

The Thranqu Express

Voice of himalayan children





Sunday, 15th of September 2019 Issue: 01 Tashiling School www.himalayanchildren.org

SHOT OF THE MONTH



FEELING BLESSED: Just before the 'Half-Yearly' exam, all the SMD family got a blessing from our founder, the V.V. Khenchen Thranqu Rinpoche on the 13th of August 2019.

THOUGHT OF THE MONTH

If you fail an examination, it means you have not yet master the subject. With diligent study and understanding, you will succeed in passing the exams.
-Lailah Gifty Akita

Achievement News

SMD held 3rd Place in the Inter-School Art Competition

Every year our school participates in different competitions around Kathmandu. On 30th August 2019, the 7th inter-school art competition organized by the 'Samuha Team Nepal' was held at St-Xavier School Jawalakhel, Lalitpur. The theme was on "road safety". There were around 450 participated students from different schools of Kathmandu.

12 students from SMD School got the chance to take part in it. They all did their best and represented the school through their artistry. One of the art students, Tsamcho shares her experience, 'At first, I was a bit nervous. But I did my best as it was a great opportunity for me. Even though I did not win any prizes, I had a great experience and I learned a lot.'

Bishal Thapa Magar was able to hold 3rd position whereas Karma Sherpa got consolation prize which is a big achievement for SMD School. Bishal gives his views on art, 'Art isn't a fast skill. It is a way how you take your life.'

CONGRATULATIONS TO THE WINNERS!



EXAM TIPS

Sometime, the exams will actually give a very tough time for the students. The students who are worried and don't have the best ideas to deal with the exams will definitely face exam stress. Exam stress is not a new thing in students. But, the best thing is, it can be reduced and removed with great EXAM TIPS.

*PREPARE IN ADVANCE

Make sure you start studying early so that you have enough revision.

*DON'T PANIC BUT BE CALM

Unnecessary worries and tensions before, during and after the exam will only make you more stress.

*REDUCE DISTRACTIONS

Distraction is one of the main reasons that will ruin your exam.

*TAKE A BREAK AND SLEEP ENOUGH

The late-night study will not help you to score good marks. Every now and then, you need a break from your study.

*DON'T PLAY WITH YOUR MIND

Unnecessary worry, fear, anxiety, and tension are all in your mind. Throw them out and you will be free.

*EAT HEALTHY AND DRINK ENOUGH

You need energy and healthy to write exams.

*DO YOUR BEST

It's not necessary to attempt all the answers but write what you know and do your best.



Find out a real incident happened to a grade 10 student.

Riya Sharma was preparing for her grade 10 board exams dedicatedly, but one day, she woke up and couldn't remember anything or anyone. She forgot her parents, family members, friends and whatever happened the day before. When she was taken to the hospital, the doctors told her parents that she is in the extreme stress of exams, due to which her mind has unconsciously stopped remembering things. Source: www.timesofindia.com

Remember: The extreme exam stress may lead to depression, loss of memory and becomes unconscious.

STOP STRESSING!

SMD Impressively Organized the 3rd Annual BSCN Event



On February 19th, 2017, representatives from different monastic schools of Nepal had a big gathering at Shechen Maha' Boudha Vidyalaya and established a committee called 'Buddhist Schools Committee Nepal' (BSCN) in order to work as a team, to exchange academic curriculums and experiences, conducting educational programs, maintain a close relationship and cooperation within the schools and also to bring difficulties and challenges faced by the schools to the national level in a well managed single tone.

Currently, this committee has over 26 member schools from all over the country and SMD School is one of them. Besides, the committee has been organizing a lot of programs

collaborating with the different organizations and school members. Besides, the committee has been organizing the annual event within the school members with everyone's turn. This year, SMD School got an opportunity to organize the '3rd Annual BSCN Event' on the 14th of August. 8 Buddhist schools including SMD School participated in the event. The event started with an essay competition in 3 languages around 10:00 am and in the afternoon, the open exhibition show was displayed from respective schools. In the evening, SMD distributed certificates and token of appreciations to every winner, participators, and obviously to the participated schools.

Shechen, Shree Arya Asanga, Tsoknyi Gechak, Kopan Nunnery and SMD Schools were the major victors of the event. The chairperson, vice-chairperson, and secretary of BSCN, as well as representatives from different schools were graced with their presence in the event.

Ultimately, the event was impressively, successfully and grandly organized. SMD School gives heartfelt gratitude to everyone, who cooperated, directly and indirectly, to make this event a successful one. This phenomenal success of the event is a reflection of the ever-increasing dedication and enthusiasm of everyone.

A BOOK REVIEW



Who is J.K. Rowling?: Harry Potter; the incredible series is actually an imagination of an ordinary woman who put forth the imaginary world of wizards and witches into an all-time favorite read. She was a widow, a mother, and a jobless woman when she first created the character 'Harry Potter'. And against all these odds, she chose to write; a job that is constantly met with more failures than success. Nevertheless, her strong will and endless diligence brought her the success she hadn't expected.

Now the nagging questions remain, is she J.K. Rowling or Joanne Rowling? Was the book published right after its creation? And is she still a widow? To find out, read 'Who Is J.K. Rowling' by Pam Pollack and Meg Belviso. I assure you it's a short read with many insights to the author's personal life. So don't miss it. I highly recommend to grade 2 and above students to read it!

-Fu Dolma Sherpa

EDITORIAL COLUMN

TTE URGE TO WORK IN TEAM

TTE's best works are delivered because of 'TEAMWORK'.

The best editions of 'The Thrangu Express' were delivered when 'teamwork' was witnessed in the making of any edition. This time, almost everything and everyone was new. We have new members, new editors, new compiler and new thoughts. But, the best thing was it didn't take us a long time to bring everyone together as a team because there was a spark and an enthusiasm in everyone to learn new things. Besides, joint effort was always there.



After a month of hard work, the key teams of TTE shares their experiences.

Pema Dekyi, EDITOR: Being an editor of 'The Thrangu Express' is a big responsibility for me to edit the articles and to run the team effectively through teamwork. It is challenging as I don't have enough experience about editing but I am learning a lot and I like it. In future days, I would love to do my best for my team. For the readers, stay updated about SMD and hope you enjoy it.

Phurbu Tashi, COMPILER: I personally feel, it is a great opportunity to be a part of 'The Thrangu Express' and it is very challenging at the same time I am learning new things every day. In the future, I would like to improve myself and help others as much as I can. For the readers, I would say take every knowledge as you can.

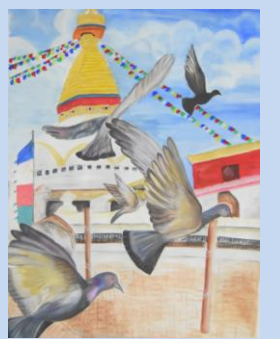
Yangchen Dolma, EDITOR: The Thrangu express added up a whole new venture for me to learn and grow through. And, working as the editor has been a tough job. Creativity and good English is most required quality in it. Nevertheless, the fact that the responsibility of an editor is full of "challenges" got me to take the job in the first place. Thus, I am willing to overcome any challenges to present the readers an informative, knowledgeable, and an interesting read every month. My message for the readers will be 'unless you attempt, there is no telling if you can or can't. So, explore more to discover your strength and weakness'.

KNOW ME

Name: Pema Gyalpo,
Admission Number: B18.7
Grade: Kindergarten
Age: 6
My village: Humla
My favorite color: Blue
My favorite subject: English
My favorite game: Indoor games
My favorite teacher: Sonam Dolma
My favorite food: Chocolate
My best friend: Tashi Tsering
My aim: Doctor
My hobby: Reading books



ART GALLERY



Karma Sherpa B115 Cl:9



Bishal Thapa Magar D613 Cl:10

SMD BRANCH SCHOOL

SMD Branch School's Monks Practicing Yarne

Yarne is especially practice only in the summer season of rains because to avoid outdoor works and activities. It is a fact that prohibiting outdoors activities will ultimately not kill animals particularly insects and worms in the monsoon weather.



At Thrangu institutions particularly branch school, the Yarne practice for this year started from August 15th and will end on the 28th of September. During the Yarne, the school monks are having half-day meal i.e. morning dishes. They only consume liquid for the other half-day. Consequently, they practice dharma activities such as meditation, dharma classes rather than doing their normal activities.

Some of the school monks shared their Yarne experiences.



Find, what they has to say.

Migmar Norbu, M604, grade 4: Recently, we are practicing Yarne for one and half month. It is going quite well and this is my fourth time. I am glad to practice it. And, love the tea very much.

Urgen Gyalpo, M605, grade 6 pours his opinion: I have practiced Yarne many times and each year I am learning things. For the beginners, it will be quite hard



because you have to stay not eating for half-day and that is very hard to do but slowly you will be used to it. Please try not to harm other beings.

Different Schools' Students Shared Opinion on the Annual BSCN Event 2019



During the 3rd annual event of BSCN, The Thrangu Express team moved around, interviewed some of the students and teachers and asked event related random questions to them.

Let's read what they has to say.

TTE Team: What were your challenges during the preparation for the exhibition?

Sherab Donme (student), Tsoknyi Gechak School: It was hard to accumulate the stones required to make body parts and also the paints were hard to obtain as there weren't much paint stores around our monastery.

TTE Team: Were the topics for the essay competition challenging?

Karma Gyaltsen (student), Manjushree Community School: No, the topics were simple yet I hadn't practiced on the topic that was luck draw today. So, I had a hard time generating ideas in a limited period of time. Nevertheless, I did my best and hope for a positive outcome.

TTE Team: What did you learn from the exhibition?

Lobsang Jamba (student), Shree Arya Asanga Buddhist School: I learned to communicate with new people. And, I was inspired by the exhibitions relating to preservation of the environment and it was recreational to be part of this exhibition.

TTE Team: Why do you think it's important to organize such an exhibition?

Tashi Tsering (student), Shechen Mahabodhuha Vidyalaya: It is important to create a strong bond among Buddhist schools. It also acts as a platform for the students to bring forth their creation and artistry. This kind of exhibition can boost up the spiritual and mental growth of the sharing views and opinion in the form of an exhibition.

TTE Team: How do you feel being part of this BSCN event?

Pema Namgyal (teacher), Manjushree Community School: It was enjoyable and interesting to see the works of students from different schools. I was quite awestruck by their creativity and enthusiasm which was clearly reflected by their performance. All in all, I feel fortunate being part of this incredible event.

TTE Team: Which exhibition do you like the most?

Chonyi Sangmo (student), Tsoknyi Gechak School: Among the different exhibitions, the Arts and Craft caught my eyes. They were very beautiful and creative.

TTE Team: If you are given to organized the exhibition then, what it would be and why?

Dawa Wangdue (student), Sakya Tharic Monastic School: I am going to organize exactly like today's exhibition because I never expected that it will be so awesome and wonderful because I saw car stuff from HMG and most of all, food curved the activity was so new to me.

བདེ་སྲིད་

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 གཞན་ལ་སྨོད་པ་མ་བྱེད།
 -བཟོན་ལམ་ལུགས་འཛིན་གྱི་བརྒྱུད་པ་

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OVERSEA COLUMN

SMD Alumnus Junu shares her journey to Canada

Junu Dimdung, one of the SMD alumni who recently completed grade 12 shares her journey to and at Shawnigan Lake School in Canada.



I am Junu Dimdung from Makawanpur and I am a proud SMD graduate. Currently, I am back to school after completing high school from Shawnigan Lake School in Canada.

Reflecting back in 2015, I took a gap year to teach the nuns in Thrangu Tara Abbey nunnery in Sitapaila by graduating from grade 10. Amazed by my ability to help others with just a grade 10 diploma, I became determined to seek opportunities to continue my studies.

In the same year, I got chances to apply for scholarships abroad, however, I was not successful. I will be lying to say that I was not sad but I persisted to attain my dream of becoming a global citizen by taking another gap year.

This time, I taught at SMD as a homeroom teacher for Special Junior and also continued to apply for scholarships. Those gap years made me resilient and active risk-taker. In 2017, with strong determination, I was able to get a full-ride scholarship at Shawnigan lake school in Canada. My two years at Shawnigan was absolutely incredible. Search and Rescue, Rock climbing, Shadowing at the hospital, and cross-country are my undeniable highlights.

Canadian educations as compared to Nepal is very practical as I find such education makes students proactive. When students here ask me, "Is it easy to study abroad"? My answer would always be " Yes if you study only to pass a test. But it takes perseverance to get a decent grade and get into universities with scholarships which every SMD overseas students need". Once my SMD senior had told me, "the biggest piece of advice that I can give you is to find a balance between your academic and social lives". Today, I want to relay the same message to every SMDers.

As for my future plans, I am going to Trent University in Canada to study Biochemistry. I am extremely thankful to our Thrangu Rinpoche for altering the destiny of countless Himalayan children and many more to come.

The Annual Graduation Day (2018-19) Grandly Celebrated

The Annual Graduation Day of 22nd batch of SMD School was grandly celebrated on July 27th, Saturday organized by the two teachers, Sangita Tamang, and Tenzin Loden. The program was opened up



with an offering of a 'ku sung tuk' to the root lama, Thrangu Rinpoche by graduates. After that, the grade ten students sang a beautiful welcome song. Similarly, the chief guests distributed certificates

and token of love to the graduates. Venerable Tulko Damchoe was also presented in the ceremony and gave an inspiring speech to the graduates. At the same time, few graduates poured their words of experiences and gratitude towards SMD School. Gyaltsen Lama, one of graduates shared, 'It was a very surprising and memorable event. I felt very special and I want to thank all the organizers and administrations for making the day so distinctive for us.'

In the noon, the school served delicious food outside the school in the lavish restaurant to the graduates for their hard work and great achievement. The graduates were able to deliver an excellent result with a score of A and B+ grades. The SMD administration team and teachers were very pleased with their outstanding performances.

ALL THE BEST FOR YOUR NEW ADVENTURE & JOURNEY!

परीक्षा

परीक्षा भनेको कुनै पनि विषयको बारेमा पढेर जाँच दिने वा लिनेलाई परीक्षा भनिन्छ। परीक्षाको बेलामा हामीले केही टिपोटहरू बोकेर लैजाने अथवा हेर्ने गर्नु हुँदैन। परीक्षामा हामीले जे जानेका छौं त्यही कुरा लेख्नु पर्छ। परीक्षामा हल्ला गरेर अनि अरूको हेरेर लेख्नु हुँदैन। परीक्षा हामीले जहिले पनि अनुशासित तरिकाले गर्नु पर्छ। कोही विद्यार्थीले परीक्षालाई धेरै महत्त्व दिएर पढ्छन् भने कोही यस्ता पनि छन् जसले परीक्षालाई केही मदलब नै दिँदैनन्। परीक्षा भनेको यस्तो चिज हो जसको तयारी परीक्षा आउनु भन्दा अगाडि देखि नै धेरै मिहिनेत गरेर गर्नुपर्छ। तर हामीले त्यस्तो गर्न गर्दैनौं। जब परीक्षा आउन लागेको हुन्छ। त्यो समयमा पढेर केही काम छैन। किनकी त्यो समयमा पढेको कुरा हाम्रो दिमागमा केही दिन सम्म मात्र याद हुन्छ। अनि पछि गएर फेरि हामीले त्यो कुराहरू सबै विर्सन्छौं। त्यसैले हामीले परीक्षा आउनु भन्दा अगाडि नै कक्षामा गुरुआमा गुरुबा तथा आफू भन्द ठूला दाई दिदिले सिकाउने समयमा हामीले राम्रो सँग ध्यान दिएर पढ्न र लेख्न सिक्न खोज्नु पर्छ। निरन्तर पढेको कुरा हामीले पछि सम्म पनि याद गर्न सक्छौं र यसलाई कहिलै बिर्सिँदैनौं। हामीले परीक्षामा धेरै टाउको दुखाएर पढ्नु हुँदैन किनकि त्यसले हाम्रो पढाइलाई नभएर हाम्रो शरीरलाई पनि नास गर्दछ। हामीले हरेक दिनको परीक्षा दिनु पर्छ। जसले गर्दा हामीले पढेर कति ज्ञान पाएका रहेछौं भन्ने मापन गर्न सकिन्छ।

- सुस्मिता गुरुङ कक्षा नौ

JAM IN THE EXAM

In the time of exam,
Students panic and forgot to be calm.
They feel under pressure,
The brain becomes hard to measure.
They keep waiting for mood,
They try to study but feels not good.
Late study and late sleep,
Results dark circle and forget to zip.
Starts holding pen during the exam,
Jumbled words in brain turns traffic jam.
Finally, avoid all the above garbage,
You will easily pass with no rage.
-Tashi Lhamo, grade 10

Recent SMD Graduate Pema attended the Summer School in Japan

Pema Dekyi Lama, one of the editor of TTE, recent SMD graduates, and now serving senior at SMD School shares her experiences of 2 weeks visit of summer school at UWC ISAK in Japan.



importance to something that I believe and giving perseverance till things work out. Besides, through workshops, I realized



that I am not the only one with problems as people have different journeys and stories. We also had culture fair where students can display their culture dresses, perform dances and speak about their countries. I performed Nepali dance and I felt proud of performing it in front of many others who don't really know about Nepal and its culture. Moreover, I really enjoyed the hiking and dragon festival with my new friends. We also had cardboard war organized by one of the advisory groups. We played and teased with each other for almost an hour. These memories flashback all the time and we had a talent show where I sang a song of a popular singer Celine Dion, "my heart will go on". Some girl's stuff like gossiping, sleepover, song that we sang in common room were the most memorable part of it. Yeah, I would say that the two weeks in Japan was one of the best times of my life.

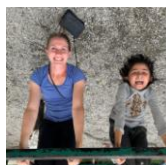
It was great time to know the stories of others and sharing of my own which I felt like I discovered a lot about myself and others. I wish this kind of opportunity will continue and help Himalayan children for their better future.

VOLUNTEER COLUMN

2 Volunteers Visited SMD for 3 Weeks

Volunteering is a work of heart!

On 24th July, Orysha McNeil and Lauryn Lubarsky came with school director, Shirley Blair from Canada to volunteer for three weeks at SMD. Here, they shared their 3 weeks of experiences at TTE.



Orysha: Our time at SMD School was amazing. We visited the school for three weeks and over those three weeks we made many friends and unforgettable memories. The highlights of being at SMD School included meeting the students, participating in the classroom and playing with the younger kids during playtime. Being at SMD opened my eyes about the culture and traditions of the Himalayan kids and the struggles they face. The seniors and administration made us feel welcome and part of the SMD family. We will never forget our time here and hope to come back for a visit soon!

Lauryn: From the moment I stepped inside SMD I was welcomed by bright smiles and cheerful eyes from all the staff and students. Instantly I felt as home and a part of the SMD family. Over the course of the month I volunteered at SMD, I was fortunate enough to interact with both past and present students who each willingly shared their unique stories. It is amazing to see how SMD has been able to change the lives of so many students and provided them with everything they need to find success. Though, the most memorable about my time at SMD was the generosity, love, care, respect and gratitude that all the students offered to one another. The students and staff at SMD not only helped me to grow as a person but made me a better one and truly changed my perspectives on life. SMD will continue to hold a special place in my heart and I will forever be grateful for each person that made my time at SMD unforgettable.

Karate Class Running Smoothly at SMD

Students learning to defend themselves

Karate is a newly running activity of SMD lead by one of the cooks, Buddha Tamang who holds a black belt in karate. This activity was in moved for a very long time. Due to certain



circumstances, it was not able to go on the floor. In June 2019, with huge support from the school administration team, the karate class is running smoothly and effectively at SMD. Its main objective is to teach the students to defend themselves in any situation. Buddha, the karate teacher shares a few words, 'It was my dream to learn karate. Now, I am a black belt holder which is the highest rank in karate. I always wanted to teach karate to SMD students, especially to the girls because in our society girls are always dominated. Finally, the school's administrators allow me to teach the karate. Besides, I was shocked by students' enthusiasm to learn karate. Now, we have our own room and we have more than 20 students.'

One of the students of karate class, Norzin Yonjan shares her so far experiences, 'I would like to thank school administrators and our teacher, Buddha Tamang for teaching karate to defend ourselves. At first, it was very hard to learn but as the day passes by, I am doing good. I learned that karate is not about fighting, it taught me to be independent and disciplined. So, I want to suggest to my fellow students to join karate class, be forward and don't be shy.'

Recently, Dechen Peden sponsored karate materials like dresses, punch bag and 2 pair of gloves. SMD family and the karate team is very thankful and grateful for her contribution.

Appreciation Day Pleasantly Celebrated

This year, an 'Appreciation Day' was celebrated on the 26th of July 2019 on Friday organized by 3 oversea students, Sonam Diki, Tsewang Dhundup, and



Pasang Kaji with an abundance of support from other oversea students and seniors.

This day is mainly organized by the overseas and seniors of SMD School and funded by SMD alumni. The foremost objective is to appreciate all the teaching and non-teaching staff for always guiding and shaping them who

they are today. It's been celebrating for more than 7 years.

The program of the day was started around 7:30 pm with a lot of energetic, superb and funny dance performances by seniors and oversea students. One of the SMD students, Tsering Diki speaks, 'There was a lot of awesome dance performances and I had so much fun. The food was very tasty. It was better than what I have expected. Thanks to the organizers.' School principal, director, and vice-principal were the chief guests of the program. Ice-Creams were served at the end of the program sponsored by SMD alumnus, Tsesang Gurung.

A day before appreciation day, the organizers prepared a short tea party for the teachers and support staff. They gave out the shawl to everyone as 'token of appreciation'.

2 SMD Students runs the Guitar Class

Students inspiring students

On 22nd May 2019, Dorje Sherpa and Jeason Rai from grade 10 initiated a guitar class with a good motivation to help the interested students of SMD School. Now, 28 students are learning a basic guitar lesson from them.



Dorje shares his whole ride of experience, 'I saw many guitars in the music room which are not being in used and at the same time, I noticed many students are willing to learn the guitar. So, I discussed with Jeason who is good at guitar to start a guitar class. He agreed to do it. Finally, on 15th May 2019, we submitted an application to the principal and we got the permission.' He further adds, 'We were surprised by the students' improvement and their willingness. Lastly, we would like to remind all the guitar learners that 'keep the same spirit', an opportunity will come and go but your hard work will always shine.'

A lot of positive feedbacks were received from the learners. Among them, one of the learners, Palsang Tsomo shares her experiences of so far.

It is such a wonderful and amazing experience to learn guitar. It was my childhood dream. In the beginning, it was frustrating to learn as the day passes on I became good and then better. It's been almost two months with the encouragement of my teachers, I am able to play guitar along with I can sing too. I would like to express my warm gratitude to my guitar teachers, Dorje, and Jeason. Lastly, I want to say never give up on your interest and one day, you will reach your destination.



Exploring and Experiencing New Things

Karma Chungda of grade 7, one of the members of TTE shares some of her experiences when she was in Canada for 10 months.

Going to a foreign country was not an easy thing to do for me. I had to leave Nepal, friends, and family, feeling very sad. On the other hand, I was very



excited to learn new things and experience a new journey. The first thing, I saw from the airplane were giant buildings and wide roads. And then, we drove through tall buildings and busy street. We reach a beach that I had never seen before. It looked like it was never-ending. My first day at school, I felt nervous and I could not understand what the people were saying and they were speaking very fast. After a few days, I got used to it and understood better. My mates

were very supportive and they were very curious about Nepal that really brings the vibe of SMD. Students from my class were from different countries; Mexico, Korean, Germany, England, and Canada. The most important thing that I learned is not to be quiet and silent in the class. Ask questions, even your question is illogical!

In Canada, the streets were very clean and everything was well organized. People do lots of outdoor exercises, such as hiking, running trails, mountain biking, climbing, etc. People treat their pets like their child and pets are trained very well.

In my opinion, it is important to learn about everything. Getting new experience and learning new things was very helpful. I felt very fortunate to learn about their culture. Overall, it was one of my fine experiences even though it was hard to adjust. This wouldn't be possible without my dad, Mike Schauch and my mom, Chantal Schauch. **THANK YOU FOR EVERYTHING!**

Children's Day Celebrated in Advanced

This year, the children's day was preponed and celebrated on 6th of September 2019 because of a clash with the Half-Yearly exam. It was heavily raining in the early morning. Everyone was in doubt whether it would turn out to be a great day or not. Fortunately, the rain stopped. Everyone was very excited and had a big smile on their faces.

The day started with the cake cutting ceremonial, distributing cakes to every class. As usual, the students gathered with their grade teachers to play fun games. The kids were having a lot of fun. In the noon, the delicious lunch was served. After that, the dances and songs programs were performed for the kids. The kids thoroughly enjoyed the program. Anuska Gurung, one of the students expressed, 'I was enthralled by all of the performances from the teachers, seniors and support staff. The day brought me a lot of joys and I certainly saw that this year's children's day, started with a blast and ended with lots of smiles.'

In the evening, the yummy snacks were served and the friendly sports tournaments were organized. Ultimately, the SMD family would like to thank organizers, teachers, support staff and students for making the children's day successful.



ALUMNI COLUMN

SMD Alumni Helping SMD School

SMD Alumni formed an association to help SMD students

The two SMD alumni, Lhundup Sherpa, and Dhawa Tashi Lama has been taking initiation to help SMD School. They have been helping in the sport section of the school since 2017. With their generous support, SMD students are getting and making good opportunity in sports outside the school, especially in football and basketball.

In the early 2019, they officially formed an association called SMD Alumni Association to unite and bring SMD alumni together in order to share and exchange experiences and to initiate, engage and assist humanitarian activities to help the Himalayan Children of SMD and other Thranqu institutions. In July 2019, the association repaired a basketball board and



placed a glass board and also sponsored basketball jerseys for the school team. On August 20th, 2019, SMD School organized a small basketball tournament between SMD alumni and students to announce officially the formation of an association and its contribution towards school. Besides, the association sponsored an ice-cream to all the SMD family on that day. Tsering Shrestha, one of SMD students expressed, 'I would like to thank Lhundup and Dhawa for their help in the sport section and for the delicious ice-cream. I felt grateful to play Basketball match with our contributors, SMD alumni.' SMD family is very thankful to Lhundup and Dhawa for their continuous support and to all the SMD alumni who are contributing to SMD School.

Think Healthy, Stay Healthy

DENGUE HIGH RISK IN THE VALLEY

According to the WHO officials, we are at high risk of dengue spread, as the vector is already present in Kathmandu Valley which offers a very suitable environment for the mosquitoes to survive. Recent report shows that more than 1000 people are infected by dengue in Kathmandu.



DENGUE ALERT!

There is no vaccine against dengue, and there are no specific medications to treat a dengue infection.

This makes prevention as the most important step.

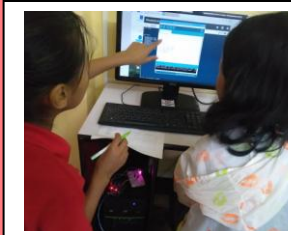
PREVENTIONS: Dengue is completely preventable!

- KEEP YOUR SURROUNDING CLEAN AND FREE OF STANDING WATER
- USE MOSQUITO COILS, SPRAYS, AND REPELLENT PRODUCTS
- WEAR SHOES, LONG PANTS AND FULL SLEEVE SHIRTS
- USE PAPAYA LEAVES AS A HERBAL CURE
- SLEEP UNDER MOSQUITOES NET
- SPRAY INSECTICIDES IN DARK CORNERS OF YOUR HOME
- INCREASE WATER INTAKE TO CONTROL BODY TEMPERATURE
- ORGANIZE DENGUE AWARENESS CAMPAIGNS

HMG COLUMN

HMG Optimistic to Introduce New Project, 'Robotic'

Himalayan Makers Guild (HMG) is one of the very attention-grabbing clubs of SMD School. It was started by one of the volunteers, Harry Pigot with SMD graduates, Tashi Choenden in August 2017. Its main objective is to improve the concept of electronic and computer programming. Right now, the recent graduate, Gyaltsen Lama is handling the HMG Club.



HMG has four levels i.e. Foundation, Car Project, Solar Project, and Robot Project. In this semester, the club has 13 new members who are now in the foundation class. The students will learn about basic components of electronic and programming. For those who have finished all the above projects, this year they are going to introduce a new project called 'Robotic'. Till now, they are mostly learning about different components that are used in the project. We will be updating about future projects and the progress of the current project in the next edition.

☺ Laugh Out Loud ☺

'Laughing is the best medicine.'

Source: www.jokes-best.com

Hilary Clinton, Donald Trump, Sarkozy, a boy and a monk were stuck on a plane that is falling fast. They are 5 but there are only 4 parachutes. Hilary said "I'm a woman, you can't leave a woman on a plane to die" so she took one and jumped. Trump said "I'm the smartest in the world, everyone needs me" he took one and jumped. Sarkozy blabbed something in French that no one understood, he took one and jumped. The monk tells the boy "You take the last parachute, let me die" the boy said "Why? We can both jump." "How is that?" said the monk. the boy replies, "Because the so called smartest man Trump took my school bag and jumped!!!"



Please if you have any feedback, suggestion, idea, and contribution, connect us through:
thethranguexpress@gmail.com

Interview with the School Vice-Principal, Lopen Tenzin Norbu Lama



"Today, I have reached this far, it is all because of Rinpoche's kind initiative and this is the least I can do to pay back his kindness."

TTE: Please give a short introduction about yourself.

Lopen Tenzin: I'm Tenzin Norbu from Tsum valley. I'm 31 years old. I joined Thrangu Monastery in 1997. I finished my Shedra in early 2016. After that, I gave two years service at SMD School as a Tibetan teacher and Currently, I am serving as a school's vice-principal at SMD.

TTE: How do you feel when you were first appointed as a vice-principal?

Lopen Tenzin: I felt very honored to be offered the post of vice-principal because I got an opportunity to extend my service to the school as a teacher and a vice principal.

TTE: What are the challenges of being a school vice-principal?

Lopen Tenzin: Being a vice-principal, I am responsible for the overall management of the school. Sometimes, it is really hard to satisfy teachers, students and support staff's decision and demand all at the same time.

TTE: How do you motivate yourself to handle a difficult situation?

Lopen Tenzin: Well, practically following Rinpoche's advice has motivated me to get out of a difficult situation. His advice always includes acting with the right motivation and deal positively with every difficult situation to overcome.

TTE: We learn in every step no matter how old we are. What are the things that you are learning in this profession?

Lopen Tenzin: I am learning so many things such as how to manage both school's work and administrative responsibilities. Along with that, I am learning communication skills. By the time, I am offer a different work, I will probably have learned good English to communicate fluently with a foreigner. It's just a jest. (Lopen laughs)

TTE: How do you feel to be a Boudha Dharma follower?

Lopen Tenzin: As a monk, I feel very blessed to be a Buddha Dharma follower because of Buddha Dharma reminds me to reduce my ego, greediness and among all, it reminds me to reduce my anger which I think is very helpful in fulfilling the responsibilities I am entrusted with it.

TTE: How do you manage both school and monastery life?

Lopen Tenzin: It's not that hard. I have got a separate schedule for school and monastery responsibility. I give my time accordingly to fulfill my duties and if an emergency or problem arrives there are enough experienced people at both of the places to seek help from. And the fact that I am not expected to be at both places simultaneously sometimes helps me to calm down and get on with the job at hand without worrying about other problems.

TTE: How do you want to change in SMD or in what way you want to see changes in coming few years?

Lopen Tenzin: Well, SMD students are generally good and truthful. But I want to see them being more punctual and responsible for their duties for which I am planning to discuss with the teachers and get a solution out of it.

TTE: How do you feel to serve the Himalayan kids & promoting Rinpoche's aim?

Lopen Tenzin: I feel very proud to be part of the cause that is leading these kids to a better future. Today, I have reached this far, it is all because of Rinpoche's kind initiative and this is the least I can do to pay back his kindness. I am also from the Himalayas and I share a similar background with them. Thus, I am naturally drawn to help them get to their dreams and lead a brighter future.

TTE: Any message to the readers.

Lopen Tenzin: Actually, I don't have much to say but I want to thank Very Venerable Khenchen Thrangu Rinpoche, all the sponsors, well-wishes, staff, volunteers for their kindness and support towards Himalayan kids. I would also like to extend my thanks to the member of the Thrangue Express for their great work.

CARTOON OF THE MONTH



Please if you have any feedback, suggestion, idea, and contribution, connect us through:
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The Thrangu Express

Voice of himalayan children



Congratulations!

The Thrangu Express Team of 2019-20

We believe in Honesty, Originality, and Creativity.



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LET'S WORK TOGETHER AS A 'TEAM' AND RESPECT EVERYONE'S OPINION!

"We share your voices, opinions, views, and thoughts."

☺ KEEP READING AND SUPPORTING US. THANK YOU! ☺