

Dear Friends and Supporters,

Here is your newsletter from the Nagajuna Trust and the Nagajuna School, Nepal. The first piece of news is that with the help of a very kind UK donor we have been able to buy, flattened and 'construct' the playground! What does this mean? Well, fundamentally lots of victories, defeats and the scrapped knees associated with mass games of football, cricket and basketball! But most importantly, it means kids being kids, running around and having fun in a space that is theirs.

Having built the playground we are now on to our next goal which is the 3rd floor. As some of you know, we were unable to build this at the same time as the main building due to lack of funds, though we left the building rods so that we could return later. If we build the 3rd floor it will mean we can move the dorm to the top floor and the dining room by the kitchen revert to its intended use. The top floor will get more breeze in the summer and will allow us to build some rooms where volunteers can stay. Also a dining room will be more hygienic than eating in the classrooms which is the current necessity.

Meanwhile there have been a few visitors including students from World Challenge, Dutch and English supporters and a Lama or two. Anyone visiting Nepal and Pokhara are more than welcome to visit the school and see where your donations go.

From the Trust, we have bid farewell to Graham Pettitt, our Treasure as he has retired. We are also now in touch with a recent visitor to Nepal who has offered to help improve our website and look for funding opportunities.

Margaret, our Charity Secretary is currently swimming the English Channel! Well she's swimming the distance bit by bit at her local swimming pool. Any of you that have other interesting fundraising ideas, let me know and don't forget you can set up your own Justgiving page to raise sponsorship security.

So please enjoy reading the following news from Nepal and thanks for your continuing support. As we come up to Christmas, should you might feel even more generous please click here to donate a Christmas present to the kids

<https://www.justgiving.com/nagajunatrust>

Please join the facebook page <https://www.facebook.com/groups/thenagajunatrust/> for up to date news and discussion.

Best wishes

Rebecca Seddon

Chairperson

News from Nepal

March

Miss Angela from Holland came to visit Nagajuna School. Angela is one of our strong supporters and visited at the end of March. She came to know the problem of school according to the environment like load shedding and safety for students. In the days of her stay she was very helpful and not only made students happy but also delighted them with solar panels through which they could have durable electricity. She also bought an aqua guard which gives the students clean water and also saves gas as we don't have to boil water every time to drink. She also bought many other things such as safety railing around the balcony which were very useful for the students. From Holland she brought a telescope so the children can see the stars. All the students appreciated her stay and her contribution.



The Annual exam was started on 20th March. At the end of every session we will have completed two terms and in the mid-March the annual exam was held. The exam was carried on well. All the students seemed determined to defend themselves in the annual papers as it was the opportunity for them to score better compare to the other terms. During the exams the classes were divided in different sections like class A, Class B and so on. The students had different desk partners then the regular day. One or two teachers were always present as mentor or invigilator. So it went during the 8 days of the examination.

April

April saw the annual prize distribution day. Finally it was the time for results after their exam on mid-March. Students were very curious and excited to know their result. Mr Yeshi organised a short program and also called some guests. The chief guest was Mr. Ratnaman Gurung, the Principal of Tops English Boarding school. Mrs Sharmila Gurung, Principal of Sakura Montessori School also attended with the aim of developing an inter school relationships. The students enthralled us with beautiful performance. Some did cultural dances, others western dance and also drama were presented to entertain the guests. The result was announced and as expected the students were very happy with it. The school also decided to give special prize for the School Toppers. The School Topper from the junior level was Sanjeena Tamang with 100% and from the inter level the School Topper was Kama Wangyal with 95.4%. There was also a special prize awarded for co-curricular activities. After the results distribution there was a short tea party and the guest departed with a warm goodbye.



The Results

Class	Name	Percentage	Position
Class LKG	Sangina	100%	1 st
	Yanchen Dolma	99.25%	2 nd
	Pramod BK	99.20%	3 rd
Class UKG	Dolma Tsering	99.3%	1 st
	Karma Dhondup	99%	2 nd
	Muskan Gurung	99%	2 nd
	Khando Tsering	98.4%	3 rd
Class I	Karma Wangyal A	95.41%	1 st
	Alina Grg	94.42%	2 nd
	Sujan Grg	93.56%	3 rd
Class II	Pempa Dolkar	93.75%	1 st
	Dolma Youdon	93.72%	2 nd
	Phuntsok Youdon	93.53%	3 rd
Class III	Arjun Ghale	90.68%	1 st
	Karma Wangchuk	88.68%	2 nd
	Palmo Chungda	85.90%	3 rd
Class IV	Yangzom Dolma	90.83%	1 st
	Pempa Dolma	86.58%	2 nd
	Kunsang Chodon	85.90%	3 rd
Class V	Yangzom Dolma	90.84%	1 st
	Pempa Dolma	90.11%	2 nd
	Kunsang Chodon	90%	3 rd

After all the hard work of the students and the staff members throughout the year, the school had provided 15 days holidays for the recreation. Some of the students visited their villages but most of them spent their holidays at the school due to the traveling difficulty. During the holiday, remaining students went for picnic in Begnas Lake and visited some of the informative places in our bus. All the students and staff members had a wonderful time together during the holiday.

Four new children arrive:

Four new children from Dolpa (the most remote place of Nepal) arrived in the school. The children were from a downtrodden family. Tenzin Dorjee and Pema Roka have no mother and are very poor. The children were not getting any facilities, they didn't even get food sometimes. Their father was a drunk and never treated the children politely. Then it so happened that one of the children's cousins came to Mr. Yeshi and told about those children. So they were brought to school in April. Pema Roka worked with all his might that even though being a new student he topped the class with awesome percentage 98.6%. Two more students from Dolpa were Nyima Tenzin and Dekyi Gurung from the same family who did not have a father. It was very difficult for their sick mother alone to run the family. Dekyi Gurung before she came to school used to work in the fields as a farmer with her mother. All the children arrived from Dolpa at the beginning of April.



After concluding , the remarkable year 2012-2013, the school had re-open the new academic session on 17th April 2013.

May

Within a month, the school had initiated the first co-curricular activity, such as Inter house badminton competition. We had received active participants by the fellow participant throughout the tournament. Student had been divided in two houses with four division .The winner of the tournament was Blue house.

On 25th May 2013, during the Enlightenment day of the Lord Buddha, the school had arranged the religious visit to the near monastery to get blessed from Rinpoche.

July

Johnstone school visit from UK through World Challenge visited Nagajuna and contributed well. They drew a map of the world and located some of the important places. During their stay they also taught some rhymes and sharing the life of the people in their country and our students learned a lot and also they knew more about Nepal.



Student Success

At the start of the new school year Anup Khadka, joined grade 11 and selected science as a major subject. Anup joined Nagajuna as an orphan when he was 9 years old and couldn't read or write. Now after his successful SLC result (top class 69%), he selected science as his major subject and joined the High School. He is being kindly sponsored by a lady from UK.

August

In the month of August the students from Cockermouth School had visited to Nagajuna and contributed well. They drew flags of different countries with their capitals in the hallway to help the students memorise the countries and their capitals. It was very effective as the students were getting known to many countries.



The Interschool drawing and handwriting competition was on 31st August. It was the first time Nagajuna organised it. The hand writing and drawing competition was held among 5 schools around Pokhara valley. There was a healthy competition from each school with 2 students in each drawing and handwriting session. The first position in the competition was proudly Nagajuna School. The second position was grabbed by Lekshed Tsel School and the third was Manjushree School.



September

Ven Dhargayling Rinpoche visited the school. Dhargayling Rinpoche is one of the renowned guru in the valley. He came to bless the school premises and chant some mantras to avoid obstacles and keep the children happy and healthy. The lama blessed all the children and gave some speech on being good human beings and other life lessons too.

October

There is currently unrest and strikes in Nepal due to the proposed General Elections. The elections would be Nepal's first since the monarchy was abolished in 2008. An interim government led by the Supreme Court chief justice was appointed to conduct the ballot earlier this year. The children are all safe but there is limited teaching possible as bus strikes are preventing teachers getting to work.

Kid's Work from Nepal

DO YOU KNOW HOW IMPORTANT DISCIPLINE IS?

Letters	Its number
D	4 th Letter
I	9 th letter
S	19 th letter
C	3 rd letter
I	9 th letter
P	16 th letter
L	12 th letter
I	9 th letter
N	14 th letter
E	5 th letter

Now add all these numbers, you get 100 that 's means discipline is needed 100% everywhere.

By Yangzom Dolma Class 5

Nepali Interest

Ghantaghar

In Nepali 'ghanta' means hour and 'ghar' means house. So in English Ghantaghar means the house which tells time. It has four faces. It is situated in compound of Trichandra College in Kathmandu. Trichandra College is oldest college of Nepal. The Ghantaghar was damaged when an earthquake that hit Kathmandu in 1933 AD. It was rebuilt in the present shape by the government. The Ghantaghar has chronograph at bottom. It tells the time of shadow with a stick. It was built by the Prime Minister Bir Shamsheer Rana in 1918.



Kumari

Kumari is regarded as living Goddess in the Hindu religion in Nepal. She is adorned with red colour cloth every year on third day of Indra Jatra Kumari Rath Yatra which held in Kathmandu valley. She does not go to school but she study at home. She cannot walk on her own or on foot. She cannot go any other places. She comes outside on only some festivals.





student

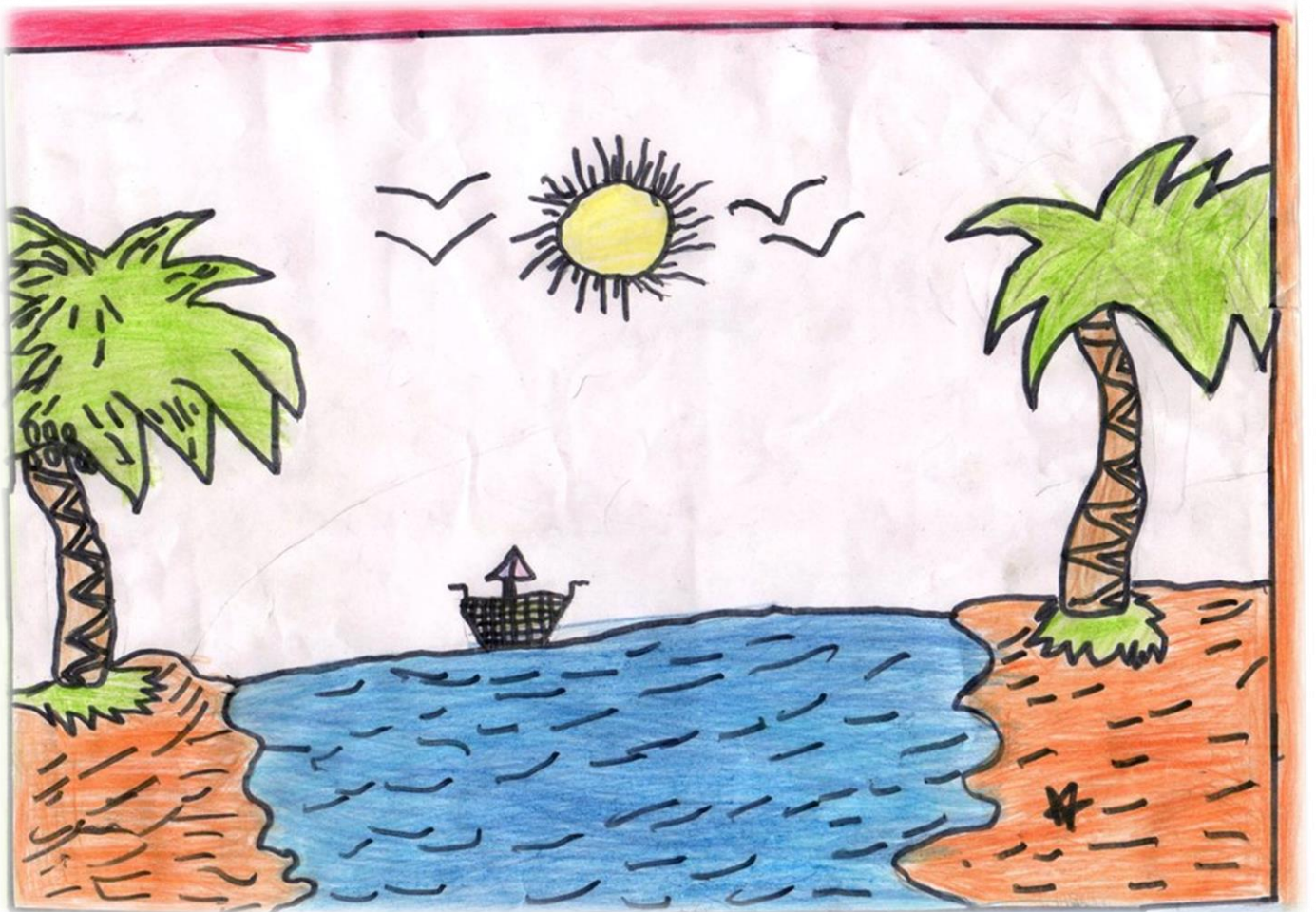
classmate

Date
Page

HEALTHY HEALTH TIPS

- a) The lycopene and high beta-carotene in apricots make a healthy food for protection of the eyes and heart.
- b) Carrot juice helps in controlling blood sugar and it is an excellent home remedy for controlling diabetes.
- c) Bitter melon is rich in iron, contains twice the beta-carotene of broccoli, twice the calcium of spinach and twice the potassium of a banana.
- d) A pistachio is good source of potassium which is a heart-healthy mineral that helps to control heart rate and blood pressure.
- e) Cabbage helps to speed up the metabolism of oestrogen in women, which provides protection against cancer of breast and ovary.
- f) Fruits and vegetables before a meal help to eat less high-fat foods, such as meat, cheese and snack foods.
- g) To add strength to leg muscles and get a cardiovascular workout at the same, try climbing plain stairs.
- h) Remember every gram of alcohol has 7 calories, so to lose weight, have control on alcohol in take.

NAME= Nirmala Tamang
class= VIII Roll= 32



S.No.	Activities	Winners Name	House
1	Badminton Contest (Senior Double)	Tsering Lama and Lobsang Lama	Red
2	Badminton Contest (Senior Single)	Sabina Nepali	Blue
3	Badminton Contest (Junior Double)	Jamyang Gonpo and Karsang Mentok	Red
4	Badminton Contest (Junior Double)	Karma Wanghuk	Red
5	Poem Recitation Contest (Nepali)	Khushi Grg	Red
6	Poem Recitation Contest (English)	Yangzom Dolma	Blue
7	Handwriting (Senior Nepali)	Sabina Nepali	Blue
8	Handwriting (Junior-Nepali)	Dolkar Lama	Blue
9	Handwriting (Senior- English)	Dolma Magar	Red
10	Handwriting (Junior – English)	Jamyang Gonpo	Red
11	Drawing (Senior)	Arjun Ghale	Blue
12	Drawing (Junior)	Anil Nepali	Red

Did you know that:

-You can donate using your mobile phone

UK people, if you are out and about, and you meet someone who would like to donate, but does not have cash, give them our mobile phone link JUNA12£10. Seek bill payer's permission first!

<http://www.thenagajunatrust.org/2012/02/16/for-uk-donors-you-can-now-make-donations-by-mobile-phone/>


Text "JUNA12£1" to 70070

**Or if you want to give more,
Change the £1 to a £2, £5, £10(max)**

**Please make sure that you have
permission from the person who
pays the bill before texting!**

Namaste!


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-We can get money from major retailers if you do any online shopping; Amazon, M&S, John Lewis, Tesco, Next, Amazon, etc.?

We now have an Easyfundraising account that is linked to the Just giving account. You can basically download the tool bar and it will ask you to click and we basically get money from the retailer! Thusfar we have already raised £116!

<http://www.easyfundraising.org.uk/causes/thenagajunatrust>



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