



### HIS HOLINESS' SPEECH On

#### Compassionate Thought

I feel that compassionate thought is the most precious thing there is. It is something that only we human beings can develop. And if we have a good heart, a warm heart, warm feelings, we will be happy and satisfied ourselves, and our friends will experience a friendly and peaceful atmosphere as well. This is something that can also be experienced nation to nation, country to country, continent to continent.

### Tibetan Language is our Mother Tongue

Tenzin Dhadon, Class VIII

No one comes in this world all of a sudden; everyone comes in this world because of their parents. Also everyone has his or her own country, culture and traditions.

I am a Tibetan girl and my language is Tibetan which is very beautiful and unique. If we Tibetans are the future of Tibet, if we are born for our country then we must save our country Tibet and speak in our Tibetan Language. As our country is captured by Chinese Government, so all the Tibetan people are not at one place, they live in different parts of the world. This is very sad for our Guru and for all the Tibetans that most of the Tibetans who live in different areas don't speak in Tibetan but in English proudly. But they must realise how important language is for our country. Language also saves our country and protects our identity.

If there is no language, that country will not survive in this world. We all the Tibetan people have to speak in our own language. We must never forget our language; it would be really very shameful. But nowadays, Tibetans are really using their language and almost everyone speaks in Tibetan. Those who are weak in Tibetan, they send their children to Tibetan schools which shows they don't want to forget Tibetan language and it is a great news. I want to thank everyone who knows the value of Tibetan language.

### I am Lhadon's Pencil Box

Nawang Lhadon, Class VI

One day, as usual I was sleeping in one of the stores at Mcloed Ganj. Suddenly the owner of the store, a Tibetan girl opened the store. The Sun shone brightly and covered all the things in the store including me. The owner sat on her seat and waited for her customers, many came and went, some people touched me but the owner told them I was not so good and showed them other things those were prettier as well as stronger than me. I was very sad because of my look. All of my friends were being sold. First I thought, I was born in China as no one was taking me to their home but then I realized my friends and families are from China too.

I waited and waited until it was not going to be bought by anyone. But suddenly a girl came with her mother at the store. She always comes here on holidays. I love her but I know she will not choose me because she always chooses expensive things. She was here to buy a pencil box, the owner showed her many pencil boxes but she said that all of them were old, her class mates have them. Suddenly in disbelief she picked me up and looked inside my body, she told her mom that she wanted me. I was surprised and happy. She told her mom that I am very pretty. I was very glad to hear that but the owner told her and her mother that I am not good but she kept touching me with her soft hand. She kept me under her arms and it was very comfortable. At last the owner gave up and packed me. It was the first time someone took me home.

There I made many new friends, some were cruel and some were kind. She has more than ten pencil boxes. All of them wanted to go to school with her but I guess I was the lucky fellow. From that day I always went with her to school and she takes great care of me. I love to be with her all the time.



Art Section Petoen School

### Why Tibetan Language Is Important for Me?

Tenzin Sangmo, Class VI

I am a Tibetan girl and it's my duty to learn Tibetan and to speak in Tibetan. It is very important for me and all other Tibetans to learn our precious language. If we don't use it, the next generation will also not use our language and slowly our language will disappear.

Our 33<sup>rd</sup> king created Tibetan language and it is very useful in learning Buddhism. Every human being is born with his or her mother tongue. It is very important to preserve one's own language and culture.

Since we are refugee living in exile, it is more important to preserve our language without mixing it with other languages.

Having strong language skills is an asset that will help in having an effective communication skill for lifetime. Our language is the most important part of our being. I also think that it is important to learn other languages, other forms of communication besides our own because it helps us to learn about other people and their culture but do not ignore and neglect our own Tibetan Language.

TIBETAN LANGUAGE IS MY IDENTITY AND MY ROOT.

### Kindness is the Best Thing

Tenzin Namgyal, Class VI

Kindness is the best thing in the world. Our parents always show kindness towards us because they love us a lot. When we love someone we are kind towards them and then they will pay us back with kindness. If you are bad to others, you will be very lonely because you don't show kindness to others and when you are sad and lonely, when you want kindness, people won't come to you. They will think that you are a bad boy or girl. Do not do bad things like being greedy, selfish and angry. When you want happiness from others, first show kindness to others and you will be treated with kindness by them. When you show your kindness, your heart will be lighter and your mood will be better, you will be kind and you will care more for others.

When you are kind, you will be happy, full of joy and calm always. When you die, you will take your good deeds of kindness along with you. Kindness is the best thing in the world whether you believe it or not.

All the articles, poems and stories in this publication are original and written by the students themselves. However, minimum corrections are done by the concerned teachers without affecting the originality

#### Editors/Teachers In-charge

Mrs. Tenzin Choedon  
Ms. Tenzin Kyizom

#### Setting & Layout

Ms. Tenzin Kyizom

For suggestions and feedback, write to:

Mewoen Tsuglag Petoen School  
Khanyara Road,  
P.O Lower Dharamsala  
District Kangra - 176215  
Himachal Pradesh (INDIA)

Phone : +91-1892-202117 / 222462  
E-mail : petoenschool@gmail.com  
Website : www.sambhota.org / www.petoen.com



### Why is it important to help animal babies?

Tenzin Kunsang, Class VII

I learned that thousands of wild animal babies lose their moms and many people also take them in and raise them until they are ready to live in the wild. Until now, I have only heard about people taking care of pet animals as dogs, cats, mice etc. Raising wild animal babies must be very hard since they are not similar to human babies.

Why do people raise wild animal babies? The answer is pretty simple. Some people think that animals are cute and so they raise them, some sympathize with them because they know what it means to lose a mom or dad, and become an orphan but we should take care of them and raise them until they are capable of living in the wild by themselves not just because they look cute or pretty.

All the animals have feelings like we do, they suffer as much as we do, and they also endure the same feelings (sadness) as we do. That's why regardless of how they look, we must help them in the best way possible.

It is important to help wild animal babies because like I said before animals also need someone to love them and take care of them just like us because they also have feelings like we do. You could imagine that if you're a wild animal baby and happen to have lost your mother or father then how would you feel and react? That's why we must help animal babies and raise them until they are capable of living by themselves in the wild. Those animals need our love and care, so always help them as much as you can and help them in the best way possible.

### A Special Type of Hunter

Karma Gyaltsen, Class VI

You may have heard of many kinds of hunters in your life like treasure hunters and animal hunters but have you ever heard about Honey Hunters? You may guess from the name that these hunters go to hunt honey.

At the foot of the Himalayas in Nepal, you will find many villages. The Gurung live in some of those villages. The Gurung did not always live in Nepal. They moved there hundreds of years ago. They live like their ancestors and use their old traditions. They grow plants, hunt animals and hunt Honey.

The honey hunters hold a religious ceremony in which they ask their gods to keep them safe and also ask for lots of honey. Then they go off to a cliff where large bees make their honeycomb and honey on the cliffs high above the head of the hunters.

The hunters then build smoky fires to calm the bees, only then the operation honey hunting starts:

Step 1:- The honey hunters use some kind of method to go as high as the honey comb by climbing a ladder.

Step 2:- Before going up to the honey comb, they wear a sack hanging from their head to make it much safer for them.

Step 3:- They climb the ladder, use their tango- a bamboo pole with a knife on it to cut a honeycomb. "Ouch! In the name of my dear honey, what is going on?" they cried.

When they look down, they see there are lots of bees stinging them but they bravely continue in their mission. Then the honey hunters cut a honeycomb off the cliff until they are satisfied. Later, all the honey hunters meet at the bottom of the cliff and they have lots of honey to sell and eat.

## Engage Learning Column



### Splash into Water

Tenzin Tselek, Class VI

Water always takes the shape of its container. It takes the shape of a jug. Pour water into a glass and the water take the shape of the glass. Drink water with a straw and the water take the shape of the straw. Spill water on a table and it takes the shape of the table. Water can also change its state. Water is usually a liquid but freeze the water and it changes into ice, a solid. Heat water and it changes into water vapour, a gas. Solid, liquid and gases are all states of matter.

Earth's water is always moving. It falls from the sky as rain, snow or hailstone. It flows over the land. It fills the channels. Water that fills a channel forms a river. The bottom of a river is called a bed. Each side is called a bank. River water is usually cool but the water in some river is almost boiling hot.

### Solar System

Tenzin Sonam, Class VII

In our Solar System  
There are 8 planets;  
Venus, Mercury, Earth, Mars,  
Jupiter, Saturn, Uranus and Neptune.

The Earth is the planet where we live.  
Water covers most of Earth.  
Venus is the second planet;  
Thick clouds make it the hottest one.

Mercury is the planet closest to the Sun.  
Rocks and sands cover Mars.  
A spacecraft from India is studying Mars,  
Looking for water & life on the Red planet.

Jupiter is the largest planet.  
All the other planets could fit inside it.  
Saturn is the second largest planet;  
Rings go around the planet.

Uranus is unique;  
It is not the last planet but the coldest one.  
Neptune's storm is the great Dark Spot.  
Wind on Neptune blows backwards.

### Boiling River

Tenzin Kunsang 'B', Class VIII

I read about boiling river.  
Deep in a rain forest,  
Legends are told,  
Mist swirls and a lost river bubbles.

The boiling water cooks things  
And you can also make tea.  
It is so hot that,  
Water vapour comes out.

Some say volcanoes or magma  
Had heated the water.  
We cannot stay in the boiling water.  
It is very hot and can boil everything.

Some hiked to local natural resources.  
Locals drink water and they cook with it.  
They do cleaning & make medicine with it.  
The river was no secret to them but sacred.

Locals believe it was a sacred boiling river.  
Holy men still sing to the spirit of the jungle  
Where rivers boil and legends come to life.  
Boiling river is uncertain & quite a mystery.

### Wild Weather

Namgyal Choedon, Class VIII

We all have heard about Sandstorms, Cyclones and Tornado. Some kinds of weather which can damage everything but which are very rare to be seen. Let me talk about Sandstorms and Cyclones. Sandstorms are strong wind which carry sand or dust with them and conceal everything. The dust raised in these storms does not just stay in one country. For example, in 2013, wind blew sand from the Gobi Desert to the United States. That is nearly 10,000 km. In meteorology, Cyclone is a large scale air mass that rotates around a strong centre of low atmospheric pressure. A tropical cyclone looks like a pin wheel. The centre of a cyclone is called the eye. A cyclone's eye is calm and clear, winds do not blow and rains do not fall. The wall of clouds and storms that surrounds the eye of a cyclone is known as the eye wall. Things are different outside the eye. Here, dark clouds tower into the sky and thunderstorms rage and winds whip. This all kind of wild weathers are natural disasters. These all can bring great damage to life and property. It is better to stay away from such places of disaster.



### How can I serve My Parents First?

Tenzin Delek, Class VIII

How can I serve my Parents first?  
This is the question that I can't solve  
Many years of my life were spent on it.  
Please teach me how to serve them first.  
If I know how to serve them  
Then my life will be perfect.  
In my whole life,  
I only want to know the answer to it.  
Everyone has different questions with them  
And some are like me with no answers.  
I know a little bit about how to serve them  
As some of my friends told me.  
If I learn hard in the class  
And always do well in everything.  
I can make my parents happy  
As they always want to see me do well.  
This is not the only thing I want to do  
I want to become a kindhearted person.  
If I am intelligent and not kind  
In future I will get many enemies.

### MOTHER

Tenzin Palbar, Class VIII

From my mother I was born.  
She loves me and does everything for me.  
For me she is like an expensive gold  
So I will never make her sad.  
My mother is very good.  
She is more precious than gold.  
She is very important for me.  
She is the best mom in the whole world.  
She always takes care of me,  
She loves me very much,  
She always thinks of me,  
And I love her very much.  
Moms know all things about their children;  
Moms sacrifice everything for them;  
They do everything possible  
To see smile on their faces.  
Some children when they become big  
They do not take care of their mothers.  
I want to request everyone  
To love and take care of your mother.

### My Mother

Aisha Choezin, Class VII

My mother is my soul.  
She does everything for her family.  
My goal is her goal  
And she tries to fulfill my goal happily.  
  
Without any anger she does everything.  
That's why she is the best.  
In my garden there is a special thing  
A rose flower which for her is the best.  
  
She always brings me nice things  
And I always thank her,  
But I don't want more things  
Because I have her as my mother.  
  
My mother is as good as a fairy  
And she loves to eat ice.  
I always show her my diary  
And she always says, "It's very nice."  
  
I will always love her,  
I will never forget her,  
I will cherish her kindness a lot,  
And I love my mother a lot.

### My Father

Tenzin Dawa, Class VII

My father is my hero  
I feel angry when someone calls him zero.  
He does everything for his family  
Without any anger but happily  
  
He goes to office for us.  
He gets up in the midnight for us.  
He loves to get dressed up  
And always drinks green tea one cup.  
  
It's sad that he lost his beautiful wife  
But still loves me more than his life.  
He loves me for doing well in class  
And he also loves to buy glass.  
  
He works patiently  
And does everything easily.  
He also likes to sing;  
For me he is my king.

He is a kind hearted father.  
He is very smart like my brother.  
He works hard and does his best  
And for me, he is always the best.

### My Dog

Tenzin Kunsang 'A', Class VIII

My dog is very cute.  
It listens to what I say.  
It is also very playful.  
It loves to catch small balls.  
I love to take care of it.  
My dog is like my friend.  
When I am sad, it is with me.  
And I share all my happiness with him.  
My dog is better than my toys.  
He is like a magic in my life.  
My dog loves to go outside.  
He befriends all dogs that he meets.  
There are many breeds of dogs  
But my dog is the best  
Because it has good habits.  
I love those animals that have good habit.  
He is a part of my life.  
In winter when I leave him  
I feel like crying.  
My dog is like my soul.

### Books

Tenzin Dasel, Class VIII

Books come in different forms  
Some are colorful,  
Some are dull,  
But books are very useful.  
People read and write books  
Books are of great value to us.  
Papers are used to make books;  
We must not waste papers.  
If we waste paper  
It is like cutting many trees.  
When I was small I used to tear papers  
To make paper airplane and paper boats  
But these days I know its importance  
And I want to take care of my books.  
We learn from many books  
And also write in notebooks.  
My notebooks look untidy  
As my handwriting is bad.  
I'll try to write in neat and clean writing  
And will make proper use of my books.

### Petoen & Me

Tenzin Chemi 'B', Class VIII

Petoen school is my life.  
I always use to think,  
If there is no Petoen  
What will become of me.

I cannot imagine  
A world without Petoen.  
It might be horrible  
If there is no Petoen.

When I was a little child  
I used to hate my teachers  
Whenever they used to scold me.  
As I was too young to understand.

But as I started to grow up  
I learned to think broadly  
And I started realizing that  
Teachers scold us for our betterment.

They love us like their own children.  
They want to give us everything.  
They want us to learn good things  
And become humans of values.

I spent most of my school life in Petoen.  
Teachers here teach us good things,  
Students are also very friendly  
And they never think bad of others.

In future, I really want my school  
To become an extraordinary school.  
I really want my school to be the best  
And all the students do their best.

I don't want to go from here  
I want to spend my whole life here.  
I love my small school a lot  
And will continue to love it in future too.

### If I were a bird

Tenzin Chime 'A', Class VIII

If I were a bird  
I would fly high in the sky  
And do research about many places  
Which I am unaware about.  
If I were a bird  
I would rest in peace  
And sing all day and night  
Whenever I get free time.  
If I were a bird  
I would find a food  
For me and my family  
And live like a dove peacefully.  
If I were a bird  
I would definitely  
Fly over the mountains  
Where I have never ever been before.  
If I were a bird  
I would think about those new friends  
That I am going to make  
With whom I would stay friendly forever.  
If I were a bird  
I would make the most beautiful  
And the biggest nest in the world.  
Where I would stay gladly and warmly.  
If I were a bird  
I would do things differently  
Different from all the other birds  
And I wish to be a different bird.



### My Country Tibet

Tenzin Choezin, Class VII

I am a Tibetan girl and my country is Tibet. Everybody loves his or her country like me. Our Tibet is very clean and people are friendly there. Thousands of tourists go to Tibet to see its beautiful environment and landscape. Tibet is also called as 'A Land of Snow' and 'The Roof of the World.' The Snow Mountains surround the Tibet. There are two special animals. They are Yak and Snow Lion. In my country there are many temples because we Tibetans are very religious. But in 1959, Chinese government captured our beautiful country. They destroyed everything, all the temples and even snatched the photos of His Holiness. I miss my beautiful clean country.

### Kindness is the Best Thing

Tenzin Pema, Class VI

These days many people are educated and living a pretty good life. However, they don't really have good values of kindness. Everyone wants to become richer and that's why they are becoming more selfish. There are very few people who are kind. I feel we all must become kind to each other, to animals and to our environment. If you are kind, your life will be happier and you will live longer. As a Buddhist, being kind is the most important teaching and practice. His Holiness the 14<sup>th</sup> Dalai Lama told one journalist, 'My Religion is very simple, My Religion is Kindness.' I want to become a kind person when I grow up and want everyone in this world to practice kindness more often. Kindness will bring love, peace, and respect. Kindness is the best way to live a happy and meaningful life.

### A Day without Drinking Water

Tenzin Woesser, Class VI

I think if I have to spend a day without drinking water or any other types of consumable liquid then I think I will die from thirst, but some humans can live without drinking any types of liquid for a day or two, but they can't carry on with such practice for weeks or a month. So, water is very important for all of us to survive and it is also the most essential of the three basic human needs. That's why, we should always preserve water and never waste it unnecessarily.

All humans are mostly aware of the importance and the benefits of preserving drinking water, yet, they are not exercising such habit. It's good to always drink clean and 100% germs free water, but it's unhealthy and sometimes life threatening if you drink dirty and unsafe water such as water from sea, pond, river, lake, etc. We can notice clearly that people who drink clean water are healthy and seldom suffer from diseases.

Finally, I suggest everyone to always drink clean water and enjoy the maximum benefit of it, yet, we can take bath or shower using tap water instead of clean water.

So, we should always "Save Water."

### School

Tenzin Palkyi, Class V

School is a place where we can get education. School is very important and we learn new things every day. In the school there are many people like teachers, students, non-teachers, headmistress, peon, cooks and other staff. School is for learning things. We spend most of our time at school. There are rules and regulations in every institute. The main aim of having rules and regulations is to make the man perfect. It is quite difficult to follow all the rules in school. But we have to follow the rules in order to become good students. We can get much knowledge in school. School is the most important institution for our society. There are many types of school. Like -primary, junior, senior secondary and high school. In the school there are so many things to do. We also play in the school. In our School, we learn many subjects like Tibetan, English, Science, Mathematics and Social studies. We also have Drawing, Computer, Games & Sports, Dance & Music, Dialectics and Art & Craft classes in our School.

### How I Feel being a Refugee

Tenzin Kelsang, Class VI

I feel sad being a refugee because our lovely country is in other's hand and we took refuge in India. We have to listen to Indians because we are staying in their country. If they say, "Go, we do not want to give place to Tibetans" then we have to go and we have no other place to stay. By the grace of His Holiness the Dalai Lama, our spiritual leader and on His request we Tibetans were given permission to stay in India. We are also very thankful to the Indian Government for giving us respect and freedom to do whatever we want. So we have to respect the Indians too. If I become successful man I want to do something for Indians and my people too. I don't think we want to stay as refugees forever. So we have to study hard to take our country back.

### My Father, My Hero

Tenzin Norzom, Class VI

My father's name is Tenzin Nyendak. He is the second boss of Khango Tsang. When I am in problem, my father always solves the problem. He is my Hero, my Love. My father is helpful and kind. He helps others and is friendly with all. Everyone loves him and I think my father is the world's best father. One day, I cried because I had no black and blue pens, the next morning my dad went to buy black and blue pens. Then ma'am did not shout at me. My father is my world and he is my hero. I love my lovely dad a lot.

### MY Father

Tenzin Tseyang, Class V

My father is a gentle man and he likes children. My father is very clever and he also gets angry easily. When my father gets angry I am very afraid but people say that my father is a serious person. My father is very kind and happy. Every day he wakes up early in the morning and makes tasty breakfast for all of our family members. He wears clean clothes and goes to office. He had worked as settlement officer at Shillong and Bir. Now he works in Office at Gangkyi, CTA, Dharamsala. I look like him. He is little fat and he likes to read His Holiness Dalai Lama's books. He writes very good Tibetan essays. I love my father.

### My Parents, My World

Tenzin Woessel, VI

My parents are very important people to me. My mother's name is Sonam Choekyi. She is 48 years old. She is working as a nurse at Delek hospital. She likes to eat momos and she is a good mother. She lives in Dharamsala. She is tall and a bit fat. Her birth place is Ladakh. Her favourite colours are blue, green and black. Her favourite fruits are apple and mango.

My father's name is Lobsang Tsering. He is 45 years old. He serves in the army. He likes to eat pizza. He is a tall and kind hearted person. He doesn't drink alcohol and doesn't smoke. His favourite colours are black, blue, red and pink. I love my parents very much. Without my parents, I am nothing.

### My Best Footballer

Tenzin Dawoe, Class VII

My best footballer is Ronaldo. He is a very good soccer player. When he plays, everyone looks only at him. Everybody loves his style and dressing sense. All my friends love Ronaldo and we are his big fans. He has many fan followers and even many girls love him. Every day I think of becoming like him. That's why when I was in fifth grade, I got my hair cut like him and even dressed up like him. That time my friends looked at me and they thought I was a superstar.

One night I dreamt of him, he came to my home and stayed with me one whole day. We went everywhere together and everyone was looking at us in surprise but suddenly my mom woke me up and that was only a dream but actually it was my best dream ever.

