman |
| 2. Mr. Lobsang Wangchuk | Secretary "PET" |
| 3. Ms. Tenzin Leckmo | Nyatri House |
| 4. Mr. Rabgyal | Nyatri House |
| 5. Mrs. Tenzin Dolma | Songtsen House |
| 6. Mrs. Tsering Dolma | Songtsen House |
| 7. Mr. Pema Wangchuk | Trisong House |
| 8. Mrs. Dickyi | Trisong House |
| 9. Mrs. Namgyal Tsokey | Triral House |
| 10. Mr. Tsering Topgyal | Triral House |

STAFF WELFARE COMMITTEE

- | | |
|--|-----------|
| 1. Mr. Tenzin Tsewang "Senior" | Chairman |
| 2. Mr. Jigmet Mingyur "Office" | Secretary |
| 3. Mrs. Ngawang Chodon "Junior" | Member |
| 4. Mrs. Choenyi Dolma "Com. Boys Hostel" | Member |

STUDENT ADVISORY COMMITTEE

- | | |
|-------------------------|-----------|
| 1. Mr. Karma Dhondup | Chairman |
| 2. Mr. Lhakpa Dhondup | Secretary |
| 3. Ms. Dekyi Dolkar | Member |
| 4. Mr. Phuntsok | Member |
| 5. Mrs. Passang Dolma | Member |
| 6. Mrs. Namgyal Lhamo | Member |
| 7. Mr. Namgyal Choephel | Member |

A lie may take care of the present but it has no future.

CULTURAL COMMITTEE

- | | |
|---------------------------|----------|
| 1. Ven Thupten Namgyal | Member |
| 2. Mr. Pema Lhundup | Chairman |
| 3. Mr. Dawa Tsering "M/D" | Member |
| 4. Mr. Tsering Dhondup | Member |
| 5. Mrs. Namgyal Lhakyi | Member |

HEALTH COMMITTEE

- | | |
|------------------------------------|-----------|
| 1. Ms. Tenzin Choedon "Head Nurse" | Chairman |
| 2. Mr. Tenzin Jamyang "Sr." | Secretary |
| 3. Mr. Kalsang Wangdue "Jr." | Member |
| 4. Mrs. Tenzin Dolkar "Off." | Member |
| 5. Mrs. Tenzin Lhamo "Home - 02" | Member |

CATERING COMMITTEE

- | | |
|---------------------------------------|-----------|
| 1. Mr. Tsering Dorjee, (Director) | Chairman |
| 2. Mrs Lobsang Dolma, (Sr Accountant) | Secretary |
| 3. Mr. Jampa Kalden (Nyerpa) | Member |
| 4. Mr. Jangchup Tsering "Head Cook" | Member |
| 5. Mr. Jamphel Tsering "Sr." | Member |
| 6. Mrs. Karma Dolkar "Jr." | Member |
| 7. Mrs. Lhawang Choedon "Off." | Member |
| 8. Mrs. Sonam Sangmo " Home-01" | Member |

THE PREVENTION OF SUBSTANCE ABUSE COMMITTEE

- | | |
|-------------------------------------|----------|
| 1. Mr. Tamding Wangdak " Counselor" | Chairman |
| 2. Mr. Kalsang Wangdu | Member |
| 3. Mrs. Tenzin Choedon | Member |
| 4. Mrs. Choenyi Dolma " CBH" | Member |

POCSO COMMITTEE

- | | |
|--|-----------|
| 1. Mr. Tsering Dorjee "Director" | Chairman |
| 2. Mr. Namgyal Tsering "Principal" | Secretary |
| 3. Mr. Tamding Wangdak "Counselor" | Member |
| 4. Mrs. Karma Dolkar " Coordinator." | Member |
| 5. Ms. Tenzin Choedon " Head Nurse " | Member |
| 6. Mrs. Choenyi Dolma " Home Mother Rep" | Member |

SEE LEARNING COMMITTEE

- | | |
|--------------------------------------|----------|
| 1. Mr. Namgyal Tsering "Principal" | Chairman |
| 2. Mr. Dawa Dhondup "Coordinator" | Member |
| 3. Mr. Tamding Wangdak "Counselor" | Member |
| 4. Mrs. Ngawang Choedon "Assist. HM" | Member |

GFP (GENDER FOCAL POINT) MEMBERS

- | | |
|-------------------------------------|--------|
| 1. Mr. Phuntsok, " Coordinator." | Member |
| 2. Mr. Tamding Wangdak " Counselor" | Member |
| 3. Mrs. Passang Dolma "PGT" | Member |
| 4. Mrs. Tenzin Dolma "TGT" | Member |

FILM COMMITTEE

- | | |
|------------------------------|----------|
| 1. Mr. Nyima Damdul " Sr." | Incharge |
| 2. Mr. Kalsang Wangdu " Jr." | Incharge |

ENVIRONMENT COMMITTEE

- | | |
|--|--------|
| 1. Miss. Tenzin Namdol XII-S (Commerce) | Leader |
| 2. Group of Class XII Commerce students | Member |
| 1. Miss. Dolma Lhanzey Bhutia, XII-D (Science) | Leader |
| 2. Group of Class XII Science. students | Member |

CO-CURRICULAR ACTIVITIES INCHARGE - 2025

English Elocution-Senior	<i>English Department</i>
English Elocution-Primary	<i>English Department</i>
Tibetan Elocution-Senior	<i>Mr. Dawa Tsering "Tib"</i>
Tibetan Elocution-Primary	<i>Tibetan Department</i>
Tibetan handwriting-Senior	<i>Mr. Tenzin Tsewang Mr. Rabgyal</i>
Tibetan handwriting-Primary	<i>Mr. Sonam Tsering</i>
English handwriting-Primary	<i>Mrs. Tenzin Tsering</i>
Tibetan Essay-Senior	<i>Mr. Pema Lhundup Mr. Dawa Tsering</i>
Tibetan Essay-Primary	<i>Mr. Kalsang Wangdu</i>
English Essay-Senior	<i>Mrs. Passang Dolma Mrs. Tsering Yangkey</i>
Quiz - Primary	<i>Mr. Tsering Kunphel Mrs. Ngawang Choedon</i>
Tibetan Debate-Senior	<i>Mr. Lhakpa Dhondup Ven Nyima Wooser</i>
English Debate / Extempore - Senior	<i>English Department</i>
Drawing & Painting	<i>Mr. Sanga Tenzin</i>
Cultural Show	<i>Cultural Committee</i>

INTER-HOUSE COMPETITIONS

EVALUATION POINTS.

A) ATHLETICS AND CULTURAL

Event	1 st	2 nd	3 rd	4 th
Athletics	60	48	36	24
Song & Dance	45	36	27	18

RULES:- Please refer to the rules to be issued by the PET and Cultural Committee to the house masters before the commencement of the competitions.

INTER-CLASS COMPETITIONS

A) LITERARY POINT:-

Division	1 st	2 nd	3 rd	4 th
Senior	24	20	16	12
Junior	20	16	12	08

NOTE:- Basket ball, Foot ball, Volley ball and KhoKho will be played among the classes as per Diary. Fixture for the Inter Class Competitions will be prepared by the Games Committee.

B) CO-CURRICULAR ACTIVITIES:-

A student who has taken part in any one of the following co-curricular activities will not be allowed to take part in any other discipline.

1. English Extempore 2. English Elocution
3. Tibetan Extempore 4. Tibetan Elocution
5. Quiz

WINTER TIME-TABLE - 2025

	1st Per iod 9:00 a.m.	2nd Per iod 10:00 a.m.	3rd Per iod 11:20 a.m.	4th Per iod 12:10 p.m.	5th Per iod 12:55 p.n.	6th Per iod 02:30 p.m.	7th Per iod 03:15 p.m.
							
Day - 1							
Day - 2							
Day - 3							
Day - 4							
Day - 5							
Day - 6							
Saturday	9:00 a.m.	09:40 a.m.	10:15 a.m.	11:20 p.m.	11:45 p.n.	12:30 p.m.	01:00 p.m.
10:50 A.M. - 11:20 A.M. TEA BREAK							
01:40 A.M. - 02:30 P.M. LUNCH BREAK							

TCV PERIODIC TESTS TIME-TABLE - 2025

	May 23 rd to 26 th	July 29 th to 04 th Aug	November 25 th to 8 th Dec.	December 15 th to 20 th
				
V	1 st Periodic Test	First Term Exam	2 nd Periodic Test	2 nd Term Exam
VI	1 st Periodic Test	First Term Exam	2 nd Periodic Test	2 nd Term Exam
VII	1 st Periodic Test	First Term Exam	2 nd Periodic Test	2 nd Term Exam
VIII	1 st Periodic Test	First Term Exam	2 nd Periodic Test	2 nd Term Exam
IX	1 st Periodic Test	First Term Exam	2 nd Periodic Test	2 nd Term Exam
X	1 st Periodic Test	First Term Exam	2 nd Periodic Test	Final Exam
XI	1 st Periodic Test	First Term Exam	2 nd Periodic Test	Pre-Board Exam
XII		First Term Exam		Pre-Board Exam

TIME-TABLE OF CLASS X & XII REVISION. XI Sci. WINTER CLASS						
25TH DEC. 2025 TO JAN 25, 2026						
	1st Per iod 8:00 a.m.	2nd Per iod 8:45 a.m.	3rd Per iod 9:50 a.m.	4th Per iod 10:35 a.m.	5th Per iod 11:30 a.m.	6th Per iod 12:15 p.m.
					11:20 A.M. - 11:30 A.M. SHORT BREAK	
XII-D						
XII-S						
XII-B						
XI-D						
XI-S						
XI-B						
X-D						
X-S						

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TCV SA-I TIME-TABLE -2025 (TIME : 9:00 A.M. TO 12:30 P.M.)						
	Tuesday 29 th July	Wednesday 30 th July	Thursday 31 st July	Friday 01 st Aug.	Saturday 02 nd Aug.	Monday 04 th Aug.
						
VI	Maths	Tibetan	English	Social Sci.	Hindi	Science
VII	Science	Social Sci.	Hindi	English	Tibetan	Maths
VIII	Hindi	Science	Tibetan	English	Maths	Social Sci.
V	Maths	English	Tibetan			
IV	Tibetan					
IX	Maths	English	Social Sci.	Tibetan	I.T.	Science
X	English	Maths	Tibetan	Science	I.T	Social Sci.
Cooling time:- 9:00 a.m. to 9:15 a.m. Reading time:- 9:15 a.m. to 9:30 a.m.						
Exam time:- 9:30 a.m. to 12:30 p.m.						

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TCV SA-II TIME-TABLE -2025 (TIME : 9:00 A.M. TO 12:30 P.M.)

	Monday 15 th Dec.	Tuesday 16 th Dec.	Wednesday 17 th Dec.	Thursday 18 th Dec.	Friday 19 th Dec.	Saturday 20 th Dec.
	Science	English	Hindi	Tibetan	Maths	Social
VI	Hindi	Maths	Tibetan	Social	English	Science
VII	Maths	English	Science	Tibetan	Social	Hindi
VIII	Social	Tibetan	Maths	English	Science	IT
IX	Science	Social	English	Tibetan	Maths	IT

Cooling time:- 9:00 a.m. to 9:15 a.m. **Reading time:-** 9:15 a.m. to 9:30 a.m.
Exam time:- 9:30 a.m. to 12:30 p.m.

ཐོག་གཟུང་། ལྷོ་ག་གཟུང་དང་གཤེད་གཟུང་པཅམ་གྱི་འཕུལ་ལྷན་ཁང་།

མི་ཉུག་མཁུ་	ཐོག་གཟུང་།	ལྷོ་ག་གཟུང་།	གཤེད་གཟུང་།
ལྷོ་ག་	ཉུག་	དམར་པ།	ལྷོ་ག་
ཐོག་པ།	ལྷོ་ག་	ཉུག་	ལྷོ་ག་
ཉུག་ལོ་མཁུ་	ལྷོ་ག་	ལྷོ་ག་	ཐོག་པ།
དམར་པ།	ཉུག་	ཉུག་	ལྷོ་ག་
ལྷོ་ག་	དམར་པ།	ཐོག་པ།	ཉུག་
ལྷོ་ག་	ཐོག་པ།	ཐོག་པ།	ལྷོ་ག་
ལྷོ་ག་	ཐོག་པ།	ལྷོ་ག་	ལྷོ་ག་
ལྷོ་ག་	ལྷོ་ག་	ལྷོ་ག་	ལྷོ་ག་
ལྷོ་ག་	ལྷོ་ག་	ལྷོ་ག་	ལྷོ་ག་

གཤེད་ལྷོ་ག་		ལྷོ་ག་ལྷོ་ག་	
ཉུག་པ།		གཤེད་ལྷོ་ག་	
ལྷོ་ག་ལྷོ་ག་		དམར་པ།	
ལྷོ་ག་		ལྷོ་ག་	

Knowledge gives us power, love gives us the fullness
- Dr. Sarvepalli Radhakrishnan

2 February-2025 བཀྲིས་ལྷ་བཤམ་ བོད་ལྷ་དང་པོ་མཆོ་ལྷོ།

15 Sat	CLASS XII ENTREPRENEURSHIP CLASS X ENGLISH “LANG & LIT.”	༡༩
20 Thu	CLASS X SCIENCE	༢༣
21 Fri	CLASS XII PHYSICS	༢༤
22 Sat	CLASS XII BUSINESS STUDIES	༢༥
23 Sun		༢༥
24 Mon	CLASS XII GEOGRAPHY	༢༦
25 Tue	CLASS X SOCIAL SCIENCE	༢༧
26 Wed		༢༨
27 Thu	CLASS XII CHEMISTRY ➤ NYERGU	༢༩
28 Fri	➤ FIRST DAY OF LOSAR	༣༠

ཚེས་ ༢༥ ལྷག 57 ཚེས་ ༣༠ ཚད།

བོད་མི་རིའི་ཁ་ན་ལྷ་རེ། །ལྷ་མི་ཤེས་ཟེར་བ་བོད་མི་ན།།

3 March-2025 བཀྲིས་ལྷ་བཤམ་ བོད་ལྷ་དང་པོ་མཆོ་ལྷོ།

1 Sat	➤ SECOND DAY OF LOSAR	 ༣
2 Sun	➤ THIRD DAY OF LOSAR	 ༣
3 Mon	➤ FOURTH DAY OF LOSAR	༤
4 Tue		༥
5 Wed	➤ PARENT'S DAY. ➤ Staff Reporting	 ༦
6 Thu	CLASS X TIBETAN ➤ Combined meeting- 9:00 a.m. ➤ 1st Day of Teacher's orientation- 10:30 a.m. ག ➤ Staff General Body Meeting - 2:30 p.m.	
7 Fri	➤ 2nd Day of Teacher's orientation- 10:30 a.m. ➤ Students to report to School before - 5:00 p.m. ག	
8 Sat	CLASS XII MATHEMATICS ➤ School opening function; 9:00 a.m ➤ First semester begins ➤ Distribution of text and note books ➤ Class and Area cleaning	༩

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“Books are the means by which we build bridges between cultures.”
- Dr. Sarvepalli Radhakrishnan

3 March-2025 བཀྲིས་ལྷ་བཤེན་གྱི་ལོ་ལྷན་པོའི་མཆོག་ལྷོ་ལོ།	
9 Sun	༡༠
10 Mon	➤ 66 th NATIONAL UPRISING DAY ★ CLASS X MATHEMATICS ༡༡
11 Tue	CLASS XII ENGLISH CORE  ➤ Student Advisory Committee Meeting at 2:30 p.m. ༡༢
12 Wed	➤ Games Committee meeting at 2:20 p.m. ༡༣ ➤ Health talk for Jr. students
13 Thu	➤ Health talk for Sr. students. ༡༤
14 Fri	➤ CHO-TRUL DUE-CHEN ༡༥ 
15 Sat	➤ SPRING FETE :- 8:00 A.M. ༡༦ 
16 Sun	༡༧

མི་ལ་མི་ཁ་མེད་ན་གི་བོ་ཡིན། །ཤིང་ལ་དྲུ་བ་མེད་ན་རྩལ་བོ་ཡིན།།

3 March-2025 བཀྲིས་ལྷ་བཤེན་གྱི་ལོ་ལྷན་པོའི་མཆོག་ལྷོ་ལོ།	
17 Mon	➤ English, Science & Commerce Dept. meeting at 2:30 p.m. ༡༨
18 Tue	CLASS X INFORMATION TECHNOLOGY ༡༩ ➤ Tibetan, Social Science & Maths Dept. meeting at 2:30 p.m.
19 Wed	CLASS XII ECONOMICS ༢༠
20 Thu	➤ Appointment of Editorial Board members. ༢༡ ➤ Cultural Committee meeting at 2:30 p.m.
21 Fri	➤ TPD Inauguration day for 2025  ༢༢
22 Sat	CLASS XII POLITICAL SCIENCE ༢༣ ➤ Class teachers' meeting on TOCP (III to XII)
23 Sun	༢༤
24 Mon	➤ World TB Day  ➤ LAC for all teachers (24 th to 29 th March) ➤ Class XII Boys & Girls Football at 3:00 p.m. ➤ Class IX & X Boys & Girls Basketball at 3:00 p.m. ➤ Class VII & VIII Boys Volleyball at 3:00 p.m. ➤ Class VII & VIII Girls Throwball at 3:00 p.m.

“The worst sinner has a future, even as the greatest saint had a past.”
- Dr. Sarvepalli Radhakrishnan

3 March-2025 བོད་ལྷ་གཉིས་པ་དབོ་ལྷ།

25 Tue	CLASS XII BIOLOGY  ༡༤
26 Wed	CLASS XII ACCOUNTANCY ༡༥
27 Thu	༡༦
28 Fri	 ༡༧
29 Sat	CLASS XII COMPUTER SCIENCE ● ➤ Tibetan calligraphy for class VI to VIII ➤ Area Cleaning at 2:30 p.m. ༡༨
30 Sun	༡
31 Mon	➤ Start of TOC project on the theme “His Holiness The 14 th Dalai Lama”  ༡

I. RIGHT UNDERSTANDING.
This precept can be thought of as the understanding of the four noble truths as a whole. This understanding is not superficial, and without needing name nor label it deeply knows the true nature of things. It is one of the factors that constitute wisdom.

འགྲོ་གཉེན་ན་མ་ཤུ་མི་ཡིས་མི་བློན། །འགད་གཉེན་ན་ཨ་མཚར་ཁ་ཡིས་མི་བྱུང།།

4 April-2025 བོད་ལྷ་གཉིས་པ་དབོ་ལྷ།

1 Tue	CLASS XII HISTORY ➤ Inter-House cultural practice begins. ༡
2 Wed	CLASS XII TIBETAN  ➤ SANGSOL 7:00 A.M. ༢
3 Thu	 ༣
4 Fri	༤
5 Sat	 ༥
6 Sun	★ ༦
7 Mon	➤ WORLD HEALTH DAY (WORKING DAY) ➤ SOLTSOG 6:30 P.M. ༧
8 Tue	༧

“A life of Joy and happiness is possible only on the basis of knowledge and science.” - Dr. Sarvepalli Radhakrishnan

4 April-2025		བོད་ལྷན་གཉིས་པ་དབོ་ལྷ།
9 Wed		 ༡༩
10 Thu		༡༩
11 Fri	➤ English Elocution for classes IX & X at 2:30 p.m.	༡༩
12 Sat	➤ SECOND SATURDAY	 ༡༥
13 Sun		 ༡༦
14 Mon	➤ Area cleaning at 2:30 p.m.	༡༧
15 Tue	➤ Quiz for classes IV & V at 2:30 p.m.	༡༨
16 Wed		༡༨

བོད་ལྷན་གཉིས་པ་དབོ་ལྷ། | འགྲིམ་ལྷན་གཉིས་པ་འགྲོ་ལམ་རྫོང་།

4 April-2025		བོད་ལྷན་གཉིས་པ་དབོ་ལྷ།
17 Thu		༡༩
18 Fri		༢༠
19 Sat	➤ Tibetan essay competition for classes III to VIII (last two periods)	༢༡
20 Sun		 ༢༡
21 Mon		༢༡
22 Tue	➤ INTERNATIONAL EARTH DAY (NO HOLIDAY)	༢༩
23 Wed		༢༥
24 Thu		༢༦ 

“A teacher presents the past, reveals the present, and creates the future.”
- Dr. Sarvepalli Radhakrishnan

4 April-2025 བཀྲིས་ལྷ་བཀའ་ བོད་ལྷ་གསུམ་པ་ནག་ལྷོ།

25 Fri	➤ World Malaria Day	༣༥
26 Sat		༣༧
27 Sun		༣༠
28 Mon		༡
29 Tue	➤ Section-wise meeting at 2:30 p.m.	༡
30 Wed	➤ SANGSOL 7:00 A.M. ➤ TIBETAN HANDWRITING DAY ➤ Area cleaning at 2:30 p.m.	༡

2. RIGHT THOUGHT
Right thought is one of the factors that constitute wisdom. Selfless renunciation, detachment, love and nonviolence these thoughts are extended to all beings. When this is lacking, however, as in such as thoughts based on selfish desire, hatred and violence, it is a sign that one is lacking in wisdom.

སྤྱི་ཚེ་བའི་ཉི་མ་དགོད་ཀྱི་མི་ཡོང་། །སྤྱི་ཚེ་བའི་ཉི་མ་དུ་མི་ཡོང་།།

5 May-2025 བཀྲིས་ལྷ་བཀའ་ བོད་ལྷ་གསུམ་པ་ནག་ལྷོ།

1 Thu	➤ Class XI Sci. students to report before 5:00 p.m. ➤ School heads meeting at 10:20 a.m.	༤
2 Fri	➤ INTER HOUSE CULTURAL COMPETITION : 6:30 P.M	༥
3 Sat		༦
4 Sun		༧
5 Mon	➤ Winter timetable begins ➤ Class XI Commerce students to report before 5:00 p.m.	༨
6 Tue		༩
7 Wed	➤ SOLTSOG AT 6:30 P.M.	༡༠
8 Thu	➤ Tibetan elocution for classes III & IV at 4:10 p.m.	༡༡

“True teachers are those who help us think for ourselves..”
- Dr. Sarvepalli Radhakrishnan

5 May-2025		བོད་ལྗོངས་འགྲོ་སྐྱོད་ལྷན་ཁག་གི་ལྷན་ཁག་
25 Sun		༡༩
26 Mon	➤ First Periodic test begins	༡༩ 
27 Tue		● ༢༠
28 Wed	➤ SANGSOL 7:00 A.M. ➤ First Periodic test end ➤ Area cleaning at 2:30 p.m.	༡
29 Thu	➤ KAGYUR RECITATION, FIRST DAY :- 8:00 A.M.	༢
30 Fri	➤ KAGYUR RECITATION, SECOND DAY :- 8:00 A.M.	༣
31 Sat	➤ KAGYUR RECITATION, THIRD DAY :- 8:00 A.M. ➤ SOLTSOG ➤ World No Tobacco Day	★  ༤
<p align="center">3. RIGHT SPEECH</p> <p><i>Don't tell lies. Refrain from backbiting slander and rumor-mongering as they bring about disharmony in people. Stay away from harsh and malicious language. Foaming at the mouth is to be avoided. Speak carefully and appropriately.</i></p> <p align="center">Ethical conduct is based on Right Speech.</p>		

གཅིག་རྒྱུ་གཉིས་ཀྱི་མང་ལྷུང་ཡོད། །གང་རེ་དོ་ཡིད་ཡང་རྒྱུད་ཡོད།།

6 June-2025		བོད་ལྗོངས་འགྲོ་སྐྱོད་ལྷན་ཁག་གི་ལྷན་ཁག་
1 Sun	➤ SUMMER HOLIDAY BEGINS	༤ 
2 Mon		༥
3 Tue		༦
4 Wed		༧
5 Thu		༨
6 Fri		༩
7 Sat		༡༠ 
8 Sun		༡༡ 

“It takes centuries to make a little history; it takes centuries of history to make a tradition..” - Dr. Sarvepalli Radhakrishnan

6 June-2025		པོད་ལྷ་བཞི་པ་ས་ག་ལྷ་བ།
9 Mon		༡༩
10 Tue		༡༩ 
11 Wed	<ul style="list-style-type: none"> ➤ BUDDHA SHAKYAMUNI'S BIRTH, ENLIGHTENMENT AND PARINIRVANA DAY "SAKA-DAWA" ➤ SUMMER HOLIDAY ENDS ➤ Students to report to school before 5:00 p.m. 	༡༥ 
12 Thu		༡༦ 
13 Fri		༡༧
14 Sat	<ul style="list-style-type: none"> ➤ SECOND SATURDAY "NO HOLIDAY" ➤ SUMMER FETE" ➤ World Blood Donor Day 	༡༩
15 Sun		༡༩
16 Mon	<ul style="list-style-type: none"> ➤ Class XI Boys & Girls Basketball at 4:10 p.m. ➤ Class IX & X Boys & Girls Football at 4:10 p.m. 	༢༠ 

མེ་ལིས་ཀྱི་མཐོང་ན་གནོད་པ་མེ་མཐོང་། །ཉ་ལིས་གཟན་མཐོང་ན་རྩི་རྒྱ་མེ་མཐོང་།

6 June-2025		པོད་ལྷ་བཞི་པ་ས་ག་ལྷ་བ།
17 Tue		༢༡
18 Wed		 ༢༢
19 Thu		༢༣
20 Fri		༢༤
21 Sat		 ༢༥
22 Sun	<ul style="list-style-type: none"> ➤ Yoga demonstration by Sr. school students. ➤ WORLD YOGA DAY 	༢༧
23 Mon	<ul style="list-style-type: none"> ➤ SOS Day *23.06.1919 - 26.04.1985 ➤ PRO. DR. HERMANN GMEINER'S BIRTH DAY (Founder of SOS Children's Village) ➤ Function at 9:00 a.m. 	༢༩
24 Tue	<ul style="list-style-type: none"> ➤ Coaching classes to begin for classes V to XII 	༣༠

“When we think we know we cease to learn..”

- Dr. Sarvepalli Radhakrishnan

6 June-2025 ཟླ་ནག་ བོད་ཟླ་ལྷ་པ་ལྷོ་ན་ཟླ།

25 Wed	➤ English handwriting competition classes III to V  
26 Thu	➤ International Day Against Drug Abuse & Illicit Trafficking 
27 Fri	 
28 Sat	➤ Section-wise meeting at 2:30 p.m.  ➤ Area cleaning at 2:30 p.m.
29 Sun	
30 Mon	

4. RIGHT ACTION
Don't kill, don't steal, be honest in your dealings, and have appropriate sexual intercourse. (Editor's Note: what constitutes appropriate varies with the culture from within which one is coming from).
Ethical conduct is rooted in Right Action.

གཙོ་བོ་ལས་འབྲས་དཀོན་མཆོག་ལ། །སློབ་ཕྲགས་གཏད་ན་ཅི་བསམ་འགྲུབ།

བརྩོན་འགྲུས་ཅན་ལ་གཉེན་གྱིས་ཕྱག་ལེན། །ལེ་ལོ་ཅན་ལ་གཉིད་ཀྱིས་ཕྱག་ལེན།

7 July-2025 ཟླ་ནག་ བོད་ཟླ་ལྷ་པ་ལྷོ་ན་ཟླ།

1 Tue	➤ School heads meeting at 10:30 a.m. 
2 Wed	➤ SANGSOL 7:00 A.M. 
3 Thu	
4 Fri	
5 Sat	➤ SOLTSOG 6:30 P.M. 
6 Sun	➤ SANGSOL 7:00 A.M.  ➤ 90TH BIRTHDAY OF HIS HOLINESS THE 14TH DALAI LAMA
7 Mon	
8 Tue	

“Man is a paradoxical being - the constant glory and scandal of this world.”
- Dr. Sarvepalli Radhakrishnan

7 July-2025		བོད་ལྗོངས་ལ་ཚུ་སློབ་ལཱ་བྱ་བ།
25 Fri		༡
26 Sat	<ul style="list-style-type: none"> ➤ Seating arrangement for Term-I examination ➤ Area cleaning at 4:10 p.m. 	༢ 
27 Sun		༣ ★
28 Mon	<ul style="list-style-type: none"> ➤ CHOE-KHOR DUE-CHEN ➤ SOLTSOG :- 3:15 P.M. ➤ World Hepatitis Day 	༤
29 Tue	<ul style="list-style-type: none"> ➤ Term-I for class III to X , XII begins 	༥
30 Wed	<ul style="list-style-type: none"> ➤ SANGSOL 7:00 A.M. 	༦ 
31 Thu		༧
<p align="center">5. RIGHT LIVELIHOOD</p> <p><i>Do not make profit through harming others. For example, typical Buddhist employment would not include: arms dealer; shrimp catcher, or chemical company executive.</i></p> <p align="center">Right Livelihood is ethical conduct.</p>		

སྐ་རགས་རྩམ་འགྲེགས་སློམ་ཞེ་བྱིས། །རང་གི་རོགས་ལ་དོ་ནི་བྱིས།།

8 August-2025		བོད་ལྗོངས་ལ་ཚུ་སློབ་ལཱ་བྱ་བ།
1 Fri		༨ 
2 Sat		༩
3 Sun		༩
4 Mon	<ul style="list-style-type: none"> ➤ SOLTSOG 6:30 P.M. ➤ Term-II for class III -VIII & XI-XII ends 	 ༡༠
5 Tue	<ul style="list-style-type: none"> ➤ Term Break (closed holiday) ➤ Students to be engaged in productive activities 	༡༡
6 Wed	<ul style="list-style-type: none"> ➤ Term Break (closed holiday) ➤ Area cleaning 	 ༡༢
7 Thu	<ul style="list-style-type: none"> ➤ Second Term Begins 	༡༣
8 Fri	<ul style="list-style-type: none"> ➤ Result submission to HM (Jr. school) ➤ Open painting competition begins. 	 ༡༤

“... a man without religion is like a horse without bridle..”
- Dr. Sarvepalli Radhakrishnan

8 August-2025		པོད་ཆེ་བའི་ལུག་པ་རྒྱ་རྩོད་ཆེ་བའི་ལུག་པ་
9 Sat	> SECOND SATURDAY	 ༡༥
10 Sun		 ༡༦
11 Mon	> Jr. school result declaration at 8:45 a.m. > Class XII Boys & Girls Basketball at 3:00 p.m. > Class XI Boys & Girls Football at 3:00 p.m. > Class V & VI Boys Football at 3:00 p.m. > Class V & VI Girls Kho-Kho at 3:00 p.m.	༡༧
12 Tue	> Result submission to HM (Sr. school)	༡༨
13 Wed		༡༩
14 Thu	> Area cleaning at 4:10 p.m.	༢༠
15 Fri	> INDIAN INDEPENDENCE DAY (Function at 9:00 a.m.)	 ༢༡
16 Sat	> Sr. school result declaration at 8:45 a.m. > Class teachers to meet parents of his / her students.	༢༢

79 ཚེས་ ༡༡ ཚད།

སློན་ཆས་འདུན་ཆོ་ཡིན། རྗེས་ཆས་འདུན་འགྲོད་ཡིན།

8 August-2025		པོད་ཆེ་བའི་ལུག་པ་འགྲོ་བཞིན་ཆེ་བའི་ལུག་པ་
17 Sun		༢༣
18 Mon		༢༤
19 Tue		 ༢༥
20 Wed		༢༦
21 Thu		༢༧
22 Fri	> Parent-Teacher meeting at 2:30 p.m.	༢༨
23 Sat	> Preparation for staff day begin.	༢༩   
24 Sun		༣༠ 

ཚེས་ ༡༩ ལྷག་ 80

“The end product of education should be a free creative man, who can battle against historical circumstances and adversities of nature.” - Dr. Sarvepalli Radhakrishnan

8 August-2025 བོད་ལྗོངས་འགྲོ་བཞིན་ལྗོངས་ལ།

25 Mon	➤ ENGLISH DAY 	༧
26 Tue	➤ TCV CREATIVE WRITING DAY “CLASS VI-XII” TIBETAN - 09:00AM TO 10:30 A.M., ENGLISH - 11:00AM TO 12:30 P.M.	༨
27 Wed	➤ SANGSOL 7:00 A.M.	༩
28 Thu	➤ Section-wise meeting at 4:30 p.m.	༡༠
29 Fri	➤ English Extempore for class XII at 4:10 p.m. 	༡༡
30 Sat	➤ ART & PAINTING EXHIBITION ➤ Area cleaning at 2:30 p.m.	༡༢
31 Sun		༡༣

6. RIGHT EFFORT
You must be persistent in preventing evil, and unharmonious states of mind from coming to be - You must also be persistent in promoting harmonious states of mind.
Right Effort is a Mental Discipline.

འདོད་པ་ཅན་ལ་རྒྱ་མ་བརྟེན། །ངན་སེམས་ཅན་ལ་མོ་མ་གཏོད།།

9 September-2025 བོད་ལྗོངས་འགྲོ་བཞིན་ལྗོངས་ལ།

1 Mon	➤ School heads meeting at 10:20 a.m.	༧
2 Tue	➤ SOLTSOG 6:30 P.M. ➤ 66 TH DEMOCRACY DAY OF TIBET	༡༠
3 Wed	➤ Indexing for Sr. school 	༡༡
4 Thu	➤ Indexing for Jr. school	༡༢
5 Fri	➤ STAFF DAY (Function at 9:00 a.m.)	༡༣
6 Sat		༡༤
7 Sun		༡༥
8 Mon		༡༦

“Tolerance is the homage which the finite mind pays to the inexhaustibility of the infinite.” - Dr. Sarvepalli Radhakrishnan

9 September-2025 སྔ་ལྷ་བདུན་པ་སྐོ་བཞིན་ལྷ་བཟུང་།

9 Tue		༡༧
10 Wed	➤ TPD CONCLUDING DAY	༡༩
11 Thu		༡༩
12 Fri		༢༠
13 Sat	➤ SECOND SATURDAY	༢༡ 
14 Sun		༢༢ 
15 Mon	➤ GP interview for selection to TCV-selakui (Class - V)	༢༤
16 Tue	➤ Games committee meeting at 4:10 p.m. ➤ Area cleaning at 4:10 p.m.	༢༥

རིང་ལུང་ཚད་ན་ཤེས། །བདེན་རྒྱུན་བཤད་ན་ཤེས།།

9 September-2025 སྔ་ལྷ་བརྒྱད་པ་ཁྲུམས་ལྷ།

17 Wed		༢༦ 
18 Thu	➤ Nomination of new school captain & Prefects.	༢༧
19 Fri	➤ Writing test for selection to TCV-selakui (Classes V & VIII)	༢༩
20 Sat	➤ JR. MATHS DAY	༢༩ ★ 
21 Sun		༣༠ 
22 Mon	➤ Athletics Practice Begins	༣ 
23 Tue		༣ 
24 Wed	➤ SANGSOL 7:00 A.M.	༣

"Teachers should be the best minds in the country."
- Dr. Sarvepalli Radhakrishnan

9 September-2025 བོད་ཟླ་བརྒྱུད་པ་ལྷུང་མཁའ་ལྷོ་

25 Thu	➤ Election of new school captain & Prefects at 6:30 p.m.	ལ
26 Fri	➤ Investiture of new school captain & Prefects at 8:45 a.m.	ལ
27 Sat	➤ Jr. school English Day & Second Singing assembly.	ལ
28 Sun		ཚ 
29 Mon	➤ Tibetan calligraphy for classes I to V	ཏ
30 Tue	➤ Section-wise meeting at 4:10 p.m. ➤ Area cleaning at 4:10 p.m.	མ 

7. RIGHT MINDFULNESS (OR ATTENTIVENESS)
You should be ever aware of what your body is doing, what you sense and feel, and what your mind is thinking about. You should attempt to be detached from these things however. Merely notice them as they happen, and don't get all caught up in, say, that fantasy you love to replay in your head whenever you smell watermelon-scented body lotion.

Right Mindfulness is a mental discipline.

ལས་རྒྱུ་ལྷན་པུ་བརྒྱུད་པའི་ཉམས། །ཚོད་པའི་བསམ་མཁོ་འགྱུར་མི་ཉམས།

10 October-2025 བོད་ཟླ་བརྒྱུད་པ་ལྷུང་མཁའ་ལྷོ་

1 Wed		ལ
2 Thu	➤ GANDHI JAYANTI (Function at-9:00a.m.) ➤ SOLTSOG AT 6:30 p.m.	ཏ ཏ
3 Fri	➤ School heads meeting at 10:20 a.m.	ཏ ཏ
4 Sat	➤ TIBETAN LANGUAGE DAY : 8:45 A.M.	ཏ 
5 Sun		ཏ ཏ
6 Mon		ཏ 
7 Tue		ཏ ○
8 Wed		ཏ 

“Reading a book gives us the habit of solitary reflection and true enjoyment.” - Dr. Sarvepalli Radhakrishnan

10 October-2025 བོད་ཟླ་དགུ་པ་དབུག་ཟླ།	
25 Sat	➤ ANNUAL SPORTS DAY - 8:30 A.M. ལ ➤ AREA CLEANING - 4:00 P.M.
26 Sun	ཤ
27 Mon	➤ Children’s Day Preparation begins ཚ 
28 Tue	མ 
29 Wed	ཎ
30 Thu	➤ Musical skills display by classes III to V ཏ
31 Fri	➤ Musical skills display by classes VI to VIII ཉ འ ➤ Section-wise meeting at 4:10 p.m. ➤ Area cleaning at 4:10 p.m.
<p>འཇུག་པོ་གསེར་ཁྲིའི་སློང་དུ་བཞུགས་པ་དང་། སློང་ཕུག་བཞུགས་པོའི་ འགོ་དུ་སློང་པ་གཉིས། མི་ཉལ་འཆི་བའི་དུས་འདྲ་འདྲ་རེད།།</p>	

གཅིག་བཤད་སེམས་ལ་གླངས་ན། །བརྒྱ་བཤད་མདུད་པ་ཕྱོལ་བུབ།།

11 November-2025 བོད་ཟླ་དགུ་པ་དབུག་ཟླ།	
1 Sat	➤ KARNATAKA RAJYOTSAVA DAY “FUNCTION AT 8:30 A.M.” ཉ ག 
2 Sun	ཉ གྷ 
3 Mon	➤ School heads meeting at 10:20 a.m. ➤ Summer timetable begins ➤ Coaching classes for classes VI to XII ཉ ང
4 Tue	➤ Second Periodic test begins ཉ ཅ
5 Wed	➤ PROF. SAMDONG RINPOCHE’S BIRTHDAY “05 th Nov, 1939” ཉ ཆ ➤ TIBETAN TEACHER’S DAY “FUNCTION AT 8:45 A.M.” ཉ ཇ  
6 Thu	ཉ ཈ 
7 Fri	➤ Second Periodic test ends ཉ ཉ 
8 Sat	➤ SECOND SATURDAY ཉ ཊ

“Cultivation of mind should be the ultimate aim of human existence.” - Dr. Sarvepalli Radhakrishnan

11 November-2025 བོད་ཟླ་དགུ་པ་དབྱུག་ཟླ།	
9 Sun	༡༯
10 Mon	༢༡
11 Tue	<ul style="list-style-type: none"> ➤ LHABAB DUCHEN ☞ Religious Talk:2:00pm ༢༢ (Buddha Shakyamuni's Descent from Heaven) ➤ Soltsog-3:30 p.m. 
12 Wed	༢༩
13 Thu	༢༥
14 Fri	<ul style="list-style-type: none"> ➤ HAPPY CHILDREN'S DAY-9:00a.m. ༢༥ ➤ World Diabetes Day ★
15 Sat	༢༦ 
16 Sun	༢༧

དཀར་ནག་གི་དབྱེ་བ་འབྱེད་དགོས། །ནག་ཟིག་གི་མཛུགས་པ་འགྲོལ་དགོས།།

11 November-2025 བོད་ཟླ་བརྒྱ་པ་མེ་ཟླ།	
17 Mon	༣༤
18 Tue	༣༯
19 Wed	༣༯
20 Thu	  ༣༠
21 Fri	༡
22 Sat	 ༢
23 Sun	༣
24 Mon	༤

"God lives, feels, and suffers in every one of us, and in the course of time, His attributes, knowledge, beauty and love will be revealed in each of us." - Dr. Sarvepalli Radhakrishnan

11 November-2025 ལོ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་	
25 Tue	ལ
26 Wed	> SANGSOL 7:00 A.M. 
27 Thu	མ
28 Fri	ཅ
29 Sat	ཆ 
30 Sun	> SOLTSOG 6:30 P.M. ༡༠

8. RIGHT CONCENTRATION
This precept points to the various modes of meditation and also other practices used to strengthen mental discipline. A very common practice is "Noticing One's Breath", in which, sitting comfortably with your back upright, you notice your breath as it goes in and out, in and out. You also come to notice that your mind is a nonstop whirlwind of disjoint thought, and with continued meditation the mind tends to be calm and clear.

ཉི་མ་གསུམ་ལོ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་

12 December-2025 ལོ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་ལྔ་	
1 Mon	> WORLD AIDS DAY {  } ༡༡
2 Tue	༡༢ 
3 Wed	༡༣
4 Thu	༡༤ 
5 Fri	༡༥ 
6 Sat	༡༦
7 Sun	༡༧
8 Mon	༡༨

"Discontent with the actual is the necessary precondition of every moral change and spiritual rebirth." - Dr. Sarvepalli Radhakrishnan

12 December-2025 བོད་ཟླ་བཅུ་པ་མཛིན་ཟླ།	
9 Tue	༣༠
10 Wed	<ul style="list-style-type: none"> > 36th CORONATION OF 1989 NOBEL PEACE PRIZE TO H.H. THE DALAI LAMA. > WORLD HUMAN RIGHTS DAY > Staff gathering - 6:30 p.m. ༣༡
11 Thu	 ༣༢
12 Fri	 ༣༣
13 Sat	<ul style="list-style-type: none"> > SECOND SATURDAY (WORKING DAY) > SHIM-CHOE (WORKING DAY) > Seating arrangement for Term-II examination ༣༤
14 Sun	<ul style="list-style-type: none"> > NGAM-CHOE(WORKING DAY) ༣༥
15 Mon	<ul style="list-style-type: none"> > Term-II examination begin for classes III to XII begins  ༣༦
16 Tue	༣༧

དབང་ཤེས་ཀྱི་ས་མི་ཡི་ཁ་འགུགས། །གནས་ལུགས་ཀྱི་ས་མི་ཡི་སེམས་འགུགས།

12 December-2025 བོད་ཟླ་བཅུ་ག་མཚོ་ཟླ།	
17 Wed	༣༨
18 Thu	༣༩ 
19 Fri	༤༠ 
20 Sat	<ul style="list-style-type: none"> > Term-II examination end for classes III to XII > Text & Note books collection > Class room Cleaning > Area Cleaning : 4:00 p.m > Second Term Ends  ༤
21 Sun	 ༥
22 Mon	<ul style="list-style-type: none"> > Closing Function-9:00 a.m. > Students leave for winter holiday : 11:30 a.m. > Parent / Guardians to meet class & subject teachers after the function. ༦
23 Tue	<ul style="list-style-type: none"> > Result discussion-9:00 a.m. ༧
24 Wed	<ul style="list-style-type: none"> > Result discussion-9:00 a.m. ༨

"My ambition is not only to chronicle but to interpret and reveal the movement of the mind and unfold the sources of India in the profound plane of human nature." - Dr. Sarvepalli Radhakrishnan

12 December-2025		པོད་ལྷ་བརྒྱུག་མགོ་ལྷ།
25 Thu		པ
26 Fri	> NGAN-PA GUZOM (NINE BAD OMENS DAY) འདི་ཉིན་རྫོང་ ༡༥༧༩ ནས་ ཟླ་ཉིན་རྫོང་ ༡༥༧༧ བར།	༦ 
27 Sat	> SANGPO-CHU-ZOM > Teachers combined meeting-9:00 a.m. > Staff General meeting-2:00 p.m.	༧ 
28 Sun	> Staff leave for winter holidays > Class XI Sc. & XII to report before 5:00 p.m.	༨ 
29 Mon	> Winter coaching Classes for classes XI Science. and XII begins	༡༠ 
30 Tue		༡༡ 
31 Wed		༡༢ 
གཏམ་བཟང་འབྲེར་རྒྱུ་ཡི་ཡོད་ལྷོ་ས་ཤིག་ཡིང་། ། ལྷོ་ས་བཟང་ཞིག་རྒྱུ་ཡི་ཡོད་ལྷོ་ས་ཤིག་ཡིང་། །		

ཁྱོད་ར་བུ་གཉིས་འགྲན་རྒྱུ་མེད། ཁྱི་ར་མེད་གེ་བཤིབ་རྒྱུ་མེད།།

01 January-2026		པོད་ལྷ་བརྒྱུག་མགོ་ལྷ།
1 Thu	> HAPPY NEW YEAR - 2026	༡༣ 
2 Fri		༡༤ 
3 Sat		༡༥ 
4 Sun		༡༦ 
5 Mon		༡༧ 
6 Tue		༡༨ 
7 Wed		༡༩ 
8 Thu		༢༠ 

"We need not seek a cause or a motive or a purpose for that which is, in its nature, eternally self-existent and free." - Dr. Sarvepalli Radhakrishnan

01 January-2026		བོད་ལྗེ་བཙུན་མགོ་ལྷོ།
9 Fri		༡༡ ★
10 Sat		༡༢ 
11 Sun		༡༣
12 Mon		༡༤
13 Tue		༡༥
14 Wed		༡༦ 
15 Thu		༡༧
16 Fri		༡༨

སྐྱེས་པའི་མི་ལ་གྲགས་པའི་གཏམ་དགོས། །ཆེ་བའི་མི་ལ་མཐོ་བའི་རྟགས་དགོས།

01 January-2026		ལྷན་གྱི་བོད་ལྗེ་བཙུན་མགོ་ལྷོ།
17 Sat		༡༩ 
18 Sun		༢༠ ●
19 Mon	<ul style="list-style-type: none"> ➤ Class XI Science Term-II Exam begins ➤ Chemistry 	༢༡
20 Tue	<ul style="list-style-type: none"> ➤ English 	༢༢ 
21 Wed	<ul style="list-style-type: none"> ➤ Physics 	༢༣
22 Thu	<ul style="list-style-type: none"> ➤ Tibetan 	༢༤
23 Fri	<ul style="list-style-type: none"> ➤ Biology / Computer Sci. 	༢༥
24 Sat	<ul style="list-style-type: none"> ➤ Maths / Computer Sci. 	༢༦ 

"A literary genius, it is said, resembles all, though no one resembles him." - Dr. Sarvepalli Radhakrishnan

01 January-2026 ཟླ་ནག་ རོད་ཟླ་བཟུངས་སྐྱུ་ལྷོ་ཟླ།

25 Sun	➤ Class XI Science students to leave for winter vocation. གྲྭ
26 Mon	➤ 76TH REPUBLIC DAY OF INDIA ན ➤ Class XI Science Term-II Exam ends
27 Tue	➤ Result discussion-9:00 a.m. ལ
28 Wed	➤ Revision class for class XII and XI Science ends གྲྭ 
29 Thu	➤ Class X & XII students and teachers to assemble in the hall at 9:00 a.m. གྲྭ
30 Fri	གྲྭ 
31 Sat	གྲྭ

བཀོད་པའི་ལས་ལ་ཚོག་གེས་མ་བྱས་ན། །
རང་སྤྱུག་རང་གི་ས་ཉོས་པ་དོན་མེད་རེད། །

སྐྱུ་ཤོག་དཀར་པོའི་འོས་འཇམ་འོས་ལ། །ཡི་གེ་ནག་རྒྱུང་གྲུལ་ལ་བཞུགས།

02 February-2026 ཟླ་ནག་ རོད་ཟླ་བཟུངས་སྐྱུ་ལྷོ་ཟླ།

1 Sun	གྲྭ 
2 Mon	གྲྭ 
3 Tue	གྲྭ
4 Wed	གྲྭ
5 Thu	གྲྭ
6 Fri	གྲྭ ★
7 Sat	གྲྭ 
8 Sun	གྲྭ 

"You can't cross the sea merely by standing and staring at the water,"- Dr. Sarvepalli Radhakrishnan

02 February-2025 ལྷནག་ བོད་ལྷ་བཅུ་ས་རྒྱལ་ལྷོ།	
9 Mon	༡༩ 
10 Tue	༢༠
11 Wed	༢༡
12 Thu	༢༢
13 Fri	༢༣ 
14 Sat	༢༤
15 Sun	༢༥
16 Mon	༢༦ ➤ NYERGU 

ཚེས་ ༡༥ ལྷག་

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སྐད་ཆ་བཤད་སློབ་རྣམ་པ་སྣ་ཚོགས་ཡིད། །གོ་བོ་ལེན་སློབ་རྣམ་པ་སྣ་ཚོགས་འཆར།།

02 February-2026 བོད་ལྷ་དང་པོ་མཚུ་ལྷོ།	
17 Tue	➤ NAMKHANG ༣༠ 
18 Wed	➤ FIRST DAY OF LOSAR ༡
19 Thu	➤ SECOND DAY OF LOSAR ༢
20 Fri	➤ THIRD DAY OF LOSAR ༣
21 Sat	➤ FOURTH DAY OF LOSAR ༤
22 Sun	༥
23 Mon	༦
24 Tue	༧

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ཚེས་ ༡ ཚད།

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."

- Dr. Sarvepalli Radhakrishnan

02 February-2026 བོད་ཟླ་དང་པོ་མཇུག་ཟླ།	
25 Wed	ཉ
26 Thu	ཉ༠
27 Sat	ཉ༡
28 Sat	ཉ༢
03 March - 2026 བོད་ཟླ་དང་པོ་མཇུག་ཟླ།	
01 Sun	ཉ༣
02 Mon	ཉ༤
03 Tue	<div style="display: flex; align-items: center;"> ➤ CHO-TRUL DUE-CHEN <div style="margin-left: 20px;"> </div> </div>
04 Wed	ཉ༥

TIBET AT A GLANCE

Tibet at a Glance

When Tibetans refer to 'Tibet' they are talking about the entity comprising the three provinces of U-Tsang, Kham and Amdo. The two Tibetan provinces of Kham and Amdo are now largely incorporated into the Chinese provinces of Qinghai and Sichuan (upper/right regions in brown on the map). Tibet's traditional territory now accounts for one quarter of the landmass of today's People's Republic of China.

When China talks about 'Tibet', they are referring only to the Tibet Autonomous Region (TAR), an administrative region created in 1965. The TAR (lower/left regions in the map below) comprises less than half the total Tibetan lands and contains only a third of the total Tibetan population.

China occupied Tibet in 1949/50. For an overview of the impact of China's policies on Tibet - on the human rights situation and on everyday life for Tibetans in Tibet - over the last 60 years, please visit the Network's website:

www.chinasfailedtibetpolicies.org

Facts About Tibet:

Land Size: The total size of Tibet (all three traditional provinces) is 2.5 million square kilometres (or 965,000 square miles). The TAR, consisting of U-Tsang and a small portion of Kham, is 1.2 million square kilometres in size. More than half the landmass of Tibet lies outside of the TAR.

Population: There are around 6 million Tibetans; 2.7 million live in the TAR and the remainder in the Tibetan areas outside the TAR. There is also an undetermined number of Chinese in the Tibetan areas with the Tibetan Government in Exile estimating that the Chinese now outnumber Tibetans in Tibet. Additionally, approximately 1,40,000 Tibetans live in exile.

LATITUDE : 27th '2' N and 37th '3' N

LONGITUDE : 78th '24' E and 103th '47' E

Political Status: Occupied country and without United Nations' representation.

Legal Status: Occupied by China.

Government: The Communist Party of China rules occupied Tibet. However Tibetans, both inside Tibet and in exile, recognise the Tibetan Government in Exile based in Dharamsala, India as their legitimate government.

Head of State: All Tibetans recognise His Holiness the 14th Dalai Lama as the leader of Tibet. The Dalai Lama has lived in Dharamsala, India since 1959. In March 2011, His Holiness announced his intention to devolve his political authority; in May 2011 the Tibetan Charter of the exiled community was amended which means His Holiness is no longer the Head of State of the Tibetan people, though Tibetans will continue to regard him as such. His Holiness' political responsibilities were shared between the elected Sikyong, the Parliament and the Judiciary. The Head of State under China's occupation is the Chinese President Xi Jinping.

Average Altitude: 4,000 metres or 13,000 feet above sea level.

Administration: Under Chinese rule, Tibet is divided into the following administrative units: a) Tibet Autonomous Region, b) Qinghai Province, c) Tianzu Tibetan Autonomous County and Gannan Tibetan Autonomous Prefecture in Gansu Province, d) Aba Tibetan-Qiang Autonomous Prefecture, Ganzi Tibetan Autonomous Prefecture and Mili Tibetan Autonomous County in Sichuan Province, e) Dechen Tibetan Autonomous Prefecture in Yunnan Province.

Administration: Under Chinese rule, the Tibetan landmass has been divided into the following administrative units:

- a) Tibet Autonomous Region.
- b) Haibei [Tibetan: Tsochang] Tibetan Autonomous Prefecture, Hainan [Tsolho] Tibetan Autonomous Prefecture, Huangnan [Malho] Tibetan Autonomous Prefecture, Guoluo [Golog] Tibetan Autonomous Prefecture, Yushu [Jyekundo] Tibetan Autonomous

Prefecture and Haixi [Tsonub] Mongolian-Tibetan Autonomous Prefecture in Qinghai Province.

c) Tianzu [Pari] Tibetan Autonomous County and Gannan [Gannan] Tibetan Autonomous Prefecture in Gansu Province.

d) Aba [Ngaba] Tibetan-Qiang Autonomous Prefecture, Ganzi [Kardze] Tibetan Autonomous Prefecture and Mili [Mili] Tibetan Autonomous County in Sichuan Province,

e) Diqing [Dechen] Tibetan Autonomous Prefecture in Yunnan Province.

Population: The total Tibetan population in Tibet is 6 million. Of them, 2.09 million live in the "TAR" and the rest in the Tibetan areas outside the "TAR".

Major Rivers: Yarlung Tsangpo/ Tachok Khabab (Brahmaputra in India), Machu (Yellow River in China), Dri Chu (Yangtze in China), Senge Khabab (Indus in India), Langchen Khabab (Sutlege), Maja Khabab (Ganges), Phungchu (Arun in India), Gyalmo Ngulchu (Salween in Burma) and Zachu (Mekong in Thailand, Vietnam, Cambodia, Laos).

Native Wildlife: Tibetan antelope, wild yak, wild ass and Tibetan argali, blue sheep, black-necked crane, Tibetan gazelle, giant panda, red panda, golden monkey.

Economy: Agriculture and animal husbandry.

Literacy Rate: Approximately 25 per cent

Language: Tibetan. The official language in Tibet following the occupation is Chinese.

Religion: The majority of Tibetans practice Tibetan Buddhism. Other religions include Bon, Islam and Christianity.

Economy: Tibetans work predominantly in the agriculture and animal husbandry sectors. Chinese are predominantly in government, commerce and the service sectors.

"Our best thoughts come from others" -Ralph Waldo Emerson

Bordering Countries:India, Nepal, Bhutan, Burma, East Turkestan (north of Tibet, not shown; also occupied by China - Xinjiang Uighur Autonomous Region), China

GREAT MOUNTAINS: Himalayas, Karakoram, Kunlun, Altyn Tagh, Gankar Chogley Namgyal, Khawakarpo, Ngnglon Test, Thangla, Serteng, Trola, Yaga Tagtse, Amnye Machin & Minya Gangkar ranges.

AVERAGE TEMPERATURE: July 58F and January: 4F

National Flag: Snow Lions with red & blue rays, outlawed in Chinese occupied Tibet.

HEAD OF THE STATE : His Holiness the Dalai Lama.

PROVINCES: U-Tsang (Central Tibet), Doldze (South-East Tibet or Kham), Amdo or Dumed (Northern Tibet)

CAPITAL: LHASA

RELIGION: 99% of Tibetan Population follow Buddhism, remaining Bon and Islam

LANGUAGE : Tibetan (the official language), Under occupation is Chinese.

STAPLE FOOD: Tsampa (Roasted barley flour)

NATIONAL DRINK : Salted butter tea.

AVERAGE LIFE EXPECTANCY: 40 years

HIGHEST MOUNTAIN : Jormo Langmo (Mt. Everest)

MINERAL DEPOSITS: Borax, Uranium, Iron, Chromite, Gold Lithium, Bauxite.

AVERAGE RAINFALL : Varies widely: in the West, it is 1mm in January to 25 mm in July in the East, it is 25-30 mm in January and 80 mm in July.

FOREST COVERAGE IN 1949 : 221.800 Sq. Kilometers. (now deforested by the communist Chinese)

ENVIRONMENTAL PROBLEMS: Rampant deforestation in Eastern Tibet. Large scale poaching of animals and dumping nuclear wastes.

ENDANGERED MAMMALS: Giant Panda, Asiatic black Bear, Red Panda, Snow leopard, Koslow's Pika, Mulii Pika, Tibetan Takin, Snow Markhor, Snop-nosed Golden Monkey, wild yak, Red golar pere, Davi's deer, Grey wold, wild Bactrian camel.

GOVT. IN TIBET : Colonial Communist Chinese.

LEGAL STATUS: Occupied.

China's Policies in Tibet:For an overview of the impact of China's policies in Tibet between 1951 and 2011, please visit the Network's website: www.chinasfailedtibetpolicies.org

CENTRAL TIBETAN ADMINISTRATION IN EXILE AT A GLANCE

POPULATION: Total: 131,000. India 100,000; Nepal 25,000; Bhutan 2,000; Switzerland 2,000; Canada 600; United States 1500; Europe 1500.

GOVERNMENT: Democratic. Popular & electoral college voting system

HEAD OF STATE: Sikyong

CABINET MINISTRIES: Education, Finance, Health, Home Affairs, Information & International Relations, Religion & Culture and Security

ELECTION SCHEDULE: Assembly & Cabinet elections every 5 years

SEAT OF CTA: Dharamsala, Northern India

INT'L GOVT'T. OFFICES: Budapest, Paris, Geneva, Kathmandu, London, Moscow, New Delhi, New York, Tokyo, Zurich, Canberra, Tai Pie, South Africa, Brussels.

GOVT. PUBLICATIONS: Sheja (Tibetan), Tibetan Bulletin, News Tibet (En) Tibbat Bulletin (Hindi), Actualities Tibetaines (Fr)

INDEPENDENT PUBLICATIONS: Da-sar, Da-sa Phongya, Rangzen (Tibetan); Xiang Luntan (Chinese), Tibetan Review, Rangzen (English); Dolma (English).

LITERACY: Estimated at 60%

MILITARY & POLICE: None

GOVT. EMPLOYEES: Ranking Officers, Non Ranking Officers (over 13000 seats available)

GOVERNMENT INCOME: Annual voluntary tax, business revenue, donations

NATIONAL FLAG: Mountain with snow lions & red & blue rays over sun

NATIONAL HOLIDAYS: 10th March Uprising, 6th July Birth day of His Holiness the Dalai Lama, 2nd Sept. Democracy Day, 10th Dec. Nobel peace Day, Saka Dawa, Zangling Chisang, Choe-khor Due-chen, Lhabab Due-chen (date changes)

Major Institutions: Institute of Performing Arts, Library, School of Dialectics, Medical Institute, Institute of Higher Tibetan Studies

TIBETAN NGOS: Tibetan Youth Congress, Tibetan

Women's Association, Tibetan Youth Association in Europe, Tibetan Volunteers for Animal, Amnye Machen, Guchu-sum, Friends of Tibet and Tibetan Democratic Association.

LANGUAGE: Tibetan. The host country's language is also spoken

RELIGION: The overwhelming majority are Tibetan Budhdhists. Some remain Bonpos. A very few Christians & Muslims.

ECONOMY: Agriculture, agro-industrial, handicrafts, petty business, carpet weaving, metal crafts.

LEGAL STATUS: Stateless. A small percentage of Tibetans bear foreign passports. Most hold Indian registration certificates.

HEALTH PROBLEMS: Tuberculosis. Malaria & Gastro intestinal ailments.

SCHOOL UNDER CSTA : 40 both residential & Day school

SCHOOL UNDER SUMBOTA: 24 both residential & Day school

AUTONOMOUS SCHOOLS

TCV SCHOOLS : 15 Day and 8 Residential schools.

THF SCHOOLS : 3 residential schools

OTHER SCHOOLS : 4 schools. metal crafts.

"All The Children Of This World Are Our Children"
- By Prof. Dr. Hermann Gmeiner.

Eat to live, but do not live to eat.

"All The Children Of This World Are Our Children"
- By Helmet Kutin
President of SOS Kinderdorf International

TCV ADDRESSES

<p>Tibetan Children's Village BYLAKUPPE</p> <p>1980  2025</p> <p>45 Yrs.</p> <p>OTHER BEFORE SELF</p>	<p>The President Tibetan Children's Villages Head Office, Distt Kangra (H.P.) Dharamsala Cantt-176216</p>
<p>The Education Director Tibetan Children's Villages Head Office, Distt Kangra (H.P.) Dharamsala Cantt-176216</p>	<p>The Director EDRC Head Office, Distt Kangra (H.P.) Dharamsala Cantt-176216</p>
<p>The Personnel Officer Tibetan Children's Villages Head Office, Distt Kangra (H.P.) Dharamsala Cantt-176216</p>	<p>The Director Scholarship Programme Head Office, Distt Kangra (H.P.) Dharamsala Cantt-176216</p>
<p>The Administrator Tibetan Children's Village P.O. Katrain - 17129 Patlikuhl, Distt. Kullu (H.P.)</p>	<p>The Director TCV SOS Vocational SOS Tibetan Training Centre P.O.Selakui -248179 Dehra Dun (U.P)</p>
<p>The Administrator TCV - Youth Hostel No: 7, Srinvagalu,560047 Sampangiramaiah Garden Viveknagar Post, Bangalore</p>	<p>The Administrator TCV - Youth Hostel Youth Hostel Sector XIV Extension Delhi - 110085</p>
<p>The Warden TCV - Youth Hostel Tibetan Colony, Mundgod Distt. Karwar, NK - 581411</p>	<p>The Principal The DLIHE (TCV College) Mysore road, Hejjala Post Ramnagar Distt., K.S. Bangalore - 562109</p>

TCV RESIDENTIAL SCHOOL'S ADDRESS.

<p>SCHOOL CODE : 01 The Principal Tibetan Children's Village TCV Dharamsala Cantt. Dharamsala Cantt - 176216 Distt. Kangra (H.P.)</p>	<p>SCHOOL CODE : 08 The Principal Tibetan Children's Village P.O. Chachian - 176059 Village Darati, Gopalpur Distt Kangra (H.P.)-176216</p>
<p>SCHOOL CODE : 02 The Principal Tibetan Children's Village Lower Chauntra P.O. Chauntra (H.P.) The Joginder Nager Distt. Mandi - 175032</p>	<p>SCHOOL CODE : 05 The Principal TCV Lower Dharamsala Khunyara Road - 176215 P.O. Lower Dharamsala Distt. Kangra (H.P.)</p>
<p>SCHOOL CODE : 03 The Principal Tibetan SOS Children's Village P.O. Choglamsar Leh - Ladakh (J & K) - 194101</p>	<p>SCHOOL CODE : 06 & 07 The Principal Tibetan Children's Village P.O. Mattroo Suja (H.P.) Distt. Mandi - 175032</p>
<p>SCHOOL CODE : 04 The Principal Tibetan SOS Children's Village P.O.Bylakuppe Distt. Mysore Karnataka State 571104</p>	<p>SCHOOL CODE : 10 The Headmistress TCV Day School New Camp Manju Ka Tilla Delhi - 54</p>
<p>SCHOOL CODE : 11 The Principal TCV School P.O. Selakui - 248179 Dehra Dun (U.P)</p>	<p>SCHOOL CODE : 09 The Headmistress TCV - Day School McLeodgang, Dharamsala Distt kangra (H.P.)</p>

CALENDAR - 2025-26

MARCH							APRIL						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
MAY							JUNE						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
JULY							AUGUST						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31
SEPTEMBER							OCTOBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		
NOVEMBER							DECEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				
JANUARY 2026							FEBRUARY 2026						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28		

SCHOLARSHIPS FOR STUDY ABROAD

S.No.	Name of the scholarship	Minimum qualification	Remarks
1.	Wasatch , US	Class-VIII	Every four yrs
2.	Pestalozzi, UK	Class-X	Every year
3.	Berea, US	Class-XII	Every year
4.	Technion Engineering Israel	Class-XII (PCM)	Every year
5.	Emory, US	Class-XII	Every four yrs
6.	Richardson, US	Class-XII	Every year
7.	Global leadership Incubator, US	Class-XII	Every year
8.	Central European University, Hungary	Bachelor	Every year
9.	Eramus Mundus Mobility with Asia (EMMA-WEST)	Class-XII, Bachelor & Master	Every year
10.	London Metropolitan University	Class-XII, Bachelor	Every year
11.	Tibetan Scholarship Program, US	Bachelor with 4 year degree.	Every year
Note:- Details and procedure of applying for above scholarships will be announced from time to time. (www.tcewf.org or www.sherig.org)			

“There is only one important point you must keep in your mind and let it be your guide. No matter what people call you, you are just who you are. Keep to this truth. You must ask yourself how is it you want to live your life. We live and we die, this is the truth that we can only face alone. No one can help us, not even the Buddha. So consider carefully, what prevents you from living the way you want to live your life?” — Dalai Lama