



### 1. Losar (Tibetan New year) Preparation

Losar means a New Year in Tibetan. Having said and heard from ancestors that Sherpa, including all the Himalayan people of Nepal, originated from Tibet. Unlike Tibetan, we all, the Himalayan people of Nepal, do celebrate Losar as our main festival.

Therefore, Hile Nigale Sherpa community decided to celebrate Losar as a whole in the Community Centre. For that I took the initiatives to organize and prepare Losar in a proper way which they had not experienced before. I started preparing by teaching cultural dances to different categories within the community. For instance, there were three Sherpa cultural dances from Parents' group, three dances from youngsters, and 5 dances and a welcome song from the students' group.

Apart from cultural dances, I prepared various decorations connected to Losar. Additionally, I prepared different games for all levels of people in the community for the first day of Losar.





## 2. Organize Losar celebration

I was appointed as one of the main organizers including some other villagers. We all had a gathering regarding the celebration. We discussed the duration of the celebration, how much each family can and how to formally and traditionally celebrate in order to learn the formal Losar tradition from me and other experts.

Finally, we all came to the point of celebrating it for three days. On the first day we had an evening meal together. On the second day, we celebrated within the community including various kinds of games, hanging prayer flags at the Monastery and traditional dances with breakfast and lunch. On the third day, a grand partying day took place, for the entire localities and guests from nearby villages. We celebrated it with cultural dances and speeches from the chef guests including three meals.





### 3. Academic section

Right after the Losar celebration, I started teaching in the Community Centre and Hile Nigale Public school. Until then, I taught kids to locate countries in different continents with their own maps that they drew by themselves. Moreover, I started teaching grade 3 levels computers theoretically with the help of books I bought from Kathmandu. In the English section, students started to practice and improve reading skills and write simple essays in order to compete for the upcoming essay/speech competitions in March according to our monthly calendar activities.

Moreover, as usual, students cleaned the environment on every Saturday and enjoyed painting their hands with the help of colour powder.







#### 4. In the entertainment section

All the students had a picnic from the money they won from the entire community cultural dance competitions during the Losar program. My volunteer friend, Dolma Choky put an effort to organized a memorable picnic specially including great space to play and something nice to eat. Indeed, it did happen to be the most remarkable day for them after playing soccer, badminton and Ludos. Moreover, the picnic destination was new and they had plenty of space to indulges themselves with their friends. Of course, we did organize snacks, drinks and lunch for all of them - they did enjoy having Momos for lunch the most.



#### 5. Excursion on Herbal medicines and Fish farming

Accompanied by all the teachers and Sonam Dai, we led a productive local excursion on herbal medicines which was an hour and a half walking distance. Obviously, students did learn the names with their prescriptions etc. We had fruits and biscuits for snacks. After that we went to the fish farming, which was owned by the teachers. Unexpectedly, students were super excited to see the fish.



## 6. Reading Contest

There was a reading contest in two different languages; Tibetan and English for the students of all grades. We didn't have any proper preparation for the reading contest except the reading classes we have in our regular classroom teaching methods. Nevertheless, we teachers found some impressive readers in both Tibetan and English languages. We awarded the best three readers in both languages.

## 7. Speech Contest in Tibetan and English

We teachers hosted a Speech contest on both English and Tibetan language. It was a free speech contest where they could choose any topic that they like to talk about. Of course, we guided them with writing and organized their thoughts together while preparing every individual students for the contest. Our primary objectives of the contest was to build up confidence in public speaking and evaluating every individual students' English level. Meanwhile, the participants were from different grades. Some participated in English and Tibetan. However, some smart students participated in both languages because they wanted to win and receive the prize anyhow. Most importantly, many of them did great. As usual, we awarded the best ones with stationeries things.

## 8. Parents education

In the parents education section, we mostly guided them with Tibetan Buddhist text in reading confidently. So far we have completed many chapters in it. Many of them improved a lot from a complete illiteracy level to recognize words and sentences in Tibetan. And as we all are aware, how hard it is to teach old brains specially to the ones who even don't have any hints of schooling. Consequently, it is often a proud moment to celebrate their achievement and our hard-working guidance to bring them up to this level.

Apart from Buddhist texts, we taught cultural dances as usual. Having a common health issues of high and low blood pressures and gastric. We gave them some preventive measures that we learnt from YouTube. Additionally, we did show them a couple of Doctor's Ted talk on mentioned diseases.

