

# KYITSEL-LING

SILVER  
JUBILEE  
SOUVENIR



KYITSEL-LING, TIBETAN CHILDREN'S  
EDUCATION CENTRE

*Kyitsel-ling's*



25

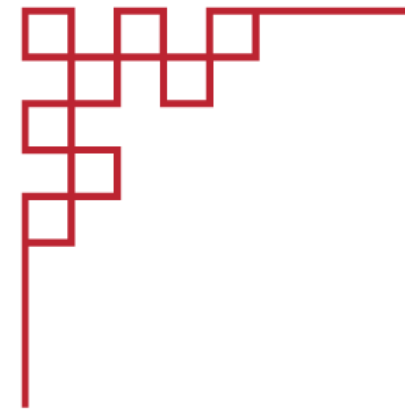
ANNIVERSARY

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1997-2022

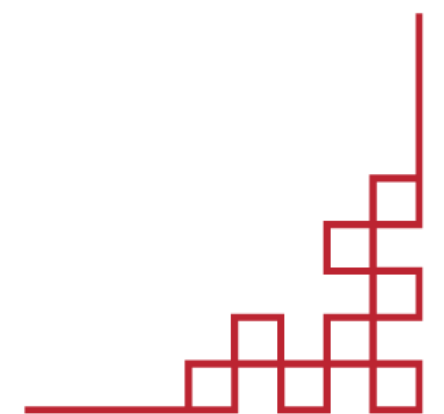
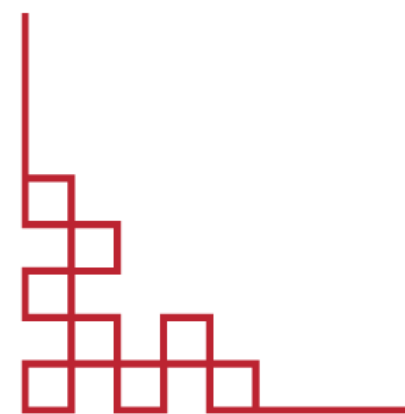
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SILVER JUBILEE SOUVENIR



# Contents

06	The Founding of Kyitsel-ling by Karma Tensum
17	Pictorial Story of Kyitsel-ling
32	Transformation Through Education - Our Success Stories
47	Compassion for Tibetan Elders
56	Alumni Corner
67	Transmitting the Culture to the Children
76	Yoga at Kyitsel-ling
82	Recreation at Kyitsel-ling





# The Miracle of Kyitsel-ling As Karma Tensum Remembers

His Holiness The Dalai Lama and the early Tibetan leadership in exile did an incredible job for Tibetan education in exile. In the face of enormous challenges, they invested much of the community's resources in building scores of schools and finding ways to educate the children. I'm one of them. I owe my education and whatever I've achieved to His Holiness and the kindness of sponsors I've never met. The founding of Kyitsel-ling was an effort to recycle that kindness and to put into practices something I've long believed - that individual Tibetans participate to educate the children.

What made the founding of Kyitsel-ling possible was my family and friends' collective karma and support, and then my association with the incredible India Supera and other friends, mostly in Montana.

When I look back and see how much it has grown over the past few years, it seems truly miraculous. But then, there were quite a few miraculous things about Kyitsel-ling and how it evolved into what it is today - more by divine interventions than by purposeful planning.



*Mr. Karma Tensum,  
Founder of Kyitsel-ling,  
Tibetan Children's Education  
Centre*

## ***The Land for Kyitsel-ling***

One of our first task was to acquire a small piece of land on which to build it. This was so much easier said than done in Tibetan communities in India. The Tibetan community at Clement Town did have some spare land - but that was going fast. There was a great demand for it from many quarters. The land we had in mind was a small patch right behind our home, adjoining Tashi Kyil Monastery. Much of it used to be covered with monsoon shrubs, and the monastery cows loved to graze there and soak in the winter sun.

It was with both apprehension and hope that I approached Ven. Khochhen Rinpoche, the president of the Tibetan community at Clement Town to ask for that plot of land. All my doubts were unfounded



- Rinpoche was genuinely kind and understanding. He said that although there were many competing applications, he felt it was a worthwhile endeavor, and approved it.

So in October 1997, we were allocated a small piece of land to build Kyitsel-ling. That same month, my elder brother Awo and other family members worked to cut the shrubs and clear the land for construction. About a month later another miraculous event took place that erased all our doubts and hesitations about this project.

## ***The visit of HH The Dalai Lama***

In November 1997, His Holiness, The Dalai Lama, came to Clement Town to inaugurate the 105 ft. statue of Sakyamuni Buddha that the late Ven. Ga Rinpoche of the Kargyud Monastery had built. As always, there was great excitement in our small Tibetan community at Clement Town. As the day of his visit neared, an idea planted itself into my head, and one night I shared it with Awo - Can we hope to request His Holiness to lay the Foundation Stone of Kyitsel-ling and bless the site? And so, within the space of only a few days, again, with apprehension and hope, I went to meet Ven. Khochhen Rinpoche. Somehow Rinpoche set things in motion, and

then the compassion of His Holiness took over to fulfill our wildest and fondest hopes and dreams.

Our circle of family and friends initially disbelieved, but once they realized it would happen, everyone jumped into the fray for the preparations. We had only a few days left, but we all worked with much energy to clear the rest of the shrubs, build some temporary incense offering platforms, lay welcoming carpets, etc.

Soon, the big day was upon us, and His Holiness and a small entourage came to Kyitsel-ling. The sheer magic of being in his presence, coupled with the thought at the back of my mind of how busy he was and how precious his time was, made me rush things. In sharp

contrast, His Holiness was not rushed at all - after blessing the site with his prayers, he took extra time and care while laying the foundation stone. As soon as that was completed, I requested His Holiness to name the center. His Holiness pondered over it for a while, turned the pen between his thumb and finger several times, and then jotted down the perfect name - Kyitsel-ling - a place for growing up in happiness! He encouraged me to ensure that the children here would be happy and then asked me about the project for a few minutes.

## ***Building Kyitsel-ling***

Awo and I started building Kyitsel-ling almost immediately following His Holiness's visit. One major issue was that we did not have the money to construct something big. But that did not deter us from making a beginning. We decided that we would proceed and then find a way forward. After the visit of His Holiness, somehow, things fell into place, doors opened, and the whole project got a significant boost - perhaps the most remarkable boost being in our confidence and belief that this would happen. When the initial funds from TCEF were spent, without hesitation, we started using our family savings. When that was nearing depletion, we got an unexpected grant of two

hundred thousand rupees from the Department of Education at Dharamsala, and before too long, another installment of help from TCEF saw us complete the first phase of our construction work.

## ***Inauguration and starting to run Kyitsel-ling***

July 10, 1998, was an important date for Kyitsel-ling. Ven. Khochen Rinpoche kindly inaugurated it in front of all the elders and leaders of the Tibetan community at Clement Town. We received the traditional greeting khataks from elders, community leaders, and representatives of the nearby monasteries as a token of their approval, support, and prayers for our

work. We felt truly blessed to be in this community, to do the work we were going to start, and to have such wonderful friends abroad who supported our work.

While studying at Wynberg Allen School, Mussoorie, I stayed at the Tibetan Hostel at Ralston Manor, run by a fabulous missionary - the late Aunty Norman. To begin with, we modeled many Kyitsel-ling activities on how Aunty Norman ran that hostel and found them very useful.

## ***The Basketball and Play Area***

I learned so much during the five-odd years that I ran Kyitsel-ling. Within the first few months, we learned how much play means to children - especially the younger ones. While planning, Awo and I focused on providing the necessary facilities: dorms, washrooms, dining room, library, etc. We knew a play area was necessary, but we neither had the space nor the finances for everything. So, the other necessities got a preference, and to begin with, Kyitsel-ling did not have any real play space. We quickly realized that a play space was as necessary for the children as the dorms or washrooms. But making that play space available was another thing



altogether.

The only possibility was for my family and in-laws to give up our backyards full of mango trees! We loved our backyards. Those mango trees gave us scores of mangoes every summer and provided a lovely shaded grove during the hot Indian summers. For my family the decision was easy because there was no other way of getting that playing space; what surprised us was how quickly our in-laws agreed to give up theirs on a soft lease. So, during the summer of 1999, when all the children were away for their summer break, Awo and I had those trees cut and put up a decent basketball court in their place. All the hard work that summer was more than rewarded with the happy smiles of all the

returning students. It made them very happy - almost as if we had constructed an Olympic-sized swimming pool.

## ***Gratitude***

Over the next few years, different people stepped in to help Kyitsel-ling grow fast. I know I won't be able to mention all of them, but here are some that immediately come to mind: the late Dr. & Mrs. Furer helped to complete the second floor, Frank and Virginia Unterberger, great friends of India Supera, funded the library, and Bill Wilmot who had earlier donated seed money to begin Kyitsel-ling helped to purchase the very first computers for the children. A few years later, Sonia Maire helped expand the second floor,

providing additional boarding for girls. Wiebe Falsen, with the Tara Ratna Mission, funded several smaller projects. Still, later, my friend Michael Willing helped to procure equipment for a children's park and put a protective roof over the whole of Kyitsel-ling, while Jennifer Prugh and Robert Barber helped with a much-needed kitchen remodel and computer upgrade. Huge gratitude also to scores of kind people sponsored the education of Kyitsel-ling children.

## ***Looking at Kyitsel-ling from far away***

A few years later, our lives changed again as we moved West. My brother Tsering Phuntsok and his

wife Namgyal Dolkar gave up their secure and established careers at TCV, Dharamsala, to care for Kyitsel-ling. Over the years, they've served with dedication - touching the lives of hundreds of children and helping to realize our dreams for Kyitsel-ling.

Twenty-five years later, when I write this, most of my memories around Kyitsel-ling are happy. It gave my family and the people around it something truly meaningful to do. From my experience, few things in life provide as much satisfaction and happiness as building an institution to help secure children's futures.





# History: Background of Kyitsel-ling

## *The Need for a Children's Hostel*

Kyitsel-ling Tibetan Children's Education Center (Kyitsel-ling) was created in response to a real need of the community. While it is true that some Tibetan families have done well in exile, many continue to be very poor. Kyitsel-ling is a home for the poorest of the poor, children from broken homes and homes where the parents' poverty and lack of literacy does not allow them to actively support their

children's education.

A large number of Tibetan refugees in India make their living by selling sweaters and jackets. During the winters, they travel to different cities in India for business. Often their children's education gets disrupted as they are compelled to follow their parents for lack of a place to stay. Kyitsel-ling ensures that at least some of them can have an uninterrupted academic year.

Appreciating these needs, the establishment of Kyitsel-ling has been welcomed by all sections of the Tibetan community in exile. Initially planned as a center for fifty children, we have close to a hundred children at present. The Tibetan settlement at Clement Town, North India, is wonderful home for over three hundred families. One of the strengths of this community is a Tibetan high school right in the middle of the settlement. Poor and needy Tibetan children from the surrounding areas could avail of the education at this school, if only there was a boarding facility. The settlement leadership under

Ven. D G Khochhen Rinpoche is wise and supportive of all efforts to genuinely help with the children's education. This was a major reason for the establishment of Kyitsel-ling at Clement Town.

All the good and positive things connected with Kyitsel-ling, we believe was possible because we were extremely fortunate that HH The Dalai Lama laid its foundation stone on November 21, 1997. At that time, the founders had a great vision that was clouded by initial doubts and uncertainties - can we get the resources necessary, can we then sustain it and will this centre truly serve a useful purpose for Tibetan



children. All those impeding doubts were firmly removed when His Holiness blessed the site. For the founders, it was the greatest signal that they were on the right tract and the biggest source of inspiration.

Today, nearly twenty five years later, we've touched the lives of hundreds of children and hope to continue this work for the foreseeable future.



*H.H the 14th Dalai Lama*



# Pictorial Story of Kitsel-ling





*Clearing the bushes from the area allotted for  
Kyitsel-ling hostel  
(from left to right) Gyen Tsering Gyatso, Lodo  
Wangmo, Gendun Sangmo and Parman*

*November 21st, 1997*  
**Visit of H.H the 14th Dalai Lama**



*Laying foundation stone by  
H.H the 14th Dalai Lama*



*Naming the centre as Kyitsel-ling  
by H.H the Dalai Lama*



*Ground breaking ceremony by Kyabje D. G. Kocchen Rinpoche*





*Gyen Karma supervising construction of Kyitsel-ling building*



*Kyitsel-ling building, view from east (front view)*



*Students lined up to welcome Rinpoche*



*Gyen Tsering Gyatso, Gyen Karma Tensum, Rinpoche*

*July 10th, 1998*

## **Kyitsel-ling Inauguration Ceremony**



*Kyitsel-ling Inauguration Ceremony by Kyabje D.G. Khochhen Rinpoche*



*Gyen Karma and Gyen Gyatso escorting Rinpoche to Kyitsel-ling*

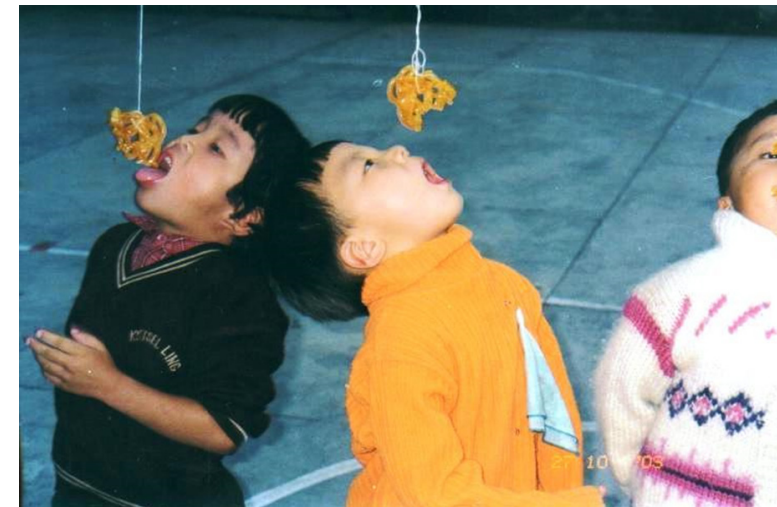


*Gyen Karma Tensum, Rinpoche and Members of the colony*





*First Batch of Kyitsel-ling with Sir Karma*



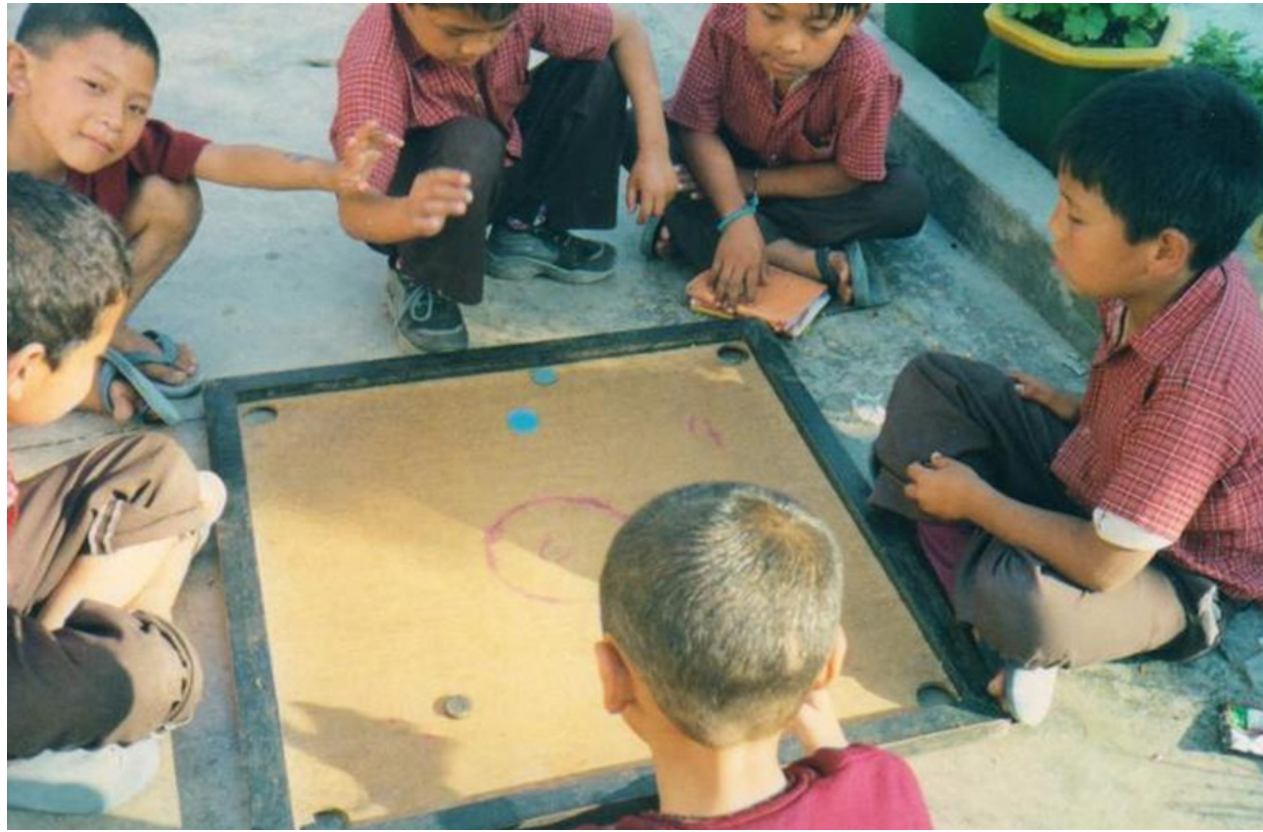
## Sweet Memories of Early Kyitsel-ling Family











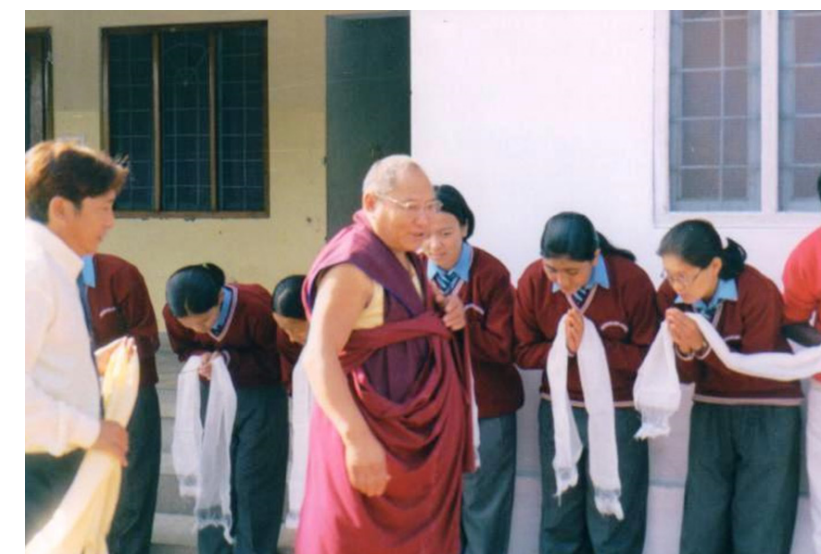








## Girls Dorm Inauguration, 2001



*Visit of Sonia and Michel to Kyitsel-ling*





# Transformation through Education

## *Kyitsel-ling Success Stories*

We are incredibly proud of all the accomplishments our students have achieved over the past 25 years at Kyitsel-ling Tibetan Children's Education Centre. Many of our students have gone on to attend college and take on professional courses, while some have even come back to their own communities to serve. This is a testament to the power of education and we are thrilled to be able to play a part in it.

Furthermore, we are grateful to partner with the Tibetan Children's Education Foundation in the US to provide school and college scholarships to those in need. We believe that everyone should have the opportunity to pursue their educational dreams and be able to reach their full potential. We are committed to continuing this programme and making a positive impact in the lives of our students.



## *Kunga Nyendak*

*Kunga Nyendak*  
*Year 2001*  
*K- 102*

*Today*  
*Kunga Nyendak*  
*Accountant*  
*STS Herbertpur*

Kunga Nyendak is an example of a student whose life was changed through the Kyitsel-ling. He enrolled in 2001 and started his journey in class VI. After completing class XII Commerce, he attended college and studied Accountancy. He has worked as an Accountant for the Sambhota Tibetan Schools Society for several years and is currently Assistant Section Head at the Sambhota School at Herbertpur.



## *Chime Youdon*

*Chime Youdon*  
Year 1998  
K- 023

*Today*  
*Chime Youdon*  
*Senior Nurse in Apollo*  
*Hospital, Delhi*

Chime Youdon is an inspiring success story! She is a Tibetan girl from Shimla who joined Kyitsel-ling in 1998 when she was only six years old. After passing her class XII from TNMF School, she pursued a Nursing degree from South India. Today, she is working in the prestigious Apollo Hospital in New Delhi. Her story exemplifies the power of education, hard work, and determination.



## *Lobsang Bhuti*

*Lobsang Bhuti*  
Year 2001  
K- 149

*Today*  
*Lobsang Bhuti*  
*Teacher*  
*Zanskar, Ladhak*

Lobsang Bhuti is another incredible success story! From a humble background in Ladakh, she worked through Kyitsel-ling and TNMF School, eventually achieving her degree in teacher training. Now, she is using her education to teach others in her home state. She is another example of the power of education combined with hard work and dedication.





## *Migmar Lhamo*

*Migmar Lhamo*  
Year 2001  
K- 120

*Today*  
*Migmar Lhamo*  
*English Teacher*  
*Nepal*

Migmar Lhamo comes from a humble but hard-working home. She was determined to make the most of her education. Kyitsel-ling sponsored her to attend TNMF School, where she was able to hone her skills and develop her knowledge. She rose to the top of her class with hard work and dedication and achieved excellent academic results.

After graduating from TNMF School, Migmar Lhamo has had a successful career as a teacher in Sanskriti International school Nepal. Despite the many challenges she faced, she was able to use her determination and drive to pursue her dreams and make a better life for herself and her family.



## *Lodoe Gyaltzen*

*Lodoe Gyaltzen*  
Year 1998  
K- 036

*Today*  
*Lodoe Gyaltzen*  
*Senior Nurse*  
*Shri Mahant Indresh*

Lodoe Gyaltzen was among the first students to join Kyitsel-ling in 1998. Lodoe passed his class XII from TNMF School in 2012. He went on to pursue a Nursing degree. Currently, he is the cardiothoracic and vascular ICU lead at the Shri Mahant Indresh Hospital, Dehra Dun.



## *Namgyal Wangmo*

*Namgyal Wangmo*  
*Year 2000*  
*K- 083*

*Today*  
*Namgyal Wangmo*  
*Project Officer*  
*Drokma (NGO)*

Namgyal Wangmo's success story is truly inspirational. Despite an average performance in her earlier school years, she was determined to make a change and worked hard to improve her studies. This paid off as she became one of the top students in her class and pursued higher education at Marinda House in Delhi University before completing her postgraduate studies at the Banaras Hindu University. Currently, she is working as a Project Officer in a Tibetan NGO.



## *Kelsang Choedon*

*Kelsang Choedon*  
*Year 2000*  
*K- 095*

*Today*  
*Kelsang Choedon*  
*Nurse*  
*Shri Mahant Indresh Hospital*

Kelsang Choedon's story is both remarkable and inspirational. She has come a long way from a humble beginning in a Tibetan family to becoming a successful nurse. Like many others, education played a crucial role in changing her life. At 8, she joined Kyitseling and completed her class XII from TNMF School. Following that, she completed her nursing course at Delhi Appollo Hospital in New Delhi and is now employed as a staff Nurse at Shri Mahant Indresh Hospital, Dehradun.





## *Pema Deckey*

*Pema Deckey*  
Year 2006  
K- 234

*Today*  
*Pema Deckey*  
*Airhostess*  
*Indigo Airline*

When little Pema joined Kyitsel-ling in 2006, she had no idea that this journey would lead to becoming an air hostess! Pema's family is located in the faraway Tibetan settlement of Gajapatti in Odisha. Somehow she found Kyitsel-ling and graduated from TNMF School. Thanks to the continued sponsorship of her education, she completed the Flight Attendant and Airhostess training from Chandigarh. Pema is happily pursuing her career with a leading Indian airline company.



## *Mumta Kumari*

*Mumta*  
Year 2003  
K- 191

*Today*  
*Mumta*  
*Nurse*  
*Max hospital*

Mamta Kumari deserves a special mention for how education can truly change lives. She comes from a humble home in Bodh Gaya. Her admission at Kyitsel-ling changed her life. While the educational sponsorship provided her the opportunity, Mamta's hard work played a significant role in her success. After passing class XII from TNMF School, she accepted the challenge of being away from family for another extended time - this time to get her Nursing degree. Today she is a nurse at Max Super Speciality Hospital - perhaps the biggest and most reputable hospital in the area.



## *Ngawang Lhamo*

*Ngawang Lhamo*  
*Year 2007*  
*K- 255*

*Today*  
*Ngawang Lhamo*  
*English Honors*  
*Post Graduate*  
*Punjab University*

Ngawang Lhamo is another remarkable Kyitsel-ling success story.

She joined Kyitsel-ling at a young age and completed her schooling at the local TNMF School. With her kind sponsor's support, she could complete a Master's Degree and is now eager to serve her community.



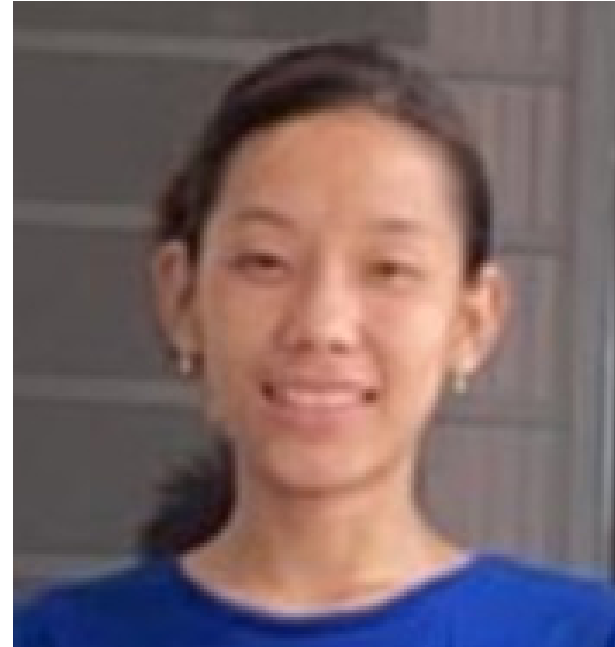
## *Stanzin Dawa*

*Stanzin Dawa*  
*Year 2002*  
*K- 165*

*Today*  
*Stanzin Dawa*  
*PhD student*  
*Jammu University*

Stanzin Dawa traveled all the way from Ladakh to Kyitsel-ling for a shot at a quality education in 2002. With her intelligence and hard work, she has progressed beyond our best hopes. She graduated from TNMF School in 2014. Again with continued support from TCEF for her college education, she did her undergraduate studies at Jammu University. She hasn't stopped her studies and is currently doing her Ph.D. in Commerce.





### *Kelsang Lhamo*

*Kelsang Lhamo*

*K -236*

*Year 2006*

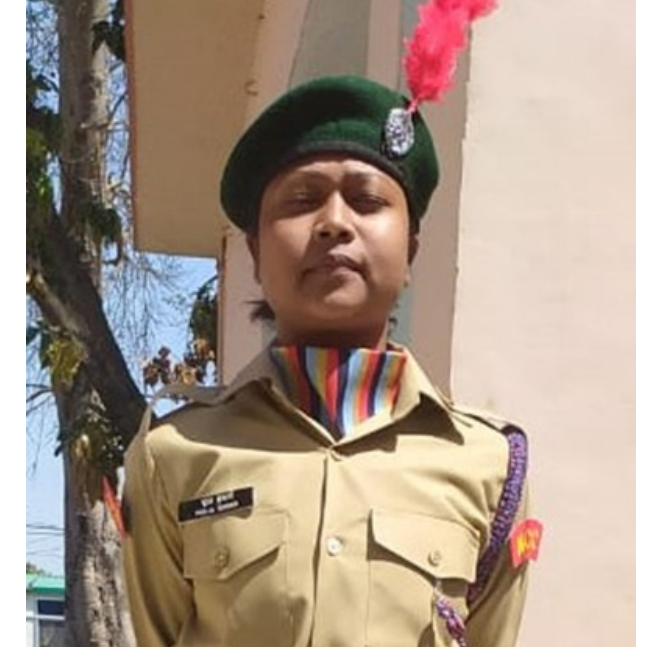
*Today*

*Kelsang Lhamo*

*B.Com*

*Delhi University*

Kalsang Lhamo joined Kyitsel-ling when she was only six years old. After graduating from school, she joined Delhi University for a Bachelor of Commerce degree. Currently, she is pursuing her Masters's degree.



### *Pooja Kumari*

*Puja Kumari*

*Year 2012*

*K-346*

*Today*

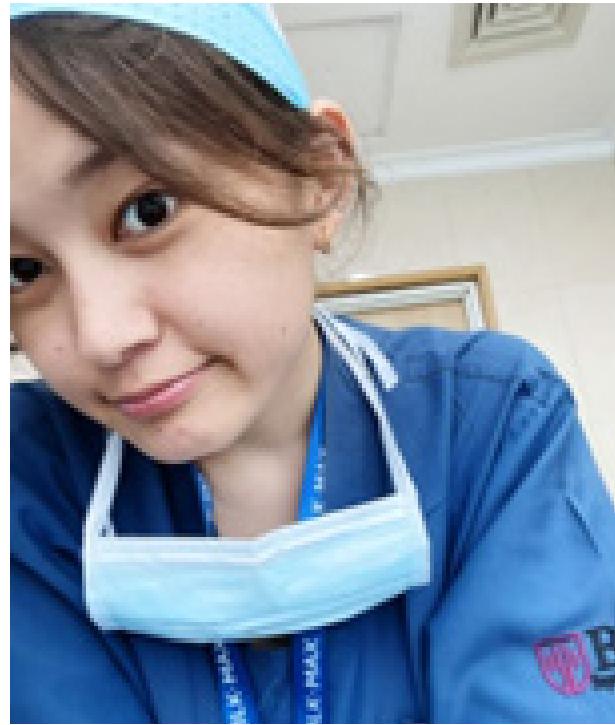
*Puja Kumari*

*NCC student*

*2022*

She joined Kyitsel-ling, Tibetan Children's Education Centre in 2012 with K-346. She did her degree course from MKP after clearing her class XII in 2019. Along with her degree course she also did her NCC. Now she is processing for B.Ed programme.





## *Ngawang Choekyi*

*Ngawang Choekyi*

*Year 20010*

*K- 301*

*Today*

*Ngawang Choekyi*

*Nurse*

*Max Hospital , New Delhi*

Ngawang Choekyi is yet another Kyitsel-ling girl whose life changed for the better. She is from Delhi. After completing her class XII, she studied General Nursing and Midwifery at Apollo School of Nursing, New Delhi. Ngawang happily works as a nurse at BLK Max Hospital, New Delhi.



## *Tenzin Palkyi*

*Tenzin Palkyi*

*k-278*

*22/6/2009*

*Class 1*

*Today*

*Tenzin Palkyi*

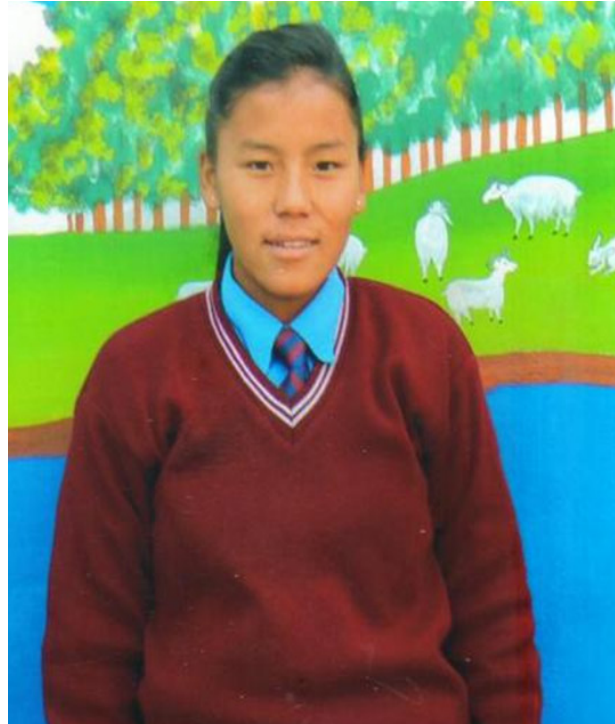
*Psychology honors*

*St.Bede College*

*Shimla*

Tenzin Palkyi is another standout Kyitsel-ling student. She joined in 2009 when very young and spent her entire school years here. After completing school, thanks to continued sponsorship, she is pursuing a Psychology Honor's course at St.Bedes College, Shimla.





## *Tsering Lhamo*

*Tsering Lhamo*  
K-277  
28/4/2009  
ukg

*Today*  
*Psychology Student*  
*Daulat Ram College*  
*Delhi University*

Tsering Lhamo was just seven years old when a combination of circumstances brought her to Kyitsel-ling in 2009. She is one of those students from Tibet who risked everything for a shot at education.

Through hard work and determination, she passed her class XII exam in 2020 and is now studying at Daulat Ram College, Delhi University.



## *Tenzin Lodo*

*Tenzin Lodo*  
K-351  
2012

*Today*  
*Tenzin Lodo*  
*Graphic and media*  
*ICAT*  
*Bangalore*

Tenzin Lodo joined Kyitsel-ling in 2012 when he was in class four. He completed his schooling at TNMF School, and then, thanks to the continued support of his sponsor, he decided to continue further studies. He is in his third year at ICAT Design and Media College, Bangalore studying Animation and Multimedia.





## *Tenzin Wangmo (Astha Gurung)*

*Tenzin Wangmo*  
*K-356*  
*2018*  
*Kyitsel-ling student*

*Today*  
*Tenzin Wangmo Hotel*  
*Management Student,*  
*New Delhi*

A couple of TCEF board members met Tenzin Wangmo in Nepal, where she was struggling and unsure of her future. They coordinated to bring her to Kyitsel-ling, where her life changed for the better. With determination and luck, she completed her schooling. Her sponsors helped her achieve a professional Hotel Management course, and her life already seems much brighter.

# Compassion for Tibetan Elders

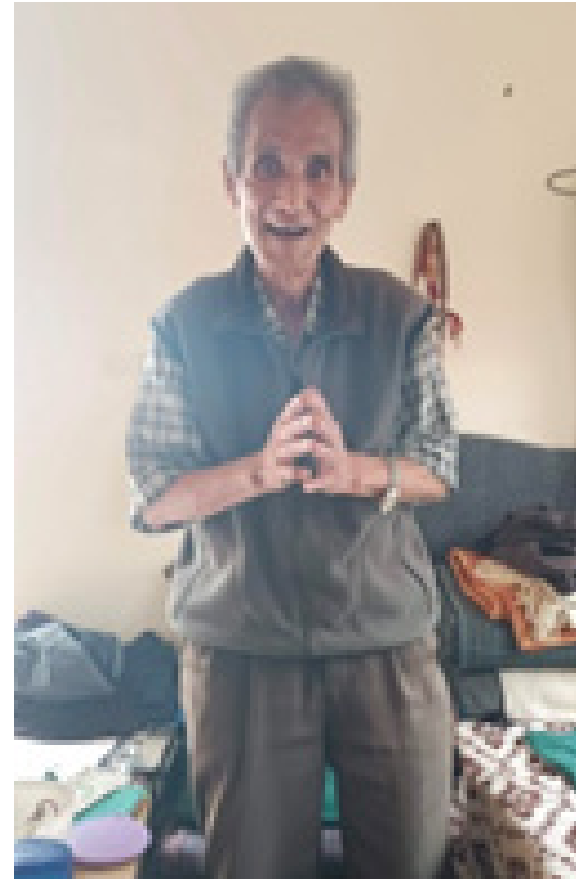
*- Partnership with TCEF to help Tibetan elders.*

The generation of Tibetans now in their seventies and eighties have suffered great tragedies and survived many challenges. It is this generation that followed HH The Dalai Lama into exile and crossed the Himalayas into an unknown land. Many of them were nomads or farmers with no work or language skills for them to start a new life in exile. Almost all of them started their new lives in exile breaking stones by the roadside at minimum wage. It was a great change for them from the cool plateau of Tibet into the heat and humidity of India. Many of them did not survive – victims either to tuberculosis or their new found poverty. Many of them have depended on the ability for hard physical labour to survive. In old age when they lose the ability for physical labour, it ends their income source also.

Tibetan families are close knit and children and grandchildren

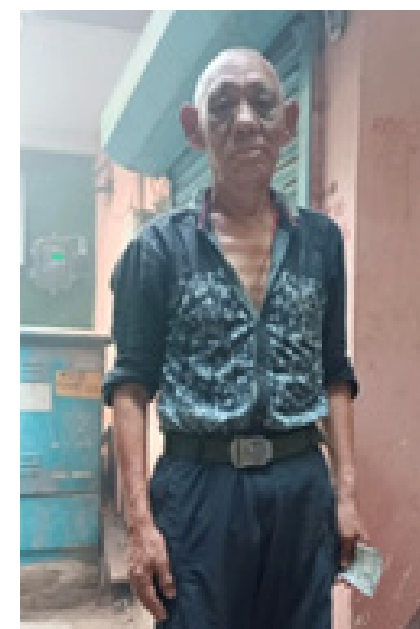
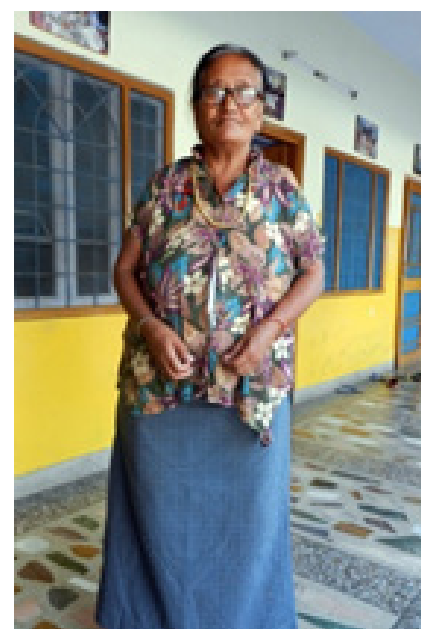
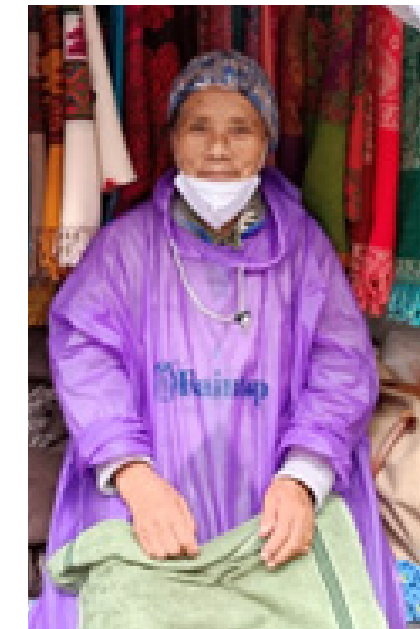
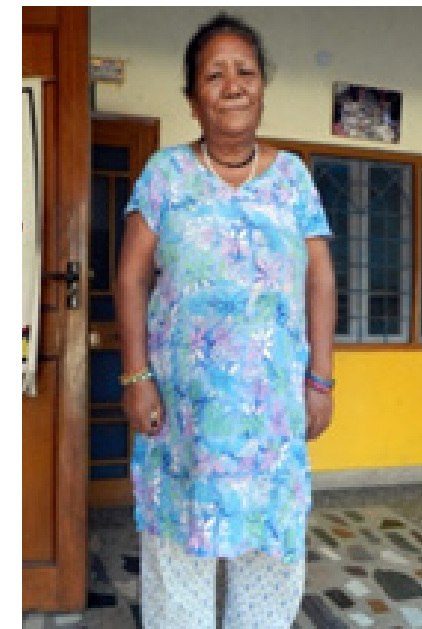
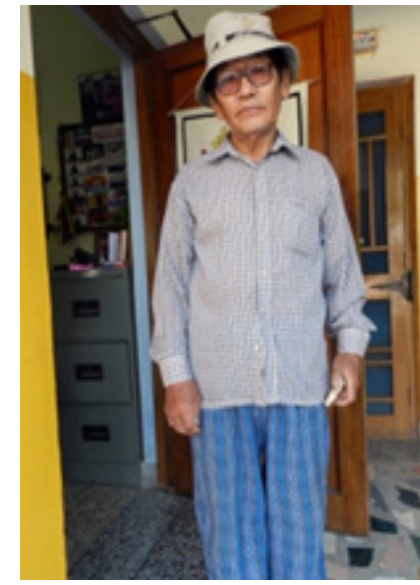
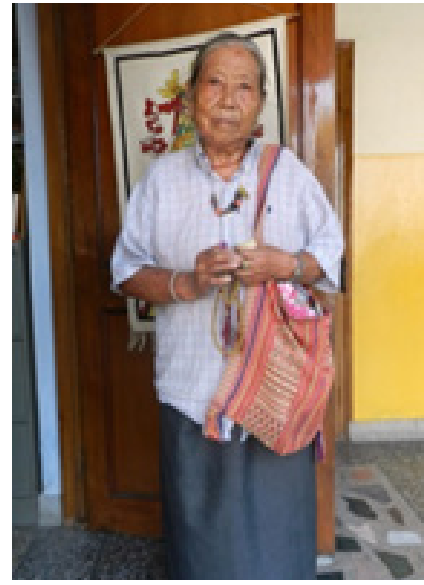


do take care of their parents and grandparents. But, in cases where elderly Tibetan do not have family, they can be very vulnerable. That is why we feel it is important to help them. The elders' sponsorships through TCEF helps to purchase food, clothing, medicine and other essentials. It may also help an elderly to go on a long wished for pilgrimage.





## Area wise distribution of Kyitselling Old Age Stipend Programme











## Location of Tibetan Elders Helped



# Alumni Corner

## - Messages of gratitude or inspiration

To begin with, thank you note to my kyitsel-ling family for giving me a good upbringing and teaching me the value of good ethics. I'll be forever grateful for the memories I had created over the years in this Institute. Today no matter where I am or wherever I'll be in the future, kyitsel-ling will always be my second home. Wishing good luck to all the students for their bright future. Remember, the greatest legacy you leave behind to this institution is not only education but the ethos and values which you will inculcate in your upcoming life to become a good human.

Chime Youdon  
Nurse, Apollo Hospital, New Delhi



*"Life in kyitselling hostel is one of the most memorable experiences."*  
Living in Kyitselling hostel has been an enriching experience for me. It has immensely helped me to gain a new perspective towards life. It taught me many valuable and important lessons which are massively helping me at this time. Learning has developed a huge sense of responsibility, and a sense of adaptability for me to be a confident adult. It also developed a sense of self-defendant which is really needed in my teaching career right now.

All the wonderful and fun moments I spent with my friends in the hostel are cherished by me as they become beautiful memories which will always be locked up in my heart forever. While I'm writing this amazing moment of my life down I'm terribly missing all my friends.

I am amazed to reflect back on how my guardian kept us very safe and secured those 8 years in the hostel. I did not get any harm and always was under proper care and love, we all provided with healthy food, we also had valuable physical activities. I am truly thankful towards them. My words will certainly fall short to express in words how Genla Karma, Genla Tsering support us through sponsorship in my education. I'm forever grateful towards their generous acts. I wouldn't be what I am today without them.

Overall my life in the kyitselling hostel was a worth experiencing place where there were lots of learning and enormous fun to be cherished!!  
Heartily wishing the awesome school Happy 25 anniversary! May you flourish and may happiness, success and good health always follow your footsteps.

Migmer Lhamo,  
Teacher, Nepal





*My hostel life in kyitsel ling was unforgettable and in fact those days were the happiest and fruitful days in my life. Kyitsel ling is much beyond just a hostel, it actually denotes a culture, a culture of excellence, empowerment and enrichment. Being part of kyitsel ling, I felt blessed. I was 6 year old when I was brought to kyitsel ling.*

*The feeling of being home sick, the loneliness of not knowing anyone, living with someone you have never met before is what a child is most scared of but kyitsel ling welcomed me with such a warm heart that I never felt I was away from my home. It was such a lovely and homey place for me. Today I am a scholar in Jammu University and the way in which I have grown up, matured and found out who really I am, is something I couldn't accomplish without guidance of Kyitsel-ling members. I got infinite love and lessons from my teachers there. I proudly feel that I cherished every moment of my hostel life in kyitsel ling.*

*Regards*

*Stanzin Dawa*

*Phd student, Jammu University, Tashi delek*



*It is true what they say that providing a child with a boarding school education is one of the greatest gifts a parents can give to its children. I had spent 2 wonderful years of my life in the Kyitseling Hostel and I must say it was indeed a privilege staying and learning from the kindest teachers and staffs along the years. The most important and loving thing about our hostel was that that we all treated and respected each other like a*

*family which I have obviously never experienced anywhere before. The whole environment of our hostel was very homely, the open parks where the toddlers used to play and run, the open basketball court which was always filled with shouts and laughter, the corridors where we used to sit and read in our free time, and my personal favourite our rooms where all of our comforts and gossips lie, and also last but not the least our dining hall where delicious foods were served by our amazing hostel's cooks. The other factor which made our hostel unique was its location. It was extremely peaceful and quiet, there was no disturbance and interference from the outside world which made our life very calm and homelike. Kyitseling was not snobby or pretentious. It was not huge or overwhelming either but it was a great boarding school and a lifetime experience which I will never forget. Therefore going to TCEC was one of the best decisions of my life.*

*Ngawang Lhamo*

*Post graduate, Punjab University*





*My name is Pema Dickey. I have spent 10 years in Kyitsel-ling hostel. and I can proudly say that this is my second home who never made me feel lonely while I was away from home. My words will fail to express how grateful I am towards Kyitsel-ling staff for their guidance and support throughout my hostel life.*

*Pema Deckey  
Airhostess*



*Hello*

*My name is Mumta. I am a student at Kyitsel-ling I was there since LKG to class 12 standard. I even completed by college from Kyitsel-ling. And this place is not actually a hostel for me. It is more than that for me, even more than my own home. I can't even explain what it means to me, it's because whatever I learnt and whoever I am right now is all because of Kyitsel-ling.*

*Kyitsel-ling not only teach us how to write and read, they even taught me to become a perfect person, and helps me to become a valuable person. I learnt about different culture and religion in Kyitsel-ling. Kyitsel-ling actually showed me the real meaning of secularism. I even got to know about different traditional dances, songs and costumes.*

*I actually had a excitement period at Kyitsel-ling with whom I am more attached than my own family members. Today, after completing my nursing course, I am working as a nurse in a reputed hospital. I am truly grateful to Kyitsel-ling. Thank you*

*Yours,  
Mumta*





*Hello,*

*My name is pooja kumari. I was a ex student at Kyitseling hostel from 2012 to 2019 years. These ten years at kyitse - ling changed my life. I learned so many different things that I don't even know where to begin. Perhaps, a good starting point is to say that I learned a lot about my own identity and culture. Some*

*of my best memories are of learning tibetan dance, music and drama. How I loved to put on the costumes and do performances. These are things I may never ever be able to do again. I'm so grateful for that experience.*

*Yes we learned many different subjects- but Kyitsel-ling also taught me the value of friendship of getting along with other students and my fellow hostels mates. Those social skills are already helping me in life.*

*Then Kyitseling laid the foundation for my education. Today I'm already in college, and I know this education will change my life, and may be that of my family.*

*Here is wishing Kyitsel-ling and everyone connected with it a very happy 25 th Anniversary. I send my best wishes for your continued good works.*

*Puja Kumari,  
NCC*



*Hi everyone!!*

*First of all, I would like to thank Gen Tsering la and their family for providing this amazing opportunity.*

*And now let me share a few details about me:- My name is Tsering Lhamo, a student at Kyitsel-ling from 2009 to 2021. I was dropped at Kyistelling when I was around 6-7 years old and now I am about*

*to be 20 already! But looking back, I think joining Kyitselling hostel has been the best thing to ever happen to me because I wouldn't even imagine that one day I would be calling that hostel my 'home', which I am now. It's been my home and a comfort place for the past 13 years and I honestly learned so much I could proudly say I am a product of Kyitselling hostel and I am endlessly grateful for that.*

*Kyitselling is actually a home rather than a hostel where we spend the whole year except for a 50 days holiday but somehow it always ends up being a home for all the students who come to study there. I bet if you extend your perspective about kyitselling and actually live there, you'd totally love everything about it. Kyitselling provides a platform where we get to know more about ourselves and our culture. Likewise, I got to know a lot about my identity and my capabilities while at kyitselling. It is basically my whole childhood and the memories created there will always be remembered. Some of them are like participating in the founder's day events, celebrating children and teacher's day, learning how to craft, exploring basketball and yoga from Gen Chomphel la, creating deep bondings with the staff*



*and co-students, learning how to help and being kind towards others. Those are some of the things that I had always cherished and loved doing throughout my journey at kyitselling. I'm so blessed to have had such a memorable and unforgettable journey at kyitselling, thanks a million.*

*Moreover, kyitselling laid the absolute foundation of my education and whatever knowledge I have right now, I'd proudly acknowledge its root to be kyitselling. I didn't face any academic problems during the entire 13 years and I believe it's because of the kyitselling's generosity towards students in terms of teaching also. Kyitselling not only helps the young students but also elderly parents. It is the perfect example of kindness and helping others which is very rare in this generation. Moreover, Kyitselling has taught me the importance of behaviour and made us realise that it is something we would be carrying throughout our life. We have been taught that the right behaviour will eventually mature students and make us a better person. Right now I am in my first year of college and I'm still getting the same treatment that I used to have during my time there. I don't think I would ever be able to fully express the special feelings I have for our hostel. I will always be loving this hostel, my actual home and family. I wish each and every one of those who are connected with kyitselling a very happy 25th anniversary. Sending lots of love and best wishes for the coming years. Thank you so much.*

*With the purest tonnes of love,  
Yours and always always yours,  
Tsering Lhamo  
Student of Delhi University*



*I'm Tenzin Palkey former student of kyitsel-ling from 2010-2021. Life at kyt was the best life I had till now and I cannot imagine a better school life experience than I have got from kytsel-ling. It was my second home where I spend most of my time. Some of the best memories that I carry with me is how excited I used to be when I got to wear the Tibetan traditional dresses for the annual function day performances, practical basketball for tournaments and how can I forget about the picnics at the swimming pools, we used to get so excited. I'm so grateful for all those blissful days that I may never be able to experience again. I got to learned a lot about my identity and about my culture. All the cultural programs where I got to learn and perform different Tibetan traditional dances and a platform where I got to boost my confidence by hosting events at KYT. It gave me a great platform to do better in life and also builds my personality and most importantly I learnt the importance of punctuality.*

*I used to be a lazy and carefree lad but with proper guidance of mam namgyal la i think I can say i have learned a lot. She played the role of a mother in my life. Although she has a strict personality, she is very caring and kind by nature. She is very disciplined and punctual and she always tries her best to give us the advices and guidance which will make us successful in life.*



*Kyitsel-ling laid the foundation for my education. Today I'm a college student and the first one from my family who has ever been to one, it's an achievement in itself and I believe this education will change me and my family's life one day. On this special day here I am wishing. Kyitsel-ling a very happy 25th happy anniversary..I send my best wishes for your continued good work,*

*Tenzin Palkyi*

*Student of St. Bedes College, Shimla*

# Transmitting the Culture to the Children



Kyitsel-ling's location in a major Tibetan settlement is a huge advantage. We have Tibetan families and Tashi Kyil as our immediate neighbours. Kyitsel-ling's daily curriculum is geared towards this important aim of transmitting our culture to the children. The day begins and ends with traditional Tibetan prayers. In between, the study of Tibetan language, culture and history is reinforced by Dance and Music is also taught to the children.





*Founder's Day 2022*





*Kyitsel-ling junior boys and girls 2017*



*Just as a new bloom spread fragrance and freshness around...  
May the new year add a beauty and freshness in your life  
Happy New Year 2017!*



*Founder's Day 2021 theme*











*Song (United we stand) - Chosum*



# Daily Yoga Practice in Kyitsel-ling

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga is not a religion; it is a way of living that aims towards a healthy mind in a healthy body.





## Inspiration from Jennifer Plugh

One of our best friend, Jennifer Plugh, presidents of TCEF (USA) visited Kyitsel-ling in 2018. During their short visit, she and her friend spends some very valuable time with our students. They have help the small children to draw diagram with the powdered colours they have brought. They also did some wonderful Yoga display with our senior students which kindled love and interest in Yoga. Thereafter students started focusing on morning Yoga time seriously and started enjoying the yoga session with their full attention.





## Daily morning Yoga time

Seniors students day starts with yoga and prayers. Our yoga master Gen Tsering Choephel leads the morning yoga session with brief breathing session followed by regular yoga exercise which takes about 45 minutes. Students become more active and rejuvenated to start their day after doing their daily yoga exercise.

Yoga helps to improve the memory function in both adults and children, a direct benefit of which would be better academic performance in children. It also helps to improve children's attention span and focus.

Yoga offers physical and mental health benefits for people of all ages. Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts.





# Recreation at Kyitsel-ling

Kyitsel-ling, as per the name given by His Holiness the 14th Dalai Lama, has always try level best to keep the children under our care happy and healthy. We have created various recreational activities throughout the year to keep the students active and learning continually.





## Summer Picnic

Summer splash time is the best to beat the scorching heat of summer with joy and happiness. Students love swimming and splashing water and playing. So we take them for summer picnic near a swimming pool. A day filled joy, laughter, splashing and sweet smile on the children's' face.



## Games Time

The games time is the happiest time for the children in Kyitsel-ling. Sound of bell at 4 pm is sweetest for all the kids here. Junior most kids rush to the games locker take the skates because they love the ride the skates and move around basket court meanwhile senior students are getting to play basket ball.







*Basket Ball tournament  
India Supera Memorial Basket Tournament, 2022*





*Kyitselling basket ball tournament in memory of India Supera, late president of Tibetan Children's Education Foundation, Montana, USA*







