ཤེས་རིག

སྐྱོ་བུར་གནས་སྟངས་ཤེས་ཡོན།
རང་ཉིད་སློབ་སྟོན་མཁོ་ཆས།

Education in Emergency

Self - Instructional Materials

གནས་རིམ་༡ པ། སྔོན་གསར།
དེབ་བཞི་པ།

Key Stage 1 Cl - PP
Vol. IV

Self-Instructional Materials

Key-stage I and II

Introduction.

The Self-Instructional Materials (SIMs) with the theme '**Reaching the Unreached'** are developed primarily to facilitate education of the students living in remote places with either limited or no access to *BBS* and *Internet* for e-learning lessons. The learning activities in the SIMs packages are developed considering the class-levels and learning potentials of the students. The designs of the learning activities are intended technically to promote self-engagement and independent learning of the students at homes.

Supporting Students in Using the Self-Instructional Materials

It is also acknowledged that the students of Primary Schools, especially students of classes Pre-Primary to III, and IV to VI may face certain challenges in using the SIMs. It is possible that certain instructions, content, and the activities may be difficult to understand due to the student's limited acquaintance with the medium of instructions and certain concepts covered in the learning activities.

Therefore, it is imperative for family members and teachers staying in localities to provide necessary guidance to students at homes. The support from the following individuals can be of great help in student's self-engagement and learning through the use of SIMs.

- **Parent:** can at least spare time to be with the child to monitor and motivate, if possible, help with the lessons.
- **Siblings**: elder siblings in higher classes may help younger ones.
- **Teachers**: individual teachers in and around the same vicinity may help students in their learning.
- **NFE Instructors**: may assist parents and students staying nearby.
- **Family friends**: educated family friends may help students living close to their houses.
- **Student's friends**: the student's friends in close neighbours can work together.

Our collaborations and joint efforts can make a difference in educating our children.

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Lesson No: 1 **Subject:** English **Class level:** PP **Time:** 20 Minutes

Learning Area: I like, I don't like.

- ✓ Say I like and I don't like.
- ✓ Draw what you like and don't like.

Activity 1

Look, read and say

I like	**I don't like**
I like mango.	I don't like passion fruit.
I like potato.	I don't like bitter gourd.
I like cat.	I don't like rat.

Picture courtesy: Google

Activity 2

Draw two things.

✓ I like to eat.	✗ I don't like to eat.

Self-check for Learning

Read and complete the table below. The first one is done for you.

My name is Sonam. I am six years old.

I like to go to School. I don't like to work in the garden.

I like to read. I don't like to play.

I like to eat fruits. I don't like junk food.

I like dogs. I don't like cats.

Sonam likes …	Sonam does not like …
1. school	1. to work in the garden.
2.	2.
3.	3.
4.	4.

Picture courtesy: Google

Self-check for Learning

Sonam likes …	Sonam does not like …
1. school	1. to work in the garden.
2. fruits	2. junk food
3. dogs	3. cats
4. read	4. play

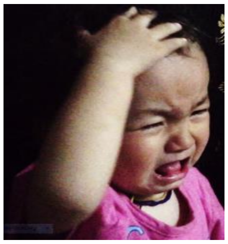
Lesson No: 2 **Subject:** English **Class level:** PP **Time:** 20 minutes

Learning Area: Question Words

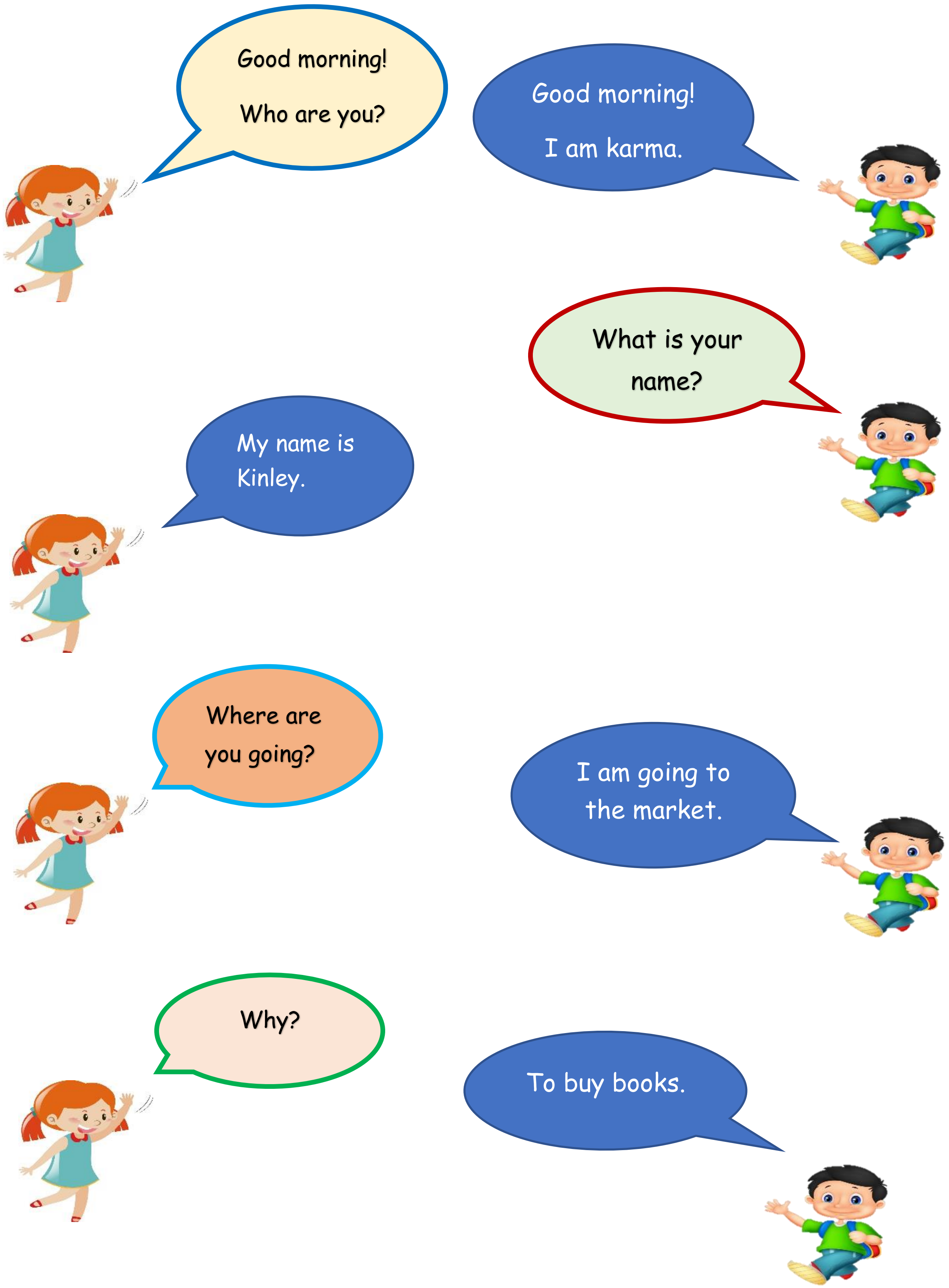
- ✓ Learn how to frame question using question words like **why**, **what**, **how**, and **where**.
- ✓ Answer simple question.

Activity 1

Let us learn the question words.

Who?	Why?	What?	Where?
			

Picture courtesy: Google/athangPvtLtd



Picture courtesy: Google

Activity 2

Choose the correct question word from the box. Fill in the blanks. The first one is done for you.

Who	What	Where	Why

1. What is your name?
2. ____________________is your class teacher?
3. _____________________is the library?
4. _____________________are you sad?

Activity 2

2. Who

3. Where

4. Why

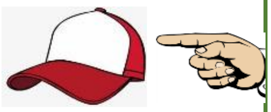
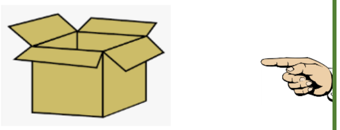
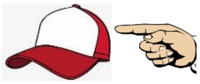
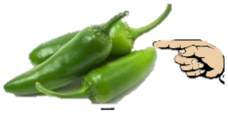
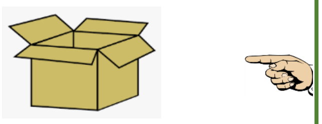
Lesson No: 3 Subject: English Class level: PP Time: 20 minutes

Learning Area: Introducing Words

- ✓ Use **this, these, that, those** in the sentences correctly.

Activity 1

Look and read.

singular		plural	
this		these	
that		those	
What is this? This is a cap.		What are these? These are chilies.	
What is that? That is a box.		What are those? Those are beans.	

Picture courtesy: Google

Activity 2

Look at the picture. Choose the correct word from the bracket. Fill in the blanks. The first one is done for you.

1.What is that? (this/that)

Answer: That is a cake.

2.What is _______________? (this/that)

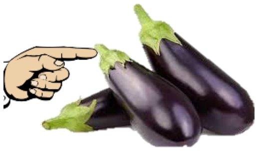
Answer:_____________ is a fox.

3.What are _______________? (these/those)

Answer:_______________ are carrots.

4.What are _______________? (these/those)

Answer: ________________ are brinjals.



5.What is_________________?(this/that)

Answer: _________ is a water tap.

Picture courtesy: Google

Activity 2

2. this
3. those
4. these
5. that

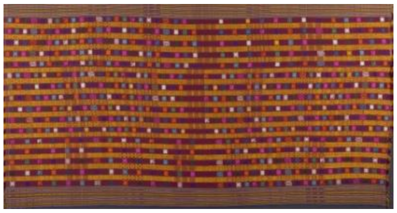
Lesson No: 4 **Subject:** English **Class level:** PP **Time:** 20 minutes

Learning Area: Clothes

- ✓ Identify different clothes.
- ✓ Name their clothes.

Activity 1

Let us learn the name of clothes we wear every day.



kira

gho

tego and wonju

kayra

socks

shoes

Picture courtesy: Google

Activity 2

Look and label the picture. The first one is done for you.

kira	**tego**	**wonju**	**kayra**	**rachu**

Picture courtesy: Google

Self-check for Learning

Draw what you like to wear.

Activity 2

1. tego
2. kira
3. wonju
4. kayra

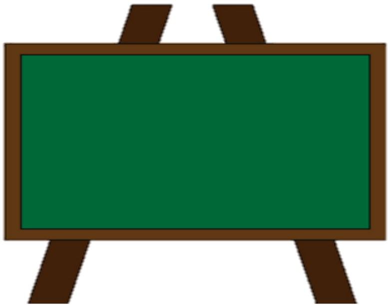
Lesson No: 5 **Subject:** English **Class Level:** PP **Time:** 20 Minutes

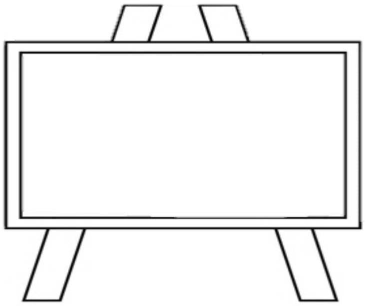
Learning Areas: Classroom Objects.

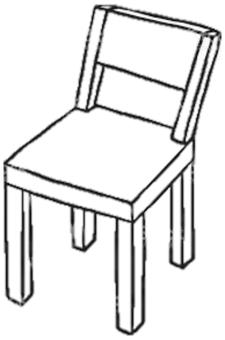
- ✓ Colour the objects.
- ✓ Match the same objects.

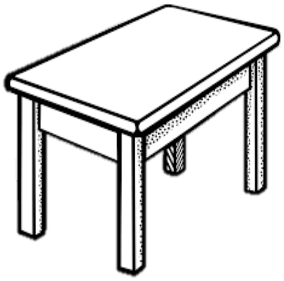
Activity 1

Look at the picture and colour the same.

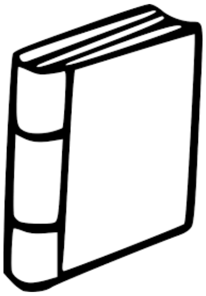


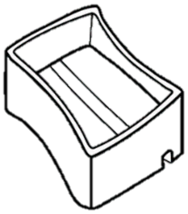


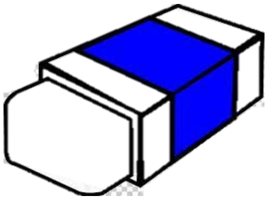


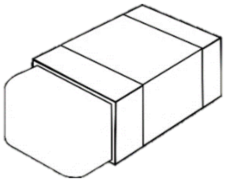


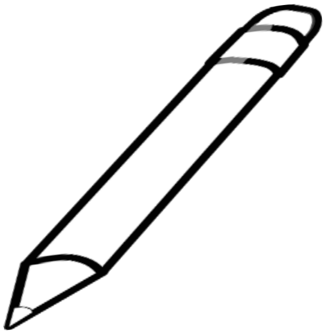
Picture courtesy: Google







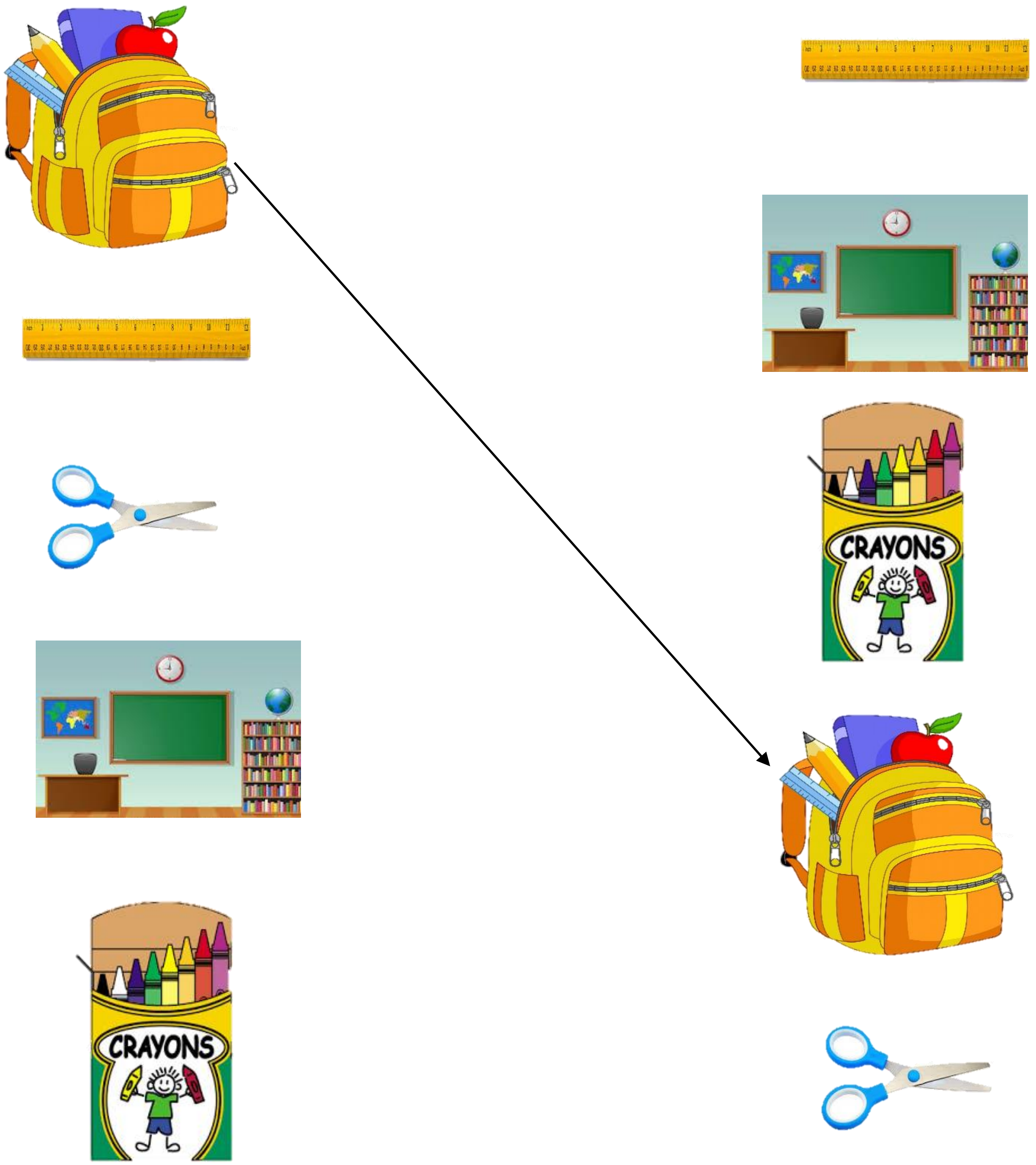




Picture courtesy: Google

Activity 2

Match the same object. The first one is done for you.



Picture courtesy: Google

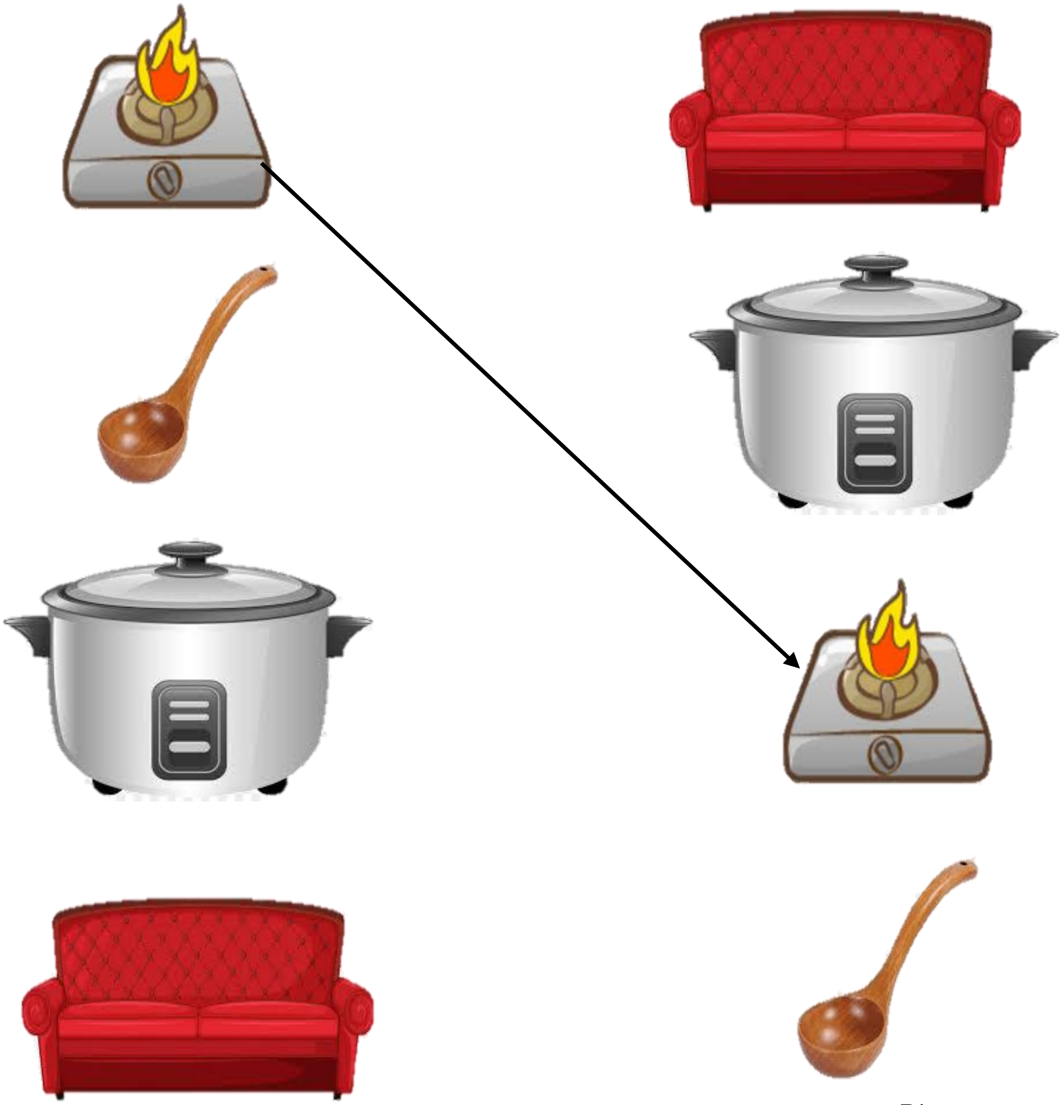
Lesson No: 6 **Subject:** English **Class Level:** PP **Time:** 20 Minutes

Learning Areas: Home Objects.

- ✓ Colour the same objects.
- ✓ Match the same objects.

Activity 1

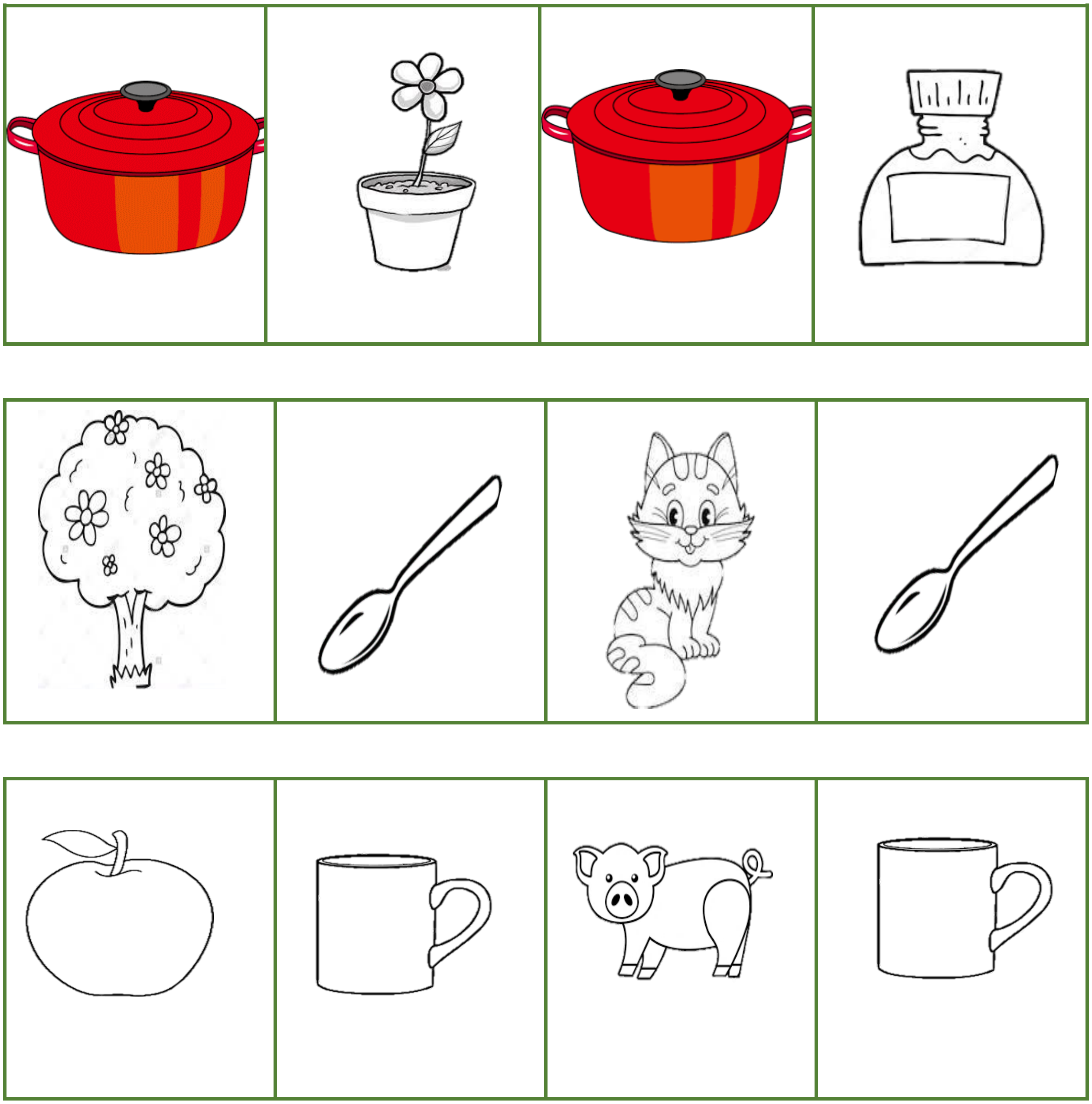
Match the same objects. The first one is done for you.



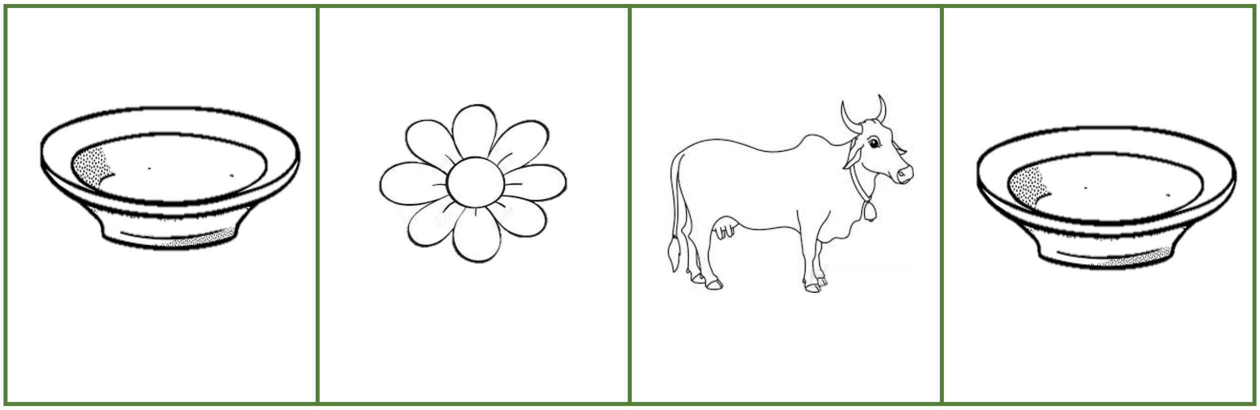
Picture courtesy: Google

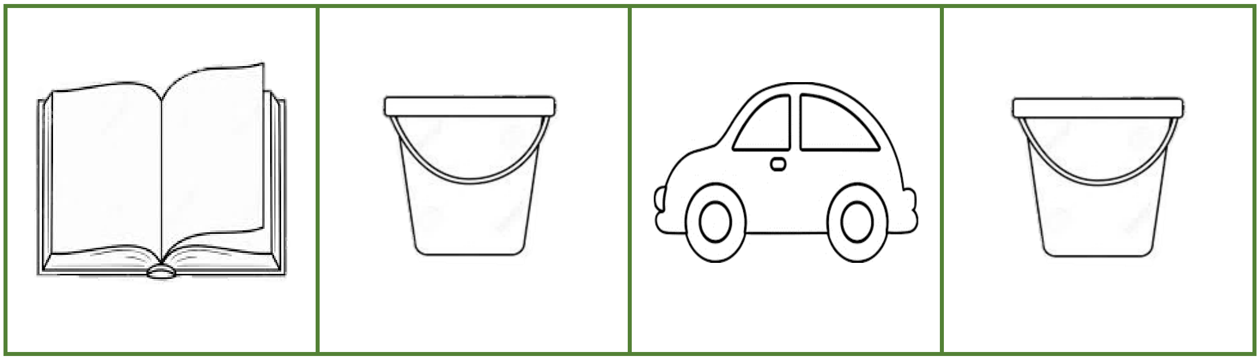
Activity 2

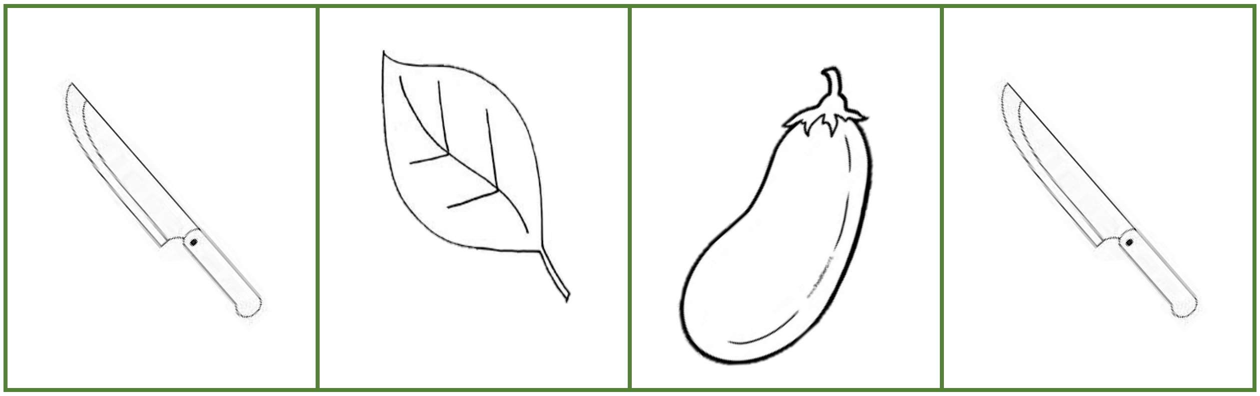
Colour the same objects. The first one is done for you.



Picture courtesy: Google







Picture courtesy: Google

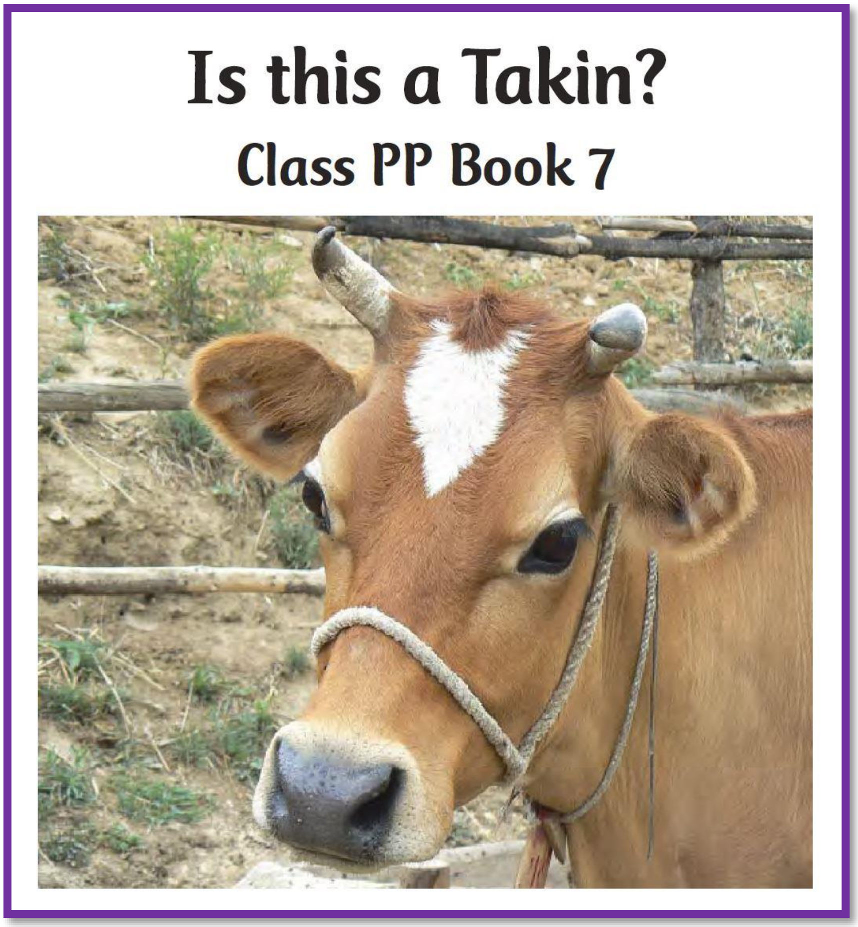
Lesson No: 7 **Subject:** English **Class level:** PP **Time:** 30 minutes
Learning Area: Reading - (Is this a Takin?)

Learning Objectives

- ✓ Read the book aloud with the help of elders, knowledge of phonic sounds and picture cues.
- ✓ Answer simple question.

Activity 1

Let us read the book aloud. The book is about animals.



Is this a takin?

No. This is a cow.

A cow eats grass.
It lives in a cow shed.

Is this a takin?

No. This is a horse.

A horse eats grass.
It lives in a stable.

Is this a takin?

No. This is a hen.

Courtesy: http://www.brooklynrecord

Courtesy: http://www.hometown.aol

A hen eats seeds.

It lives in a coop.

Courtesy: http://www.sugarmtnf

Is this a takin?

No. This is a pig.

Courtesy: http://www.dogbreedinfo

Courtesy: http://www.freepages.genealogy.rootsweb

A pig eats rice.

It lives in a pig sty.

Reprint 2019

Is this a takin?

No. This is a goat.

A goat eats grass.
It lives in a pen.

Courtesy: http://www.dpughp

Is this a takin?

No. This is a bird.

A bird eats worms and seeds.
It lives in a nest.

Activity 2

Match the picture and the word. The first one is done for you.

Cow	
Horse	
Hen	
Pig	
Goat	
Bird	
Snake	
Elephant	
Tiger	
Takin	

Picture courtesy: Google

Self-check for Learning

Write the names of three domestic and three wild animals.

Domestic animals	Wild animals
1.	1.
2.	2.
3.	3.

Self-check for learning

Example

Domestic animals	Wild animals
1. cow	1. tiger
2. hen	2. elephant
3. pig	3. snake

Lesson No: 8 **Subject:** English **Class level:** PP **Time:** 20 minutes

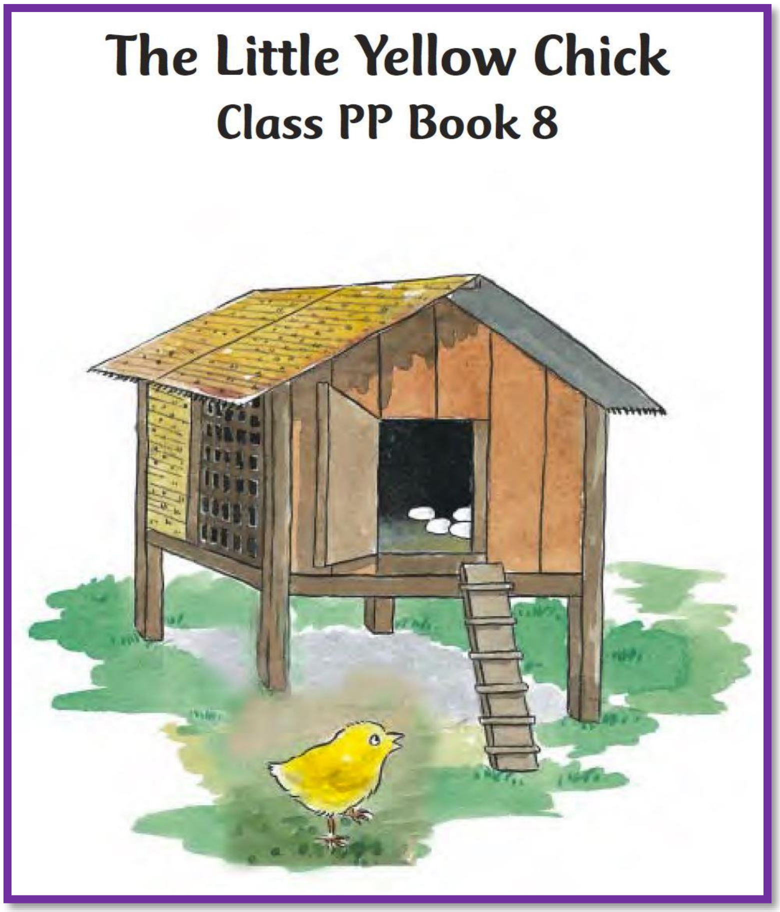
Learning Area: Reading - (The Little Yellow Chick)

Learning Objectives

- ✓ Read the book aloud with the help of elders, knowledge of phonic sounds and picture cues.
- ✓ Answer simple question.

Activity 1

Let us read the book aloud. Let us find out what the book is all about.



This is Dorji's mother and this is her hen. It is a small red hen.

1

Reprint 2019

Look.
Here is the red hen and
here are her eggs.

They are in the coop.

2

Reprint 2019

Can you count the eggs?

One, two, three, four.
The red hen has four white eggs.

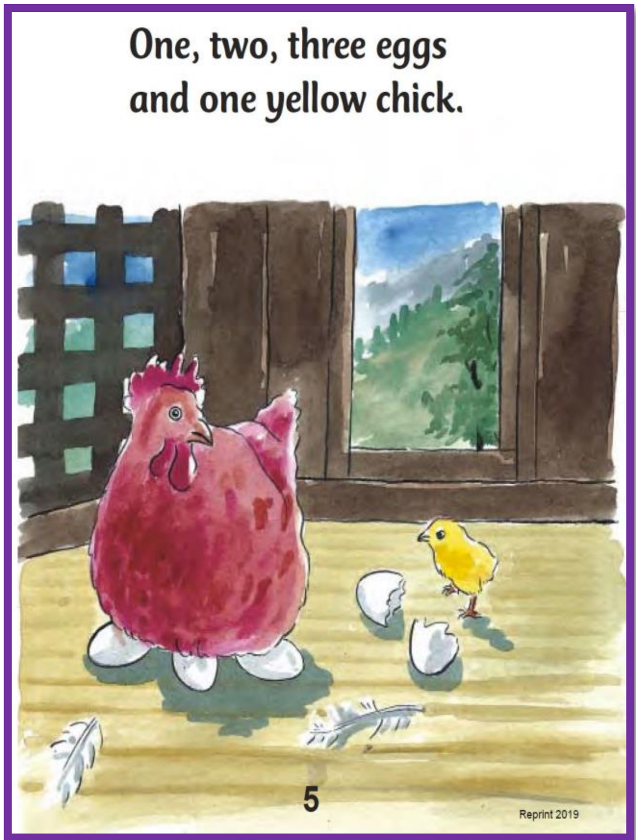
3

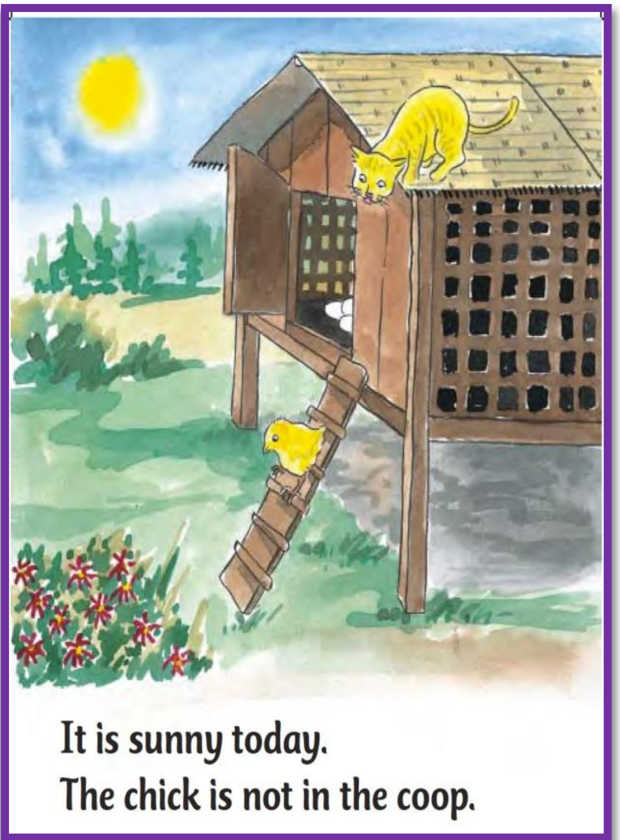
Reprint 2019

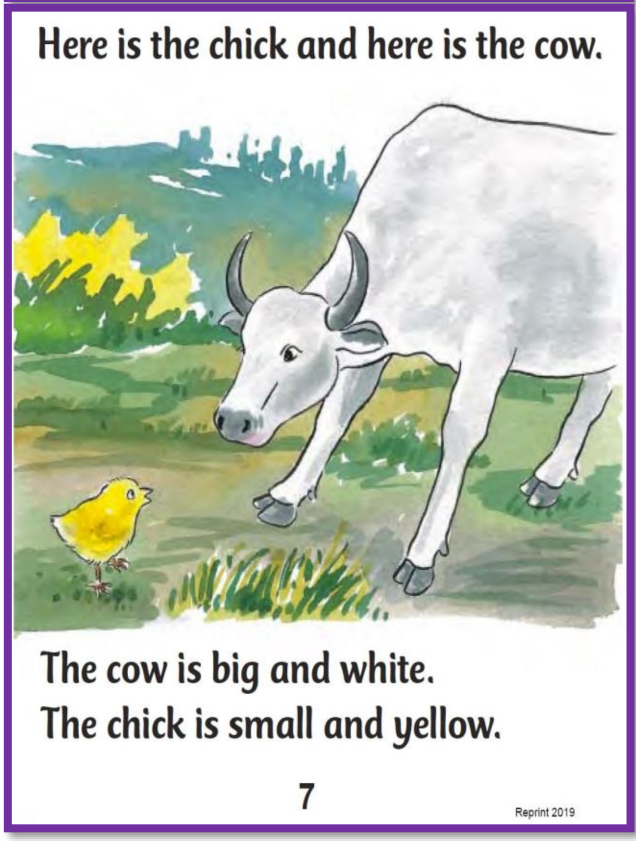
It is raining today.
The red hen is in the coop.
The hen is sitting on her eggs.

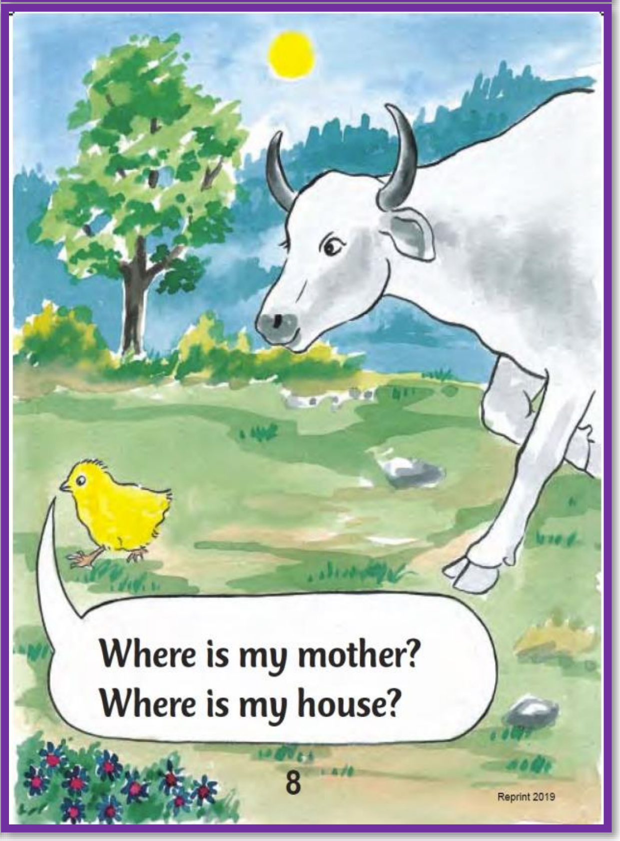
4

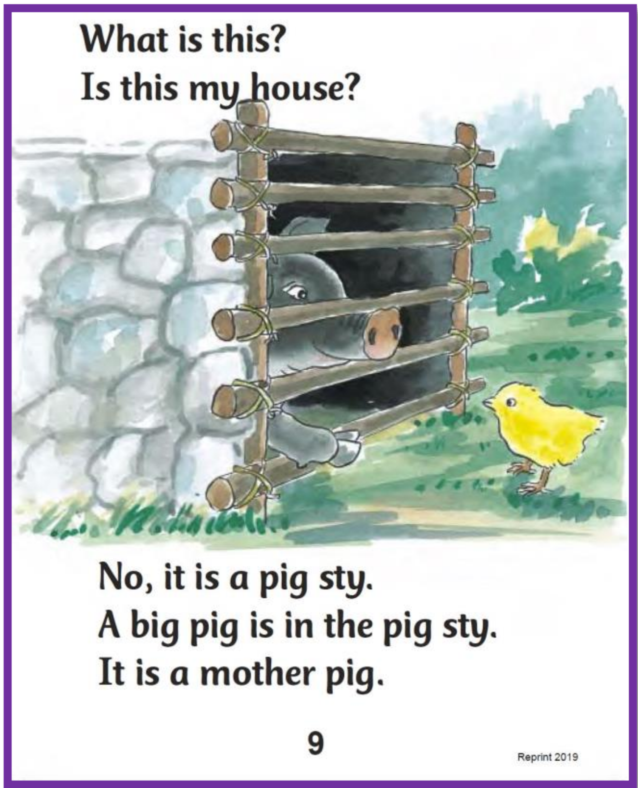
Reprint 2019

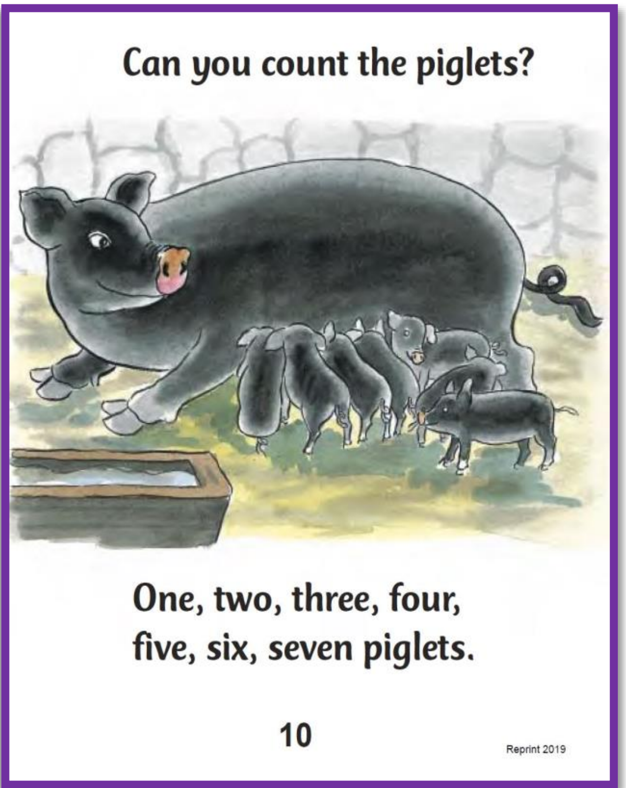

One, two, three eggs
and one yellow chick.
5
Reprint 2019

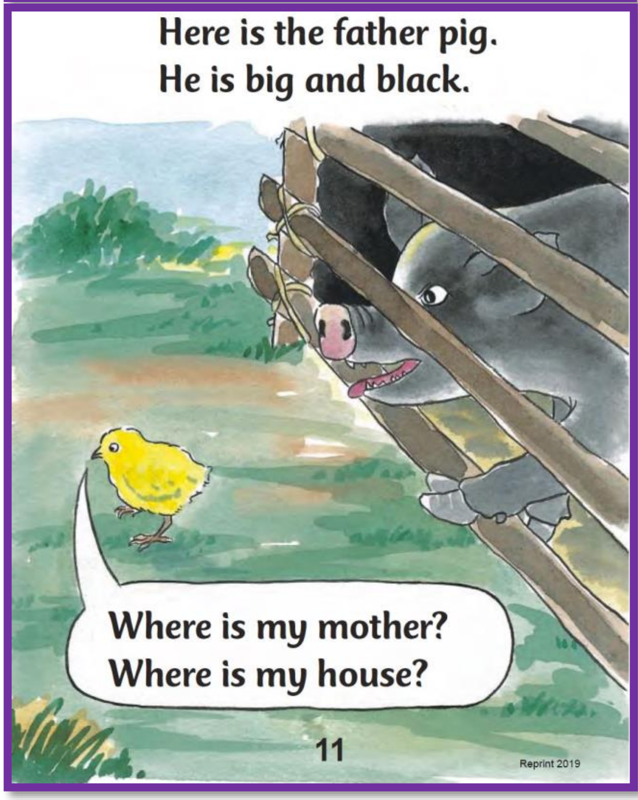

It is sunny today.
The chick is not in the coop.


Here is the chick and here is the cow.
The cow is big and white.
The chick is small and yellow.
7
Reprint 2019

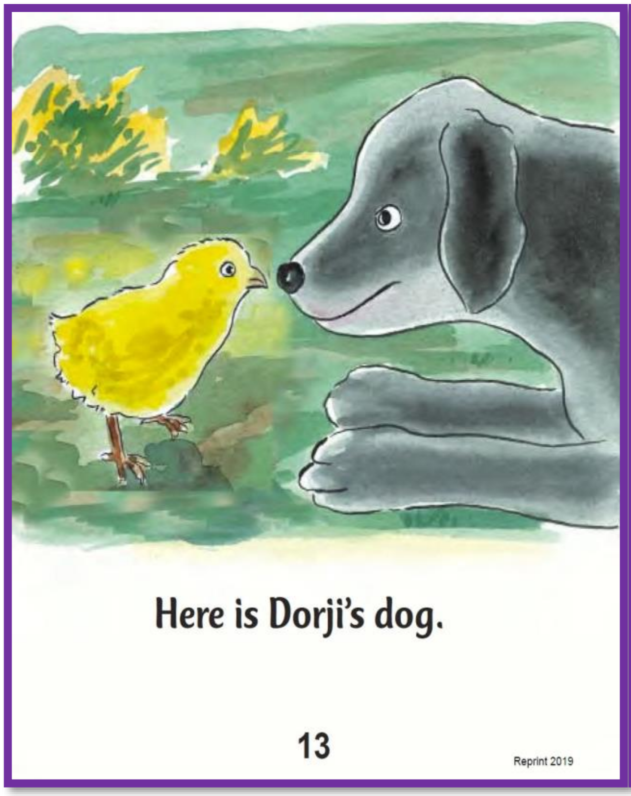

Where is my mother?
Where is my house?
8
Reprint 2019

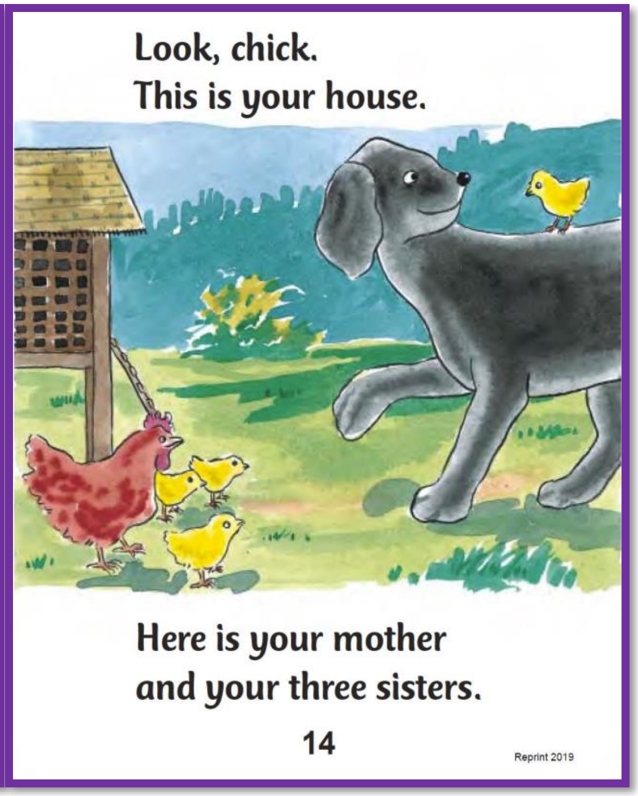

What is this?
Is this my house?
No, it is a pig sty.
A big pig is in the pig sty.
It is a mother pig.
9
Reprint 2019


Can you count the piglets?
One, two, three, four,
five, six, seven piglets.
10
Reprint 2019


Here is the father pig.
He is big and black.
Where is my mother?
Where is my house?
11
Reprint 2019

What is this?
Is this my house?
Is my mother here?
12
Reprint 2019





Activity 2

Read, draw and colour.

1. One red hen.
2. Five white eggs.
3. One yellow chick.

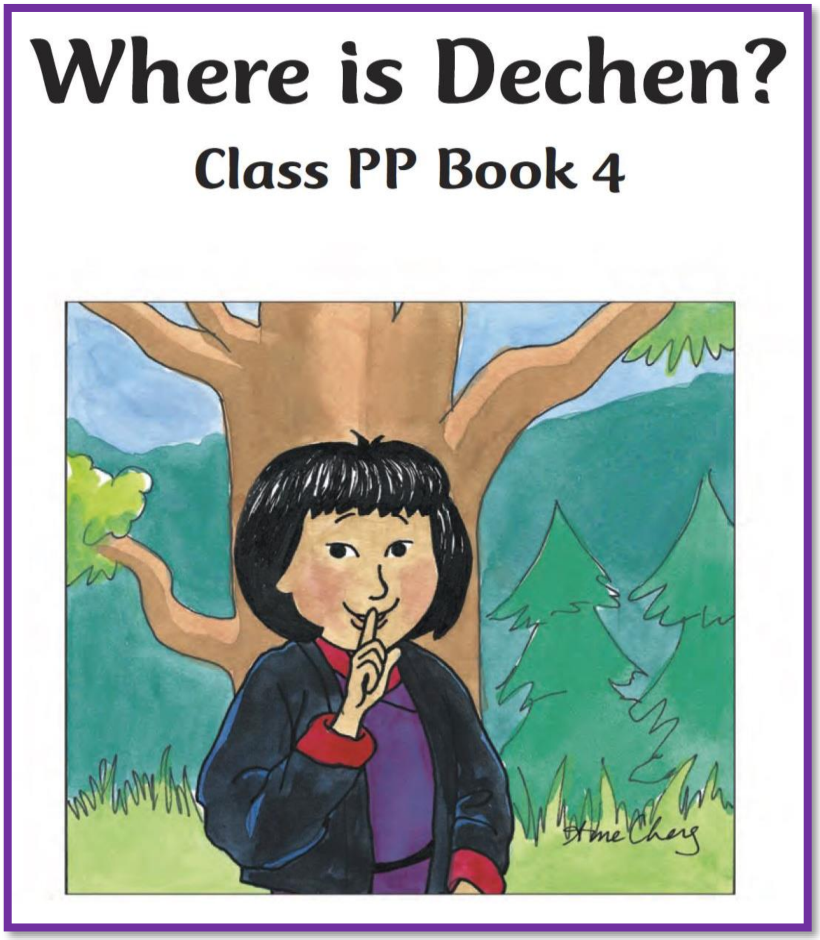
Lesson No: 9 **Subject:** English **Class level:** PP **Time:** 30 minutes

Learning Area: Reading - (Where is Dechen?)

- ✓ Read the book aloud with help of elders and knowledge of phonics.
- ✓ Answer simple question.

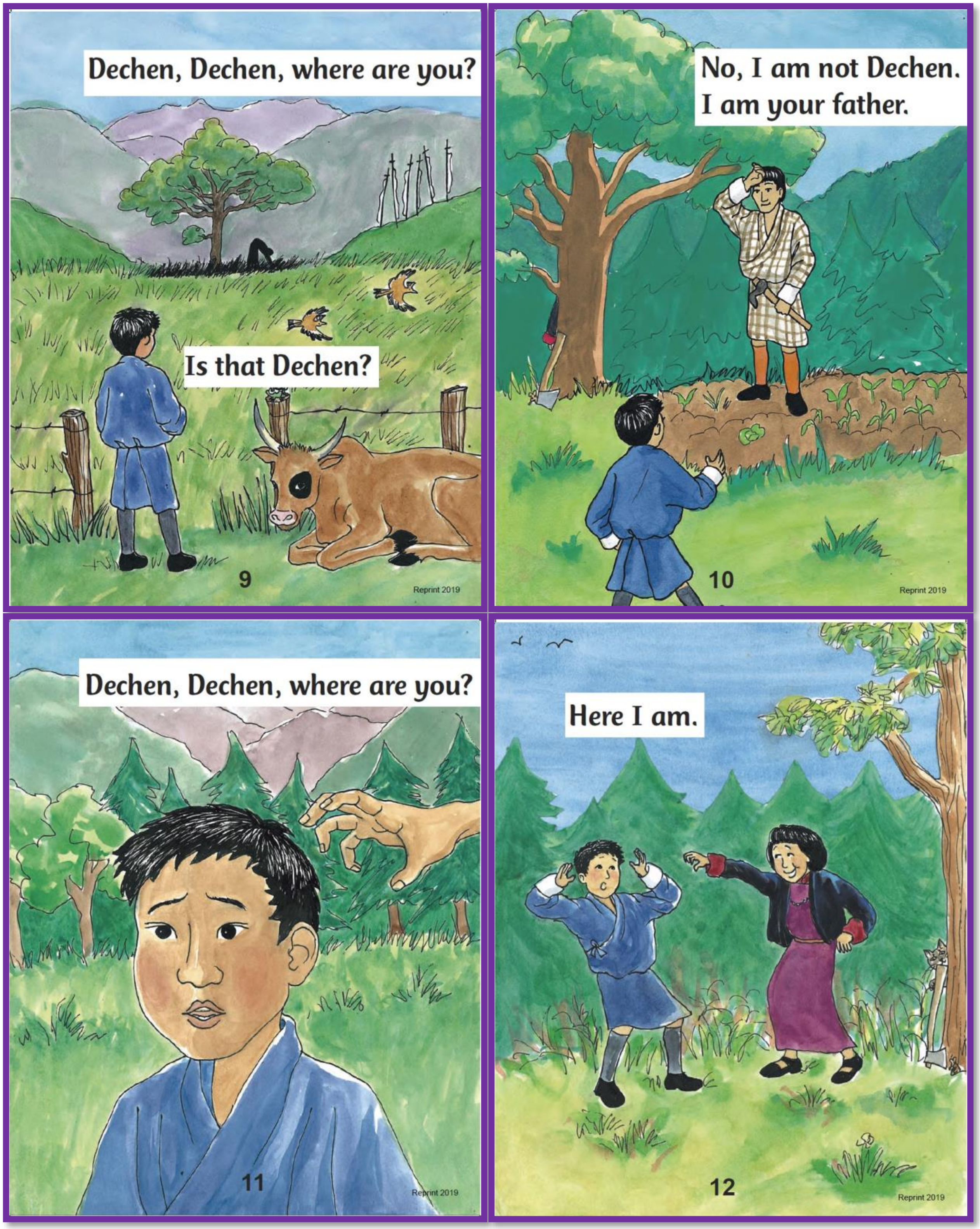
Activity 1

Let us read the book aloud.



Dechen, Dechen, where are you?
1
Reprint 2019
Is she in the house?
No, she is not in the house.
2
Reprint 2019
Dechen, Dechen, where are you?
School
3
Reprint 2019
Is she in the classroom?
No, she is not in the classroom.
4
Reprint 2019

Dechen, Dechen, where are you?
Are you Dechen?
5
Reprint 2019
No, I am not Dechen.
I am your mother.
6
Reprint 2019
Dechen, Dechen, where are you?
Is this Dechen?
7
Reprint 2019
No, this is not Dechen.
This is Dorji's dog.
8
Reprint 2019


Dechen, Dechen, where are you?
Is that Dechen?
9
Reprint 2019
No, I am not Dechen.
I am your father.
10
Reprint 2019
Dechen, Dechen, where are you?
11
Reprint 2019
Here I am.
12
Reprint 2019

Activity 2

Look at the picture. Circle the correct answer. The first one is done for you.

1.

1. Where is Dechen?

   a. She is in the school.

   b. She is in the farm.

2.

2. Where is Dechen?

   a. She is in the school.

   b. She is in the market.

3.

3. Where is Dechen?

   a. She is on the tree.

   b. She is under the tree.

Picture courtesy: Google

Lesson No:1 Subject: Mathematics Class level:PP Time:20 minutes

Learning Area: Sorting and Patterns

Topic: Describing Objects

Learning Objectives

- Describe the objects by length.
- Describe the objects by colour.

Introduction

We are going to describe the objects (things) by **colour and length.**

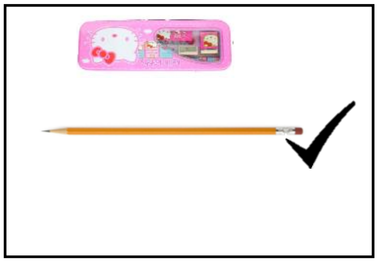
⟵ Longer

⟵ Shorter

Activity 1

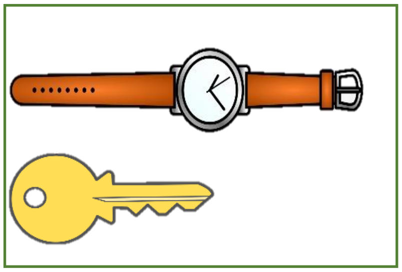
1. Tick (✔) the object that is **longer**. The first one is done for you.

Example:

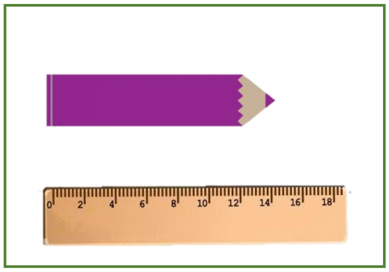


Picture courtesy: Google

a.

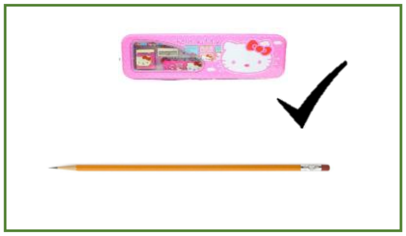


b.

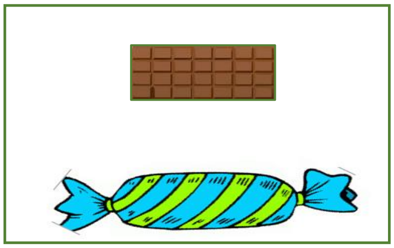


2. Tick (✓) the Oobject that is **shorter**. The first one is done for you.

Example:



a.



Activity 2

Match the following. The first one is done for you.

The mug is green.

The pencil is yellow.

The apple is red.

The bird is blue.

Picture courtesy: Google

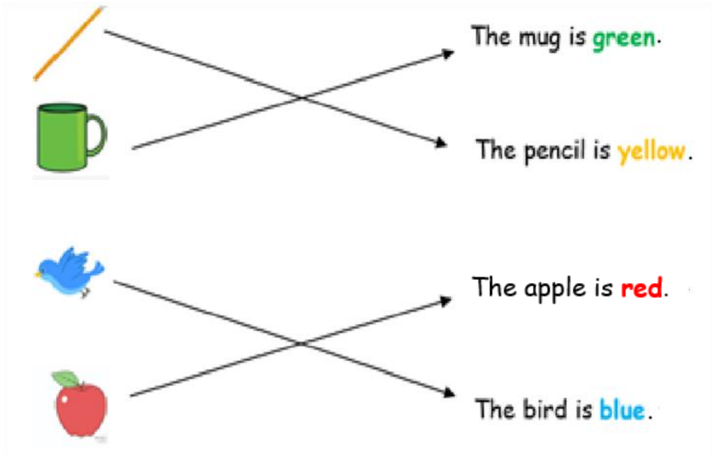
Activity 1

1.a.

b.

2. a.

Activity 2



Lesson No:2 Subject: Mathematics Class level:PP Time:20 minutes

Learning Area: Sorting and Patterns

Topic: Patterns

- Identify simple repeating patterns by colour.
- Make simple repeating patterns.

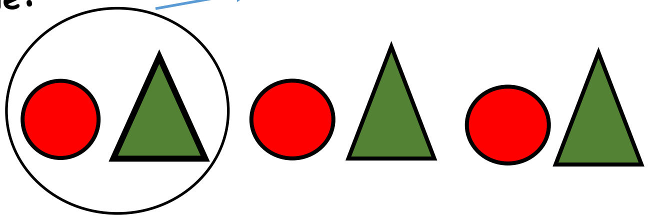
Introduction

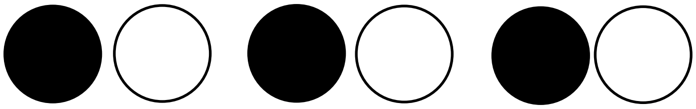
When things repeat in an order, we can see the order and follow it. It is called **Pattern**. The group of items that repeat over and over is called **core**.

Activity 1

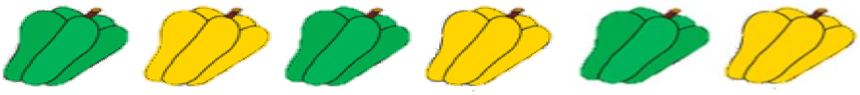
1. Circle the part that repeats over and over in given pattern. The first one is done for you.

Example: **Core**



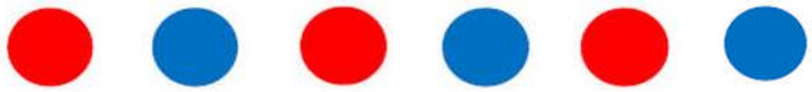
a. 

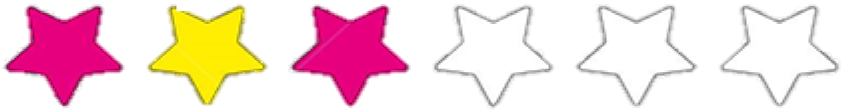
b.

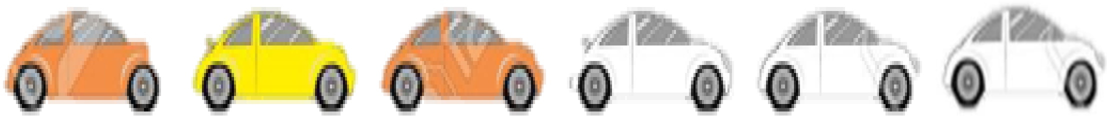
c. 

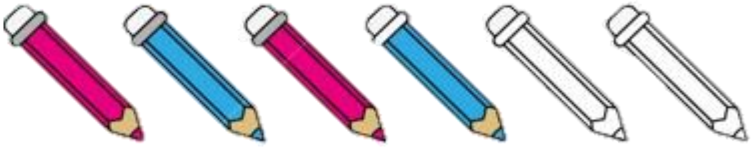
2. Complete the colour patterns. The first one is done for you.

Example:



a. 

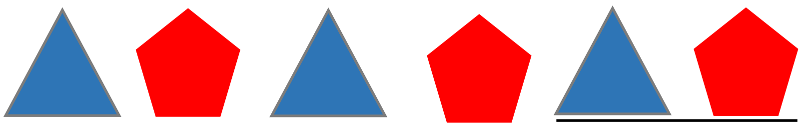
b. 

c. 

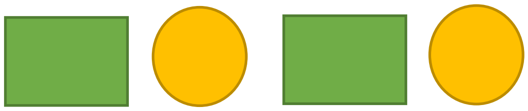
Activity 2

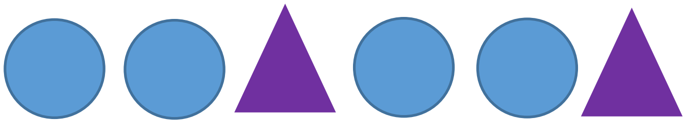
1. Extend the shape patterns. The first one is done for you.

Example:



Picture courtesy: Google

a.  ____________________

b.  ____________________

2. Extend the patterns. The first one is done for you.

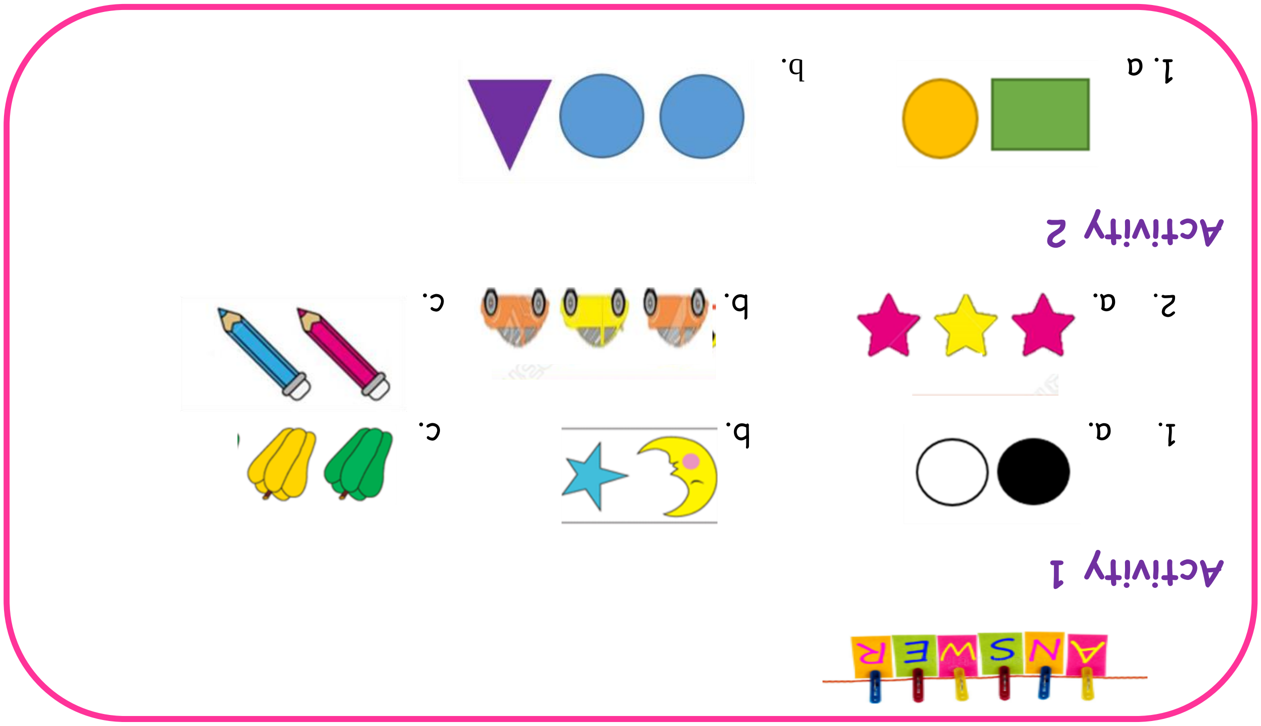
Example: A B A B <u>AB</u>

a. A A B A A B______

b. A B C A B C______

c. 2 4 2 4__________

d. 3 5 3 5 _________



Lesson No: 3 **Subject:** Mathematics **Class level:** PP **Time:** 20 minutes

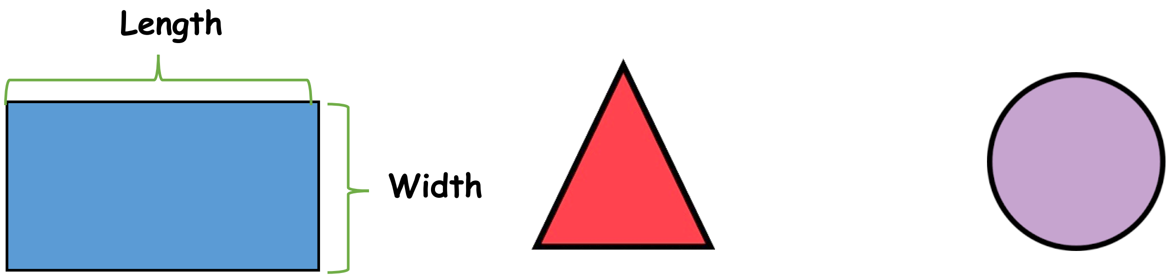
Learning Area: Geometry

Topic: 2 Dimensional Shapes (2D)

❖ Identify 2D shapes.

Introduction

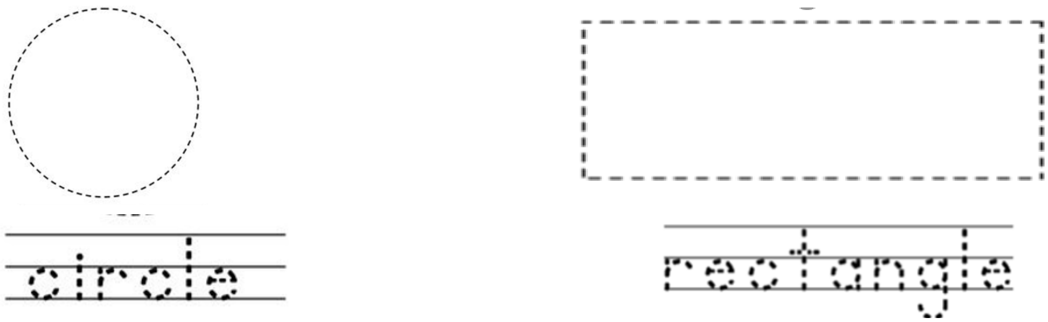
2D shapes are those that have 2 dimensions namely length and width. It can be drawn on the flat surface such as paper.

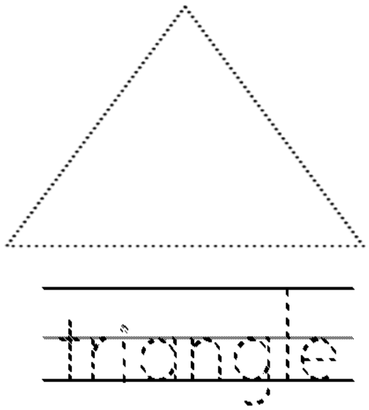


Rectangle Triangle Circle

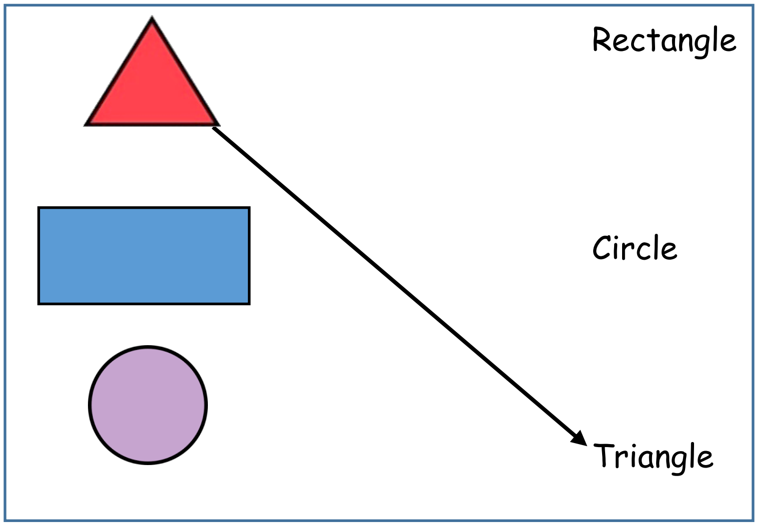
Activity 1

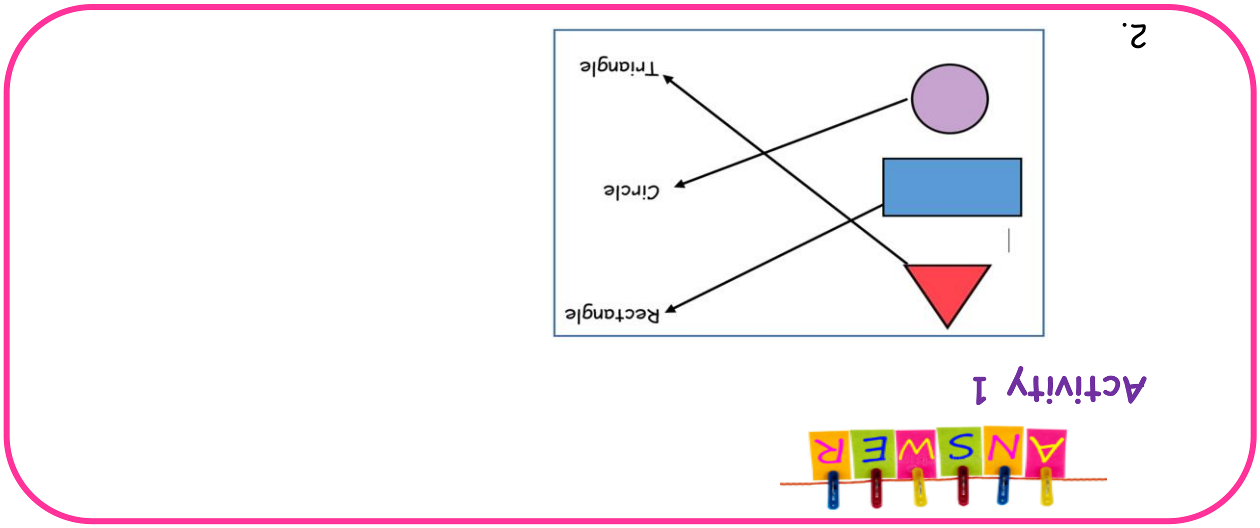
1. Trace the following. The first one is done for you.





2. Match the following. The first one is done for you.





Lesson No:4 Subject: Mathematics Class level:PP Time:20 minutes

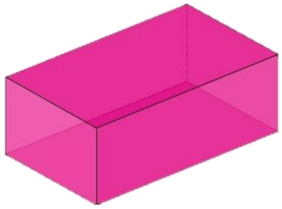
Learning Area: Geometry

Topic: 3 Dimensional Shapes (3D)

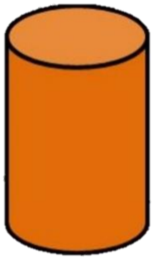
- ❖ Identify 3D shapes.

Introduction

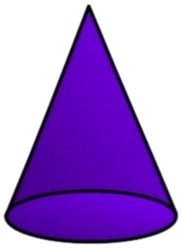
3D shapes are solid objects that have three dimensions namely **length, width and height**.



Rectangular prism



Cylinder

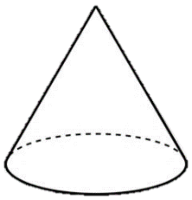
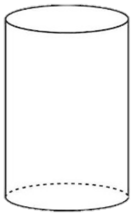
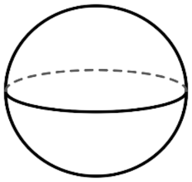


Cone

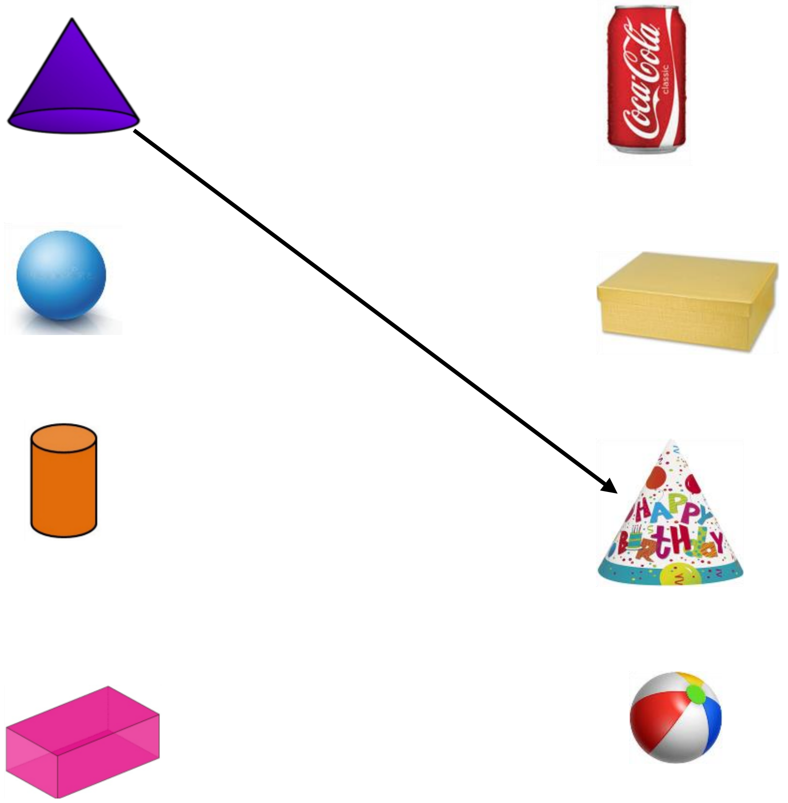
Sphere

Activity 1

1. Colour the 3D shapes. The first one is done for you.(use any colour.)

Example: Rectangular Prism	
a. Cone	
b. Cylinder	
c. Sphere	

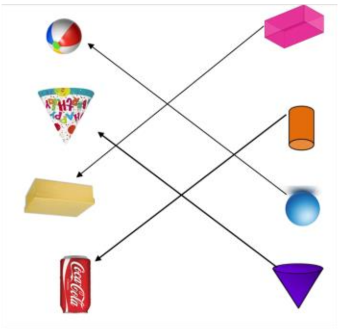
2. Match the following . The first one is done for you.



Picture courtesy: Google

Activity 1

2.



Lesson No:5 **Subject:** **Mathematics** **Class level:**PP **Time:**20 minutes

Learning Area: **Measurement**

Topic: **Length**

- Compare the length.
- Use terms for length like **longer**, **tallest and shortest**.

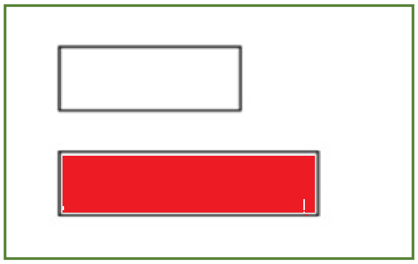
Introduction

Length is the measurement of an object from one end to another end.

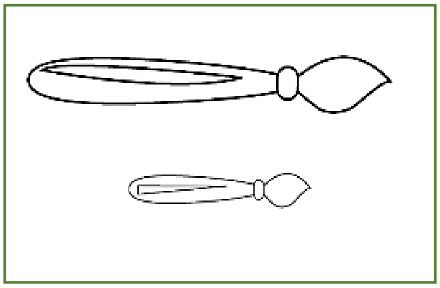
Activity 1

1. Look at the pictures and colour the **longer** in each pair. The first one is done for you.

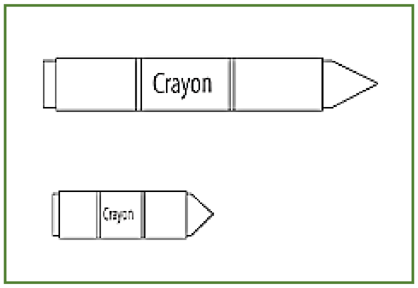
Example:



a.

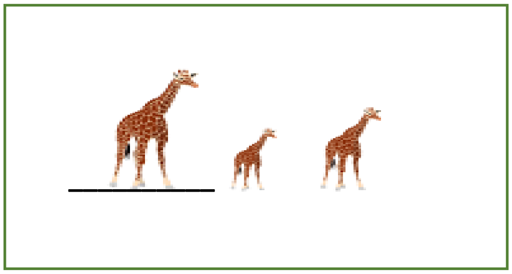


b.

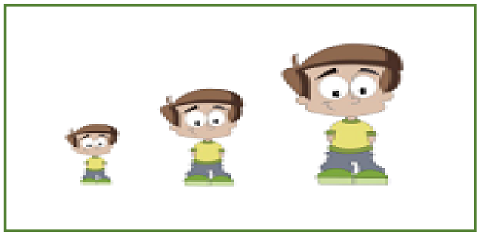


2. Underline the **tallest**. The first one is done for you.

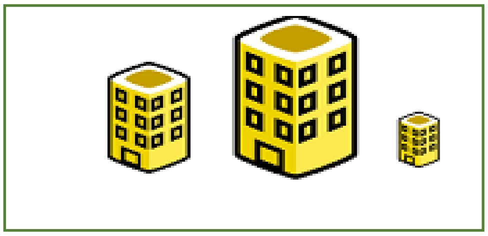
Example:



a.



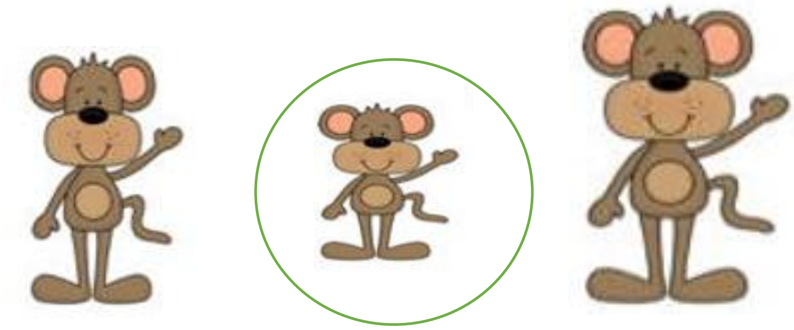
b.



Activity 2

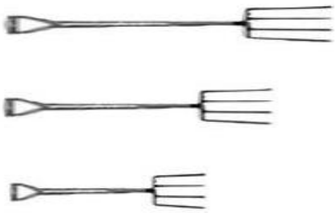
Circle the **shortest** one. The first one is done for you.

Example:



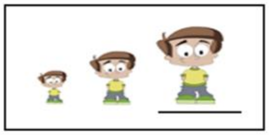
a.

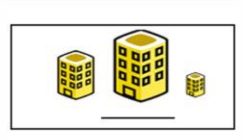
b.



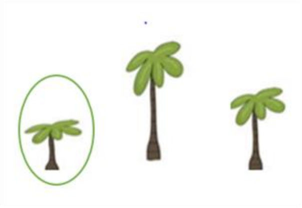
Picture courtesy: Google

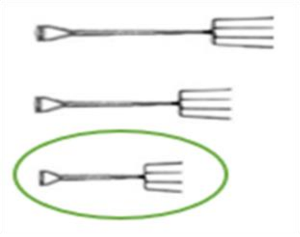
Activity 1

2.a 

b. 

Activity 2

a. 

b. 

Lesson No:6 **Subject: Mathematics** **Class level:**PP **Time:**20 minutes

Learning Area: Measurement

Topic: Mass

- Compare mass of the objects.
- Describe the mass of the objects using simple comparative terms such as **light**, **lighter**, **heavy** and **heavier**.

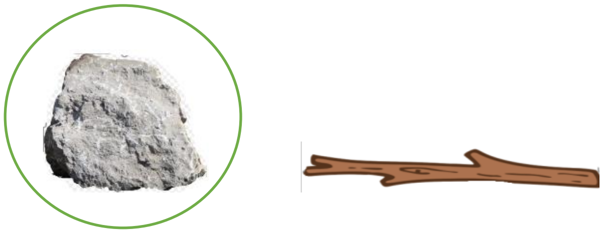
Introduction

We use the term **"mass"** rather than "weight".

Activity 1

1. Circle the **heavy** object. The first one is done for you.

Example:



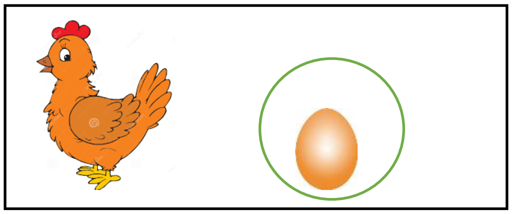
a.

b.

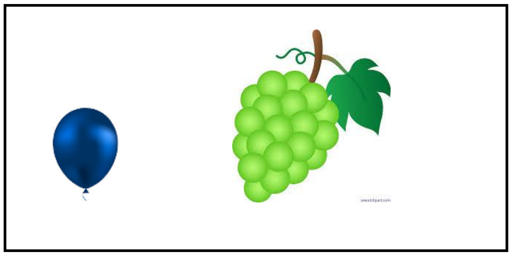
Picture courtesy: Google

2. Circle the **light** object. The first one is done for you.

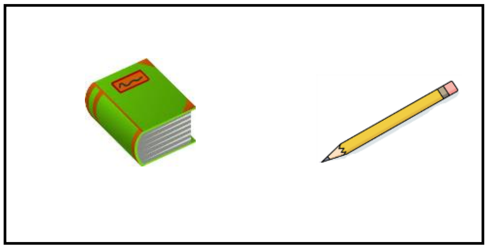
Example:



a.



b.



Activity 2

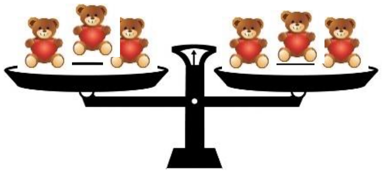
Compare the two things and write **lighter**, **heavier**, or **the same** under each.

The first one is done for you.

Example:

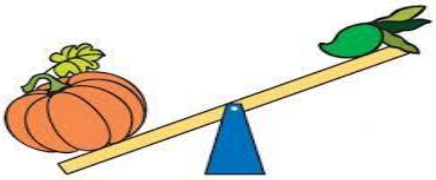
heavier lighter

a.



____________ ____________

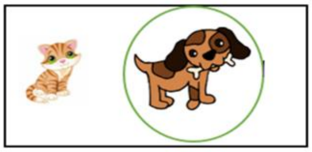
b.



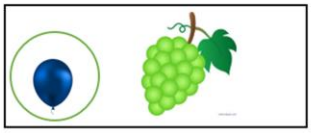
____________ ____________

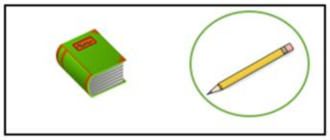
Picture courtesy: Google

Activity 1

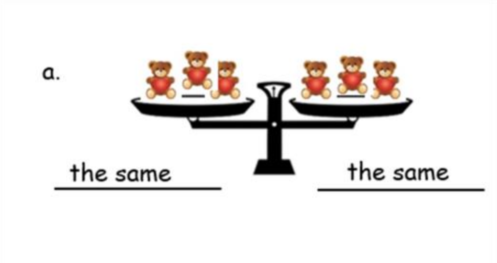
1.a 

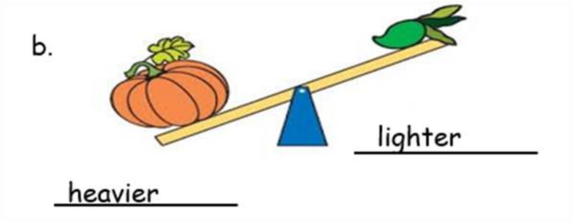
b.

2. a. 

b. 

Activity 2





Lesson No:7 **Subject:** Mathematics **Class level:**PP **Time:**20 minutes

Learning Area: Measurement

Topic: Capacity

❖ Compare capacity of the containers.

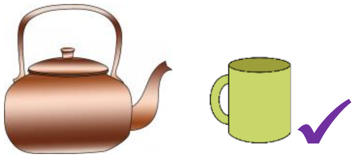
Introduction

Capacity describes the amount a container can hold.

Activity 1

Tick(✓) the picture that **holds less**. The first one is done for you.

Example:



a.

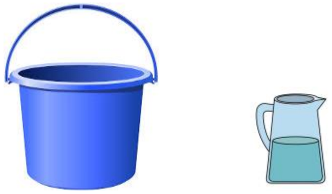
b.

Picture courtesy: Google

Activity 2

Compare the capacity of the pairs and write **holds more, holds less, and holds about the same** under each. The first one is done for you.

Example:



holds more holds less

a.

_______________ _______________

a.

_______________ _______________

b.

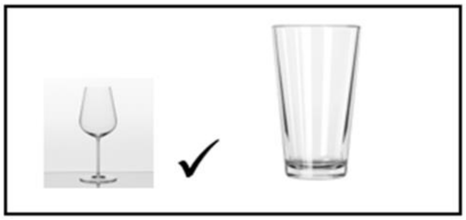
_______________ _______________

Picture courtesy: Google

ANSWER

Activity 1

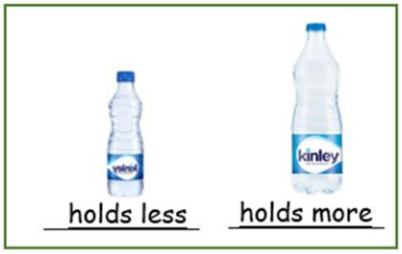
a.



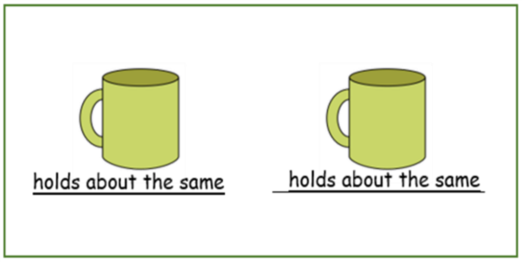
b.

Activity 2

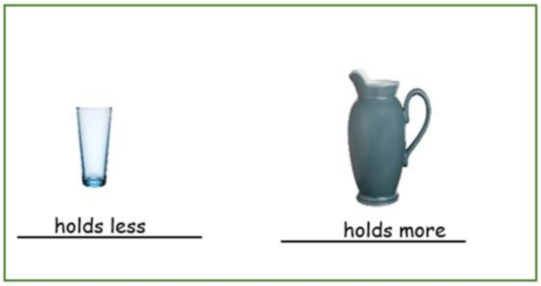
a.



b.



c.



Lesson No: 8 **Subject:** Mathematics **Class level:** PP **Time:** 20 minutes

Learning Area: Data Management and Probability

Topic: Collecting Data

Learning Objectives

- Collect simple data.
- Plot a picture graph.

Introduction

Data is a collection of information. Picture graph is a type of graph that is shown using pictures to give information.

Activity 1

Which fruit do you like the most?

Look at the pictures given and collect the data. The first one is done for you.

Apple						
Orange						
Banana						
Pear						

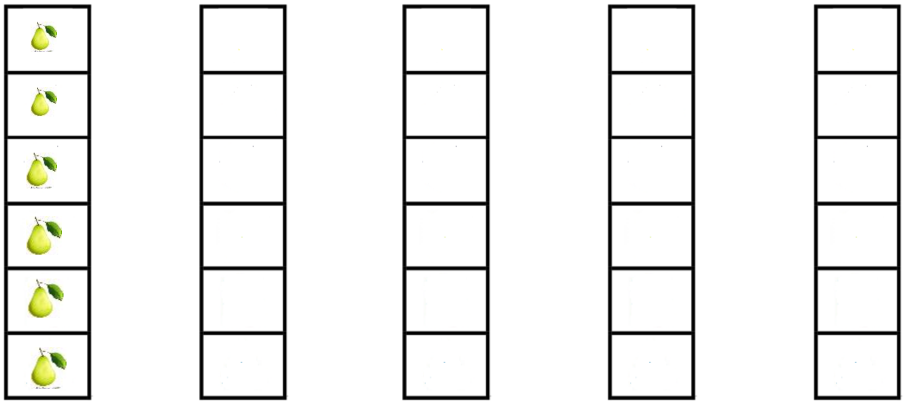
Picture courtesy: Google

Activity 2

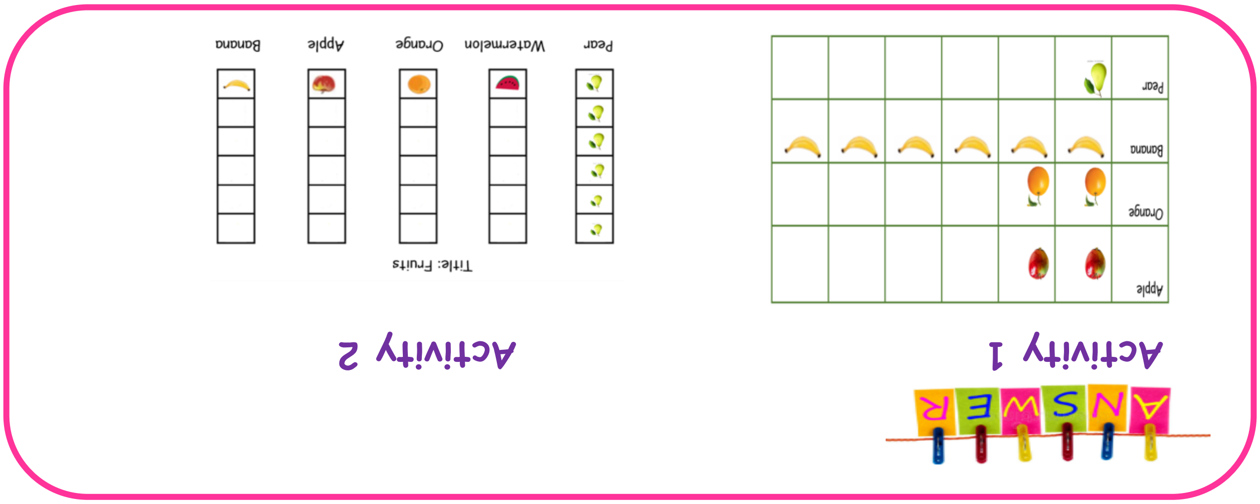
Look at the data collected and plot a picture graph. The first one is done for you.

FRUIT	NUMBER OF CHILDREN WHO CHOSE IT
PEAR	
WATERMELON	
ORANGE	
APPLE	
BANANA	

Title: Fruits



Pear Watermelon Orange Apple Banana *Picture courtesy: Google*



Lesson No:9 Subject: Mathematics Class level:PP Time:20 minutes

Learning Area: Data Management and Probability

Topic: Probability language

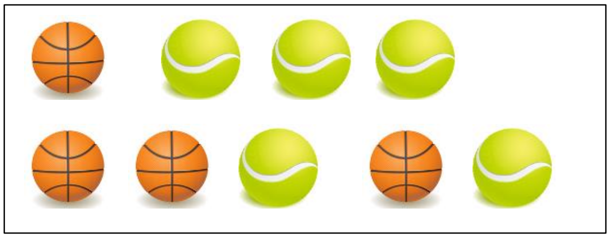
- Identify probability word (language) 'more likely and less likely'.

Introduction

Probability shows the **chances** of the event. **More Likely** means more chances. **Less Likely** means less chances.

Activity 1

Look at the balls below. Write the answers in the space given. The first one is done for you.



Example: Which colour of the ball is more in the above box?

Answer: Green ball.

a. Which colour of the ball will you likely pick from the box?

Answer: ______________________________.

b. How many balls are there in total?

Answer: ______________________________.

Picture courtesy: Google

Activity 2

Look at the picture. Tick(✓) the more likely and cross (X) the less likely for each event. The first one is done for you.

Example: The chances of growing one type of fruit.

✓

X

a. The chances of playing football.

b. The chances of climbing on the tree.

Picture courtesy: Google

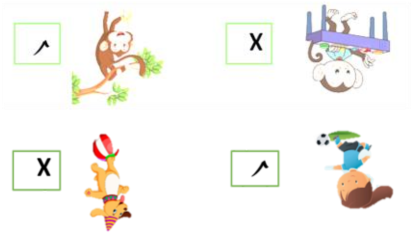
ANSWER

Activity 1

a. Green balls. b. 9 balls

Activity 2

a. b.



འཆར་གཞི་ཨང་ ༡   ཆོས་ཚན་ རྫོང་ཁ།   སློབ་རིམ་ ཟླ་གསར།   དུས་ཚོད་ སྐར་མ་༢༠

དོན་ཚན་ གནམ་གཤིས།

དོན་ཚན་ནང་གསེས་ གནམ་གཤིས་མ་འདྲཔ།

ལས་དོན།

- ➢ གནམ་གཤིས་མ་འདྲཔ་གི་མིང་ཚུ་ ཚགས་པར་གྱི་བཀལ་དེ་ བྲི་ཚུགས།
- ➢ པར་ལུ་བལྟ་སྟེ་ གནམ་གཤིས་ཀྱི་དབྱེ་བ་ ལྷེ་ཚུགས།

སྦྱོང་ལཱ་༡ པ།

➢ ཚགས་པར་གྱི་ བཀལ་དེ་བྲིས།

ཆརཔ་རྐྱབ།

ཉིམ་ཤར།

ས་སྨུག་ཁྱུགས།

རླུང་མ་འཕྱུ།

ཉིམ་ཆར་རྐྱབ།

ཁཝ་རྐྱབ།

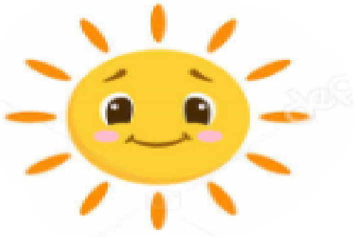
པར་ཚུ་གི་རྒྱབ་རྟེན། *Google*

རང་ཉིད་དབྱེ་ཞིབ།

- མཐུན་སྒྲིག་འབད།

༡།

༢།

༣། 

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པར་ཚུ་གི་རྒྱབ་རྟེན། *Google*

ཚར་གཞི་ཨང་ ༢ ཆོས་ཚན་ རྫོང་ཁ། སློབ་རིམ་ གློ་གསར། དུས་ཚོད་ སྐར་མ་༢༠

དོན་ཚན་ དུས་བཞི།

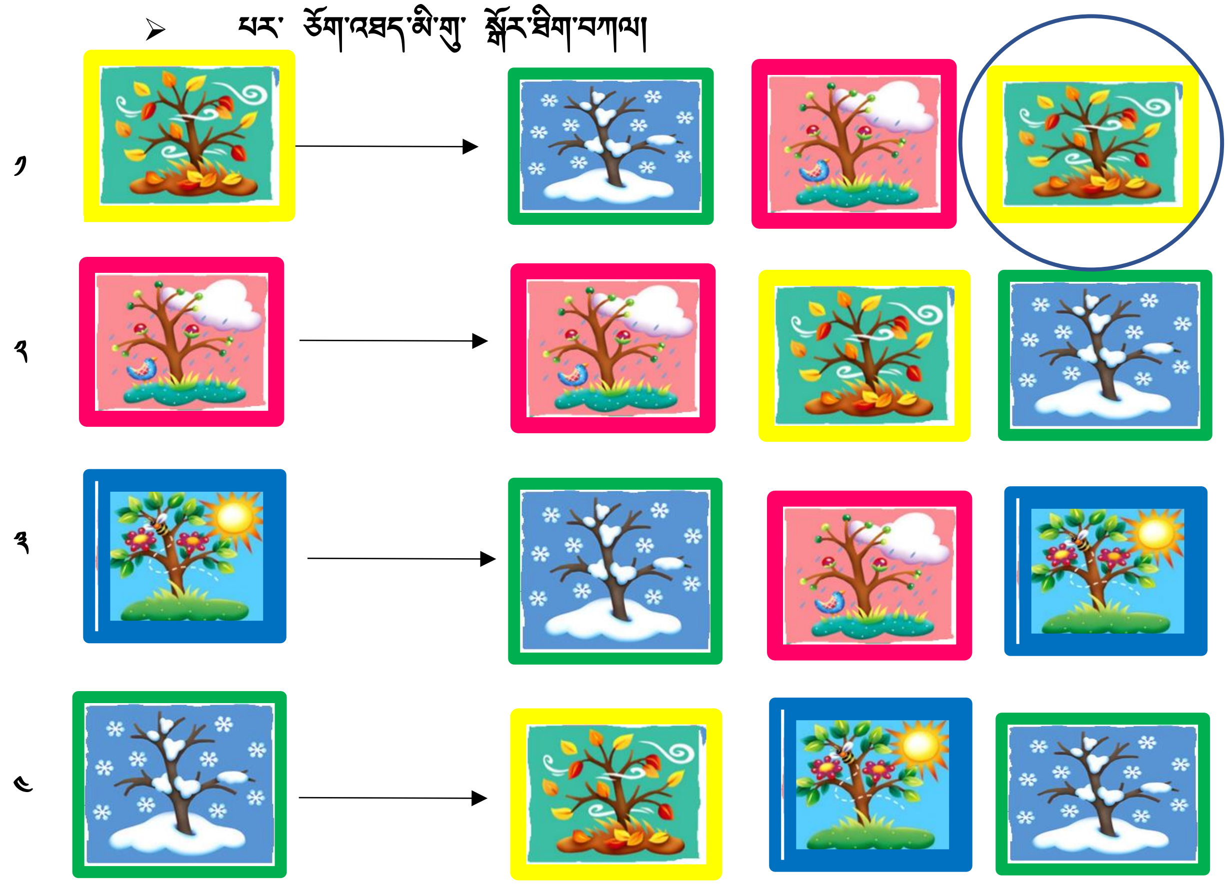
དོན་ཚན་ནང་གསེས་ དུས་བཞི་གི་སྟེབ་དང་ དབྱེ་བ།

ལས་དོན།

- དུས་བཞི་གི་པར་ ཅོག་འཐད་མི་ཚུ་ སྦྱོར་ཐིག་བཀལ་ཚུགས།
- དུས་བཞི་གི་པར་ཚུ་ མཐུན་སྒྲིག་འབད་ཚུགས།

སྦྱོང་ལཱ་༡ པ།

- པར་ ཅོག་འཐད་མི་གུ་ སྦྱོར་ཐིག་བཀལ།



པར་ཚུ་གི་རྒྱབ་རྟེན། *Google*

རང་ཉིད་དབྱེ་ཞིབ།

➢ མཐུན་སྒྲིག་འབད།

པར་ཚུ་གི་རྒྱབ་རྟེན། *Google*

འཆར་གཞི་ཨང་ ༣ ཚོས་ཚན་ རྫོང་ཁ། སློབ་རིམ་ བློ་གསར། དུས་ཚོད་ སྐར་མ་༢༠

དོན་ཚན་ རེས་གཟའ་བདུན།

དོན་ཚན་ནང་གསེས་ རེས་གཟའ་བདུན་གྱི་མིང་།

ལས་དོན།

- རེས་གཟའ་བདུན་གྱི་མིང་ཚུ་ ཚགས་པར་གྲུ་བཀལ་ཏེ་ བྲི་ཚུགས།
- སྟེབ་ལུ་བལྟ་སྟེ་ རེས་གཟའ་བདུན་མཐུན་སྒྲིག་ འབད་ཚུགས།

སྦྱོང་ལཱ་༡ པ།

- ཚགས་པར་གྲུ་བཀལ་ཏེ་ བྲིས།

རེས་གཟའ་བདུན།

མིག་དམར།

ལྷག་པ།

ཕུར་བུ།

པ་སངས།

སྤེན་པ།

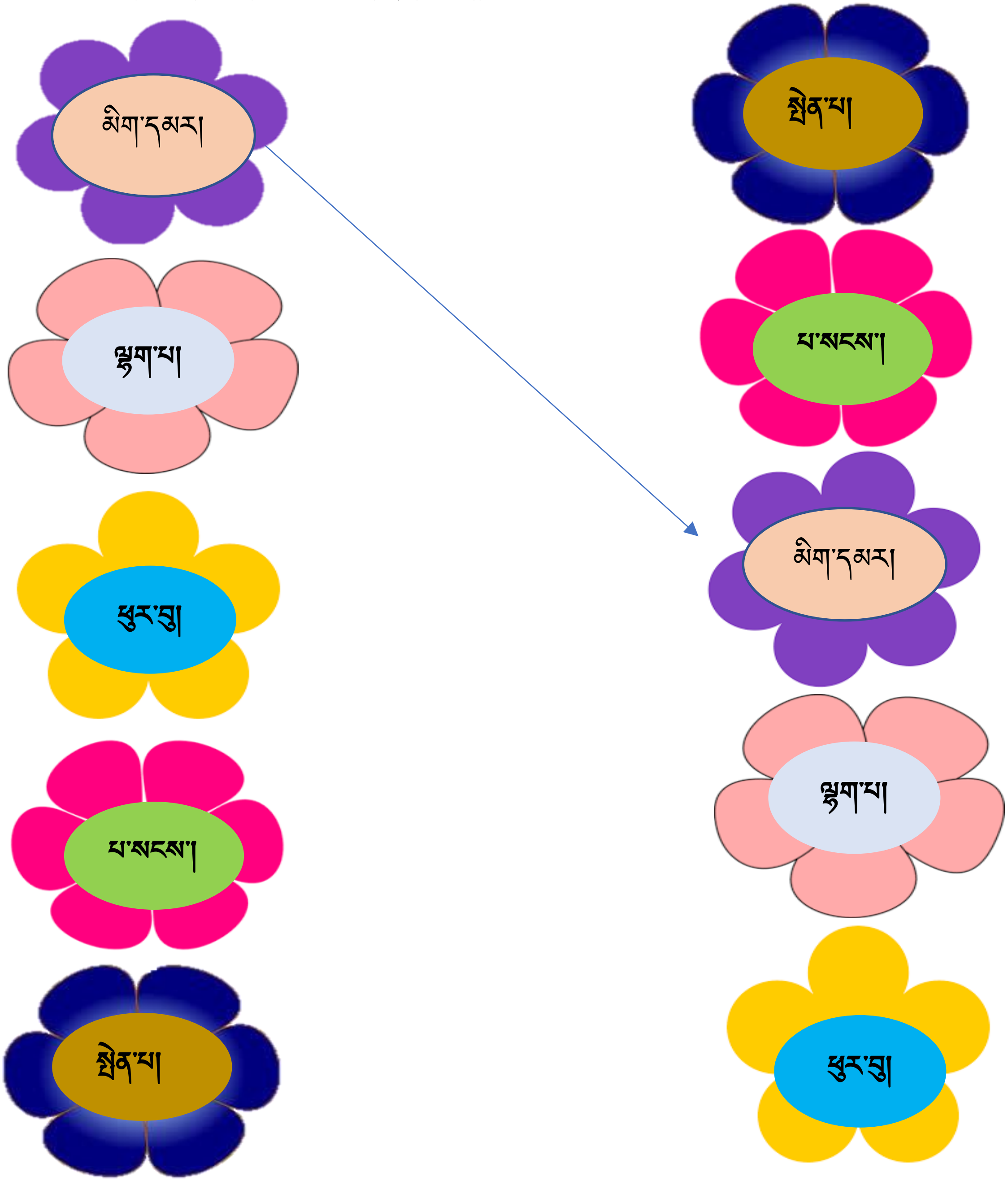
ཉི་མ།

ཟླ་བ།

པར་རྩ་གི་རྒྱབ་རྟེན། *Google*

རང་ཉིད་དབྱེ་ཞིབ།

➢ སྲེལ་ཐིག་འཐད་མི་ཚུ་ མཐུན་སྒྲིག་འབད།



པར་ཚུ་གི་རྒྱབ་རྟེན། *Google*