

Himalayan Children

Growing up in Sikkim, Nepal and Pakistan
(1970-2014)

Fritz Berger



VAJRA
BOOKS

Content

Foreword by --- vii

Introduction — 2

1. The homelands — 4

2. Happiness for baby -- 18

3. Parents' affection — 32

4. Being at home — 46

5. Exploring the world — 62

6. Joy of playtime — 76

7. Worship and Religion — 100

8. Living in shadow — 116

9. Forced to work — 128

10. Learning in school — 142

11. New Relations - - 164

12. On way to adulthood — 178

About the author - - 196