THE RISING STARS

YOU ARE WHAT YOU DO, NOT WHAT YOU SAY

DHARAMSALA, INDIA — The Dalai Lama left his home in India on Tuesday to travel to the United States for a medical checkup, a Tibetan spiritual leader said he has no specific health concerns.

He told reporters before leaving the Himalayan hill town of Dharamsala that he has been going to the Mayo Clinic in Rochester, Minnesota, for regular health checkups for the past nine years.

The 80-years-old Buddhist leader said he had a minor swelling in his right eye. He then removed his glasses and laughed, pointing at his slightly swollen eye.

He said he would have a “thorough medical checkup” at the Mayo Clinic.

“Then if they find any problems, they can carry out treatment,” he said.

DEFENCE OF THE NATION

They have patriotic feeling since they are merely child and they joined when they are merely teens. They are ever ready and eagerly to give up their life for the nation. They too are people having heart like us, yet they can leave everyone behind for the nation. But we can’t do. They left their parents, siblings and even their dearest wives and children.

While dying we rarely think of hardship. They are groaning and family. We never think about their nation. We are nothing, we just give up their life for the nation.

“TIBETAN, he built schools, settled people and even their dearest wives and children. They left their parents, siblings behind for the nation. But we can’t do. They too are people having heart only thinks for other. This is the life style of the perfect man of this century.

Nima wangmo. Class XI B

PERFECT MAN OF THIS CENTURY

I judge my perfect man not by appearance, nor by the belongings he has, nor by his houses and possessions. It’s just because of the way he puts his efforts for others well being without thinking a sec- ond. His inspiration is to create peace in the world.

Especially for we Tibetans, we are blessed as we have guide like him. He has always been our light in the darkness, boat in the middle of the ocean.

“My perfect man is like a sachet of time. I am not giving up. I will never give up. Even my life is still here with me. If I give up I will never become a complete human. The part of me is missed and half hearted person if I give up. Tenzin Sangmo. Class-XI A

MY SCHOOL

A giant red blue school with the world FREEDOM.

The dream which can never come true.

The bright sun against my cheek,
The cool breeze stole my kiss,
The little chirping birds sings to me to get out from my mind. What’s the need to dream?

The dream which is just a dream.

And going to remain like a dream.

Does anyone have magic stick?

That can change my life like Cinderella.

With the help of magic stick, Make my dream come true!

Passing Yangzeyi. Class XI B

STAY ON TRACK

Understanding the obstacles

Create a positive mental picture

Clear your mind of doubt

Embrace the challenge

Stay on track

Show the world you can do it

SAY IT FAST: How many cookies could a good cook could cook cookies? A good cook could cook as much cookies as a good cook who could cook cookies.

ANSWERS OF RIDDLES FROM VOLUME 1:

(a) NEEDLE (b) ALL THE MONTHS (c) PLASTIC BOTTLE (d) GONE (e) TEAPOT

Move on to a better person and seek how magical our world is. Today I am moving away from my regrets “the time” which I wasted every second, minutes, hour, week, month and now it comes to a year. I hate to remember that entire thing with a pas-

sage of time. I am not giving up either and why should I give up? My life is not the same as it was before and yet my life is still here with me. If I give up I will never become a complete human. The part of me is missed and half hearted person if I give up.

S- See your goal

U - Understand the obstacles

C - Create a positive mental picture

V - Clear your mind of doubt

E - Embrace the challenge

S - Stay on track

S - Show the world you can do it

MHETEETEE TEE"
STORY OF A PEN
Pen is the best friend of mine in whole life. In class room, he is always with me. Whatever I think, whatever I want, I am always in his right side pocket. When I write my theories, I take it out and pressed on his head and he comes out. He is the friend of my theories. When I am thinking, he exists from a few inches above my head red blood, but he has blue blood. Our blood stop when we die. As same as if his blue colour doesn't come on paper, it means he had dead. But he is not dead, it's just that his value is gone. Without the he becomes useless for us and we dump him in the dustbin. Nothing in this world actually die, we just stop respecting things.
Tenzin Choida. Class- 11A

LOVE SHOULD NOT BE FORBIDDEN
A girl and a boy had truly fallen in love with each other. So, during one fine day, the boy proposed to her and she accepted his proposal. But she is afraid of losing him. Thus she always thought where he goes and whatever she does. But the boy felt unnatural and uncomfortable to do anything. At last, he broke up with her. He went out of her life. On the other hand, the girl was left alone. All day she cried, she avoided eating foods and even stopped talking with others. While she was going through such agony, her mother failed to bear the pain of seeing her daughter in such a messes condition. Fortunately, her mother is a kind of psychologist so she took her daughter to the doctor. She felt that, there was something wrong with him. Gradually the sand slipped between her fingers. Then her mother assured her. Her mother told her to grab sand in her hand tightly. If we grip it tightly, it will slip between the fingers. But if we grip it lightly then it will remain in our hand unless we tightened our hands. Eventually, the girl realised the mistake of spying on him. Next day, she apologised to him and later they became the best couple in the world.
Wangmo. Class XI A

MY BEST FRIEND
She has been my best friend for a long time. We help each other in every problems. Whenever we fight, our relationship becomes stronger. No third person can interfere between our friendship. We enjoy together, eat together, walk together and stay together in every situations. I had many friends but no one was like her. She is very unique and I consider her as my family member. We are like sisters to each other. I hope our relationship will stay strong till the end.
Ngawon legzom. Class-9B

HEAVEN TO THE EARTH
My life began with an unbelievable things with the time and year. Most important thing is to improve. I take my route towards my destiny and begins with a blessings of god and hope.

As I don’t even want the reflection of the sorrow that I had faced. But my journey was not sweet enough as comparing to the energetic birth that I used to have. Day by day, it became weaker and weaker. By judging physically, a piece of happiness was with me as I got a new atmosphere. I was damn sure that I will not suffer from the situation that I have already faced.

After approaching here, what I have already assumed was totally different from the feelings I am feeling now. After reaching here, I got a booklet of their behaviours which I read day by day. That I heard was totally different. I don’t know whether I am correct in saying it or not. I was sad and anxiety. Because the main reason was that many of them are judging me by physical and my past.

Being a human, we make mistakes, and through it, we mould. I suffered a lot since two years and here use to be someone, who listen to my sorrows. After the graduation of class X1A, every one of my classmates took their own routes. I was like a sand, if we hold it tightly, it will slip between the fingers. But if we grip it lightly then it will remain in our hand unless we tightened our hands. Eventually, the girl realised the mistake of spying on him. Next day, she apologised to him and later they became the best couple in the world.

Riddles
1) If you look at the number on my face you won’t find nineteen anymore.
2) What room can no one enter?
3) Who makes it, has no need of it. Who buys it, has no use for it. Who uses it can neither see nor feel it. What is it?
4) Which creature walks on four legs in the morning, two legs in the afternoon, and three legs in the evening?
5) Which word in the dictionary is spelled incorrectly?

Wishes through my pen
Life is not smooth and straight. There is always a divergence where we need to have. Day by day, it became weaker and weaker. By judging physically, a piece of happiness was with me as I got a new atmosphere. I was damn sure that I will not suffer from the situation that I have already faced.

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**A LITTLE MORE TIME**

“Grandpa, will you be back? The little I asked my grandpa. Holding on to his wrinkled fingers and never letting it go. I remembered it as though it was just yesterday. I watched the air schedule. The day grandpa was gone. Our home became less lively. He had the heart of a child. In a 65 year old body. I remember the way he would play. I remember the way he danced along with it just to annoy me. I remember the way we used to fight to watch our favourite shows. My grandpa lives with me, aunt, and her family. He often called to say how much he misses us. And I, just want a little more time. A little more time just to tell him, how much I love him. I just need a little more time to sing a folk song with him. I just need little time to control my tears from pouring. But grandpa I am sorry that I ran out of time. I am sorry that I have run out of words. And I just wish that The air schedule had Show delayed during that time. I will give up a thousand years just to have a day with you. I will give up my mobile just to watch VOA with you. I miss my grandpa and I can clearly hear him say, “The road of life is full of ups and downs, you either move along with it or get stuck at the end.” He also says, “Stay strong dear because you are not the only one going through this. Because people love you for who you are. Because falling and getting up is a part of life.”

Tenzin Woeser (girl) class- 12

**I LOST YOU!!!**

Never thought I could lose you, But I lost you! I don't know where or when! That beautiful smile I received while dancing with you. That beautiful smile I received while dreaming of you. I love you for those beautiful dreams come true. My favourite place, which is right next to you.

I lost it all! I lost you! I lost you for a better and brighter one. I never thought I could love you. Losing you is like losing everything. Because you are my favourite hello and hardest goodbye. You are key to my happiness and you still would be...

Somewhere in the midst of my life unconsciously, I lost you. Yet I have never thought about it!!!

**FAR BUT NOT FORGOTTEN**
The days go on. I can see the things changing. Time just flew. Leaving memories behind. While remembering the time, Time spend with you. Brought my smile back. Took me far from darkness. Those happy 10 years. With full of joy. With pinch of sadness. Peotein, I miss you! Strong bond between us. Recalling all those good time. Even when I am drunk. I still remember you. You made me a great human being. With freedom and sense of responsibility. You cared me just like my parents. And taught me how to live life. Physically I am far. But you are always in my heart. I am missing you very much. You are my idol. Peteon School.

Tenzin Yangphel. Class-11a

**SILENCE**
Silence always shout behind. Those million feeling crowd. There would be no way. Where silence cover the crowd. Silence is the only thing. Which wash away the war. And hatred in our heart. Silence always follow us. Whether it was best or worst. Day to day, people asked. For love instead of hate. Silence cried under pillow. Even though it was just aura. Aura that hurt heart. Silence laugh under hand. Even though it was just aura. Aura that beautify heart. Silence is the most miracle thing or aura that god has made. Silence relieves our mind to the heart beat of soul. Silence is the mid night dream. Which follow us till. We get to the destination. Passing Wangfue. Class-12

**TO MY DEARIE NGAWANG**

Oh! Dear, don’t fear. Because I am near. Love is in the air. But take care, I miss you my dear. Thank you for your love and care. We are butterflies, And we will fly till we die. This is our life. So, come on, Let's fly very high and touch the sky. Passang Tsomo. Class IX A

**I DON’T UNDERSTAND WHY**

I don’t understand why I don’t concentrate on studies. I don’t understand why I feel so (CRAZY) while hearing the word “study”. I feel angry when people started to tease me. I don’t understand why? I don’t understand why I am not able to be good in all subjects? That may be my destiny because who knows what I will become tomorrow? I don’t understand why I can’t go with other people.

Every single day, I thought about it, why I don’t understand those studies. I just don’t understand this world!!

Tenzin. Class-9A

**MY LOVELY PARENTS**

Hello my lovely parents, You are my precious gem. You are the one who spend whole life to fulfill our needs and there is no one like you. You are an angel. You always come with a magic power, Which can solve every problem. You are always with me, both left and right. You are the person, With a heart of peace and caring. You are the one that I can lean on. You are the one. Who gives beautiful surprises, Which always bring smile back. My switch off mood towards switch on. Thank you for being with me!!!

Tsering Dolma. Class XI B

**CORNER OF STUDENTS’ COUNCIL**

**First meeting**

On 3rd Dec, 2015. Thursday, newly elected member of Students’ Council had taken oath from respected principal Mr. Namgyal Yemphel la and ex prime minister Passang Wangdue.

**Second meeting**

On 18th Dec, 2015. Friday, principal Namgyal Yemphel had given a workshop on functioning of Students’ council along with its rules and regulations.

Interview of Madam Vihba Dangwal JI who served Sambhota Paonta for almost 25 years.

Q1. You have served Sambhota Paonta for almost 25 years. Now how are you feeling at this time of retirement?

Ans. I have a dual feeling. I am happy and sad at the same time. I am sad because the journey I started as a teacher in Nov. 1999 is finishing on 25 Feb. 2016. I am happy as I could impart education to the Tibetan students and contribute something for their intellectual development.

Q2. What are the changes you see after observing this school for many years?

Ans. When I joined this school, the traditional method of education was being used but the students were hard-working, sincere and full of competitive spirit. But now, latest technology is being used for teaching and with the grading system, the competitive spirit between them has diminished.

Q3. What are the messages that you want to convey to your colleagues?

Ans. I really had a very great time with my colleagues. All the teachers are good and hard working. I wish them a great life ahead and will miss them.

Q4. What are messages that you want to convey for your students?

Ans. I always love to teach my students. I want all the students to work hard, get good marks, achieve success in their life and contribute their might for the freedom of Tibet.

(Lastly, we the team of The Rising Stars want to thank YOU for this wonderful interview and we are feeling proud to have a very hardworking teacher like you in our school. We wish you a healthy and a bright life ahead.)

**EXAMS AND GRADES ARE TEMPORARY BUT EDUCATION IS PERMANENT**

Third meeting

On 14th JAN 2016 the third meeting was held. Honorable prime minister of Students’ Council Mater Tsetan Duba la presented the plans and programmes of six Kalons for this whole year.

Month of Jan to March is specially given to Education and Health Kalon to launch their programmes to improve academic field and health status of the students.
MY DEAR MOM.
Life is boring without you.
Life is not enjoyable without you.
Life is incomplete without you.

It is my loving mom!

Always taking care for me
Full of kindness and helpful
It is my mom!

She advised me.
When I was wrong,
Like god, she was a gift for me
Sonam Sangmo. Class VII

Father Tsewang la thank you so
am today is all because of you father.

end. Lastly I want to say that I will
for me and would carry on till the
world. Your advice is always helpful
ers are my best person in this
sadness turns to happiness. Father,
about the best things”. At that time,
should close your eyes and think
“Sangmo, Whenever you feel sad, you
scolds us, you always help us. When
you and miss you. And when mother
itself is a reason why I always love
that you take care for us very well,
you took care for us. When I heard
ther. Father, I always thought how
because I knew that you are my fa-
hand, that time, I stopped crying
my father. And when I came on your
eyes I knew my mother as well as
essay only for you. When I opened
Dear father today I am writing this
work hard, dream big

MY FATHER
Dear father today I am writing this
essay only for you. When I opened
my eyes I knew my mother as well as
my father. And when I came on your
hand, that time, I stopped crying
because I knew that you are my fa-
ther. Father, I always thought how
you took care for us. When I heard
that you take care for us very well,
itself is a reason why I always love
you and miss you. And when mother
scolds us, you always help us. When
I was sad, you always told me that
“Sangmo, Whenever you feel sad, you
should close your eyes and think
about the best things”. At that time,
sadness turns to happiness. Father,
today I am telling you that my par-
ents are my best person in this
world. Your advice is always helpful
for me and would carry on till the
end. Lastly I want to say that I will
not forget your kindness and what I
am today is all because of you father.
Father Tsewang la thank you so
much for everything.
Sonam Sangmo. Class VII

MOTHER
Like god, she was a gift for me
When I was wrong.
She advised me.
When I feel lost.
She always shows the right direction.
It is my mom!
Full of kindness and helpful
Best mother in this world.
Always taking care for me
Always worrying about me
It is my loving mom!
Life is incomplete without you.
Life is not enjoyable without.
Life is boring without you.
MY DEAR MOM.

SAVE TREE
Once upon a time, there was a boy who was
feeling very disappointed because he has no
money to buy a kite. So, he is sitting under
the tree. The tree said to boy, ‘What hap-
pened, why are you crying?’ The boy replied, ‘I have no money to buy kite
to play like other children’.

Tree said, “You can cut my branches and sell
it to the market so that you can get some
money to buy a kite”.

After 10 years he got married and then he
went to that tree and said “I got married so
what should I do to build house?”

Tree said, “Cut my stem and build your
house”.

After married, the boy said to his wife that
today I will take you towards the helpless
friend in my life.

When they both reach to the tree. The tree
has become very poor and near to die. Wife
said, “The tree was very helpful to you. So we
have to plant trees everyday”. Then onwards,
The boy and his wife take care of the tree.

Later on, that tree has become better than
before. SAVE TREE
Kunga Tsetan. Class VII

MY ANGEL IS MY MOTHER
My dear mother you are the one who creates
me what I am today. You are the one who
always protects me from every pain. Whenever
something hurt me, you care me like it’s your
own problem. My days start with your smile
and ends with your meaningful advice.
Though I am physically away from you but
still, I can feel your love, that made my day in
school a meaningful one. Love you from the
core of my heart and wish you to remain
my eternal love.
Dear mom, this is for you:
M: mother is as great as god
O: of course! Mother is just a human being
but not less than god
T: teaching good manner is mother’s duty

FAVOURITE PERSON
My favourite person is His Holiness the 14th Dalai Lama. He is our
Tibetan leader and he helps us. He built us school, gave us
food and shelter. His favourite fruit is papaya. He is good and
kind person. He loves every sen-
tient beings in this world. He
wakes up at 3:00 am and then
used to eat tsampa with tea. He
was born in Amdo inTibet and
now he travels in many countries
for Tibet’s issues. He got many
awards and rewards. I met my
favourite person on 5/4/2015. His
heart is as white as snow. I
love him so much bigger than
sun.
FREE TIBET
Tenzin Chemi. Class VI

MY MOTHER
My mother name is Tsering Dick-
ey. She has many friends in Paon-
ta. My mother is not very tall but
very smart. She is perfect for my
younger brother , my elder sister
and for me. She is an intelligent
woman and a brave too! I am very
much proud of her. When some
children hit me, my mother comes
like a super hero and warns the
children not to do it again. Then
she used give ice-creams to see
me happy. I am a princess for her
and she is a queen to me. I love
my mom very much.
Tenzin
Jangchup VI

SAY IT FAST:
A big black bug
bit a big black
dog on his big
black nose!

HAPPY LOSAR 2016

HARD WORK PAY'S BACK