

# THE 46<sup>th</sup> GRADUATION CEREMONY

德 善 教 佛

# TAK COLLEGE

Officiated by Dr. Daisy Chow President of the Sin Tak College Alumni Association



# **BUDDHIST SIN TAK COLLEGE**

## **The 46th Graduation Ceremony**

### **Programme of Ceremony**

1. National Anthem
2. Bows to the Buddha
3. Ode to the Buddha
4. Address by the Principal
5. Presentation of Certificates
6. Presentation of Prizes
  - Dr. Ho Sin Hang Foundation Academic Awards
  - Conduct Awards
  - Service Awards
  - Dr. Gary Cheng Scholarship
  - The Hong Kong Buddhist Association Principal Ho Moon Tim Memorial Scholarship
  - Silver Jubilee Memorial Scholarship
7. Presenting Souvenirs to our Retiring teacher – Mr Yeung Kei Hoi
8. Address by the Guest of Honour
9. Presentation of Souvenir to the Guest of Honour
10. Graduation Speech
11. School Song
12. Chanting the Buddha's Name



## S.6 GRADUATES

### 6A

Chan Cheuk Hin  
Chan Choi Lee  
Chan Wai Kiu  
Chan Yan Yuet  
Cheng Wai Yuk  
Chor Kwan Tsam  
Fung Ho Hin  
Law Chun Lai  
Lee Kam Tai Oscar  
Lo Wai Yin  
Qiu Sze Ting  
Tseung Lok Lam  
Wong Hei Yu Jade  
Wun Chun Man  
Yeung Tsam Ling

陳綽軒  
陳彩莉  
陳慧蕎  
陳欣悅  
鄭煒鈺  
左鈞沁  
馮皓軒  
羅竣灃  
李錦棟  
羅煒然  
丘詩婷  
曾洛琳  
黃晞瑜  
溫雋文  
楊沁零

Chan Ching Yuen  
Chan Suet Fung  
Chan Wai Yin  
Cheng Ching Man  
Cheung Wing Yin  
Chow Pak Hin  
Kwong Ka Man  
Law Lok Yiu  
Li Sze Man  
Man Ka Ying  
Tam Winki Wing Kei  
Tung Ting Cheung  
Wu Mei Ting  
Yeung Hoi Kit

陳政元  
陳雪峰  
陳煒弦  
鄭婧敏  
張詠然  
周栢軒  
鄺嘉雯  
羅樂瑤  
李詩敏  
文嘉盈  
譚穎琪  
董庭彰  
胡美婷  
楊凱杰

### 6B

Chan Sin Yu  
Chu Lok Ying  
Gong Kalo Lulu  
Lam Ching Hoi  
Law Choi Wa  
Li Yan Yung  
Lin Hin Lok  
Luo Ho Leong  
Tse Hoi Lam  
Wong Chun Yiu  
Wong Wing Yu  
Yeung Yuet  
Yung Mo Yuen  
Zhang Man Chun Annie

陳善如  
朱樂凝  
龔嘉璐  
林鈺凱  
羅采樺  
李欣融  
連顯樂  
羅皓亮  
謝凱琳  
黃俊堯  
黃穎濡  
楊悅  
翁武源  
張文臻

Cheung Tsun Po  
Fung Sin To  
Huang Ka Ki  
Lau Wai Yin Egan  
Leung Nok Yi  
Li Yim Tung  
Luk King Leung  
Tam Pui Ping  
Wong Chun Long  
Wong Sau Ling  
Wu Yiu Kai  
Yu Shun Chit  
Zeng Pui Shan

張峻溥  
馮羨洵  
黃嘉琪  
劉韋賢  
梁諾宜  
李焱彤  
陸璟樑  
譚佩冰  
黃竣煊  
黃秀玲  
吳耀楷  
庾舜愷  
曾佩珊



## 6C

Chan Chak Fung  
Cheung Hoi Wai  
Cheung Yan Ting  
Chung Wing Tung  
Lai Wai Yi  
Li Hiu Wa  
Mak Hei Lam  
Ng Hoi Ki  
Tse Tak Sum

陳澤豐  
張鎧蕙  
張欣婷  
鍾穎潼  
賴煒怡  
李曉華  
麥熙琳  
伍凱淇  
謝德心

Chan Yik Tung  
Cheung Sin Ying  
Chui Man Kei Kelman  
Kong Pok Yeung  
Li Cheuk Lam Ariel  
Li Tsz Chung  
Mang Chi Nam  
Tang Wai Ho  
Tsoi Lap Kwong

陳奕彤  
張倩盈  
徐旻祺  
江博洋  
李焯琳  
李子聰  
孟梓嵐  
鄧偉豪  
蔡立廣

## 6D

Chan Hoi Tung  
Chan Suet Ching  
Cheng Sui Hin  
Fok Ching Yin  
Hung Pui Yan  
Lam Chun Yin  
Lau Ka Ho  
Leung Yuet Shan  
Lo Hoi Chun  
Ng Ka Ching  
Tsui Yuen Sing

陳鎧潼  
陳雪婧  
鄭瑞軒  
霍靜賢  
孔沛甄  
林俊諺  
劉嘉豪  
梁悅珊  
盧凱俊  
吳嘉晴  
徐玄星

Chan Ka Wai  
Chan Yu Hang  
Cheng Yui Sze  
Ho Ka Lok  
Koon Lee Shu  
Lam Wai Chak  
Leung Yat Long  
Li Tsz Ka  
Lu Shu Sum  
Pong Ho Kai  
Yiu Cheuk Fai

陳嘉慧  
陳裕行  
鄭睿詩  
何家樂  
官莉舒  
林惠澤  
梁日朗  
李梓嘉  
陸樹森  
龐皓楷  
饒焯輝

## 6E

Chan Sin Hang  
Cheng Hiu Yeung  
Kwan Chi Yin  
Lau Lai Lam  
Ngan Yung Ling  
Siu Ying Lam  
Wong Cheuk Lam  
Wong Ho Nam  
Wong Sze Ni  
Yang Yichen  
Yip Cheuk Man

陳善恆  
鄭曉洋  
關姿妍  
劉麗琳  
顏榕伶  
蕭映藍  
王卓嵐  
黃浩楠  
王詩鋋  
楊藝辰  
葉卓文

Chan Siu Nam  
Chiu Hoi Yin  
Kwong Nga Wing  
Mak Yui Ming  
Shek Cheuk Him  
So Cheuk Tung  
Wong Chi Hong  
Wong Hoi Chun  
Wu Pui Yan  
Yeung Lok Ching  
Yung Tin Chau

陳兆楠  
趙凱賢  
鄺雅穎  
麥芮銘  
石卓謙  
蘇卓彤  
王誌匡  
黃凱俊  
胡珮欣  
楊璐澄  
翁天宙

# 6A



# 6B



# 6C



# 6D



# 6E



## Prize Winners

### Dr. Ho Sin Hang Foundation Academic Awards:

	First	Second	Third
6A	Man Ka Ying 文嘉盈	Law Chun Lai 羅竣禮	Tam Winki Wing Kei 譚穎琪
6B	Luo Ho Leong 羅皓亮	Lau Wai Yin Egan 劉韋賢	Li Yan Yung 李欣融
6C	Lai Wai Yi 賴煒怡	Cheung Sin Ying 張倩盈	Li Hiu Wa 李曉華
6D	Lo Hoi Chun 盧凱俊	Cheng Yui Sze 鄭睿詩	Leung Yuet Shan 梁悅珊
6E	Kwong Nga Wing 鄺雅穎	Wong Ho Nam 黃浩楠	Siu Ying Lam 蕭映藍

### Conduct Awards:

6A	Chan Suet Fung	陳雪峰	Chan Wai Yin	陳煒弦
6B	Lau Wai Yin Egan	劉韋賢	Law Choi Wa	羅采樺
6C	Lai Wai Yi	賴煒怡	Li Hiu Wa	李曉華
6D	Fok Ching Yin	霍靜賢	Hung Pui Yan	孔沛甄
6E	Chan Siu Nam	陳兆楠	Kwong Nga Wing	鄺雅穎

### Service Awards:

6A	Cheung Wing Yin	張詠然	Chow Pak Hin	周栢軒
6B	Fung Sin To	馮羨洵	Wu Yiu Kai	吳耀楷
6C	Chan Chak Fung	陳澤豐	Cheung Sin Ying	張倩盈
6D	Cheng Yui Sze	鄭睿詩	Lau Ka Ho	劉嘉豪
6E	Wong Ho Nam	黃浩楠	Wong Sze Ni	王詩妮

### Dr. Gary Cheng Scholarship:

6A Man Ka Ying 文嘉盈



## The Hong Kong Buddhist Association Principal Ho MoonTim Memorial Scholarship:

### Merit Awards:

	First	Second
Chinese Language	6A Man Ka Ying 文嘉盈	6A Tam Winki Wing Kei 譚穎琪
English Language	6A Man Ka Ying 文嘉盈	6E Yung Tin Chau 翁天宙
Mathematics	6D Lo Hoi Chun 盧凱俊	6B Lau Wai Yin Egan 劉韋賢
Liberal Studies	6A Man Ka Ying 文嘉盈	6B Luo Ho Leong 羅皓亮

### Best Improvement Awards:

	First	Second	Third
Chinese Language	6C Chung Wing Tung 鍾穎潼	6D Lo Hoi Chun 盧凱俊	6C Chan Yik Tung 陳奕彤
English Language	6D Lau Ka Ho 劉嘉豪	6D Lo Hoi Chun 盧凱俊	6C Lai Wai Yi 賴煒怡
Mathematics	6E Kwong Nga Wing 鄺雅穎	6A Lee Kam Tai Oscar 李錦棟	6C Chung Wing Tung 鍾穎潼
Liberal Studies	6A Yeung Hoi Kit 楊凱杰	6A Man Ka Ying 文嘉盈	6B Luo Ho Leong 羅皓亮

### Silver Jubilee Memorial Scholarship:

6A Man Ka Ying 文嘉盈



## **Address by the Principal Ms. Chan Sai Wing The 46th Graduation Ceremony**

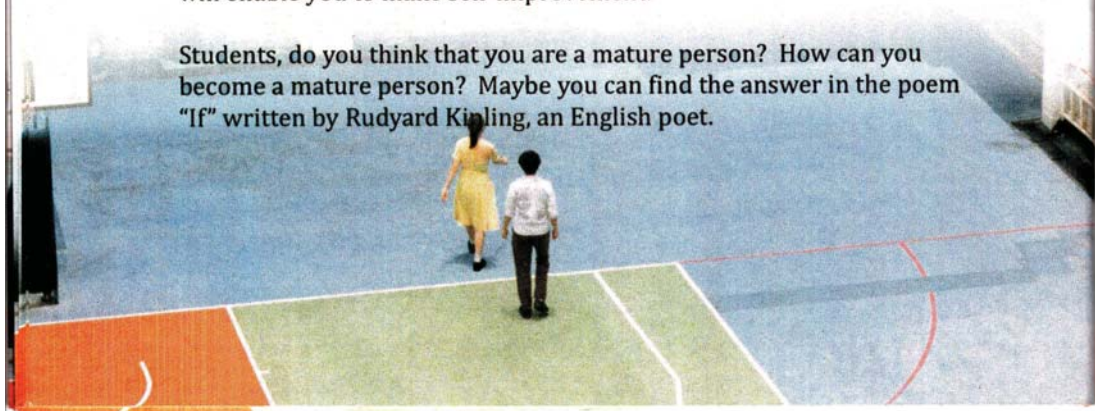
Good afternoon, Dr Daisy Chow, parents, teachers and S6 students.

Every year, the graduation ceremony gives me a mixed feeling of joy and sorrow. While I am happy that all my students have grown up and they will soon study at university or work in society. I feel sad because from today onwards I won't meet them on the school campus every day.

S.6 students, before you leave BSTC, I'd like to give you some advice. Graduation is the conclusion of one chapter and the beginning of another. After leaving BSTC, you'll enter a new stage of life. While you explore the world, don't forget to further understand yourself. With better self-understanding, you will begin to see yourself differently and clearly. Aristotle, a great philosopher, once said, "Knowing yourself is the beginning of all wisdom". If you do not know who you are, you'll have no idea where you want to go. Knowing yourself is like a compass that will direct your path in life.

Many people spend most of their time understanding other people but they don't bother to understand themselves. However, growth in life starts with self-knowledge. Self-knowledge is about understanding your real needs, desires, goals, strengths and weaknesses. So, you should take a critical look in the mirror and reflect on yourself. This will enable you to make self-improvement.

Students, do you think that you are a mature person? How can you become a mature person? Maybe you can find the answer in the poem "If" written by Rudyard Kipling, an English poet.



If—

BY RUDYARD KIPLING

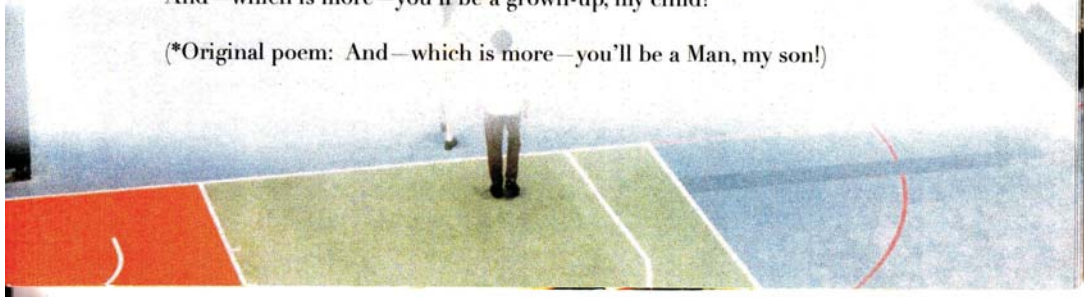
If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a grown-up, my child!

(\*Original poem: And—which is more—you'll be a Man, my son!)



I like this poem because it provides me with good principles to live by. For example, the first stanza tells you to stay calm when everyone around you is panicking and holding you responsible for their panic; to be confident even when no one trusts you; to be patient; not to lie even when people lie about you; not to hate anyone even when they hate you; and be humble.

I will not talk about the rest of the poem as there is not enough time. Yet, I'd like to tell you my favourite line:

"If you can meet with triumph and disaster and treat those two impostors just the same..."

Never let "Triumph" or "Disaster" overwhelm you. You shall see successes and failures as temporary and not especially meaningful.

I hope that you will move through life with composure, and always exercise self-control, integrity, and humility. There will be challenges ahead. Stay calm and be resilient in the face of adversity. Your parents, teachers and I will always be there for you. Wish you all the best in your future endeavours.



**Address by the Guest of Honour**  
**Dr. Daisy Chow**  
**The 46th Graduation Ceremony**

Good afternoon, Principal Chan, Teachers, Families, and Friends, my fellow BSTC Graduates, Ladies, and Gentlemen,

Congratulations! It is a great honour that I am standing before you today to celebrate your achievements. Your school life has been long, perhaps exhausting, and not always fun, but I am sure a fruitful and rewarding journey.

In 1990 when I graduated from Form 7 in Buddhist Sin Tak College, I entered the University of Hong Kong and studied literature. I started my career in the media and publishing field and stayed there for almost ten years. First, I worked with an international trade magazine as a reporter and editor, travelling to different countries to conduct interviews and attend meetings and conferences. It was great exposure for me as a fresh graduate. Then, I became the Chief Editor supervising the editorial and production team. Later, I extended my role and responsibilities to a global professional publisher's broader product research and development. The experience was treasurable as it laid the foundation for my future commitment to administration and management.

In the following 10-15 years, I shifted to another different field. First, I joined a foundation to introduce an international science award, providing the secretariat service and administering the foundation office. Afterward, I joined the tertiary education sector, specialising in college management, programme development, and accreditation. They were extraordinary.

I now perform a different role for an education institute, focusing on fundraising, fund management, and event coordination. It is a diversified and exciting engagement. I have been working in this capacity for over six years.



On top of my career, I am a lifelong learner. I attained four Post-graduate qualifications in business and education areas in 18 years. In addition, I gained a Doctoral Degree award in business administration in 2018.

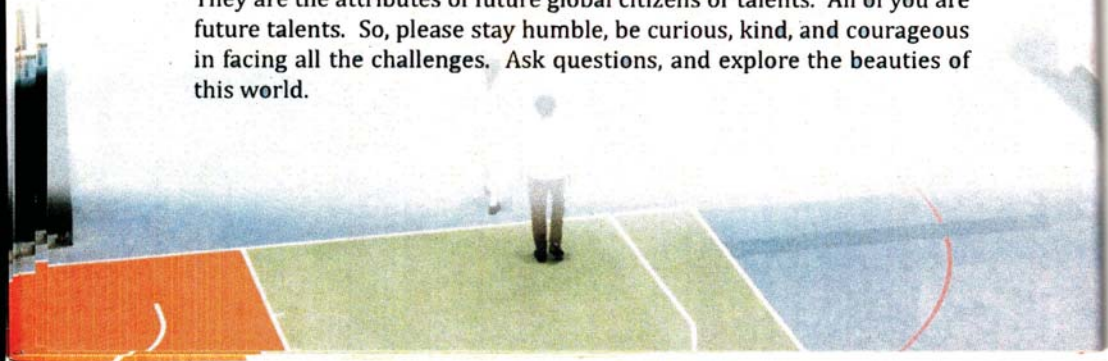
So, this is a brief profile of myself. It has been a long journey full of challenges and accomplishments, hardship and happiness, wonder and anticipation. These are the origins of my pleasure.

I came from a grassroots family, similar to most of you here. There was no crystal ball to make me successful. Most of the time, I had no luck. So, to fulfill my goals and balance career development and personal enrichment, I paid extra effort and substantial time, having numerous sleepless nights and putting aside the entertainment.

Learning is an ongoing process. Keep doing it yourself. The beautiful thing about learning is that no one can take it away from you. Continuous enhancement and improvement helped me become confident, strong, ready, and adaptable to changing working environments. Some elements are essential: To be creative and imaginative; To think original and unconventional, and not to be afraid to push the boundaries; To be respectful and open to the ideas of others; To accept the "different," and To embrace the unknown. Try to aim high in pursuit of excellence, and you always get a better result than expected.

Upon completing my doctoral degree study, a question came to me - whether I felt it difficult to overcome the whole process. My answer was "No". It was because I never felt difficult at the beginning, so I never felt so difficult.

I think possessing those qualities and values can transform individuals into actual "citizens of the world" that can adapt to critical circumstances and provide solutions to humanity's grand challenges. They are the attributes of future global citizens or talents. All of you are future talents. So, please stay humble, be curious, kind, and courageous in facing all the challenges. Ask questions, and explore the beauties of this world.



Sin Tak College is a habitat for us to study, establish value and make friends. It is our home and also a part of our lives. Our uniform, which I missed the most, stands for our school life and sense of belonging. I missed the Home Economic classes much as it was my memory of many "first" trials of making cookies and needlework. I missed all my beloved teachers and staff members. I also missed the Buddhist studies lessons where I learned how to cherish and forgive, "種善因得善果" "What goes around comes around. 善 (Sin) and 德 (Tak)." "Sin" mean kindness, that is, being friendly, generous, and considerate to others and yourself. "Tak" is how you hold or manifest high principles for proper conduct. These are the principles guiding our lives.

Your education is a dress rehearsal for a life yours to lead. It is not the end but rather the beginning of a new, perhaps even more exciting and unpredictable journey that will lead you to the next step.

Our school is going to be 50 years old in 2023. We are getting together to commemorate this historic moment. As the President of the Alumni Association, may I appeal to all of you, my dear brothers and sisters, to join our family? Please act today.

I look forward to seeing you on campus or at the upcoming anniversary programmes.

Good luck and happy graduation! Thank you.



## Graduation Speech

### 6A MAN KA YING 文嘉盈

Good afternoon, Dr. Chow, parents, teachers and fellow schoolmates. I am Michelle Man of class 6A. It is a great honor to deliver this graduation speech on behalf of class 2022 of Buddhist Sin Tak College.

At this important moment, I would like to take this precious opportunity to express our gratitude to our parents who accompany us in times of good and bad. Life can be exhausting under the stress of public exams, but your love has always been the greatest force. Trying your hardest to give us the best learning environment, you've made countless sacrifices. Your outpouring support reassures us that it is okay to think without boundaries and explore every possibility. Because of this caring shelter, we are never afraid of making mistakes or tackling obstacles. A mere thank you is far from enough to describe your continuous encouragement and help in our lives. So let's give a big round of applause to our dear parents!

I would also like to show our sincere thanks to our teachers. You are like a farmer who cultivates, nurtures, and showers us with knowledge so that we can thrive and grow. You play a vital role in showing us the fascination of learning as a curator of passion. You are dedicated to captivating our minds and fostering our curiosity in pursuit of a more capable "us". Not only do you prepare us for the battle of public exams, but you also teach us the philosophy of life, thereby allowing us to dream and soar like a kite. Thank you for being our guides and mentors. For all the things you do, and for who you inspire us to become, let's give a round of applause to our beloved teachers!



Time flies. Six years ago we came at here as children, and now we're leaving as adults. We've matured and grown, but somethings don't change, our friendship. Sin Tak is not just a school to us, but a home. We shared tears and laughter, hope and despair. We've gone through failure and achievements. We cheer for each other and ultimately embrace our imperfections. Thanks to the ones sitting next to you, you laughed a little harder, cried a little less, and smiled a lot more. It is undeniably sad that we may not gather again in school. However, true friends are never apart. We will be apart, perhaps in distance, but absolutely not in our hearts. How lucky it is to meet each other and to be here, basking in the afterglow of our memories.

All our hard work will eventually pay off and we're now ready to open a new chapter of your life beyond secondary school. We're a special high school class. So unprecedented are we that we've had a roller coaster ride, from week-long quarantines to distance learning, from masked classes to Google Classroom assignments. All of these were never seen in the history of education. Despite being thrown into the thunderstorm of uncertainty, we worked a way to overcome it. These experiences allows us to adapt to and deal with fast changing circumstances. Besides, Living in such an unusual era enables us to conquer every arduous task. In short, we are unique we are brave and we are ready for our next stage.

As we are leaving this safe and structured institution to chart our own path, every choice we make leads to the next choice which leads to the next. It is probably hard to know sometimes what way to take. Nonetheless, just bear in mind, you are young and nothing is impossible. So simply go after our aspirations! Class of 2022, all the best in the future. Let's rise and give the greatest applause to our alma mater and ourselves one last time. Thank you, and farewell.



# Organising Committee

## Overall Coordination

6A Cheung Wing Yin

## Class Representatives

6A Cheung Wing Yin Cheng Wai Yuk Chow Pak Hin

6B Gong Ka Lo Lu Lu Wong Wing Yu Yeung Yeut

6C Chan Chak Fung Chung Wing Tung Tang Wai Ho

6D Cheng Yui Sze Lam Wai Chak Lau Ka Ho

6E Lau Lai Lam Wong Cheuk Lam Wong Sze Ni

## Mistresses of Ceremony

6A Cheng Wai Yuk

6B Gong Ka Lo Lu Lu

6C Chung Wing Tung

6D Cheng Yui Sze

## Event Managers

6C Chung Wing Tung Chan Yik Tung

6D Lau Ka Ho Cheng Sui Hin

6E Lau Lai Lam Yeung Lok Ching

## Seat Arrangement /Reception/Prize Presentation

6A Cheng Wai Yuk Li Sze Man

6B Gong Ka Lo Lu Lu Yeung Yuet Zeng Pui Shan

6C Cheung Hoi Wai Mak Hei Lam Li Cheuk Lam Ariel

6D Cheng Yui Sze Chan Hoi Tung Chan Ka Wai Leung Yuet Shan

Ng Ka Ching

6E Wong Ho Nam



**Graduation Speech**

6A Man Ka Ying

**Hall Decoration**

6B Wong Wing Yu

6C Cheung Yan Ting

6D Lam Wai Chak

6E Wong Cheuk Lam Wong Sze Ni Kwong Nga Wing Wu Pui Yan

**Music**

6B Yung Mo Yuen

**Photography**

Leung Lok Yin (alumni)

**Stage Management /Sound & Lighting**

6A Chow Pak Hin

6B Lin Hin Lok

6C Chan Chak Fung Tang Wai Ho

**Brochure Design**

6B Wong Wing Yu

6D Lam Wai Chak

6E Wong Cheuk Lam Wong Sze Ni



## 佛寶歌

人天長夜，宇宙黢闇，誰啟以光明？

三界火宅，眾苦煎迫，誰濟以安寧？

大悲大智大雄力，南無佛陀耶！

昭朗萬有，衽席群生，功德莫能名！

今乃知，唯此是，真正皈依處。

盡形壽，獻生命，信受勤奉行。

## 校歌

佛化教育福慧兼宗，自修覺世行與願同。

戒以律身定斯淨意，慧循悟顯寧殊耆稚。

慈貴無緣悲與同體，喜無怨惡捨忘拯迷。

信誠解正學博德圓，承先啟後遐邇遍傳。

## 佛號

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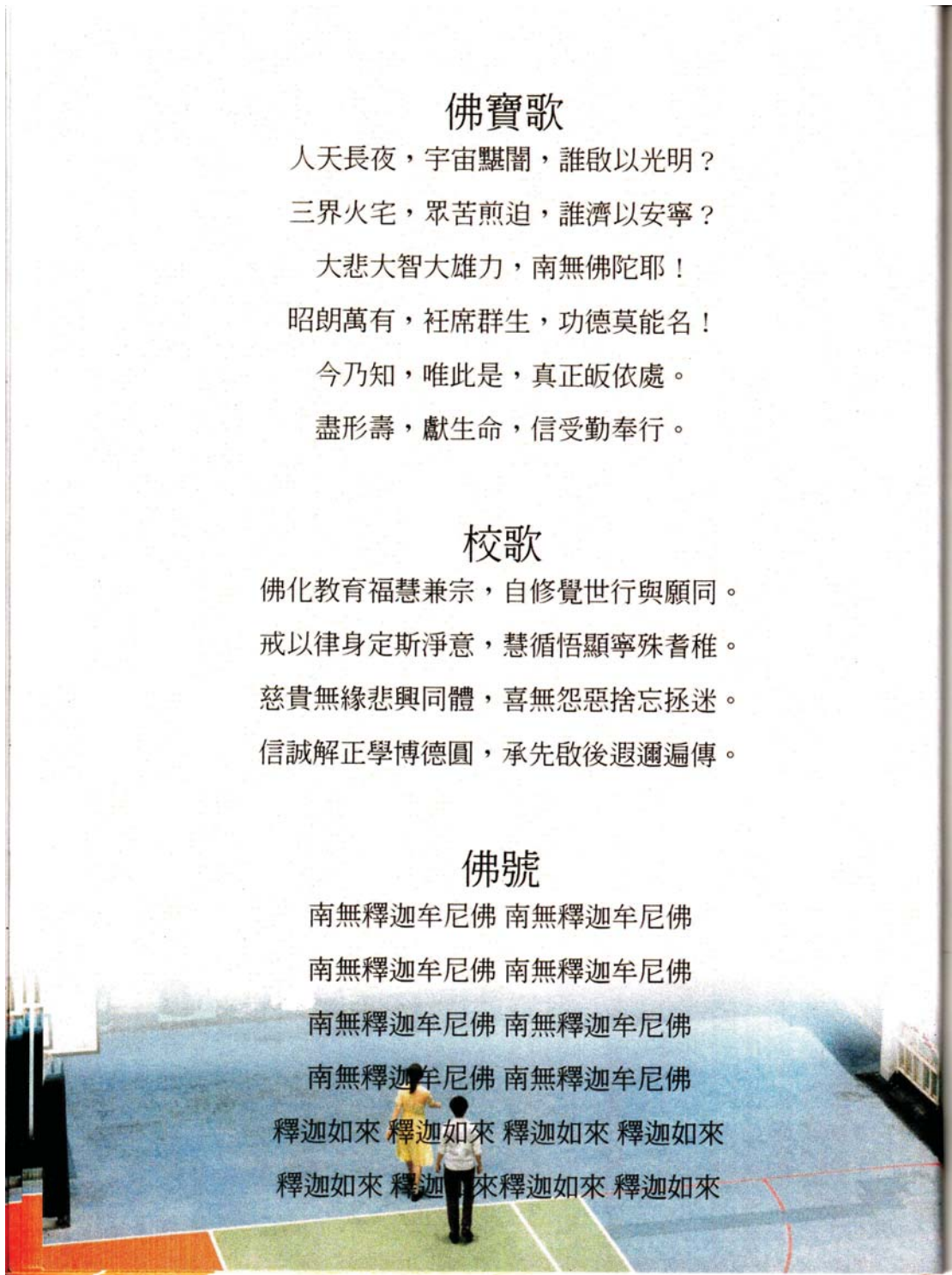
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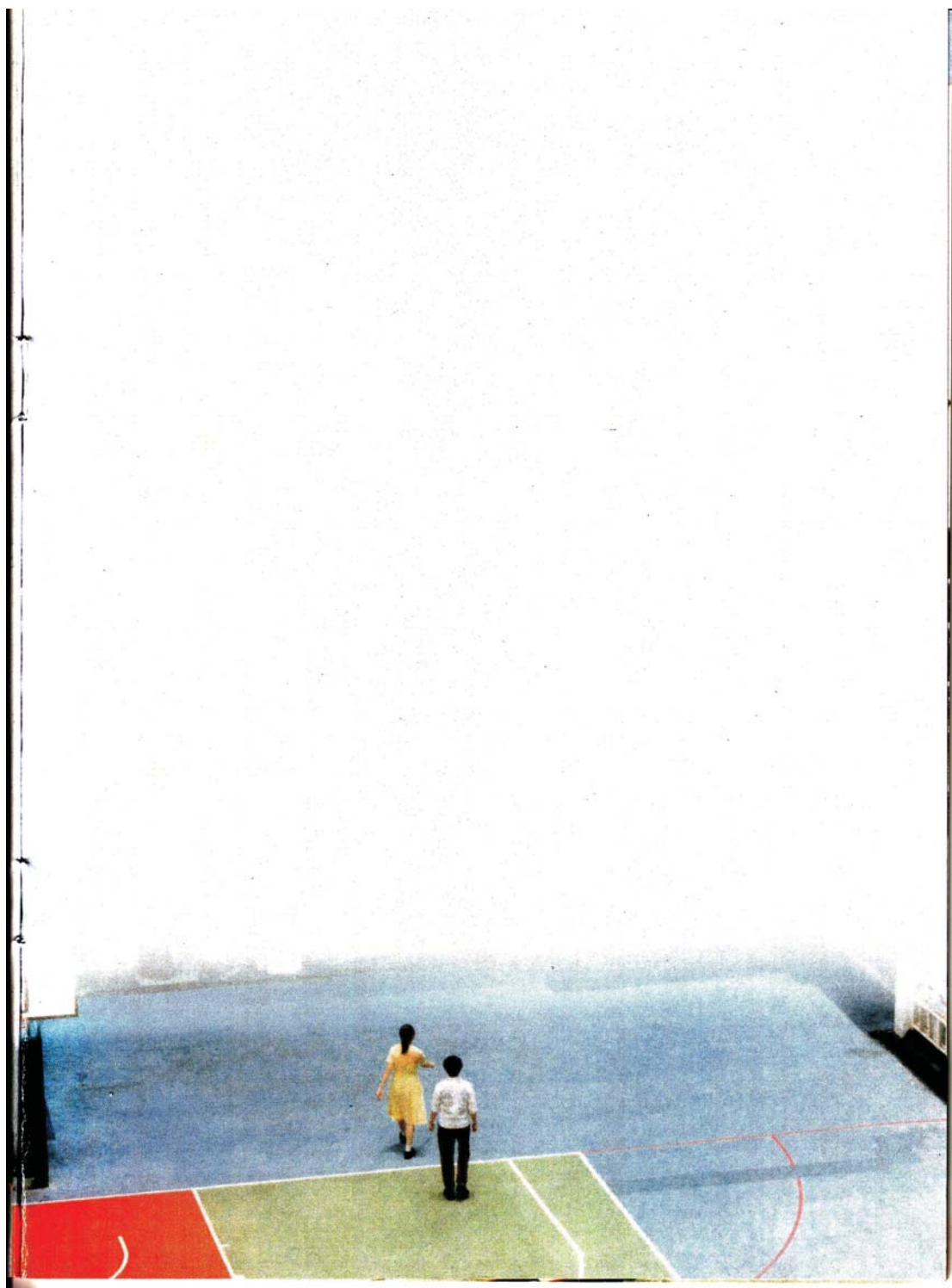
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學 中 文 英  
BUDDHIST SIN

