

# NIVI NEWSLETTER



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ISSUE III DECEMBER 2010

## FROM THE PRINCIPAL

The session 2010 started late due to His Majesty's Soelra Trip (10/02/10 - 29/02/10) to Bangkok (pg.3). All the teaching staff and students (PP-VIII) were away from the daily monotonous activities and the trip which was of first kind from the king, was educative and refreshing for the institute. The session began with everyone refreshed and enthusiastic by the trip and welcomed the session in high spirit of learning.

The session was also blessed with a new Eicher School Bus which has a capacity of thirty passengers. The additional facility to the institute shall ease out some of the problems faced while making trips in groups during musical shows and to avail some important invitations of the institute.

The 2010 session was very unique in one way since all the working groups of the week started and closed with one minute mindfulness and the teachers incorporated and practiced some GNH principles in their daily teaching-learning programs. The Visually Impaired students took it leisurely in the beginning but sooner or later they took it very seriously. Now it has become a solemn ritual. We look forward to have same culture continued every new session.

The new session also witnessed a change of school portfolio from the National Institute for the Disabled to the National Institute for the Visually Impaired by the Department of School Education which at times was misinterpreting.

During the current session some of the incharges were changed and some members reshuffled as per the interest and experiences with objective of giving equal opportunities to both teaching and non-teaching staff in all areas of academic and non-academic fields.

This institute was also blessed by the visits of the following dignitaries:

1. The Chief of Engineer, SPBD, Thimphu on 30/03/10 and 03/11/10.
2. ADEO, Trashigang and the Representative of WFP, Thimphu on 08/04/10.
3. The Monitoring Official from EMSD, viz. Mr. Mindruk Gyeltshen on 31/05/10 and oriented on the tools of SSAT and SIP.
4. The Director General, DSE, Thimphu on 17/08/10 for the handing taking of the completed ADM block.

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  - \*ICT & Special Education news
  - \* White Cane Safety Day 2010 (dzongkha)
- \*\*\*\*\*

5. The Hon'ble Minister of Education on 03/10/10 for familiarization and encouragement.
6. The JOCV Program Coordinator, JICA, Thimphu on 02/11/10 for the discussion of placement of JOCV PE instructor and the norms considered for extension of the servings, JOCV, PE instructor.
7. The Representative of UNDP, Thimphu and Aum Dorji Choden visited on 12/10/10.

The staff and the students are also blessed by the visits of the following eminent Rinpoches during 2010:

1. Ven. Eight Zurich Rinpoche on 23/05/10 and consecrated the staff-funded Yigja Dungkhor in the campus.
2. His Eminence Thrangu Rinpoche, Kathmandu, Nepal on 10/10/10 at eh Premises of Jigmesherabling HSS.
3. His Eminence Jangtrul Y Rinpoche on 09/11/10 and blessed the staff and students with Vajraguru jaglung.

The institute also carried out the annual sports day on 25<sup>th</sup> September 2010 (pg.7).The program was supported by Dzongkhag Administration, Trashigang for the main event and by Krishna store and Karma Tshongkkhang, Samdrup Jongkhar and Yangchenma Construction, Khaling for PT dress. Beside our normal duties, the institute was also able to launch Braille Literacy Program for the first time for the volunteer staff of the mainstream schools w.e.f 04/08/10 to 07/10/10(pg.9). The Braille literate staff of mainstream schools shall be of great help for immediate support in the daily teaching learning process of the visually impaired. In the same line we are ready to support for maths and science subjects if we have similar volunteers from the mainstream schools.

In the area of staff development during the session, the following staff availed in-country and ex-country training towards enhancing their professionalism.

S/No.	Name of the staff	Training availed	Duration	Remarks
1	Kelzang Dorji, Teacher	DE B.Ed	2009	In-country
2	Sonamk Wangmno Lib. Assistant	Care givers on child care and health	17-31/01/10	In-country
3	Wangchuk, Teacher	TCTP on Vocational Rehabilitation for Persons with Disabilities	15/06-26/07/10	Ex-country
4	Tshongpen Wangdi, Principal	All children can learn	13-15/07/10	In-country
5	Kuenga Chhoegyel, Teacher	-do-	do-	do-
6	K.D Gurung, Teacher	do-	do-	do-
7	Tandin Zangmo, Teacher	do-	do-	do-
8	Shriman GHurung, Vice Principal	do-	do-	do-
9	Tshongpen Wangdi, Principal	Disaster Management	29/07-31/07/10	do-
10	Shriman Gurung, Vice Principal	Nemeth mathematics and manual development	19/11-21/11/10	do-
11	Tandin Wangdi, Reprographer Asst	do-	do-	do-
12	Tashi Phuntsho, Contract teacher	Development of Nemeth code manual	27/11-09/12/10	do-
13	Sonamk Wangmno Lib. Assistant	do-	do-	do-
14	Jigme Choden, Office Assistant	do-	do-	do-

This year we bade farewell to Mr. Sonam wangchuk, Driver on transfer to Ministry of Education since he had no license of heavy vehicle. The institute welcomed three support staff during the academic year 2010 –Mr. Phuntsho Dawa, Warden, Ms. Tshering Yangki, Matron on contract and Mr. Karma Tenzin, Technician. Their appointment helped in pastoral care of the visually impaired children. It has been a very successful year and we always look forward with a positive initiative for the coming session 2011.

Last but not the least, we wish a happy reading of our third NIVI newsletter.

By:-  
Tshongpen Wangdi  
Principal

## Bangkok Trip

I was swollen with pride when His Majesty the great dharma king declared for a trip to Bangkok for all students and teachers during his second visit to the earthquake hit areas in the east. It was unforeseen for all teachers and students. Though I had twice been to Bangkok before, I thought my tour to Bangkok in the company of all my colleagues and students would be more delightful and fascinating than the earlier trips.

Every visually impaired child and a teacher was waiting for the great opportunity in much excitement as none of the students and few teachers had never travelled by air before. The children had only heard people talk about Druk Air flying to other countries and flying back to Bhutan with many people in it. It was beyond their dreams and aspirations that they were soon going to fly to Bangkok under the royal command.

The much awaited day arrived to the much animated students and teachers on the 10<sup>th</sup> of February where the journey to Thimphu was begun from Khaling. It seemed bright for all students and teachers even if it was cloudy, and all felt warm though it was a chilly winter dawn. We said good-bye to homely NID in blissful heart and cheery face. Though the buses we were travelling in were in speedy motion, our spirits

travelled more rapidly to Thimphu overwhelmed to take off to Bangkok.

It was a sunny afternoon when we stopped in Mongar for lunch in one of the restaurants. All seemed to take pleasure in lunch despite the fact that few were not very relaxed because of car motion sickness. Every visually challenged seemed welcomed by the beautiful Mongar town although the beauty of the town did not burnish in the eyes of blind but it did in the intensity of our hearts. The blissful moment of the team was further enriched when the kind voice of Dasho Zimpoen was heard which reminded us of our beloved king. The Dasho Zimpoen made sure that everybody in the team was happy and comfortable with each other's help and support.

It was quite cold in the evening when we reached the beautiful and auspicious valley of Bumthang. However, it seemed the cold weather disappeared when the Kurjey Lhaxhang and Tang Mebartsho appeared in our mind. The Kurjey Lhaxhang reminded us about the guru Rinpoche and the Tang Mebartsho the great tertoen Pema Lingpa. We were not only happy to be in auspicious Dzongkhag, but also warmly welcomed us by the Dasho Zimpoen. The Dasho had arranged a special dinner after which all felt warm and had sound sleep and charming dreams.

Next morning we left Bumthang for Thimphu. All were more enchanted than the previous day as we knew that we were drawing closer to Thimphu, the capital city of Bhutan. The children sang songs at the top of their voices as the buses moved along the way in the icy breeze.

In the afternoon, we stopped for lunch in a restaurant in warm and windy dzongkhag of Wangdiphodrang.

As we reached Thimphu in the evening, we recalled the fourth Druk Gyalpo - the architect of Gross National Happiness, His Majesty the King- the GEM of every Bhutanese, The Je Khempo- the Light In The Darkness for all sentient beings, The Prime minister- the destiny of all Drukpas, and the opposition leader- an ally of every Bhutanese citizen.

We were accommodated in the youth hostel. We were comfortable with the accommodation as we became acquainted with the environment. Every child managed to go to the canteen independently where delicious meals were served. All could make out the way to the bathrooms independently both for natural calls and washing purpose. Small children could go outside and played in the sunshine.

Monday the 15<sup>th</sup> of February was a great day for us. It is the day when we were granted audience by His Majesty the King at the Lingkana Palace. Present there were also the cabinet ministers and other senior civil servants. The children presented some cultural items to the His Majesty and other dignitaries. After the cultural programme, His Majesty gave every child a sum of 300 dollars each to 49 students and 450 dollars each to 14 teachers as pocket money. His Majesty told us that the study tour to Bangkok and the pocket money was his new year Soelra. Every teacher and a child felt exceedingly blessed to receive such a Soelra, Soelra that can be too regrettable to forget and too enjoyable to remember again. The soelra also seemed to us very precious, more precious than gold and very heavy, heavier than a mountain.

After the Soelra, His Majesty let us return to youth hostel with some kind words such as safe journey, enjoy yourself and take care.

16<sup>th</sup> of February 2010 was another very remarkable day. All woke up early in the morning with mind filled with thoughts of getting on the Druk Air and fly to Bangkok. The buses took one and half hours to get to Paro Airport. We got out of the buses and went into the airport building. There were many people in the airport building. Some looked at our tickets, some weighed our bags and some looked for anything dangerous inside our clothes and luggage.

We walked onto the runway when a person at the door in the airport building told us it was time to get on the plane. People at the airport guided us up the stairs and into the plane. It was warm and pleasant inside the plane. The stewardesses arranged seats for us. We were asked and helped to fasten the seat belt when it was time for take off. The plane began to make a lot of noise. It also began to move very slowly. After a few minutes, we noticed that the plane turned round and moved again. That time the plane moved quicker and quicker. The children were startled when the plane suddenly flew in the air.

Our hearts were filled with two different feelings: a happy and a sad feeling. We were happy to fly to Bangkok but sad to leave Bhutan. However, the sadness was nowhere to be found when we reminded ourselves of returning to Bhutan after a week.

When we landed at the Bangkok International Airport, The sound of the traffic seemed to us like the sound of a river and the crowd of people like ants in their colony. We did not experience the heat of Bangkok atmosphere although we should have felt dreadfully hot as we had travelled to Bangkok from a very cold atmosphere. It was for that reason that we were filled with joy and cheerfulness to be in a place where everybody in the team dreamed for a long time to land one day. We were escorted to the YWCA (Young Woman's Christian Association) hotel.

The stay in the YWCA was very comfortable. Every child was attached to a teacher in a deluxe room in the hotel. In the room was AC, a telephone, attached bathroom, a television, a refrigerator and many others. There was also 24 hours cool and hot water either for a cold or a hot bath. We were served breakfast mostly in a nearby restaurant and lunch in different visiting centres.

All were happy with highly spiced Thai food.

On the 17<sup>th</sup>, we visited the Bangkok School For The Blind. There were 260 students in the school. We went into different classes, library, computer room, Braille publishing unit and place in which students played games and sports. We also went to the resource room where the person in-charge showed us various teaching learning materials. The In-charge informed us that most of the materials were man-made in the country and some imported from other countries. Towards the afternoon, there was a short goalball match between Thai visually impaired children and Bhutanese visually impaired students. The Thai children won the match with 4 goals against Bhutanese with 1 goal. After that, Thai children presented us some Thai music and songs.

On the 18<sup>th</sup> we visited the Skills Development Centre for the Learning Disabilities. The admission to the centre was open to only those who were above the age of 18. There was training on a variety of vocational skills like piggery, poultry, fishery, gardening and so on. There was also embroidery and handicraft. In the afternoon, we went to the Art of Kingdom. We saw illustration and details of historical figures of Thailand. There was also science and geography of the country. The art of kingdom was very friendly to the blind. We could access the details of each illustration through listening to a small audio player.

We went to Pattaya Beach on the 19<sup>th</sup>. On the way, we visited the Khao Khew zoo. In the zoo were many animals. There were some animals we had never seen before. After we reached,

Pattaya, we had lunch in the Pattaya Resort. In the afternoon, we were engaged in many entertaining events. We played the car-racing, swing, towershot and boat. Towershot was the scariest one. Each of us became breathless when we were shot up into the air to a great height and pulled down on to the ground. In fact, many vomited after the towershot. After that, we went to the beach. Many played and swam in the sea waters on the seashore.

On the 20<sup>th</sup> morning, we sailed in a big boat. This gave all of us a very good boat experience. In the afternoon, we visited the aquarium. There were hundreds of sea animals.

We went to Bangkok hospital on 21<sup>st</sup> where the king of Thailand was undergoing treatment. We payed our mark of respect and prayed for his speedy recovery. After that, we participated in the His Majesty's birthday celebration in Bhutanese Embassy. All of us felt very much in Bhutan upon hearing officials in the embassy and Bhutanese in Thailand dance and sing Dzongkha songs. There were also Khuru matches to mark the special occasion. In addition, our children presented some cultural items. In the afternoon, we visited the botanical garden where we enjoyed seeing and touching many species of flowers, herbs and plants.

Besides daily programme, teachers guided the children to shopping centres in the evenings. Children bought their necessities and gifts for parents and beloved ones in Bhutan. Some bought clothes, some purchased electronics, and some looked for mobile phones and so on.

Though we were in Bangkok, our hearts were filled with thoughts of Bhutan. Everyone was longing to fly back to Bhutan. We waited for the last great: the moment we would be affectionately received by the fresh air of Bhutan.

Sure enough, we landed at the Paro International Airport on 22<sup>nd</sup> February 2010 at 10.30 a.m. We were all happy to be back in Bhutan: a country which had been blessed and sanctified by Guru

Rinpoche.

It was on 25<sup>th</sup> February when we received audience with His Majesty the king for the second time in the Trashichhoedzong. His majesty asked whether everybody enjoyed the trip. We explained to the king that we were very happy and enjoyed the New Year Soelra Trip to Bangkok. The king advised children to study hard and be successful individuals in the future. His Majesty finally advised us to be confident with what we do and not to be scared of what we do with good intention. Keeping in mind His Majesty's kind counsel we developed strong determination to take every challenge in life as an opportunity. We were also inspired to treasure HM's New Year Soelra deep in our hearts forever.

The journey back to Khaling was started early in the morning on 26<sup>th</sup> of February. We reached Khaling in the following evening. The cold weather of Khaling welcomed back every motivated child and every enthused teacher.

Finally, I take privilege on behalf of every visually impaired to thank HM for the New Year Soelra and all teachers for putting our interests above their own during the trip.

Thanks.

By Pema Gyeltshen  
(Literary committee In-charge).



NIVI children at pattaya beach site



Staff and children at Thimphu before leaving to Bagkok



⇒ NIVI staff and children celebrated His Majesty's 30<sup>th</sup> Birth Anniversary at Bhutanese Embassy, Thailand.

## T RIP TO SWITZERLAND:

Dragon Gift Exhibition held from 4<sup>th</sup> of September at Reitberg Museum in Zurich was a very special moment for some Bhutanese along with many other local people there. The Ministry of Education was very kind enough to approve three singers from NIVI to participate on behalf of the country with the financial assistance from Swiss Insurance Corporation. The team was invited in continuation to the Movie called SMS Shangrila which was made in 2008 by group of musicians and singers from Switzerland who came to take part in the Centenary Celebration. The SMS Shangrila focused on how the Music band from Switzerland organized and presented their programs with the members of Bhutan Swiss Association in Thimphu visiting eight Dzongkhags of central and eastern Bhutan. The group of five singers from NIVI had an opportunity to accompany the Swiss music band on behalf of the Bhutan Swiss Association. Some of our songs that were presented with Swiss musicians became one popular episode in the SMS Shangrila which interested the museum to invite the singers from NIVI to have live concert on 4<sup>th</sup> September with the Swiss music band in Zurich this year.

Singing Bhutanese songs with Swiss musicians was a great enthusiasm for both performers and the audience at the museum. Thousands of people flocked in for the show. The Dragon Gift Exhibition consisted of displaying typical Bhutanese altarsurrounded by thanγκas, statues with two monks performing rituals twice a day; screening of Bhutanese mask dances; different wall paintings and two Bhutanese movies namely Yigyal

Kawa and Sherik Kawa made by Ugyen Dorji of Ugyetsho Communication Company, Thimphu.



Switzerland is highly advanced and beautiful country. The most striking experience we came across was the waste management. No single river or lake is to be seen polluted. It is a densely populated country with small area of almost the same size of our country yet, environment is maintained super clean. This is something Bhutan has to learn to tackle our ever rising garbage disposal issue.

My last conclusion is: It may be desirable for others to be in highly developed country with different life style, But for us,

Bhutan is the best with special peace and tranquility. “West or East, home is the best”.

## Physical Education Report. Mr. YOSHIDA Tsukasa. JOCV P.E. Instructor

Children learn not only exercises but also various things in Physical Education classes, for example, cooperating with others. People can't live alone. People keep being related with others all over the life. Physical Education classes are quite few chances to cooperate with others in the class time.

And, children can open their emotion in the class time. When children succeed in their activities, children can express their pleasure. Physical Education classes are time to enrich children's feeling through the exercises.

There are some exercises for individual; of course, I'd like children to encourage children at that time. I think that I will teach children some exercises as a mediation to be conscious of connecting others. The picture on this page shows children practicing for the annual sports day which was held on 25<sup>th</sup> September 2010. It was very special day for the institute since children could demonstrate their abilities in sports.

Standing with pulling against each other.

### Methods

1. Children hold hands and sit down face to face with bending knees.
2. Touch their toes.
3. Stand up together with keeping on holding hands and without moving their feet.
4. If they succeed, could involve more children, and try the same way again.



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**News from the committees of ICT and Special Educational Needs of NIVI.**

NIVI ICT committee collaboration with Special Education of Ministry of education, Thimphu funded by NORAD through Medialt, Norway, accomplished the following:

**1. ICT In-service Training for the visually impaired.**

The 2<sup>nd</sup> in-service training for the visually impaired employees was conducted in Gaylephu Middle Secondary School from 4<sup>th</sup> of January to 2<sup>nd</sup> of February 2010; the candidates were from all walks of life. Some were teachers, telephone receptionist, physiotherapist, officers etc. The candidates were trained to use office packages with magnifying and screen reading software. A laptop to each candidate was also provided. The last batch of ten visually impaired will be trained in 2011

**2. Syllabus and handbook.**

The development of syllabus and handbook for computer literacy programme in line to the project document was carried out in four faces. The CAPSD and the ICT of Schools guided the resource group for development and writing the contents.

Face 1: Development of Syllabus: in July 2008.

Face 2: handbook for class I to III, in August 2009.

Face 3: Development of handbook for class IV to VI. December, 2009.

Face 4: Development of handbook for class VII to VIII in August, 2010.

The syllabus and the handbooks are on test in the institute and are expected to be endorsed by the ministry of education.

**Special Education committee of NIVI accomplished the following in 2010.****1. Guidelines on integrated education.**

The SEN Committees of three schools of Khaling had four round of discussion for the development of guidelines on integrated education amongst the three schools. The document was signed by the three principals, vice principal, SENCOs and Assistant SENCOs in June, 2010 and has been submitted to the ministry of education for endorsement.

**2. Special Education Needs Committees Meeting.**

A meeting on special education needs amongst the three schools of Khaling was held on 4<sup>th</sup> of September, 2010. The ADEO of Wamrong Dungkha was invited to observe and comment on the requirement and advises to the three schools pertaining to the special educational needs.

**3. Braille Literacy programme.**

NIVI has launched Braille Literacy Programme since 2010. In the first batch, there are 6 English and 3 Dzongkha Braille learners. NIVI believes that training the teachers and staff of mainstream school would not only ease in teaching and evaluating the works of the visually impaired students studying in the respective school, but also would be able to provide faster and better services to the students. The programme is expected to extend support to other institutions where visually impaired are trained and employed.

#### 4. O & M for the Teachers and Staff of JSHSS.

NIVI has conducted half day O and M training to the teachers, staff and peer groups of the visually impaired students of JSHSS on 9<sup>th</sup> of October, 2010. This training has been organized to assist the visually impaired students for the orientation and mobility within the school campus. Each participant was provided a 16 page guidelines on O&M.

#### 5. Joint celebration of White Cane Day.

For the first time, the three schools jointly celebrated the White cane day on 15<sup>th</sup> of October, 2010. The Principals, Vice Principals, SENCOS, Assistant SENCOS and the VI students of the three schools participated in the joint celebration. The group walked five Kilometers from the institute to handloom and back carrying the banner, "International White Cane Safety Day" on the theme "White Cane" and with the slogan "Explore the world one tap at a time". The drivers and the passengers of the cars were briefed the importance of recognizing the "White Cane" as a symbol of blind, to respect and ensure the safety of the blind travellers on the road.

#### 6. Parent sensitization.

NIVI is to conduct two days parents' sensitization on 2<sup>nd</sup> and 3<sup>rd</sup> of December coinciding with the World Disabled Day. The parents are to report to the institute by 1<sup>st</sup> of December and attend the meeting on 2<sup>nd</sup> and 3<sup>rd</sup> of December, 2010.

#### 7. World Disabled Day.

As in the past, the Institute is to celebrate and commemorate the "World Disabled Day" in a simple and humble way on 3<sup>rd</sup> of December, 2010. The Theme for the day is: "Keeping the promise: Mainstreaming disability in the Millennium Development Goals towards 2015 and beyond"

#### 8. Sensitization for the teachers and Staff of KLSS and JSHSS.

As per the minutes of the meeting of 4<sup>th</sup> of September, 2010, the three schools are to jointly conduct a sensitization for the teachers and staff on special educational needs on 14<sup>th</sup> of February, 2011.

**By:**

**Kuenga Chhoegyel**

**ICT coordinator & SEN coordinator**

WITHOUT US, THERE IS NOTHING ABOUT US!

“DISABILITY IS BLESSING IN DISGUISE. IT IS THE GRACE OF GOD AND NOT BY ACCIDENT”

By: Kiat Motor Proprietor (disabled), Indonesia, July 2010

འཇམ་མཁའ་དཀར་པོ་གི་ཉིན་མོ།

༣ འཇམ་མཁའ་གྲིང་རྒྱལ་སྤྱིའི་འཇམ་མཁའ་དཀར་པོ་གི་ཉིན་མོ་འདི་ ལོ་བཟུང་བཞིན་དུ་ ལྷོ་ཟླ་ ༡༠ པའི་ཚེས་ ༡༥ ལུ་ཅིག་སྤང་ལུ་སྤོལ་  
ཡོད་དོ་བཟུམ་སྟེ་ རྒྱལ་ཡོངས་མཉམ་སེལ་སྤོལ་སྤོང་ལང་གི་ སྤོལ་དཔོན་དང་ སྤོལ་ཡུལ་ཚམ་ཉམ་གྱིས་ལོ་རེ་མ་བཞིན་ཅིག་སྤང་ལུ་སྤོལ་མ་ཚད་



རྒྱལ་ཅིག་གི་ཉིན་མོ་དེ་ རྩོམ་རྩོམ་འབད་  
བརྩམ་ཉེ་ འཇམ་མཁའ་ཉོམ་བཟུ་དོ་ ཟེའེ་བའི་  
བརྗོད་དོན་ལུ་ གཞིན་བཞག་ཚོགས་ལུ་ལང་  
དེ་ནང་ལུ་ཡོད་པའི་བཟུ་ཚང་ཚུ་ འཇོམ་ལམ་  
བདའ་ཉེ་ འཇམ་མཁའ་དཀར་པོ་ལག་ལུ་ལཱ་ལཱ་  
ཉེ་ ལམ་འགྲུལ་འབད་ཡི།

འཇོམ་ལམ་བདའ་ཉེ་ཡོད་མི་མི་དང་དེ་དེ་གཞིན་འགྲུལ་པ་ཚུ་ལུ་ འཇམ་མཁའ་དཀར་པོ་ ལག་ལུ་ལཱ་ལཱ་འབད་མཁའ་མཚོང་པ་ཅིན་བཟུ་བའི་དབང་པོ་ལུ་  
ཚོ་ཞིག་མི་ཡིན་པའི་བདུ་རྩལ་ཡིན་མ་ལམ་ རྒྱལ་ཉམ་མ་འཇོམ་ཉུང་ འཇམ་མཁའ་དཀར་པོ་དེ་ ལག་ལུ་ལཱ་ལཱ་འབད་མི་ ས་གཞུས་ག་ཉེ་དང་ག་ཉེ་ལུ་  
འཕུད་ཉུང་ ཁོང་མིག་ལོང་ཡིན་མ་ལམ་ ལམ་སྐོ་ཡངས་རྩོམ་རྩོམ་ཉེ་དགོ་པའི་འབར་ ལྷུ་མ་འཇོམ་ཡང་ ལྷུ་གས་ཚད་ཡབ་ཉེ་ག་ཉུང་དགོ་ཟེའེ་གོ་  
བདུ་ཚུ་སྤོལ་དཔོན་དང་སྤོལ་ཡུལ་ཚུ་གིས་ ལུ་ལུ་ཡི་ཟེའེ་ལུ་ཉི་ཡིན་ལུ་གས།



དེ་ཉི་ལྷུ་བས་སུ་ལྷུ་མ་འཇོམ་དེ་དེ་གཞིན་ག་  
ཚུ་དང་ དེ་ཉུང་ལྷུ་མ་འཇོམ་དང་འགོ་  
འགྲུལ་འབད་མི་ཚུ་གིས་འབད་ཉུང་  
ངོས་ལུ་ལཱ་ལཱ་གས་ཤོམ་འབད་མཚན་

གཞན་མི་འདི་ལུ་བཟུ་ཉེ་ ཉིང་གི་དཀྱིལ་ལམ་ས་བཞིན་ཆེ་ཟེའེ་ལུ་ཉི་ཡིན་ལུ་གས།

ཕྱིང་སྤོལ་ལམ་ཉོམ་ཐུ།  
ཕྱིང་སྤོལ་བཞིན་རྩོ་རྩོ།

*Thank you & Tashi Delek!*

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