



The Thranqu Express

Voice of Himalayan children



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Issue: 03

SMD (Tashiling) School

www.himalayanchildren.org

SHOT OF THE MONTH



SMD Kids learns new Activity

Harry Pigot, a volunteer from Canada runs an 'Electronics' activity for the SMD kids.

THOUGHT OF THE MONTH

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - Colin Powell

Prestige News

SMD Girls lifted the Trophy of 1st Netball School Tournament

नेटबलमा मङ्गलदीप पहिलो



On 20th of July, SMD girls participated in 1st Netball school tournament held in Dashrath Stadium. SMD girls smashed all 10 school teams and lifted the trophy, becoming the first ever winner of Netball school tournament.

Karma Dolma Tamang of grade 4 was awarded



for "The Most Valuable Player of the Tournament" and she shared, 'I felt overwhelmed to win the game and I never expected that I will get the award because there were many other good players who played very well.' SMD Family congratulates all the SMD netball players for uplifting the prestige of SMD School.

Dharma Column: "The mind is everything. What you think you become." - Lord Buddha

What I learned in Saturday Dharma Class...

Almost every Saturday, I get an opportunity to attend Dharma Class initiated by Lama Wangchuk Topden in the shrine hall at SMD School. While attending the Dharma classes of Lama, I learned some of the basic things of Buddha Dharma that I have never knew before. Mainly, I learned that Buddha Dharma is a very important and interesting philosophy as it teaches us to live a simple life with a compassionate heart. I personally, was very much influenced by this philosophy and I am trying to live that way. Likewise, it also teaches me to understand the life cycle of all the sentient beings. Once, we are born, we all have to die. Death is

inevitable! Therefore, I learned that we need to make our life as useful as possible. Moreover, it provides me knowledge to avoid desire, attachment, anger, laziness which ultimately help me to lead a happy life. Here, I understand that the attachment to external things gives us temporary satisfaction. I also realized that these all are very hard to bring into practice but, at least, we can try to control them in our life. At the end, I also get to know that while doing circulation (Kora), our inner body, mind and heart should meet together as it is believed, by doing so, our sins will be decreased. All this above information taught me to live a

happy and simple life. I am very happy to learn about Buddha Dharma more closely. I feel very lucky to be able to attend Buddha Dharma Class almost every Saturday. It has become one of the favorite classes of mine at SMD. I hope to share my more learning experiences of Buddha Dharma in the future.

Note: Tsering Youden of grade 7 has Written and shared the article about learning experiences of Dharma Classes, according to her understanding. Actually, Buddha Dharma is a vast subject to understand. So, some misperceptions about Buddha Dharma may be found in this article for scholars and experts. Thank you!

'After School Artists' organized an Art Exhibition

The 'After School Artists' of SMD School organized an art exhibition jointly with kids of art class under the project 'Coloring the Dreams of Himalayan Children' in the shrine hall for three days. On the 5th of August, it was exhibited only for SMDers whereas, on 6th and 7th of August, it was exhibited for the outside guests. The arts were purchasable. The main aim of the exhibition was to showcase the talent of SMD students. It is also to raise the funds for art materials, so the students can continue to do art.



One of the 'After School Artists', Sonam Gurung expressed, 'We did not expect that it would run smoothly as it was challenging for us to organize the program but nevertheless, we did it. We are glad and proud that the students participated and collaborated to make the program a huge success. Therefore, we are very thankful to SMD family. We are looking forward for our next classes and exhibition too.'

Students and onlookers were wandering with gleaming eyes and praised the students for their work when they saw the arts and creativeness of the students. So many arts were booked and purchased during the art session. The exhibition was successfully concluded.

Viewers' View

Khenpo Chonyi Rangdol, abbot of Tara Abbey: It was wonderful to see the great development in arts at SMD. I am overjoyed to see the beautiful art that holds deep meaning.

Shirley Blair, School Director: It was such a wonderful and happy day to see all the arts, that comes from experience. This is my happiest day in Nepal.

Mai, SMD volunteer: It was inspiring and beautiful. I hope the students will keep showing who they are by the colors.

Strogtsen school students: We felt very proud because we were warmly welcomed here. We do not have the words to express how wonderful the exhibition was.

Artists' View

Dechen Sangmo, grade 10: I learned that an art without any meaning is a useless sheet of paper. I was able to express my feelings and the hard work I put, through art. I was overwhelmed when the viewers appreciated my arts. It encouraged me to work more harder.

Nyima Palmo, grade 9: I personally learned that art is an international language. It doesn't have to be cleaned but it should be meaningful. I also realized that what kind of art is respected by viewers.

Phur Diki Sherpa, grade 8: It was learning opportunity for me. During the exhibition, I was able to deal well with guests and learned about the art that the guest like to have.

EDITORIAL COLUMN

Exam Anxiety in SMD Students

"Better to prepare beforehand than hurry at the last minute..."

Exam anxiety is one of the main problems of every student. Usually, students experience extreme stress, anxiety, discomfort during or before taking an exam. Exam anxiety can be result in emotional or physical distress, difficulty concentrating, and emotional worry. It should be overcome before it gets too late as it really hinders the students and their exams.

In the context of SMD School, most of the students don't study from the beginning. They are not able to make up to the expected marks. They wait for the announcement of the exam date and exam schedule. As soon as the schedule is published or before a month of exams, they hurriedly try to memorize and understand every subject's chapters. Just as the students prepare for the exams by studying late and not getting enough sleep. In fact, this is a very risky way to study because the students may face exam anxiety which may lead students into depression. Moreover, the students' exam will go wrong.

This year, the SMD administration team has implemented the CA System at the school where students have to take a test every week. This system really helps to get rid of exam anxiety. However, most of the students are not quite serious about the test. Maybe, students are not very aware about the main aim of the tests. These tests should be taken seriously because it helps students to score well on terminal exams and students will not face exam anxiety. Furthermore, it is very important to revise every chapter after it is finished in order to remember clearly. Consequently, it is better to study and prepare beforehand than hurry at the last minute of the exam.

KNOW ME

Name: Lobsang Rinchen

Admission No.: M749

Age: 11

Grade: KG'B'

My village: Salahari

My favorite color: Blue

My favorite subject: Math

My favorite game: Basketball

My favorite teacher: Choden Lama

My favorite food: Fry rice

My best friend: Dorje Rinchen

My aim: Khenpo

My hobby: Reading!



ART GALLERY



Art by Tamdin Tsering, B703a



Art by Dechen Sangmo, B603a

Art Thoughts: Will ask your interpretation of arts. **BE READY!**

Art is one of the favorite curriculum activities of SMD kids.

Art thoughts: What inspired you to do art?

Tamdin Tsering: Before, I used to draw only simple drawings as a hobby. But, when I started to join after school art class, I learned about different methods of arts. After that, it inspired me to do different forms of art. I like to continue do art in the future.

SMD girls, Lhakpa Bhuti and Tsewang Dolma were selected to play in the Tibet Women's soccer team in Vancouver, Canada. They competed in the Vancouver International Soccer Festival (VISF) for the first time. Here, they shares their experience of 3 weeks in Canada with TTE:

Lhakpa Bhuti: After the VISA denied from the US, Tibet Women's Soccer team got an invitation from Canada to compete in the Vancouver International Soccer



Festival (VISF). I with Tibet women's soccer team went there to play soccer in Vancouver. Everything was new for me as well as experiences. There were more than 32 different countries to participate in the soccer festival. We played against Canada, Iran, Portugal and Poland. While playing soccer, I learnt more about the team work, cooperation and communication. I got an opportunity where I got chance to experience the outer world and different cultures of Canada. Meeting SMDers in Canada was the best part of my journey which I felt like, we are back to SMD.

The most important thing that I learned on this trip was; **"Every new place is the new journey and gaining experiences is the most valuable. Keep on going. Never give up! Grab every opportunity and it will be success for sure, one day."**

Tsewang Dolma: For me, the Canada trip was "SPLENDID"! I am so honored to be



in Canada. I have so much fun and bounded with a lot of jam packed activities. I felt like, I was not merely there for soccer tournament because I shared my life style with everyone I met, exploring the beautiful scenery, gathering with nice people, satisfaction of transportation and everything was deserving to be appreciated. The tournament went so well and I had amazing new experiences. I truly cherished the time in Canada. Through football, I got huge opportunity to see the world and I realized 'How football is so beautiful among the entire sports?' The best thing that I learned on this

journey was; **"Live on your dream and good luck a head."**

I am Pema Gyurme Lama from Nubri, Gorkha district of Nepal. I am former student of SMD School. I got a scholarship to study at ISAK(International School of Asia Karuizawa) in Japan. Recently, I finished my grade 10 as pre-IB (International Baccalaureate) at ISAK. My first year at ISAK was spent very well with awesome adventure and learning. I am more than happy to share my experience here with you, if you are one of new ones to go abroad for studies.



Generally, adapting with international community isn't easy at all and nor was it for me. But, it's only matter of time and how much effort you put in. When I went there for the first time, everything was new and unfamiliar to me. I wasn't used to the English-speaking life there like classes conducting in English, daily conversation and all. Academically, I had problems understating teachers' different accents. But as you move on, language won't be a problem once your tongue gets a proper taste of it. So, it's very important to improve your English language before going abroad. Reading novels will help you!

Being at ISAK as a diverse community, I learnt a lot of new things like growing up in a real world. International community has diversity; you'll see varieties of perspectives over the same thing. There'll be clear arguments and discussion but with great respect to each and other's opinion. I like that part, the most at ISAK. Your opinion might be taken in or not always accepted. Sometime, your opinion not being accepted and counterfeited by other people with several reasons, logics and facts that they know. This could be very offending at first but as you move on, this will turn out to be the best way to learn with your friends and people around you.

Last but the most important, making new friends in the place that you just arrived is quite hard. For me, being somewhat an introvert person, making friends wasn't easy as other people find it. I needed like some kind of medium to get to talk with people. So, I joined lots of clubs and activities to know people with similar interest as mine. I made friends easily through those mediums and also my personal jokes which made people laugh and talk to me. This is how I got to know many people around the school.

I hope, some of this tips will help you when you go abroad. I have shared this tips through my experience. For your information, it may not work every day.

BRANCH SCHOOL COLUMN

Branch School teachers designs a new Basketball Court



More than 3 months ago, branch school's principal, Lama Kunchok Dorje initiated to construct basketball court for the school monks. The school principal and teachers have been designing, painting and constructing the basketball court for a while. Right now, the construction is almost finished. The kids are eagerly waiting to play on the new court. According to the school principal, Lama Kunchok, the basketball court will be completed within a month. Lama also states, 'I think sport is very important part of our life, especially for small kids as it helps them to grow healthy and helps to decrease their stress and attachments. Therefore, I initiated to construct the court as we don't have enough place to play.'



Students' View

Sangpo Norbu, grade 3, M682: I am very happy as our school principal had initiated to make basketball court for us. We have only soccer pitch for us to play. But, some of the students are interest in playing basketball and I am one of them. I don't know, how to play and it's rules. I hope to learn from my teachers. I am very thankful to our beloved principal for the dedication and care for the students.

Dawa Dorje, grade 3: I want to thank the principal, Lama Kunchok because he have been doing a lot of good works for the school and students. Right now, he and school teachers are working on new basketball court to foster the school's co-curricular activities. I am very excited to play and learn from the teachers.

Karma Mingur, grade 5: I am both happy and excited even though I don't know how to play. Thank you everyone who have contributed their hands in making of new court. I will learn basketball skills and techniques from the teachers and I will become one of the best players in basketball at school.

Yet again this year, some of the SMD graduates, who were willing to give a year service were sent to different monasteries, nunneries and schools. For the first time, the SMD graduates; Shova Lama from Helambu and Dawa Sangmo from Tsum is giving a year of service at Manjushree School, 15 minutes a walk from SMD. Here, they shares their experience:



Dawa Sangmo: Being in a different environment was a quite hard for me. Everything was new to me but gradually I got adjusted. Teaching is not as easy as we think. It's really hard, when your students have different learning capabilities. Right now, I'm trying my best to teach them in a different methods that I have learned from teaching training conducted at SMD. I hope, the kids get to learn and understand easily from my new methods. However, I am very blessed and thankful to SMD for giving me this wonderful opportunity to teach similar kids like of SMD.

Shova Lama: Firstly, I'm very thankful to SMD for giving me a chance to give a year service to a place where there are kids having similar situation as SMD. At first, it was a quite hard for me to get adjusted in the Manjushree School. Now, this school is like family to me. Becoming a responsible guardian or teacher is not as easy as we think. For that, we have to come out more than ourselves. Right now, I'm working on it. There is no thought coming in me that this year will be waste for me because I am learning leadership and life skills. I hope to learn more new things in the future. Most

importantly, I am able to showcase my hidden abilities and able to understand who truly I am.

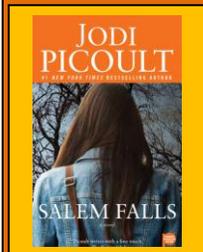
Passang Dolma Lama from Gorkha district who is studying in grade 9 at SMD was selected to attend the summer camp at ISAK (International School of Asia Karuizawa) for two weeks in Japan. The main aim of hosting the camp is to exchange the culture of different countries. Students from more than 30 countries attended the summer camp. Here, she shares her whole experience of her trip to ISAK.

Attending the summer camp at ISAK was a great opportunity and life changing break for me. I was so curious about everything over there because it was my first trip, outside of Nepal. Over there, I was really surprised to see the other students because they were brilliantly confident and friendly. Everyone had different perspectives from me and it encouraged me to give mine too. I am very glad that I met a lot of people from different countries and it gave me a different platform to learn new things. The staff over there were really supportive and always willing to help us in every ways. The hard part that I faced was I had difficulty in understanding what was going inside the class at the beginning because the education system over there was completely different from our school. So, I had to ask for help from some friends. Gradually, I got hold of how things worked and I was good to go. The best time I had was in the mindful mixed media class. It teaches about focusing on one thing, creativity, and concentration (like a meditation). This class always made me excited. During my 2 week stay at ISAK, I learned to bring positive changes in myself and my community. There is no wrong and right when it comes to giving opinion and we must respect each other's opinion at the same time. I am really thankful to ISAK for giving me this experience because it changed me in a way that I can face every difficult step in my life as a challenge and turn my weakness into strength, in a positive way.



མིཚོ
 ལྷིང་བཏང་མི་ཚོ་ཞིས་པའི་ཐ་སྐད་དེ་འགྲོ་བ་རིགས་དུག་རྒྱུ་ཀྱི་སྤྲོ་བ་དང་འབྲེལ་བའི་ཚོ་
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 མིང་ ལྷན་མཚན་ རྩོམ་སྐོར་གང་ལ་ ༥༠༠ འཛིན་སྐྱབས་ལུ་

Salem falls by Jodi Picoult



This book is a fiction based story written by a female novelist. It is a passionate tale of love and mystery and about an unfortunate man who finds himself falsely accused of sexual harassment twice in a short period of time. Dr Jack was a football coach. He was close to the entire female student. Eventually, a girl who was close with the coach wrote a diary that contains her imaginary affair and intercourse with teacher. Later, her father discovered the diary and the coach is sued with a sexual felony charge against him. Jack ended up enduring 8 months of jail and got fired from his job. Few months after his released, he again faced another rape charge sued by a teenager, Gillian. But this time he is in love with his employer for whom he decided to fight for. Yet the question remains, will he win against Gillian and her dad? Will this story reveal the actual rapist of Gillian deacon? Read to find out. This novel keeps you stick to it from the very beginning to its brilliant conclusion. If you are interested then I recommend you to read this book. **Reviewed by Yangchen Dolma, Cl:9**

SING FOR JOY!

फुलको आँखामा-आनी चोइङ डोल्मा
फूल को आखाँ मा फूलै संस्कार
काडा को आखाँ मा काडै संस्कार
झुल् किन्छ है छायाँ बस्तु अनुसार
काडा को आखाँ मा काडै संस्कार ।।
चित्त सुद्द होस् मेरो बोलि बुद्ध को
मेरो पैतलाले किनै नमरोस्
रामो आखाँ मा फूल छ रामै संस्कार
काडा को आखाँ मा काडै संस्कार ।।
तह-तह जुन देखु कालो राते मा
जीवन सझैत सुनु म सुख पाते मा
सङ्गो मनमा फूल छ है सङ्गै संस्कार
काडा को आखाँ मा काडै संस्कार ।।

Little kids gets to hear Bedtime stories

From 5th August, 12 students from grade 5 and above started to tell bedtime stories to little kids for 15-20 minutes, initiated by the School Director, Shirley Blair. Bedtime story is influenced by western countries where the readers learn to deliver good speech, builds their leadership skills and confidence level. Whereas, the listeners (kids) improve their ability to listen, imagine, dream, wonder and develop their creativity. Lobsang Wangmu, one of the story tellers of grade 9 shared, 'I found this bedtime story theme very useful and I am sure, this will motivate the younger kids to read more story books and to explore the wonders of books.'



Fire Extinguisher demonstrated at SMD

On 2nd of August, emergency commanders and the school administration team demonstrated the fire extinguisher to whole the SMD family. The main aim of fire drill demonstration was to make aware about how to use the fire extinguisher. So, when fire occurs, anyone of SMD family can extinguish the fire. Yanchen Lhamo of grade 10 stated, 'It was important to gain knowledge about fire drills and I am so grateful for providing us this learning opportunity.'



Every year, SMD administration team sends two SMD graduated girls to Thrangu Tara Abbey, who are willing to give a year of service. This year, Youden Lhamu from Nubri of Gorkha district and Tsewang Diki from Nar of Manang district is giving a service at the nunnery for a year. They shares their experiences to TTE:

Youden Lhamu: I am very blessed to get an opportunity to give a year service at Thrangu Tara Abbey. I am experiencing many new things, day after day. I got to chant and learn new prayers whereas, my Tibetan speaking is also quite improving a lot. I have been getting chance to listen and learn Buddha Dharma teachings at SMD. Here, I am able to learn more about it. I am giving tuition to both big and small nuns, mainly in English language. This helps me to improve my teaching skills. I feel lucky to get a chance to serve at the nunnery as I prefer, life is a purpose for helping others and making people happy which ultimately makes myself happy too. So, help everyone, believe in yourself and love yourself.



Tsewang Diki: I started my a year service from 16th May, 2017. It's already been three months. Within these three months, I have learned a lot and I am hoping to learn more in the coming days. Being a teacher is a big responsibility. I have been applying many techniques that I saw and learned at SMD. The teaching methods that I have trained at SMD has become a very useful to me. I'm glad that we are learning many things related to our culture. At the Thrangu Tara Abbey, there are different things to learn as there are different clubs too. I am enjoying my work with small and big nuns. I am extremely thankful to my root Lama, Khenchen Thrangu Rinpoche for giving me yet another opportunity for my future. I will give my best at Tara Abbey.



पानी

हिमालबाट बग्छ सधै, कसैको भरमा नबसेर ।
सबैको भर बन्दै बग्छ, कहिले पछाडि नफर्केर ।
देशको बिकास त्यही हो, जहाँ पानी बगेको हुन्छ ।
संसार प्रतिकुल हुनुको कारण, जब पानी जमिनमा लुक्छ ।
जब जल रिसाउछ, संसार उसले बगाउँछ ।
जब वातावरण बिगिन्छ, हरियाली उसले लगाउँछ ।
पानीको बग्ने धुन मिठो हुन्छ, बग्छ सधै स ल ल ल ।
त्यस्को स्वादको कुरै छोडौं, पिउदा हुन्छ क ल ल ल ।
रक्षा गरौं पानीको, एकमा एक मिलाई हात ।
दुःख पाउने दिन आउँदैन, हुन्छ एकमा एकको साथ ।
नामः गोनक्यप छिरिङ्ग
कक्षाः आठ



Noah Hussain, a SMD volunteer shared his best experience at SMD.

I had the privilege to be able to work as a volunteer at SMD for five and a half weeks. I taught English, math and computer science. In addition to that, I helped students during self-study time.

From the minute I arrived, I felt welcome and accepted by everybody. In fact, SMD isn't just a school, but a family. It touched me deeply to see how students take care of each other. I learnt so much during these weeks. Not only about teaching and its challenges, but also about a different way of life. Time flew, I was having such a good time and I'm so grateful for this unique experience. I would have loved to stay longer and will miss my new friends and all the happy and friendly faces back home in Switzerland.



Inter-House Chess Competition held

On July 23rd, the house captains organized an inter-house chess competition between the three houses. The game was in league system which was categorized into boys and girls section. Sangay lama of grade 9 from Srongsten House won from the boys section whereas, Sunita Pariyar of grade 9 from Sambhota House achieved victory in the girls section. Tsering Youden, an onlooker exclaimed; 'The players played very well and it was very competitive and interesting to watch.'



Handwriting Competition organized in all three languages

Handwriting competition in all three languages (Nepali, English and Tibetan) was held from 7-9th August for the whole kids of SMD School in the dining hall. It was organized by an event manager, Tenzin Loden. The participants were from grade 1-9, where it was categorized into two section i.e. junior and senior. The School Principal, Acharya Wangchuk Tenzin distributed the prizes to the first, second and third position holders in the assembly.



Think Healthy, Be Healthy

A Migraine

A migraine is a severe and painful headache. They can be preceded or accompanied by sensory warning signs, such as flashes of light, blind spots, tingling in the arms and legs, nausea, vomiting, and increased sensitivity to light and sound. Women are three times more likely than men to have migraines. The excruciating pain that migraines bring can last for hours or even days. The cause is still largely unknown and they tend to affect people aged 15-55.

Treatments for migraines

There is currently no single cure for migraine; treatment is aimed at preventing a full-blown attack, and alleviating symptoms if they come. Some lifestyle alterations might help reduce migraine frequency, including:

- ✓ Getting enough sleep
- ✓ Reducing stress
- ✓ Drinking plenty of water
- ✓ Avoiding certain foods
- ✓ Regular physical exercise

If the above changes do not alleviate the symptoms or frequency of migraines, then visit the clinic or hospital for checkup.
-TTE Editor

Brainteaser

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?
2. What is black when you buy it, red when you use it, and gray when you throw it away?
3. What belongs to you but others use it more than you do?
4. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

Answer(s): 1=An apple a day keeps a doctor away!
2=Charcoal 3=Your Name! & 4=NOON! Source:WWW.doriddles.com

Laugh Out Loud

'Laughing is the best medicine.'

A three year old child walked over to a pregnant lady while waiting with his mother in the doctor's office.

He inquisitively asked the lady, "Why is your stomach so big?"

She replied, "I'm having a baby."

With big eyes, he asked, "Is the baby in your stomach?"

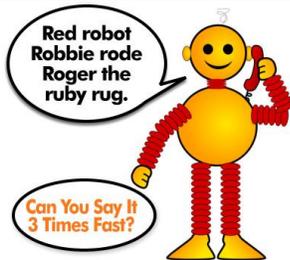
She said, "He sure is."

Then the little boy, with a puzzled look, asked, "Is it a good baby?"

She said, "Oh yes. It's a real good baby."

With an even more surprised and shocked look, he asked..., "Then why did you eat him?"
Source: www.jokes-best.com

Twist Your Tongue



Source: www.funnyiokestar.com

Interview with the School New Nyerpa, Lopen Karma Tashi Palden



"I feel very motivated to serve according to the philosophy of Rinpoche because, eventually, it is about helping needy ones. This is what Buddha Dharma teaches me."

Q.1: Every now and then, the students are eager to learn about our new Nyerpa. Can you tell us about yourself in brief?

Nyerpa: I am Tashi Palden from Naryanhan of Sindhupalchok district. At the age of 15, I became a monk at Thrangu Monastery. After six years, I went to retreat for 6 months and after that I joined *Shedra* (monastic college for higher studies of Buddhist philosophies). After completing my *Shedra* in 8 years, I was appointed as a discipline in-charge of *Shedra* monks up in the Namu Buddha. In 2013, I went to India and served as a teacher for a year at Thrangu Vajra Vidya Institute. Later, I was appointed as a *Nyerpa* at the same institute. It's been almost three years, I have been working as a *Nyerpa* there till I joined at SMD as a new *Nyerpa*.

Q.2: How did you feel when Rinpoche appointed you as the new Nyerpa of SMD School?

Nyerpa: While I was serving as a *Nyerpa* at Thrangu Vajra Vidya Institute, the senior *Shedra* teachers were recommending me to work as a *Shedra* teacher but eventually, Rinpoche asked me to serve here at SMD. At the very beginning, I felt so shocked because I was honestly not expecting that! Whereas, I was very happy too because I always enjoy being with small kids.

Q.3: Till now, did you face any difficulties in your work?

Nyerpa: For now, everything is going okay. Slowly, I am learning everything about the school. But there are some difficulties at knowing the names of teaching and support staff at the school. Gradually, I will learn and get to know them too.

Q.4: It has not been long that you started serving at SMD. However, in this short period of time, what do you think needs to be improved at SMD?

Nyerpa: Right now, I think almost everything is going smooth at SMD. Recently, I felt that there is a really need of concern for the emergency plan. As being one of the emergency commanders, I noticed that the students, support staff and teachers are not quite awake about the emergency plan whether it is extinguishing fire or preparing ourselves during emergency or disasters. So, I think it is very important to know some basics things to do before, during and after emergency and disasters.

Q.5: Do you like the atmosphere of SMD? What is your opinion about SMD kids?

Nyerpa: Yes of course, I really like the environment of SMD as the kids are very friendly. Before, I was working with big monks. I have never get chance to work with small kids. This time, when I get to work with the SMD kids, I am very happy to be around. The best thing that I like about SMD kids is that the seniors and juniors love, care and stay together like a family.

Q.6: What are your future plans to improve SMD?

Nyerpa: Of course, I want to improve the emergency plan at SMD. Besides, I am planning to help the kids in sports sector, especially for girls. Usually, I don't see girls playing games. So, I want to encourage girls to play more. If needed, I will discuss with school administration team for the inter-school tournaments, mainly for the girls.

Q.7: What motivates you to serve for Very Venerable Khenchen Thrangu Rinpoche?

Nyerpa: First of all, I have grown up with the blessing of Thrangu Rinpoche. This will always motivate me to serve Rinpoche. Whereas, I feel very motivated to serve according to the philosophy of Rinpoche because, eventually, it is about helping needy ones. This is what Buddha Dharma teaches us.

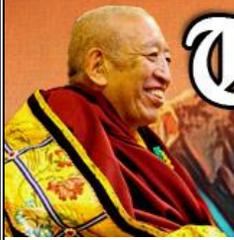
Q.8: Any message to the readers.

Nyerpa: I would like to thank Thrangu Express team for taking interview of me. I would like to request every reader to keep supporting TTE (The Thrangu Express) team for their hard work and dedication towards Rinpoche. Furthermore, I would like to request every one of you to work from heart and remember Rinpoche's aim while you are serving for V.V Thrangu Rinpoche.

CARTOON OF THE MONTH



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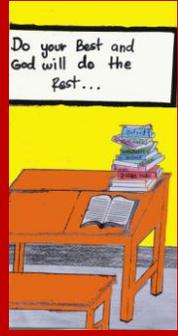
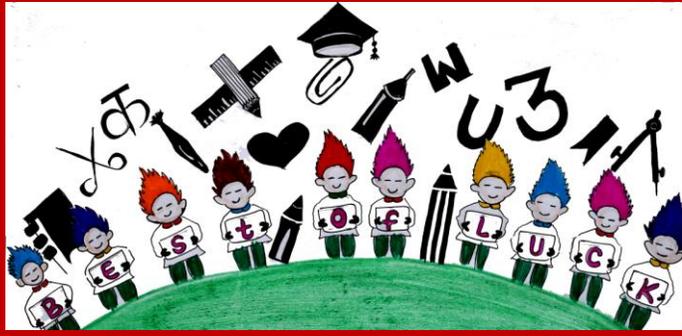
The Thrangu Express

Voice of himalayan children



DONT STRESS
DO YOUR **BEST**
FORGET THE **REST**

All the best...



Dear SMD students,
Since, our first term exam is coming soon. I wish you all good luck for your exam. Exam is the time to express all your knowledge and view in a sheet of paper. So don't take exam stressfully instead make a habit of reading books daily so that you don't have to face any difficulty during exam. **STUDY HARD AND STUDY SMART!**
-Tsering Dolma, grade 10



**IT'S EXAM TIME...
TO SHOW THE WORLD
HOW GOOD YOU ARE.
ALL THE BEST!!!**

**KEEP CALM
AND
DON'T PANIC.
BE READY!**

To All the SMD kids,
I wish you all good luck from our side. Hope you all are well prepared for your upcoming exam. Don't waste your time and study hard. Be good and do well.
-Munu Rana, Deputy Head



**EXPLODE THE EXAM!
AVOID LAST MINUTE
CRAMPING...**

Dear my sisters and brothers,
We know that our exam is coming near so I want to wish you a good luck for that. I hope you will pass the exam with good results. Please take care of your health as well. -
Tsering Palmo, grade 4



Dear students,
"Stress, tension and anxiety are not going to get you anywhere if you let your fears overpower you." I wish you **Good Luck** for your upcoming test. I am sure you will emerge as the best considering all the time and effort you will invest. I hope that you beat the crap out of your test. **P.S;** you are bound to emerge as the triumphant **winner.** Take your **EXAMS HEAD ON** without any fear!
BEST WISHES FOR YOU.
-Dolma Lhamo, grade teacher

**GIVE YOUR
BEST!
DON'T FORGET 2
REST!**



Dear every one,
Firstly I would like to wish you best of luck for your exams. I would like to say study hard. May you will get good marks in all the subjects and I want to see happy faces on results day.
-Tenzin Dorje, grade 1



Dear exam takers,
I wish you all the best!!! Do remember to sleep well, whatever result the examiners may give you, 'high' or 'low' know that this is no deep indication of the person you are. Study your best for the sake of knowledge. Fear not and enjoy this time.
-Nik, School Volunteer

**TO PASS THE EXAM,
YOU DON'T HAVE TO BE A
BOOK WORM!
JUST STAY COOL AND
STUDY YOUR BEST...
STUDY SMART NOT HARD!
OUR WISHES ARE WITH YOU!
'BEST OF LUCK'**

