



# Weekly Newsletter

བདུན་པ་གླིང་གི་  
གནས་ཚུལ།

JAMPELING C.S  
འཇམ་དཔལ་གླིང་སློབ་གློ་བ།

August 22, 2024



IMAGE COURTESY-KUENSEL

## The Royal Family of Lesotho on state visit to Bhutan

The King and Queen of Lesotho, along with their daughters, Princess Senate Mohato Seeiso and Princess Maseeiso Mohato Seeiso, are currently on an eight-day state visit to Bhutan. This visit, taking place from August 20th to 27th, 2024, marks a historic occasion as it is the first time a Head of State from an African nation has visited Bhutan.

The Royal Family of Lesotho was warmly welcomed at Paro Airport by members of the Bhutanese royal family, including Princess Chimi Yangzom Wangchuck, Princess Dechen Yangzom Wangchuck, and Princess Euphelma Choden Wangchuck, along with senior government officials. During their stay, the Lesotho Royals will engage in various ceremonial and diplomatic activities, including an audience with the King and Queen of Bhutan.

-Compiled by Kinga Tshering 7D

## Bartsham CS defeats the Jampeling CS 9-0

On date 17th of August, 2024. Our school played the second home match of 'BHSSC' (Bhutan Higher Secondary School Championship). The match was between Bartsham CS and Jampeling CS. The match was played at artificial turf of Sherubtse Collage. Both girls and boys participated in 'BHSSC'. The first match was played by girls followed by that it was boys match, so many audiences were there to cheer up and support the school. It was great and wonderful match between the two schools.

But unfortunately Jampeling CS lost the match by the score of nine zero of boys and three zero of girls. Both teams gave their best so, all the audience were proud of both the teams.

The event ended with a wonderful friendship between the two schools. Sports is a game where one has to lost and one has to win. Even though Jampeling CS lost the match they enjoyed the game and made a good friendship with the other school.

"Win as if you were used to it lose as if you enjoyed it for a change."

-Kinley Wangchuk 9D

In this newsletter  
you can expect:

**National  
Updates**

**International  
Uptades**

**Campus News**

**Stories of  
Impact**

**Articles &  
Poems**

**Book Review**

**Dzongkha  
Section**



## Jampeling Idol Audition Draws Talent and enthusiasm

Jampeling Central School recently organized the highly anticipated “Jampeling Idol” audition event on August 17th, 2024 that took place on Saturday at 9:00 AM in the bustling MPH hall, showcasing ten talented participants who were eager to make their way to the top. The atmosphere in the MPH hall was electric as aspiring singers took the stage, each hoping to impress the esteemed judging panel, consisting of Mr. Lorig Nima (Teacher) and Mr. Rinchen Dorji (Counselor).

With the diverse range of musical styles, participants captivated the audience by not only demonstrating their vocal skills but also their unique interpretations of popular songs.

The judges praised the contestants for their dedication and passion, highlighting the vibrant local talent that Jampeling has to offer.

The event was mainly organized to promote local artistry and foster community spirit, concluded with a sense of excitement and anticipation for the next steps in the audition process. As the judges deliberate, the audience eagerly awaits for the announcement to be made by the next Jampeling Idol, showcasing the musical heritage of community. Moreover, in coming week three of the vocalist will be eliminated.

**-Tashi Choden & Rinchen Dema (11 Sci)**

## Ensuring Student Health through Deworming

On 16th August 2024, following the morning assembly, students at Jampeling Central School were administered deworming tablets as part of a bi-annual health initiative. Class teachers distributed the medicine to their students, carefully ensuring that everyone took their prescribed dose.

Deworming tablets play a crucial role in safeguarding children's health by preventing infections caused by parasitic worms. These harmful parasites can enter the body through contaminated food and water, leading to issues such as stomach pain, poor growth, fatigue, and in severe cases, even anemia



Taking deworming tablets not only removes these parasites from the body but also contributes to overall well-being. Regular deworming is essential in maintaining good health, especially in growing children, as it allows them to absorb nutrients more effectively and supports their physical and mental development.

A healthy student body is more likely to excel in studies, participate in extracurricular activities, and enjoy a fulfilling school life.

This health initiative reflects the school's commitment to the well-being of its students, ensuring that they have the best possible environment to learn and grow throughout the academic year.

**-Tshewang Dema 9C**







## Stories of impact: How a daughter of parents living with HIV is channeling her painful experiences to lessons

Since Bhutan detected its first case of HIV in 1993, progress has been made in addressing discrimination against those living with the virus. However, many still feel there is much work to be done to fully eradicate misconceptions. Today, we bring to you the story of 21-year-old Tandin Bidha, who faced significant discrimination throughout her childhood as the daughter of parents living with HIV. Now a passionate advocate, Tandin channels her painful experiences into powerful lessons, dedicating herself to educating others about HIV and fighting the stigma that once marked her early years.

In 2011, Wangda Dorji and his wife publicly disclosed their HIV status on national television to raise awareness and challenge stereotypes. Their daughter, Tandin Bidha, then eight years old, supported their decision, unaware of the harsh realities that would follow.

After the revelation, Tandin faced severe bullying, isolation, and discrimination from her peers, community, and even teachers. The stigma was so intense that the family had to move in secrecy, and Tandin eventually had to change schools to escape the relentless discrimination.

Despite these challenges, Tandin, now 21, has become a passionate advocate for people living with HIV. She participates in advocacy programs, sharing her story to challenge misconceptions and support others who face similar discrimination. Her goal is to improve the lives of children who suffer because of their parents' HIV status.

**-From BBS (Samten Dolker)**

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## Earthquake shakes the southern part of Japan

An earthquake also known as quake, tremor or tremblor is a sudden shaking of the earth's surface resulting from a sudden release of energy in the lithosphere that creates seismic waves.

Meteorologist gathered and issued a temporary tsunami advisory. And a special committee warned that another "major earthquake" could happen in the coming week.

Therefore high-speed trains slowed down, causing trouble

delays and the country's Prime Minister Fumio Kishida canceled his overseas trips.

On August 8, 2024 at 4:42 PM, a magnitude of 7.1 earthquake shook the southern parts of Japan, destroying several buildings and few people lost their lives while some were injured.

However, the worst earthquake in Japan was the 9.1 magnitude Tohoku earthquake in 2011 that triggered a major tsunami.

The earthquake damaged many infrastructural buildings and about 20,000 people were killed during the earthquake while some were severely injured.

**-Tshering Choden 10 A**

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# Ukraine attacks Moscow in one of largest ever drone strikes on Russian capital

Aug 21,- Ukraine attacked Moscow on Wednesday with at least 11 drones that were shot down by air defense's in what Russian officials called one of the biggest drone strikes on the capital since the war in Ukraine began in February 2022.

The war, largely a grinding artillery and drone battle across the fields, forests and villages of eastern Ukraine, escalated on Aug. 6 when Ukraine sent thousands of soldiers over the border into Russia's western Kursk region.

Russia's defense ministry said its air defences destroyed a total of 45 drones over Russian territory, including 11 over the Moscow region, 23 over the border region of Bryansk, six over the Belgorod region, three over the Kaluga region and two over the Kursk region.

Some of the drones were shot down over the city of Podolsk, Moscow Mayor Sergei Sobyenin said. The city in the Moscow region is some 38 km (24 miles) south of the Kremlin.

"This is one of the largest attempts to attack Moscow using drones ever," Sobyenin said on the Telegram messaging app in the early hours of Wednesday. "The layered defence of Moscow that was created made it possible to successfully repel all the attacks from the enemy UAVs."

Russia meanwhile is advancing in eastern Ukraine, where it controls about 18% of the territory, and battling to repel Ukraine's incursion into the Kursk region, the biggest foreign attack on Russian territory since World War Two.

The drone attack on Moscow was on a par with a May 2023 attack when at least eight drones were destroyed over the capital, a strike Putin said was a Ukrainian attempt to scare and provoke Russia. In Kursk, Russian war bloggers said intense battles were ongoing along the front in the region where Ukraine has carved out at least 450 square km (175 square miles) of Russian territory.

**-Source:Reuters news**

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## Boundless Affection

In your eyes, I find my home  
With your love, I'll never roam  
You're my light in darkest night  
My hearts joy, my souls delight.

In your smile, I find my peace  
With your touch, my worries cease  
Together, hand in hand, we'll grow  
In loves embrace, forever we'll glow.

With you, life's challenges I embrace  
Side by side, through every test,  
Our love, a bond that's truly blessed

In your arms, I find my rest  
With you, I'm truly blessed  
Forevermore, our hearts entwined  
In love's embrace, for all of time

**-Yangkel Lhazom 9D**

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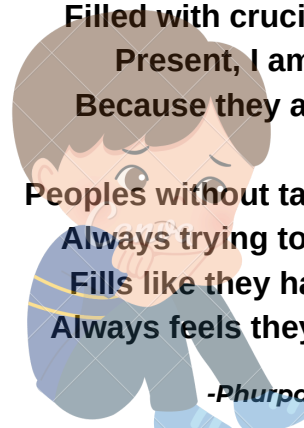
## SAD THORNS

I feel like I am just a puppet,  
I'm frustrated and I'm done with it.  
Always leaving me behind.  
Wish I can pause and rewind.

The one with my family,  
Filled with crucial memory.  
Present, I am lonely,  
Because they all hate me.

Peoples without tails and horns,  
Always trying to ignore me.  
Fills like they have thorns,  
Always feels they spikes me.

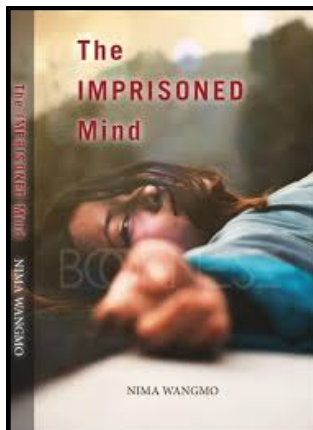
**-Phurpa Yoezer Thinley 9B**



## THE IMPRISONED MIND

**Author:** Nima Wangmo

**Characters:** Yangchen, Dradul, Wangyal and Namgay



**Summary:** This book highlights on the love stories of four friends. Where the story started with the breaking up of yangchen and wangyel. The problems between them rises, but the truth is shockingly revealed when namgay was the person behind yangchen's breakup, who was her best friend and revealed as her half-elder sister. Dradul revolves around yangchen, making the story romantic and a happy ending.

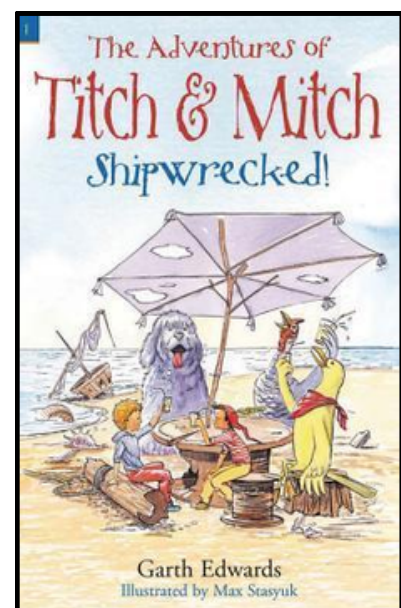
**Lesson learned:** I learned that everything happens for a good reason, so we shouldn't regret our decision.

### AUTHOR: GARTH EDWARDS

Garth Edwards began his professional life as a biochemist. He developed his literary talents telling the Titch and Mitch stories to his children. He told the same stories to his grandchildren, who didn't understand why they couldn't find the story Titch and Mitch at the bookshop. Finally, Garth bowed to popular demand and wrote the stories down. Garth Edwards lives in the wirral, with his wife Patty and dog, Juno.

### Review of Book

There was a two young pixies in pixie valley known as Titch and Mitch who likes to explore. The two brothers were always the one who went missing or got stuck in the most unusual places. Titch was a year older than his brother Mitch and was bolder. He was as tall as a squirrel with curly brown hair and blue eyes that were full of energy. Mitch was the shorter one, with a cheerful face, and was never seen without his green wooly hat. They were the best of friends and very popular in the valley of the pixies. They made a plan to go outside world to explore. So they packed their bag and climbed the valley. Titch and Mitch slipped and tumbled down the hillside together. They came to a stop on a path at the bottom. Standing up gingerly and checking that no bones had been broken, the two pixies looked around them. Unfortunately, they were caught in the large fishing net by ogre. And was kept in a small box. The two pixies made a small hole in the corner of the box and Mitch peered out. They saw a large man with a black beard. And they hide under the big coat of the large man. When the two brothers peered up from the bag, they were on the boat. There was a thunderstorm and the boat was broken down by the strong speed of the river. The two pixies on the boat were flashed by the river taking them to a small island. At the island, the Titch and Mitch met with Willy the water, Big Jack rabbit, numbers of smaller rabbits, red squirrels and other small animals. The small animals helped the two brothers to build a shelter.



### Thing I liked from the Story.

One thing that I liked from the story is the two brothers cooperating and supporting each other in the adventures and not giving up.

**Theme:** Be positive in a difficult situations, supporting each other through hardship and never give up, so that we can discover or explore new things

-Dechen Choden 10B

འབོད་སྐྱེ། འབྲུག་རྒྱལ་ཁབ་དགའ་བའི་ཞིང་ཁམས་ནང།

འབྲུག་རྒྱལ་ཁབ་དགའ་བའི་ཞིང་ཁམས་ནང། ། མགོན་ཐུགས་ལོ་རྒྱུན་པད་མ་བྱེན། ། ཆོས་གསུང་ཐུགས་བསྟན་པ་སྤྲུགས་  
མཐར་སྒྲེལ། ། དཔལ་ཟངས་མདོག་དཔལ་རིར་བྱིན་གྱིས་སྒྲོབས། ། འབྲུག་རྒྱལ་ཁབ་སྤུངས་ལུང་སྤྲིད་པའི་ཞིང་། ། བའི་ན་  
ཅན་རག་དབང་རྣམ་རྒྱལ་བྱེན། ། དཔལ་ཆོས་སྤྲིད་ལུགས་གཉིས་རྒྱལ་མཚན་བཙུགས། ། རང་དབང་གི་རྒྱལ་དར་སྤྲུགས་  
བརྒྱུ་བསྐྱེདས། ། འབྲུག་མངའ་བདག་རྒྱལ་པོ་རིན་པོ་ཆེ། ། རྒྱ་འབྲུར་མེད་ཞབས་པད་བསྐྱེད་བརྒྱུ་བརྟན། ། མཐུན་  
ལམ་གྱི་དར་དཀར་བརྒྱུ་བཞེན་དུ། ། ཆབ་སྤྲིད་དང་སངས་རྒྱལ་བསྟན་པ་སྒྲེལ། ། འབྲུག་མི་མེད་ཡོངས་ཀྱི་ཁ་རྒྱུ་བཟང་།  
། བདེ་སྤྲིད་གྱི་དཔལ་འབྱོར་གོང་ལས་འཕེལ། ། ལྷག་བསམ་གྱི་མེ་ཏོག་འདབ་བརྒྱ་བཞེད། ། དཔལ་འབྲུག་པ་དར་ཞིང་  
རྒྱས་པར་ཤོག །

བསྐྱེད་སྤྲུག་པ་ བཀྲིས་དོ་རྒྱུ།

སློབ་དཔོན་ལུ་བཀའ་ངེན་དགའ་ཆོར་གྱི་བསྟོད་དབྱངས་།

ར་བཅས་སློབ་སྤྲུག་ཚུ་ལུ། འཕམས་དང་བཙུ་བའི་སློབ་ལས།  
སྤྱི་ནང་ཡོན་ཏན་གནང་བ། སློབ་དཔོན་མཁས་པའི་བཀའ་ངེན།

མཁས་པའི་སློབ་དཔོན་ཚུ་གིས། འདི་སྤྱི་གཉིས་ཀར་ཕན་པའི།  
ཡོན་ཏན་སྤྲུ་ཆོགས་གནང་བ། བཀའ་ངེན་ནམ་ཡང་མི་བརྟེད།

ནང་ལ་ཡོན་ཏན་ཡོད་པ། སྤྱི་ཡི་མཛད་སྟོད་བཟང་བ།  
ཀུན་ཚང་གིས་ཡོན་གནང་བ། སློབ་དཔོན་བཀའ་ངེན་ཆེ་སོང་།

ན་གཞོན་སློབ་སྤྲུག་ཚུ་ལུ། ཡོན་ཏན་སྤྲུ་ཆོགས་གནང་སྟེ།  
མི་ཆེད་སློབ་སྤྲུ་གནང་བ། སློབ་དཔོན་བཀའ་ངེན་ཆེ་ལྟ།

ང་གི་མི་ཆེ་འདི་ནང་། ཡོན་ཏན་གནང་མི་སློབ་དཔོན།  
རྒྱ་ཆེ་ཚུ་ལས་རིང་སྟེ། བཞུགས་བཙུག་ངེ་གི་སློབ་དཔོན།

བསྐྱེད་དབྱངས་སྤྲིད། ༡༡ པ་ཚན་རིག

## འཛིག་རྟིན་པའི་དགོད་ཐུ། འབྲི་མི་ རྒྱ་གོ་སྐད་ཀྱི་སྐད་ཐོག་ལས།

༡ ཉེ་མ་ བུ་མ་ཐང་ལྷ་ར་ལས་ མི་ ༢ གཞིང་སྐར་ལུ་ བ་སྐྱབ་འབད་བར་སོང་སྟེ་ ཁོང་ ༢ ཞིང་སྐར་ལུ་ཕྱོད་དེ་ ཉེ་མ་དག་པ་ཅིག་གཡུ་ས་བཤལ་རྒྱབ་སྟོད་པ་ད་ དམངས་མི་གཙོ་རྒྱུ་དང་ཕྱད་དེ་ རྒྱ་ཆ་མ་དགོ་ནི་ལྟེ་ རྒྱ་ཆ་མ་བྱིད་དེ་འོང་མི་རྒྱ་ ཉེ་མ་དེ་བལྟ་སྟེ་ སྟོན་ཞིན་མ་ལས་ མཐའ་མཐུག་ལུ་ དེ་དེ་གིས་ རྒྱ་ཆ་མ་དེ་ཉེ་སྟེ་ རོག་གཡུ་ས་ཁར་སོང་རུག། གཞིང་སྐར་ལས་ལོག་སྟེ་ ས་སྒྲིང་དང་ སང་སྟོར་པར་རྒྱུད་པ་ད་ ཆ་ལོག་ས་གཅིག་གིས་ ཉེ་ར་ རྒྱ་ཆ་མ་ ཟེང་མ་ རོ་མ་ནི་ཟེང་ས་ (ང་བཅས་ཀྱི་ རྒྱ་ཆ་མ་ གྲིས་ རྒྱ་ཕོ་རུ་མ་གྲུ་ལས་བཏང་མས་) ཟེར་སྟེ་བད་ གཅིག་གིས་མན་ལ་ རྒྱ་ལ་བུག་ནང་ལས་ བཏང་མ་ཡིན་ཟེར་སྟེ་བཤལ་ས་ ཁོང་ ༢ གཅིག་གིས་གཅིག་གི་སྟོ་ལུ་ ཡིད་མ་ཆེས་པར་སྟོད་པའི་བར་ན་ ལ་ཅི་ཆིག་ཁ་ལས་ རྒྱ་བཏང་མ་ད་ རྒྱ་ཆ་མ་གཉིས་ཆ་ར་གིས་ རྒྱ་ཕོ་ རུ་མ་ལས་ བཏང་མས་ཟེར་ཡིན་མས།

ཁོང་གཉིས་ཆ་ར་ རྒྱ་ཆ་མ་ཡིན་པར་བསམ་སྟེ་ བདའ་འོང་མ་པ་མ་གཏོགས་ མ་གཞི་གཉིས་ཆ་ར་ རྒྱ་ཆ་ལེགས་ཤོམ་དེ་འདུག་ཟེར་ ཡིན་མས། དེ་སྟེ་ ཁོང་ལྷ་ར་པ་ ༢ རྒྱ་ཆ་མ་གྱི་ཆ་བ་ལུ་ རྒྱ་ཆ་དེ་ གཞིང་ཁར་བཅུག་ས་ཏེ་ གཡུ་ཁར་ཕྱོད་རུག།

བརྒྱ་གྲིག་པ་ སངས་རྒྱལ་ལྷ་མོ། ༩་པ་ཁ། འཕྲོ་མཐུད་ བདུན་ཕུག་ལུ་མ།

Note: If you have any original articles in both Dzongkha and English.  
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