

SUMMER-EDITION

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PROFILE FEATURE



Tshering Dorji

With a passion in dance, Tshering has been performing in many school events and finally GOKAB gave him an opportunity to be an official dance crew for 'Virus Devil'. With his crew he has competed in local dance battles and aspire to perform in similar dance forum. Even as an aspiring dancer, he is also aware of certain stigmas associated with the art.

Enthusiastic Dancer

Second year Electrical Engineering student, Tshering Dorji is an enthusiastic dancer holding membership with 'GOKAB' dance studio. This dance studio has given him an avenue to showcase his talent. Tshering shares that youth of Bhutan have been versatile in developing their dancing talents. Dance for him Is an art of Moving the body in a rhythmic way, obviously to music, and express emotions and feelings. He shared that young minds are motivated to develop their dancing talents, however, certain anxieties obstruct them.



Some parents might not support and friends may not agree to you. However, "if you have the interest and passion, you should always try to make your talents bloom, it is possible to balance your dreams with your education. Never let your dreams die" he said.

Photo Courtesy: Tshering Dorji

"Participation in JNEC Stage Champs"



Photo Courtesy: Media Club

"Dance is the hidden language of the soul"

- Martha Graham

Club Festival

HIGHLIGHT

The first ever Club Festival was initiated on July 31st, 2019. The event was mainly to attempt promote various clubs functioning in the College. The festival was organized to familiarize first year students with various student clubs.

In addition, the programme was held to help the clubs recruit new members for their respective clubs. Eight different clubs were introduced to students and each club had their own activities to perform.

Firstly, the media club which had been set up on stage showed video clips on annual events held by the club and followed culture club performing dance on various songs in the midst of club stalls.

While, Music club tried to grab the attention by playing various musical instruments. Other clubs such as Y-peer, e-club, JNEC rover scouts, waste management club and JNEC toilet initiative were also present to promote their club. Among the club, Bhutan Telecom services were also made accessible to the students.

The events lasted for two and half hour until the recruitment of the new members were completed.

Written by: Dipesh Chhetri ,BE2PE



Photo courtesy: Media Club

The start of Autumn Semester

Jigme Namgyel Engineering College (JNEC) welcomed the Batch of 2019 on 7th July with two new degree programs namely; B.E in Mechanical Engineering and B.E in Surveying and Geoinformatics.

With new batch of students, it created new yet another everlasting bond amongst JNEC family. When asked about what caught their eyes in the college, most of them considered the location of the college and its environment which attracted the most. For some the entrance and the IT building attracted them a lot.



Photo courtesy: Media Club



Photo courtesy: Media Club

Therefore, most of them took photographs with their friends and posted on social media to notify their friends and family. However, there were few who missed their loved ones.

The 'Intro Night' was organized for the new students to make them feel at home and familiarize themselves with student body and most importantly the rules and regulation. The program started with a welcome speech followed by introduction of respective House councilors.

The night was filled with jovial smiles and high spirits in presence of House councilors and student from different trades. It was first time college had conducted such night and it was marked as a memorable day in the life of every new students joining the college.

Written by: [Pema Lhazom ,D2C1](#)



Photo courtesy: Sonam Dema

The Status Quo

What is the status quo? One might assume the current condition to be the best one suited to one's own capabilities yet almost everyone detests the fact that this might not be the path they had meant to take. Endless years of clamant reinforcement in the belief that a person qualifies for society only when he or she adapts to the paths so narrowly picked for them create the dullard society of today. The idea that someone can be so much more in a different playing field is dismissed so quickly and *conformity* is praised with great affection.

A continuous output of graduates with the same degrees, masters etc. becomes the end of a productive society. A saturated market is born and unemployed graduates roam aimlessly with all their wasted efforts. It is evident that the consumerist society is the utter bane of the human species and will lead to certain downfall. Need we any more proof than the society that we currently live in? Job



Photo Courtesy : [get2success.com](#)

markets are saturated and degrees become mere pieces of paper with little than no value while we rave for more products with little production ourselves.

Efforts to remedy this ailing are too minor and the topic itself is subject to apathy. And while the danger is slowly becoming apparent to the masses, only few would step up to take stage and seize the day. It is possible to overturn the situation, ideas and innovations come as naturally to man as bees to flowers. However, they are regulated within the boundaries of conformity. When was the last time someone from your college went on to do something else only from the confrontation of the market's superfluity? One might ignore it, or may be an ignoramus, however, no one is actually in a position to find a panacea. The rat race continues in an endless cycle but we are bound to run out of resources. The limitations of the earth are to be medicated with the unlimited resources of the mind. Where one might find oneself in the endless struggle is a matter of circumstances, but how one chooses his/her lifestyle may end the struggle.

Written by: [Samten Phelgay,D2C2](#)

Addiction: A Chronic Brain Disease

Addiction is a chronic brain disease (long-lasting) which can be effectively prevented, treated and managed but **never cured**. It is like other disease such as diabetes, cancer and heart disease which affects the functioning of the brain and body and it is caused by a combination of behavioral, environmental and biological factors. When I say addiction, I don't mean that addiction to only substance, but there are people with addiction to sex, work and social network and so more. College is the place where the environment can be exciting and challenging too, exciting in the sense that students can encounter with the different social group and learn other behavioral that sometime become challenging and stressful since this social and emotional concern can interfere with the academic performance and lives. However, addiction does not take place over night but it takes time, it is a process. And no one plan to become addicted to substances or anything. It so happens that, you pick up one behavior and it gives you please and reward. So, to satisfy your needs, you continued that behavior that gives you rewards and this causes changes in the brain systems involved in reward, motivation and memory.

It involves so many factors to contribute person to get into addiction. Therefore, people with addiction should not be blamed for suffering from the disease.



Photo courtesy: bbs.bt

All people make choices whether good or bad without knowing how their body and brain can respond to their choice. If you think, you are at high risk to become addiction, then it is your responsible to seeks help from your counsellor, health care and your family before it is too late to begin.

LET'S TALK: Informal, confidential conversations and support open to all.

Written by: [Phurpa Dema](#)

Asst. Student Service Officer

ADDICTION IS A BRAIN DISEASE



Photo Courtesy : Slideshare.net

Ineffectiveness Of Exam-Oriented System In Education Sector

Exams are considered as a source of grading the capabilities of students. It is a standard system to test knowledge which is being practiced in almost all schools and universities. Through this system its helps the individuals in broadening knowledge, creates competition among the individuals which push them to work hard and it is an opportunity for one to get scholarships and chances for them to study at prestigious institutes around the world. Moreover, in a country such as Bhutan, exam-oriented systems are more prioritized than producing knowledgeable and skilled learners. Students are rewarded for memorization, not imagination or resourcefulness because grades are importantly considered in an examination-oriented education system.



Photo Courtesy : ulshoots.wordpress.com

Despite its immense importance, the education system in all the universities in or out is weak and seems to burden students more attributing to factors such as difference in time interval between the lessons and examination, invitation of stress and insufficient time for preparation for the examination.

The time interval between the class lessons and the day of semester end examination is very large for students to remember their lessons altogether. In an examination oriented system, students are required to remember the lesson covered in about six months and answer questions at the end of the semester. This seems a very large time interval given on an average student learns only about 5% of the lesson during a lecture (Sean, n.d.) and loses almost 95% of it just in three days' time. The mode of teaching in most of the higher education center is oral lecture most of the time and therefore students recollect only small portion of the day's lesson. On top of that, 95 out of 100 parts of that 5% is forgotten in just three days' time. According to students learning in Nowa-days grades are considered in an examination-oriented education system. Getting a high grade leads to getting of affection from the all teacher in some education sectors. Low grades invite low self-esteem and isolation causing extreme stress for students because tests are regarded as a means to prove their worth (Peacocks, 2010). Since the students are bound to be

highly competitive, those that have low grades are seen as unworthy to fit into their circle of friends.

Students getting ready for exams might not recognize signs of stress. Some indicators may include losing touch friends, feeling sad, feeling overwhelmed or unable to make decisions, being unmotivated or physical signs like stomach aches, nail-biting or fidgeting. universities says that it is all because theoretical learning dominates over practical learning and their memory cannot keep all the things that they have learned in classes (Li, 2015). They Therefore, students are likely to underperform in the examination conducted at the end on a long semester.

Furthermore, the higher education curriculum has no such remedy for this short come because scoring high grades is all what it counts. These signs of being anxious can further intensify the stress of taking tests because students may be less motivated to study or prepare (Ruossos, n.d). If the student spends too much time thinking about how difficult the exam is while worrying about the outcome of the test, this negative approach may further increase exam stress.

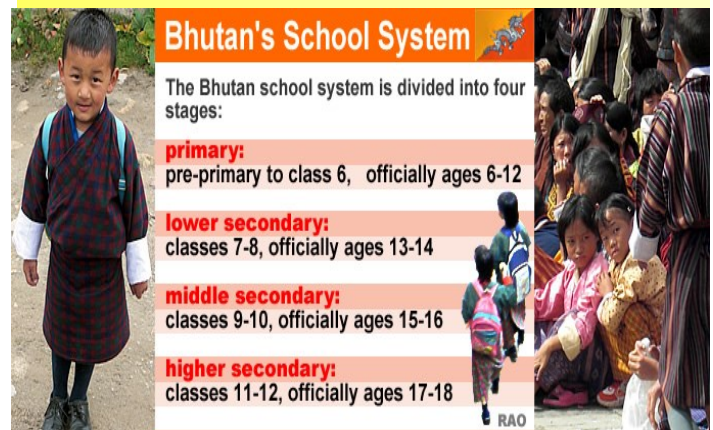


Photo Courtesy : raonline.ch

On a broader sense, exam-centric means a system that controls what students do and do not know (Kirkpatrick, 2011). According to survey results, 70% Chinese school students who fail the entrance examinations believe

they have few, if any, , career prospects, a belief that profoundly de-motivates students. If the student wants to perform at the very highest level, performance on a test may be a great fear a great fear. These days, getting selected to a satisfactory job and making their parents dream stand is what it all matters. In a nutshell, student is more anxious about their future. In China, the National Higher Entrance Examination, the key of university entrance exam, is taken by students at the end of grade 12.

Only top-performing students in high-stake tests may enroll in prestigious universities, get recruited for satisfactory jobs, and enjoy opportunities that are off-limits to lower scoring students. A student will have to invest a lot of his or her time if a student wants to excel in studies. This can be easy for some while it can be tough for others especially to those who fail to divide time for every activity including studies. *Not only this exam oriented system brings stress and anxiety with it, it also does not provide enough time for revision.*

For a typical Bhutanese education centers, classes starts at eight in the morning till four in the evening with Saturday and Sundays off for most of them.



Photo Courtesy: dreamstime.com

These regular classes continue until about a week to examination, leaving students less than a week to prepare for the examination. Besides that, students are preoccupied with assignments in most of their earlier days giving them less time to prepare for their exam. This leaves students with last moment crammed practices. As reported by Willingham (n.d.), distributing extended practice dedicated over time rather than cramming at a time helps one become proficient at any task (Kirby,2013). Clearly, insufficient time for revision is one factor causing poor performance of students in exam oriented system.

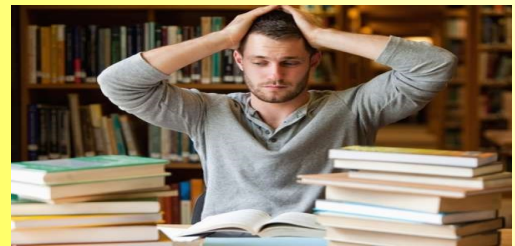


Photo Courtesy: wikihow.com

It is an exam-oriented system because grades are the only standard to be evaluated. This lets student focus on extrinsic goals and task completion rather than learning as inquiry, reflection and process and finally results in high score but no life skills (Ames, n.d). Due to this issue, students lack personality and creativity and are not qualified to fulfill their future careers. In order to solve all this drawbacks, the governments of country should encourage and establish more technical and vocational institutes so that the knowledge they have learned over the time can be used rightly to a specific work. Coming up with courses such as Hospitality and Tourism, Handicraft, HealthCare, Photography, IT, Retail, textiles, Banking, Insurance should be added more and should be given importance so that would interest students to learn because most of these courses are not present in countries such as Bhutan.

For instance, if a student opts for healthcare, he could learn to be a blood-collection expert and later can add further courses to become full-fledged pathology technician or nurse. Another effective strategy could be creating awareness about the equality between high-profile and low-earning jobs so that youths can accept their skills such as cutting hair in saloon, sewing clothes in tailor, dance becoming choreographer and so on as a result believing in self-employment. Government should lend their full support to youth in establishing a dairy farm, fish farm, poultry farm, vegetable farming and animal husbandry.

These are the fields in which students can put their knowledge and skills on execution. Knowledge and skills are always interlinked as both are dependent on each other. Skilled learners are developed through having knowledge.

It helps to transform every learner future for the better because they come from what is best in us. In simple, mastering these beneficial lifelong knowledge and skills help us work, learn and live better. Examination-oriented education system might possess a noble aim. However, the implementation ought to be done carefully so it will not affect the students.



Photo Courtesy: world.edu

Although examination is a good way to test how much a student have learned, however one single examination cannot determine the whole content of a student. Everybody ought to realize that individual is unique; some may excel academically while other people can rely on hands-on expertise. The government should facilitate and plan to work on the solutions mentioned above to support knowledgeable and skilled learners. It's all on youth to change to accept and government to implement to solve these shortcomings.



Photo Courtesy: gettyimages.ae

Ames, C.(n.d).Achievement goals in the classroom:students' learning strategies and motivation processes. *Journal of Educational Psychology*. Retrieved on April 29, 2019 from <https://www.slideshare.net/mobile/lizhio/an-analysis-of-exam-oriented-system>

Kirby, J.(2013).Why don't students remember what they have learned? *Wordpress.com*. retrieved on May 2, 2019, from<https://prag.atireform.wordpress.com/2013/11/16/memory/>

Written by: **Rinchen Dorji , D2C1**

FICTION

Under the Moonlight

The sound of the silent night seemed so long, the owl with their creepy calls. I never walk alone at night; however, that day I had a fight with my mom. I was late from school that day and she was waiting for me to return home. When she saw me she rushed towards me and pulled my ears. I screamed her name and asked her to spare me, she continued. After a long hard time I pushed away her hand and ran away dropping my books with eyes filled with tears.

I had nowhere to go and my stomach started to growl. Since morning I didn't have anything to eat and it made me weak as I walk the street. The time passed without me noticing and I was left was in unknown place with mixed feelings. As I walked, I heard footsteps behind me, I turned my head so I that I could see who it was. There stood a long, muscular boy with a very handsome looking face with decent crew cut. He stopped in his tracks and stared at me, I lost my breath for a second but I tried to ignore him and continued on my way. However, I could hear his footsteps following me again, the sound of his footstep getting louder and louder. After sometime I could hear his footstep getting so close that I started to run in terror.

"Wait! I'm scared too. Can we walk together?" He asked. "Ah. Sure". I replied with hesitation. We made stepped towards an unknown destination and we both shared the long silence. "I'm Sonam and I live here" He started talking to me. "I'm Yangzom and I am heading back home" I lied. Who would ever tell a stranger that he/she ran away from

home and was living in this unfamiliar street? But he shared his history with me including his upbringing and being only the sibling. "You know I had a quarrel with my dad once. . Being an only child, I was pampered so much that every time my parent scolded me I got angry. That day my father raised his hand at me for the first time, which broke my heart and then I never showed my face to them. However, I regret now how I reacted to the situation. I regret how much pain I caused them." His eyes were teary which made me feel terribly guilty. He was handsome somehow now with his story was someone I could trust. After that I told him about myself and why I was wandering in the street. Some minutes later, I realized that we were outside my house. "Yangzom, I'll be leaving now. Have a great life, goodbye." He walked away as if he came to drop me off. I couldn't say anything but mustering all my strength I waved him goodbye. I went inside and asked my mother to forgive me, which she did, with a warm hug and tears in her eyes. "I'm so sorry sweetheart. I love you" she said; "I love you mom" I smiled.



Photo Courtesy: mcgill.ca

On next day, Dad was reading the Kuensel and suddenly shouted out to us “A boy committed suicide because of his parents’ lack of love. The body was found today after weeks of search.” I took the Kuensel from his hand and saw the picture of the boy. He had the same crew cut with that with same smile. I realized I met and didn’t meet someone at the same time under the moonlight.

Written by: [Dorji Rinchen](#)

D2C1



Photo Courtesy: Dorji Rinchen

Fall of a Champion

Simple façade though executable had much to parade but soon regulated. Much was to be learned as the champ aspired to assure his honor to be the epitome of true justice like any other great ark; the moment was close, sinking down into a sea of despair. Taken aback by apathy, shackled by pride and vanity, the champ kept his stance, still smearing down his fallen brethren. What he didn’t notice were his scrambled brothers soon to levitate shunning down his throne.

Teasing every bit of mustered despair towards the enemy/brethren felt wonderful; in fact, it was the most intoxicating sensation the champion had ever been filled with. He should have known that the prejudice would have only disrupted the agenda to fortify his desperate contingency plans.

Each battle passed by and deep down, his beloved brethren had readied their conspiracy to incinerate the kings’ kingdom. Long had they waited. The moment the champion was blinded by his trophy of ecstasy, they penetrated through his fortification, deteriorating his menace leaving nothing but only the scene to remind them of his fall. The confounded champ endeavored to retaliate but to no avail. His mind disoriented, was like that of a novice. The champ fought every forthcoming battle with everything he could provide, only to fail again. but to no avail. His mind disoriented, was like that of a novice. The champ fought every forthcoming battle with everything he could provide, only to fail again. Each battle was fought hard but his endeavors were redundant, soon the champs’ perplexed mind had become self-contradictory. Through the fall

of each battle he began to see the gimmick behind his flunking results. It was his *pride*, pride had led him to belittle his beloved brethren who he should've eradicated leaving nothing but remnants reminisce. Sleuthing almost the entire rebellion which was placed against the champ but what he didn't understand was that they were initiated now tossing him to the uninitiated.

Serenity was found now, the only action left to carry was to cleanse off their etiquette, dispelling their rebellion with a blissful smile to disconcerting them while they are shunted to their rightful place, especially his most heated rival that was life who couldn't wait to put an end to. Dreadful, horrifying, revolting, most incompatible wins and he trivialized this battle for once he ventured through into the wilderness to purify his mind of winter battles.

Written By: [Karma Choki, D2S](#)



Photo Courtesy: Wallpaperaccess.com

Poems

Come Home Daddy

*Countless days have passed,
Months and years fade the same,
You live far from me.
I gaze at your photos,
Still I wonder,
if I've really met you?
Twenty years of my life,
I've bore your absence.
A single mother and I,
Miss you dear daddy.
Your daughter lives with your
memory
Still I wonder,
why did you go?
I was too tiny to stop you
When you left us behind.
Today I feel your absence,
And wished for you to be near
But you had truly left!*



Photo Courtesy: pngkey.com

*Days and nights, I watched,
The path which you took.
And, hope for your return
But when? It's still a blur to me!*

*I still cherish you daddy,
Just come back to our lives.
My longing for comfort and,
My doubts about you will disappear.
We will be as happy as can be!
Just come home daddy!!*

Written By: [Rinchen Choden, \(DMPM\)](#)

The Real Truth

Are you savouring your meals delicious?
That sits on the table?
How much did it cost?
Why didn't you choose simplicity?
Your shoes are old,
That's what you think.
In someone's eye it's still new
It is a brand that they can't afford.
Your desires are limitless,
Growing rampant like grass.
The day after is Valentine's day,
The day after tomorrow is his or her birth-
day,
After a month comes your anniversary,
There's so much to celebrate,
So much that you can't differentiate time
and place.
I ask you again,
How much did it cost?

How many glasses did you drink?
How much did you eat?
Was it exquisite again?
Do these thoughts ever cross your mind?
Does this realization ever hit you?
Or are you hindered?
by thoughts that come intruding to you.
They asked,
What your parents did?
You answered,
"My parents owned buildings and cars."
You hide the truth.
Truth that makes you ashamed,
Truth that is your image entwined.
It is bitter to spell it out, that
You only care about yourself.
You are unaware of the sweat and blood
expended,
To make you blend in the crowd of this
cruel word.
Treasure the truth of their sweat,
Sweat of which you haven't a clue,
You wouldn't dare try their shoes,
because you are sloth.
If you want to perceive the truth,
Earn it yourself.
Love doesn't bring food on your table.

Written By- [Ugyen Thinley, D2C2](#)



Photo Courtesy: Media Club

དགའ་བའི་བྱ་མོ།

འཇུག་བའི་མིག་ལས་མ་མཐོང་ཡལ་སོང་རུང་།
མཚོ་བའི་སེམས་ཀྱི་བག་ཆགས་སངས་མ་ཚུགས་།
ཁྱོད་དང་མཉམ་གཅིག་སྤྲོད་པའི་མི་ཆོ་འདི།
ཉལ་བའི་མི་ལས་བཟུམ་ཅིག་ཨིན་པས་སྟོ།

ཞལ་རས་ལེགས་པའི་གདོང་གི་དགའ་འཛུམ་དང་།
ཏན་པའི་ཆོག་གི་སྒྲིང་གཏམ་སྒྲུབ་མི་ཚུ།
སྤྲོ་པོ་རང་གི་སེམས་ལུ་འཁོར་བའི་ཆོ།
སྟོ་བའི་ན་བྱུག་སེམས་ཀྱིས་འབག་མ་ཚུགས་།



Photo Courtesy: Media Club

གསུང་སྒྲན་མ་བྱ་བྱུག་སྤྲོད་མོ་འདི།
དམ་ཆོག་འགྲུར་བ་མེད་པར་བཞུགས་གནང་མས།
གཡོ་མེད་ལྷ་ཤིང་བྱུགས་པའི་ཤིང་ཆེན་ང་།
སེམས་ལུ་མཚོ་ནི་བསམ་ནི་སྤྲོད་ལས་མེད།

ཉིང་གི་ཚོར་བྱ་ཉིང་ལས་ཕངས་མི་ཕངས།
ད་རེས་སྤྲོད་དང་བྲལ་ཆོ་ཕངས་པས་སྟོ།
སྤྲོ་བས་གནས་དགོན་མཆོག་བྱུགས་ཆེ་ཅན་གྱིས་སྟོ།
སྤྲོད་མཐུན་མོ་ལུ་བྱུགས་ཆེ་གཟིགས་གནང་མས།

ཁྱི་གདུགས་སྤྲིང་བཞི་བསྐྱར་ཏེ་ལྷག་དོ་བཟུམ།
ཁྱུང་ཁྱུང་བོད་རི་བསྐྱར་ཏེ་ལྷག་གནང་མས།
ཐག་རིང་རྒྱང་ནས་ཡོན་ཏན་ལྷ་བ་སྟོ་གིས།
སྤྲོད་པོ་རང་གི་ཕང་མར་ལྷག་གནང་མས།

ཆོས་བྱིས་པ་ར་གྲུ་རྩི་རྩི་དབང་ལྷུག།

གསལ་བའི་མེ་མོང་།

དུས་ད་རེས་དཔལ་གྱི་ཉིན་མ་ལུ།
བྱི་ལག་པའི་བྱུག་རྒྱ་མེད་རུང་རང་།
ནང་སྟོ་དང་རིག་པ་མེད་རུང་རང་།
ནང་སེམས་ཀྱི་སྟོ་སྤྲོད་འཕེལ་ཆེས་ལས།

གཏམ་ཆོག་གསུམ་རི་མོ་བྱིས་པར་སྟོ།
ཚོར་རིན་ཆེན་གསེར་ལས་དགོན་དོ་བཟུམ།
ཆོ་ད་རེས་མི་ལུས་རིན་ཆེན་འདི།
ཨེ་ཐོབ་པས་སྐལ་བ་བཟང་རུག་སྟོ།

ཡར་སྒྲུལ་དང་དགོན་མཆོག་བྱུགས་ཆེ་ལས།
ད་སྐལ་བ་བཟང་བའི་དུས་ཆོད་འདི།
དུས་བཟང་པོར་ཡོན་པར་བསམ་ཏེ་གིས།
ཆོ་བྱི་མའི་ལས་བཟང་སྒྲུབ་པ་དང་།



Photo Courtesy: gettyimages.ae

སྤྱི་ལོ་མཉམ་ཅན་རྣམས་ལ་ཕེན་པའི་ཆོས།
ལས་དགོང་དཀར་སྤྱི་ལོ་མཉམ་ཅན་ལུ་བཙོན།
ཆོས་སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
ཕོ་དགོང་སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།

མོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
མོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།

གནས་དམུལ་བར་བྱིད་པའི་དུག་ཕྱ་བོ།
རིམ་བཞིན་སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།

སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
རང་མི་ཆོས་དོན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
ཆོ་འདི་ཕྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
ཐུགས་གསལ་བའི་མེ་ལོང་ནང་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།
ཨའི་དངས་བའི་གཟུགས་བརྒྱན་ཤར་གནང་ལུ།

ཆོས་སྤྱི་ལོ་མཉམ་ཅན་ལུ་ཕེན་པའི་རྒྱུ་རྒྱུ།



Photo Courtesy: Sapna Tamang

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