



ENHANCING THE QUALITY OF LIFE

March 20, 2019

# Himalayan Children's Fund News

Dear Friends,

Our new reviews are greatly appreciated. If you would like to read what your fellow donors are saying or write your own review (please) go to [Great NonProfits](#).

Thrangu Rinpoche has returned to Namu Buddha from the Ayurvedic Hospital in South India where he was recuperating from his fall. While he will need more time to heal, Rinpoche is doing well and walking on his own with a cane.

At SMD the month of March means exams. Grade 8 students began the National Board exam on the 15th and will finish on the 26th. Grade 10 students will be taking the National SEE exam required for graduation from March 24th through April 1st. Finals for all other grades will be March 22 to 31.

SMD exams are held in school, while the National exams are held at an appointed school nearby, with students from many other schools. The children have the added apprehension of an unfamiliar place and new faces along with armed guards but manage to accept the situation and do very well by Nepal standards. We wish them well!

Please enjoy and share the news. ~ Debra Ann

## VAJRA VIDYA INSTITUTE

Still wrapped in protective plastic, this is an example of the new mattresses you have provided for VVI. The staff has been busy setting things in order and is very grateful for all the many donations.



Now, to finish the job they need 10 small tables (\$29.00 each) and 14 new blankets (\$21.00 each). If you would like to help through HCF, designate: VVI tables or VVI blankets.

## HATS FOR KIDS

Last fall SMD received a donation of hand-knitted hats for the students. The donors from Australia (not HCF) made warm hats in many colors including maroon ones for the young monks and nuns. As you can see, the hats are being worn with eager enthusiasm by all ages.



## SMD

One of the extracurricular options available to older students at SMD is First Aid and CPR Training. The girls and boys study and practice for timed exams to the delight of the little children ~ the final exam is held outside on the playground for all to see, complete with volunteer victims, bandages, splints and fake blood!

To support extracurricular study, designate: SMD trainings



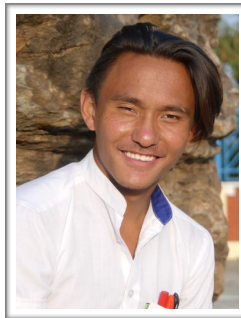
## 2018 SMD GRADS FINISHING THEIR YEAR OF SERVICE AT SMDBS AND NAR GOMPA

More stories from graduates who have been giving a year of service before continuing their education. They all have expressed gratitude to Thrangu Rinpoche, SMD staff, and sponsors for making their life extraordinary. *(Note: Football=Soccer)*



Norbu Tsering was born in Sarnath, India in 2001 and was enrolled in SMD in 2007. While attending SMD Norbu joined Eco Club, played the snare drum in band, was prayer captain in grade 8 and hostel captain in grade 9. He played football and basketball and likes to play any sport. He also likes to sing and placed 5th in the SMD dance competition. He used to play guitar and would like to begin again and also learn the Tibetan guitar. At SMDBS Norbu has been teaching computer for grades 2

through 6 and Nepali for grade 4, helping with the school monthly news, sports day and somehow finding time to learn Chinese! He likes teaching and finds the students eager to understand and help each other. He also feels lucky to have a chance to study Dharma. Norbu Tsering has hopes of studying in the medical and computer fields to be able to help those suffering from all kinds of disease. Then he would like to return to VVI in Sarnath to be able to help out. He says that due to love and kindness he has support for this good life and with his education he will be able to stand on his own feet and have a better future. "I am glad to have sponsor support and happy to get a golden chance to study in Rinpoche's school."



Karma Palden was born in 1999 in Nar and in 2005 a nun relative brought him to SMD. Karma Palden likes to dance and sing, (especially Nepali and Tibetan dances and songs) and participated in many cultural programs at school. He also was a room captain in 5th and 6th grade, house captain in 7th, and a member of student council. Karma liked taking the SEE exam and found it to be fun! He says that previous SMD Seniors encouraged him to volunteer and he decided that he had already spent 13

years at SMD studying and eating without paying so it would be good to give at least a year of service! He has been teaching Science and Math for grades 2,3, 5 and 6 and Nepali for grade 2 along with physical training, games, basketball and football. At first, Karma Palden found living in the monastery to be very different and interaction with the monks a little difficult but soon it becomes easy. He is glad to be at Namu Buddha because it is a clean environment compared to Kathmandu and he is able to learn Dharma. Karma Palden would like to continue his studies in the HA (Health Assistant) program and work in a clinic or hospital. To Rinpoche and sponsors he says thank you and: "I am glad to be their son."



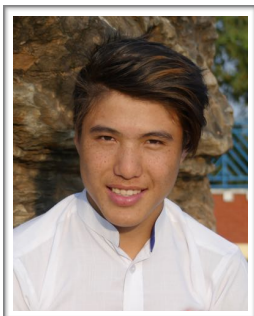
Purbhu Tashi was born in Dolpo in 2000 and entered SMD in 2003. His mother worked at the school for a few years before returning home. While in school Phurbu participated in Eco Club, Roots and Shoots, played the bass drum and cymbals in the school band, and served 2 years on student council. He helped with earthquake relief efforts, distributing food and clothing in Dhading, Rasuwa, and Sindupalchowk as well as in the Kathmandu Valley. After finishing the SEE exam he went home to

visit and his family encouraged him to volunteer. At SMDBS he teaches English to grades 2 through 6 and also trains others to be guides for visitors to the monastery. He says living at the monastery is very peaceful and the society is a bit different from SMD. He likes teaching and finds the students to be good and cooperative. They also make him learn by asking difficult questions! Phurbu hopes to study computer science, photography and graphic design and would like to say thank you to all the sponsors.



Santosh Dhimal is from Morang in Southeastern Nepal and his father is a driver for the monastery. Born in 2001, he entered SMD in 2008. An Eco Club member and hostel captain, Santosh is also a strong footballer. He was on the team for his Class 10 tournament against other schools in the Valley. (They won several of their games but not all, he says!) Santosh found the SEE exam good ~ not too hard, and afterward made the decision to volunteer because he had benefited so much from SMD that he

"just wanted to help". He is teaching Math and Nepali to grades 2 through 5, helping with playtime, and training guides for monastery visitors, and attending puja when he can. Santosh enjoys teaching, the questions the students ask and the friendliness he experiences. He says it is different to live with monks and enjoys the clean and peaceful environment ~ "going to Kathmandu now feels bad~ here we listen to birds and insect sounds at night!" To study Business Management is his dream. He thanks his sponsors with a view that being at SMD brought him "from a dark place to a place of light."



Karma Dhondul was born in 2001 in Nar, and had a monk relative who helped bring him to SMD in 2005. While at SMD he played basketball and football, danced Nepali cultural dance, was a room captain and "TV in charge". (Managing movie times for the students.) After completing the SEE exam, Karma Dhondul considered that SMD had given him a lot and the only way to utilize what he had learned was to share and help as a volunteer. Even though he had hoped to be assigned to a village that would be new to him, when he realized there was no one else to go to Nar he happily accepted. He has been teaching English, Math and Nepali to 7 students, all monks, between the ages of 10 and 15. They stay at the monastery where Lama

Khamsum is in charge except during the harsh winter months when they live at Namu Buddha. Karma Dhondul says his experience in Nar has been fun, exciting and challenging. It is very cold and sometimes there is a great deal of work repairing and managing the small monastery. At the same time it is fun, the scenery is beautiful, and there is the opportunity for exploring and visiting other villages. In the future Karma Dhondul hopes to engage in health studies. He feels that it was fun to teach and that he has gained a lot of experience. He is "glad, happy, and satisfied to help this little bit".

