



The Thrangu Express

Voice of Himalayan children



Sunday, 31st December, 2017

Issue: 06

SMD (Tashiling) School

www.himalayanchildren.org

SHOT OF THE MONTH



SMD Family wish you a joyous, bright, healthy, prosperous, and happy 'New Year' ahead. Happy New Year, 2018!

THOUGHT OF THE MONTH

"Each New Year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer."
-Peggy Toney Horton

Highlight News

ASA executes Another Project



Yet again, the 'After School Artists' (ASA) has started another project for the small kids of SMD School. On 23rd of December, they started painting the children's park under the guidance of Sangita Tamang, one of the leaders of 'After School Artist'. Furthermore, they will do art on the wall of children's park. Small kids are eagerly waiting to play around the comfortably decorated and designed children park. One of the member, Gyaltsen Lama stated, *'We have been planning to paint the children park for a while. Now, we are literally working on it. We really want to paint a colorful and art cartoon characters which are loved by the little kids.'*



Dharma Column: "All that we are is the result of what we have thought." -Lord Buddha

Are You Angry?

"When reason ends, then anger begins.

Therefore, anger is a sign of weakness." -H.H 14th Dalai Lama

The definition of anger is being unable to bear the object, or the intention to cause harm to the object. Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. When we experience anger very strongly from inside of us, there is no concept at all and our actions are illogical. They are very stupid. If you look at them after a few hours, a few days, or a few weeks, we will see how stupid they were. That is because they were coming out of total nonsense.

"Anger is like fire; in a moment of carelessness it can destroy everything you have built." - Anonymous

Here is story to learn... A BAG OF NAILS!

Once upon a time there was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he should hammer a nail in the fence. The first day the boy had driven 37 nails into the fence. But gradually, the number of daily nails dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally, the first day came when the boy didn't lose his temper at all. He proudly told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

"You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out, it won't matter how many times you say 'I'm sorry', the wound is still there."

...ARE YOU STILL ANGRY???

Thrangu Rinpoche's 85th Birthday Grandly Celebrated

On 28th of November, Thrangu family grandly celebrated the 85th birthday of the V.V. Khenchen Thrangu Rinpoche at Thrangu Tashi Yangtse Monastery, Namobuddha. There were more than thousands people who attended the auspicious birthday of Rinpoche. Several honored guests also attended the birthday festivities, including: Zuri Tulku Rinpoche; the President of the Nepal Buddhist Federation; the Central Tibetan Administration representative; and the Mayor of Namobuddha.



In the morning, the ritual program from Thrangu monks and nuns were demonstrated in the presence of Rinpoche in the main shrine hall of the monastery. It lasted till noon. The best part was Zuri Tulku Rinpoche bestowed the long life ceremony, and aspirations were made for the flourishing of the long life and Dharma activity of H.H. the 17th Karmapa and Thrangu Rinpoche. Joy was in the air and a strong sense of family and happiness still pervades.

Around 4 o' clock in the evening, Rinpoche graciously turned up for the cake cutting ceremony and the culture show. Everyone sung along to wish birthday to Rinpoche whereas, Rinpoche thankfully cut the cake. It was a very blessed and happy moment to be cherished. After that, the culture program from SMD School, Branch school monks and local singers were presented in front of Rinpoche. One of the dancers of SMD School expressed, *'Even though, we were not able to showcase all our culture dances due to lack of time, we are very blessed and honored to have a glimpse of Thrangu Rinpoche on his birthday.'* One of the highlight events of the day was that the 'After School Artist' of SMD School held the 2nd art exhibition.

In this way, the grand and peaceful birthday celebration of Thrangu Rinpoche was concluded.



EDITORIAL COLUMN

Thanking SMD's Sponsors!

*There is no doubt that the sponsors are the backbones of SMD.
All in all, they are the fuel of SMD.*

SMD is a non-profit school, running successfully for 30 years with the blessings of the V.V. Khenchen Thrangu Rinpoche. Did you ever notice that SMD and the word 'non-profit' has always been sharing space together since 1987? Have you ever realized that SMD is still the best at providing first-class facilities and quality education to the students? Furthermore, SMD is able to run smoothly and suitably, till date. All this is possible due to the consistent assistance from the sponsors, donors, supporters, volunteers and well-wishers throughout the world. They are the saviors of SMD School. Without them, it is hard to achieve what SMD has achieved now.

Almost, every kids of SMD is fortunate to have his or her own sponsors as their savior. SMD kids has been getting, from toothbrush to everything. Let we be reminded, that most of these caring and giving sponsors are not from well to do family and they are not rich people. Still, they are sponsoring SMD kids. They have been skipping meals and compromising anything within their life to save money for the brighter future of Himalayan children of SMD. They really understand and are emotionally attached to the hardships of poor people.

With the immense support from sponsors, many SMD graduates are independent enough to live their own life. Many of them have become successful people in their life. Some are doing their further studies. Still, more good news to come on its way.

Each and every day, SMD is celebrating sponsor's day and remembering them in prayers. This is a big reason that SMD doesn't have Sponsor's Day. Consequently, SMD family would like to express deepest gratitude to all the sponsors. SMD will never forget the kindness and hardships that the sponsors are doing for Himalayan kids. Moreover, SMD family would like to wish 'Merry Christmas' and 'Happy New Year' of 2018 to every sponsors, donors, supporters, volunteers and well-wishers. To be honest, there is no doubt that the sponsors are the backbones of SMD. They give strength and will power to boost the SMD. All in all, they are the fuel of SMD.

One of the SMD alumni, Pema Nurbu Lama from Prok village has been teaching at SMD for more than 10 years. Here, he shares about his life and experience at SMD.

When 'The Thrangu Express' team requested me to write about my life and experience at SMD, I felt honored and overwhelmed. There's so much to share yet only few words that I could translate my feelings into.



SMD has been my home since the cold December of 1991. I was initially brought to Kathmandu to become a monk but then the former director, Mr. Tenzin Namgyal convinced my parents to keep me at school since the school was targeted to support and impart education to the children of Himalayas. That is how, I got admitted to SMD. My school life has been the most beautiful part of my life because it was then that I learned to read and write, enjoy sports, differentiate right from wrong, respecting others, being good, kind, compassionate, forgiving and above all, living in unity. It was then that I met the best of friends that has and will last a lifetime.

After graduating class 10, I did my high school in town during which I studied computer as my major subject. While I was doing high school, I was also serving as an office assistant at SMD.

I wanted to continue my further studies in film study but back then since there was only one film school, the student's enrollment was always full. Moreover, the timing of the school was not suitable for me because it was for almost a whole day and I had to work because my parents were suffering from a huge debt. So, I started working as a teacher and at the same time, I joined a three years computer course.

I have been a teacher since then and have enjoyed every part of it. I have learned more by teaching than all the years combined that I have been in class. When I look back and think of my time at SMD, there's nothing that I would like to change. Sometimes, I think to myself, what would life be like if I were not admitted to SMD and the answer is always clear; difficult, worst and unimaginable. Today, I feel healthy, happy and being able to support my family. What more could I ask for?

Whoever, I am today is all because of SMD and everyone associated with it. Taking this opportunity, I would like express my gratitude to our founder, the V. V. Khenchen Thrangu Rinpoche for his farsighted thoughts, compassionate actions, and for creating this beautiful home for the children of Himalayas. My heartfelt thanks to everyone working tirelessly and supporting our school from different parts of the world. All I wish for SMD is more success and be able to run for many years.

ART GALLERY



Art by Chogyal Dorje, M372



Art by Namkha Tseten, B05a

KNOW ME

Name: Tsering Phuntsok 'A'
Admission No.: M791
Age: 7
Grade: KG'A'
My village: Lho, Nubri
My favorite color: Yellow
My favorite subject: Math
My favorite game: Football
My favorite teacher: Tenzin Sangmo
My favorite food: Chowmein
My best friend: Tashi Dorje Lama
My aim: Good Monk
My hobby: Reading books!



BRANCH SCHOOL COLUMN

Thrangu Monastery Distributed Blankets to Local People



On 16th December, around 1340 high quality blankets were distributed to the localities of Namu Buddha sponsored by Ms. Betty Lam of Canada under the supervision of Thrangu Tashi Yangtse Monastery for the long life and good health of the V.V. Thrangu Rinpoche. Tulku Damchoe, Lama Khamsum, Lama Sonam, representatives from Namu Buddha municipality and Thrangu monks were presented during the event. They helped to distribute the blankets. Before that, representative of Namu Buddha municipality explained about the donation of blankets. Villagers were happy and thankful for the warm blankets, especially during this cold winter. Thrangu Tashi Yangtse Monastery is very much thankful to Namu Buddha municipality for their cooperation and support.

Ashmita Lama, local people of Namu Buddha shares her views:



In my opinion, distributing blankets is very helpful for the local people because most of the people are still unable to afford, even a blanket. So, I think it has really helped localities. I am in extreme delight and it has benefitted me, too.

As winter approaches, the cold wind blows very harshly at Namu Buddha. It is very helpful for the ones who are poor and it is helping to keep them warm in winter. At the end, I want to extend my deepest gratitude to the V.V.

Thrangu Rinpoche for helping people around here and developing the lifestyles. I also like to thank Betty Lam for donating the blankets and all the people who have supported directly and indirectly to make this event successful.

NEW VOLUNTEERS AT SMD

This December, Phuntsho Choden, who have finished grade 12 and Youden Lhamo, who have completed grade 10 from Bhutan came to volunteer at SMD School. They will be here for 2 months. Similarly, they are assisting in both academic and hostel hours.

Here, they have shared their experiences on their first visit and reflection of SMD to them.

Phuntsho: *The purpose of life, after all, is to live it, to taste experience to react out eagerly and without fear for newer and richer experience.'*

Shree Mangal Dvip Boarding School is an amazing school. I like the facilities and the life of boarder students. While staying, I got to learn



Nepali language from the students, out here. Students are really supportive and friendly. Coming here for the first time, I thought I will never make friends as I am not good at making friends. But now, I got lots of friends. I didn't expect that at all. Especially, the small kids are cute and nice. I like them the most. All the students and teacher treat us like their own family. I didn't expect

that I would fit in this school so easily. I thought my 2 months will be so boring but within few days only, I am really enjoying! Now, I am pretty sure that I am going to enjoy my stay out here. I going to make lots of memories with students and look at it back when I am 50 years old woman, with white hair and smile without teeth.

In the future, I am looking forward to volunteer in this school. Again, experiencing the life of teacher. I would like to mingle with the students as it teaches me lots of new things. A good advice comes from bad experience and experience is the best teacher.

Youden: Shree Mangal Dvip School is an extremely great school that I have ever seen. As the member of the school are so kind, they treat me like their



own. I was really not expecting this from the school members. The most important things, I got lots of new knowledge, got to experience many new things like got to stay in boarding school for the first time. I gained confidence to face with new people, talk in crowd and with the elders too. As the saying goes "experience how life catches up with us and

teaches us to love and forgive each other." This quote suits my life after coming to this school. The rules of the school are different from our school. That's one reason, it was hard for me to adjust to different environment but my new friends are helping me a lot. The students are very talented and creative too. It shows that they have been treated well from teachers. I would like to study in SMD but as the school has only class 10 and I have done with my grade ten. I am not that lucky to got opportunity to study here. Finally, thank you administration team for letting us to volunteer at SMD and to everyone for your warm hospitality and accepting us as part of SMD family.

Australian Teachers augmented SMD Teachers' Teaching

On 11th of December, a bunch of Australian teachers came with a project to share their teaching experiences with SMD teachers. The 12 teachers from 4 different schools of Sydney came voluntarily for the project. The project was conducted for a week. Basically, the Australian teachers individually worked with the particular SMD teacher. So that, it will be easier and helpful to share their teaching experiences. It was done in a peer work. According to the leader of the project, Rose Mary shared, *'We have new and different teaching opportunities in Australia as compare to Nepal. Consequently, we want to share those experiences to SMD teachers for the benefit of SMD kids.'* Everyone of them enjoyed being at SMD School and they were pleased to give contribution.



Here, some Australian teachers shares their experiences of being at SMD.

Bodhidasa: *Being able to visit for even a short time is a great blessing. Each and every child whether lay or monastic has been kind, curious and brought a smile to my face. I hope we have been helpful in supporting your teachers. We only want Nepal to grow stronger and be a beacon of hope in the world. Every day at SMD has reminded me of why I am a Buddhist.*

Rose Mary: *Everyone has been very welcoming. The students are a joy and are very engaging. The staff that we have met have been open to our ideas and willing to give new things. Also they are very friendly. It has been lovely to have children meet the bus each morning. They have made us feel very welcome. I think SMD is a very special school made up of very special people.*

Sarah Mathis: *I have found it a very humbling experience. Your students are a credit to the school and everyone has been so welcoming. All your students are so happy and I can see how loved they all are. I am glad to have been able to contribute to SMD.*

Robyn Campbell: *It has been an absolute joy to work with the amazing Phurba and the fantastic 3B class. We have read stories together, sang, made fantastic dream catchers, Christmas trees and roses and shared in doing science experiments together. I have had the best time ever.*

Katrina James: *I have loved being at SMD. The students are so enthusiastic and happy. We have been made to feel very welcome and I have had fun sharing books and stories about Australia with many classes.*

Sarah Ueda: *The school has a wonderful community feel and is a happy place. The children are very responsive and open to new ideas. I have witnessed a high standard of teaching in the classroom with a teacher who obviously cares a lot about her students and enjoys being with them. I hope that the new things I have introduced will go some way to make math enjoyable for the students and the teachers continues in this job as she is a great teacher.*



Merry Christmas & Happy New Year

Everywhere colored lights and beautiful decorations,
People exchanging and sharing gifts to each other,
Wishing each other, 'Merry Christmas' and 'Happy New Year'!
Forgetting the bad memories and starting a new journey,
Enjoying our best and giving good wishes even it seems very funny,
Making everyone smile and creating a good relation.
Come and enjoy around the decorated Christmas tree,
No matter, even if we belong to another region,
Just remember we all are equal and free,
Go and give your best wishes to everyone.
Wishing you all, 'Merry Christmas' and 'Happy New Year'!
-Tswang Gyaltzen, Cl:7

Grade 10 Lifted the 4th Tsawe Lama Cup, 2017

On 16th of December, the most awaited soccer tournament of the year, the 4th 'Tsawe Lama Cup' kickoff between teachers and grade 8 with the goal of 2 equal at SMD School. Most prominently, the tournament was always played for the long live and good health of Thrangu Rinpoche. This year, it was organized by the school senior, Dorje Lama.

In between, the school girls and women teachers played a match in order to empower and encourage the school girls to play sports. The school girls were able to defeat the women teachers. The grand finale took place on 29th of December between 'School Seniors' and Grade 10. The school principal and the school director were presented on the finale. The game was very competitive and it was full of energy. At the end, the grade 10 got victory in the final penalty round. After that, the school principal distributed certificates to the winner whereas, the Nyerpa to the runner-up. Finally, the fair team was given to 'teachers'. One of the winner of Tsawe Lama Cup, Gyamtso Lama shared, *'We have been losing for two years by making to the finale. But, this time we reached the grand finale and we were also able to lift the Tsawe Lama Cup. I feel so delightful and satisfied for winning after a long wait. It was a moment to be cherished.'*



Think Healthy, Be Healthy

Staying clear of Sinusitis

Sinusitis, also called a sinus infection, is an infection of the air-filled spaces that are located within the bones in and around the nose. An infection occurs when the body's immune system is unable to stop harmful bacteria, viruses or fungi that have been introduced into the sinuses.

As a result, congestion, headaches, coughing, running nose as well as post nasal drip symptoms make people feel miserable during winters. Sinus problems occur when homes are closed and there is no proper ventilation. Children with sinusitis may be irritable, have to breathe through their mouth, and have difficulty in eating. Their speech may also sound nasal.

Most people with sinusitis will feel better within two or three weeks and can look after themselves at home.

To stay clear of sinusitis this season:

- ✓ Wash your hands frequently.
- ✓ Make sure you get enough rest.
- ✓ Eat healthy!
- ✓ Drink plenty of fluids to avoid catching a cold.
- ✓ Reduce your stress levels.
- ✓ Keep exercising your body.
- ✓ Flush with saline solution preventively.
- ✓ Stay away from dust.

-TTE Editor

BRAINTEASER!!!

1. A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?
2. You walk into a room with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?
3. A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?
4. What two keys can't open any door?

Answer(s): 1=The woman is blind and is reading Braille. 2=The Match! 3=His horse's name was Friday! & 4= Monkey and Donkey!

Source:WWW.doriddles.com

Laugh Out Loud

'Laughing is the best medicine.'

A student was flying back home and reach to the airport counter and speaks to the counter officer.

Tsering: Sir, here is my passport and the ticket.

Officer: Ok, it's all right! May I check your luggage?

Tsering: Ok, here it is! But, I would like to send my green suitcase to Hawaii and my red suitcase to London.

Officer: Looking confused, 'I'm sorry ,we cannot do that?'

Tsering: Really? I am so relieved to hear you say that because that is what exactly you did to my luggage last year.

Source: www.jokes-best.com

Twist Your Tongue!

Source: www.cookingwithlanguage.com

TONGUE TWISTERS

If two witches would watch
two watches, which witch
would watch which watch?



Interview with the Leader of Australian Teachers, Rose Mary

"Most importantly, be your own person, respect everyone's opinion and care each other. It's the compassion and the universal value; not just Buddhist value, I think everybody can be compassionate to each other."



Q.1: Can you please introduce yourself?

Rose Mary: My name is Rose Mary. I am from Sydney, Australia. I have been teaching all my life . It has almost been thirty years that I have been teaching. From very young, I started as a sport teacher after that I taught history and geography. Later on, I became a religion teacher who teaches about the global world what the religion is. I love teaching to the high school students. I always had the great time with them. We used to had a lot of discussion. I found teaching has helped me a lot. Besides, I love kids as they hold a beautiful heart and the ability to change the world.

Q.2: Can you describe about the teaching project that you are conducting at SMD School? What are your motives behind it?

Rose Mary: When the earthquake came in Nepal in 2015, a friend and I wanted to help the people here. So, in July, we came up to visit Nepal and we raised a small amount of money. We were trying to do what we could do? What could be reasonable? It was a huge task. So, we visited a lot of places and talked with the people. A man named, Raju brought us to the SMD School and we met Shirley Blair, the director of the school. She showed us all the damaged parts of the school. We just looked at each other and thought, this is too big and we can't do anything. We don't have the resources to help the school. And then, I thought, we could do the teaching! So, we thought of sharing our teaching experiences with the teachers and students of SMD. In Australia, we have lots of teaching learning opportunities as compare to Nepal. So, we wanted to share some of those opportunities, here. When I got home, I talked to my school principal, Barbara Stunt. She has been to Nepal with me before. We also had done some teachings in different schools. So, we talked what could be done that would be beneficial for both the students and teachers having lasting impact. That's how, we came up with this project. Actually, Barbara designed this project. She gave us the lecture about to approach, talk and work with the people. Our motive is to help students, teachers and people. We have different experiences and we wanted to share our experiences to SMD.

Q.3: Since, you are the leader of this project, how you managed to gather everyone in the group?

Rose Mary: One of the thing is we all came from different schools of Sydney. We invited Shirley to come in Australia and she came last year in November. She stayed there for a week. In that time, Barbara organized to visit lot of schools; the schools who has strong services or schools that might be interested to involved. We talked with the principals, we talked with the staff and asked them if they would be interested. Optimistically, most of the schools said they are interested. Out of that, now we have 12 teachers from 4 different schools. One of them, Bodhidasa is from the only Buddhist school in Australia. I got to know all the teachers, last year. I think, they are very good teachers and a wonderful leaders.

Q.4: You guys are staying here for a short period of time, do you think, you guys need more time to assist SMD teachers? Do you guys have any plans in the future to come back at SMD School?

Rose Mary: In some ways, yes! We love to but right now our teachers have given a lot of times and ideas to SMD teachers. Probably, it's good to leave now because it will give your teachers a time to settle down the information that we have passed down and it will make them their own. Moreover, it's important to know that the overload information is not good. So, I think a week is enough to share our teaching experiences. Yes, I would like to come back but if the school wants us back. I would like to bring new good teachers. We also have to look has it been useful or helpful to SMD teachers and students either, why should we waste everybody's time.

Q.5: How was your experience at SMD? What feedbacks are you getting from the teachers about SMD?

Rose Mary: I have a great experience. I met some great and terrific students, seen some fabulous classrooms, some little kids are so cute and they welcome us with so excitement. It feels so nice. People are so polite, says hello every time and shows respect. I think the kids are extraordinary. The teachers are also enjoying. Each night, we go back and talk about different success we have achieved at SMD. We suggest each other, if there is something we need to improve or work on it. The feedbacks has been very positive. They had a lot of fun. They are happy that they came all the way from Australia and they felt pleased to make a contribution.

Q.6: What do you think of SMD Kids? Would you like to share life goals tips to SMD kids?

Rose Mary: The students are wonderful. I think, every goal is different but there is a common thing and that is to work hard and do the best. If you did your best then be happy with what you have done. Sometimes, we really work hard at something but the work doesn't turn to be nice. At that point, rather than being sad just learn from it. Most importantly, be your own person, respect everyone's opinion and care each other. It's the compassion and the universal value; not just Buddhist value, I think everybody can be compassionate to each other. I think our goals should be in two levels. First, individually and second, globally! If everybody does a little bit, the whole world would be a better place. I know, we hear it a lot of times, but I believe it a lot. The last point, I would like to say is 'growing up is having fun too, don't forget to enjoy yourself. It's okay to play , laugh whatever it is, have fun.'

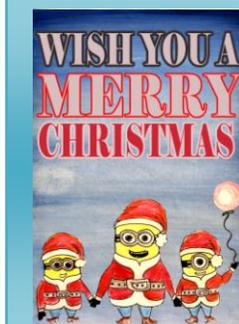
Q.7: Can you share your suggestions, feedbacks and opinions for the betterment of SMD School?

Rose Mary: One of your Buddhist value is put in practice. I came from Christian school and in that school, I like to see Christian value put in practice. I think that's important. It makes my students better people, I think your Buddhist values makes you better people. I really want you to keep practicing the Buddhist values. I think administration team are doing wonderful work to make your school best. They really care about the school. One thing, I like the most is that you all are like a family to each other; you all care about each other. It makes you very different from other schools. Keep it up. This is your home. I think that makes you special. You all are brothers and sisters.

Q.8: Any message to the readers?

Rose Mary: I would like to say maintain contact to everyone. This newspaper helps to maintain contact like network. Nowadays, it's very important to inform everyone. So, people will know what is happening here at SMD. Consequently, the people will support. This demonstrates what can be achieve in a loving and caring community.

CARTOON OF THE MONTH





The Thranqu Express

Voice of himalayan children



Yet again, another year is dusking whereas, new year is dawning. This 2017 has given us a memory to share, mistake to learn, new idea to gain, success to cherish and resolution to attain. Now, it's time to look forward to the year of 2018 that's about to start. So, with no doubt, you have some resolutions to fill this year.

What are your New Year's resolutions? How are you going to achieve your resolutions?



For me, the realistic goals to make in 2018 seem very important. Some of them, which I want to attain this year are building more experiences than just saying. Using your phone less as it distracts your attention in the academic field. Making excuses should be avoided. To gain level of confident, read more books. Try to learn something rather than sticking to the old matters and instead explore somewhere new, every day. Most important is to get organized and help others, flow with mindfulness. Moreover, I am going to achieve my resolutions by practicing it daily without procrastinating it.

-Chophel Sangmo, Cl: 10



Firstly, I would like to wish "Happy New Year of 2018" to all the SMD family. My new year's resolution is to focus on my studies, sports and to bring positive changes within myself. I am going to achieve my resolution by being more active and serious on my studies and sports. I will work on bringing my thoughts into action. Furthermore, I will involve more in different activities which makes me happy and I will do my best to succeed it. Most importantly, I will cherish everyday of 2018.

-Sonam Sangmo, Cl:9



I believe everyone has a resolution to be driven for upcoming year. This year, I too have some resolutions. As a student, special priority should be given to my education. So to uplift and boost the level of my knowledge, I have planned to utilize my time by reducing procrastination. Not only this, I planned to participate in different curriculum activities. I will read different books and participate in different sectors, which will further help me to build my confidence. I would like to achieve my resolutions by being committed to them and never getting distracted of negative vibes. On the whole, I really want to achieve what makes me happy and satisfied.

-Karma Dhundul, Cl:10



My resolution for this New Year is to get rid of my laziness. I will participate more in activities like game, class work activities, school activities, etc. I am going to achieve my resolution by making schedule for my daily major activities, which can reduce my laziness. I will participate in different activities by carrying positive thoughts. Lastly, I would like to wish tons of 'Happy New Year' to everyone.

-Bishal Thapa Magar, Cl:8



My New Year's resolution is to stop over thinking because it builds negative impact to my thoughts. It is said that over thinking kills happiness. Ultimately, it affects in your life. I am going to achieve my resolution by living in present not only physically but mentally too and by involving in activities that I enjoy.

-Dawa Dolma, Cl:9



My resolutions for 2018 is to be disciplined, to be punctual, to take full responsibility of my own as well as others when needed and to participate in many sectors. Overall, I want to build my self-esteem in order to fulfill our Root Lama's aims. In order to achieve my resolutions, I will focus on what I really want to do and by realizing the perfect moments to change myself, every time. At the end, 'Happy New Year' to everyone.

-Tsering Youden Lama, Cl:7



My resolutions for this New Year are to pursue my goals that I have in my heart. At the same, to be helpful around anyone. I will bring positive changes in me. I will take full responsibility for others as I take for mine in everything. I will motivate myself to work harder than the last year.

-Phur Diki Sherpa, Cl:8



At the very beginning, "Happy New Year " to all of you! As new year always comes and for this New Year, my resolution is to do everything in the right time. I would not be procrastinating in any fields to keep them later.

-Sweta Ale, Cl:7



This New Year is chance to sprinkle the brightness, time to open the gift of wonderful surprise and turn opportunities into success with my hard work. I like to involve in every opportunities at SMD and I will do my best to flourish our Root Lama's aim with my own hard work and talent.

-Tsering Yangzom, Cl:7

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