Savitri’s childhood:
Savitri hails from a tough childhood. She faced hard situations at home when all the children from her village went to school to study their alphabet, while she was sent to collect firewood in a deep, lonely jungle.

When asked if Savitri had ever gone to school, she said, “Please don’t ask questions like this! I have never even seen the door of a classroom before. I always wanted to go to school, but couldn’t.” She was only 8 years old then. Her breakfast consisted of dry rice with water served on a large leaf, without oil or spice. She never had lunch. Dinner would consist of food, if any, left over from breakfast. Sometimes, she would have to go to bed on an empty stomach. His energy, happiness and love went away with his mother. He was no longer happy after his mother’s death. He was living in a dark world. He still had his father, but he never shared a close bond with him. At the age of 14, he went to search for a job where he got the opportunity to work for an automobile company. After many years, he was sent to Arunachal Pradesh, where his life too took a miraculous turn.

The Birth of an Angel:
Later, Savitri gave birth to a beautiful girl named Barsha. They were very happy with their cute, beautiful child. They thought Barsha was an angel. They felt lucky having her in their life. It was one of the happiest moments for them having their angel with them.

Way to Jhamtse:
Savitri and Khem Raj Thapa were extremely worried about Barsha’s future. Their first thought was to send her to school. But, they did not want to admit her into a hostel as they would not be able to be with her. One day, they met Gen Lobsang Phuntsok’s mother, who told them about Jhamtse Gatsal. Kami, an ex-staff, helped Thapa reach Jhamtse Gatsal and helped in finding a job for him. “Barsha is a lucky girl because she got a chance to study in Jhamtse Gatsal. She is everything for us.” say Savitri and Thapa. Jhamtse Gatsal is a very special place for them. “We will never forget the love and support that the Jhamtse family gives us,” they say. They are very happy today being a part of Jhamtse.
I can hear you laugh whenever I think of you. I don’t believe when people tell me that you didn’t laugh much when you were young. You seem so cheerful when you laugh and it fills my heart to see and hear you just laugh. I like it when you sleep in my class. Don’t take it as an excuse to sleep more. To be specific, I like it that you still want to listen to me and learn though you feel so sleepy. I always see you trying to stay awake through my classes and I like that effort you put to stay awake. I’m sorry that my lessons are so boring. Or maybe people from Dudhungar always sleep, ha ha :) You seem to be hungry always, chewing off your pen like that. It makes me happy to see you being childish when you do that. I sometimes look across the dinning hall and see how you care for little Karsang, waiting for him to finish his food. That’s a very loving sight to see you care for others and be an elder sister. Though you didn’t contest in the elections, it was so nice of you to stand by your brothers saying that you’ll support them in every way. I still remember, Beezy would keep telling us how you helped her. You should be very loving to care like this for older people. You showed us how stylish you are in the fashion show. It was amazing. Don’t feel bad when people tease you sometimes. I think you look just perfect. I really enjoyed your Tibetan dance in Dolma Lhakang. It was also funny when you almost tripped on your dress during practice. I think you have a lot of grace when you dance. You are smart. I’ve seen you do well in tests and exams with minimal effort. I’ve heard that you love plants and would like to study about them. I wish I could help you more with that. You always make me smile. These are some small things I have admired about you in the past 5 months. I would like to know you more. I’m sure you are even more amazing. I’m excited about spending the rest of the year with you. I enjoyed teaching you so far. On this Children’s day, I just want to say how special and unique you are to me.
FOREST FIRE SPREADS TO JHAMTSE GATSAL

Dawa Dorjee

On 21st January, after lunch, at around 3:30 P.M., there was a big forest fire making its way towards Jhamtse Gatsal Children’s Community. Lead by Construction staff, Gen Nangwang, some staff and students of Jhamtse Gatsal went near the dumping area to stop the fire spreading to the school. They tried to stop the fire but they were unable to do so, and the fire was spreading quickly and it was very dangerous. When the students were helping to bring the fire under control, the GB of Kharteng village arrived nearby and said, “It’s election time, so the people start bonfire and drink alcohol. They become careless.” Sources said that some of the villagers were having a party after which they forgot to put out the fire. The fire could not be stopped and soon it was dark. Gen Lobsang Phuntsok called all the students and staff to the kitchen. He was worried about the School. He asked the Administration staff, Saurabh Sharma to call the ADC (Additional Deputy Commissioner) for help.

Before (L) and during (R) the fire
Saurabh Sharma called the ADC for help. After few minutes, the students union also arrived at Jhamtse. They called the SSB of Lumla to come to Jhamtse Gatsal to help stop the fire. The SSB came and they were able to stop the fire from becoming uncontrollable. Grade 12 student, Lobsang Tenzin said, “There were more than 26 SSB and they were actively working to stop the fire.”

A DAY FOR PEACE:

Jhamtse Gatsal celebrates His Holiness’ Nobel Peace Prize day

In Jhamtse Gatsal, everyone wore their best traditional dress. Jhamtse Gatsal celebrated the day with a Buddhist prayer and throwing flour in the air. The tradition of throwing flour in the air is practiced by every Buddhist around the world.

After this, Dorjee Wangchhu, a student from Grade 11, gave a speech in Bhoti (Tibetan language) on the reason His Holiness got the Nobel Prize. Grade 12 student, Tenzin Drolma translated this to English.

The next performance was very exciting and cute as it was performed by students from Grades 1 to 5. They are not more than 10 years old. After this, a band performed a song. It was also about His Holiness and how we are grateful for his attitude towards all beings and the beneficial changes he has brought.

JHAMTSE DURBAR UNVEILED

Jhamtse Gatsal inaugurates Jhamtse Durbar, a place for anyone to express and share their interests with the rest of the Community

Raju Kumar

Jhamtse Durbar was inaugurated on 21st January, 2019 in Jhamtse Gatsal by High School Sciences teacher, Shalom Logos and Middle school English teacher, Ophelia Lobo. Jhamtse Durbar began with the concept of building relationships between the children and the staff members. The concept of Durbar was initiated by a person named Avinash Raju, Senior Manager, Alumni Impact at Teach For India. Once every week, from 6:45 P.M. to 7:30 P.M., the Durbar takes place. The first Durbar saw many breathtaking performances. Construction staff Sanu displayed his talent in beat-boxing. “When I checked my watch that’s when I realised Sanu had been beat boxing for 3 minutes straight,” said Shalom Logos. On 21st January 2019 the first Durbar took place where many students participated.

Grade 10 student, Shanti Tamang started her performance with a disclaimer. She specified that her performance would be entirely silent. Everyone was curious to know more. She showed the audience how to make a snowman from old socks. “The snowman is now the Durbar mascot,” says Shalom proudly.

On 30th January, 2019 the second Durbar took place. There were more performers than the first Durbar. Kindergarten student Barsha performed a self-taught remix dance. “It’s not my talent, it’s my interest,” Sonam Gyatso’s words in the first Durbar have now become the slogan of the Durbar. Grade 7 student Pema Drolma B said, “The stage was a bit dark and small but the relationships are bigger and much brighter.”

The third Durbar is scheduled for the 4th of February. “It is a wonderful platform to overcome stage fear and to express your self,” said Kelsang Tsetan, High School Political Sciences teacher. “We are very structured in the back ground to create a loose, open space in the front,” said Shalom Logos. Ophelia Lobo said, “It’s a productive, non-judgemental space to connect and share with people.”

On the 10th of December, 1989, His Holiness the 14th Dalai Lama got the Nobel Peace Prize. Every year, this day is celebrated around the world, including one of the remotest places like Jhamtse Gatsal.
The Community comes together for a 3-day workshop with Founder, Lobsang Phuntsok, to unveil the vision and mission of Jhamtse Gatsal

Dorjee Wangchuk

On 15th November, 2018, Grades 10 and above and all the staff in the Community attended a workshop conducted by Gen Lobsang Phuntsok la. The workshop took place over a span of three days. The first day started at 9:30 A.M. with meditation. Genla shared his thoughts about Lakpar and its success. “I didn’t get it, but I was inspired,” Genla said about Rinchen Nyima and Tashi Phuntsok’s idea of an exoskeleton constructed to lift heavy loads.

Genla also spoke about the Nalanda way of learning and culture. Genla spoke about how Jhamtse Gatsal is a place of transformation for both children and adults. He talked about the three types of giving.

“When you see generosity as helping, you see life as weak. When you see generosity as fixing, you see life as broken. But, when you see generosity as serving, you see life as whole. Jhamtse Gatsal emphasizes on serving.”

“We don’t want to call our place an orphanage. I don’t want people who have a fixing attitude, we want people to have a serving attitude, coming from a place of generosity,” Genla said. “The world we will create will be a place where people can make mistakes, transform, make mistakes again, and transform yet again,” Genla said, and this is the reason why we are called The Garden of Love and Compassion.

He then narrated a story about a king and his three ministers to show how people do their job everyday. He said, “we are building our palace everyday. At the end of the day you will be living in your palace. So, decide what type of palace you want to build.” Genla also conveyed a message to all the children, “We have given you all the opportunities and resources, make use of it and make your own palace from your heart. At last, the key will be given to you.” He then went on to talk about the right type of education for our children. He asked the Community, “How many of us prepare our students for life as opposed to jobs?” He also says that the traditional system of education is becoming more relevant in today’s world. “We need to unlearn, relearn, and transform,” he said, at various points during the workshop. “In order to do this, we need to get rid of our disabilities.”

Genla says that “we need to level our emotions and shed our ego, jealousy, and negative emotions to reach a state of equanimity.” “We need to let go,” he said. He illustrated this through the story of two monks, and how one helped a young woman cross a stream by carrying her on his back. The other one was flabbergasted, and questioned him. “I left her on the banks of the stream, but it seems like you are still carrying her on your shoulder,” the monk said.

Genla had an activity on the second day for the Community members. He asked us to “Imagine that you are all gods of your ideal world. How would it look like?” Each group discussed and came up with some brilliant ideas. Some wanted a world without inequality, pollution, boundaries, suffering, poverty. Some even wanted a world where all sentient beings could speak in the same language. Some of the groups proposed a world where the trees could teach us life and lessons alike.

One of the groups envisioned their ideal world to be one where both men and the women could reproduce. Genla said that “we expect the world to be perfect, but we don’t practice the same.” He further went on to say that we all have the seeds of love and compassion within us. We need to water it, nurture it and let it grow everyday. He talked of the power of love to turn mental trash into positive emotions. He cited the example of a Mother and a child who he lived with when he was teaching in the United States. The kid would push the mother away saying, “I hate you.” Genla was surprised when the mother pulled the child close and said, “I love you.” He emphasised on the need to “shed negative emotions.” We keep adding things that we don’t need like ego, jealousy, judgement, anger, grief and greed. We need to shed these emotions and find our transparent form. We need to “broom ourselves,” Genla said. “If something goes wrong, don’t forget to broom yourself,” he said. At the end of the day, Genla shared Jhamtse Gatsal’s vision with the Community.

“We envision that one day the world will live as one Jhamtse Community.”

Our mission is to nurture the seeds of compassion to blossom within ourselves and in people around the world. We believe that living Jhamtse can rekindle the human spirit and rebuild the human community.
DECK THE HALLS WITH BOUGHS OF HOLLY...

FA LA LA LA LAAA LA LA LAA LA

A glimpse of Christmas celebrations at Jhamtse Gatsal

THE VOICE
March, 2019
COMMUNITY 5

Srijana Subba

On the 23rd of December, the day before Christmas eve, Jhamtse Gatsal did something that hadn't been done in the past years. With the initiative of High School Science and Maths teacher, Humaira Farheen, Middle School English teacher, Ophelia Lobo, the teachers in the Community and some students decorated a Christmas tree which had previously been a shade-giving tree and converted it into a beautiful tree. Dorjee Choizom, a Grade 12 Science student, who asked her for her views said, “I think this Christmas is going to be very special. Everything is very different.” The tree was decorated with cardboard candy sticks, santas, bells and balls. Another student from Grade 3 said with a glint of sadness, “I wish the candy sticks were real.” Christmas eve was celebrated the traditional way. After dinner, everyone in the Community gathered for a cake cutting ceremony and a bonfire was lit. Sitting around the fire, the whole Community sang Christmas carols under the leadership of few teachers. Middle school Maths teacher, Uday Nair, played the guitar as they sang. Everyone was surprised when Michael Gonzales, a technical engineer at Walt Disney who had recently visited Jhamtse Gatsal, played the hang drum for the Community. When Grade 7 student Sangey Yudron, was asked about the percussion instrument, she said, “It (the hang drum) is a very new thing to us. This instrument reminds me of aliens and UFOs. The sound is so unique and magical.” When he played it, Mike was welcomed by a huge round of applause. This was followed by another performance on the hang drum by Uday Nair. There was some singing and dancing that followed the carols. The following day, the teachers went to the Lumla church to attend service. They returned by lunchtime. When asked about her visit to the church, High school English teacher, Meenatchi Prabhu, said, “I felt very peaceful praying there, was relieving to both my mind and soul.” After lunch, another surprise awaited us when one of the JG Australia’s board members who had come to visit, Bruce, dressed up as Santa, brought with him a big bag full of gifts for the children. It contained school bags for all children from Kindergarten to Grade 11. Grade 12 students were given a chocolate for “they have been naughty”, joked Santa. Grade 10 student, Tsering Chodron, expressed her gratitude saying, “This is a very special gift. From now on, I won’t have to carry my heavy books in my hands all the time.”

When Grade 7 student Sangey Yudron, was asked about the percussion instrument, she said, “It (the hang drum) is a very new thing to us. This instrument reminds me of aliens and UFOs. The sound is so unique and magical.” When he played it, Mike was welcomed by a huge round of applause. This was followed by another performance on the hang drum by Uday Nair. There was some singing and dancing that followed the carols. The following day, the teachers went to the Lumla church to attend service. They returned by lunchtime. When asked about her visit to the church, High school English teacher, Meenatchi Prabhu, said, “I felt very peaceful praying there, was relieving to both my mind and soul.” After lunch, another surprise awaited us when one of the JG Australia’s board members who had come to visit, Bruce, dressed up as Santa, brought with him a big bag full of gifts for the children. It contained school bags for all children from Kindergarten to Grade 11. Grade 12 students were given a chocolate for “they have been naughty”, joked Santa. Grade 10 student, Tsering Chodron, expressed her gratitude saying, “This is a very special gift. From now on, I won’t have to carry my heavy books in my hands all the time.”

Followed by the gifts, Bruce shared the story of Christmas with the Community. He told the students the story of the birth of Jesus. He was followed by Shalom Logos, High school Chemistry and Biology teacher, who shared his own personal meaning of Christmas. He said, “God so loved the world that he gave his only son. That is the message of Christmas.” Shalom visits the church every Sunday to thank god for his huge sacrifice. Ophelia shared the Christmas-ses that she had celebrated till date. She shared pictures and stories with everyone. Michael Gonzales shared stories from his life. He shared how he used to like Choco-latte as a child. Even now, when the children get reminded of Michael, they say choco-late and lick their lips in glee. Following their stories, the Community watched Polar Express. However, towards the final ten minutes of the movie, the power went out. The day ended with the Secret Santas revealing themselves and giving their respective gifts. Grade 12 student Tenzin Drolma was very amazed by her gift, “I can’t believe he gave me such a beautiful frame,” she said when she got her gift from Grade 7 student, Lham Dorjee. After a memorable Christmas celebration, the Community went to sleep.

WAITING NIGHT HERE AT LAST

Jhamtse Gatsal celebrates New Year in its own unique way

Shanti Tamang

The New Year’s eve, or as the students call, waiting night, started at 9:45 P.M. on the 31st of December, 2019 with firecrackers and loud music. However, very few staff and children were hurried around the bonfire. Some students including Traditional Music and Dance teacher, Tsering Gombu went to the stage with Political science teacher, Humaira Farheen, to play table tennis. High school Maths and Science teacher, Rumaira Farheen, said “she is very excited about the new year, but also worried about my exams.” Some staff and students danced to music around the bonfire in the admin area. The excitement of a new year slowly died down after dinner, as the day neared its end.
THE YEAR OF THE EARTH PIG REIGNS

From 5th February, Jhamtse Gatsal celebrates Losar

Tashi Yangzom

Losar is a festival in Tibetan Buddhism. The holiday is a new year festival, celebrated on the first day of the Tibetan calendar. It usually falls in the month of February in the Gregorian calendar. In 2019, the first day of Losar fell on 5th February.

This day also marks the beginning of the Year of the Earth Pig. On the first day of Losar, people drink a locally brewed beverage called chaang. The first day is usually celebrated with family. The second day of Losar is called King's Losar or gyalo losar.

The second and third days of Losar is the time to visit and exchange gifts with friends and more distant relatives. Losar is marked by activities that symbolize purification. The new buildings are white-washed and thoroughly cleaned. People wear new clothes and special food is prepared. Rituals are performed to drive away evil spirits and people celebrate with elaborate feasts and dancing. Families prepare for Losar by cleaning the area around their houses. Losar is one of the major festivals celebrated in Jhamtse Gatsal. “We’re so excited for Losar,” say some of the children a week before Losar even starts. The Community prepared in advance by preparing khapse (tried snack). Khapse is offered to the God. The sitting room was turned into a prayer room, decorated with butter lamps, chocolates, and spiritual flags (shampo). The old prayer flags were removed and new flags were put up to decorate the Community. The Community invoked the spirit of Losar by burning pine leaves. The new staff in the Community were very excited about Losar. On the first day of Losar, all staff and students woke up at 4:00 A.M. for the prayers. Many of the staff and students were dressed in the traditional Tibetan attire, chupa. Before the prayer, everyone wished each other Happy Losar.

Grade 9 students prepared butter tea (namak chal) for the adults and students. Then, a short prayer followed which lasted for around half an hour. On the first day of Losar, some staff visited the homes of the local staff who lived in campus for tembrey. Tembrey is a practice of offering respect to the god and the host provides snacks and beverages for the visitors. Middle school Social Sciences teacher, Ishika Das, said, “Losar was very nice, but it would have been better if we had celebrated it like the New Year, when staff and students came together to celebrate as one group, but for Losar, it was mostly celebrated by staff.” On the third day of Losar, it is customary to do tembrey to the elders in the community to pay respect and also, as a sign of gratitude. The staff and Grade 12 students offered khata to Gen Lobsang Phunstok and Managing Director, Vasudha Wanchoo. Some of the children and staff visited the Dolma Lhakhang to pray. Grade 12 student, Lobzang Wangchu said, “Losar time is a very happy time because there is so much special food.” The Losar feast lasted a week with a range of delicacies served in the kitchen from yak meat with churpa, thukpa made with corn, glass noodles, paneer and peas to chicken curry. Some of the middle school children had gone home for Losar. Grade 7 student, Sangay Pema said, “It was truly a treat when they stayed home with my friend, I even went for a picnic with some relatives at the Tara statue.” On the 15th day of Losar, a major prayer was held at the Dolma Lhakhang. Middle school students performed a Tibetan dance, accompanied by singing and playing the yangchen and dragyen (Tibetan musical instruments). The audience commended the students who played the traditional instruments flawlessly under the guidance of traditional music and dance teacher, Tseilha Wangmu. The pupils marked the culmination of the Losar festival.

On the morning of 28th January, Chief Minister, Pema Khandu, Union Minister of State for Home Affairs of India, Kiren Rijiju and MLA of Lumla circle, Jamjey Tashi, visited Jhamtse Gatsal Children’s Community. The entire Community was in a state of frenzy, arranging and making sure everything was perfect for their visit. The Chief Minister was scheduled to visit another school, Eklaya Model School, before visiting Jhamtse Gatsal. They were taken on a tour of the entire school starting from the classrooms, the vermicomposting pit and the cub houses. He commended the Community for providing ample opportunities for Morga children. In his speech, Honourable Chief Minister, Pema Khandu, appreciated the initiatives undertaken towards self-sustainability and waste management in the community. He also said that the Community had his full support in the future.

CM Pema Khandu, Union Minister Kiren Rijiju visit Jhamtse Gatsal

Lakpar’s end of year showcase sees many interesting projects

A year full of vibrant experimentation, enthusiastic discovery and focussed hard work was ready to showcase itself to the Community. On 1st February, 2019, the Lakpar exhibition was held at Jhamtse Gatsal. From sustainable furniture to handmade earrings, the students presented their assortment of projects to the rest of the Community. Grade 9 students, Lungsang Nyima and Rinchen Nyima showcased a miniature car. Grade 8 student, Tenzin Tashi, demonstrated a Rube Goldberg Mechanism using a ping pong ball and dominos. Grade 2 student, Tsering Deki, showed an in-depth understanding of the properties of materials like paper by building a sturdy set of chairs using old notebooks. Sonam Gyaltso also worked on furniture by making stools using paper maché. Grade 9 student, Tashi Phunteck, built an automatic machine for lifting weights over several floors. Grade 9 student, Dorjee Yangki’s award-winning exoskeleton was also on display. Grade 9 student, Lobzang Dadron, tackled a different problem - she wanted to help handicapped people write more easily. She built a touch-based interface connected to a robotic arm holding a pen. Grade 8 student, Sonam Tenzin, presented a miniature hydraulic backhoe built using syringes and cardboard. Waste management and usage of organic products was another popular issue tackled by the students. On one end of the aisle, Yeshi Lhamo from Grade 9 and Nima Wangchu from Grade 8 introduced the idea of organic toothpaste while Grade 7 student, Sanjay, and Grade 9 student, Dawa Chodron, had the audience washing their hands with their handmade organic soap. A crowd lingered around Grade 8 student, Pema Drölma, Grade 7 student, Yangchen Lhamo, and Grade 5 student, Tenzin Drölma’s stall, who struggled to keep up with the long list of orders coming in for their handcrafted jewellery. Grade 10 student, Srijana Subba’s experimentation with making bricks using molten plastic intrigued many. To understand the underlying patterns of waste generated in the community, Grade 9 students, Teering Lhadron and Maling Yangchhi, conducted an extensive online survey using Google forms. They were able to present a comprehensive report on the types of waste generated in the community. The audience huddled around the projector in the sitting room to watch a movie titled A day in the life of Teering Deki. The students had the audience in awe with their skills and knowledge.
This Republic Day, Jhamtse Gatsal performs a Monpa dance at the Muo General Ground

Shanti Tamang

On 26th January, the celebrations started at 9:00 A.M. at the MLA grounds in Lumla. The ADC (Additional Deputy Commissioner) was the chief guest. He talked about Dr.B.R. Ambedkar and Sardar Valabhai Patel, who were great people. He thanked them. He also said, “Their work has resulted in where our country is today.” He thanked officers, the Army, the Navy, Teachers and Students. He also said that “We have to be responsible with our freedom. We had many governments they have all followed our constitution being the guiding element of their work. Along with development, our culture and heritages should go hand in hand.” He also says “Arunachal Pradesh is moving towards a developed state along with the rest of the states.” He mentioned that “MLA Jambey Tashi has increased the salaries of la-bourers accordingly for those who have worked in the service for more than 5 years, 10 years and 15 years.” He said that “People from different leaders have not come here to fight but to choose your own leader.” At last he hoped for a peaceful and nonviolent election. After the ADC’s speech got over, it was time for the performances. The first performance was by Jhamtse Gatsal school followed by Lumla Government Higher Secondary School, K.G.B.V school and BCEF school. In the end, another Jhamtse Gatsal dance, the traditional Monpa dance was performed. Totally there were seven per-formances on 26th January.

When the performance got over everybody started to move out and most of the students went back to their school. There were many local mar-kets with vendors selling fruits, clothes, etc. It was an eventful day.

TAWANG - TORGYA

Torgya, also known as Tawang-Torgya, is an annual festival that is exclusively held in Tawang Monastery, Arunachal Pradesh, India. It is held according to the Buddhist calendar days of 28th to 30th of Darwachukpipa, which corresponds to 10 to 12 January of the Gregorian calendar, and is a Monpa celebration. The objective of the festival is to ward off any kind of external aggression and to protect people from natural disasters. In the three-day festival, costumed dances are very popular and held in the courtyard of the monastery with the objective of removing evil spirits and usher all round prosperity and happiness to the people in the ensuing year. The popular dances performed with artists donning colorful costumes and masks are: the Pha Chan and the Losjker Chungiya, the latter is performed by the monks of the monastery. Each dance represents a myth.

The first day’s festival is called Torgya and involves worship of the image created specially for the occasion. At the same time, the image “Torma” is brought out in a procession to the location of the mound. It is carried by Lamas of the monastery, known as Arpa, wearing bells around their waist. The ritual on the final day of the festival is known as “Wang” performed at the monastery. After this ritual, the Head Lama gives blessings, called the Tse-Boom.

A library is a treasure chest for a curious mind. Jhamtse Gatsal has a library which houses more than 5,000 books ranging from Philosophy to Adult Non-Fiction, Young Adult, Reference, Short stories, Biographies and Magazines. These books are mostly donations from sponsors abroad. Recently, Bruce and Toni had visited Jhamtse and they installed a handy Library Management System, complete with a barcode, ISBN scanner, Dynamos and a Laptop. It was installed to create an inventory that can be easily accessed and enable a user-friendly check-in and check-out system. It reduces the amount of paperwork that was required otherwise to keep a check on books. Library in-charge, Ishika Das, says, “I am very happy because it makes my work easier.”
GEOGRAPHICAL SURVEY
Grade 12 Arts students with their class teacher, conduct a geographical survey with their class teacher, Tenzin Dheudul. We were divided into two teams. Two houses in Kharteng and 3 houses in Phomang were surveyed.

“It was a mind blowing journey,” said Rinchen Drulma, a Grade 12 student. We ate lunch at Grade 12 student, Tashi Yangzom’s house. “It was special because all our school kids’ parents came together and prepared lunch for us,” said Tenzin Dheudul.

The survey was undertaken to find out the ratio of literate to illiterate people in the villages and the source of income of each household. In the houses that were surveyed, most of the family members were illiterate. Majority of their income was from agriculture. The head of the household is the father, who is the main source of income for the family. Most of the members were illiterate. Majority of the literate people in the villages was found to be dependant on agriculture. Sustainable development of the villages will not be possible without agriculture.

Some of the people have APL (Above Poverty Line) cards. Most of the households were BPL (Below Poverty line) card holders.

SUSTAINABILITY ITS MIDDLE NAME
Under the leadership of Lakpar fellow, Ananya Agrawal, students come up with eco-friendly, sustainable solutions

Mani Sangrou, Tashi Yangzom B

A new project has been initiated as a part of Lakpar at Jhamtse Gatsal Children’s Community. During Lakpar, different teams work on Building, Lifestyle and Nature. Each team consists of a mixed group from Grades 2 to 9, and each group consists of 9 to 10 people. Most of the work happens after lunch from 3:30 - 4:30 P.M in the sitting room. The groups have been made according to the children’s interests. But all work is connected to effective waste management using art and craft skills. Team builders learned how to make a fan.

Teaching Assignment at Jhamtse Gatsal Children’s Community
Namgey Chodron reflects on her experience teaching Grade 11

I am a first year student at Azim Premji University, Bangalore, pursuing a B.Sc., B.Ed in Biology (a four year integrated course). After completing my first semester at Azim Premji University in November, I came back home for my semester holidays. During my holidays, I got an opportunity to teach Biology to 11th grade students. I was asked to choose two chapters from Human Physiology, which I felt comfortable teaching. Since I did not have any prior teaching experience, I was nervous in front of the students on the first day. I started the class by asking questions about the chapter to understand whether they had any prior knowledge about the chapter. I expanded the prior knowledge they had and filled in the details I thought were missing from their points. I also used visual aids to explain certain topics. From the feedback I got from the kids, Grade 11 student, Lungta Lhamu wrote, “She helped me when I was not able to understand something. She would first teach me in English, and if I didn’t understand the tough words, she would explain in Monpa, but she never let us speak in Monpa. She would allow us only to explain in English.” Sometimes, I wouldn’t be able to answer the questions they asked me. In those three days of teaching, I learned how a teacher should prepare before taking a class, make the students understand what is being taught and also how to change the way of teaching according to the students’ understanding. It was an excellent opportunity to teach children, and I learned a lot from this experience. When Grade 11 student, Tenzin Lhadron B, was asked for her feedback, she said “She (Namgey A) is very friendly and I enjoy with them.”

I felt that I have learned many things with my group and I enjoy with them.”

Stephen Hawking
Learning Lessons From Life to Black Holes

Sangey Lhazom

On 6th December, 2018, Grade 8 watched a documentary based on Stephen Hawking’s life story which really encouraged us to be like him. Stephen Hawking is a brilliant astrophysicist, a person who studies about laws of space and how spatial objects behave. He had a disease called ALS - Amyotrophic Lateral Sclerosis. Although he had a deadly disease, Mr. Hawking chose to use his lifetime to do ground-breaking research. What I liked most about Mr. Hawking is that he found it funny when people patronized him because he had achieved so much in spite of being paralysed. He had a beautiful soul. I say this because he had every reason to be negative, but he always remained positive and never allowed his disease to interfere with his success. He says, “Do not look to your feet if you fail; try your best to look at the sky even when you are falling. You have the time to change in a positive way.” In the documentary, he is described as a lantern and the ‘walls’ of the lantern as his skin. The light inside the lantern was compared to his ‘glowing soul.’ Mr. Hawking has said that the body exists only as a collection of shadows and that is what we all are made of. He explained that the way our body looks is not important; how we dress up is only for decoration. What is real is our personality, our work, our behaviour even when we are not born with a perfect body. Mr. Hawking has taught me a wonderful lesson; activities which do not contribute to our experience, like trying to look good, are a waste of time. People who have disabilities should concentrate on what they are good at, instead of showing the world their disability. It also teaches me to be brave, courageous and trust myself no matter the problems that I have or am born with. It taught me to be calm, kind-hearted, brave and persistent. What I liked most about this class was learning to just be a normal person and showcase our interests, even when they are not our talents.
Maling Tashi believes that if we continue polluting the Earth, it will be damaged.

“One day, Madam took us to the ledge, and it is my favourite place.”

Tenzin Lhaden

Tashi Drolma

“...because you are beautiful just the way you are.”

Tenzin Drolma C

Tsering Dickyi

“DON'T MAKE OUR EARTH SAD! :( ”

Tenzin Phuntsok

HOW TO MAKE A CAR OUT OF WASTE

by Lobsang Tsering

BOOK REPORT on “Treasure Planet”

by Abhijit Sutradhar

BOOK REPORT
2019 General Election in India

Tashi Yangzom A

2019 Elections are due to be held in India between April and May, 2019 to constitute the 17th Lok Sabha. The election can be held at an earlier date if the Council of Ministers recommend dissolution of the 16th Lok Sabha to the President of India. However, the government has publicly announced that the election will be Legislative Assembly Election in the states of Andhra Pradesh, Arunachal Pradesh, Haryana, Odisha, Sikkim and Jammu and Kashmir and is expected to be held simultaneously with the general elections.

**Election System:**
The 543 elected MPs (Members of Parliament) will be elected from single member constituencies.

The President of India nominates two additional members from the Anglo-Indian community if they believe the community is under-represented. Eligible voters must be Indian citizens, 18 or older, an ordinary president of the polling area of the constituency and must possess a valid voter identification card issued by the Election Commission of India. Some people convicted of electoral or other offences are barred from voting.

**Election Campaign:**
On 12th January 2019, Prime Minister, Narendra Modi, launched BJPs election campaign, which sought a second term in government. On the same day, both Mayawati, President of Bahujan Samaj Party, and Akhilesh Yadav, President of Samajwadi Party, announced an alliance to contest 78 seats out of 80 in Uttar Pradesh.

**Arunachal Pradesh:**
Deputy Chief Minister, Chowna Mein, announced that Chief Minister, Pema Khandu, will be the face of the party in the 2019 assembly in the state. He said that the coming election will be fought with Pema Khandu as the Chief Ministerial face and that there should be no confusions on that front. He also informed that the BJPs state Chief, Tapir Goa, will be the face of the party in the parliamentry elections from Eastern Arunachal. He said, “The development landscape of the North-East has completely changed.”

**The Chameleon Constitution**

Tenzin Lhamo

Nepal is our neighbour state. You may wonder why Nepal Constitution is always changing. Nepal is governed by both the military and the King. Nepal does not have permanent constitution. Other states make fun of Nepal’s Constitution because of this. When asked about their Constitution, people of Nepal get confused as they do not know which year’s constitution is being asked about. Every year leaders of Nepal change the constitution according to their wishes and without public discussions. They do not have a constitution like India. Nepal’s Constitution is like a chameleon.

Many Nepalis are not happy with their leaders and their changing constitution. There are many Nepali people who say that they love their country but not their government. For a long period Nepal kept switching from democracy to military and military to democracy. Now, Nepal is a democratic state.

FROM CHAIWALA TO PRIME MINISTER

The political journey of Narendra Modi

Rinchen Dolma

Narendra Modi is the first Prime Minister of India who was born in Independent India; that is, post-August 15, 1947. He was also the first Prime Minister whose mother was alive when he took office. He holds the record for winning a Lok Sabha seat by highest margin [about 8.70 lakhs; Vadodara]. Narendra Damodardas Modi was born to a family of grocers in a town called Vadtal in Mehsana district of Gujarat. He was born on 17 September, 1950. Among his six siblings, he was the third eldest. Against all odds, he completed his studies. His struggle began as a teenager when he along with his brother, used to run a tea stall near a railway station in Ahmedabad.

He obtained a master’s degree in Political Science from Gujarat University. He also worked as a promoter of Rashtriya Swayam Sevak Sangh. He left home at 17 and travelled across the country for the next two years. He joined B.J.P. in 1987, eventually becoming the national secretary. In 2002, he was alleged to be responsible for the deaths of more than 1,000 Muslims during civil unrest but was later exonerated. In February, 2002, he served as the C.M. of Gujarat. In January, 2013, he was selected to head the B.J.P’s 2014 elections. In May, 2014, he along with his party were victorious, taking 282 of the 543 seats in Lok Sabha. On May 26, 2014, he was sworn in as the 14th Prime Minister of India.

Pema Khandu is an Indian politician and the Chief Minister of Arunachal Pradesh. He became Chief Minister in July, 2016. His government changed from INC (Indian National Congress) to FPA (People’s Party of Arunachal) and then in December, 2016, he joined B.J.P (Bharatiya Janata Party). Pema Khandu is the eldest son of late Dorjee Khandu. “He is soft spoken and also he connects with the youth,” says other parties. He is interested in sports. He also likes to travel, especially for social and cultural events. Pema Khandu is the current 9th Chief Minister of Arunachal Pradesh. He is the youngest Chief Minister of India.

**Youngest Chief Minister : Pema Khandu**

Lobsang Wangchu

Pema Khandu was born on May 26, 1980, making her the second longest serving Indian Prime Minister after her father. When Indira Gandhi was a little girl of ten, she spent the summer in Mussoorie, while her father, Jawaharlal Nehru, was busy in Allahabad. She married Feroze Gandhi in 1942 and adopted his surname, Garibi hatao (eradicating poverty) was the theme for Indira Gandhi’s 1971 political bid. The Garibi Hatao slogan and the proposed anti-povverty programs that came with it were designed to give Gandhi independent national support, based on rural and urban poor. The programs crafted through Garibi Hatao though carried out locally, were funded and developed by the Central Government in New Delhi. The programs were supervised and staffed by the National Congress party. The biggest achievement of Indira Gandhi after the 1971 elections came in December, 1971 with Indias victory over Pakistan in the liberation war, that led to the formation of Independent Bangladesh.

**Indira Gandhi: A Glimpse into her Political Journey**

Leki Norbu

Indira Priyadarshini Gandhi Nehru is an Indian politician, States woman and a central figure of the National Congress. She served as Prime Minister from January, 1966 to March, 1977 and again in 1980 until her assassination in October, 1980, making her the second longest serving Indian Prime Minister after her father. When Indira Gandhi was a little girl of ten, she spent the summer in Mussoorie, while her father, Jawaharlal Nehru, was busy in Allahabad. She married Feroze Gandhi in 1942 and adopted his surname, Garibi hatao (eradicating poverty) was the theme for Indira Gandhi’s 1971 political bid. The Garibi Hatao slogan and the proposed anti-poverty programs that came with it were designed to give Gandhi independent national support, based on rural and urban poor. The programs crafted through Garibi Hatao though carried out locally, were funded and developed by the Central Government in New Delhi. The programs were supervised and staffed by the National Congress party. The biggest achievement of Indira Gandhi after the 1971 elections came in December, 1971 with Indias victory over Pakistan in the liberation war, that led to the formation of Independent Bangladesh.
The world is so competitive that 85% marks is not enough to get into good colleges. Students should score 90% in their exam. Pass marks are merely not enough. The students of Jhamtse should be better than other govt. students because they have better facilities and better teachers than them.

The students of Jhamtse Gatsal are urged to study hard day and night, and make use of time wisely and study seriously. The students of Jhamtse were told to take more responsibility of the Community and respect all the elders of the Community. One of the pillars of Jhamtse Gatsal is kind heart. Students are urged to have kind heart and study consistently with full effort from the beginning of the year and not wait for the exams to start studying. Students should have self-drive, be self-aware and have self respect. They were also told to make use of reflection time to be more aware of themselves and their actions. This a wake up call for all of us at Jhamtse to start putting a lot of effort.

Life in Villages is better than Life in Cities

**YES**

Lobsang Dadron

Many people may think that life in villages is miserable because villages are not as developed as cities and there are no good facilities. Is this true? Do you really know? Some facts about life in villages is that it is more peaceful than life in cities. There is less pollution which leads to good health. Research done by scientists prove that living in villages keeps our body healthy and makes our brain work faster. Children in villages are far from technology and have a close relationship with their parents. In cities, children lack love from their parents. In today’s world, a majority of the people in cities long to live in villages because people feel that they cannot find real happiness in cities. In cities, people feel money is important for gaining happiness and a luxurious life but finally, after getting money, they will be more tensed than happy. Village life doesn’t require much money because people in villages work hard to fill their stomachs and that of their family.

**NO**

Rinchen Nyima

City life is better than life in rural areas because everything we need is available in the city. All the big industries are situated in cities. Everyone who is educated moves to the city because they get all the resources they want in the cities.

Nowadays, all the 12th pass outs move to the cities for higher studies because rural places do not have enough resources and they don’t have good colleges. Even the children of Jhamtse Gatsal have moved to the big cities for their higher studies. Even in places that have hospitals, there are not enough resources. When the children fall sick in Jhamtse Gatsal, they usually don’t go to Tawang. They go to Tezpur because Tawang does not have the medical facilities. In cities, people die in bike and car accidents. Most of the finished goods come from the cities. For e.g., Amul factory is a big company which supplies butter, cheese and milk. People in villages are satisfied with what they get so there is not much money required. If we live in villages, then our greed will decrease. In cities, we see many things which make us more greedy. Villages are less polluted than cities and benefits our health. We will not run the risk of diseases from pollution and eating junk food. The children in villages are healthier and more fit than city children. We may face many problems living in the village, but in time, there are solutions to these problems.

**MAYBE**

Tsering Lhadron

What do you prefer? City or Village life? A majority of India’s population prefers city and village life in a balanced way. “In a city, you would find foggy skies, awful air and noisy cars. The pollution makes us sick,” says a student at a college in Delhi. In Delhi, the pollution is mainly due to humans. People find an escape from this in villages. The villages have fresh air, no pollution. We bring the good stuff and mix it, i.e., bring the good things of villages and cities. By this, not only will you be healthy but the next generations will also have a pure life.

A man from Baghar village in Arunachal Pradesh, Lt. Kon Tsering was very ill. On the night of 12th October, 2018, his condition became more serious. His family decided to take him to the hospital. In that village, roads were not proper and the nearest hospital was 15 kms away. Before reaching the hospital, the man slept forever. If this had happened in a city with a hospital every couple of kilometres, Kon Tsering would be with us. “In the city, people are not really caring, they only think about themselves, they are selfish,” says one of our students, Rinchen Lhamo. In the city, people do not have peace of mind and monetary value is more important than human value. For instance, the incident in Delhi where Jessica Lal, a woman who was shot for a glass of wine. All the difficulties that people face in villages and cities have a solution. In cities, the number of cars can be reduced, factories can be built far away from living spaces. In villages, transportation system should be developed. There should be better medical facilities.
Are 5 days enough for traveling through 2 states and a neighboring country? I found out this November on my solo trip to Bhutan. My journey started from Chennai airport. My first stop was Bagdogra. The flight to Bagdogra from Chennai took close to two hours. From Bagdogra airport, I made my way to a town called Chimney in Kurseong. An hour away from Darjeeling, Kurseong is a sleepy small town nestled in the lap of the mountains that surround it. One of the wonders this place beholds is the Himalayan railway or more commonly called the Toy train. The Darjeeling Himalayan Railway is a 2ft. gauge running between New Jalpaiguri and Darjeeling. Opened in 1881, it still stands as the most outstanding example of a hill railway system. From Kurseong, I walked to the town where I’d booked my homestay, Chimney. The couple who hosted me asked me to visit the chimney that the town is named after, the only remnant of a bungalow that was built there during the British Raj. The dilapidated chimney offers a great place to sit and watch the most spectacular sunset. The next morning I was on my way to Phuentsholing. I stayed in Phuentsholing in which time I tried the Bhutanese delicacy, the Ema Datsi. Made from chili peppers and yak’s cheese, the Ema Datsi is not a dish for the faint-hearted. The chili shoots right up to your brain and makes your eyes and nose water. The next day, I headed for the embassy office to get my passport stamped and get an entry visa into Bhutan. One thing that amazed me was that all the locals were dressed in the traditional Bhutanese attire, gho robe for men and kira dress for women. Employees and nationals were not allowed to enter government offices if they weren’t wearing the traditional dress. I found the homestay I’d booked for that night on Airbnb. My host, Lhungten was friendly, warm and helpful throughout the journey. The cab ride to Thimphu introduced me to Tashi, my cab driver who was from Trashigang. When I told him I worked in Arunachal, he was surprised and overjoyed. He said his relatives lived in one of the villages in Arunachal Pradesh named Bletting. Bhutan was full of amazing people with fascinating stories. Thimphu in particular captured my awe, with its impressive buildings, great roads, and transportation facilities. I couldn’t help but compare it with Tawang, 2 hours away from the Children’s Community where I worked. I wondered if Tawang would be this way in the future. Bhutan was clean, well-maintained, filled with buildings of splendid architectural design, and perhaps the most important of them all, happy people. The people who lived here were happy, genuinely happy. I read that Bhutan considers GNH as a much better measure of the country’s growth than the GDP (Gross domestic product), that I had to climb to reach the statue. The Buddha statue in itself is not the only speciality of the place. Inside the statue is a temple which houses more than 1,000 Buddha statues made of bronze and gilded with gold. In the afternoon, I boarded a bus to Paro travelling one of the most scenic routes, replete with lakes, rivers, a splendid airport and buildings with rich architecture. I stayed the night in a hotel close to the bus station. One can find no dearth of places to stay in Paro. The main market area is sprawling with hotels and lodges. I visited a restaurant named Taste of Bhutan. At the restaurant, I met some teachers from Madurai, the town where I was born. The owner of the restaurant came to us at the end of the meal when we had to leave and said, “I’m so glad people from different corners of the world have come to our humble country and visited. It has brought happiness to us too.” My heart melted. After the meal, I walked with a spring in my step back to my hotel room, heart smiling wide with joy. The next day was going to be an arduous trek to the Taktsang Lhakhang or more commonly called the Tiger’s Nest Monastery. I started the trek at 6 am in the morning. The Taktsang Lhakhang is situated in the cliff-side of the upper Paro valley in Bhutan. The trek to the monastery takes about two hours, and one can choose to trek half the distance on horseback too. The trek route is filled with blue pine trees, prayer flags and prayer wheels. A guide was assigned to us at the monastery who took us through the 4 temples and explained the significance of the paintings on the walls. The rich colors and textures on the wall does transport you to another place. There is also a market of sorts at the base of the trek where various paraphernalia are sold. It was my last day in Paro. In the evening, I decided to try out the hot stone bath that I’d read about before I came. The hot stone bath is a cistern made of wood with a partition in it. Hot pebbles are put in the water to keep it warm. The secret ingredient is a mixture made with 9 different types of herbs found only in the Himalayan region and this is immersed in the water. This addition to the water is said to rid people of body ache, joint pain and have a relaxing effect on the body and mind. The next day, I had to leave Bhutan. I had dinner with the group of people I met at the trek at one of Bhutan’s trending restaurants. When the day ended, I wanted the fairy tale to continue. That’s what Bhutan was indeed, a fairy tale, too good to be true. But then, I had to return, wallet much lighter but heart much richer with experiences, people, love, laughs and everlasting memories.
ALL YOU NEED TO KNOW ABOUT BEING A JOURNALIST

Lobsang Dadron

Who is a journalist?
A journalist is a person who collects, writes or distributes news or other current information to the Public.

How do I get a career in Journalism?
To become a journalist, you need to:
1. Earn a Bachelor’s degree in Arts, mass communication
2. Develop your writing skills
3. Establish connections with reporters and editors
4. Intern with a newspaper, magazine or media company.

How much do journalists make in a year?
A Journalist earns an average salary of Rs. 3,46,511 in a year.

About the course:
The course is called B.A.J.M in short. It’s short for Bachelor of Arts in Journalism and Mass Communication. A Bachelor’s degree in journalism often takes four years to complete and prepare students for numerous journalism career paths and media specialties.

How do I prepare for journalism in school?
In high school, whatever medium you choose to work in, you will need a strong background in writing.

Colleges that provide courses in journalism (in India):
1. Indian Institute of Journalism and New media, Bangalore
2. Symbiosis Institute of media and communication, Pune
3. Lady Shri Ram college for women, New Delhi
4. Christ college, Bangalore
5. School of Communication, Manipal University
6. Delhi college of Arts and Commerce, New Delhi

Top 5 Universities (outside India) that offer Journalism courses:
1. London school of Political science and Economics is ranked first in UK and third in the world
2. Goldsmiths, University of London
3. Cardiff University
4. King’s college, London
5. University of Leeds

What can you do after you get a degree in Journalism and Mass communication?
1. Broadcast journalist
2. Editorial journalist
3. Magazine feature editor
4. Newspaper journalist
5. Social media specialist
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Where are you studying now?
I am pursuing a mountaineering course in Nehru Institute of Mountaineering in Uttarkashi.

What is the procedure to get admission into this college?
The applications for NIM (Nehru Institute of Mountaineering) have to be filled online. The candidate needs to apply two years earlier.

How long is the course you are doing?
The course is divided into 4 categories - the basic course is 28 days long, advance course is 28 days long too, the method of instruction course is 21 days long and the search and rescue course is 14 days long.

What other courses does your college offer?
No other courses.

How has college life been so far?
So far, I’ve finished two courses. I thought both the courses went quite smoothly. From both the courses, I have learned many new things and there are many people from all over the country from different cultures, religion and ideologies. We get chance to learn about a new culture and many more things. In adventure course, we develop our leadership skills.

Would you recommend this course to those who are interested in mountaineering?
Yes, I think this mountaineering course has huge scope. We will have a job and we can also provide jobs to others. We should think of establishing a mountaineering institute and maybe even some kind of resort with adventurous activities in Tawang. I think in our place, we have resources to organize adventure activities but we don’t have such an institute.

What job opportunities are available to you after this course is complete?
After this job, we can choose to be an instructor if we get grade A in method of instructions. After the advance course, we are ready to summit any peak.

What advice would you give your brothers and sisters who will also be moving to the cities and colleges next year?
I would say that moving to another place and city especially, is a huge change and evolution for us. The world will not always be kind, so get ready to fight with the real world.

I think we should know how to face problems and challenges.

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TEARS OF THE JHAMTSE FOOTBALL TEAM

It was the 26th of December, a Thursday morning at 5:00 A.M. The moon lit the center of the ground. The new Jhamtse Gatsal football team prepared for exercising with our coach, Michael Gonzales, who was visiting from the USA and geography teacher, Tenzin Dhuedul, the team’s lifetime coach. It was the day for Michael to go home, and the team was very sad. When Michael was teaching the team a new exercise, his eyes were filled with tears. He was sad and didn’t want to leave Jhamtse Gatsal. After a few minutes, Tenzin also had tears in his eyes. Michael turned to the students and said, “My students, I will miss you and I love you all so much.”

Listening to his words, many of the students also had tears in their eyes. “We will miss you too, and come back soon,” the students said. Michael replied, “I will come back but I have a dream - to see you all in a Jhamtse team and in proper uniform. For achieving that, always try to challenge yourself not others. Only then can we make a good team. And I promise you that I will give my full support and help you all.” His love, care and support made us cry and our love and care made him cry. When the team saw him get on to the car, many tried to ask him not to leave, but they only waved their hands and said goodbye. What the team actually wanted to say but remained unsaid was, “Sir, your body will not be with us but your love, care and support will always remain with us. We will fulfill your dream.”

JHAMTSE GATSAI GETS A TABLE TENNIS TABLE

Tashi Yangzom B

Last year, we had a small table where we used to play table tennis. The children’s interest and talent towards table tennis encouraged our sports teachers and the rest of our staff to buy us a table tennis table so that our children can improve their skills. It took us a year to get the table.

In the month of January this year, we got our brand new table tennis table. The table tennis was purchased from Decathlon, a sporting goods store in Guwahati. Sports teacher, Kalsang Tsetan took the initiative to purchase the table. When we were opening the packaging, children and staff gathered to see the table. Everyone was excited to play.

The most disciplined team - MGPS

JG staff show how important the spirit of sportsmanship is

Sonam Chodron interviewed Michael Gonzalez, technical engineer at Walt Disney

Q. What was the most difficult thing about handling a girls’ sports team?

A. The most difficult task about handling a girls’ sports team was the differences between senior and first year students, there would often be conflicts between them. Relationships were hard to build. Seniors also felt they had more power than the juniors.

Q. How do you overcome failure?

A. To overcome failure, I do a lot of work with coaches to understand students’ emotions and team morale. I get the team to try to understand each other. To be a coach, you have to be honest. When a player plays well, if the coach says he/she has not played well, it will discourage them.

Sometimes, he or she will not improve because of lies told by the coach.

Q. What was the story behind your coaching a girls’ team?

A. The story behind this is that my only daughter has enjoyed playing football from a very young age. So, I became a football coach. If my daughter had chosen to be a dancer, I would not have supported her as much. Another reason is that colleges and institutions tend to not take girls’ teams seriously. Most of the budget goes to the boys’ teams. I love my daughter very much. I would support whatever my daughter wants to do in her life. I am proud of my girls’ team because even when they know they are going to lose, they kept their hopes up and played against the strongest team.

On 17th January at precisely 12:00 hrs, Gombu Lhamu turned to her husband, Kalsang Tsetan as he was leaving for the final qualifier match between his team Mon Padma Sambhava society and Trillum FC, and said, “If you lose this match, don’t come back.” She was joking of course for when the Padma Sambhava team did lose the match that day, Kalsang still had a home.

“Your team is destined to lose this match. There is no way we can win this,” said Kalsang even before the match started. Four of Jhamtse Gatsal’s finest players joined the Mon Padma Sambhavi Society (MGPS) football team for the Republic Day Football Tournament. The final league match was played on 17th January and Trillum FC won with a score of 6-0. Shalom Logos, Tenzin Dhuedul, Kalsang Tsetan and Administration staff member, Temerin played on the team. The youngest member of the team, Mani Kesang, 16 years old, is a Grade 9 student of Lumla Higher Secondary School. Some of the other members of the team, Angduh Tsering, Thutam Tashi, Bhuban Chalhari, Thutan Nanigya, Tenzin Chombay and Thako Tani are residents of Lumla. The Mon Padma Sambhavi Society (MGPS), presided by Thutan Tashi is an NGO that works for the welfare of the employees of Lumla. Almost all of the members of the MGPS are in their ‘30s. House mother; Tenzin Choke jokingly called them the “uncle team”. The Trillum FC team, previously undefeated in the league matches, is one of the strongest teams in the tournament.

The match began at 14:00 hrs. Shortly, the voice of the commentator Tenzin Gomba said, “I feel so good organizing this tournament, there are so many teams here this time.” The commentator gave a special mention to MGPS team for their sportsmanship in playing the match even though they were officially out of the league matches. The commentator further gave special mention to Jersey number 77, High school geography teacher, Tenzin Dhuedul. “Mein 77 number ko request karna chaahonga ki aagi baar mera team pe kellya,” he said. Tenzin Dhuedul replied with a thumbs-up.

Four minutes into the game, Trillum team scored a goal. Trillum team’s defense and passing strategies worked to their advantage. They were light on their feet and had immaculate collaboration between the members of the team. During the course of the game, Shalom Logos delivered well-executed headers, but unfortunately they did not result in a goal. MGPS team gave their best. However, in the end, it was not enough to beat the mighty Trillum team who scored 6-0, twenty minutes before full-time. Kalsang Tsetan announced his retirement from football tournaments. “It was tiring, exhausting. I was just waiting for the whistle from the referee,” said Kalsang when asked about the last 20 minutes of the game. On a positive note, Shalom Logos seemed very excited as all he could think about “right now is when is the next football tournament. I’m surely playing.” Jersey number 77 had only one thing to say through interspersed gasps, “It was gooooood.”
BOOK REVIEW

THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT TIME

Rinchen Drolma

NAME OF THE BOOK: The curious incident of the dog in the night time

AUTHOR: Mark Haddon

FAVORITE LINE: “We all make mistakes, Christopher. You, Mum, Me. Everyone and sometimes they’re really big mistakes. We’re only human.”

FAVORITE CHARACTER: Mrs Alexander

CHARACTERS: Christopher, Siobhan, Mrs Shears, Mrs Alexander, Uncle Perry, Dog (Wellington), Roger.

SUMMARY: One night Mrs Shear finds Christopher with her dog Wellington killed. Christopher is blamed but he had not killed the dog. Christopher decides to find out who actually killed Wellington. At last he finds the answer; his father had killed the dog and so he runs away to live with his mother.

BEAUTIFUL TIME

Tsering Lhadron

It was a beautiful morning. I woke up and went straight to the bathroom. Bang! I bumped my head against the door. A big bump appeared on my head. After freshening up, I packed my lunch and rushed towards the bus. Bad luck, for the bus had already left me. I was getting late for office so I ran up to the office and tried to open it. It was 9:30 A.M and I was already 30 minutes late. I ran towards the elevator and before it could close, I was in. I had to go up to the 23rd floor and there was a man with me. He had his face covered but I could guess that he was old. The 19th floor came, but the man did not move. When we reached the 20th floor the lights went off and we were stuck. I was scared and worried. There was pin drop silence. We waited for long. “Little girl, where would you want to go if you had some magic?,” the man asked. I was scared and didn’t speak a word. He asked me again, and I said, “Home.” At that time, the elevator opened and my beautiful home was waiting. I met my mother, father and the rest of my family. We spent our time together. The sun was setting and I went to bed with mom and dad. When I woke up, I was in my bed and stretched my arms. I cried, “How happy I was! It could not have been a dream.” Stepping out of bed, I brushed and had a refreshing cup of coffee.

MAN

Lobsang Dadron

You are born in this world
With nothing, naked
Finally, you have passed away
Even when you get your life
Being selfish has helped you
Fulfill all your needs
But real happiness is not felt
After affecting your nature
When you have the ability to think
Be mindful of every decision
As Newton’s law says, “For every action
There is an equal and opposite reaction.”

MY DESTINY

Yeshi Lhamo

I really love to read so I always used to go to the library to read books. The book I decided to read however was horrible. Whenever I opened that book, I felt like something was there but I didn’t know what that was exactly and it made me think a lot. Whenever I went to sleep, something strange would appear in my dreams. Whenever I opened that book, I felt like something was there and it made me think a lot. Whenever I went to sleep, something strange would appear in my dreams. Whenever I opened that book, I felt like something was there and it made me think a lot. Whenever I went to sleep, something strange would appear in my dreams. Whenever I opened that book, I felt like something was there and it made me think a lot. Whenever I went to sleep, something strange would appear in my dreams. Whenever I opened that book, I felt like something was there and it made me think a lot. Whenever I went to sleep, something strange would appear in my dreams.

MY MEMORY

Maaling Yangchen

In a far away place there was a library. It was full of books from a far away place. People came to read books and the library was very silent. One day a girl came to the library. She was searching for a book. She picked a book and inside, she saw a photo of a man. She stared at it for two hours. After that, she walked back home. For two days, she did not come out of her room. Do you know who he was? He was her father: The girl could see her father’s spirit and she could talk with him. She was very happy to meet her father. From that day onwards, she would always go to the library and talk to her father.

How to torture your driver

Dorjee Wangchuk

Sit exactly near the driver
Take out your smartphone
And watch a damn interesting movie
By tilting half the screen towards the driver
Try to talk with the driver and sometimes show interesting scenery
While the car is moving.
If not
Go to the toilet again and again
Stop the car to click pictures
Part as much as you can
Buy something to eat
That smells horrible
Play songs he doesn’t know
The most interesting thing is
Lift your feet and keep it on the dashboard
Remove your shoes
Let the sweet smell waft towards the driver
If he still doesn’t get irritated
Then
Turn on the music to the highest volume
Shout as much as you can
Encourage your group too and then
See the reaction of the driver

MY LAST DAY

Rinchen Nyima

The date is 13th July, My 345th birthday. This is my last birthday. By the time my next birthday comes, I will have fallen into a deep sleep, it means I will die and this will be the last year of my life. I am very happy that I got to live for so long but this is the time to say goodbye to all of you. Now is the time to say “see you in the next life.” I am about to die, these are my last minutes and I feel my breath slowly slowing down to zero. When I close my eyes, I can see the gate to my other life. It looks like I’m a small boy again. That small baby is my own daughter and I am happy. I can get back the love of my own daughter that I used to get when I was old and not able to walk properly. As I think all of this, I go into a deep sleep to a bright and shiny next life’s beautiful morning.

THE NARROW ESCAPE

Tashi Phuntsok

“Every time a dog barks something unusual happens,” begins my friend’s story. “First time when the dog barked, there was a robbery at my neighbor’s house and after that the dog continued to bark and something else happened. One day a dog barked and a strange thing happened to me. First, I saw a van on its way to our building. From the van, five men came out. They were all wearing the same uniform and they were also wearing masks. Three of them were holding sacks and two of them were holding guns. I immediately called the police. After I called, the bandit came to my room and asked for my money. I acted like I was looking for my money but in fact I was waiting for the police. After few minutes, I heard the police car and immediately looked outside the window and cried, “The police have come.” The bandits ran out of my room but the police caught them.”

All of us including my friend who told the story had a deep sigh and departed for the apartment.
A day to love **yourself**, a little more.

Ophelia Lobo

Valentine’s Day has not just sent butterflies to our stomachs but probably the whole zoo visits our systems. Historically, this dates back to the death anniversary of Saint Valentine and to this day, 14 February is considered as a celebration of romance and love across the globe. We have so many definitions and beliefs about what love is or should be, stemming from our personal experiences, and sometimes from others ‘who are in love’. People will always romanticize the idea of ‘love’ to you so that you believe that Love is about giving all that you have for ‘someone’, or about ‘someone’ making you happy, or about feeling attracted towards ‘someone’ and giving your life for ‘someone’. But none of this is love. For you to understand this better, let me tell you what love is not.

1. **Love is NOT about receiving happiness.**
2. **Love is NOT a substitute for a broken heart or a failed relationship.**
3. **Love does NOT care about how you look, how silky your hair is or how tall your boyfriend is.**
4. **Love does NOT ‘break’ hearts.**
5. **Love is NOT about feeling hurt.**
6. **Love is NOT about jealousy.**
7. **Love is NOT about boyfriends and girlfriends.**

To really experience what real love is, first you have to love yourself. We have all had some relationships that only gave us hurt, that broke us. Asking others to fill these cracks with their love directly sets an expectation on them. If they fail, we experience that hurt all over again which an old relationship had caused. In loving relationships, don’t expect others to jump their boundaries for you. You cannot fill these wounds with love from others. You have to cement those cracks on your own by allowing yourself to heal, and accepting yourself the way you are, giving yourself time to be a better version of yourself – every day. Once you get into the practice of loving yourself in your worst times, only then can you offer love to your relationships. This is how you can support your relationships with your own strengths rather than expecting them to fix your weaknesses. Before getting into any relationship or setting expectations on others, you have to be someone who you would love. When you truly do this, the love for yourself will not care about your muscles, your skin colour, your crooked teeth or the number of friends you have. In our community, love is... Your Ama reminding you to finish your homework or to tie your shoelaces neatly, your teachers giving you a chance every day to improve your skills and learn some new ones too, your friends forgiving you for your deeds that hurt them, your kitchen team, adding the right amount of salt and chilly to your favourite chowmein, and the right amount of sugar to your morning cup of tea, your dogs wagging their tails for you as soon as they see you in the morning, your best friend forgetting the worst fights you’ll had, your brother cheering for you when you finally achieve something, your sister wiping your tears when you cry uncontrollably, your Gen La who understands your weaknesses and asks you to never give up on yourself, your own heart and mind asking you to be patient with yourself, when you are slow at learning something new.

This really is true love which will teach you to see the extraordinary things in the ordinary. Above all, loving yourself is a choice. A choice you must make every single day, every single minute.

So, Happy Valentine’s Day to the imperfect you!
High school Tibetan teacher, Tsetan Sangpo writes about the true definition and potential of Education

Generally, in the world, the definition and how we look at education varies from person to person. There are many perspectives on education. Through my liberal mind, I would like to share my perspective on this. Education is one way to enlighten our mind. In order to enlighten our mind, we should questions and analyze what we are taught. Education leads to growth of wisdom. Wisdom comprises the ability to think critically and the ability to differentiate and analyze both good and bad aspects of what is taught. It involves a thorough research. There are two ways in which we can develop our wisdom; traditional and modern way. Many literate people were not able to understand the potential and meaning of education which ends up being misused. Knowing the true essence of the potential of education will rid the world of ignorance, selfishness and deceit because the potential of education will help us differentiate between good and bad and carry forward the good to bring a positive change in our society.

Compassion is the intent to wish for the well being of all sentient beings. If I were to analyze it, in our society, compassion is merely a word. Actually, if we analyze it, there's hardly anyone who implements compassion in our society. The reason is that people are involved in the self. In that way, our Jhamtse school is one of a kind. The reason why I say what I say is because all the teachers, staff and amalas work hard day and night with compassionate heart to help us, which I find amazing. To me, this is the perfect definition of compassion.

Dorjee Wangchuk

Reciprocation

Reciprocation means that living beings have done good things for you. After knowing that all these sentient beings have done good for you, you should have the intention to reciprocate. I've always thought of paying back all the people that help me at Jhamtse Gatsal.

Mani Wangmo
लहरीकी

समर्थ पत्र

बद्दल प्रदर्शन

समाचार पत्र

रवि हरिराम