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Darla Middle Secondary School: Chhukha Dzongkhag

The Messenger: Celebrating the 60th Founding Year of School



Message from the Principal

Dear readers,

'The Messenger' is a part of academic and co-curricular reflection our school is publishing annually which provides a platform for our students and staffs to share their articles for our esteemed readers. In the early stages of our life, our mind is a coarse grain of sand and nurturing shell of broad spectrum of earning opportunities and experiences. It eventually gets nourished into natures most gifted ominous pearl of creative ideas, knowledge and critical hinging that ever revolutionized the world. Through the annual newsletter, we strive to harness creative thinking and showcase the innate potential of our young writers.

I am extremely sanguine that Darla Middle Secondary School since its genesis in 1961 has offered itself as a shell for sheltering and fostering human minds in their raw state to be matured into empowered innovators and discoverers. The school in these long years has unlocked the store house of creative genius and set buoyant human spirit ever eroding academic and co-curricular activities. The wheel of excellence and continual progress has been steered with values and conventions as its fulcrum, quality education, improvement in infrastructure, educational technology, teaching and learning processes as its spokes to fortify innumerable efforts to set the wheel on its track.

The need of the hour is to root students firmly in an enabling and constructive work process for their meaningful blossoming. Meeting this need, Darla MSS has initiated 'The Messenger' to build competency and confidence to express through writing which ultimately fulfills the productive growth of our youth and faculties.

I thank my faculties, students and literary coordinators for your dedication and commitments in completing this assignment successfully.

I wish everyone a happy reading.

Mr Tshering
(Principal)



Laziness Won't Get You Anywhere

In ancient times, a king had his men place a boulder on a roadway. He then hid in the bushes, and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers passed by and simply walked around it.

Many people blamed the King for not keeping the roads clear, but none of them did anything about getting the stone removed.

One day, a peasant came along carrying vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the way. After much pushing and straining, he finally managed.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and note from the King explain that the gold was for the person who removed the boulder from the road.

Source:Internet

Growing Older

As we grow older, we face a lot of challenges.
Time passes, people change and maturity hits.
In between the life, getting older is a natural
process of life.
Getting through obstacles gets tougher and
harder.

You start to understand people.
You lose friends and your special person.
It feels heavy to keep on breathing.
But dear fellow, it's okay to not be okay.

You will sometimes feel depressed.
Get a mixed feeling.
Have mental breakdowns.
But still get up and live every second.

Feeling insecure is okay.
Going through a tough time.
Memories haunting you
that's all making you stressed out.

Making mistakes,
feeling guilty and ashamed
all these things hurt
but that's the circle of life.

Growing old, feelings, mistakes and all are just
temporary things.
Keep your head up and ignore these things
and keep fighting the battle of life.

*Nima Tshering Dechen
(Class VII A)*

My Beloved King

The king we have is great.
We people are his diamond.
He takes good care of the nation.
He is the one who kept the people happy.

We people have to thank him.
He is the only king who kept the nation peace.
He is the only king who didn't let the culture
down.
He is the king of generosity and kindness.

The king we are talking about is
The king of Bhutan.
He is the best king ever.
A king like him is like the god to the people of
Bhutan.

Yeshey Dorjee Jatsho (Class VI A)

My Dream

Oh! My dream
Soon you will be true
Because I am
Going to fulfil you.

No matter whatever
Comes my path straight,
I am the only one
The word great!

I will make my dream
As clear as a cream,
Because my dream is my dream,
None of your dream!

*Sajan Kharka
(Class VII A)*

Life

Life is a small space between birth and death.
So, in this space,
Be happy and try to make others happy.
Enjoy every moment
Of your life.
There is only happiness
In life to love and be loved.
Loving is giving love to others
and being loved is receiving love from others
if there is no love in life there is no happiness.
So, loving somebody is one of the happiness.

*Devya Basnet
(Class VI A)*

Our King

Our king is very special for us.
He works for us every day.
He cries for us,
But he never gives up.
Our king,
Our God,
Our life,
You work for us every day.
You cry for us,
You never give up for us.
Thank you,
Your Majesty the King.

*Benika Rai
(Class VI A)*

Global Hand Washing Day

Objectives of the programme:

1. To make awareness on the importance of clean hands.
2. To relate COVID-19 with clean hands.

To achieve the above objectives following activities were carried out.

Activity 1: Speech by Health Captain

Speech on the importance of observing the Global Handwashing Day was delivered by Health Captain Rupa Pradhan during the first period. She emphasized the importance of clean hands relating the hand hygiene with current situation where the world is plagued by COVID 19. Following is the reproduction of her speech.

Respected principals, vice principals, teachers, and my friends.

I, Rupa Pradhan, the school health captain, would like to speak few words on Global Hand washing Day.

Every year, 15th October is observed as Global Hand Washing Day. Due to the holidays, we could not observe it in the specific date but today we are here to do so.

This year 2021 Global Handwashing Day's theme is 'Our Future is at Hand – Let's Move Forward Together.'

A saying goes, 'Health is in your hands.' It is very essential to keep our hands clean every time. Hands are the dirtiest parts of our body. They touch everything knowingly and unknowingly, intentionally and unintentionally. Further our hands reach all parts of our bodies. Thus, they are the means of all kinds of germs and bacteria to our organs.

Hand washing is an easy, effective, and affordable way to prevent disease and save lives. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family.

Washing your hands often with soap and water for at least 20 seconds is one of the first lines of defence against Corona Virus infection. Many communities which stressed on handwashing with soap are seen successful in combating COVID 19 pandemics. Our country is very good example of this.

Like eating and drinking, hand washing must be part of every chore. Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand-washing requires only soap and water or an alcohol-based hand sanitizer. Practicing hand washing is a simple yet effective way to prevent infections. Cleaning your hands can prevent the spread of germs including those that are resistant to antibiotics and are becoming difficult to treat.



When to wash your hands?

As you touch people, surfaces, and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose, or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of disease.

Hand-washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.

So my dear friends, our school has enough facilities like soap and water. So let us wash our hands and remain healthy and happy forever.

Thank you. Have a nice day ahead.

Activity 2: Hand Washing (Practical Session)

Hand washing was done during the morning interval guided by health committee members.



All the students including the ECCD learners and the staff took part in the hand-washing programme.

*Mr Bhim Narayan Dhital
(Health Coordinator)*

Life Goes On

Life is like riding a bicycle.
To keep your balance,
You must keep on moving
despite the unpleasant moments.

People comes and goes out of your life.
Some may be good one and
some may not be.
So, take it as good lesson.

People who distract you are the worst
who wants to slow you down but
never let them go beyond you.
Make sure you are at the best speed.

Life is nothing pleasurable but a challenge,
So, fight it with full confidence.
Life is very much complicated
full of stress, problems, distractions.

Never focus on the complications,
focus on what's important now and
record the well-being of yours.
Life is unpredictable.

You never know what life has in
store for us.
Life without complications is
monotonous and boring.

So, don't breakdown if life gives you thorns
Rather bloom it gracefully
Hang in there, time will heal everything.
Remember, life goes on.

Karma Yangki Tamang (Class VII B)

Life

Life is short,
No wonder why.

Day by day time will pass,
But one day we will leave this world.

We might suffer in this life but,
No one knows what's going to happen in next life.

There might be misunderstanding in this life,
Maybe in next life it will be good.

There is time when we say goodbye to this world,
Even to the darling ones that were in our life.

Ngawang Tshering Dema (Class VI A)

My Dad

People call my dad as D.P Mishra.
He has long hair;
He doesn't let tears
To roll from our eyes.

He is a man like no other
Who taught me, dressed me,
And did many more but most
Importantly, he loved me!

I am so glad that you are my dad,
You are one in million pops!
When it comes to first class father
You are the absolute cream of the crop.

I really love you, dad;
You are a fine dad.
Fantabulous daddy,
I love you for all that you do.

Puja Mishra (Class VI A)

'I believe that the Golden Throne is not a Throne of wealth, power and prestige. The Golden Throne of Bhutan is a unique Throne of Destiny to serve our People and Nation.'

- His Majesty, National Day Royal Address in 2012

Menstrual Hygiene Day (28/5/2021)

We Bhutanese are fortunate as our government supports women and their problems. In Bhutan menstrual health is a human right. Our mothers, sisters, aunts, daughters and nieces are always protected from problem related to menstruation. In our school our male teachers initiated to gift sanitary pads to our female colleagues on this significant day.

The two core objectives of marking Menstrual Hygiene Day in our school were

1. To create awareness on menstrual hygiene and
2. To eradicate the feeling of stereotype between the two genders.

Menstruation is the monthly shedding of the lining of a woman's uterus (more commonly known as the womb). Menstruation is also known by the terms such as menses, menstrual period, cycle or period.

Menstrual Hygiene Day is marked on 28th May every year. Menstrual hygiene and health for millions of women and girls have been suffering since the outbreak of the COVID-19 pandemic and successive lockdowns. Lack of resources and poverty are impacting the ability of people to manage their menstruation and health. According to experts, the poorest sections of the society have been the worst affected in accessing menstrual hygiene products during the pandemic. 'Menstrual health is a human right. Yet, menstruation can result in discrimination, stigma and exclusion against women and girls,' the world body tweeted on Friday.

This year's Menstrual Hygiene Day's theme was 'Action and Investment in Menstrual Hygiene and Health.' Did you know why Menstrual Hygiene Day is observed on May 28? This is because menstrual cycles average 28 days in length and people menstruate an average of five days each month, and May is the fifth month of the year.



Staff of school while observing Menstrual Hygiene Day and the principal handovers the sanitary pads to female colleagues



Mr Bhim Narayan Dhital
(Health Coordinator)

My Grandma

Oh! My Grandma,
You are the one,
Who understands my problem,
And helps me to find solutions.

That's why I always
Share my problem with you.
You are the light of my darkness;
You are the one who corrects my mistakes.

I know now soon you are leaving me;
You are getting emotional to leave me.
You are what you gave me everything.
I miss you, grandma!

*Benika Rai
(Class VI A)*

Mother

Oh! My dear mother,
You are the one
Who gave me birth
In this beautiful world.

You carried me for nine
Months and when I was
About to be born, you
suffered a lot.

How can I live without you?
You listened to
All my problems and tried
to solve them.

You worked restlessly for our family.
For me, you are the light to my brightness
And cure to my sickness.

I love you mother;
Without you, I am a girl
Whose voice keeps chanting for you.

There are no enough words to
Describe you and your greatness.
You are everything for me, mother!

*Sonam Yangzom
(Class VII C)*

My School, Darla

I am proud to be the student of great school,
Darla,
In a great country, Bhutan;
Where we all are obedient to one another.
I feel like I am the luckiest person,
because I am studying in a great school, Darla.

My school always shines bright,
with the presence of brilliant students and
teachers.
In a great school, Darla,
I feel so blessed,
to get the tremendous opportunities,
to study and interact with the great creatures of
the great school, Darla.

When I say my school is great,
great are my friends, brothers and sisters,
teachers,
and our great principal and their teachings.
Great is our environment,
Green, safe, and beautiful.

Teachers not only teach us
the alphabets and the calculations
but they also teach us
how to lead our life,
make it brilliant and beautiful,
and to live independently.

*Shristri Sharma
(Class VII C)*

Rose

Rose, Rose, Rose,
You are so beautiful
And you smell so sweet.
You look so beautiful,
When you blossom in June
And dance in the wind.
You bring smile to everyone
And love to all.
I love you, my dear rose.

*Sangay Chezom
(Class VII B)*

Song, Lyrics, Tunes

Song, song, and song!
 Song is what I sing;
 The lyrics and tunes
 Are beautiful.

Lyrics, lyrics, and lyrics!
 Lyrics give us lesson;
 What I like
 Is to sing a song.

Tunes, tunes, and tunes!
 Tunes give us romantic feelings;
 Everyone in the world
 Is nothing without a song.

Yeshey Dorjee Jatsho
 (Class VI A)

To My Mother

You make the sun shine on cloudy days;
 When I am sick you kiss the pain away;
 Your tender voice takes away my tears;
 Your hands wipe away my tears.
 The love you give is so honest and pure,
 Keeping me forever safe and secure;
 You make flowers bloom in spring,
 It was you who fixed my broken wings;
 You're the one who gave me birth in this
 beautiful earth.
 I love you, my mother!

Laxmi Samal
 (Class VII C)

Mother

Mother is a name given by God
 She never teaches in a wrong way
 She forgets the pain and starts to play
 She never gets pain when we say

Mother gave home to us and her heart
 Mother gave a birth
 In this beautiful earth.

She never fails in her life
 To make us happy
 She suffered a lot for us
 That thing we should never forget

Pravesh

Thank You, Teachers

Thank you, teachers,
 For brightening my life,
 When it was filled with darkness.
 You showed me the right track,
 When I was going on the wrong way.
 Thank you for your forgiveness
 When I was disobedient;
 And for showering me with love,
 When I was surrounded by hate.
 You pulled me up
 When my life was pulling me down.
 You taught me the value of life,
 When I was about to give up.
 Thank you for teaching me that
 Winning and losing doesn't matter.
 Thank you for showing me
 That I matter!
 I have a future
 Because you were there to guide me.
 Thank you, teachers!
Jangchuk Tenyang Lhaden (Class VII C)

Thanks, My Brother

You're like my dad, my best friend, my
 mother –
 Emotionally, physically, mentally you helped
 me a lot.
 Even though you and I stay so far –
 We will always be together by heart.

The moments we shared were so precious,
 Those laughs I can remember which escaped
 from our voices –
 How beautiful every day the time we spent
 was –
 When we were together, both our souls and
 hearts.

I miss everything about you, even the time
 we had spent –
 Just by thinking about it, how fast those
 moments had ended!
 Sincerely, I want to thank you for being the
 best brother –
 Hope we would be together again, sometime
 in the future.

Sonam Yangzom
 (Class VII A)

Birth to Death

We give suffering to ourselves and to others.
We all enter this world with a pure heart.
But as we live, what happens to us?
We all interact with heartless people
and be like them.

People are trying to kill each other,
Trying to put an end to this world.
People are destroying the world,
And are filling their hearts and minds
with all the bad deeds.

But let's all try not to destroy.
Let's make this world a better place,
worth living.

Let's all show our humanity
So we can be worth calling humans.

Never do things which will make us regret
When we leave this world.
Let's leave peacefully without any suffering.
And lastly, let's all leave this world
with a pure heart,
Like the way we entered.

Dawa Tshering Wangchuk
(Class VII C)

What I Think

When the sun shines, I think
about my parents!

When the moon comes,
I think about my future!

When I come to school,
I feel happy.

When I meet my teacher,
I learn something.

When I feel happy,
I want to shout.

When I feel sad,
I want to cry.

When I meet my family,
I want to hug them.

When I get separated from them,
I want to cry.

Ganga Maya Bista
(Class VI A)

Love for the Country

I'm a Bhutanese and I should treasure
My race is dignified and it deserves respect.
My love for the country never fades
For, it's in my heart.

I am proud and will shout to the universe
That each word I utter praise the country,
I will serve you wholeheartedly and
Pray for our everlasting happiness.

My beloved homeland gifted of all wealth
Where we have our own language on traits.
Citizens would be definite respectful and
Together, we will protect you against the
enemies.

Oma Devi

Mother

*The smile on her face
Is enough for me to brighten my day.*

*The love she gave me
Is enough for me to endure it.*

*Love from your heart,
And the warmth of your touch,*

*The gift of life –
You are a friend to me.*

*You are god-gifted,
You are so special,
I won't let you go away;
I will hold you tight.*

*Long life to her
For there is no other,
Who can take place
Of my dear mother*

Sonam Tshering
(Class VI A)

My Dear Mother

You are the sweetest mother
Who takes care of us
adds love in every sibling
To the same.
Long-life to her,
There is no other,
Who takes the place
Of my dear mother.

Durga

Why I Love Animals

Having been blessed to be born as a human in this life time and born in a Buddhist country, I have natural inborn love for animals. I feel compassionate whenever I come across animals suffering from hunger, ailments, and injuries. The procreation of nature is so wonderful that we can see animals of many species of various shapes, sizes, and colours.

I love the dogs most amongst the animals. I have a pet called Chungku at home and I take care of her whenever I am at home. She is a well-disciplined and friendly dog. I would like to quote a popular adage here – ‘Feed a dog for three days and they will remember you for three years feed a human for three years they will forget you in three days.’ People say, ‘Dogs are the best friends of humans.’ It is true!

She welcomes me with excitement by wagging her fluffy tail and jumping on me. Dogs understand the praise the same way as we humans do. Chungku cannot speak but her brain responds to spoken words and complies with all my instructions.

It makes me feel sad whenever I hear people taking the domestic animals to slaughter houses to be butchered for human consumptions. The Buddhist nations denounce killing but we have slaughter houses licensed by the government. His Holiness Je Khenpo discouraged meat eating many years back but people have not stopped eating meat. His Holiness the Je Khenpo has said that animals are just one level below forms. Yet, many find meat businesses lucrative which is against Buddhism.

We can save animals’ lives if we choose for a more plant-based diets and less of meat-based diets. This will be a good spiritual path if people retrain from eating meat dishes.

All sentient being have feelings and emotions like humans but the one difference is that they cannot speak and beg for mercy to save their souls. They also feel pain, fears, and helplessness in the hands of people who have no compassion towards them. They have intelligence and conscious of some sort even at animal level.

If humans choose for a more plant-based diets and less of meat-based diets, the world would be a wonderful place for all sentient beings and humans would enjoy spiritual lives with compassion. Lastly animals didn’t exist to be eaten or to be killed. They exist to have a life like we the humans do. Animals should be treated equally like the humans.

*Tashi Lakezin Wangmo
(Class VII C)*

Father

It was a lonely day
the snow falls down
the cold snow makes sick
But my hero came out
Helped me from the sickness.
Every day, every night
Make me happy every time
My hero, my Ironman
Saving my life every time
Because you are my ironman
Love you every minute and every second
To warm my lonely day
Shine like a star
In a dark sky
Oh! My god!
He saves my life every time

Tshering Yuden

Mother

Oh, mother! My mother!
There is no other
Who can give life
Into this world.

You taught me
How to speak
Without using
Any stick.

You are very precious.
Without you I am nothing.
You are tireless in showering us your
Care, love, and blessings.

Dikchea

Butterfly

Butterfly, Butterfly fly up in the sky
 You always fly around the flower.
 Whereby you never come close to us.

You are like a human and
 Whenever we see you,
 We try to end your life.

When you come in front of the sun
 I feel jealous because of your
 Shiny beautiful wings.

But you can't live longer
 Which make us sorrow
 When I see you a little longer,
 My heart makes me a singer.

*Isnina***Friendship**

Oh! Oh! what a joy it is
 To have a friend like you
 For giving me strength
 The way you do.

For lifting me up
 When I'm feeling down
 And putting a smile on my face
 When I'm sad.

Thanks for being there
 And helping me grow.
 Your friendship means a lot
 I'd like you to know through this.

*Karma Ghalley***Mother**

I know that I don't say 'I love you'
 But I appreciate everything you do for me.
 I am the luckiest girl in the world
 To have a lovely mother.
 Truly, thank you for everything

M: million things she gave me
 O: only that she's growing old
 T: tears she shed to save me
 H: heart of purest gold
 E: eyes, with love-light shining
 R: right, and right she'll always be

*Karma Choki***Sunshine**

In the early morning
 I stood near the gate
 That's the exact place where
 the baby sun I wait

The baby sun came out
 and as its first rays spread
 I really feel warm
 when it first touches my head

The baby sun slowly
 become larger as he grew
 In the middle of the sky
 Very slowly he went!

It became small again
 And changed his shape
 At last, it became like
 A real red ripen apple.

*Jharna Gaylal***Mother's Love**

Loves like blind
 Filled with kind.
 When the sunrises
 Search for the smiles.
 Looking here and there
 For her child.
 Works have to be done
 But she is the only one.
 She tries to make us happy
 No longer sad.
 Sadness is gone
 Now happiness is with every child.

*Bishal***You Mean the World to Me**

Friends we are, forever we will be,
 Wherever we are, you're right beside me.
 I hope we stay friends till the end of time,
 And whenever that is, our friendship will still
 shine.

You mean the world to me, I hope the same
 with you,
 You are always helping me and I render mine.
 So, to all my friends, you mean the world to
 me, forever.

Purna Bhadur Pardhan

My Country is Fair for Everyone to Live

My country is fair for everyone to live
Now, look, my friends-look to the east to
west!

You can see the green nature of Bhutan
Prayer flag's fluttering around the wind.

The mountain gives a way for a river to flow.
Birds' singing a beautiful song in the sky.
The different faunas enjoying their happiness,
How lucky! I am to be born as a Bhutanese
Got to cherish the beauty.

I feel proud to become a Bhutanese
Because we have a leader
Who sacrifice's his own comfort
To comfort his people.

Sabna

The Beach

Come to the beach
Where the sea is blue.
And little white waves
Come running at you.

A wave comes splashing
Over your toes.
You just stand still
And it goes away.

We will build a castle
Down by the sea
And loom for shells
If you come with me.

Russell

I'm Lucky to be Born

I come out of my place
I doubt, am I still alive?
I take a few steps forward.
I see trees, who were talking to the wind.

Then, I take a few steps forward.
I see cotton candy clouds
Floating in the bright blue sky
Bringing up the crimson colour to the sky.

Again, I take a few steps forward.
I see a crystal blue river
Racing down the path
To join the big river.

So many beautiful places, sights
And I am thankful to the god
That I'm born in this beautiful world
With the ability that I possess.

Tashi Dema

The Honey Bunny

The little bunny
Who is a dummy
Isn't it very funny?

The little bee
Who makes honey
Is so funny!

Sonny's mummy who makes bread
Steals some honey
From the funny little bee.

She makes bread and honey
For little Sonny
When he comes home to mummy.

She gives Sonny,
Bread and honey
Sonny says it is so yummy!

Mani Kumar

Proud Bhutanese

My country Bhutan is ruled by a strong person
Who is willing to sacrifice his own life for the country.

He is like a light that shines at night
That makes our future so bright.

People laughed in joy with a smile on their faces
Because we have a precious king like him in our country.

That's why we are the luckiest people on the earth and
I am proud to be Bhutanese, specifically.

Sonam Choden

History Day: Reflecting the Past Through the Present

For the first time in the history of Darla Middle Secondary School, History Day was celebrated on 30th October. Members of the Department of Humanities, spearheaded by Mr Karma Chophel (Head of Department), came together to mark the day with the objectives to mainly explore, reflect and appreciate the contributions of historical events/figures. It was also aimed at creating awareness of the importance of the past and its influence on the present era. Likewise, it was also targeted to help the learners acquire skills of inquiry, investigation, critical analysis, interpretation, and presentation.

The programme started with the reception of the principal as the guest of honour in a traditional manner, escorted by the faculty of the Humanities Department at 10:40 a.m. It was immediately followed by the Marchhang Ceremony before Yangchen Choden gave the welcome speech to officially grace and open the occasion. After that, Sonam Choki, the Master of Ceremony announced the first of the few entertaining programmes starting with the traditional Welcome Dance, performed by the selected students of Class IX. The next programme in line was the Class X students' enactment of the celebration of Dashain by the Hindu communities of southern Bhutan. It was continued by the dress show by around a dozen students dressed in the best traditional attires that encompassed different aspects and regional backgrounds of Bhutan and the neighbouring countries.

From 11:30 a.m. the teaching and the non-teaching fraternity of the school, led by the principal and the vice principals, were invited to walk around the galleries to witness the spectacular exhibition of the artefacts of the different times covering different regions and cultural dimensions, presented by the student volunteers. The materials and artefacts on display were mainly the aged-old handicrafts that ranged from textile, woodworks, bamboo and cane products, metal handicrafts, jewellery, farming tools, to essential household items. To add variety to the programme, two corners were set up to test the general knowledge of both the teachers and the students. Hence, quizzes on history and geography subjects were prepared for the audience. Aside from that, the food and local cuisine display drew a lot of audience as varieties of food had been prepared for the exhibition. With that, the best models of landscapes and settlement as a part of geography projects were set up aside from the models associated with economics learning.

The programme successfully ended at noon. As students dispersed to have lunch outside, the staff members tasted the varieties of local cuisine prepared by the volunteer students. After the lunch, everyone left with rich memories to cherish reflecting on the interesting and knowledge-based programme that could connect the past with the present for a better understanding of tomorrow.

Mr Sangay Tenzin (History Teacher)



Essence of Counselling Service

Full-time counselling service in Darla MSS began at the beginning of 2018 although counselling service was rendered by teacher counsellors before joining the present full-time Counsellor. Although there was a stigma in students in availing counselling services, the conduct of orientations on the counselling services to students served a purpose to know more about the counselling and how the services are availed resulting in many students turning up to avail themselves the service voluntarily.

Counselling is different from talking to a family member or friends. The services rendered by the counsellor are confidential. Counsellors cannot disclose any personal information of clients without their implicit consent. But if there is a risk of harm to self or others and if the counsellor becomes aware of abuse or neglect of a child under 18 years old, it is necessary to breach confidentiality and seek necessary support from relevant people/agencies for the safety of a client.

Counselling is generally offered on a short-term basis and the sessions are goal-directed. After the initial assessment or 'get to know you' appointment, the client and the counsellor jointly come up with specific counselling goals and a plan of service that will include the goals to be focused on, the number of sessions and how frequently they could meet. Normally, the length of counselling services is between 3 to 8 sessions. This plan may change or shift as we review it together throughout the counselling journey.

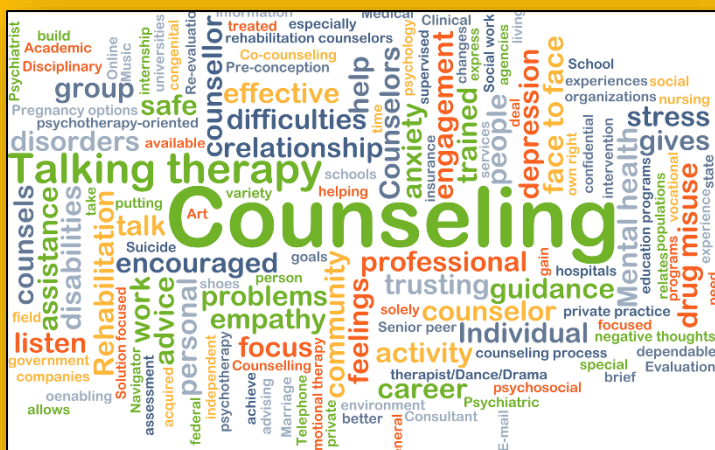
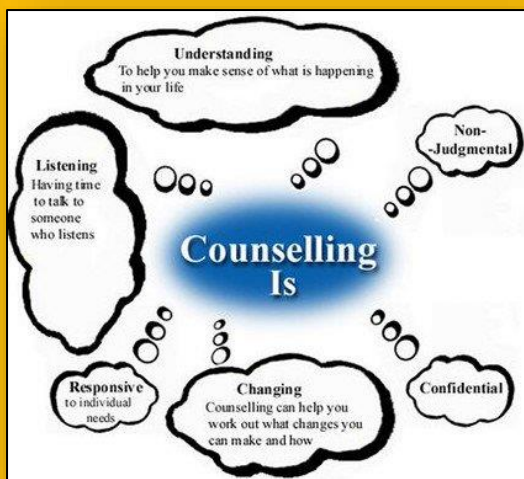
The counsellor takes care of the psychosocial well-being of children. The term 'Psychosocial' refers to the dynamic relationship between the psychological and social dimensions of a person and how these interact. Psychological dimensions include internal, emotional, and thought processes, feelings and reactions. Social dimensions include relationships, family and community networks, social values, and cultural practices. If there is interference in the psychological and social interaction of a child, psychosocial support is rendered given that either child himself/herself come forward voluntarily to seek the counsellor or after a teacher refers the child to the counsellor before knowing about the child being disturbed physically or mentally.

Besides the counselling services, a guidance class for VII to X is conducted once a week for all the sections. This is mainly focused on '**HELPING OTHERS TO HELP THEMSELVES**' such as building self-esteem, how to navigate emotions, study tips, anti-bullying tips, the implication of keeping the unhealthy relationships, resilience building and other relevant topics as per the need. Further, all kinds of preventive and interventional activities for students are being carried out even expanding services for the family and community in general as part of social services.

Coming to the referrals, parents can also refer their children to the counsellor if they think their child requires help from a counsellor. As a parent, understanding your child first is essential and if necessary, it is the responsibility of parents to refer him/her to the counsellor before getting worse.

Therefore, understanding about the counselling services and availing it can sometimes make wonders in the lives of individuals as it is 24 by 7 services. You can dial 17635764 to avail of counselling services.

Kelzang Jurmin (School Counsellor)



ཚེ་མོ།

། ཉེས་མིག་ཡོན་ཏུན་།

། ཉེས་མིག་ཡོན་ཏུན་འདི་ནི། བཏུ་བའི་མིག་རྟོ་བརྒྱམ་དཔ།
 མཉེ་བའི་དོན་རྟེན་འཕྲུལ་ལས། བཞོན་འདི་ཚྭ་ལས་མ་བཞུག།
 ང་བསམ་སྲོལ་ཡུག་ཚུ་ཡུ། ཉེས་མིག་ཡོན་ཏུན་ཡོད་ན།
 རང་གི་མི་ཚོ་འདི་ན། རང་མགོ་རང་འདྲོད་སྤོད་ཚུགས།
 སྲོལ་ཡུག་གར་ཨོན་ཏུང་། ཉེས་མིག་ཡོན་ཏུན་ཡོད་ཏུང་།
 འབད་བཞུག་རང་ལུ་མེད་ན། ཡོན་ཏུན་མེད་པའི་རྩགས་ཨོན།
 ཉེས་མིག་ཡོན་ཏུན་སྐྱེས་རྟེ། ཡན་པ་ལེ་ལྷ་ཡོད་པ་ལས།
 ང་བསམ་སྲོལ་ཡུག་ཚུ་གིས། སྲོལ་ལེན་རྟེ་ལུ་བ་གོ།
 ཡོན་ཏུན་ཡི་བཞོན་ཉོན་བུ། ང་བསམ་ཚུ་གིས་ལྟ་བ་རྟེ།
 རྒྱལ་ཁབ་ཚྭ་བ་གསུམ་ཡུ། ཡུག་གི་ཁང་ཕྱག་ལུ་གོ། །

གྲི་མི་ལྷ་མོ་འགྲི་གི་མི།
 སྲོལ་མི་མ་བུ་ལ།

“We will always come together, in good times and bad, in the interest of our nation. We will always, together as one, defend and protect our nation. If we are able to preserve this strength of unity and harmony we shall overcome all challenges that may come our way.”

- His Majesty the King
 Druk Gyalpo Jigme Khesar Namgyel
 Wangchuck
 (17 December 2011)

ལུགས་ཁ།

། རང་བཞོན་གནས་སྐྱེས་བདག་འཛིན་འཐབ་དུག་ལ། །

། ལེགས་པའི་རང་བཞོན་གནས་སྐྱེས་འདི།
 འབྲུག་གི་རྒྱལ་ཁབ་བསྐྱོད་རྟེ་ཡོད།
 བདག་འཛིན་འཐབ་ཉི་མེད་འགན་ལུ་འདི།
 མི་སེམ་ཚུ་གི་ལཱ་འགན་ཨོན།
 སྲོལ་ཡུག་ཚུ་གི་མཐའ་འཁོར་ཡེང་།
 ཉིང་དང་མེ་རྟོན་ཚུ་གིས་བསྐྱོད།
 འདི་ཚུ་བདག་འཛིན་འཐབ་ཉི་མེད།
 སྲོལ་ཡུག་ཚུ་གི་འགན་ལུ་ཨོན།
 རང་བཞོན་གནས་སྐྱེས་འདི་ལས་བརྟེན།
 འཛིན་གྲིང་གི་མའི་འོད་ཀྱིས་གང་།
 མི་སེམ་རྩག་ལུག་གར་ལུ།
 དག་འབྱོར་འཕྲུལ་ཏུ་བཞོན་ཡོད།
 ང་བསམ་རང་བཞོན་གནས་སྐྱེས་འདི།
 བདག་འཛིན་ལེགས་ཤོམ་འཐབ་ལས་བརྟེན།
 ཚུ་ཚུ་ཏུས་ལུ་འབབ་སྟེ་གིས།
 ལེ་ཡུགས་རྩག་ཏུ་ལེགས་འདི་ཡོད།
 དུ་མེ་ཚུ་ལུག་སའི་མཐའ་འཁོར་ལུ།
 ང་བསམ་སྲོལ་ཡུག་ཚུ་མོ་མོ་གིས།
 ཉིང་དང་མེ་རྟོན་བཞུགས་རྟེ་གིས།
 རང་བཞོན་གནས་སོང་འཕེལ་གྲུང་།

གྲི་མི་ལྷ་མོ་འགྲི་གི་མི།
 སྲོལ་མི་མ་བུ་ལ།

།མི་དབང་མཚོ་གཤམ་ གྲུ་བུ་ཉི་ འཇམ་མཚོ་མ། །
 ར་ ཉམས་དཀའ་བ་འབྲུག་གི་རྒྱལ་ཁབ་ལ། ར་
 འབྲུག་མི་སྐུལ་བ་བཟུང་མ་ལས་བརྟེན།
 རུས་ཏེ་ཉོ་ཚུན་ཚོད་བར་ཉེ་ལུ།
 ཉམས་དཀའ་བ་འཕེ་ཡེ་འཕེ་བ་སྐྱུ་སྟོད་ཅི།
 ར་འབྲུག་མི་ཡོད་ས་ཀྱི་བཀའ་འདྲི་ཡེ།
 རྒྱ་བས་དཀོན་མཚོ་གཤམ་གྱི་བྱ་ས་ཤེ་དེ།
 འབྲུག་མའའ་བདག་རྒྱལ་ལུ་བཀའ་འདྲི་འདི།
 རུས་ཉམས་ཡེ་མེས་ལས་བཤེད་པར་ཡེ།
 ཉམས་དཀའ་བ་འཕེ་ཉམས་ལུ་འཇམ་མཚོ་ཉི།
 རུས་སྤྱི་ལོ་ཉི་ཉོད་བུ་དཀའ་ལོ་འདི།
 སྤྱི་འཇམ་གྱི་རྒྱལ་ཁབ་ཆ་མཉམ་ལ།
 འཇམ་མཚོ་ཆེ་ཉེ་ལམས་ཀོ་བུ་ཐོན།
 ར་འབྲུག་གི་རྒྱལ་ཁབ་འདི་ཉེ་ཡེ།
 སྤྱི་ལོ་ཉི་ཉོད་ཉི་ལུ་འཕེ་ཉེ།
 ཉེ་སྤྱི་ལེ་གསུམ་པའི་ཚེས་ལུ།
 རྒྱ་བུ་བཀའ་བཀའ་ལས་འཇམ་མཚོ་ལུ།

འབྲུག་རྒྱལ་བསྐྱེད་ལས་འཇམ་མཚོ་ལུ་འབྲུག་ལུ།
 གཏམ་འདྲི་གཏམ་ཚུལ་གོ་ལེ་འཇམ་མཚོ་སྤྱི།
 ར་འབྲུག་མི་ཚུ་གིས་སེམས་ལུ།
 ཉམས་ཉོན་དེ་ཆ་ཀྱང་ལུ་གསུམ་འབྲུག་ལུ།
 ར་འབྲུག་མི་ལ་བཤེ་བཟུང་མ་ལས་བརྟེན།
 སྤྱི་གཏམ་གི་ཉེ་ལེ་མའའ་ཉམས་མཚོ་སྤྱི།
 རབས་མའའ་ཀྱི་བཀའ་རྒྱ་དམའ་ལུ་གཏམ་ལ།
 ར་འབྲུག་འབྲུག་མི་ཉེ་སྤྱི་འབྲུག་གསུངས།
 དཔལ་མི་དབང་འཇམ་མཚོ་མེད་གེས་མཚོ་སྤྱི།
 ལུས་སྤྱི་སྟོད་ཆར་པ་དེ་སེམས་གིས་བུངས།
 ལུས་སྤྱི་སྤྱི་མཉམ་ཆེད་འདམ་ཉེ་སྤྱི།
 རྒྱ་སེམས་འཇམ་མཚོ་བེད་པར་ལུ་ལུ་མཇེད།
 ར་འབྲུག་མི་ཡོད་ས་ཀྱིས་འདྲི་ལུ་འདི།
 ཚོ་གཏམ་མཚོ་རྒྱལ་ལུ་འདྲི་མི་འཇམ་མཚོ།
 རྒྱ་བས་དཀོན་མཚོ་གཤམ་གྱི་བྱ་ས་ལས།
 འབྲུག་རྒྱལ་ལུ་སྤྱི་ཚོ་བརྟེན་པར་ཤོག།
 སྤྱི་མི་དམུངས་ཆེད་བསོད་ཉམས་ཚོས་རྒྱལ།
 སྤྱི་བེམ་བུ་ལ།

། ཡོན་ཏན་ལྟ་བུ་དུ་གྲོ་བ། །

། རང་ལུ་དུ་གྲོ་བའི་ཡོན་ཏན་འདི། མི་ཚོ་མེད་ཐབས་མེད་པ་མི་འདི།
 ད་བསེ་ན་གཞོན་ཐུམ་དཔུ་མོ་ཚུ་གིས། བཙོན་འགྲུས་བསྐྱེད་དེ་ལྟ་བུ་ནི་འག་ཆེས་འདི།
 ཨའེ་བསོད་ནམས་འཇེ་གྱི་ན་གཞོན་ཚུ། བཙོན་ལྷགས་གད་ཟགས་སྐྱེད་དུ་གྲོ་བའི་འག་ཆེས་འདི།
 གཞུང་དཔུ་མི་སེང་བཀའ་དྲིན་བསམ་ནི་དཔ། རང་དཔུ་མམ་གྱི་མཉོད་ཏེ་བསྐྱེད་ཐབས་ལུ།
 མཇུག་གིས་དེ་ག་ཡོན་ཏན་འདི་འདི། ད་བསེ་ན་གཞོན་ཚུ་གིས་ཤེས་དུ་གྲོ་བའི་འདི།
 དུ་ཏྲོ་བའི་ཡོན་ཏན་འདི། རུས་རྒྱུན་རང་གིས་སེམས་འཇར་ཟུ་ཏེ་གིས། བཙོན་ལྷགས་གད་ཟགས་བསྐྱེད་
 དུ་གྲོ་བའི་འག་ཆེས་འདི། ད་བསེ་ན་གཞོན་ཚུ་གིས་སེམས་འཇར་བཞག། །

གྲི་མི་བའི་ལུ་གཤམ་ལ། སྤོ་བའི་མ་བུ་པ།

། རྒྱ་གཞི་མེད་མོ་ཏེ་ག། །

། མོ་ཏེ་ག་བརྒྱ་གཞི་མེད་མོ་ཏེ་ག་ལེ་གས། བརྒྱ་འི་ནུང་ལས་རྒྱ་གཞི་མེད་མོ་ཏེ་ག་ལེ་གས།
 འཇོན་སྤྲོད་མོ་ཏེ་ག་མོ་ཏེ་ག་ལེ་གས། ལེ་གས་པའི་མོ་ཏེ་ག་ཏྲོད་ལས་གད་ཡཔ་མེད།
 དྲི་ལོ་མེད་མོ་ཏེ་ག་སྤྲོད་མོ་ཏེ་ག་ལེ་གས། དྲི་བཟང་འདྲ་བའི་མོ་ཏེ་ག་ཏྲོད་འདི།
 རྒྱ་འཇུག་ལུ་མེད་མོ་ཏེ་ག་ལེ་གས། རྒྱ་གཞི་མེད་མོ་ཏེ་ག་ཏྲོད་ལས་གད་ཡཔ་མེད།
 བཙོན་ལུ་འཇེ་གྱི་ལག་པར་ལྷག་མཇུག་ལེ་གས། མོ་ཏེ་ག་ཏྲོད་ལས་གཞན་ནི་ལུ་ལས་མེད།
 འཇོན་མེད་མོ་ཏེ་ག་ཏྲོད་ལེ་གས། མོ་ཏེ་ག་ལེ་གས་ལེ་གས་ལེ་གས་ལེ་གས།
 འཇོན་མེད་མོ་ཏེ་ག་ཏྲོད་ལེ་གས། ལྷན་གྱི་མི་ལུ་མེད་མོ་ཏེ་ག་ལེ་གས།
 ཐུ་མོ་རང་གི་མི་ལུ་མེད་མོ་ཏེ་ག་ལེ་གས། རྒྱ་གཞི་མེད་མོ་ཏེ་ག་ལེ་གས།
 མི་རྣམས་ལྷན་གྱི་མེད་མོ་ཏེ་ག་ལེ་གས། རྒྱ་དཔུ་མོ་ཏེ་ག་ལེ་གས།
 ཐུ་མོ་རང་གིས་དུ་གྲོ་བའི་སྤོ་བའི་ལས་འབད། མེད་མོ་ཏེ་ག་ལེ་གས། ཐུ་མོ་རང་གིས་ཐུ་མོ་ཏེ་ག་ལེ་གས། །

གྲི་མི་བསོད་ནམས་དུ་བྱུངས་འཇོན་ལ།
སྤོ་བའི་མ་བུ་པ།

། རང་བཞིན་གནས་ལྗངས། །། །། རྣམས་ལྟོ།

། བསེལ་འདྲུག་གཤམ་རིམ་བརྗོད་བཞི།། མོ་ལཱ་ཚེལ་ལྟོ་མཛེས་པའི།།

མོ་ལྷན་ལྷོ་ཚེས་ཡིད་པའི།། འབྲུག་ཡུལ་ཞིང་འདི་དྲག་འཁོར།།

མཚན་ལོངས་འབྲུག་ཡུལ་འདི་ནི།། ཚུ་དང་སྲོག་ལྷུད་གཤམ་སོང།།

འབྲུག་མི་སྐྱེ་མེད་མོ་མོ།། དྲག་འཁྱིལ་སྐྱེད་བ་ལེགས་སོ།།

རྒྱལ་ཁབ་བརྒྱ་དཔེ་ཉེས།། འབྲུག་གི་རྒྱལ་ཁབ་དྲག་འབ།།

མྱི་མི་ལེ་ལཱ་བློ་བྱ་རྟོ།། བསྐྱར་བམས་ལེ་ལཱ་ཐོབ་དོ།།

རང་བཞིན་གནས་ལྗངས་ལེགས་པ།། མིད་བྱ་སྡོད་བཟུང་བ།།

དྲ་གི་བསམ་པ་ལེགས་པ།། རང་བཞིན་བཟུང་བའི་གཞི་ཨོན།།

གིང་སྤམ་མ་འདྲུལ་དེ་ཚོ།། ག་མཚོ་མ་གཤམ་བཞག་དཔོ།།

ཚུ་ལྟ་ས་ལྟ་ཐོན་རྟོ།། ཅན་ལུག་ལེ་ལཱ་ཐོབ་ལོང།།

བསེལ་ཚུ་ལྷན་ཚུ་འབྲུངས།། ཚེ་ལས་མེད་པ་འབད་འབྱོལོང།།

གྲི་མི་ས་རྣུ་ཁང་ཀ།། སྤོ་བ་རིམ་བུ་ལྟེ་པ།

སྤྱན་རློལ་། །། རྣམས་ལྟོ།།

། མི་དབང་འབྲུག་རྒྱལ་བཞི་པ།། འབྲུག་གི་ཡབ་ཇེ་དམ་པ།།

ཡམ་རྒྱུས་གོང་འདུལ་མཚན།། རྒྱལ་ཁབ་དྲག་ལས་བསུང་ཡི།།

མི་དབང་མདའ་བདག་རྒྱལ་པོ།། བྲམས་བཅོམ་ཅེ་གྱི་ཡམ།།

མྱི་དྲ་དྲག་འདི་དྲག་འུལ།། མང་འབས་བྲུང་སྲི་འབད་ལུང།།

ཐབས་དཔེ་གནས་སྐབས་སློལས།། ཚེ་མེད་བྱད་བ་ལེགས་སོ།།

ཏུ་སྤམ་འབྲུག་གི་གཤམ།། ལྷ་འབྲུངས་མི་ཡུལ་བྱོན་ཚོ།།

ལུས་ཚོད་ལུས་ལྟོ་འབབ་སྲི།། དྲག་འཁྱིལ་སྐྱེད་སྲི་ཡིད་དོ།།

མི་དབང་མདའ་བདག་རྒྱལ་པོ།། ལྷ་ལྟོ་འབྲུང་བ་མེད་པ།།

གསུང་ལྟོ་འབྲུག་པ་མེད་པ།། བྲགས་ལྟོ་འབྲུང་མ་མེད་པ།།

སྤྱི་སྲོག་བྲག་ལས་བརྗོད་རྟོ།། མཚན་པ་མི་སྲི་ལས་རྒྱས་ཤོག། །།

གྲི་མི་ས་རྣུ་ལྟོ་ལྟོ་སྤོ་བ་རིམ་བུ་ལྟོ་པ།

། འབྲུག་ཡུལ།

མཉམ་མཉམ་འབྲུག་གི་རྒྱལ་ཁབ། རྒྱ་དཔེ་བོ་དུ་གྱི་བར་ན།
 གྱི་ལས་གཤམ་འཛིན་བསྐྱོད་ཡོད། རྣམ་ལྷན་མཉམ་གྱིས་གཤམ་ཡོད།
 གོ་ལུ་མི་དབང་ཚོས་རྒྱལ། རྒྱིད་སྲུག་ཡོད་སུ་ལ་གཟིགས་ཏེ།
 འབངས་ལ་བདེ་རྒྱིད་ཤར་བ། མའའ་བདག་རྒྱལ་པོ་འཛིན་ལ་འདྲིན།
 དེས་ཅེ་དེས་མེད་ལམ་སྲོལ། ཡ་མ་བཟུང་པོ་འཛིན་ལུ་བཞུགས།
 ང་བཅས་ལྷན་གཞོན་ཚུ་གིས། མ་ཉམས་བདག་འཛིན་འབད་གོ།
 གྱི་གི་ལྷགས་འཛིན་བ། རྣམ་གཞོན་པ་བྱ་འདྲིན།
 མི་དབང་མའའ་བདག་ཚོས་རྒྱལ། རྒྱ་ཚོ་འཛིན་བར་ཤོག་ཅིག།
 ཡ་མ་འདྲ་བའི་ཡ་མ། དུ་ཀོ་མཚོག་འདྲ་བའི་རྒྱལ་པོ།
 རྒྱལ་པ་སུ་ལ་བའི་སྐྱོན་མེ། འཛམ་གླིང་ལྷན་ལུ་དུ་ཀོ་ཀོ།

གྲིས་མི་ལྷགས་འཛིན་སྐྱོལ་མ། སྲོབ་འཛིན་དུ་གྲུ་པ།

། ལྷགས་ལྷན། རྣམ་ལྷན་སྲོབ་ལྷན།

རྣམ་ལྷན་སྲོབ་ལྷན་དུ་གཤམ་ཡོད། རྣམ་ལྷན་སྲོབ་ལྷན་རྒྱིད་པ་ཡོད།
 དུ་གཤམ་རྒྱིད་ལྷན་པའི་སྲོབ་ལྷན། ལྷགས་ལྷན་དཔེ་འདྲ་སོང་།
 རྒྱགས་འཛིན་མཉམས་པའི་སྲོབ་དཔོན། རྒྱམས་བཅོ་ཅེ་གྱི་ཆ་འོགས།
 མཐུན་འབྲེལ་ལྷགས་ཤོ་མ་ཡོད་པ་ལས། དུ་གཤམ་སྲོབ་ཚད་མེད་བྱུང་སོང་།
 མཐུན་འབྲེལ་མེད་ཏེ་གཤམ་སོང་། རྣམ་ལྷན་ཤོས་ཡོད་རྒྱས་སོང་།
 མཉམས་མཚོག་ཅེ་གྱི་སྲོབ་དཔོན། སྲོབ་ལྷན་འདྲིན་ཚད་སོང་།
 འདྲིན་འཛམས་པའི་སྲོབ་ལྷན། རྒྱ་སྲོད་བསམ་པ་བཟུང་སོང་།
 རྒྱ་མཚོ་ལྷན་རྒྱས་འདྲིན། དཔེ་འདྲས་ཚད་མེད་བྱུང་སོང་།
 ལྷན་ཚད་ཡོད་ཏེ་ལྷན་ཚད་བ། སྲོབ་ལྷན་འདྲིན་ཞིན་ཏོ།
 ཤོས་ཡོད་དུ་ཀོ་ཀོ་རྒྱས་པ། སྲོབ་ལྷན་འདྲིན་ཞིན་ཏོ།
 དབང་པོ་སྐྱོ་ལ་ཚད་བ། དེ་ཅེ་ལྷན་ཡ་མའི་བཞུགས་ཏེ།
 ཡོད་ལྷན་སྲོད་པ་ཐོབ་པ། འབྲུག་གཞུང་བཞུགས་ཏེ་ཞིན་ཏོ།

གྲི་མི་ལྷགས་འཛིན་སྐྱོལ་མ། སྲོབ་འཛིན་དུ་གྲུ་པ།

Return to New Normal: Non-Academic Activities of 2021 at a Glance

Schools across Bhutan remained closed since 18th March 2020 owing to the spread of the Covid-19 pandemic. Beginning February 2021, students returned to the new-normal routine. The Ministry of Education issued implementation guidelines for all schools to adopt and ensure safety measures by establishing hand washing stations with 24 hours continuous flow of water, wearing of masks, avoiding gathering in schools and daily thermal screening at the entry and exit points. As we prepare for the new-normal session, the decision on reopening is challenging as well as an opportunity for us to make our children learn when education systems around the world are on school closure.

Darla Middle Secondary School under Chhukha Dzongkhag reviewed the Non-Academic Plan 2021 at the beginning of the year to prioritize activities in line with the school reopening guidelines. It is also essential to comprehend the difference between non-academic and extra-curricular activities in schools at such urgency. The extra-curricular activities include sports, music, art and craft, dance, and club activities. On the other hand, schools also focus on events like celebrations, excursions, social awareness programs, spiritual programs, and many more. Together, it is termed as non-academic activities, mainly to engage children in developing their skills required in the 21st world.

The changes in education should pave the way to a new kind of learning and must surpass the four walls of a classroom. The core aim of non-academic activities should foster holistic development meaning intellectual, physical, emotional, and social development in our children. Therefore, knowing the risk of the Covid-19, the Dzongkhag Education Conference deliberated on burdening schools with non-academic activities which at times divert our mandated focus of academic excellence. So, we have prioritized the non-academic activities for 2021 and temporarily withheld clubs and extra-co-curricular activities to avoid gathering and ensuring physical distancing in the school.

41st Birth Anniversary Celebration of His Majesty the Fifth King Jigme Khesar Namgyel Wangchuck

Darla Middle Secondary School joined the nation in celebrating the 41st Birth Anniversary of His Majesty King Jigme Khesar Namgyel Wangchuck on 21st February 2021. His Majesty the King's Birthday celebration was attended by the principal, vice-principals, teaching and non-teaching faculty members by following the Covid-19 safety measures in the Multi-Purpose Hall. The day's programme commenced at 9:15 am with the reception of the chief guest. The principal highlighted the importance of the day and pledged that school administration along with teaching, non-teaching, children, and parents to contribute to Nation Building by committing ourselves in whatever smaller ways we can. We have to be better considering the 3Cs: Collaboration, Coordination and Consolidation. It was followed by the screening of a tribute song to His Majesty the King. The celebration ended with serving high tea to the participants and plantation of tree saplings below the entrance gate.



Welcome Back Session (15th March 2021)



The School Guidance Counselor oriented classes PP-X teachers who will conduct the Welcome Back Session in their respective classes. The activity was designed for around 60 minutes to receive the children. The session was aimed at providing basic support to children who experienced prolonged social isolation due to the pandemic. It was aimed to boost their comfort, feelings and experiences before adjusting back to regular classes. As teachers, knowing our children who need extra attention and care would make our learning more meaningful in the end. With such objectives, the Welcome Back Session was a success of the day.



Welcoming Session of Class PP Students (29th March 2021)

As the school prepares young children for their brighter future, we need to start education on a good day. The school conducted the Lhasang Ceremony (Purification ritual) at 8:00 a.m. led by the Rinchentse Lam, Darla Gewog. It is one of the distinctive features of any celebration we mark in Bhutan. The

lam and the principal welcomed the children with khadars on their first day in the classroom. The parents accompanied their child to the entrance, where respective class teachers wished children and escorted them to the seats inside the classroom. Later the lam cleansed the entire classroom with holy water and incense stick offerings.



Teachers' Day Celebration: 2nd May 2021

Globally 5th October is marked as the Teachers' Day but some countries have adopted different dates to celebrate the day according to their national significance. We mark national Teachers' Day on 2nd May coinciding with the Birth Anniversary of His Majesty the Third Druk Gyalpo Jigme Dorji Wangchuck, who is known as the Father of Modern Bhutan for his instruction of modern education in the early 1960s. Children from classes VII-X gathered in the multi-purpose hall to wish their teachers by paying respect for nurturing and making difference in their lives. The lower grades couldn't participate in the event due to the Covid-19 pandemic.



Ethical Orientation (13th May 2021)

On 13th May, the School Ethical Board oriented the School Ethical Policy 2021 to the children from classes IV-X in three cohorts after 7th period for three days. As per the policy, our ethics or conduct is control over by one's desire or feelings to portray desired human behaviours to others in places like school. It is of great importance to differentiate ourselves from good and bad. Without it, there is no way education can impact us. The committee made children aware of expected norms and unexpected norms as per the school policy. This was being done to avoid severe disciplinary issues and sanctions later.



Aesthetic Ambience Enhancement (5th June 2021)

The term ‘Non-Academic’ can cover a lot of programmes in the school besides the popular sports events. It requires time to effectively carry out. As teachers, we are the team player in front of our children who leads out and motivate them to do it. The children genuinely took part in rebuilding their



gardens in their respective areas. Through gardening, we are trying to teach our children how to live coherently with nature around us. It will make our children

think about how critical our natural world is. Engaging children in the group will promote a strong sense of teamwork among them. We want our children to learn that the floriculture business can be their career choice in future. The school can maintain a good aesthetic ambience today with support from the children and concern coordinators.

His Majesty The King’s Academic Certificate Award (9th June 2021)



The Officiating DASHO Dzongdag accompanied by the Deputy Chief Education Officer of the Dzongkhag Administration awarded His Majesty’s Certificates for the Academic Excellence 2019. The DASHO highlighted the importance of certificates and education in refining our behaviour to become


good citizens. DASHO advised the recipients to never let down the hopes and aspirations of our beloved King. He said, ‘You must show the strength that others do not have in this 21st century to be the movers and shakers of our nation.’ This moment brought a renewed energy for our children to do better in future in the field of academics.

Books—Our Best Friends

BOOKS

- ♦ inform
- ♦ instruct
- ♦ delight
- ♦ enrich

Read best
Speak best
Think best



Your School Library has ten thousand books

When you are gloomy or lonely
Your best friend is a book!
Don't judge a book by its cover
– Read it !

Reading makes a ready man

*Take a book a day !
Don't Delay*

Make reading a regular habit

School Uniform Distribution (11th June 2021)

165 students of Darla Middle Secondary School in Chhukha were provided free school uniforms from classes PP-X. The School Tender Committee in the presence of two suppliers from Darla Gewog distributed the items as per the list reflected submitted to the Dzongkhag. The children felt fortunate to get free lunch, stationaries as well as uniforms from the government during the pandemic.

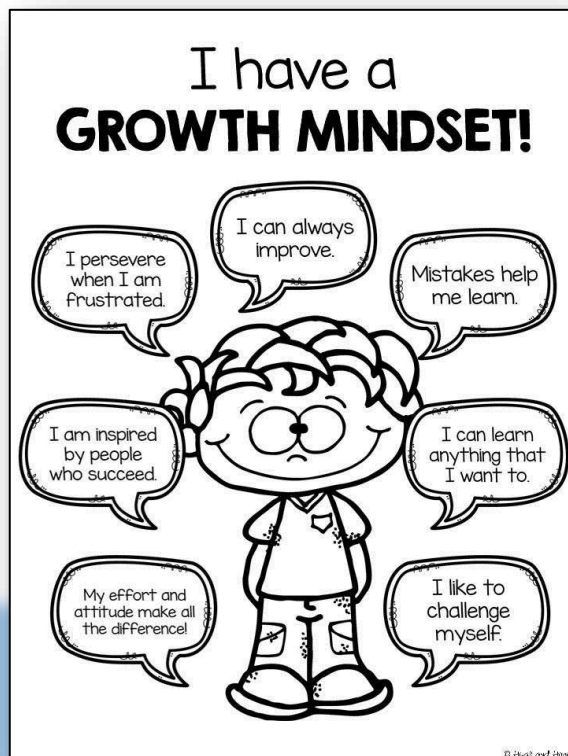


Sports Programmes (September 2021)

Knowing the importance of holistic approach education in school, sports play a major part of the curriculum to ensure our children stay physically and emotionally healthy.



It also promotes social skills such as collaboration, leadership, and team efforts. After getting second and first dose above 12 years and above, the school allowed volley competition for classes VII-X. The children seemed so excited and arouse their enthusiasm and took active participation even weather doesn't favour on some days. The school couldn't conduct other sports due to Covid-19 protocols and time constraints.



Other Events at the Glance



School Diary 2021



Khadhar Award for Junior Captain



Monthly Review Meeting



Disaster Mock Drill



Vice-Captains' Election



The school also conducted numerous non-academic activities which brought significant impact on learning besides classroom engagement. The activities include printing of school diary, awarding of khadhar for junior captains, monthly review meeting, Disaster Mock Drill and Vice-captain election and other global day celebration coordinated by the concerned person in-charges. The school initiated see off for the outgoing staff from 2021. These activities happened when most of the world remained closed. The school strictly implemented the Covid-19 protocols and was able to build more resilience for ensuring safe learning in the school. The re-opening of school provided continuity, teachers and students felt connected through such programs. After all, we need to remember that we have not only managed to conduct the non-academic activities rather use these experiences to plan better for the coming years. With the coming of the New Normal Curriculum in schools, let us build blended learning in schools to provide more individualised approaches in our education system or non-silo learning.

Mr Kinley Namgyel (Vice Principal)



ANNUAL READING WEEK (13/09/2021- 18/09/2021)

Recognizing the importance of reading, Darla Middle Secondary School observed the reading week for the duration of one week w.e.f 13th September to 18th September 2021 with the theme 'Let's make reading an addiction. It needs no cure.' The objectives behind observing the reading week were:

- ✓ To make students understand the value of reading;
- ✓ To inculcate reading habits in students;
- ✓ To mark the importance of reading in one's life;
- ✓ To provide a platform for the students to participate and showcase their hidden talents through various literary competitions.



Reading is a very good habit that one needs to develop in life. Good books inform us, enlighten and lead us in the right direction. There is no better companion than a good book. Reading is important for our overall well being. Once a person starts reading, it becomes part of a habit and he/she starts to explore a whole new world. And when you start loving the habit of reading, you eventually get addicted to it.

To celebrate the reading week, various competitions were held among the classes:

Key Stage I: Rhymes

Key Stage II: Poetry Recitation

Key Stage III: Role-Play

Key Stage IV: Skit

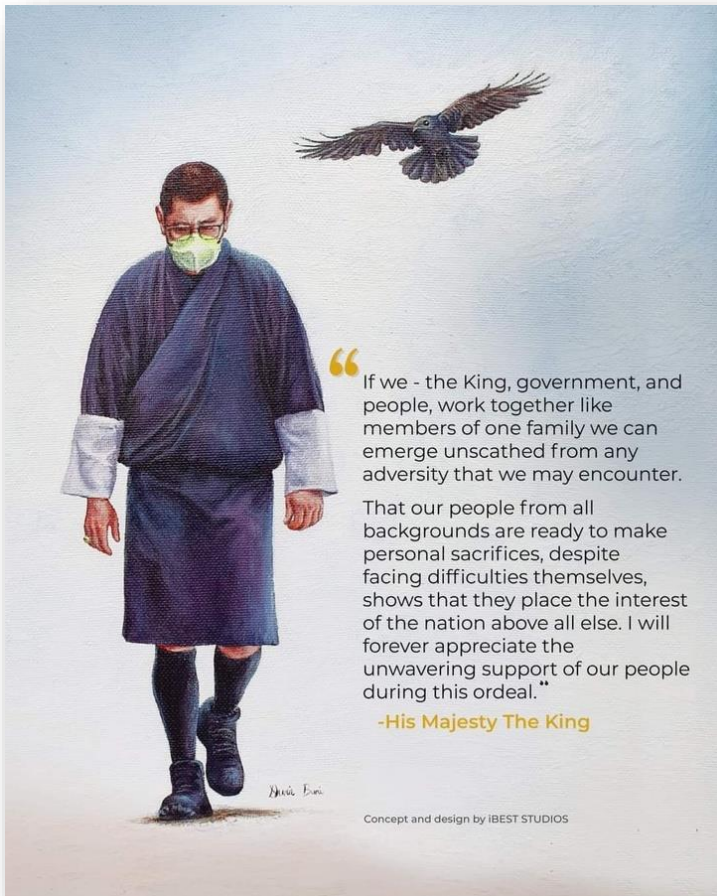
To enhance the reading habits of the students, a reading programme was conducted in the respective classes for both Dzongkha and English. The reading activities were carried out for 15 minutes. Students came up with a lot of interesting and enriching activities like reading stories, poems, book talk, book reviews and whole class reading.



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Furthermore, a wall magazine competition related to reading was organized between the different classes to enhance the creativity and interest in the reading by the students and teachers.

The reading week came to an end with great success and all the students and teachers enjoyed every activity of the week. The results for the competitions were declared in the following week and prizes were awarded to the winning classes.

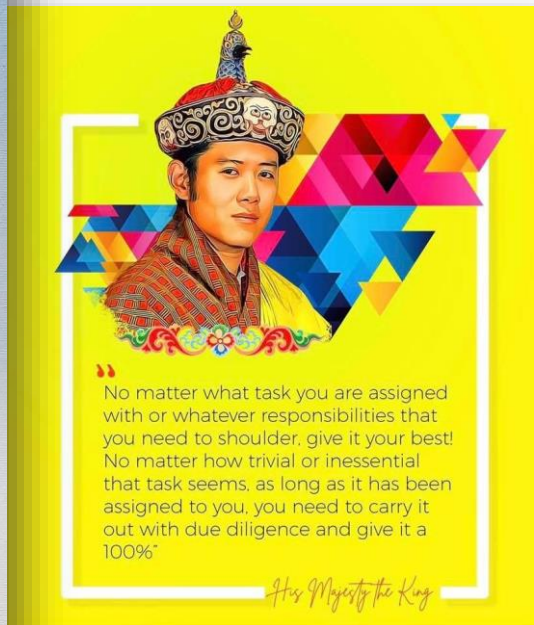


“ If we - the King, government, and people, work together like members of one family we can emerge unscathed from any adversity that we may encounter. That our people from all backgrounds are ready to make personal sacrifices, despite facing difficulties themselves, shows that they place the interest of the nation above all else. I will forever appreciate the unwavering support of our people during this ordeal.”

-His Majesty The King

Concept and design by IBEST STUDIOS

Ms Karma Choki (Literary Coordinator)



“ No matter what task you are assigned with or whatever responsibilities that you need to shoulder, give it your best! No matter how trivial or inessential that task seems, as long as it has been assigned to you, you need to carry it out with due diligence and give it a 100%”

His Majesty the King