



Triveni

Volume 11 | 2016-2017

Message from the Editorial Board

Triyog is an institution which has completed its 30 years of excellence in not just providing quality education but also developing the students intellectually, emotionally, physically, socially, and morally. We came here as children, hungry for knowledge, and have developed into 'Triyogees' with all essential life skills and moral rectitude imbibed in us. We are excited to present the eleventh edition of our school magazine, Triveni which contains a reflection of the hard work and dedication of the entire Triyog family.

Triyog believes in appreciating students' works, rewarding them and help them to be exposed in public. Keeping that in mind, the young authors and artists of Triyog have expressed their talents via articles and art works which have been selected for this magazine. It was definitely a herculean task for us to select, edit and digitalize numerous articles but the experience of being part of a larger project and watching it slowly take shape was a reward in itself. With one more edition of Triveni presented before you, we are happy to have been able to contribute in our own way to keeping the legacy of Triyog alive. We would like to express our sincere gratitude to our Principal, In-charges, the administrative staff and all of our teachers who have been constantly supporting us in shaping the school magazine. Their unflinching support and wonderful guidance has been our constant companion during the development of Triveni.

Hats off to each and every one who has laboured hard and contributed to this magazine. We hope that our readers will have a cheerful time reading and appreciating the imagination, hard work and zeal of our students.

Happy reading!
Editorial Board

Editorial Board

1st Row (L-R): Divya Angsha Rocca, Ashma Pandey, Yashaswi Shah, Aarya Dhital, Niraj Baral, Ms. Jenesha D. Kunwar

2nd Row (L-R): Ms. Savita Kapruwan, Prasen Man Shrestha, Pradipti Shrestha, Prithu Adhikari, Spanda Michella Rana, Ms. Reeta K.C.

3rd Row (L-R): Ms. Sabina Katwal, Mr. Nikendra Gurung, Mr. Niladri S. Parial, Mr. Bed Prasad Aryal, Mr. Churamani Pandeya

Original Cover Artwork By: Kanchan Dhakal, VII 'C'



Acknowledgement

- Ms. Sabina Katwal, Mr. Nikendra Gurung Tamu, Mr. Churamani Pandeya and Ms. Savita Kapruwan for their support in constituting the editorial board.
- The teachers of the English and Nepali Departments for their valuable support in finalizing the articles.
- Mr. K.H. Dhakal and the entire Administration Team for their help in shaping the magazine.
- All the teachers, students and staff involved in making this magazine a success.
- Ms. Jenesha D. Kunwar for playing a pivotal role in bringing this magazine to life.
- WordScape the Printer for their cooperation.



मा. धनिराम पौडेल (डि.आर.)
शिक्षा मन्त्री

निजी सचिवालय
सिंहदरबार, काठमाडौं

पत्र संख्या: ०६३/६४

मिति : २०७३/१२/२४


चलानी नं.: २६६

शुभ- कामना

Triyog H.S.School धापासी, काठमाडौंले "त्रिवेणी" शैक्षिक पत्रिकाको ११औं अङ्क प्रकाशन गर्न लागेको खबर पाउँदा मलाई खुशी लागेको छ। यस अवसरमा विद्यालयका सम्पूर्ण शिक्षक, विद्यार्थी, अभिभावक लगायत सरोकारवाला सबैमा हार्दिक बधाई तथा शुभकामना व्यक्त गर्दछु।

विद्यालयले गरेका विभिन्न शैक्षिक गतिविधि, शैक्षिक सूचनाहरु, शैक्षिक उपलब्धी र शिक्षासम्बन्धि लेख-रचनाका साथै स-साना बालबालिकाहरुका रचनाहरु समावेश भएको यो बाल पत्रिका पठनीय हुने विश्वास मैले लिएको छु। आजका बालबालिका नै भविष्यका कर्णधार हुन्। भविष्यको लागि मुलुकलाई आवश्यक पर्ने योग्य र दक्ष नागरिक आजका बालबालिकाहरु नै हुन्। उनीहरुलाई सर्वसुलभ ढंगले समयानुकूल र गुणस्तरिय शिक्षा प्रदान गर्नु राज्यको दायित्व हो।

नेपालको संविधानले शिक्षा सम्बन्धि हकलाई नागरिको मौलिक हकको रूपमा प्रत्याभूत गरेको छ। उपरोक्त संवैधानिक व्यवस्थालाई व्यवहारमा कार्यान्वयन गर्नु हामी सबैको कर्तव्य हो। अन्तमा, विद्यालयका शिक्षक, कर्मचारी, अभिभावक र विद्यार्थीलाई शैक्षिक गुणस्तर सुधारका लागि आ-आफ्नो ठाउँबाट विशेष भूमिका निर्वाह गर्न अनुरोध गर्दछु। साथै यस विद्यालयले शैक्षिक क्षेत्रमा पुऱ्याएको योगदानको उच्च मूल्याङ्कन गर्दै विद्यालयको उत्तरोत्तर प्रगतिको कामना गर्दछु।


(धनिराम पौडेल)
शिक्षामन्त्री

मा. धनिराम (डि.आर.) पौडेल
शिक्षा मन्त्री



Regd. No. 203/2047/2048

"Let All The Private And Boarding Schools Be United"

निजी तथा आवासीय विद्यालय अर्गनाइजेशन नेपाल PRIVATE & BOARDING SCHOOLS' ORGANIZATION NEPAL (PABSON)

CENTRAL EXECUTIVE COMMITTEE

Ref.No. 19/073/074

Date: 2073/12/25

शुभकामना



श्री त्रियोग उच्च माध्यमिक विद्यालय, धापासी-६, काठमाडौंले विभिन्न शैक्षिक एवं सामाजिक चेतनाका ज्ञानवर्द्धक सामाग्रीसहित विद्यार्थी, शिक्षक-कर्मचारी तथा विद्वत वर्ग तथा शुभचिन्तकद्वारा रचित बहुपयोगी लेख-रचनाहरु र विद्यालयको प्रगति विवरण समावेश गरी शैक्षिक पत्रिका त्रिवेणी को अंक ११ प्रकाशन गर्न लागेको कुरा थाहा पाउँदा मलाई अत्यन्तै खुशी लागेको छ ।

विविध ज्ञानविज्ञानका विषयवस्तुहरु समावेश गरी प्रकाशन गरिने यस किसिमको बहुपयोगी शैक्षिक पत्रिकाले शिक्षा क्षेत्रमा विद्यालयले पुऱ्याएको योगदानका सम्बन्धमा आम जनमानसलाई सुसूचित गराउन, विद्यार्थीहरुमा अन्तर्निहित बहुप्रतिभाको उजागर गर्दै बालबालिकाहरुको सृजनशीलतालाई उत्कर्षमा पुऱ्याउन र उनीहरुको सीप, दक्षता एवं कलालाई निखारता प्रदान गर्न महत्वपूर्ण भूमिका खेल्ने छ भन्ने मैले विश्वास लिएको छु ।

स्थापनाकाल देखिनै गुणात्मक शिक्षाको अभिवृद्धि गर्दै विद्यालयले शैक्षिक एवं सामाजिक क्षेत्रमा प्राप्त गरेको उत्कृष्टता, उपलब्धी र पुऱ्याएको योगदान अत्यन्तै सन्धानिय छ । साथै, विद्यालयले शिक्षाको माध्यमबाट चेतनशील, सभ्य र सुसंस्कृत मानव संशाधनको उत्पादन गर्दै समाज र राष्ट्र रुपान्तरणको कार्यमा पुऱ्याएको अमूल्य योगदान प्रशंसनीय छ । समाज र राष्ट्रप्रति समर्पित यो निश्चार्थ सेवाभावले आगामी दिनमा समेत निरन्तरता पाइरहने छ भन्ने हार्दिक अपेक्षा व्यक्त गर्दछु ।

अन्तमा, यस किसिमको सृजनात्मक एवं रचनात्मक पत्रिका प्रकाशन गर्ने कार्यमा संलग्न विद्यालयका संस्थापक/प्रिन्सिपल, शिक्षक-कर्मचारी तथा सम्बन्धित सबैमा हार्दिक धन्यवाद व्यक्त गर्न चाहन्छु । साथै, आगामी दिनमा श्री त्रियोग उच्च माध्यमिक विद्यालय, ले युगानुकुल शिक्षा प्रदान गर्दै समग्रमा राष्ट्रलाई नै एक शैक्षिक पर्यटकिय केन्द्रकोरुपमा स्थापित गर्न महत्वपूर्ण भूमिका निर्वाह गर्नेछ भन्ने अपेक्षासहित विद्यालयको निरन्तर प्रगतिको लागि हार्दिक शुभकामना व्यक्त गर्न चाहन्छु ।

(विजय सम्बाहाम्फे)

अध्यक्ष

केन्द्रीय कार्यसमिति, प्याब्सन

"गुणस्तरीय शिक्षामा निजी क्षेत्रको अपरिहार्यता; समृद्ध राष्ट्र निर्माणमा प्याब्सनको प्रतिबद्धता"

Central Office, Dillibazar, Kathmandu, P.O. Box No. 24973, Phone : 01-4420663, Fax : 4438404, E-mail : pabsoncc@gmail.com, Website-www.pabson.org

Message from Executive Director

Dear All

Welcome to another interaction with Triyog, a community of vibrant learners and passionate educators!

It is a matter of delight for me to write to all our avid readers as we present TRIVENI, our school magazine. This magazine provides a wonderful opportunity for the young creative writers, artist and keen photographers of this school to showcase their talents. The venture also underpins our efforts to build individuals who are exposed to multiple learning platforms besides being encouraged to pursue academics with commitment and sincerity.

It may need mentioning here that we are committed to academic excellence. Students will be challenged intellectually to excel in academics whilst getting equally fine opportunities to do extremely well in other areas too. Numerous competitions, both in-house and external, would build abiding confidence in our youngsters and impart life skills. Notably, a host of extracurricular activities at the School, managed by experts, would continue to ensure that *all-round learning*, the essence of Triyog education, never stops.

All who have worked hard to bring out the eleventh edition of TRIVENI must be congratulated! We are sure that you – our well-wishers – will appreciate the hard work that our pupils, teachers, and the administrative team have put in composing this enjoyable publication.

Happy reading!

Ajit Lama



Message from the Principal

Welcome to the 11th iteration of our School magazine, Triveni. It is a labour of love from many quarters – from the young writers that send in their submissions to teachers hoping that their article, poem, or art work gets printed, to the Block Coordinators who sift through many hundred pages to select appropriate content, to the central person that coordinates all written and photo content painstakingly putting them into digital folders, and the design team that works on aesthetics of visual presentation – the final outcome comes across multiple stages.

I feel very pleased to see the members of our publication club interviewing social celebrities and change-makers, both at school and elsewhere. The students of the photography club have patiently captured the many events that have taken place at School and captured the people that have

walked through the gates of Triyog through their lenses. It is at such platforms that students discover themselves beyond academics.

We want Triveni to be not just the reflection of ideas that our students nurture. We want it to be a true reflection of the environment that the school functions in and hopefully we have been able to capture snippets of such.

With each passing year, we will continue to evolve Triveni into something worthy of attention whilst remaining true to the core values of the School. Let me also take this opportunity to wish all of our readers a very Happy and Prosperous New Year.

Niladri S. Parial



Parent - Teacher Association



Mr. Ajit Lama



Mr. Niladri S. Parial



Ms. Jharana Singh



Ms. Sarika Bista



Mr. Prakash Shrestha



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Chandra Dhungana**



Ms. Savita Kapruwan



**Mr. Churamanai
Pandeya**



**Mr. Nikendra
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Ms. Sabina Katwal



Mr. Jagdish Baral

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Ms. Tara Paudel



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Ms. Sarita Manandhar



Ms. Sabita Shrestha



Ms. Nim Digi S. Kharel



Mr. Rajan Prasad Adhikari

Ms. Sumitra Adhikari

In Memoriam

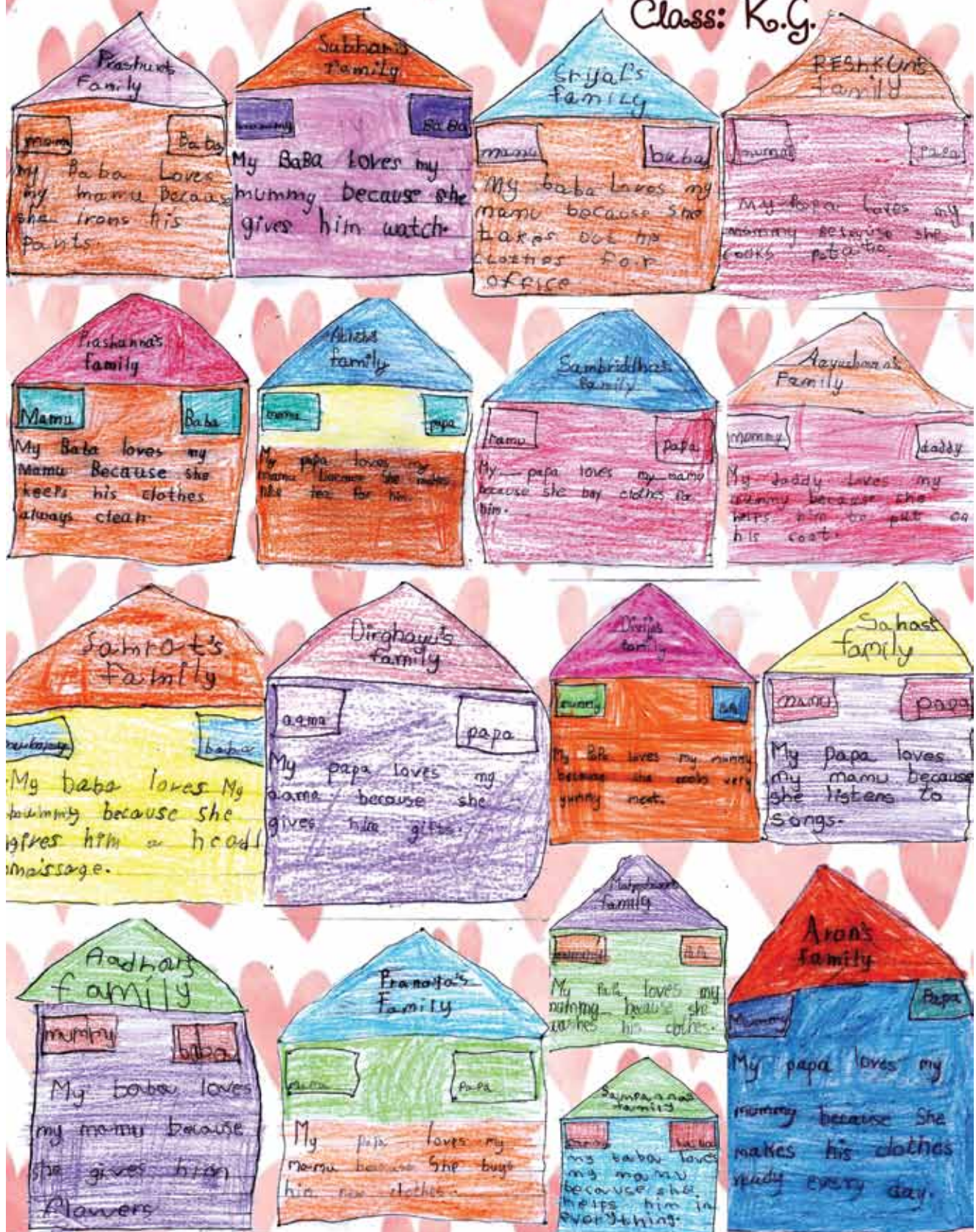


“Doing what I do best - SPEAK. Because when I get to talk to people, it is one of those few moments when I feel that the whole world is mine.”

Aasna Singh
15.11.1997 - 02.04.2017

Why my Baba loves my Mummy

Class: K.G.

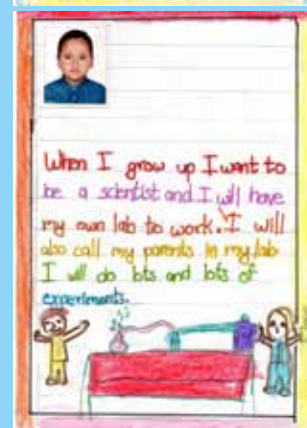
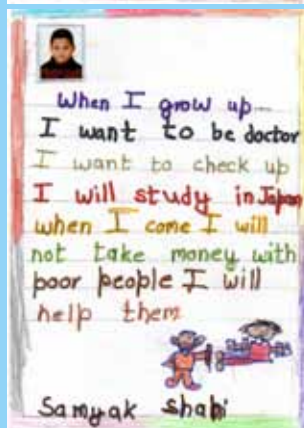
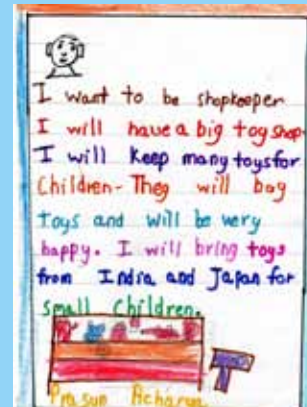
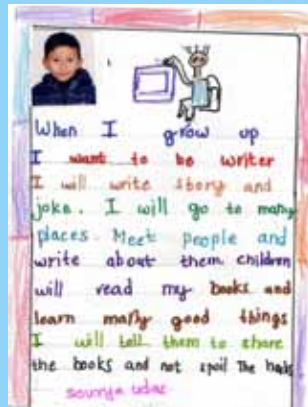
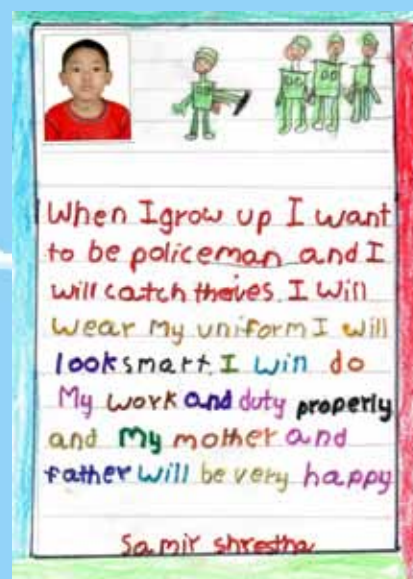


एकलाई अनेक बनाउने तरिका कक्षा के.जी.

 चरा = चराहरू मीजल प्रधान	 कलम = कलमहरू रेडकुन बनाउने	 चङगा = चङगाहरू प्रनयन कैसी	 बस बसहरू दिर्घायु लम्बा
 रुख = रुखहरू शुक्ला बाटा काग	 फुली = फुलीहरू अभिनी गुरु	 कमिला = कमिलाहरू मैहवरका मल्ल	 घर = घरहरू सम्पन्न सुक्की
 बल = बलहरू साहस विक्रम राणा	 घडी = घडीहरू सम्राट गौतम	 माछा = माछाहरू सम्पन्न जंगल	 छाता = छाताहरू आधार विभिन्न
 किताब = किताबहरू प्रसन्न जि.सी	 रूखाउ = रूखाउहरू आरोन पुरी	 गिलास = गिलासहरू आयुष्मान मल्ल	 अम्र = अम्रहरू प्रशन्नमान मालकार

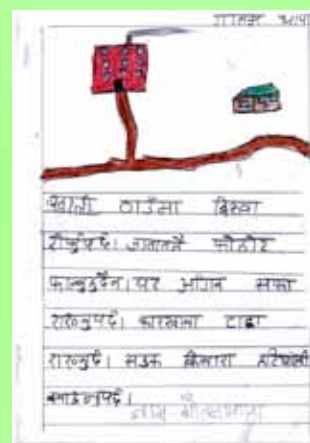
When I Grow Up

Class I 'A'



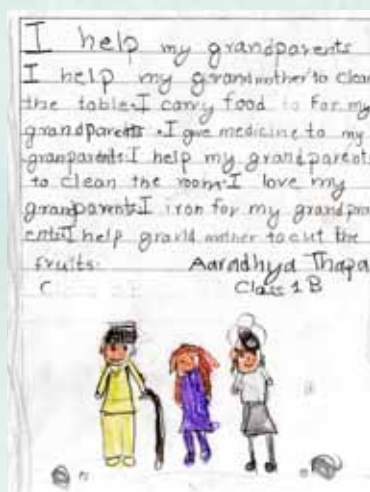
वातावरण सफा राख्न के के गर्नु पर्छ

कक्षा १ 'क'

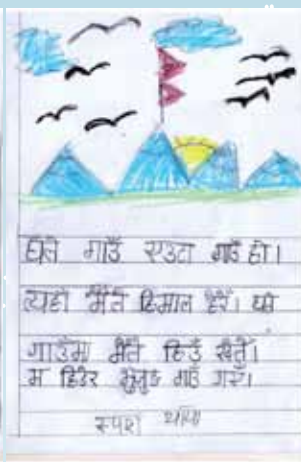


HOW I HELP MY GRANDPARENTS

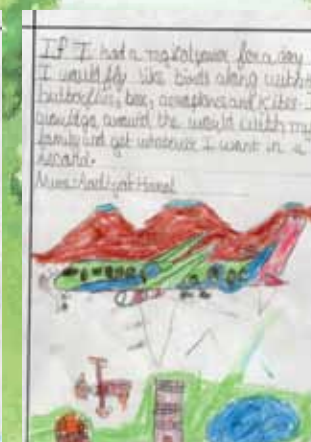
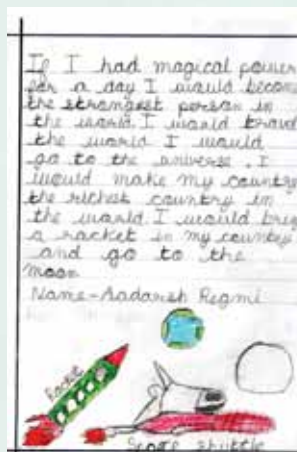
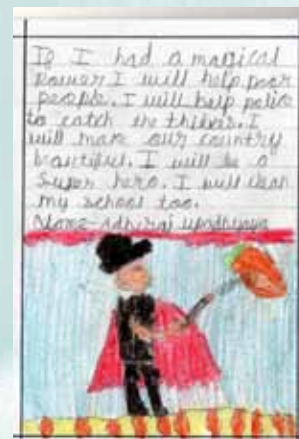
CLASS I 'B'



जाडो बिदामा घुम्न जाने ठाउँ कक्षा १ 'ख'



"IF I HAD A MAGICAL POWER FOR 1 DAY" CLASS II 'A'







IF I WERE A...

CLASS II 'C'

If I were a lion

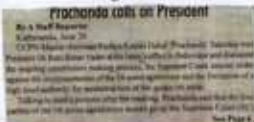
If I were a lion, I would be the king of jungle. I would eat meat of animals, what I do, I will be hungry. I have one problem that is hunters come to trap me. I have more: the animals have to obey me, because I am the king of a jungle. Some people keep me in a zoo. My house is called Den.



If I were a newspaper

I will have many news. I will be in white, green and lots of colours. I would not eat any things. People will take me to their house and read me. They will put me on the bed, sofa, table and chair. I am afraid that man will cut me and make any things they like.


By: Sulav Subedi



If I were a bee

If I were a bee, I would be small. I would go to the flowers and take nectar from it but people would push flowers from the nectar we will make honey. We can then make nectar inside our body. I would be very helpful. I can in change. People usually see bees and hit them. And if so, I will sting them also. I would live in hive. My body part would be yellow and black. I would work very hard. We will collect nectar from many flowers to collect nectar. For me that is honey. We have to eat many nectar. So I would like to suggest people not to push flowers instead plant flowers. I would like to suggest to be in bee.

By: Anurag Bhandari



If I were a tree


If I were a tree I would give shelter to everyone and some people would make swing on me. Birds will make their nest on me. Children also climb and play. Everyone will eat my fruits and play with my leaves. They would make so many things like: gunpowder, perfume and pencil but I am sad because they cut me. I would be very happy to be tall tree and give clean oxygen to all the human and animals.

By: Anagana Samet

If I were a parrot

If I were a parrot I would fly in the sky. I will get so many friends. I love to live in jungle. I would eat green chilies and feed grains. They would put me in a cage and they teach me how to speak. I would be in green colour and blue. I will be small. I would love to fly in the sky.

By: Albin Boniya




If I were a vulture

Birds are very lucky, they can fly around. If I were a vulture I would fly around the world. I would build a nest and live there. But sometimes things will turn very bad. Hunters will hurt me and kill me. I would help the environment to be clean because I only eat dead animals. Do you know I never kill animals I only eat dead ones. I would be very happy.

If I were a vulture.


By: Graham Thapa



If I were a peacock

If I were a peacock, I would be a special bird. I would eat insects. I would have all the colours of the rainbow on my body. I would spread my wings when I dance. I would look beautiful. Then I would be happy people will take photographs of me. People will come and kill me for my feathers. I will be happy to be a peacock.


By: Dipika Pandel



If I were a bunny

If I were a bunny I would eat a lot of carrots. I would make many friends with other bunnies. I would jump, hop and play in the forest with my friends. I would be happy because farmers will grow carrots for me. I would not fight with others. I would be friendly with other animals and humans would kill me for their needs. Animals would kill me for their food and humans would kill me for my fur. Some people put me in zoo some keep me as their pet. I would be a very useful animal.


By: Nimesh Rajbanshi



If I were a butterfly

If I were a butterfly, I would be so lucky. I would be so pretty. I would be so small and tiny, and I will have beautiful pattern. That would help me fly. I would drink juice called Nectar from the flower. If I were a butterfly, I would be in 5 different colors. I would also be sad when people catch me and put in the box and the birds will eat me. But I am happy to myself.


By: Madina Raffer



If I were a fish

If I were a fish I will go deep inside the sea. I will be a water animal. I will swim with all the colorful huge and the tiny fish too. I will have babies. I have a home made of colorful stones. I am sad because some people are catching my friends and my some friends have been eaten by shark. We can't breathe because the people are throwing waste in the water. I would like to request people please don't throw. I would be happy to be a beautiful fish.


By - Bhavya Bhandari



If I were a horse

I would be big and my colour will be black. I could run very fast. I would like to eat grass and grains. The people would take a ride on me. I would be very strong. I would be running in the race. But the people hit me some times. My Master will keep my name. People will know me from my name. Sometimes I will stay in the jungle. I would be very happy to be a horse.


By: Pradeep Thapa



If I were a hen

If I were a hen I would be very noisy. People would love me because I would give them eggs to eat. But some times people would cut me and eat me. Some people they buy me from my master, they will love me and take care of me as a pet. Some times they tell me. They even make me do what they want to. The people beat me I help people. I would eat worms and other insects. I am glad to be a hen.


Susreen Shrestha



If I were a tiger

If I were a tiger My home will be in jungle. I will kill the animals. I will hide in long grass. I have stripes on my body. I am from cat family. That is why I can climb the trees. Do you know I am in danger? Most of my friends are hurt for bones and fur. My home will come and my babies will be sick. If I will be a tiger I will be very happy.


By: Ojesh Swamy



If I were a snake

I would be in different colours. I would be long and I eat insects and if someone touch me I would bite them. My teeth will be very sharp and in my teeth there will be poison. I would like to eat a whole and I also like to drink water. As I don't have legs I only crawl. When people saw me they would hit me with a stick. I would help people by eating the rats who eat their grains. I would be very happy to be a snake.


By: Anir Bhargava



If I were a Mango tree

I will let people rest under my shade. I will also let children play on my branches. But there is a sad thing. People cut me down. I will give people and children fruits in summer time. Birds will make their nest in my branches. I will be very happy. People will throw carbon dioxide at me and I will give people oxygen. Humans should never cut trees down because we will make their environment green and clean.


By: Ayush Ral.



If I were a flower

All the bees and butterflies will suck my nectar. I will be used in lots of things. But some times people pluck me. All people admire my beauty. I grow from sunlight, water, air and seed. I will be buried in colour. I will have a lovely smell. I am very happy to be a flower.

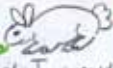
By: Joyanta Braichan



If I were a rabbit

I would be a pet animal. I would have two sharp teeth to chew on grass and carrots. I would be very clever. I would run very fast so that no one can catch me. I would then go to my mother. Every one loves me because I would be very lovely and beautiful and white in colour. When my hair becomes long people will cut it and use it for making jackets and sweaters for winter. I would be happy to be a rabbit.

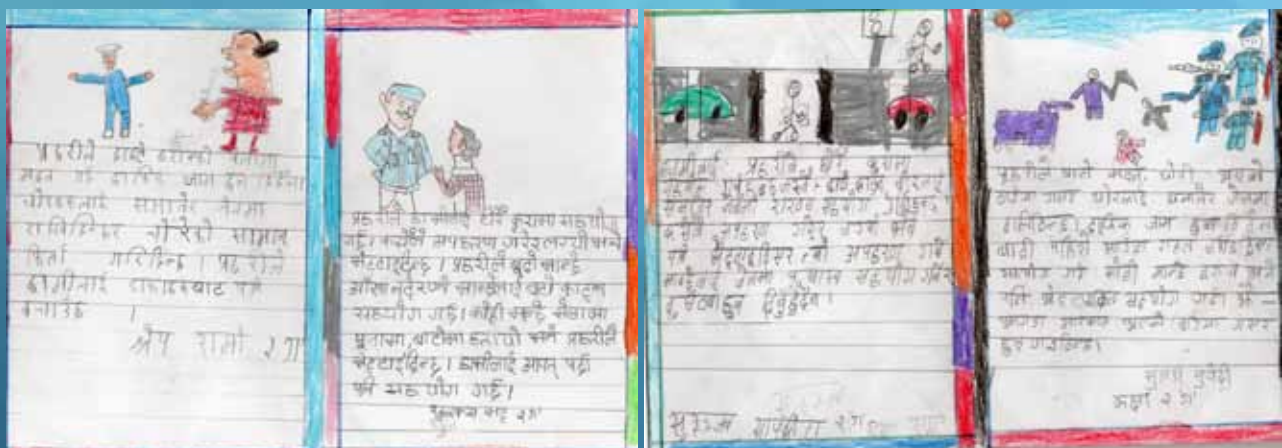
By: Omerwec Lamral





પ્રહરીલે હામીલાઈ સહયોગ ગર્ધ

કક્ષા ૨ 'ગ'



THE BEST THING ABOUT OUR COMMUNITY

Class III 'A'

There are different people from different culture in my community. They are Brahmin, Chattri, Numbi, young and Taring etc. We all live together. We share the happiness. We help each other in need. We celebrate many festival together. Unity in diversity is the best thing about my community.

By-Siddhant

GRANDE INTERNATIONAL HOSPITAL

The best thing about our community is Grande hospital. Grande hospital is one of the best hospital in our community. It gives the best treatment to us. It has every kind of facilities. It provides helipad services to the patients as well.

By-Bitum and Shreshth

PARTY PALACE

Haridwar party palace is the best thing about our community. It is a nice place to do party. There is a big swimming pool too. This party palace has really helped us to do any big or small party in any function. We eat, sing, dance, listen to music and play.

By-Siddhant

TRIGG H.S. SCHOOL

The best thing about my community is the Trigg school. Trigg H.S. school is the best school of our community. It gives quality education to the children. It helps to learn new things and fill us with knowledge and wisdom.

By-Saurabh

POLICE STATION

There is police station in our community. It helps to maintain peace. If there is any problem like fighting, robbing, gambling, police come and solve that problem. We are having peaceful life because of this police station.

By-Suyash

GROCERY SHOP

There is a grocery shop in our community. The grocery shop is big. In the grocery shop, there are many kinds of food items. We all go to buy different kinds of things which are necessary in our daily life. It has made our life easier and more comfortable.

By-Subigna

PARK

The most attractive thing of our community is Laxmi Park. It is very big and beautiful with many trees. In the morning people come here to do exercise and for jogging. Children come here to play and I just like to roam around the Laxmi Park.

By-Laksh

grade 3

कक्षा ३ 'क'



Dragon Diamond has sharp teeth sharp and pointed claws and head of a demon. Eyes are red and body is green. It is murderous and blood thirsty. It runs faster than bullet train. It flies like a plane. It strikes its enemy like a cobra. When its enemy tries to attack it changes its colour.

Rajax
Rajax is a monster. It has five eyes which is very frightening. It is taller than a building. It has a very sharp tooth. It lives deep under the ground. It eats meat, cars, houses and babies. It is afraid of sunlight so it comes out only at night and looks around for the food.

Kaddy - a scary monster
Kaddy is a very scary monster. It is 10 ft tall. It has pointed teeth. It has a blood red eye. It is very terrifying. It is murderous and blood thirsty. It runs fast. It can eat a very powerful it can crush its victims.

Jordan
Monster is a very scary thing. My monster's name is Jordan. I am scared of his teeth. He likes to eat animals. He is very tall. He is a good monster. He likes to play with men. He lives in a jungle. Sometimes he wants to live in a city and walk with the people.

Lusi Fur
Lusi Fur has horns sharp teeth pointed ears and nose. He is 12 ft tall. Lusi Fur looks very dangerous. He is very powerful. He can fly like a bird. Sometimes he becomes good. But sometimes he becomes very dangerous. That he can eat people in 2 minutes.

III B Monsters

Rajax the scary Monster
Hanshik Budhathoki
I am thinking of the monster which is very scary. It has two eyes on its forehead. Its teeth are very pointed. It has a claw of a dinosaur. It lives far away in jungle. It is very terrifying. It likes to suck the blood. I am very afraid of its claws.

Gin the powerful monster
Nagarkoti
Gin is very scary monster. It has pointed teeth, ears and nose. In its shoulder there are small horns. It has wings. It is very big. It is 9 ft tall. It has hairy skin. It eats men or women. It likes to suck the blood of people. It is very harmful. There is a big wing behind its arm which help him to fly like a bird. It has power to fight with its enemy.

Charlie is a good monster. Sometimes he likes to suck blood. Sometimes he helps people. He is 9 ft tall. He has blood red eyes on his forehead. He has hairy skin. He runs faster than bullet train. He can fly like a bird. Whenever he becomes successful in his mission he roars.

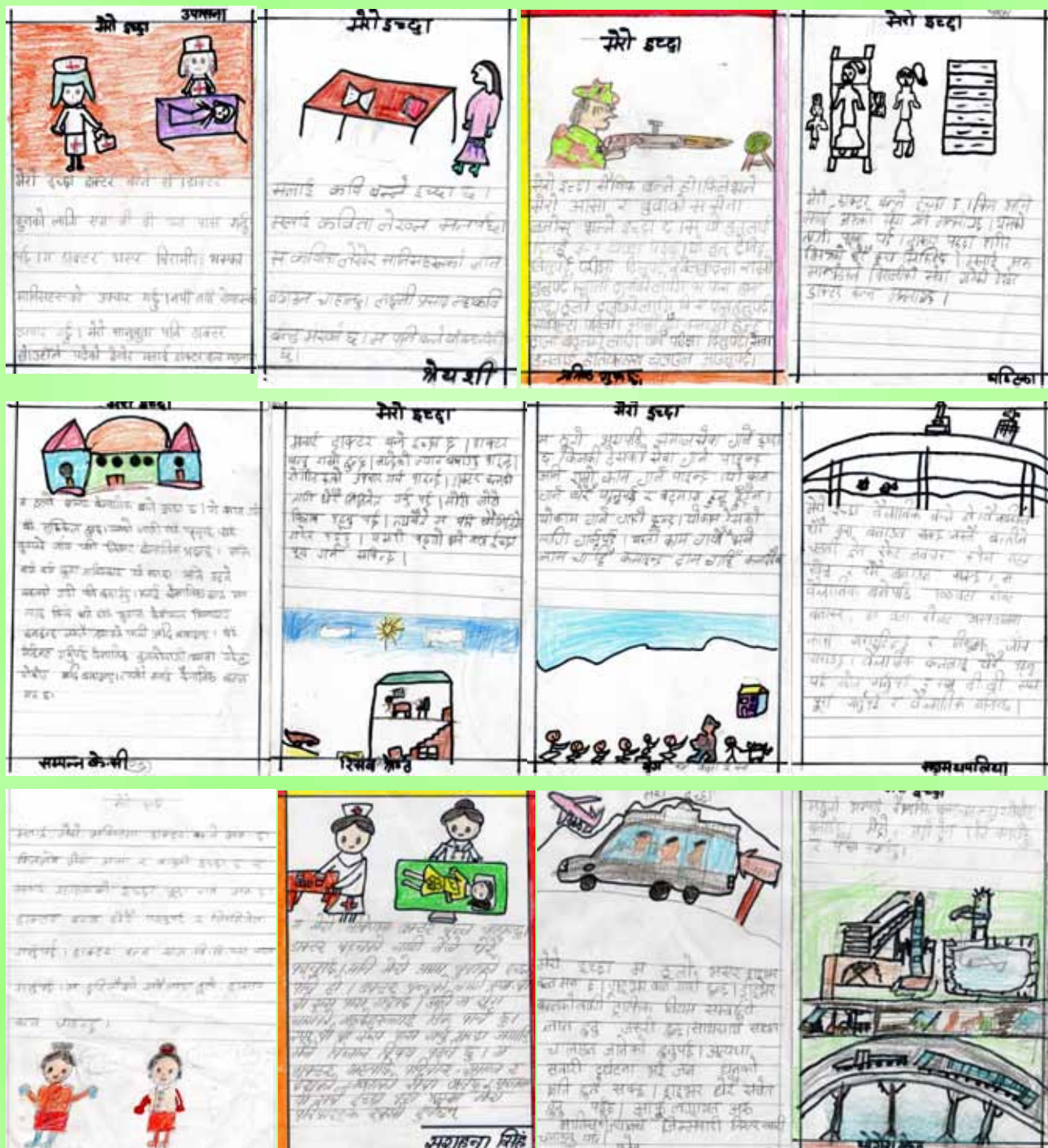
Shingha the monster
Shingha is 10 ft tall. It has long hand, dark green eyes. It has a purple face. It is very good. It seems very fast. It lives in a forest. When it becomes angry it throws fire from its mouth.

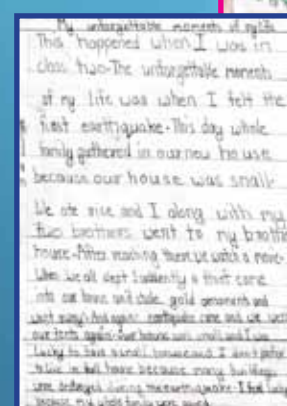
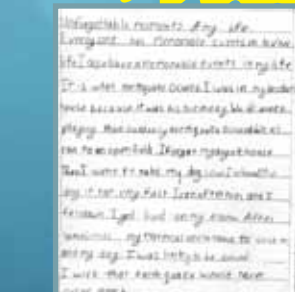
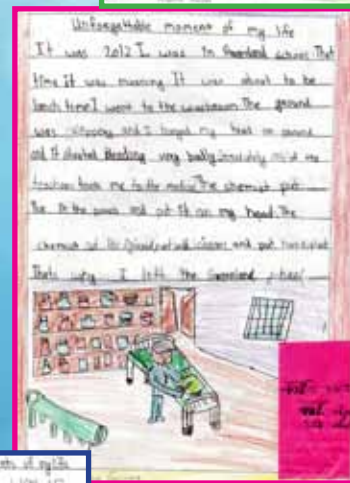
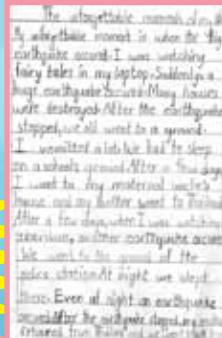
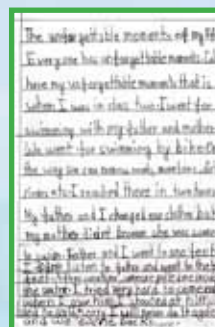
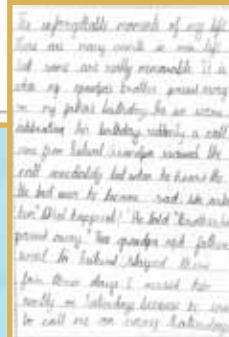
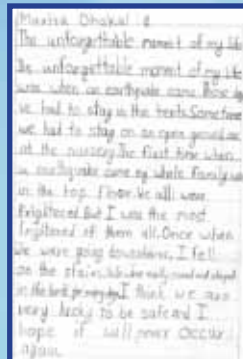
L-Deago
The monster's name is L-Deago. It has sharp teeth, nose and claws. It lives in a forest. It kills the human beings and animals. Anyone who goes near it will never return back. I am afraid of this monster.

To To the monster
Dipshikha Adhikari
To To has a head of demon with red and scary face. It is 10 ft tall with red blood eyes, sharp pointed teeth and pointed nose. It is very good. It doesn't kill people and always saves other's life.

Arush kacharya

Manas Shantha





AN
UNFORGETTABLE
MOMENT
OF MY LIFE

CLASS III 'C'



Junior School Writers



Junior School Writers



AMAZING FACTS ABOUT ANIMALS

Aaditya Pyakurel, IV 'A'

- A house Fly can only live for 14 days
- Tigers have strips on their skin. None of them have the same.
- Ant never sleeps
- Elephants can snort water up to 3 miles.
- The first dragon flies were at least a metre long sized .
- Dinosaurs are big but Blue Whale are many times bigger than the dinosaurs
- Kangaroo is the only animal that doesn't fart.
- Humming birds can flap their wings over 80 times per second



Bullying in schools

Zen Gurung, V 'C'

Bullying is about a student gaining strength from fear, acting like the boss, scaring the students and then at times, hurting them. Students can also be bullied by being called with bad names, being threatened, not having friends, because of their race or color or on the internet. If a student is bullied he or she can feel depressed which is not good for them. They may also start hating themselves. Some kids who bully get punished. Bullies may sometimes carry weapons, smoke, drink alcohol and get into a lot of fights. Kids who see bullying happen are afraid to tell them to stop and feel guilty for not telling if the person gets hurt or is forced to get involved. If you were bullied would you like to go to school? Would you like to learn? I know you would hate yourself. I think the bullies feel they have grown up when they bully someone. Sometimes you feel very sad and take the big decision of committing suicide and die. Many children are bullied and may attempt suicide. So STOP BULLYING. For a child to carry the label of being bullied is akin to carrying a prison sentence that can haunt his or her school life. "Help stop bullying." Don't be afraid to break the law of silence, stand up and speak out. Never put up with bullying protect yourself and your friends be with them and help them. **DO NOT BULLY.**



Adventure of DOROTHY GALE

Shradha Joshi, V 'B'

The novel 'Wizard of Oz' and 'Dorothy and the Wizard in Oz' are written by a popular author L. Frank Baum. The books are all about adventure made by a fictional character Dorothy Gale, a little girl.

As Dorothy traveled to Emerald city through yellow brick road, a helpful wizard helped her to escape. She met many other characters in her journey and shared her experience with them. Then she defeated a Nome king and a wicked witch. She made many new friends who helped her throughout her journey. At the end of the first set of adventure, the girl

met Ozma, the princess of Emerald city, Oz while wizard returned to his motherland and Dorothy also returned to her home. In the second set many things were in store for her. Now in the second set Dorothy, along with a boy named Zeb, Jim the cab-horse and Eureka the kitten were trapped in a glass city which is in the inner world. The children met heartless and cruel people. They finally escape that place with the help of Wizard.

Children love these books. The books make us want to go in a dream land. These books are very wonderful.

DON'T GIVE UP

Anwesha Joshi, V 'B'

If you keep going
And never stop
You can keep on going
You can make it to the top

Life is full of mountains
Some are big and some are small
But if you don't give up You
can overcome them all

So keep on going
Try not to stop
When you keep going
You can make it to the top

My First International Flight

Aarya Poudel, V 'C'

My first international flight was to Australia. I was very excited and nervous. I had only been in domestic flights which took only an hour or two.

This flight took 12 hours. Finally, the day came and we went to the airport. The plane was so big that the domestic planes looked like toys in front of it. The aircraft belonged to Silk Airlines. At first when the plane was taking off I got a bit nervous but slowly I calmed myself down. I could see the whole Kathmandu valley underneath the plane. But as it went higher all I could see was white clouds. After



four hours we reached Singapore airport. Our transit was there. The next plane was Singapore Airlines. It was much bigger than the last one. In front of each of our seat was a television almost the size of an iPad where we could watch whatever we liked. I watched different programs and ate food. After 8 hours we landed in Sydney where I met my brother, sister-in-law and all my relatives. I was very glad.

Dad

Sukriti Dhakal, V 'B'

Dad is a small and simple word to speak out but it gives a lot of meaning. Dad means the person that gives the purest love that nobody can give. Dad can't see tears in our eyes as he always wants to see us happy. He sacrifices every step of his life for the future of his children. He always hides his pain for our happiness.

"A DAD is A GOD"

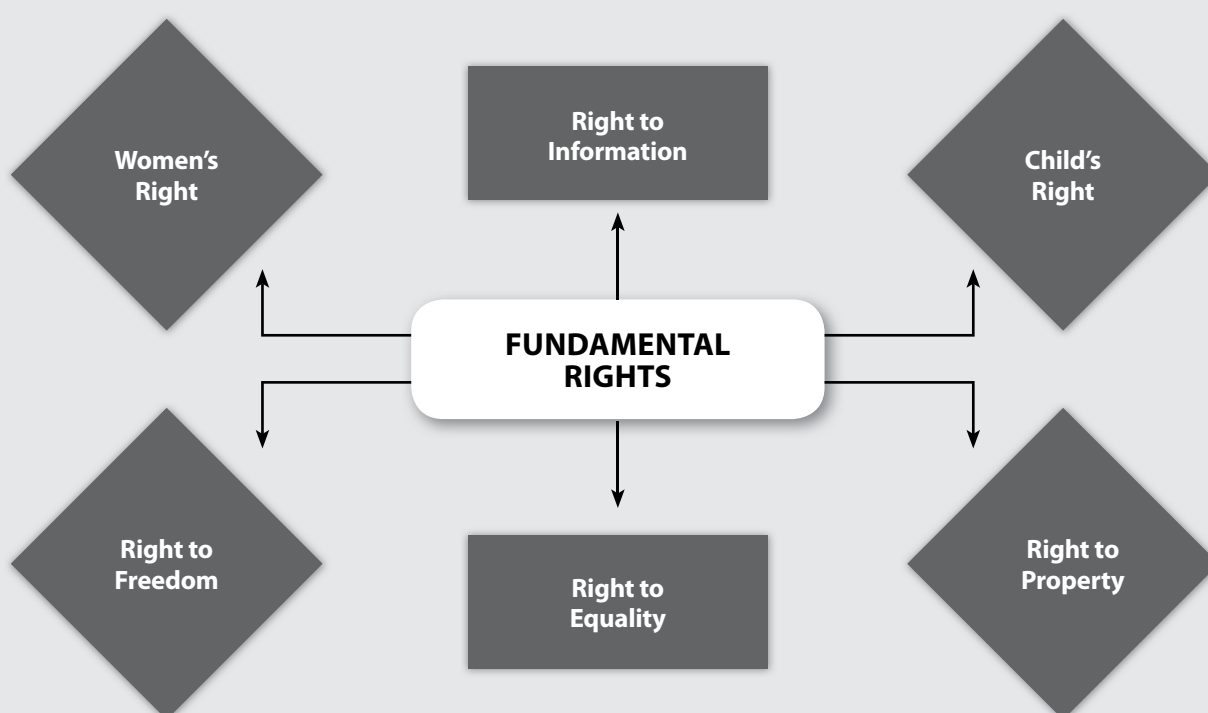


RIGHTS

Pratyasha Thapa, V 'D'

Fundamental Rights :

Nepal is a developing country. Our constitution guides us to lead our lives as good citizens. It has given us some basic rights and these rights are called fundamental rights. Some of the fundamental rights granted by the constitution are:-



5 FACTS ABOUT JUPITER

Bibhushan K.C, V 'C'

1 Jupiter's gravity is so strong that a rocket would have to go at an unthinkable speed of **13,500 mph to leave.**

2 Jupiter's magnosphere is the biggest object in the solar system. **Its magnetic field is 20 times stronger than earth.**



5 If it was 80 times more massive, Jupiter would have become a star instead of a planet.

4 Jupiter has the most number of moons compared to other planets (**67 confirmed**)

3 Jupiter spins so fast that a day in **Jupiter is 10 hours long**

HELP OUR NEIGHBOUR

Grishma Tiwari, IV 'B'



We cannot please all people,
Nor we can set them right,
Nor do the work of years
In just a single minute
But we can make one corner
beautiful
By humble patient labour
We can be honest with our
work
And we can help our next-
door neighbour

THE SECRET OF SUCCESS

Suruchi Paudel, V 'D'

Every person wants to be successful but only few can have the taste of it. They know the secret of success. Success comes by hard work. A lazy person cannot succeed. If you don't work hard you should not expect good results. To be successful, it is necessary that we know our aim.

We must select wisely a career or a profession. Choosing the right path is very important to be successful. Hard work and good feeling takes you to your aim.



*Be a master of one
trade instead of a
Jack of all trades.*

MY PRIDE

Nihira Joshi, V 'D'

My school is my pride
Education is my light
Which helps me to have sight
Of the world which is very wide

My teacher is my pride
Who teaches me to
Read and write

My weapon is my pen
Which is very powerful
Spear of bright

My pen is a weapon
Which kills difficulties at sight
Through which I'll get success
To make my future bright.

Why did the Egyptians Make MUMMIES?



Abriti Gharti Magar, IV 'C'

The ancient Egyptians believed in life after death. They thought that the dead bodies should be preserved for the existence of life in the next world. In the mummy making process, the dead person's organs were removed and the body was embalmed. The body was then dried using salts and chemicals and wrapped in lined bandages.

Mummies were then placed in a coffin. According to the researchers and scientists thousands of mummies must have been made.

Prithvi Narayan Shah

Prasun Purja, V 'C'



Prithvi Narayan Shah was born on 27th Poush 1779 B.S. He was a nobleman. His father's name was Nara Bhupal Shah and his mother was Kaushalyawati Shah. Being the eldest son of Nara Bhupal Shah, Prithvi Narayan Shah became the king after his father died in 1800 B.S. Apart from being a great warrior, he was able to rule his land and he wanted his people to be happy and get united. He also made his people aware of unfair activities. Prithvi Narayan Shah is also known as 'the Founder of Modern Nepal.' He died on 1st Magh 1831 B.S.



SUCCESS

Aryan Bhatta, V 'C'

Every person in this universe struggles for only one thing and that is success. Students struggle for their achievement to fulfill their aim to be a doctor, pilot, engineer and be a successful person. Teachers struggle to make their students skillful by conveying the knowledge and be a successful teacher. Actually, most of the people think success is an absence of failure but in reality, it is not true. It is the achievement of ultimate objectives. There is a proverb, "Try and try until you die". Likewise, we should always try our best to be successful despite multiple obstacles that may come on the way.

SACHIN TENDULKAR

Abhyudaya N. Shrestha, V 'A'

Sachin Ramesh Tendulkar was born on 24th April 1973. He is a former Indian cricketer and one of the great batsmen. He started playing cricket at the age of eleven. He made his test debut at 1989 against Pakistan at the age of sixteen. He is the only batsman who has scored one hundred international centuries and the first batsman to score a double century in one day international. He is the only player who has scored more than 30000 runs in international cricket. He has 18426 runs in ODI's and 15921 runs in test cricket. His father's name is Ramesh Tendulkar and Rajni Tendulkar his mother. He made India win the 2011 World Cup. He played his 200th and the final test match against West Indies in Mumbai in 14 November 2013 and then retired from cricket. Some of his nicknames are Tendlyay, Little Master, Master Blaster etc. He is also said to be 'God of Cricket', he is a right arm medium leg break, off break bowler and right handed batsman.



Kumari

Kaushtuvi Thapa, V 'D'

Kumari is a living goddess in Nepal. She has a great importance in Nepalese culture. If someone wants to be a Kumari, she has to be four to seven years of age and shouldn't have wounds and scratches on her body. If she wants to be a Kumari, she must be from the Shakya family or the Bajracharya family. Nowadays, almost all Shakya families and Bajracharya families protect their daughters from getting any wounds and scratches so that they can be a Kumari.

MARTYR

Ayushma Maskey
IV 'C'

They are the fighters
Who made our present
brighter

They gave their lives for
nation
And filled us with
motivation

They brought bright
days after dark nights
They gave their life for
our rights

For their honor, respect
we may
Till the last breath we
take.

Dibyata Dhugana
IV 'C'

Martyrs are great,
And also brave.
They gave us freedom,
And we give them respect.

They had a fight
And gave us bright light
Martyrs are great,
And best too.

We remember them,
Because they are great.
We can never forget them,
Because they sacrificed their lives.

Dilasha Shrestha, IV 'C'

Martyrs were brave
Martyrs were strong
They fought for our country
They fought for the wrong
Their beliefs were strong
And now we are all proud
For what they have done.





Autobiography of a Pencil

Kirtimani Tamang, IV 'A'

I am a pencil. I am a non – living thing. I was made in a factory. I am a solid thing. Students use me to draw, write etc . My best place is pencil holder. My best friend is a pen. I am found in different colours. I am made in different countries. People buy me from stationery shops. When I was not invented people used feathers to write. I have different names. My friends are eraser, pen and sharpener .When people use me too much, I will be blunt and people have to sharpen me. I don't work when I am not sharpened.

EARLY INVENTIONS

Shila Khanal, V 'C'

Early humans lived many thousands of years ago. They discovered fire and invented fire making tools. This made life more comfortable and led to other inventions, such as lamps and metal tools. At first, tools were made of hard stones, such as flint. The flint was chiseled and shaped into different tools which were used to dig holes, cut wood, and kill animals for food. Then about 8000 years ago, people discovered that rocks contain metal such as copper. To extract the metals, the rocks were heated. Then the metals were reheated and shaped into tools, which were stronger than before.



A SHORT JOURNEY

Sara Tuladhar, V 'A'

Last holiday, our family planned a short journey to Nagarkot. We were five members. My aunt drove the car. We felt very excited. After an hour, we reached Nagarkot. It was a very beautiful place. We took some photographs and enjoyed the scenery. The place was really beautiful but the roads were very narrow and not well built. In many of the places, the road was damaged. We felt that driving to Nagarkot is very dangerous but my aunt drove very carefully. At four o'clock, we took our meal in a hotel. After an hour, we returned to our home and finished our short journey.

PIGEONS

Bishista Wagle, IV 'A'

Pigeons stay all around
Temple , streets , houses and
ground

Wherever they are found
I like their , chirping sound

Although , they are small in size
They are the symbol of peace
Every pigeon looks nice
They like to eat grains and rice

Beating gives them lot of pain
When they come around in rain
Being a human use your brain
Let them eat some food and grain



THE LAKE CITY POKHARA

Anwesha Upadhyaya, IV 'A'

I had a wish to visit Pokhara . My wish was fulfilled when I was 9 years old .I found Pokhara more beautiful than I had imagined. Pokhara is very beautiful and has a clean environment. It is a valley surrounded by tall mountains. There is a temple named Barahi in the middle of the Phewa Lake. Many tourists visit the temple. We can enjoy boating. The climate is moderate there but it rains a lot. The hillside around Pokhara are settled by many ethnic groups like Gurung, Thakali etc . They all have their own language, culture and lifestyle .There is a popular tourist site on a hill called Sarangkot from where we can see the whole city and the sunset. There are many luxurious hotels and restaurants in Pokhara. Every tourist in Nepal love to visit Pokhara.

STEVEN GERRARD

Aansha Dhakal, V 'D'



One of the greatest footballers of all times is Steven Gerrard. His full name is Steven George Gerrard. He was born on 30th May 1980. He is a defensive midfielder with great shooting techniques. He is the captain of his country's national team and of his beloved club Liverpool. He is regarded as one of the greatest football legends in the world. He started playing for Liverpool from 1998 and was selected for the national team in 2000. He is the longest serving captain of Liverpool and the club has been under his leadership for 15 years. Having scored more than a hundred goals, he is also regarded as the perfect penalty taker and set piece specialist. His major contribution for Liverpool was in the 2005 Championship Finals in which he was the captain of the team and led the team to a 3-0 victory. He also helped the team win the Champions League, FA Cup, Carling Cup and the European league.

Ram's Story

Suyog Karki, V 'A'

Ram was very famous in his school. He was from a rich family. His father was a minister so he used to go to school in a car which the government had provided. Ram had a dream of going to Australia with his father. The driver of the car used to



take his bag and tiffin to his class. His tiffin box contained chocolates and cakes. Looking at Ram's luxurious life his friends used to get jealous. The television and newspaper showed Ram's father's photo every day. But one day his father was arrested for stealing others' properties. Then all the facilities which had been provided by the government were taken back. Everybody started to call Ram as "the thief's son" Ram became very sad because he was bullied. Because of his father's mistake, Ram had to suffer. This is why we should always lead an honest livelihood.

WAS THAT A NIGHTMARE?

Navaneet Baniya, V 'C'

It was a cold day. I was returning from school. I was shivering because of the cold weather. I was thinking of the warmth of my room. I opened the door of my house. There was no one in the house and the light was turned off. I went inside and suddenly the door closed by itself. I looked back but there was no one there. Suddenly, the phone rang but when I received it, nobody answered. There was the sound of the tap running in the bathroom. I opened the door and saw blood and a hand coming out of the tub. Then I woke up and remembered that I was in my room, sleeping in my warm bed.

Bel Vivah

Reedhima Tuladhar, IV 'C'

Bel Vivah is called Eehe in Newari. It is a cultural program which is performed by Newari girls at the age of 6-9. There are 2 main events in Bel Vivah. They are Puja and Kanyadan.

On the day of Puja we pray to Lord Narayan and Lord Sukunda (Ganesh). We offer fruits such as samay baji, cow milk, sugar and beaten rice along with flowers.

Kanyadan Day is the last day of Bel Vivah. On this day the girl

is married to the bel fruit. The father puts his daughter on his lap and carries her as a ritual in the ceremony. After that, the girl is given bara (gifts), rice, dresses, jewelleryes, food and stationeries.

Newari girls get married 3 times: first, in Eehe with the bel fruit, second, in Bahra with the Sun, and third, with a human. Eehe is a special event in which Newari girls are married for the first time. Only after Eehe will they be able to hold the Bahra ceremony.

THE EARTH

Divyanshu Shah, IV 'C'



The earth is sphere
But flat on the top
The earth is round
That I found

It has 70% water
It has 30% of land
It is called the blue planet
Because it has water

The earth we live in
Is very dirty nowadays
It is very hot in summer
But very cold in winter

Earth takes 24 hours to make one round
But it takes 1 year to circle the sun
Earth does not have its own light
It takes the light from the sun

The earth is our home
So keep it clean
I love our planet
Because it belongs to me

BLACK HOLE

Bibhusan Thapa, V 'A'

A black hole is a region of space from where nothing, including light, cannot escape. According to the General Theory of Relativity, it is the result of the curving of space-time caused by a very dense mass. It is called 'black' hole because it absorbs all light that hits it, reflecting nothing; just like a black body in thermodynamics. The area around the black hole consists of a position of no return known as the event horizon.

A black hole can be found by its interaction with matter. A black hole can be inferred by tracking the movement of a group of stars that orbit a region in space. Alternatively, when a gas falls into a black hole caused by a companion star or a nebula, the gas spirals inwards, heating to a very high temperature and emitting large amount of radiation. This radiation can be detected from earthbound and earth orbiting telescopes.



Dream

Amaranjay Bhatt, V 'A'

Dreams are something that everyone experiences. It makes us more excited about our life and the activities we are going to do. Everyone has a dream but some of them keep it secret and some make it public. Some dreams may be fulfilled and some may not be. No one can stop anyone from having dreams.

I also have dreams. Some of them have been fulfilled and some haven't. But according to our parents, nothing is impossible. If we have a dream, we must work hard to achieve it. Some

people dream to become doctors, engineers or scientists but they do not work hard. In retrospect, they end up regretting their laziness which is of no use. Sometimes people put all of their effort to fulfill their dream but they fail to achieve it in a stroke of bad luck. Some people dream to go to NASA but they reach Khasa or Lhasa. Their dreams end up being a joke.

Dreaming is a very good thing. If we don't dream we will not have any motivation to work. However, we should not dream all day and do nothing in practice. Dreaming is a positive thing which makes us work hard to achieve our goals.

Vacation Trip to SAURAHA

Sakar Paudyal, V 'C'

It is a happy moment to visit interesting places during vacation. It will make you refreshed and get time to increase your learning habit. So, this time I made a visit to Sauraha.

It is one of the best destinations of Nepal.

Sauraha lies in Chitwan National Park. Chitwan National Park is the first national park of Nepal. Formally called Royal Chitwan National Park was established in 1973 AD and 1984 AD. It was included in World Heritage Site.

I had not been there before so I thought it was a nice place to visit. I went there along with my parents and my sister. We left Kathmandu in 29-Poush on Friday. We went to Sauraha by a car. It took around 7 hours to reach Sauraha. Then we stopped at a hotel and got fresh. Then we went to see the Tharu Center Museum. We saw different dresses and equipment used by Tharu. It was a very interesting and knowledgeable visit. Later, we went to elephant breeding center where were the calves of the elephant, which were very cute. I was very excited. Then we went to see the dam side from where we could see sunset. It was a natural scene, which took our breath away. At night we went to see Tharu cultural dance. Among different dances I loved the peacock dance the most. At about 9 o'clock we went to the hotel, had our dinner and went to our beds.

The next day, we went to the elephant riding area. We reached there and saw many people who had came to take a ride on the elephant's back. We rode an elephant called Poonam Kali. We fed dozens of bananas to her. I was scared when the elephant started walking in the sloppy land. While riding the elephant my hat fell down but Poonam Kali (the elephant) picked it up and gave it to me with her trunk, which was an astonishing moment. During the safari, I saw 12 horned deer, peacocks and the most importantly one horned rhino. It was a really amazing moment. We were taken for an hour and half long safari. Then we were brought back to the spot.

In this way, I spent a great time in Sauraha with my loving family.



Trip with My Family

Siddhanjan Ghimire, IV 'C'

On March 2015, I went for a trip with my family. Firstly we went to Pokhara. We had our lunch in a Thakali restaurant and continued our journey. We stopped in Syanja and refreshed ourselves in hotel. The same day, we visited Butwal hydropower house and Andhi Khola Dam. We

enjoyed and played at the riverbank for some time and had lots of fun. The next day, we visited Kaligandaki Dam, which is the largest dam of Nepal. Afterwards we went to Setibeni in a motorboat. It was the border of 3 districts. On the same day we went to Tansen, Palpa. We stayed at a hotel in Shreenagar and then went to view the 'Shreenagar hill view

tower'. Then after we visited Palpa Durbar. We also went to Tudikhel of Palpa which had a huge Karuwa in the middle. The next day, we visited Bhairavnath temple. Then we went to Dana. At first we visited the Mahadev temple which had a giant Trishul. We also visited the 12 sided lake. The next morning, we headed towards Bardiya. We went to Chisapani near Karnali Bridge then to Tikapur park. We went to the tiger resort and Nepalgunj. We stayed at Siddhatha Hotel. We visited the 'Junge Mahadev' Temple. The next day we headed towards Lukhnow and Bhubhulaiya. After visiting a shopping mall, we returned back from our amazing trip.

We also went to Tudikhel of Palpa which had a huge Karuwa in the middle.

किताब

शुभ्रता बराल, ४ 'क'

किताबमा हुन्छन् रङ्गी चङ्गी पाना
ती पानामा रमाउँछन् बाल साना साना
किताबमा हुन्छन् निबन्ध र कथा
कथाहरुमा हुन्छन् मानिसका व्यथा ॥

सानो होस् या ठूलो होस् किताबले दिन्छ ज्ञान
त्यही ज्ञानले गर्दा हामी हुन्छौं महान्
किताब पढे मात्र अगाडि बढिन्छ
नत्र भने जीवनमा नराम्रोसँग लडिन्छ ॥

साना ठूला सबैले पढ्नुपर्छ किताब
पढ्ने मात्र होइन सिक्नुपर्छ हिसाब
जसले मान्छ किताबलाई आफ्नो प्रिय साथी
त्यही मानिस भविष्यमा पुग्छ माथि माथि ॥

शहीद

विशिष्ट वाग्ले, ४ 'क'

शहीदले गरे ठूला योगदान
जुन थिए देशका लागि वरदान,
उनीहरुले गरे जीवनदान
आयो स्वतन्त्रता सबै भए समान ।

चार शहीद थिए हाम्रो देशमा
दुईलाई लाग्यो गोली भने दुई भुन्डिए रुखमा,
ती थिए शुक्रराज शास्त्री, गंगालाल श्रेष्ठ
दशरथ चन्द र धर्मभक्त माथेमा ।

राणा विरुद्ध लडे ती चार
तिनका गुणगान थिए अपार
सदा गरौं उनीहरुलाई सम्मान
नगरौं उनीहरुका योगदानलाई अपमान ।

समयको महत्व

प्रशंसा थापा, ५ 'क'

समय भनेको बेला वा अवसर हो । यसलाई
मौका, बखत र काल पनि भन्छन् । महत्व
भनेको मूल्य वा उपयोगिता हो । समयको
महत्व भन्नाले समयको मूल्य वा उपयोगिता
भने बुझिन्छ । समयको महत्व नबुझे
मानिसले समयलाई त्यसै खेर फाल्छ ।
बगेको खोला र बितेको समय फर्केर आउँदैन
भन्ने कुरा हामीलाई थाहै छ । हराएको
पैसा भेट्टाउन चोरीको धन पाउन सकिन्छ
तर बितेको समयलाई कहिल्यै फर्काउन
सकिँदैन । अरु सबै कुरा किन्न सकिन्छ तर
बितिसकेको समयलाई कहिल्यै किन्न वा
फर्काउन सकिँदैन । समयलाई न त कसैले
बाँधेर नै राख्न सक्छ । समय कसैको त्रास,
डर, धम्कीबाट डराउँदैन । समय सबैभन्दा
महान् छ । समयको सदुपयोग गरेर संसारमा
धेरै मानिस महान् बनेका छन् ।

मेरो राम्रो बानी

शिष्टता बराल, ४ 'ख'

म त सानी विद्यार्थी हुँ स्कुलमा जाने
स्कुलमा गएर राम्रोसँग पढ्ने ।
क, ख, ग, घ पढ्छु म त A, B, C, D पनि
पढी लेखी गरे पछि खेल्छु खेल पनि ॥

विद्यालय जान मलाई कहिल्यै हुन्न पिर
सधैं ध्यान दिने गर्छु पढ्ने लेख्ने तिर ।
समयमा स्कुल जान्छु बनी सफा सुगन्ध
पढ्ने मानिस हुन्छन् हेर, सधैं अब्बल ॥

कापीकलम मेरा साथी सबैभन्दा ठूला
सधैं आफू सँगै राखी लेख्छु मनका कुरा ।
गुरुमालाई श्रद्धा गर्छु मातापिता जस्तै
जे जे मलाई सिकाउँछिन् भन्छु म त त्यस्तै ॥

महाशिवरात्रि

प्रयाशा थापा ५ 'घ'

महाशिवरात्रि हिन्दुहरुको प्रमुख चाड हो । यो भगवान् शिवको प्रमुख पर्व हो । यो फागुन कृष्ण चतुर्दशीको दिन मनाइन्छ । शिवजी तथा पार्वतीको महाविवाहको अवसरमा मनाइन्छ । यस पर्वका दिन उपवास गरी “ॐ नमः शिवाय” मन्त्र पनि जपिन्छ ।

यो दिनमा पशुपतिनाथ मन्दिरमा धेरै भिड हुन्छ र टाढा-टाढाबाट तीर्थयात्रीहरु पनि यहाँ आउँछन् । शिवरात्रिको दिनमा रमाइलोको लागि बाटो पनि छेकिने गरिन्छ । यस दिन राति ‘शिव धुनी’ पनि बालिन्छ किनभने त्यो दिन खास गरी चिसै हुन्छ ।

श्राद्ध

समीरा थापा, ५ 'क'

हिन्दु धर्म अनुसार मानिस जन्मेपछि धेरै धार्मिक कार्यहरु गरिन्छ । त्यसैगरी मानिसको मृत्युपछि पनि मृतक आत्माको मोक्ष प्राप्तिका लागि गरिने पितृकार्यलाई श्राद्ध भनिन्छ । मानिस मरेको तिथि अनुसार हरेक वर्ष श्राद्ध गरिन्छ । धर्म अनुसार मृतकको छोराछोरी श्राद्ध गर्ने परम्परा रहेको छ । बिहान चाँडै उठेर नुहाएर घर पुछपाछ पारी श्राद्धको लागि तयार पारिन्छ । यस दिन श्राद्ध गर्ने मानिसले नुहाएर श्राद्धको सामग्री तयार गर्दछ । यस दिन लसुन, प्याज आदि खान हुँदैन । श्राद्धको अघिल्लो दिनदेखि नै नुहाएर, बाहिर खाना नखाई शुद्ध भएर बसिन्छ । यस दिन इष्टमित्र तथा छरछिमेकीलाई बोलाई खुवाउने चलन पनि रहेको छ । श्राद्ध नसिध्याई र पिण्ड नसेलाई खाना खान अशुभ मानिन्छ । पिण्ड सेलाएपछि आगन्तुकलाई पहुँलो टीका लगाई दक्षिणा दिएपछि मात्र खाना खाइन्छ ।

मेरो नूवाकोटको यात्रा

निकोल कडेल, ५ घ

मेरो घर नूवाकोट हो । म त्यहाँ पहिलो पटक सानो हुँदा गएको थिएँ । नूवाकोटमा मेरा हजुरआमा र हजुरबुवा बस्नुहुन्छ । नूवाकोटमा म चार दिनको मात्र बसेँ तर म ती चार दिन भित्र विभिन्न ठाउँहरु घुम्न गएँ । अरु ठाउँहरुमध्ये मलाई नूवाकोट दरबार र देवीघाटको यात्रा धेरै रमाइलो लाग्यो । मैले देवीघाटमा दुईवटा खोला सँगै मिसिएको देखेँ र मैले नूवाकोटको दरबारमा एउटा पुरानो दरबार देखेँ । त्यो दरबार डाँडाको टुप्पोमा थियो । ऐतिहासिक महत्व बोकेको नूवाकोट दरबार निकै सुन्दर रहेछ । दरबार हेरेर मैले नेपालको इतिहासका बारेमा धेरै जानकारीहरु पनि पाएँ । यो यात्रा मेरो लागि निकै फलदायी रह्यो ।

असिना

स्यारोन भण्डारी, ५ 'ग'

टिप टिप साथी हो असिनाको दाना,
पानीजस्तै भरेछ कि धर्तीको खाना ।

बरर बर्सिआउने कहाँबाट होला,
थाप थाप साथी हो ठुलो ठुलो भोला ।

पग्लिएर पानी बन्ने अचम्मको रीत,
उफ्री उफ्री गाऔँ हामी असिनाकै गीत ।

हत्केलामा उठाउँदा आकार छ डल्लो,
भोलाभिन्नै बिलाउँदा अति लाग्छ खल्लो ।

जति धेरै राखे पनि भोला हुन्छ रितै,
सपनामा मिठो फल पाएजस्तै सितै ।

मेरो प्यारो भाइ

प्रगति खड्का, ५ 'घ'

मेरो प्यारो भाइ
माया गर्छ मलाई ।
ऊ हो मेरो आँखाको नानी
लाग्छ मलाई राम्रो उसको बानी ॥

मेरो प्यारो भाइ
माया गर्छ मलाई ।
कहिले रिसाउँदै कहिले हाँस्दै
आउँछ मेरो नजिक माया गाँस्दै ॥

मेरो प्यारो भाइ
माया गर्छ मलाई ।
मलाई पनि लाग्छ ऊसँग खेलन मन
भाइको हाँसो नै हो हाम्रो धन ॥

नारी दिवस

सिद्धान्त धिमिरे, ४ 'ख'

अन्तर्राष्ट्रिय नारी दिवस धेरै देशमा मनाइन्छ ।
यो मार्च ८ मा मनाइन्छ । नारीहरुले गरेका
उपलब्धिहरुको बारेमा चर्चा गरिन्छ ।

नेपालमा विभिन्न कार्यक्रम गरेर नारीलाई
सम्मान गरिन्छ, यो दिन सार्वजनिक बिदा
दिइन्छ । वर्षभरि राम्रो काम गर्ने नारीहरुलाई
सम्मान गरिन्छ । जसले गर्दा नारीहरुलाई
स्वतन्त्रता, भेदभाव, विभिन्न किसिमका गलत
कामहरुको विरुद्धमा लड्न सहयोग पुऱ्याउँछ ।
हाम्रो समाजमा नारीले पुरुष बराबर अधिकार
पाइरहेका छैनन् तर नारी दिवसले नारी पुरुष
समान हुन् भन्ने सन्देश दिइरहेको छ । नारी पुरुष
एक रथका पाङ्ग्रा हुन दुबैले बराबर अधिकार
पाए भने मात्र परिवार, समाज राम्ररी अगाडि
बढ्न सक्छ । हामीले नारी दिवस मनाउनुको
उद्देश्य पनि असल समाजको निर्माण गर्नु हो ।



मेरो स्कुल

आर्यन भट्टराई, ४ 'क'

धापासीमा मेरो स्कुल छ,
त्रियोग यसको नाम,
ज्ञान र शिक्षा दिने
यसको मुख्य काम ।

साथीभाइ कति धेरै
गुरुहरु पनि,
पढ्ने लेख्ने कामसँगै
पाइन्छ खेलन पनि ।

कति राम्रो मेरो स्कुल,
धापासी मै ठूलो,
कक्षाकोठा, पुस्तकालय
छैन कतै धुलो ।

स्कुल गई पढ्न पर्छ,
असल मानिस बन्नु पर्छ,
पढीलेखी ठूलो भई
देश बनाउनु पर्छ ॥



पशुपतिनाथ मन्दिर

प्रिन्स न्यौपाने, ५ 'घ'

पशुपतिनाथ एउटा नेपालको प्रसिद्ध मन्दिर हो । यो मन्दिरमा दनहुँ दर्शनार्थीहरुको धेरै भिड हुन्छ । यो कसरी बन्थो भन्ने बारेमा एउटा कथा पनि छ । कथामा एउटा धेरै दुध दिने गाई हुन्छ तर एकदिन त्यो गाईले दुध दिन छोड्छ र गाई चर्न जाँदा गाईको मालिकले उसको चर्न ठाउँमा गएर हेर्दा गाईले आफ्नो सबै दुध ढुङ्गाको थुप्रोमा पोखाउँदो रहेछ त्यसैले गाईको मालिकले त्यो कुरा आफ्नो मालिकलाई भन्यो र उसको मालिक रिसाउँदै त्यो ढुङ्गाको थुप्रोबाट ढुङ्गाहरु निकाल्यो र ती ढुङ्गाहरुबाट एउटा ज्वाला आयो र उसलाई जलायो । मान्छेहरुले त्यो कुरा देखे र त्यस ठाउँमा शिवको स्थान मानेर एउटा ठूलो मन्दिर बनाए । अहिले पनि शिवलिङ्गलाई दूधले नुहाइन्छ । यहाँ अब देश विदेशबाट दर्शनार्थीहरु आउँछन् र पूजा गर्छन् ।

जंक फुड

एन्जोली थापा, ४ 'क'

युरोपियन देशको नक्कल गर्दा - गर्दै जंक फुड गरीब देशका लागि प्रमुख समस्या बन्दै गएको छ । किनकि जंक फुड प्रयोग नगर्ने घर प्राय कम देखिन्छ । प्रत्येक घरघरमा चाउचाउ, पिज्जा, मःम, बर्गर, लेज, कुरकुरे, चिप्स आदि खाना प्रयोग गरेको भेटिन्छ । यी खानाले गर्दा हाम्रो परावर्तकालदेखि खाँदै आएका खाना जस्तै:- मकै, भटमास, कन्दमूल (तरुल, सखरखण्ड) आदि खाना लोप हुँदै गएका छन् । क्षणिक समयका लागि जंक फुड तथा फास्ट फुड खाए पनि लामो समयसम्म यसको भर पर्दा हाम्रो शरीरमा भिटामिन तथा प्रोटीनको अभाव हुन्छ । त्यसैले यस्तो खानालाई (जंक फुड) हामीले निरुत्साहित गर्नुपर्छ ।

नेपालका राष्ट्रिय विभूतिहरु

शीला खनाल, ५ 'ग'

राष्ट्रका निमित्त महत्वपूर्ण योगदान गरेका मानिसलाई राष्ट्रिय विभूति भनिन्छ । राष्ट्रमा समय समयमा त्यस्ता सपूतहरु जन्मेका हुन्छन् जसको योगदानलाई राष्ट्रले कहिल्यै भुल्न सक्तैन । तिनको योगदानले राष्ट्रलाई मागदर्शन गरेको हुन्छ । त्यस्ता व्यक्तिलाई राष्ट्रले उच्च सम्मान दिने गर्दछ । त्यही उच्च सम्मान नै राष्ट्रिय विभूतिको सम्मान हो । यस्तो सम्मान मरणोपरान्त दिइन्छ ।

नेपाल राष्ट्रले पनि आफ्नो कोखबाट समय समयमा महान् सपूतहरु जन्माएको छ । ती सपूतहरु नेपालका लागि गर्व गर्न लायक छन् । तिनलाई नेपाल सरकारले राष्ट्रिय विभूतिको सम्मान दिई तिनको योगदानको उच्च मूल्याङ्कन गरेको छ । नेपालका राष्ट्रिय विभूतिहरु हुनः जनक, सीता, गौतम बुद्ध, अंशुवर्मा, अरनिको, रामशाह, आदि हुन् ।

यसरी आफ्नो महत्वपूर्ण योगदान मार्फत नेपाली वीर वीरङ्गनाहरुले नेपाल राष्ट्रलाई संसारमा चिनाउने र समय क्रममा अघि बढ्ने बाटो देखाएका छन् । नेपालले ती सपूतहरुलाई कहिल्यै विर्सने छैन ।



Art by Ashma Pandey, VII 'A'

Middle School Writers



Middle School Writers



RIDDLE

Kesu Ghimire, VI 'D'

1 What is at the end of a rainbow?

Ans. The letter W

2 I am lighter than air but a million men cannot lift me up. What am I?

Ans. A bubble

3 What is full of holes but can still hold a lot of water?

Ans. A sponge

4 How can you make the number one disappear by adding something to it?

Ans. Add letter G and it becomes 'gone'.

5 What can travel around the world while staying in a corner?

Ans. A stamp

6 Which vehicle is spelled the same forwards and backwards?

Ans. Racecar

7 I am tall when I am young but I am short when I am old .What am I?

Ans. Candle or pencil

8 What can you catch but not throw?

Ans. Cold

9 The more you take the more you leave behind. What am I?

Ans. Footstep

10 I am tall when I am young but I am short when I am old .What am I?

Ans. Candle or pencil

11 What can you catch but not throw?

Ans. Cold



If I Could Make a Magic Dustbin

Mallika Rana, VI 'D'

If I could make a magic dustbin its shape would be like a simple dustbin. Just as a magnet attracts iron, the dustbin would eat all the garbage. I would like to make magic dustbin because if we throw garbage out then the magic dustbin could go there and eat all the garbage. There would be two types of dustbin. The first bin will eat only the things which are used to make manure (biodegradable waste). The second dustbin will eat the remaining garbage (non-biodegradable waste).

RIDDLE

Denim Giri, VI 'D'

What goes up but never comes down?

Ans. age

What 2 things you cannot eat for breakfast?

Ans. lunch and dinner

What comes down but never goes up?

Ans. rain

How can a pocket be empty if something is in it?

Ans. if a hole is in it

If $1=5$, $2=10$, $3=15$, $4=20$. Then what is 5 equal to?

Ans. 1 (because $1=5$ and $5=1$)

What starts with t end with t and has tea in it ?

Ans. teapot

SOME OPINIONS FROM GRADES VI TO IX

If I Could Make Something Disappear It Would Be...

Shuvra Rima, VII 'C'

People would like make different things disappear from their lives but I want to disappear a concept which is in people's mind that women should only be doing household work and not office work. They think that women aren't capable as men. People having such concept is called misogynist.

This thinking has been bothering me a lot as I am a girl. I would like to question "Why is there gender discrimination?" A girl can be a good mother, a good daughter and a good wife even if she goes to work. If a man can be a good father, a good son and a good husband even when he goes to work, why isn't it same with women? Why does our society consider a man good if he works and not to a women? Due to gender discrimination many girls are not even sent to school. But mother's lap is the first school to their children. If the mother is not educated then the children might not have a very good start in the lives. I think that these kind of thoughts only come in mind of uneducated people. But that's not

true, many educated people also have this kind of thinking.

Lastly, I would like to conclude by saying that I want to disappear this concept from people's mind as it is hampering development.

Swikriti Suwal, IX 'D'

If I could make something disappear in my life, it would be fear. Fear is an unpleasant feeling. It has been inside me for years. Due to fear, I have not done different things like travel alone or gather with my friends. I start to fear in simple circumstances who's significance is my behavior. I fear to talk with people in a frank manner. With the fearness in my life I cannot do any work. The comfort I get with my own family members become discomfort while talking with other people. The fear has grasped me as I even can't eat a medicine as a whole till the age of 15.

So, fear is the main, essential thing that I want to disappear in my life to gain a new personality. If I can't get over my fear I will not be able to achieve success in my life. I want to

be the bread-winner in my home and support for my family. Fearing from small to small things is the main thing that I should throw or disappear in my life. Before fear grasps me entirely I have to lose it. I have to be a fear fighter.

Kanchan Dhakal, VII 'C'

I am an animal lover and being an animal lover I would like to disappear all the miseries of animals. I can't see the street animals searching for food and suffering. They look so helpless. They cannot talk and share their feelings with anyone. People treat them in a bad manner because they look so dirty and ill. They don't get care, shelter, love and food. Their lives are in danger because of us. When I go to zoo, I see animals trapped in zoo. I feel bad for them as they do not get freedom like in the wild. People poke and tease them but they cannot say anything to stop them.

Prasen Man Shrestha, VII 'A'

Skilled and healthy manpower is required for development of a country. Due to selfish in Nepal, our country is not able to develop

to it's fullest. And top of this some people with destructive mind which is one of the major problem for our country's development. There are very less people who are helping in development. The youths of our country slowly involving themselves in various activities which is promoting our country and its development. There were many social problems in the past but slowly these problems are decreasing due to development in the field of education.

Magical powers although seem to be a joke to me. But if I really had a magical power then I would bring change in our political system so that it would help in development of our country. I would also like to change thinking of people and involve them in various activities which will benefit our country.

The reason why I have mainly focused our country's development is because

I am a true patriot and I want to do good for my country.

Nishma Mahotra, VI 'B'

I would like to make humiliation disappear. If people are humiliated, they lose faith in themselves. If the feeling of humiliation disappears, the people will be able to have a happier and better life. Hence, for the sake of the people around the world, I would like the feeling of humiliation to disappear.

Aayash Dwa, VII 'C'

If I could make someone disappear I would choose my tuition teacher because he always scolds me and gives me a lot of homework. He bores me since I feel like he is a homework-giving machine. If I don't do my homework I am punished which I hate. So if I make my tuition teacher disappear, I would get a

break from his scolds and homework. I would have a lot of fun during my spare time.

Meemamsha Kshetree, VII 'C'

I would make corrupt politicians disappear. They are the 'Mr. I will do it' before elections but turn into 'Mr. Did I promise anything?' afterwards. If there aren't negative consequences of making corrupt politicians disappear, I would do it. I would definitely want corruption to disappear forever.

Samagya Bajrachary, VII 'C'

I would like to make pollution disappear. The cities would be cleaner if pollution were to disappear. Problems like global warming would lessen and we would be able to get fresh air. Environment degradation would also decrease and health problems would be scarce. Quality of life would increase due to clean air, water and other resources. The rapid extinction of plants and animals would also not occur.

Everyday Life

Priya G.T., VII 'A'

Every day you go to school. Every day, you are standing on that assembly. Every day, you are in class, and every day, you are there sitting silently in the classroom. Every day you see the same student whom everyone thinks is perfect. Every day he is the center focus of the class. Like every day, he is the most interactive one there which you are not. But you want to be that. Every day you listen and follow the instructions of the captains who are not your number 1 inspirations. You want to be all that you're not. Then you start comparing and you get no similarities. That is when you lose all hope. And no matter how much you try to copy you can't be that perfect, famous boy in your class. But have a glance at their lives then you'll find that they never compared themselves with anyone. They just believed in



themselves and they never copied. Trust me, everyone has something within. Your only job is to find what it is and display it. That'll be your inspiration and your job will be done. So, stop comparing and work hard on the basis of your talent and skills. The only thing that happened to you every day cannot be changed. But what you can change is yourself.

10 facts about Nepal

Saksham Regmi, VI 'C'

The Nepalese flag is the only national flag that is not quadrilateral.

Nepal has 8 out of the world's 14 highest mountains

Nepal is the second richest country in water resources after Brazil.

Nepal is called Amazon of Asia because of its biodiversity.

Nepal was never colonized. Nepal is the home of brave Gurkha soldiers. Nepal celebrates no Independence Day.

The lake situated at the highest altitude i.e. Tilicho at 4800 m is in Nepal

Nepal worships the only living goddess in the world as Kumari.

After the big earthquake on Baisakh 12, 2072 B.S, Kathmandu shifted 3 meters to the south.



My Realization

Pranisha Bhattarai, VI 'A'

I never saw my talent
 Because I was so silent
 About that powerful talent
 I'm regretting being silent
 If I had recognized at that time
 I would have improved in my life
 But now I know that thing
 hidden in me
 And I know that I will prove to be
 I'll go on a path were it will lead
 And develop me as a
 germinating seed
 I know what's hidden in me now
 And I promise to make everyone
 proud
 Hidden in me is a great thing
 Which could be with no living
 being

Pokémon GO in Nepal

Deeparson Paudel, VIII 'D'



Pokémon GO is a free to play, location based reality game developed by Niantic. It was released in some selected countries in July 2016. In the game, the players use a mobile device's GPS capability to locate, capture and train virtual creatures, called Pokémon, who appear on the screen as if they were in real-world location as the player. Pokémon GO became the most profitable mobile game of the year having more than 500 downloads worldwide. But there were a lot of controversies because many accidents occurred while the players were playing Pokémon Go. In Pokémon Go, the players need to create their own avatar. The avatar

is placed on a map using the player's current location. As the player moves around in the real surrounding, the character in the game also moves. The main aim of the game is to complete the Pokedex.

Pokémon Go was not released in Nepal for the first few months. But the players downloaded apk files and played the game. Due to this the game started to crash and Pokémon go was banned in Nepal. Many people complained about the ban as they could play it no more. Then after several months of ban, Pokémon go was finally released in Nepal. The players were glad to play it again. It is absolutely free to play for people of all ages.

LIFE

Mahima Pathak, VI 'A'

Life! Life! Life! What is life?
 It is said a period of time, When we are alive.
 We can live as we like,
 But try to be healthy, wealthy & wise.
 Knowledge is hidden eye of life,
 which makes our future bright and bright.
 We gain it from the school,
 It makes us laborious, honest and super cool !
 No one knows what life is in brief,
 It is full of joy and grief.
 No one knows what will happen tomorrow,
 It may shower happiness or sorrow.

5

Facts that you might not know!

Ritesh Paudel, VI 'D'

It is illegal to fly above Taj Mahal.
 It is prohibited to go near Area 51, USA.

Females are executed for driving vehicle in Saudi Arabia.

It is legal to take 'Marijuana' in North Korea.

You cannot die inside Buckingham palace if you are not from a royal family.

Why Do Some Students Fail the Exam ?

Diya Ale, VII 'B'

A year has just 365 days. Saturday: 52 days, you know Saturdays are for rest, days left 313 days. Dashain, Tihar, and other holidays: It's time for celebration not for study. Days left 265, 8 hours daily sleep means 130 days. Days left

141. 1 hour for daily playing: 15 days. Days left 126. 2 hours for food and other delicious meals, 30 days. Left days 96. 1 hour for being ready for our school, 15 days, Days left 81. Exam days per year, at least 35 days. Days left 46. Summer

and winter vacation, 40 days. Days left 6. For sickness at least 3 days. Days left 3. To watch movies at least 2 days. Day left 1. That 1 day is your birthday, "How can you study on that day?" Days left: zero days. "How can a student pass the exam then?"



Want to see some magic?

Prasen Man Shrestha, VII 'A'

I will get your answer!!
Think of a number between zero (0) to twenty-seven (27).
Keep that number in your mind and now be careful.
Add 5 to the number you had thought.
Now, add 14 more.
Subtract 5
Again add 10
Once again subtract 4
Wait, wait, not over yet, but you're almost there!
Now subtract the number you had thought from the current number.
Wohoo! You're done and your answer is 20!!

SHE

Shreeya Gautam, VII 'D'

She walked home, scared afraid, peeping inside her house and waiting for any signs of life. She tiptoed inside, cold had never been in home. But it was just a house, not a home. She hastily closed the bedroom door, drawing the curtains. She was exhausted, physically, emotionally. She descended on her bed and went asleep.

She woke up to the sound of a banging door. "I was just waiting for it", she murmured. As she got up from her bed, her body started to shake with fear. As she got closer to the door, the pounding of heart grew louder. She opened the door. Her father stood before her, slurring the words, "You did that! It's only because of you she's not here today, with me." He was badly drunk, but she knew that he meant it, every word of it, every beating, he meant it. Although it had been years the words still pierced into her heart.



Her

Shreeya Bajracharya, VIII 'D'

'She' it was her who had to take it all to herself. No wonder it was tough, no wonder she was tired. Yet she tried, strived every day. Every day she went to her bed, exhausted. She was tired of trying but not achieving. She got that bitter taste of failure really bad. Every day she believed that she could win this game of life.

THE LEGEND BEHIND HOLI

Swati Shah, VI 'C'



Holi is also a major festival of Nepal celebrated mostly by Hindus. This festival usually falls in the month of March. People celebrate it by putting different colours to each other and sometimes coloured water as well.

First of all, we worship the gods and goddesses and put abir on their faces as well. Then the celebration starts. As there is a story behind every festival this one has one behind it too. Hiranyakashyap had a son named Prahalad who was very fond of calling lord

Vishnu's name frequently. Hiranyakashyap, who was very worried about his son's behaviour used to tell him that he was a god and forced him to call his name as a god as well. But Prahalad never did. Hiranyakashyap tried many tricks to kill Prahalad. But he failed. Hiranyakashyap then called his sister, Holika, to burn his son. But instead she was burnt herself. That day onwards, people started celebrating HOLI. This legend is believed to be true by most of the people.

The Story of a Beggar

Prithu Adhikari, VII 'D'

People went this way
And that way
But I didn't know my way
I was sitting on the footpath
Begging for alms and money
But that day I didn't get any
Just to taste a little bit of honey
I wore torn clothes and had no food
Seeing the luxurious life of people
And unsatisfied faces
I wanted to be rude
How selfish can these people be?
That they could not give a penny
To a poor beggar like me?
People told me you should work
and earn
We aren't giving you any money
You should work hard and earn
Your own money
Oh people! Please understand
That I haven't got an education
So people say "I will not give you
work"
I don't want to live anymore
With this really difficult life
I just want to go to heaven
With a peaceful and happy mind

What I Would Do If I Could Fly

Divyan Paudel, VI 'D'

It would have been amazing if I could fly. I wouldn't have to take airplanes or buses. I would be able to see what is going on around the world. It would be great to be a news reporter too. I could fly from one country to another and report the news.

I would fly home during lunch breaks and return to school in time. I would be able to see what people were doing. I would have been a good police officer because it would be quite easy to catch thieves when you have aerial view. I could also be an astronaut with the benefit of not having to use rockets to reach outer space. I would hold many records like the First Flying News Reporter or the First Flying Astronaut. It would have been so great to be able to fly. It would have been something beyond my wildest imagination. Sadly, I am a human being and I can't fly.





Achieving Success

Ayusha Bimali, VI 'C'

"Winners are not people who never fail, but people who never give up." Success is something that can't be achieved easily because the road that leads to success always passes through hard work. Hard work is a must for success. People only see other's success but can't see how much they have tried to achieve it. So we should understand that success always comes from failure. The one who gives

up can never be successful in his/her life. Hard work leads to success. Success is only the result of our hard work and our learning from failure. Some people only dream of success whereas some work hard to achieve it. We should just not wish it to be easy but also wish to work hard. Hard work is the investment whereas success is the result. We all must work hard and give our fullest and pave our way to the road of success.

REMEMBER ME?

Yashwi Manandhar, VII 'D'



Hey, remember me? The kid you used to bully when we were eleven? Well, nothing much has changed since. I still get pushed around. I am used to it, though a part of me still hates being bullied. You know, the places only god knows where. They still throw away my homework into trash cans. Now, nobody talks behind my back, they all shove their hate on my face. They still treat me harsh. But no matter how many times I change my schools, it will always be the same.

Tomorrow when I walk to class, I know I will hear groans and grunts. Some people may even ask me,"

Why are you even here?" Nobody will sit with me during lunch. Once again, I will be all alone.

At some point, my mind drifts towards the thought that this is partly my own fault. It's because I can't open my feelings to people. It's because I am not strong enough to say a sarcastic comment when someone pulls my leg. But do I really deserve this?

Tell me something, do I deserve to be treated like this? Just because of my thick framed glasses and my high grades? Is it because I can't get along with many people that I get pushed around? Do people laugh at me because I am different from them? Why do they make fun of my dreams? Honestly, nobody should be treated like me.

Sometimes I feel useless. I can't even do anything about all this. All I can do is stand there, and bear humiliation while everyone around me laughs and points their finger at me. Sometimes, I feel like I am a joke. So, the next time you need to laugh, remember me.

Interesting facts

Kundan Man Shrestha, VI 'D'

- Loneliness weakens immunity, having family and friends around increases immunity by 60%.
- Your left lung is smaller than your right lung to make room for the heart.
- All the blinking in one day equates to having your eyes closed for 30 minutes.
- A duck cannot walk without bobbing its head.
- A strawberry is the only fruit whose seeds grow outside.
- An elephant's ears are used to regulate body temperature.
- There is no butter in buttermilk.
- Gold never erodes.
- Crocodiles swallow rocks to help dive deeper.
- Shark teeth are as hard as steel.
- Crocodiles are colour-blind.
- The most common disease is tooth decay.
- Kiwi birds are blind.
- The bones of a pigeon weigh less than its feathers.
- Dogs sweat through the pads on their feet.



Travelogue **THAILAND**

Gigyasha Niroula, VIII 'B'

Thailand is a Southeast Asian country, formally known as Siam. It is well-known for tropical beaches, royal places, ancient ruins etc. Bangkok is the capital of Thailand and is a large city known for ornate shrines and vibrant street life. It is the most popular city of Thailand.

Bangkok continues to be one of the most popular tourist destinations for in South East Asia. It is an around the clock feast of sounds and sights, restaurants and bars, nightclubs, shopping malls, markets, temples etc.

Thailand's culture incorporates a great deal of influence from India, China, Cambodia and the rest of South East Asia. Most of the Thai people install spirit houses, miniature wooden houses outside their dwellings, where

they believe household spirit live. They present offerings of foods and drinks to these spirit to keep them happy. These spirit houses can be found in public places as well as on the streets of Thailand.

Thailand is also known for its cuisine, which combines Chinese, Indian and South East Asian influence. Food is cheap, plentiful and delicious there.

Grand Palace and Erawan Shrine, the temple of dawn, floating market, Chinatown, Chatuchak weekend market, Khao San Road are the places of attraction in Bangkok.

Phang Nga Bay, Old Phuket Town, Bangla Road Nightlife, Big Buddha, Simon Cabaret Show, Monkey beach,

Phi Phi Island, Tiger Balm etc. are the places that can be visited in Phuket.

Smiling full day tour of Phi Phi Island, Tiger Breeding Show, Dolphin Show, Elephant Show, Zip flyer, James Bond Island tour, adventure tours, evening tour, sight seeing etc. are the things that we can do and enjoy in Phuket.

I had gone to Thailand on 13th of January 2017. It was a very wonderful experience. I got time to observe new culture, cuisine, languages etc. that are totally different from ours. It was also a bit difficult interacting with the people in Thailand because many of the people there didn't know English. And it was also difficult getting used to the fishy atmosphere. It was a very relaxing journey as Thailand has tropical climate all year round as it is situated near the equator. I am very thankful towards my parents as they took me to a place where I could observe varieties of things at a small age. I know I can't describe all the wonderful experiences I had in just a sheet of paper but I just wanted to share my experience with all of you and that all of you can visit this wonderful place.

कलम

केशु घिमिरे, ६ 'घ'



मेरो सानो कलमले
लेख्छु मेरो भविष्य
जहाँ जाऊँ विश्वभरि
मलाई चिनाउँछु ।

इन्जिनियर, डाक्टर, पाइलट
सबैलाई चाहिने,
इच्छा हुन्छ जहाँ हाम्रो
त्यहीँ किन्न पाइने ।

कलमलाई साथमा राखी
बढ्नु छ माथिमाथि
कलम बनोस् प्रिय सबको
यसैबाट भलो हुन्छ देशको ।

सिक्नुपर्छ

कपिल घिमिरे, ६ 'घ'



हेर हेर नानी हो ! पढ्न स्कूल जाने हो
कापी कलम लिएर जाँगर पनि दिएर
हेर हेर नानी हो ! खेल मैदान जाने हो
बल र व्याट बोकेर साथीसँग मिलेर ।
हेर हेर नानी हो ! खान भान्सा जाने हो,
हात मुख धोएर सफा सुगहर भएर
हेर हेर नानी हो ! ठूलालाई मान्ने हो
साथीसँग पढ्ने, डुल्ने सानासँग खेल्ने मिल्ने
हेर हेर नानी हो ! वातावरण सफा राख्ने हो
एकअर्कालाई मदत गरी देशलाई माया गर्ने हो
हेर हेर नानी हो ! पढी ठूलो मान्छे बन्ने हो
नराम्रो बानी फ्याक्ने हो राम्रो बानी ल्याउने हो ।

वातावरणको रक्षा

आयुषा विमली, ६ 'घ'

वातावरण भनेको पर्यावरण हो । वातावरणको रक्षा गर्नु हामी मानिसहरूको कर्तव्य हो । आजकल धेरै नै प्रदूषण बढेको छ । वातावरण प्रदूषण भनेको चाहिँ हाम्रो वरिपरिको ठाउँ फोहोर गर्नु हो ।

वातावरण प्रदूषणका बेफाइदा धेरै छन् । हावा, पानी, ध्वनि

जस्तै गरी धेरै कुराको प्रदूषण भएको छ । मौसम परिवर्तनको क्रम पनि बदलिएको छ । अतिवृष्टि, अल्पवृष्टि र अनावृष्टि हुने गर्छ । यो हुनुको कारण बोट विरुवाको कमीले हो । हामीले वृक्षरोपण पनि गर्नुपर्छ । रासायनिक

पदार्थको पनि कम उपयोग गर्नुपर्छ । हाम्रा पूर्वजहरूले वायु मण्डललाई प्रदूषित गर्दैनथे । उनीहरूले बोट विरुवा काट्ने भन्दा रोप्ने गर्दथे । हामीले गर्ने काम कुराले वातावरण फोहोर गर्छ, त्यसैले वातावरण दूषित पार्ने काम हामीले कदापि गर्नुहुन्न ।

देशको गौरव

रितेश पौडेल, ६ 'घ'

लाग्दैन लोभ मलाई
वैरीको तोप बन्दुकको
लाग्छ पौरख मलाई
आफ्नै खुकुरीको ।

चाहिँदैन मलाई विदेशीको
पिज्जा, जुस र फ्रुटी
बरु खाउँला ढिँडो
अनि फापरको रोटी ।

नदी र नाला
हिउँका चुली
के बाँचुला म
आफ्नै देश भुली ?

हिमाल, पहाड
छन् यहाँ सब
लाग्छ आफ्नै
देशको गौरव !

नेपाली

दिप्सना अधिकारी, ६ 'ग'

हिमचुली शिर मेरो कल्ले सक्छ छुन ?
गीत गाउँछु नेपालीको नेपाली नै हुन
स्वाभिमानी शान्तिप्रेमी मेरो पहिचान
भावनाको स्वच्छ म त बुद्ध मेरो नाम ।
हारी भागे साम्राज्य ती हारें मैले कता ?
यतै फर्क परदेशी खुकुरी हुँ म ता ?
कोदालीको बिँड मेरो राइफलको माल
पसिनाको खेती मेरो जीवनको ढाल ।

जस्तो मालिक त्यस्तै नोकर

मन्जिषा वैद्य, ६ 'घ'

एकादेशमा एउटा मोटो मान्छे थियो । उसलाई फिल्म हेर्न जान धेरै मनपर्थ्यो । एकदिन उसले उसको नोकरलाई दुईवटा मेच सिनेमा हलमा मगाइ देऊ भन्यो । त्यो मान्छे यति मोटो थियो कि उसलाई बस्न दुईवटा मेच चाहिन्थ्यो । त्यो नोकरले सिनेमा कार्यालयमा दुईवटा टिकट लियो । त्यहाँको कार्यलयको मान्छेले दुईवटा सँगै मेच छैन तर दुईवटा छुट्टाछुट्टै मेच खालि छ भन्यो । नोकरलाई उसको मालिकको बानी थाहा थिएन । उसले दुईवटा छुट्टाछुट्टै टिकट ल्यायो । एउटा मेच चाहिँ अगाडि र अर्को चाहिँ पछाडि खाली थियो । जब मालिकले त्यस्तो छ भनेर थाहा पायो उसलाई नोकर देखेर रिस उठ्यो तर ऊ नोकर जस्तै उल्लु थियो किनकि उसले पहिले नै नोकरलाई सँगै मेच मगाउनु भन्नुपर्थ्यो । शिक्षा - मुख्याईले धेरै दुःख पाइन्छ ।

भानुभक्त आचार्य

श्रीजीता चौहान, ६ 'ग'



जन्मियौ भानुभक्त तिमी,
आजभन्दा २०० वर्ष अगाडि
सयौँ कविता लेखेर तिमीले,
पायौ सबैलाई पछाडि ।

जन्म भयो तिम्रो तनहुँको,
चुँदी रम्घा गाउँमा
पायौ ज्ञान घाँसीबाट तिमीले,
त्यहीँ सानो ठाउँमा ।

सोचाइ तिम्रो कस्तो उत्तम,
सबैले हित गर्ने
संस्कृतको रामायणलाई,
नेपालीमा लेखे ।

सडक

सम्राट पन्त, ६ 'घ'

लम्पसार परी सुतेको देखिन्छ जताततै, ओहो यो !
दायाँ बायाँ घरहरुले त्यै जग्गा ढाकियो ।

कुनै ठाउँ सडकका हिँडछन् मान्छे वरिपरि
मान्छे मात्र होइन कुकुर नि हुन्छन् सडक पूरै ढाक्ने गरी ।

गाडी चार, तीन, दुई पाइग्रे गुडेका हुन्छन् जताततै
कुनै बेला भीड हुन्छ गजबको, हराए पर्छ आपतै

फोहोर फाल्ने सडकमा बानी हुन्छ हेर धेरैको
सफा सडक त हुन्छ तर सबै मिली गरे पो ।

दुर्घटना कति भए थाहा छैन, मृत्यु भयो धेरैको
बाटो बनाएर पिच गरे, त्रास जान्थ्यो मनैको ।

नेपाल

आयुष्मा गैडे, ६ 'ग'

नेपाल सुन्दर हरा भरा जङ्गल
खोला, नदी ताल तलैयाको छ भर ।

सुन्दर माछापुच्छ्रे हेर्ने सबको रहर
धोको पुग्छ जाऊँ है सुन्दर नगरी पोखरा ।

हिमाल, पहाड, तराई संरचना यसका
मेरो देश नेपाल म यहाँको जनता ।

चौध अञ्चल पचहत्तर जिल्लै घुम्ने मेरो रहर
चार जात छत्तीस् वर्णको फूलवारीको लहर ।

पर्यटक हाम्रो नेपालका आम्दानीको भर
मिलनसार नेपाली म छैन मलाई कसैको डर ।

मेरो बाल्यकाल

मानस्वी अर्याल, ७ 'ख'

बाल्यकाल, यो एउटा यस्तो
समय हो जुन सबैको जीवनमा
आउँछ । यस कालमा हामी
पहिलोपल्ट यस धर्तीमा आफ्नो
आँखा खोल्छौं । आफ्ना आमाबुवाको
अनुहार देख्छौं । आमाबुवाले आफ्नो
अँगालोमा च्यापेर माया गर्छन्

। स्नेहका साथ नाम
दिन्छन् । जब आफ्ना
चार हातखुट्टाले
घिसिदै यता र
उता जान खोज्छौं
आमाबुवाले हामीलाई
हिँड्न सिकाउँछन्
र अगाडि बढ्न
प्रोत्साहन दिन्छन् ।

मेरो बाल्यकाल ज्यादै नै
रमाइलो थियो । चकचक
गर्दै यता र उता हिँडेर
सबैलाई सताउँथे तर एक
मुस्कानका साथ सबैले

मलाई माफ गरिदिन्थे । केही चिज
मन पऱ्यो वा चाहियो भने धेरै
जिद्दी गर्थे र अन्त्यमा त्यो चिज
पाएरै छोड्थे । मैले जब पहिलोपल्ट
आफ्नो तोते बोलीले सबैलाई
बोलाउन सिकें सबै ज्यादै खुसी थिए ।
जब आमाबुवाले पहिलोपल्ट मलाई
विद्यालय पठाउनु भयो म ज्यादै रोएँ
तर पछि त्यही ठाउँ मलाई मनपर्न
थाल्यो । मेरो बाल्यकालको यस्तै
क्षणहरु अबै पनि मेरो आँखामा
भुल्किन्छन् र तिनीहरुलाई सम्झेर
म खुसी हुन्छु ।

अहिले पनि जब साना
बालकहरुलाई देख्छु, मेरो
अनुहारमा मुस्कान आइहाल्छ र
मलाई फेरि पनि त्यस्तै रमणीय
बाल्यकालको सुखद क्षण बिताउन
मन लाग्छ जुन बाल्यकाल
निश्छल, भयरहित र चिन्तामुक्त
थियो ।



गुरुपूर्णिमा २ त्यसको महत्व

विख्यात सुवेदी, ७ 'ख'

सबै संस्कृतिमा गुरुको स्थान उच्च मानिन्छ। आफ्नो संस्कृति धर्म अनुसार गुरुपूर्णिमा मनाउने गरिन्छ। जसले हाम्रो जीवनबाट अन्धकार चिरेर उज्यालोतर्फ मोड्छन्। ती महान् व्यक्तिलाई नै हामीले गुरु भन्छौं। ती मात्र गुरु हुन् जसले हाम्रो मन भित्र भएको अन्धकार रूपी माया मोहलाई नाश गरेर हामीलाई आत्मा र परमात्मासँग चिनाउँछन् गुरु आफू बलेर उज्यालो छर्ने मैत्र हुन्। गुरु ज्ञानका भण्डार हुन्। आफ्ना गुरु र गुरुआमालाई हामी सबैले सम्मान गर्नुपर्छ। भनिन्छ, एकै अक्षर सिकाएको भए पनि जसले

गुरुको सम्मान गर्दैन त्यसले नरक भोग गर्नुपर्छ। गुरुविना कुनै कुराको ज्ञानको सम्भावना नै छैन। यस्ता महान् मानिसको सम्मान गर्न हामी हरेक वर्ष गुरु पूर्णिमा मनाउँछौं। गुरु पूर्णिमाको निकै महत्व रहेको छ। गुरु आफ्ना विद्यार्थीहरूलाई ज्ञान दिन सधैं तत्पर हुन्छन्। गुरु पूर्णिमामा हामीले पनि आफ्ना गुरु र गुरुआमाहरूलाई मिठाइ, मनोरञ्जन र उपहार दिएर उहाँहरूको सम्मान गर्छौं। गुरुले हामीले गरेको गलत काम, कुरा आदिलाइ औँल्याई सच्याउने अवसर दिएर राम्रो र सही बाटो तर्फ



मोड्नुहुन्छ जसले भविष्यमा हाम्रो ठूलो प्रगति हुन्छ। गुरुले अक्षर चिनाउने देखि, बोल्न सिकाउने हिँड्न सिकाउने स्कूल, कलेज अथवा कुनै पढाउने ठाउँमा विद्यार्थीलाई सही मार्ग देखाउनुहुन्छ। यस्ता गुरुको सम्मान गर्नु हरेकको कर्तव्य हो। गुरु बिना कसैको जीवन अगाडि नबढ्ने भएकाले ज्ञानको ज्योति प्रज्वलित गरी हरेक क्षेत्रमा सक्षम बनाउने गुरुप्रति सदा श्रद्धा गरौं।

मातृभूमि

कृष्ण पौडेल, ८ 'क'

यी शब्द श्री रामले आफ्ना भाइ लक्ष्मणलाई रावण माथि विजय प्राप्त गरिसके पछि लंकाको स्वर्ण महलमा बसेर राज्य सञ्चालन नगरी अयोध्या फर्कने बेलामा भनेका थिए। आफूलाई जन्म दिने, यो संसार देखाउने आमा र आफूले आफ्नो जिन्दगीको पहिलो हाँसो, आँसु, बोली फुटेको ठाउँ आफूले पहिलो पटक हिँडेको, खाएको, खेलेको, देखेको ठाउँ, आफ्नो मातृभूमि स्वयं स्वर्गको



“जननी जन्मभूमिश्च
स्वर्गादपि गरियसी”

सुखसयल, धनसम्पत्तिभन्दा पनि धेरै अनमोल हुन्छन् । भनिन्छ नि, खानाको महत्व तब थाहा हुन्छ जब भोकले व्याकुल भइन्छ, मलमको महत्व तब थाहा हुन्छ जब घाउ दुखेर तड्पिइन्छ । त्यस्तै आफ्नो मातृभूमिको महत्व पनि तब थाहा हुन्छ जब आफ्नो देशबाट वाध्यतावश टाढिनु पर्छ । हाम्रो देश, बुद्धको देश, सगरमाथाको देश, त्रिरङ्गी भण्डा भएको हाम्रो प्यारो देश नेपाल । हाम्रो देश कैयौँ प्राकृतिक र सांस्कृतिक सम्पदाहरुले भरिपूर्ण छ । यस्तो पवित्र भूमिलाई आफ्नो मातृभूमि भनी संसारमा चिनिनु पनि हाम्रो लागि गौरव र प्रतिष्ठाको कुरा हो । सगरमाथाको काखमा बसेर र वनजङ्गलमा खेलेको यो विशाल देश हाम्रो जन्मभूमि, कर्मभूमि र मृत्युभूमि हो । यही देशको फाँद तराईबाट आएको अन्न खाएर र विशाल हिमशिखरबाट आएको पानी पिएर नै हामी ठूला र बलिया

बनेका छौँ । हाम्रो देशमा धेरै सम्पदा रहेका छन् । हाम्रो यो प्यारो मातृभूमि राम्ररी विकास हुन सकिरहेको छैन । हाम्रा नेपाली दाजुभाइ दिदीबहिनी दिनदिनै विदेशिन थालेका छन् । स्वयम् भगवान् रामले त सुनौलो राज्य लंका माथि विजय प्राप्त गरेर पनि आफ्नै राज्य फर्किए । हामी त मनुष्य हामीले यहाँ आफ्नो मातृभूमिमा केही गर्नुपर्छ, विदेशमा नोकर होइन स्वदेशमा मालिक बनेर बस्नुपर्छ । स्वदेशमा पसिना बगाउनु पर्छ । तर यी वाक्यहरु त हामीले हरेक लेखमा पढ्छौँ, टेलिभिजनमा देख्छौँ । यो कुराले कसैलाई फरक पार्दैन । हुम्ला, जुम्ला जस्ता जिल्लाहरुमा खानेकुराको अत्यधिक अभाव छ । त्यहाँ बसेका हाम्रा नेपाली मित्रहरु एक छाक खान पनि नपाएर भोकले तड्पिन्छन् तर अर्को छेउमा, नेपाली किसानहरुले ३६५ दिन मेहेनत गरेर उब्जाएको

दाल, चामल र तरकारी खेर गइरहेको छ । यी खानाभन्दा हामीलाई आयात गरिएको पिज्जा, बर्गर मन पर्छ, कन्टिनेन्टल फुड मन पर्छ, मोही दही होइन आइसक्रिम र जुस मनपर्छ । यी सबैकुरा लेखिरहेकी मलाई पनि त दालभात भन्दा पिज्जा र बर्गर नै मनपर्छ । हुन पनि त हो, आफ्नो जन्मस्थल आफ्नो जिन्दगीको हरेक पहिलो कार्य, आफ्नो पहिलो हाँसो, रुवाइ, भगडा, माया, दुःखसुख, यस्ता हरेक क्षण बिताएका ठाउँ त पशुहरुलाई समेत प्यारो हुन्छ; तर हामी त सर्वश्रेष्ठ प्राणी मनुष्य हामीले त यसको मोल नै बुझिरहेका छैनौँ । ग्रीनकार्ड, डिभी भनेपछि हुरुक्कै हुने हामीले आफ्नो देशलाई सायद विर्सिसकेका छौँ । खाडीमा भाँडा माभन लाज नलाग्ने हामीलाई स्वदेशमा खेतीकिसानी गर्न लाज मान्छौँ । हामीले सर्वप्रथम मातृभूमिको बारे सोच्नु पर्छ । तब मात्र हामीले आफ्नो देशको विकास गर्न सकौँ ।



तिहार

इशिता पन्त, ६ 'घ'

दिदी र भाइको मायाको मिलन साह्रै नै रमाइलो वर्ष है दिनमा आउने तिहार भन्नु त्यस्तै रमाइलो । फूल र माला रङ्गीन बत्ती भ्यालढोका सिँगारी लक्ष्मी आमा घरघरमै आउन भै सकिन् तयारी लक्ष्मी माता सबैकी दाता लौ पूजा गरौं न पशु र पन्छी सबैलाई सम्झी आदर गरौं न । टाढामा टाढा गएर पनि मन हुन्छ नजिकै मनैमाँ हुन्छ दाजु र दिदी, भाइ बहिनी सधैं नै कति राम्रो इन्द्रेणीमा सात रङ्ग छ त्यही रङ्ग तिहारमा टीका बन्दछ ।

नदी

इशानी महत, ६ 'ख'

म हुँ नदी हेर साथी भाइ ।
हिँडछु म हिमाल, पहाड अनि तराई ।
म हुँ साथी सबको, छैन कोही पराई ।
अनुशासन तोड्नेलाई ठान्छु म पराई ॥
म हुँ जीवन, म हुँ मृत्यु, म हुँ सृष्टिकर्ता
मैले नै दिन्छु अन्नपानी, म हुँ जीवन दाता ।
फोहोर मैला नगर धेरै, मेरो क्षमताभन्दा बढी
सरसफाइ गर्न सिक, तिमीले आफ्नो काम सकी ॥

शिक्षाको आवश्यकता

प्रियन्का न्यौपाने, ६ 'ख'

शिक्षा भनेको ज्ञानको स्रोत हो ।
शिक्षा भन्ने शब्द सुन्दा र पढ्दा
सानो छ तर यसले हाम्रो जीवनमा
महत्वपूर्ण भूमिका खेल्नहेको हुन्छ ।
आजको युगमा शिक्षाको आवश्यक
धेरै देखिन्छ । शिक्षालाई कसैले चोर्न
सक्दैन, तर जति बाँढ्यो, त्यति बढ्छ ।
हामीसित दुई नेत्र छन् तर तेस्रो
नेत्र शिक्षा हो । विद्या धनम्, सर्व
धनम् प्रधानम् भनेभैं शिक्षा सबैभन्दा
ठूलो धन हो । आजको युगमा एउटा
व्यक्तिको पहिचान नै शिक्षा हो ।
हाम्रो उद्देश्य, पूरा गर्न शिक्षाको ठूलो
हात छ । शिक्षाले नै हाम्रो जीवनलाई
सरल, सहज, स्वावलम्बी, असल,
विवेकी र विनयशील बनाउँछ । शिक्षा
प्राप्त गरेर हामीले आफ्नो देशलाई
प्रगतितर्फ उन्मुख गराउन सक्छौं ।
शिक्षाले गर्दा हामीले समाजमा नाम र
दाम दुवै कमाउन सक्छौं ।

मेरो गाउँको वातावरण

निश्मा मोहोत्रा ६ 'ख'

सबैभन्दा स्वच्छ है,
मेरो प्रिय गाउँ ।
अर्घाखाँची हो है,
त्यो गाउँको नाउँ ॥

जताततै हरियाली छ,
पहाडको छाती ।
सबैभन्दा राम्रो दृश्य,
पहाडकै माथि ॥

जहाँ हेरुं त्यहीँ स्वच्छ कति राम्रो ठाउँ
मन त भन्छ अर्घाखाँची मै बस्न पाउँ
रहर लाग्छ यही ठाउँमा हाँसीखेली मर्न
यसकै लागि राम्राराम्रा कामहरु गर्न ॥

शहीद

श्रमी मिश्र, ८ 'क'

तिमीले चुडाँयौ सिक्री नेपालआमाको पाखुराको ।
इज्जत राख्यौ तिमीले सर्वोच्च टाकुराको ॥

श्रद्धाले निहुरन्छ सिङ्गै नेपाली जाति ।
प्यारा शहीद तिमी छौ शिरभन्दा माथि ॥

तिम्रै कारण स्वच्छ र स्वतन्त्र छ यो माटो ।
कहिल्यै बिसन्तौं हामी आफ्नो मातृभूमिको बाटो ॥

लोकतान्त्रिक जनआन्दोलन भए यहाँ धेरै ।
जान दिन्नौं वीर शहीदको समर्पण खेरै ॥

तिम्रो त नाम सुन्दा श्रद्धाले शिर भुक्छ ।
तिम्रो त काम सम्झँदा मुटुमा जोश चढ्छ ॥

युगौंसम्म रहनेछ हाम्रो ओठमा तिम्रो नाउँ ।
खुला छ तिम्रा लागि मुटुमा सारा ठाउँ ॥

चम्क्यो बनेर ज्योति त्यो अँध्यारो राति ।
शहीदहरुले नै ल्याए नेपालमा परिवर्तनको ज्योति ॥

मेरी प्रिय

स्पृहा खरेल, ८ 'क'

हराउन खोजें सधैं तिमीलाई ओभेलमा
सताउँछौ किन आई स्मृतिको पटलमा
सजाउन खोज्थें मैले तिमीलाई हृदयमा
जलाउँछौ किन मलाई जिन्दगीको मकलमा ?

समेट्न खोजें मैले आफूलाई त्यो मनमा
छताछुल्ल पायौ किन निर्जीव यो जङ्गलमा ?
सहारा त्यो पाउने आशा थियो जीवनमा
एकलो छाडी गयौ किन जिन्दगीको दङ्गलमा ।

अलग्गियो कसो गरी हामी बिचको सम्बन्ध ?
खोजी अभै रहेको छ मायाका ती संकल्पमा
भर अब रहेन नि कुनै पनि वाचाहरुमा
शिक्षा अब रोजेको छु त्यो प्रेमको विकल्पमा ।



आमा

महिमा पाठक, ६ 'ख'

आमाले दिनुभो प्राण हामीलाई
आमा नै हो संसार हामीलाई
यो धर्तीमा अरु कोही छैन
आमा जस्तो कोही पनि हुन्न ।

आमाको गुण गाएर कहिले सकिन्न
आमाको माया कहिले मेटिन्न
जति दुःखमा पनि आमाले
साथ दिन्छिन् हामीलाई मायाले ।

आमा नै हुन् ममताकी खानी
सुख, दुःख बाल बच्चाको जानी
म सक्दिन तिम्रो गुण बिसिन
तिमी बिना मेरो जीवन हुन्छ जीर्ण ।

मलाई कविता लेख्ने आउन

एलिजा लामा, ८ 'घ'

गाह्रो छैन कविता लेख्न भनी ठान्थें
सवैभन्दा सजिलो काम कविता लेख्न मान्थें
मेरो यो सोच धेरैदिन टिक्न पाएन
के गरौं साथी, मलाई कविता लेख्न आएन ।
आमालाई सोधें, आमालाई पनि आएन
बाबालाई सोधें, केही जवाफ पाइनँ
आफैलाई सोधें, अब त केही आशौं रहेन
के गरौं साथी, मलाई कविता लेख्न आएन ।
पढ्न लेख्न थालेको एघार वर्ष भयो
कविता लेख्ने सीप भने खोइ कता गयो ?
गाह्रो रहेछ कविता लेख्न सजिलो छैन यो काम
कविता लेख्ने कार्यलाई मैले भने राम राम ।

किसान

सेलिना पगेनी, ६ 'क'

नेपालमा छन धेरै किसान
जसले बढाएका छन् देशको शान
किसानहरुले बहाउँछन् धेरै पसिना
उब्जाउँदा खेतबारीमा अन्नका दाना

किसानहरुले उब्जाउँछन् विभिन्न अन्न
जसले हाम्रो पेटलाई बनाउँछ टन्न
किसानहरुले काम गर्ने ठाउँलाई भनिन्छ खेतबारी
जहाँ उनीहरुले बोक्नुपर्छ धेरै भारी

किसानको खेतमा उब्जिन्छ, अन्न हरेक साल
धान, मकै, भट्मास, अनेकथरी दाल ।
किसानहरुसँग भएन भने ज्ञान त्यति
उनीहरुले फलाउन सक्दैनन् खेती ॥

किसानहरुले बोटबिरुवालाई दिन्छन् मल
बोटबिरुवाले किसानहरुलाई दिन्छन् मिठो फल ॥
किसानबिना धर्तीको माटो गल्दैन ।
अन्न नउब्जे जनताको पेट भरिदैन ॥

सफा राखौँ सहर

आस्था प्याकुरेल, ६ 'ख'

सफा राखौँ घर आँगन
सफा राखौँ सहर
फोहोर मैला व्यवस्थापन
खुला दिशा नगर ।

रुख विरुवा धेरै रोप
वन फँडानी नगर
नदीनाला सफा राख
फोहोर यसलाई नगर ।

पैदल हिँडने बानी गर
ऊर्जा दोहन नगर
स्वस्थ हुन्छ परिवार
सफा हुन्छ सहर ।

सबै मिले पूरा हुन्छ
सफा राख्ने रहन
सफा हुन्छ घर आँगन
सुन्दर हुन्छ सहर ।

सरसफाई अभियान

युनिस्का स्थापित, 'ख'

जहाँ हेच्यो धुलो धुँवा फोहोर पो छ कुवा
फोहोरलाई हटाउने हाम्रो मनको कुरा ॥

जागजाग साथीहरु आँखा खोली हेर
यहाँ फोहोर नफाल्ने चित्रहरु कोर ॥

खोलानाला सफा गर्ने कार्यालय खोल
पानीमा रासायनिक पदार्थ नघोल ॥

धुलो धुवाँ ओडेर काम हामी नगरौं
स्वच्छ हावापानीको वातावरण बनाऔं ॥



मेरो बाली र सिंगापुरको यात्रा

आत्मीय सिलवाल, ८ 'क'

करिब तीन वर्षअघि
आमा क्याम्पस पढ्दाका
साथीहरुको भेटघाट कार्यक्रममा
म पनि सहभागी भएको थिएँ
। उनीहरु प्रायः सबै विदेशबाट
आएका थिए । कुरैकुराको बीचमा
एउटी बहिनीले मलाई - तिमी कुन
कुन देश गएका छौ ? भनी सोधिन,
मैले नेपाल बाहेक कुनै पनि देश
नगएको भन्दा सबैले अचम्म माने
र मलाई जिस्क्याउन थाले । उक्त
दिनदेखि नै मैले पनि कुनै न कुनै
देशको भ्रमण गर्ने सपना बुनेको
थिएँ । आमाले नै मलाई घुमाउनको

लागि इण्डोनेशिया र सिंगापुर
लैजानु भयो ।
त्रिभुवन अन्तराष्ट्रिय विमानस्थलबाट
हामी मलेशियातर्फ लाग्यौं । रातिको
यात्रा भए पनि, मनमा अनेकन
कौतूहलता आइरह्यो । साढे-चार
घण्टापछि हामीहरु देश मलेशिया
पुग्यौं । क्वालालम्पुर विमानस्थलको
भिलिमिली बत्ती, मान्छेको हुल,
अत्याधुनिक भवन, र सडक आदि
देख्दा नै मलाई विदेशमा पुगेको
बेग्लै अनुभूति भैसकेको थियो ।
त्यहाँबाट इण्डोनेशियाको बाली जाने

जहाज चढ्न करिब पाँच घण्टाको
ट्रान्जिट समय मैले त्यहीँ घुमेर
बिताएँ, समय बितेको पत्तै भएन ।
हामी भ्रमणको पहिलो गन्तव्य
इण्डोनेशियाको बालीतर्फ लाग्यौं ।
हाम्रो सम्पूर्ण यात्रा उही मलेशिया
एअरबाट थियो तर नेपालबाट
मलेशिया जाँदा र मलेशियाबाट
बाली जाँदाका यात्रुहरुमा धेरै
भिन्नता थियो । नेपालबाट जानेहरु
प्रायः वैदेशिक रोजगारका लागि
हिँडेका देखिन्थे भने मलेशियाबाट
बाली जानेमा प्रायः विभिन्न देशका
पर्यटकहरु क्रिस्मस र अंग्रेजी नयाँ

वर्षको विदा मनाउनका लागि आएका थिए । साढे दुई घण्टाको उडानपछि हामी बालीको गुराराई विमानस्थल पुग्यौं । विमानस्थलभित्र नै एउटा हिन्दु मन्दिर देख्न पाउँदा मैले सुनेको मन्दिरै मन्दिरको बाली भन्ने भनाइ सहि रहेछ भन्ने लाग्यो । विमानस्थलबाट समुन्द्रको किनारमा रहेको हरियालीले भरिपूर्ण समतल बाटो, मन्दिरहरु र घरहरु अवलोकन गर्दै हामी कुटा भन्ने ठाउँको होटेलमा पुग्यौं ।

हामीले त्यस दिन त्यहीँ कुटा वरिपरि नै घुम्ने निधो गर्थौं । रमणीय सामुन्द्रिक किनार, सफा बस्ती, मूर्तिहरु, काष्ठकला, पर्यटकहरुको खचाखच भीड र प्राकृतिक स्रोतहरुको सही संरक्षणले भरिपूर्ण सहर अत्यन्त मनमोहक थियो । हामीले पनि हाम्रो भू-वनोट र प्राकृतिक स्रोतको त्यसरी नै सही संरक्षण गर्ने हो भने हाम्रो देश नेपाल पनि योभन्दा कम हुने थिएन भन्ने महसुस भयो ।

धेरै समयपछि हाम्रो पारिवारिक भेटघाटको पनि माहोल बनेको थियो । मेरो ठूलो मामा र माइजू सिंगापुरबाट अनि सानो मामा अस्ट्रेलियाबाट त्यहीँ आउनभयो । विशेषतः घुम्ने माहोल दोस्रो दिनदेखि सुरु भयो । हामीले ६ दिनका लागि एउटा भ्यान रिजर्व गर्थौं । दोस्रो दिन विभिन्न दिशाबाट हेर्दा भिन्न आकारमा देखिने गरुडा मूर्तिको दर्शन गरियो । मलाई साक्षात् भगवान विष्णुले दर्शन दिएको भान भयो । उक्त विष्णुको मूर्ति दर्शन गर्दा केटाकेटी लगायत सबैले घुँडा छोप्ने लुगा लगाउनै पर्ने चलन रहेछ त्यसको लागि चाहिने लुंगी उनीहरुले नै उपलब्ध गराउने रहेछन् । मन्दिरमा महिला-पुरुष सबैले उस्तै लुगा लगाउनु पर्ने चलन मलाई खुब मन पर्थ्यो । त्यसै दिन बालीको ड्रिमल्याण्ड



सामुन्द्रिक तटमा छाल र बालुवासँग खेल्यौं र गन्तव्य उलुवाटु मन्दिरतिर लाग्यौं, जुन बालीको सबैभन्दा उच्च ठाउँमा रहेको मन्दिर थियो । त्यसपछि हामीले हिन्द-महासागरबाट भएको सूर्यास्त अवलोकन गर्थौं । त्यही दृश्य हेरिरहँदा म त सबैसँगबाट छुटेछु । केही बेरसम्म त मैले केही सोच्न नै सकिनँ । बाँदरको बिगबिगी, बेलुकाको समय र धेरैतिर लाग्ने बाटाहरु भएकाले म एकछिन त निकै डराएँ तर मेरो धैर्यता भने गुमेन । कतै माइकबाट आवाज आएको सुनें र त्यहीँ आवाजलाई पछ्याउँदै गएर माइक भएको ठाउँबाट मलाई लिन आउन आमा र अन्य आफन्तलाई आग्रह गरें । केही समयपछि घण्टापछि सानिमा आइपुग्नु भयो तर मेरा सुकेका ओठबाट कुनै पनि आवाज आएन । सानिमाको अँगालोमा परेपछि पो बल्ल होश आएको महसुस गरें । अर्को दिन हामी उबुद भन्ने ठाउँ गयौं । त्यहाँ नेपालका जस्तै जस्तापाताले छाएका घरहरु र उस्तै कान्ला परेका बारीका पाटाहरु देख्दा नेपालको कुनै गाउँमा छु जस्तो

भान भैरहेको थियो । जाँदै गर्दा इण्डोनेशियाको हाम्रो यात्राको गाइड न्योमानले पारिपट्टिको ज्वालामुखी देखाउँदा चकित परें र ज्वालामुखी नजिकैको बस्ती देख्दा मनमनै डराएँ पनि । त्यस स्थानको धेरै जानकारी लिने मन हुँदाहुँदै पनि हामी उबुदबाट विदा लियौं र तिता गंगा भन्ने धार्मिक स्थलको भ्रमणको लागि अगाडि बढ्यौं । त्यो ठाउँ नेपालको बालाजुको २२ धारासँग केही मिल्दोजुल्दो रहेछ । दुनियाँका विभिन्न ठाउँबाट मानिसहरु स्नान गर्न आउँदा रहेछन् । यदि हामीले पनि २२ धारा र बालाजु उद्यानको सही व्यवस्थापन गर्ने हो भने त्यो पनि अर्को महत्वपूर्ण पर्यटकीय स्थान बन्न सक्नेमा कुनै पनि दुविधा छैन ।

हाम्रो अन्तिम धार्मिकस्थलको भ्रमण भने तन्हालोट भन्ने ठाउँ थियो । प्रकृतिको सुन्दर उपहारको रूपमा समुन्द्री तटमा, हिमालय जस्तो बनोटको यो शिव मन्दिर जो कसैलाई पनि आकर्षित गर्ने खालको थियो । कलकल गरी बहेको मूलको पानीले जिउमा लागेको समुन्द्रको नुनिलो पखाल्न पाउँदा र ओम् नमः शिवाय भन्दा त्यहाँका पुजारीहरुले पनि ओम्



नमस् शिवाय भन्दै दहीमा मुछेको अक्षता र सेतो फूल लगाइदिदाको आनन्द बेग्लै थियो । त्यस्तै नेपालको तालबाराही जस्तै लाग्ने उलान्दानु शिवको मन्दिर र वरिपरि रहेको उद्यान साह्रै मनमोहक थियो ।

बालीमा मैले मुख्यतः ब्रह्मा, विष्णु र महेश्वरका मन्दिरहरु देखे । आफू हिन्दु धर्मावलम्बी भएकोले पनि मन्दिर दर्शन गर्न पाउनु सुखद क्षण त छँदै थियो त्यसमाथि पानीका खेलहरु खेल्नका लागि भोलिपल्ट नुसा दुआ अवस्थित आनन्द वाटर स्पोर्ट वाटरबम नामक वाटर पार्कमा पानीमा चिप्लेटी र अन्य खेल खेल्दाको क्षण अविस्मरणीय रह्यो ।

यसरी ६ दिनको बालीको यात्रा पछि २०१६ को अन्तिम हाम्रो अर्को गन्तव्य सिंगापुर लाग्यौ । जहाज चढेको केही घण्टामा हामी सिंगापुर पुग्यौ, सिंगापुरका अग्ला भवन देख्दा त म भस्किँएँ किनकि बालीमा त तीनतले घरसम्म देख्न पनि मुस्किल थियो । आफ्नै अगाडि आँखाले देख्न नसक्ने घरहरु, भिलिमिली हेर्दै आधुनिक विकासको

गतिलाई मनमनै अनुमान गरें ।

हामीले मरिना बे स्यान्ड्स नामक ५० तले भवनको ४० औँ तल्लाबाट नयाँ वर्ष २०१७ को आतिशबाजी हेरी मामाको विश्वविद्यालयको छात्रावासमा पुग्दा रातिको ३ बजि सकेको थियो । ढिला सुतेकोले भोलिपल्ट करिब १० बजेतिर मात्र उठियो । त्यो दिन हामी नाड्यांग प्राविधिक विश्वविद्यालय गयौ ।

मेरी आमाले अध्यापन गराउने त्रिभुवन विश्वविद्यालय भत्केका, लेऊ लागेका, भ्यालका सिसा फुटेका, भाडीको रुपमा रहेका भवनहरु देख्दा र सुन्दा मेरो मन दुखेको थियो । त्यही त्रिविको प्रतिविम्ब मस्तिष्कमा राखेको म नाड्यांग टेक्नोलोजिकल युनिभर्सिटी पुग्दा आकाश जमिनको फरक देखें । हरेक संकायका बाहिरबाट नै सुन्दर देखिने भवनहरु, अनुसन्धान भवनहरु, ठाउँठाउँमा विश्वविद्यालयका क्रियाकलापलाई देखाउने ठूला-ठूला टिभी, पार्क, अन्तर्राष्ट्रियस्तरको फुटबल मैदान, जिम हल, स्विमिंग पुल, विभिन्न देशका खाना पाउने क्यान्टिन, सपिङ मल, ५ तारे होटेलजस्ता थुप्रै कुराहरु

देख्दा मलाई विश्वविद्यालय भनेको त यस्तो पो हुँदोरहेछ भन्ने लाग्यो ।

पुस्तकालयमा नतमस्तक भएर पढिरहेका त्यहाँका विद्यार्थीहरु देख्दा त्यो ठाउँ विद्यार्थीका लागि स्वर्ग लाग्यो ।

मेरो मनले विश्वविद्यालयलाई छोड्न मानेको नै थिएन तर त्यहाँ घुम्ने दिन कम भएकोले विश्वविद्यालयलाई छोडेर युनिभर्सल स्टुडियो, गार्डेन बाई द बे, मेर्लायन जस्ता सिंगापुरका चिनारीहरु अवलोकन गरियो । पहिलो पटक मेट्रो रेल, दुई तले बस चढ्दा खुब रमाइलो लाग्यो ।

तर लिटिल इन्डिया, धोबिघाट जस्ता ठाउँमा हिन्दी फिल्महरुको पोस्टर, एक आपसमा हिन्दी बोलेको देख्दा चाहिँ अलि फरक पाएँ । यहाँ धेरै जसो भारतीयहरु बस्ने भएकोले हामीलाई मिल्ने खाना, लुगा कपडाहरुमा समानता थियो भने मुस्थाफा भन्ने सपिङ मल त नेपालका जस्तै थिए । त्यसै दिन हामी मारिना बे स्यान्ड्स लाइट शो हेर्न मेट्रो रेलबाट गयौ । मेट्रो रेलले सिंगापुरको आवतजावतलाई एकदमै सजिलो पारिदिएको रहेछ ।

मेट्रोबाट ओर्लने बित्तिकै लाइट शो हेर्ने ठाउँ गएँ तर केही समय बाँकी रहेकोले सिंगापुरको प्रसिद्ध चिनारी मेर्लायनको दृश्य अवलोकन गरी फोटोहरु पनि खिचें । त्यसपछि हामीले आत्माबाट नै हेर्न खोजेको लाईट शो सुरु भयो । यो लाईट शो १५ मिनेटसम्म धुवाँको पर्दामा विभिन्न आकारहरु बन्दै चल्थ्यो । अनि जति बसे पनि नअघाउने अचम्मको कृत्रिम बगैँचा (गार्डेन बाई द बे) पुगियो ।

सिंगापुर बसाइको अन्तिम दिन हामी सेन्टोसास्थित युनिभर्सल स्टुडियो घुम्पौँ यसरी प्राकृतिक वरदानले भरि पूर्ण बाली र विकास र अनुशासनको नमुना देश सिंगापुर भ्रमणबाट मानिसले गरे के हुन्न र ? भन्ने ज्ञान मेरो बाल मस्तिष्कमा अमिट छाप राख्नको लागि सफल भयो ।

बैदेशिक रोजगार नेपाली युवाहरूको रहर होइन बाध्यता

संस्कृति पोखरेल, ७ 'ख'

आफ्नो देश भन्दा बाहिर अर्काको देशमा कामको खोजीमा जानु भनेकै वैदेशिक रोजगार हो । आफ्नो देशमा काम नपाएको अवस्थामा अर्काको देशमा कामको खोजीमा जाने ७०% प्रतिशत युवाहरू छन् । नेपालका युवाहरू आफ्नो ज्यानको बाजी लगाएर वैदेशिक रोजगारमा काम गरिरहेका छन् । नेपालमा बढ्दो बेरोजगारी समस्यालाई खेप्न नसकेर विदेशिनु परेको भनेर हाम्रा नेपाली युवाहरू भन्दछन् । नेपाल एउटा गरिब देशहरू मध्ये एक हो । यही बढी बेरोजगारी समस्या भएका कारण

लाखौं युवाहरूले आफ्नो जन्म भूमिमा काम नपाउँदा विदेश जानु परेको छ । कुनै युवाको रहर हुँदैन विदेश जाने बाध्यता भएका कारण विदेश गइरहेका हुन्छन् । विदेश जानुमा अधिकांश २० वर्ष देखि ३७ वर्षका उमेर समूहका युवाहरू छन् । देशको मेरुदण्डको रूपमा रहेका यी उमेर समूहका युवाहरू आफ्नो परिश्रमको फल विदेश गएर दिने हो भने हाम्रो गरिब देशको हाल के हुन्छ भन्ने चिन्ता सबै नेपालीहरूलाई भईरहेको छ । कतिपय युवाहरू बिहे गरेर आफ्ना परिवार घरमा ल्याई विदेशिनु

परेको छ भने कतिपय युवाहरू सानो नानीहरू र बृद्ध आमाबुवालाई एकलै छाडेर विदेशिनु परेको अवस्था छ । मलेसिया, साउदी, अरब, कतार, दुबई लगायतका देशहरू नेपालीहरूको गन्तव्य बनेको छ । त्यहाँ गएर जुनसुकै काम होस् तर काम गर्न पाउनु र परिश्रम अनुसारको माग पनि पाउनु उनीहरूको अधिकार भएता पनि त्यस्तो नभएको अवस्था छ र नेपालमा आफ्ना आमाबुवाहरूको सम्भन्ना पनि निकै नै आउँछ । त्यसैले वैदेशिक रोजगार नेपाली युवाहरूको रहर होइन, बाध्यता हो ।



नेपाल

जुनु तमाङ, ६ 'ख'

सलसल बग्ने खोलानाला
अनि त्यो भर्ना,
सुन्दर छन् है पाखा पखेरा
हरियाली छु यहाँ घना

रमाइलो लाग्छ यहाँ सुन्न
कथन अनि गाथा,
यही छु है संसारको उच्च
शिखर सगरमाथा ॥

मानिसका मन कति सफा
अनि दुधजस्तै शुद्ध
जन्मेका थिए यहाँ ज्ञानी
महान व्यक्ति गौतम बुद्ध ॥॥

बनेर आएका थिए यहाँ
राम, कृष्ण अनि गोपाल,
यी सबै भएको एउटै ठाउँ हो
मेरो सुन्दर देश नेपाल ।

बाल अधिकार

स्तुति ढुङ्गाना, ७ 'घ'

बाँच्न पाउनु प्रत्येक बालबालिकाको अधिकार हो । बालबालिकाको जीवन रक्षा र विकासको लागि राज्यले बढीभन्दा उपाय खोज्नुपर्छ । बालकहरुको शिक्षा, स्वास्थ्य सबैमा अधिकार हुन्छ । यी सबै उनीहरुका मौलिक अधिकार हुन् । यी अधिकारहरु नेपालको संविधानले दिएको छ । संविधानले नागरिकलाई आर्थिक, भाषिक, सांस्कृतिक, सबै अधिकार दिएको छ । कुनै पनि मानिसले बालबालिकाहरुलाई नोकर राख्न र किनबेच गर्न पाउँदैनन् । शारीरिक सुरक्षा, स्वतन्त्रतासाथ हिँड्ढुल गर्न पाउनु बालबालिकाहरुको जन्मसिद्ध अधिकार हो । बालबालिकाको बुद्धि बिगार्ने, हेप्ने, खराब व्यवहार गर्ने जस्तो कसैले पनि गर्न पाउँदैनन् । बाल अधिकारको पालना र संरक्षण गर्नु आमाबाबु, सङ्घसंस्था र सरकारी तहका सबैको कर्तव्य हो । बालबालिकाहरु आफै पनि यो अधिकारको सुरक्षामा लाग्नुपर्छ । जन्मेपछि मात्र नभई नजन्मदै आफ्नो अधिकारहरु लिएर आएका हुन्छन् ।

ज्ञानका स्रोतहरु

सौहार्दिका अधिकारी, ६ 'ग'

ज्ञानविनाको मानिस पशु सरह हुन्छ । त्यसैले ज्ञान प्राप्त गर्न उसको प्रमुख उद्देश्य हुनुपर्दछ । मानिसले प्राप्त गर्नु ज्ञानका स्रोतहरु अनेकौ हुन्छन् । सबैभन्दा पहिले मानिसले आफ्नो बाल्यकालमा आफ्नो घरपरिवार त्यसमा पनि आफ्नो आमाको काखबाट ज्ञान प्राप्त गर्दछ र यस्तो ज्ञानको प्रभाव जीवनभर रहिरहन्छ त्यस बाहेक परिवारका अन्य सदस्यहरुले पनि उसलाई ज्ञान बाँड्छन् । परिवारबाहेक मानिस बसेको समाजले पनि उसलाई धेरै कुरा सिकाउँछ । सामाजिक रीति, चालचलन र समाजप्रतिको कर्तव्यको ज्ञान मानिसलाई

समाजले नै प्रदान गर्दछ । यस्तो किसिमको ज्ञानले उसलाई समाजको विकासमा योगदान दिन मद्दत पुर्याउँछ । स्कुल, कलेज जस्ता शैक्षिक संस्थाहरुले मानिसलाई जीवन उपयोगी ज्ञान प्रदान गर्दछन् । यी संस्थाहरुमा रहेका गुरुहरुले आफ्ना विद्यार्थीहरुलाई विभिन्न किसिमका व्यावहारिक ज्ञान दिने गर्दछन् । उनीहरुको सहायताबाट नै विद्यार्थीवर्गले किताबमा रहेका ज्ञान प्राप्त गर्न सक्छन् तर त्यस्ता ज्ञानहरु आफै अध्ययन गर्ने व्यक्तिहरुले कसैको मद्दत बिना पनि प्राप्त गर्न सक्दछन् ।

ज्ञान चाहने मानिसको लागि जुनसुकै जीवजन्तु वा निर्जीव कुराहरु समेत ज्ञानको स्रोत बन्न सक्दछ । त्यस्ता व्यक्तिहरुले साना-साना कमिला, चराचुरुङ्गी र जनावरहरुबाट समेत आफ्नो जीवनको लागि आवश्यक पर्ने शिक्षा ग्रहण गर्न सक्दछन् र आफ्नो जीवनको लक्ष्य सफल बनाउन सक्छन् । प्रकृतिमा रहेका खोला, वनजङ्गलहरु मानिसको लागि ज्ञान आर्जनका बलिया स्रोतहरु हुन् । यी सबैले मानिसहरुलाई आफ्नो जीवन कसरी सफल बनाउने भन्ने ज्ञान दिइरहेका हुन्छन् ।

लोभ र लालच

सृष्टि खड्का, द 'ग'

एक गाउँमा एकजना अत्यन्त मेहेनती, दयालु, बुद्धिमान र भलाद्मी कहलिएका सुयोगमान पण्डित बस्थे । उनी ठूलाठूला व्यापार, व्यवसाय र खेतीपाती गर्थे । उनी सम्पन्न भए पनि उनमा अहम् भने थिएन । उनको एक छोरा थियो सइन पण्डित । तर ऊ ज्यादै अलछि थियो । उसले सबै कुरा अरुले गरिदिए हुन्थ्यो भन्ने ठान्थ्यो ।

सुयोगमानको छोराको विवाहको उमेर पुगिसकेको थियो, तर उसको यस्तो बानीले गर्दा १० भन्दा बढी केटीले उसलाई नाई भनेका थिए र ऊ अर्को दिन अर्को गाउँमा केटी खोज्न गयो । तीन घण्टाको लामो हिँडाइ पछि ऊ पल्लो गाउँ पुग्यो । ऊ बजारमा पुग्दा मानिसको भिड देख्यो र उसले ठुलो स्वरमा भन्यो 'सुनुहोस्, गाउँलेहरु मेरो नाम सुयोगमान पण्डित हो, मसँग धेरै सम्पत्ति छ । ठुला ठुला व्यवसायहरु छन् । असंख्य खेतीपाती पनि छ र मलाई मेरो एकलो छोराको विवाह गर्नु छ, र तपाईंहरु मेरो अलछि छोराको लागि छोरी दिन चाहानु हुन्छ भने भन्नुहोस् । म त्यो केटीलाई र उसको परिवारलाई १० लाख दिन्छु भन्दै प्रचार गर्न थाल्यो । त्यो प्रचार नसकिँदै सबै जनाले आफ्नी छोरी दिन तयार भए । शिवजीको तिन नेत्र भनेभैं सबैको लालचको आँखा खुले । सबैजना उनको धनको लालचमा पर्दै गाउँलेहरुले आफ्ना छोरीहरुको गुणगान गाउन थाले । भीड बढ्दै गयो, जातपातका कुरामा लडाईँ पनि हुन थाल्यो ।

त्यो सबै देखेर पण्डित भन्नु दुखी भए ।

रात निकै परेकोले यताउति हेर्दै एउटा किसानको घरमा उनी पुगे । त्यस घरमा एक बुढो किसान र उसकी तरुनी छोरी मात्र थिए । उसले एक रातको बासको लागि बिन्तीभाउ गर्‍यो र बुढाले उसलाई पिँढीमा राखेर उसले आफ्नो छोरीलाई मोही ल्याउन भन्यो र उसले त्यो मोही ल्याएर पण्डितलाई दिई । त्यसपछि मकै पनि दिई । सुयोगमानको मुख हेर्दै किसानले भने, "तपाईंले खोज्नुभएको कुरा पाउनुभयो कि भएन ?" किसानका कुरा सुनेर पण्डितले भने, "तर तिमीलाई कसरी थाहा भयो मैले दिउँसभरि कराएको ?" किसानले भन्यो, 'हामी त्यहीँ बजारमा थियौँ, पारिबाट हेरिरहेका थियौँ । 'तिमीहरुले विवाहको प्रस्ताव किन राखेनौँ त ? तिमी छोरीको पनि विवाह गर्ने उमेर भएकै रहेछ । भन्नु माथि मैले थुप्रो धन पनि दिन्छु भनेकै थिएँ ।'

किसानले हाँस्दै भने, 'हो तर हामीलाई लालच छैन । म मगर जातिको, तपाईं बाहुन पण्डित अग्रस्थानमा हुनुहुन्छ र तपाईंले भन्नुभएको थियो तपाईंको छोरा अलछि छ भनेर, निकम्मा छ, अरुको भरमा बस्छ । त्यस्तो अलछिलाई कसरी छोरी दिने ? अलछिले गर्दा सबै धन दौलतहरु हराउँछ । हामीले इमान्दारी र मिहेनतसँग काम गर्नुपर्छ । धन त आज छ भोलि छैन वा नहुन पनि सक्छ तर सीप



र जाँगर भएन भने जीवनको मूल्य नै हुँदैन । यसैले हामीलाई तपाईंको धनको लालच छैन ।'

'मेरो छोरो अलछि, निकम्मा छ तर मैले पैसा दिन खोजेको भने होइन । मैले त असल बुहारी खोज्ने उपाय लगाएको मात्र हो ।' किसानसँग सुयोगमानले सत्य कुरा भने, 'मेरो धेरै व्यवसाय, सम्पत्ति छ । कारोबार छ । मेरो अलछि छोराको मेहेनत गर्न जानेको छैन । सम्पत्ति सबै बिस्तारै हराउँदै जान्छ । त्यही डरले म मेरो घर सम्पत्ति सुरक्षा गर्ने र छोरालाई असल बनाउने असल बुहारीको खोजीमा हिँडेको हुँ । सुयोगमानले हात जोडेर भने, 'मलाई जात होइन असल बुहारी चाहिएको हो । तिमी छोरीले मात्र मेरो छोरालाई सही मार्गदर्शन गर्न र इमान्दारीको पाठ पढाउन सकिन्छ । त्यसैले तिमी छोरी मलाई देऊ ।'

किसानलाई पनि आफ्नी छोरी इमान्दार छ र मिहेनत गर्ने छे भन्ने विश्वास थियो । र उसले आफ्नी छोरीको हात दियो । शिक्षा: अलछिपनाले भएको सम्पत्ति, आराम सबै हराउँछन् । जातजातिमा फरक गर्न हुँदैन, सबै एकै मानिस हुन् ।



Art by: Keerti Acharya, IX 'A'

High School Writers



High School Writers



Dark Side of Social Networking Sites

Venus Bhatt, X'D'



Living in the 21st century is a blessing, thanks to the social networking sites that make our life so easy to be connected to people and bring everyone virtually very close even though physically we live far apart. Now, you don't need to physically meet each of your friends or acquaintances to share your feeling, ideas or any information of happiness or sadness. Rather you need to just update your status in some social networks and surprisingly, in a few moments you will know what others think about you.

Social networking sites have become a very important part of our lives. We all get connected to our family and friends, we also share with each other information and pictures. The people who are far away from us and are really dear and near to us can be interacted with. We can use these social networking sites for gaining information, and even for entertainment. They are really helpful for those who use it sincerely and honestly.

However, social networking's have its darker side also. People are making fake acquaintances, profiles and uploading. They are using fake information to mislead others and making their profiles very attractive to lure others and trap them. They chat with the fake

identity. They lied about all the information, sometime age, sex, photo, location, education, profession etc. How can one believe on these, till the time you do not physically see them? People are using social networking sites for trapping young girls and boys. There are many cases where innocent girls and boys are sexually exploited and abused and then blackmailed. Many of them get into depression and some even commit suicide, not being able to bear the tensions.

We are not able to know who is there chatting with us as many people put others pictures and chat with us. But this is very dangerous. People keep talking with each other and get so much connected that the person might believe him/her and might start sharing everything with that person. Teen age is such a time when children believe their friends more than with their parents. It's just because they can share many secret things with their friends that they feel ashamed and scared to share with their parents. Because of this they get more close and intimate with their chatting partners. Some may be true, but there are many who use these innocent ones and indulge them into crimes, may blackmail them, sexually harrass,

abuse and exploit them and even torture them to death. There are many people using social networking sites for prostitution such as in Facebook, YouTube, and Instagram etc. People must be aware while chatting with strangers and the best alternative is not to make friends with any strangers. "Strangers are Dangerous".

Teenagers should share everything (if possible) with their parents, because if by chance they get into trouble they can say, "My parents are there for me." As in these time of trauma, parents are the only ones who will accept us and make us feel secure. As parents are the only one who believe in us and are also the ones who will protect us. But even if you are scared to share everything with your father you can at least share it with your mother who can share all your sorrows equally. Lastly I would like to say, "BEWARE OF SOCIAL NETWORKING SITES, AND STAY SAFE".



GIVE IT A THOUGHT

Shraddha Shrestha, X 'D'

"Close your eyes and bear everything

Everything, I mean even that scene

You're a girl so you have to
Don't be too feminist, will you?
I warned you not to wear those shorts

Because those shorts were really too short

Don't do that, you're a girl
You will be raped and burnt
And those things will probably haunt

Haunt till your death
Haunt till it increases violence rate
Those rules and regulations are meant for you

You have to follow them, you just have to

Look above the sky's so high,
Where beautiful stars shine
Look below, the earth's so beautiful
With deep secrets inside
Your world lies in fairy tales I must say

Shut your mouth and you will be Protected and safe."

Well that's all they say
But I have a lot more to say
Lot more to say because I am a girl
Lot more to say because they are wrong

I want my right back
No matter how many times I have to fight back

Back till I get my right
Back till I win my fight
I want my life safe, just safe

Where there's no world called hate
They don't know how it feels
The wounds which can never be healed

Let it be my raped body or burnt face

It won't rape my thoughts or burn my spirits away

Today I woke up and I'm still a feminist

This is my story and I am the protagonist!

What Makes Us Triyogees

Manas Bhandari, IX 'A'

We suddenly start speaking in English when a teacher walks in.

We quarrel for the exercise books with all the answers written to complete our homework during the short breaks. We hide our mouths behind mufflers to talk while the teacher is teaching. Dance class is a free class for almost all boys.

We say expressions like "Me? What did I do?" after being pulled out of the assembly line for talking.

We study in assembly lines during exam time as if we are nerds.

We make noise the minute the teacher is out of the class. But when he/she asks a question, the class is so silent that people shouting in the ground can be heard.

WHAT I THINK BEAUTY IS

Spanda Michelle Rana, IX 'C'

Right now you are rolling your eyes. You are probably thinking, 'Okay. Here's another old-school article about how looks don't make a difference.' Well really, you're off-base.

I live in a beautiful area, however I don't generally glance at it. I now and then walk past it and not see the excellence that this world brings to the table. Be that as it may, watching out of the window now, I can see an overcast day. I can't perceive the blue sky, just the mist. Now gaze towards the gloomy sky and discover a cloud which will be truly simple in the event that you live in Kathmandu. If you can't find a cloud, just look at a natural object which catches your eye. How many colours can you see in the cloud? A few? I can see several hues. Hues don't need to be strong. There can be many shades of grey (50 shades of dim, sad folks. I'll stop). Dim is just a class, it's not a shade. Many hues fit into the dim category.

Now, take a look at your hands. Feel your hands, despite the

fact that it sounds truly peculiar. Possibly your hands are hard like mine, perhaps somewhat dry or truly delicate hands. It's almost insane to think the number of cells in them to make your hands, your hands. I believe it's perfectly insane. Open your window and take a breath. Can you taste that chill of the winter air on your tongue? I believe it's marvellous. Is this getting irregular? I don't have a clue.

Now, go upstairs and look at your family. Take a glance at what the world has given you. People with the same blood. People who love you. People who cherish you. You may listen to music right now while perusing this weird and ungainly article, however, pause the music for a moment. Close your eyes and tune in. I can hear the trees blowing in the wind, a little child snickering at my neighbour's place, I can hear life. Life is music as it were. It's sound. Beauty doesn't always have to be what you see. It can be what you hear, what you smell, what you taste. I think beauty is home. Home is my beauty, the feeling of home is my beauty.

THE MOST IMPORTANT MOMENTS

Sujyana Pradhan, IX 'D'

Life, in some terms, is nothing but collection of memories. Memories that stick with you till death. People often ask "Which is your happiest moment in life?" It is the intensity of question that makes us feel something deep. Most people term moments of achievements as their most important moment in life. However, the moments of challenges and beauty are the most precious moments of our life. A night filled with a billion stars is my life's most important moment. So my question is- what is the most important moment of your life?

AN ILLUSION- WHAT LIFE IS

Suvekshya Shrestha, X 'C'

She looked enigmatic dancing in the garden of lilacs
But nobody ever saw and nobody ever knew the pitch darkness inside her
Allie, the girl with fine porcelain skin, tall hourglass figure and waist length of perfect curls
Looked as bright as the nova,
Her melodic movements were as lively as the incredibly enchanted fragrance of the lilacs
With those beautiful ballet shoes on
She danced in the lilac garden; something she assumed for it to be a cryptic room
The lust of lilacs reminded her of an old love
And made her desperate to search for the lilac flower
For her was the world a mere pitch black room since forever and till eternity
Dancing with the smell of lilacs, she felt deeply vague and blistered
Her ballet moves made her seem as exemplary as her collarbone
In her world of fantasy she could feel the sanity of the lucid darkness trying to test her sanity
Her sense about life was an illusion
With a different flare, a different aura
She danced in the pitch black room
All day and night as the smell of lilacs lured her
As the darkness choked her, its back shone to the inexplicably invisible bond between them: she and the darkness
But who knew the fault in her perfection was that the whole world for her was a pitch black sky?
To the absoluteness that she was blind

Anne Frank

Aarya Shrestha , X 'C'

Anne Frank, a Jewish girl, was born in June 12, 1929 in Frankfurt, Germany. At that time, the Jews were suppressed and persecuted by the German. The Jews were not given freedom and had to live their life in fear. Anne Frank was born and brought up in such an environment.

Anne was her father's favourite child and loved her father the most. She had four members in her family and a cat, Moortje. She had a sister named Margot with whom she used to share everything. She loved her friends as well. Anne loved learning new languages and writing stories and poems. On her birthday, her father gifted her a diary which encouraged her desire to write.

In 1943, the Germans had grown stronger and the Jews were taken to concentration camps where they were treated like slaves. Otto Frank was extremely worried about his family, so he and his friend arranged for a hiding place in their own office. The Frank family as well as the Van Daan family secretly hid there. Anne called her new hideout 'The Secret Annex'. Anne never felt happy during her stay there and wanted to escape. However, due to the ongoing war, they were forced to remain hidden. The constant bombings and news of raids used to frighten her. Anne also fell in love with a boy named Peter during her stay in the Secret Annex. She had planned a lot of things that she would do after the war but unfortunately the hiding place was raided in August of 1944 and her family were taken to the hell like camps. She left her diary in the hiding place. They were treated very badly by the Germans. She struggled to live but in March 1942, she and her sister died due to typhus just two months before the war as ended. Her daddy, the only one who survived found the diary and published it. And yes she always wanted to publish it.

The diary of a young girl is the novel which was published. During such times, she kept a diary to write about day to day activities. The book makes you feel bad and sad when you read about her struggle. She was a brave girl in my opinion. We should make a habit of writing feeling, the fun you did with friends and when you grow old you can read it and cherish good and silly moments. There are many documentaries and movies based on her life and The diary of a young girl is must read book.



Cancer

Tapashwi Rayamajhi, X 'D'

Life always gives reasons to live
People always find the motive to
But I am going through chemo
I am counting down my days to
go!

At first it made me hate it
'Cause I knew my lungs would give
out.
It took away whatever it had to
take
However taught me to live with no
regret!

Know that I will never marry
Oh I am sick of this chemo
And I am counting down my days
to go
But this taught me to accept the
truth
And move forward in life !

People and feelings change like
seasons and climate.
Just to see what I have seen
Through this journey I've
memories to cherish
'Cause it showed me what time
friendship looks like....

Now I am awful just to see
All my hair is falling apart
All my strength and agony
Know that I am learning soon
With the lesson to open myself to
kindness

If I say goodbye today
Remember I'd always been true
People hate this to bits
But it taught me to have a positive
view
On life and fit!

I learned to have faith
I learnt not to take things for
granted.
I saw people change their colors
Yet I learned to be courageous

Keeping all this in mind I want you
to know
That I am counting down my days
to go.

My Mountain Biking Journey

Pranav Rajbhandari, X 'A'



As the famous saying goes-
"Happiness is a journey not a
destination." When Principal Sir
announced about the Mountain
Biking Camp in the school, I became
a part of the camp. That was the
actual moment I discovered my
passion for mountain biking.

During the camp we were
introduced to our coach Mr. Shyam
Limbu, Founder of Gnarly. The
camp was a new experience for
us which made us explore more
about mountain biking. We learned
many skills about mountain biking
like braking, pedaling efficiently,
cornering and handling. We also
came to know that mountain biking
can be performed almost anywhere
from a backyard to an off-road track
so many people are into it. We biked
to many places such as Dakshinkali
Temple, Jhor, Kakani, etc. We were
informed about the Prodigy MTB
race by our coach and were taken
to the race track for training. We
prepared for the race for one month.
We also started the Triyog MTB group

in order to encourage other students
to join the race. The race took place
on August 13, 2016. Though I just
completed the race, it meant a lot
to me. I had also participated in the
75km Kora Challenge but due to the
change of track, I had to follow the
100km track and was successful in
the same. Completing 100km was
a great achievement for me which
made me realize that I could carry on
with Mountain Biking. I'm pretty sure
that I'm going to give continuity to
this hobby.

My journey was unpredictable. I
was new in the field of mountain
biking. At the beginning I wasn't in
the saddle for mountain biking but
I got new exposure to my interest
by just participating in a school
event which ultimately changed
my perspective of mountain biking.
Acquiring different opportunities
and glomming every fortuity is
important because we are in such
a stage of life where we have the
capability of making change in the
future.

Mistakes

Divya Angsha Rocca, IX 'D'



People commit mistakes. That's how they commemorate and live. If someone did something irrelevant once, it doesn't mean it is perpetually them. People change with time. We should understand what they go through and where they stand rather than just pointing and criticizing them. If they did something incorrect, it was to learn from it not to be humiliated. They lament and feel. Your gossips are not going to take you anywhere. If you are someone with good morals, you should

not be gossiping about them; rather you should go and ask how things really are with them. Learn responding to things rather than reacting to it. We don't try to lift them up because we think they don't belong there. Forgiving the ones who commit mistakes is good but when we lift them up that is great. This is how we go from good to great. We all expect people to improve but we don't realize that sometimes we are the one demoralizing them. Let's try to see people from a nicer side.

Bark

Sandhya Niroula, IX 'D'

Do you bark back when dogs bark at you? Or just waste your time listening the melody of its bark? Certainly not. So, why waste your time bothering about the opinions of the judgmental hypocrites around you? It's not your job to stop them from talking behind you but it's your job not to let it affect you. I know it is easy to say this but very difficult when it comes to implementing it. I am unsure but I hope this will help you in doing so.

First of all, it is very important for you to know that achievements are more likely to annoy the world around you. People "bark" or talk about you

for mainly three reasons: When they can't reach your level, when they don't have what you have or when they try to copy your life but can't. So instead of being upset, feel proud that out of all possible topics in the world they chose you to gossip about. It is good to have impacts. You are not leading your life if you are not having any impact on others' capability. The only way to get over people's "bark" is to by continuing to give the best you can and focus on being the best every day. Take everything in a positive way. If you think the flaws that people are talking about you are true, then overcome those flaws, bring

She

Sampada Neupane, IX 'D'

She is a mess;
But still she is beautiful
She gets angry;
but her anger showers love.
She is imperfect;
but her imperfections are perfectly mad.
She is a queen;
She is a father, brother, sister at the same time;
She is my superhero;
She is my best friend;
She is my first love
She is a beautiful gift from the God
and that's my "Mom"



changes in your life. Bring changes not because "they" want you to, not because of the "barking" of the people but for a better you!



Put the Glass Down

Rijan Kafle, X 'A'

Once upon a time, a psychology professor walked around a stage while teaching stress management techniques to an auditorium filled with students. As he raised a glass of water, everyone expected the typical "glass half-empty or half-full" question. Instead, with a smile on his face, the professor asked, "How heavy is this glass of water I'm holding?"

The students shouted out answers ranging from eight ounces to a couple of pounds. The professor replied, "From my perspective, the absolute weight of the glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour, its weight might make my arm ache a little. If I hold it for a day, my arm will likely go numb, forcing me to drop the glass on the floor. In each

case, the weight of the glass doesn't change but the longer I hold it, the heavier it feels to me."

As the class nodded their heads in agreement, he continued, "Your stress and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them for a bit longer and your head begins to ache a little. Think about them all day long and you will be crippled by it, incapable of doing anything else until you drop it."

It is important to let go of what bothers you. No matter what happens during the day, put all of your burdens down at the end of the day. Don't carry them into the next day. If you still feel the weight of yesterday's troubles, it's a sign that you need to put your glass down.

TOP WAYS TO SURVIVE IN TRIYOG

Jaya Shree Hada, IX 'A'

Remember, first impressions are the last ones.

Try to participate in any type of competitions which is in your league.

If you feel lonely in breaks go to library; at least you won't look some loner.

Take notes in classes; it makes practicing easier.

Have a talent in you, if not so develop one and always remember to show up with it.

Look as innocent as a puppy to any teacher.

Be straight forward to be cool.

Have a good sense of humour.

Try to make your handwriting beautiful; it helps you to win your teacher's heart.

Always trim your nails, if not, hide them.

Build Yourself

Ranue Das, X 'A'

Don't be that person

Who lives for others

Don't change yourself for others

Don't care about what others say

'Cause if you were them, You would never be you.

Do what you like

Live like there's no tomorrow

Feel like it's the best feeling

Live like it is the end

Be you

Because no one is better than you

First learn to stand up by yourself

So that no one can break you down

First trust your ability

And everyone will respect it

Don't depend on others

Because you are born alone

You will live your life alone

And then you must die alone

Life

Swechhya Karanjeet, X 'D'

Life is beautiful yet unpredictable. A simple greeting from a stranger or the hardest farewell by someone who means a lot to you can change your life to a great extent. Each and every moment makes a difference and cannot be fixed ever again. It can be compared to a river as the flow of water that has passed will never pass the same way again. Words aren't enough to explain how life is the shortest time we get in which learning completely about it is hardly possible. However, it also is the longest of what we have and can never get anything longer than it. As the famous saying goes, "It is how we embrace the uncertainty

in our lives that leads to great transformation of our souls." It is us who have to lead ourselves to our own destination. Uncertainty is a part of this journey of life and we'll have to move ahead with it.

Life is vast and there are a lot of things to explore. When we have this precious life we should grab every moment and live it like it's the last one. We never know what life's got for us either happiness or sorrow or maybe a lesson which can change us into a whole new person with extremely different priorities and views. So since we only live once, try and make it worth the time.

life



बुवा

श्रनिक जवाली, ९ 'ग'

यस धर्तीमा पाइला टेकाउने
आमाले मात्र कहाँ हो र
बुवा बिना आमा मात्रै
कहाँ पूर्ण हुँदि रहिछन् र ?

मेरा लागि दुई आँखा
आमा जस्तै बुवा पनि
कर्म गरी मर्म बुझी
माया दिन्छन् उनी पनि ।

कर्तव्यको पाठ सिकाउने
आँट भरोसा सहारा दिने
मेरा लागि मेरो बुवा
उच्च रहन्छन् सधैं सधैं ।

दुःखमा सधैं साथ दिने
सुखमा सँगै हाँसी दिने
आफ्नो भविष्य आफ्नो खुसी
सन्तान कै लागि समर्पित गर्ने ।

हिँडिरहनेछु बुवाले देखाएको मार्गमा
सपना पूरा गर्नेछु उहाँको यथार्थमा
जीवनलाई सार्थक तुल्याउँदै
बुवाकै मन्त्र जपिरहन्छु सधैं सधैं ।

कृषिमा उन्नति नेपालको समुन्नति

समित थापा मगर, ९ 'ग'



हाम्रो देश नेपालको भौगोलिक बनावट विचित्रको छ । यहाँसम्म परेको जमिनदेखि विश्वको अग्लो ठाउँ सगरमाथा छ । हाम्रो देश नेपाल एक कृषिप्रधान देश हो । यहाँका ६६% जनता कृषिमा निर्भर छन्, कृषिमै निर्भर भएपनि यहाँका किसानहरुको जीवन कष्टकर छ ।

हाम्रो देश नेपालमा सम्म परेको जमिन छ, जसलाई हामी तराई मधेस भन्छौं । यस भेगमा धानको राम्रो उब्जनी हुन्छ, यसको साथै पहाडी भेगमा मकै, कोदो, फापर आदि जस्ता अन्नबाली राम्ररी उब्जनी हुनुको साथै हिमाली भेगमा आलु प्रशस्त मात्रामा फल्ने गर्छ । यी कृषिजन्य वस्तु किसानहरुले देशभित्र र बाहिर निर्यात गरी राम्रो धन आर्जन गर्न सक्छन् । कृषिमै निर्भर भए पनि देशको विकास हुनेछ, हामीले हाम्रो देशको स्याउ, सुन्तला, तथा अदुवा, अम्रिसो, अलैंची आदि जस्तो कृषि उत्पादन निर्यात गरी विदेशी मुद्रा आर्जन गर्न सक्छौं ।

नेपालले आयात कम गरी निर्यात धेरै गर्न सक्थ्यो भने विदेशी मुद्रा भित्रिनुको साथै अरु मुद्रा बाहिर जानबाट बच्छ जसले गर्दा पनि देशको उन्नति सम्भव छ, तसर्थ आधुनिक उपकरण, बिउ बिजन तथा प्रविधिको प्रयोग गरी कृषि उत्पादन बढाउन सकिन्छ । आधुनिक किसिमले खेती गर्नु भन्ने हामी खाद्यान्नमा आत्मनिर्भर बन्छौं । यसले रोजगारीका अवसरहरु पनि सिर्जना गर्छ ।

अथाह जलस्रोतको धनी देश भए पनि पानीको सदुपयोग हुन सकेको छैन । खेती लगाउने समयमा आकाश पानीको भर पर्नुपर्छ । यहाँका नदीबाट सिँचाईको व्यवस्था मिलाउन सके हाम्रा खेतबारी बाह्र महिना हराभरा हुनेछन् । पर्याप्त मलखादको व्यवस्था र उन्नत प्रविधिको विकास गरी कृषि क्रान्ति ल्याउन सके राष्ट्र समुन्नत बनेछ ।

अमेरिकी सपना र डोनाल्ड ट्रम्प

सोमिका श्रेष्ठ, ९ 'ख'

अप्रत्याशित रूपले अमेरिकी राष्ट्रपतीय निर्वाचनमा प्रतिद्वन्द्वी हिल्लरी क्लिन्टनलाई पराजित गर्दै जनताको बहुमत प्राप्त गरेर व्यापारी डोनाल्ड ट्रम्प अमेरिकाको ४५ औं राष्ट्रपति बनेका छन्। यस घटनापछि समस्त अमेरिकी नागरिकाहरु हर्षित भने भएका छन्, कैयौं राष्ट्रभक्तहरु रुष्ट पनि छन्।

यो विषयले नेपालीहरुको पनि ध्यानाकर्षण गरेको पाइन्छ। ओई ! यसपालि पनि डि.भी. लागेनछ।" भनेर निराश भएका व्यक्तिहरु थुप्रै छन्। स्वदेशमै राम्रो जागिर भएका मानिसहरु समेत उद्योग धन्दा छोडेर अमेरिकामा घर बसाउने अभिलाषा राख्छन्। लगभग सबै युवाहरुले अमेरिका विदेसिने सपना बुनिसकेका छन् तर ट्रम्पले ७ मुस्लिम बहुल देशहरुका लागि अमेरिका प्रवेशमा प्रतिबन्ध लगाएपछि भ्रम सिर्जना भएको पाइन्छ। नेपाली शब्द उच्चारण गर्दै वा लक्षित गर्दै त ट्रम्पले केही भनेका वा गरेका छन् तर फेसबुकमा हेर्दा त लाग्छ, उनले नेपालीहरुलाई नै सम्बोधन गरी भनेका छन् - तिमीहरु आफ्नै देशमा बसेर, आफ्नै देशलाई

विकसित बनाउने चेष्टा गर। यो कुरा सुन्दाखेरि सबै किसिमले आक्रामक लागे तापनि यथार्थवादी हुने हो भने यो कथन १००% सत्य हो, यसमा कुनै प्रकारको खोट पाइँदैन। आजकल जसलाई हेन्यो, त्यसलाई केवल विदेश जाने रहर छ। मुलुकको सम्पूर्ण युवाशक्ति र शिक्षित वर्ग विदेसिए भने नाबालक र बुढापाकाहरुको भरमा देशले कसरी प्रगति गर्छ र ? विदेशमा पसिना बगाएर स्वदेशमा उन्नति हुने त कुरो नै भएन। त्यसैले आफ्नै मातृभूमिमा बसेर आफ्नै राष्ट्रलाई उकास्नुपर्छ। हाम्रो यो अमेरिकी सपना त्यागेर देशलाई विकासको गतिमा लम्काउने सपना बुन्न थालौं। देश बने हामीले अरुको देशमा सुन्दर संसार बसाउने कल्पना गर्नु पर्दैन।

प्रकृतिले अथाह प्राकृतिक सम्पदा दिएर सिँगारेको हाम्रो देशलाई विकासको मार्गमा लैजाने काम हामी युवाहरुको हो। अर्काको देशमा आफ्नो सर्वस्व सुम्पनु कदापि राम्रो होइन, स्वदेशमै बसौं, राष्ट्रोन्नतिमा लागौं। सम्पूर्ण नेपालीलाई ट्रम्पको विजयले राष्ट्रनिर्माणमा लाग्ने प्रेरणा देओस्।



लक्ष्य

युक्ति घिमिरे, ९ 'ग'

थाहा छैन मलाई मर्नु र बाँच्नुको कारण चाहन्छु म समाजमा बन्न एउटा उदाहरण छुनु छ मलाई चन्द्रमाको धरातल पुग्नु छ मलाई आकाशदेखि पाताल।

बन्नु छ मलाई भरनाको पानी भैं पवित्र अँगाल्नु छ सारा संसारलाई बनाई मित्र हिँड्नु छ म बुद्धले देखाएको बाटो छातीमा राखी सधैं यही देशको माटो।

ऊ शान्ति खोज्ने गर्दछ

सरांश खरेल, ९ 'घ'

छरपष्टिएको पाषाणको टुक्रा भैं मुटुलाई छियाछिया पारेर मानिस बाँच्न खोज्छ यो संसारमा मसीका छिर्काहरुसँग हाँसेर।

शून्यताको त्यो निष्पट निशामा कापीका सकिएका बन्दल भैं लडेर महान बन्न खोज्दछ ऊ प्रायोजित खोक्रो भाषण छँटेर।

गान्धीका बुद्धका तशिवर मुनि ऊ कृष्णको कूटनीति खोज्दछ पाकेको आँप जस्तै बन्न ओखरको बोट रोप्ने गर्दछ।

आलो रगतको आँचमानी लिँदै ऊ विस्फोटको मन्त्र जप्दछ बारुदका धुँवाहरु ओकलेर शान्ति खोज्ने गर्दछ।

योगको महत्व

सदिच्छा गैह्रे, ९ 'क'

आफ्नो जीविकोपार्जन चलाउनको लागि हाम्रो शरीर स्वस्थ हुनु जरुरी छ। स्वस्थ शरीरमा नै स्वस्थ मस्तिष्कको वास हुन्छ। आफ्नो शरीरमा ऊर्जा ल्याउनको लागि हामी सबैले योग गर्नु जरुरी छ। केही शारीरिक व्यायाम गर्नु मात्र योग होइन। योग भनेको अति प्राचीन पूर्विय ज्ञान र विज्ञान हो। यो एक कला हो, जसको उत्पत्ति करिब ६००० वर्ष पहिले भएको थियो। योगले हामीलाई स्वस्थ शरीर, स्वच्छ र शान्त मन, विवेकशील बुद्धि र प्रसन्न आत्मासँग मिलाइदिने भएकाले नै योग महत्वपूर्ण बनेको हो। योगको महत्व, अभ्यास, उपयोगिता आदि बारेमा प्राचीनकालदेखि हालसम्म पनि विभिन्न ग्रन्थहरु लेखिएका छन्।

कुनै पनि समस्या बिना आफ्नो जीवनभर तन्दुरुस्त रहने सबैभन्दा उत्तम, सुरक्षित, सरल र स्वस्थ तरिका योग हो। यसको लागि केवल शारीरिक क्रियाकलाप र श्वास लिने सही तरिकाको नियमित अभ्यास गर्नु आवश्यक छ। यसले शरीरको तीन मुख्य तत्व: शरीर, आत्मा र मस्तिष्क बीचको सम्पर्कलाई नियमित गर्छ। योगको दिनहुँ अभ्यासले हामीलाई असङ्ख्य रोगहरुबाट टाढा राखी बाहिरी तथा आन्तरिक राहत प्रदान गर्छ। यसले हाम्रो मस्तिष्कलाई तेज पारी हाम्रो बौद्धिक स्तरमा सुधार ल्याउँछ, र भावनाहरुलाई स्थिर राखेर उच्च स्तरको एकाग्रतामा मद्दत गर्छ। योग एक यस्तो कला हो जसको नियमित प्रयोगले मानिसमा अनुशासन र आत्मा जागरुकताको विकास हुन्छ।

योगले मानिसको स्वस्थ जीवन कायम राख्न प्रमुख भूमिका खेल्छ। यो मानिसलाई शारीरिक तथा मानसिक रुपमा शुद्ध तथा सन्तुलित बनाउने माध्यम हो। यसले सकारात्मक सोचाइलाई जन्म दिन्छ, जसले गर्दा मानिसको व्यक्तित्व विकासमा पनि मद्दत पुग्छ। योगले हाम्रो स्नायु प्रणालीलाई सक्रिय बनाउँछ, जसले गर्दा हामीलाई चिन्ता र तनाव पनि कम हुन्छ। यसले हाम्रो शरीरलाई सन्तुलित र थप लचिलो बनाई रगतको उचित परिचालनमा मद्दत गर्छ। यसले मधुमेह र उच्च रक्तचाप जस्ता रोगलाई पनि नियन्त्रण गर्छ।

हामी योगबाट हुने लाभहरुको गणना गर्न सक्दैनौं, यसलाई केवल एक चमत्कारको रुपमा लिन सक्छौं जसलाई हाम्रा ऋषिमुनिहरुले हामीलाई उपहारको रुपमा दिएका थिए। अहिलेको समयमा योगको आवश्यकता भन्ने बढेको छ। नियमित रुपमा योग गर्ने हो भने यो औषधीको विकल्प बन्न सक्छ। यसले हाम्रो शरीरको प्रतिरोधी प्रणालीलाई बलियो बनाउँछ र हाम्रो आत्मा र प्रकृतिलाई जोड्छ। योगको महत्व बुझेर हरेक वर्ष जुन २९ योग दिवसको रुपमा मनाइन्छ।



प्रदूषण फालाफाल

राज चौलागाईं, ९ 'ख'

बिहान सबै उठ्यो अखबार हेन्यो ; पहिलो पङ्क्तिमै हुन्छ 'काठमाडौँ एसियाको सबैभन्दा प्रदूषित सहर' अनि त्यतिबेला लाग्छ, यो देउताले पनि यस्तो धुँवा धूलो भएको सहरमा किन जन्माएको होला ? बरु गाउँमै जन्मिन पाएको भए हुन्थ्यो ।" फेरि अर्को इन्द्रिय उतातिरबाट बोलिरहेको हुन्छ "तँ यहाँ नजन्मिएको भए तँले यत्रो सुख सयल इ पाउँथिस्" फेरि मलाई पनि हो क्यारे जस्तो लाग्छ। बाहिर निस्क्यो सडक चाहिँ खाल्टाहरुको चौतारी। सबैतिर भ्वाड। त्यही भ्वाडहरुले गर्दा धुलोले हाम्रो कलेजो पनि ढुवाङ पारिसक्यो। तर डाक्टरहरु भन्छन् अब यस्तै रहने हो भने काठमाडौँका सबैलाई दम हुन्छ तर तिनीहरुलाई के थाहा हामी यहीं हुर्केकाहरुलाई यस्तो धुँवाले छुँदैन यस्ता धुँवा त हामी खानसँगै पचाएर दिशामा निकालिदिन्छौं। फेरि आयो दिसाको कुरा, भारतको रेलमार्गमा दिसापिसाब गर्ने बित्तिकै पट्टिमै भर्रेजस्तै काठमाडौँको दिसाका चुली पनि बागमतीमा नै जाने हुन्। त्यसैले जत्रो महाअभियान चलाए पनि बागमती सदाबहार फोहोरको फोहोर नै रहनेछ। दिनदिनै को धुवाधुलोले काठमाडौँ निकै अस्तव्यस्त र प्रदूषित हुन पुगेको छ। अब त संसारमा "मर्नको लागि नेपाल आउनुहोस्" भनेर विज्ञापन गर्नुपर्ने बेला आइसकेको छ। अब यस्तो प्रदूषण रोक्नलाई हाम्रो बस्ती नै सारेर गाउँमा झर्नुपर्छ। विष्णुमतीको कुरा गर्ने हो भने सिंगापुरको सफा टेम्पोको ड्राइभरको गन्हाउने जुताको गन्हाउने मोजा भन्दा बढ्ता गन्हाउने गर्दछ। यस्ता महान् प्रदूषणका श्रष्टाहरुलाई मुरी मुरी धन्यवाद छ। उहाँहरुले गर्दा नै हाम्रो काठमाडौँ सबैभन्दा प्रदूषित सहर भएको छ।

मेरो कविता

नेहा श्रेष्ठ, १० 'क'

गुरुको आज्ञा मान्ने पन्यो
कापी, कलम लिई टेबुल तिर सरियो
न दौडियो दिमाग न त कलम नै चल्थो
यत्रा कविता लेख्छन् कवि, कसरी लेखियो ?

केही लेख्न आएन के लेख्नु ?
मेटौ भने यत्रो लेखिसकेँ, म अल्छी के मेटूँ ?
को बाट सहायता लिऊँ के-बाट सारुँ, कहाँबाट
हेरुँ ?
सायद यो कलम नै नजाति, के कलम फेरुँ ?

आँशुकविको गुण रहेनछ ममा,
टाउको दुखिसक्यो, एक कप चिया ल्याऊ त
रमा !
यस्तै रहेछ भन्दै कलम चलाएँ, अब के गर्नु
यसमा,
किन धमिलो देख्छु म ? हैन के भएको मेरो
चस्मा ?

बाहिर हेरुँ, आहा ! कति राम्रा द्रुम र ललिता !
पाइन्छ क्यारे लेख्ने प्रेरणा यिनैबाट रमिता
के काम गर्नु छ भनी सोध्ने मेरी सखी बविता
हरे राम ! छेउ न पुच्छर वाला शीर्षक बिहीन
मेरो कविता ।

आउँदैन भन्दा भन्दै प्रयत्न यत्रो लेखिंदो रहेछ !
तारालाई ताके केही नभए पनि चन्द्रमा पुगिंदो
रहेछ ।

भनिन्छ कोसिस बिना हार नमान्नु
जे भनिन्छ सत्य भनिंदो रहेछ
कोसिस गरे नसक्ने भन्ने पनि सकिंदो रहेछ !
प्रयास गरे नसक्ने भन्ने पनि सकिंदो रहेछ ।

विद्यालयमा बिताएका क्षणहरू

आयुष आचार्य, १० 'ख'

विद्यालयमा पहिलो पाइला टेक्दा
साना हातले पहिलो अक्षर लेख्दा
गुरुमाले हात समाएर लेखाउनुहुन्थ्यो पहिले
विद्यालय छोड्ने समय पो आएछ अहिले ।

पहिले जानुपर्छ भन्दा रसाउँथे मेरा आँखा
समय बित्दै जाँदा विद्यालयकै लाग्न थाल्यो माया
अब विछोडको चिन्ताले रसाउनेछन आँखा
अब अतीतका सम्झना आउने छैन सधैं मनमा ।

विद्यालय र गुरुजनप्रति सधैं रहनेछ आदर
ज्ञान दिई योग्य बनाई भएकोमा गर्छु सबैको कदर
त्रियोग सदा धन्यवादको लागि रहनेछ योग्य
सदा उन्नति कामना गर्छु राखी आस्था मनमा ।

खाली पाना

एन्जल गुरुङ, १० 'ख'

खाली छुन् कापीका पानाहरु टेबलमाथि
कति रहेनछ है यी बालबालिकाहरुको मति
सुन्दर रचना लेखेर पाना सजाउनु कताकता
प्रयासै नगरी लाग्दछन् हेर त यताउता ।

प्रयासै नगरी फल कसले पो पाउँछ र
हातको काम बिना थालको भात खान को पाउँछ र ?
बालबालिकाहरु हो ! तिमी भित्र छ ज्ञान अपार
सक्षम भइकन पनि अल्छी गरी ज्ञानलाई नमार ।

जति लेख्यो उति बढ्ने छ ज्ञान
सिर्जना गर, छपाऊ लेख चम्कन्छ नाम
ज्ञानका कुरा कापीका पानामा टाली
थाल लेख्न आजैबाट नराख पाना खाली ।

त्रियोगका दिनहरुलाई फर्केर हेर्दा

नन्दिता खरेल, १० 'घ'

आज त्रियोगका अविस्मरणीय दिनहरुको बारेमा कलम चलाउँदा एक प्रकारको वेदना सिर्जना भएको छ । जीवनको बाह्र वर्ष बिताएको ठाउँमा फेरि अध्ययन गर्न आईँदैन । कहिलेकाहीँ जीवनमा केही कुराबाट छुट्दा मन निकै नरमाइलो हुन्छ तर यही तीतो सत्यलाई शिरोधार्य गरेर अगाडि बढ्ने पत्रो र सायद जीवन भनेकै यही हो । त्रियोगबाट बिदा भई जाँदा म केवल दुःखी मात्र पनि हुँदिनँ किनभने यो ठाउँले मलाई अविस्मरणीय सम्झनाका तरेलीहरु छोडेको छ ।

म पहिलो पटक जब त्रियोगमा आएकी थिएँ तब मेरो मनमा डर थियो, सबै कुरा नौलो लागेको थियो र म कहिलेकाहीँ बुवासँग विद्यालय नजाने भनी भगडा गर्दथेँ तर मेरो उज्यालो भविष्यको कामना गर्ने बुवालाई भने यो कुरा कहाँ स्वीकार्य हुन्थ्यो र ? त्यसपछि म दैनिक विद्यालय जान थालेँ र बिस्तारै त्यो स्मरणीय ठाउँको हावाले मलाई छोयो । कक्षा नर्सरीमा मैले पहिलो पटक मञ्चमा उभई सबैजनाको अगाडि बोलेँ । मलाई अबै पनि याद छ त्यो दिन, म निकै चिन्तित थिएँ, मेरो वाचन राम्रो होला कि न होला भन्ने कुराको डर थियो मनमा तर जब मेरो पालो आयो र शिक्षिकाले मेरो हातमा माइक थमाइ दिनुभयो तब त मानौँ जादु नै भयो, मेरो सारा भए र डर हराएर गयो र मैले त्यसको लागि पुरस्कार पनि प्राप्त गरेँ । पढाइ

र अतिरिक्त क्रियाकलापहरुलाई सँगसँगै लिएर अगाडि बढ्दा कसरी जीवनका यति धेरै वर्ष बिताइयो भन्ने कुराको ख्याल नै भएन । त्यसपछि कक्षा ८ मा विद्यालयमा चुनाव भयो, कप्तान, उपकप्तान इत्यादि पदहरुका लागि । सानैदेखि राजनीतिमा गहिरो लगाव बोकेकी मैले पनि आफ्नो नाम दिएँ र भाग्यवश तीन उमेदवारमा म पनि एक छानिएँ । सबै विद्यार्थी र शिक्षक वर्गहरुले भोट दिएको तीन हप्ता पछि परिणामको घोषणा भयो र भाग्य र परिश्रमको फलिफाप मेरो पक्षमा रहेछ र मैले जितेँ । त्यसपछि कक्षा नौ मा पनि मैले 'हावर्ड युनिभर्सिटी' द्वारा आयोजित एम.यु.एन, अर्थात मोडेल युनाइटेड नेशनमा भाग लिई अमेरिका भ्रमण गर्ने मौका पाएँ । नौ कक्षाको अन्त्यमा विद्यालयमा फेरि चुनावको माहोल सिर्जना भयो, मैले स्कुल कप्तानको लागि आफ्नो नाम दर्ता गराएँ । यो समयमा मलाई साथ दिनुभएका सबै शिक्षक र मेरा प्यारा साथीहरुलाई म हार्दिक कृतज्ञता व्यक्त गर्छु ।

यसपालि पनि भाग्यरूपी किरणले मत्तर्फ प्रकाश पाऱ्यो र पुनः विजयी भई म विद्यालयको कप्तान हुन सफल भएँ । कक्षा दशमा विद्यालयद्वारा आयोजित खेलकुद दिवसमा नेपालको भण्डा बोकी नेपाल प्रहरी तालिम केन्द्रमा मानिसको हुलमा मार्च पास गर्दा ममा राष्ट्रप्रतिको ममता जागृत

भयो । आगामी दिनमा पनि राष्ट्र र भण्डालाई अटुट माया गरी अगाडि बढ्ने प्रेरणा दियो । त्रियोगले ममा पढाइको साथै नेतृत्व शक्तिको विकास पनि गरिदियो ।

मानिस चाहेर पनि एकै ठाउँमा बस्न सक्तैन । भित्र माया हुँदा हुँदै पनि त्रियोग छोडेर जाने बेला आएको छ । आज मैले जे सिकेँ, जे गरेँ त्यसमा त्रियोगका शिक्षक-शिक्षिका, सहपाठी साथीहरुको अहम् भूमिका छ । सबैको सधैं प्रिय बन्न सकिँदैन । मेरो सफलतामा ईर्ष्या गर्नेहरु पनि छन् । यसले सचेततापूर्वक कर्मक्षेत्रमा जुट्ने प्रेरणा दियो । हुन पनि हो, प्रशंसा मात्र गर्ने मित्रहरुभन्दा आलोचना गर्ने साथीको कारणले सचेततापूर्वक अगाडि बढ्ने हौसला प्रदान गर्दोरहेछ ।

आज म जुन अवस्थामा पुगेँ, त्यसमा त्रियोगको भूमिका छ । पछि जे बन्छु त्यसमा पनि त्रियोगकै देन रहने छ । हो, मलिलो माटोमा रोपिएको बीउले मीठो फल दिन्छ । आज म बाह्र वर्ष बिताएको मेरो दोस्रो घर त्रियोग छोडेर जाँदै छु । म त्यहाँ अध्ययनरत सम्पूर्ण विद्यार्थी साथीहरुलाई पढाइमा ध्यान दिँदै आफूभित्रको प्रतिभा प्रस्फुटनमा लाग्ने, प्रेरणा दिन चाहन्छु । त्रियोग यस्तो माटो हो जहाँ छरिएको बिउबाट खिँदिलो फल निस्कने छ । हावा सधैं बहिरहने छ, हरियो रुख सुके पनि, सम्झना सधैं रहने त्रियोग छोडी टाढा गए पनि ।

तिमी र तिमी जीवनको मूल्य

प्रतिष्ठा बास्तोला, १० 'ख'

यो मैले लेखेका कुराहरु ती मानिसका निमित्त हुन् जो आफूलाई तुच्छ सम्झिन्छन् अर्थात ती व्यक्तिहरु, जसमा आफूप्रति मनमा हीनताबोध भावना छ, जो आफूलाई धर्तीका भार सम्झिन्छन् र आफ्नो जीवनको सुगन्ध र आफ्नो अस्तित्वको मूल्य थाहा नपाएर जीवनदेखि हरेस खाएका छन्। तिनीहरुको त्यो सौँचको कालो मडारिएको बादल हटाउन नै यो लेख लेखेकी हुँ।

यदि तिमीले मैले माथि भने जस्तो सोच्छौ भने तिमीलाई आफू र आफ्नो जीवनको मूल्य थाहा छैन। तिमी अरु भन्दा फरक छौ। जगत्मा भएका ७ खराब व्यक्ति मध्ये तिमीजस्तै मान्छे भेटाउनु भनेको त त्यो विशाल धर्तीमा एकै आकार, रङ्ग, आकृति आदि भएको ढुङ्गा खोज्नेजस्तै हो जुन असम्भव छ। भनेपछि संसारमा तिमीभन्दा नराम्रा मान्छे होलान्, राम्रा मान्छे होलान् तर तिमी जस्तो तिमी

बाहेक कोही छैन। तिमी कोमलरूपी गाथले तिमी बारेमा सुन्दर कथा भन्छ। तिमी शरीरमा भएका दाग र धर्का आदि सबै तिमी जीवनका विभिन्न कुराहरु थाहा पाउन सकिने खुल्ला किताब जसरी काम गर्छन्। तिमी भित्र भएको चमक तिमीले नै चिन्नुपर्छ। त्यति तिमीलाई तिमी जीवनको मूल्य थाहा छैन भने आफूभित्र चियाएर हेर त। तिमी त काँचो माटोबाट बनेका छौ।

पाएर आफ्नो प्रतिभालाई चिनेमा जुन आकार तिमी जीवनको सुगन्ध र आफ्नो अस्तित्वको कारण दुवै भेटाउने छौ। तिमी जे-जस्तो कमी, कमजोरीले भरिए पनि तिनीहरुले तिमीलाई अरुभन्दा फरक पहिचान दिन्छ। ती कमी कमजोरी जीवनमा हरेस खान होइन, तिनीहरुलाई पन्छ्याउँदै जीवनमा सफलताको शिखर चढ्न दिइएका हुन्। तिमी सुनजस्तै हो। सुन खारिएपछि

उत्तम बन्छ। त्यस्तै गल्तीबाट सिकेर जाँदाजाँदै तिमी जिन्दगीमा सफल बन्छौ। यी गल्तीहरु, कमीकमजोरी आदि देखेर जीवनबाट हरेस नखाऊ। बरु तीबाट सिक, तिनीहरुलाई सुधार किनभने जीवनमा 'घोडा चढ्ने लड्छ।' हामी शून्यको उदारहण लिन सक्छौं। तिमी जीवनको मूल्य थाहा पाउन। शून्यको केही मूल्य छैन जस्तो लाग्छ तर जब शून्य १ को पछि लाग्छ तब १० बन्छ अरु शून्य पछि लाग्दा १०० बन्छ त्यसपछि १०००, १०००० आदि बन्छ। त्यसो भए शून्य मूल्यहीन कि महत्वपूर्ण रहेछ त ? त्यसैले शून्यको त्यस्तो मूल्य छ भने तिमी जीवनको मूल्य छैन र ? यदि तिमी र तिमी जीवनको मूल्य नभए म किन तिमी लागि यी कुराहरु लेख्छे र ! सौँच, सौँच म त पढ्न गएँ।

चेलीबेटी बेचबिखन

खुसी गुरुङ्ग, ९ 'ग'

मानव बेचबिखन भनेको कुनै पनि उद्देश्यले मानिसलाई बेच्ने वा किन्ने काम हो। महिलाहरुलाई देह व्यापार गराउनु, बाल बालिकाहरुलाई घरायसी दास बनाउनु आदि जस्ता गतिविधिहरु यस अन्तर्गत पर्दछन्। विभिन्न दलाल मार्फत हाम्रा देशका चेलीहरु अरब र छिमेकी राष्ट्रहरुमा बेचिन पुगेका छन्। धेरै जस्तो गाउँमा चेलीहरु अशिक्षित र बेरोजगार भएका कारणले उनीहरुलाई दलालहरुले ललाइफकाइ बेचिदिन्छन्।

। कसैकसैलाई बिहेको नाटक गरी पनि फसाउने गरेका छन्। यस्ता घटनाहरुलाई रोक्न हामीले गाउँघरमा गई चेतना फैलाउनुपर्छ, सीमा क्षेत्रमा जाँचको राम्रो व्यवस्था हुनुपर्छ र यस्ता अनुचित कार्यहरु गर्ने दलालहरुलाई कडा भन्दा कडा सजाय दिलाउनुपर्छ अनि मात्र हाम्रा देशका अवला चेलीहरु यस्ता दलालका चङ्गुलबाट बच्न सक्छन्। यस्ता कार्यका रोकथामको लागि नेपालमा



माइती नेपाल, समाज समूह आदिले ठूलो भूमिका निभाएका छन्। चेलीबेटीहरुलाई बेचिनबाट रोक्न हामी आफै पनि सधैं सचेत हुनुपर्छ। त्यति मात्र नभई हामीले यस्तो जालबाट मुक्त भई फर्किएका चेलीहरुलाई स्वीकार्नु पर्छ र उनीहरुको शिक्षा दीक्षाको लागि पनि व्यवस्था गरिदिनुपर्छ।



त्रियोगको सम्भन्ना

स्मृति थापा, १० 'घ'

समय गतिशील छ, अदृश्य छ तर कति छिटो चल्दो रहेछ । भर्खरै जस्तो लाग्छ, त्रियोगमा प्रवेश गरेको, थाहै नपाई बिदा भएर जाने बेला पनि आइसकेछ । पहिले कति बेला १० को परीक्षा दिऊँ र त्रियोग छोडूँ जस्तो लाग्थ्यो तर जब कुनै चिजसँग आत्मीयता पो बसेको हुन्छ छाडेर जानुपर्दा अन्तरात्मामा गहिरो चोट पर्दो रहेछ । माया लाग्यो भनेर सधैंसँगै बस्न पनि त सकिँदैन, बस्न खोजेमा विकासका बाटाहरु अवरुद्ध हुन्छन् ।

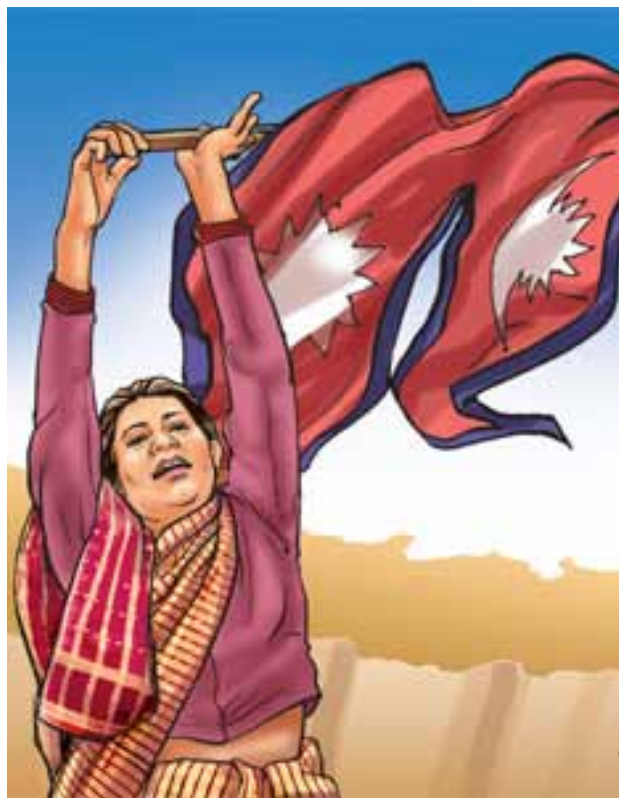
कति छिटै बिते यहाँ यति धेरै वर्षहरु । हरेक वर्ष नयाँनयाँ कुरा सिकियो । किताबी ज्ञान मात्र नभई कति धेरै जीवनापयोगी ज्ञानहरु पनि पाएँ । यहाँ बिताएका हरेक पलहरु कति स्मरणीय छन् । गुरुहरुबाट पाएको आशीर्वाद र साथीहरुको न्यानो मायाले धेरै कठिन परिस्थितिद्वारा सजिलै पार

भएँ । आजसम्म यहाँ मैले धेरै कामहरु गरें, केही उत्कृष्ट काम गरें, भने कहिले गल्तीहरु पनि थिए । मैले यहाँ सबैसँग हाँसखेल गर्दै सिकेका ज्ञानहरु अविस्मरणीय छन् । यस विद्यालयको हरेक कुनासँग मेरा स्मृतिहरु गाँसिएका छन् । त्यो स्कुल मैदानबाट देखिने नीलो आकाश, कक्षाको भ्यालबाट लुकीलुकी हेर्ने गरेका दृश्यहरु म सधैं सम्झिरहनेछु । त्यो ठूलो रुखको शीतलता सधैं मेरो मनमा हावा बनेर बगिरहनेछ । यहाँका कुनाकुनामा रोपेका फूलहरु, कुनाकुनामा बसेर लुकीछिपी गाएका गीतहरु, त्यो सेतो मञ्चमा उभिएर बोलेका कुराहरु मेरो मनमा सधैं गुञ्जिरहनेछन् ।

कुनै बेला ती घण्टीहरु किन बज्छन् जस्तो लाग्थ्यो तर आजकल ती घण्टीहरुको आवाज सुन्ने इच्छा जागृत हुँदै गएको छ । म आफूलाई त्रियोगको विद्यार्थी भन्न पाउँदा सधैं गर्व महसुस गर्नेछु । मैले यहाँ यथेष्ट माया पाएँ, गाली खाएँ तर यी सबै मेरो उज्ज्वल भविष्यको लागि । आफूले अध्ययन गरेको विद्यालय सधैं नामी रहोस् ।

अध्ययन पश्चात म जहाँ जान्छु यहाँका सम्भन्ना मसँगै जानेछन् । म जति पाइला अघि सार्छु मभन्दा पहिला मेरा मनका यी स्मृतिहरु त्यहाँ पुग्नेछन् । जति अघि बढे पनि लुटिपुटिन आउँनेछु, मेरो विद्यालयमा, बिहान चर्न गएको वस्तु साँझ फर्केभैं म पनि फर्किने छु त्रियोगको न्यानो आँगनमा ।





शान्ति आएको छ

यास्मिन शेख, ९ 'ख'

अँधेरीको पछ्यौरीले ढाकेको मेरो देशमा
न त जून नै थियो, न त तारा नै
आज कता कताबाट खुसीयालीको बेग आएछ,
उठ, उठ मेरा मित्र हो देशमा शान्ति आएछ।

अशान्ति र लडाइँ भएको मेरो प्यारो देशमा
आज फेरि बुद्धका सन्देश फैलिन थालेका छन्
चारैतिर वीरताका भाका गुन्जिन थालेका छन्
हाम्रा आफ्नै सारङ्गी र सोरठीका बाजा बजेका छन्।

उठ, उठ मित्र हो ! हाम्रो परिचय आएको छ
एकता र अखण्डताको सन्देश छाएको छ
हेर, त मित्र हो शान्ति आएको छ
हत्या, हिंसा, अपहरण आदि हराएको छ।

सदा शान्ति रहिरहोस् हाम्रो देश नेपालमा
कसैले ज्यान फाल्न नपरोस् अब अकालमा
निर्माणले सिँगारेर बनाऔँ देश सुन्दर
हामीले नै नगरे देश कसरी बन्दछ र ?

साइबर अपराध

सुबिन पौडेल, ९ 'ग'

विश्वलाई विज्ञानले हाँकेको छ भन्ने कुरा त तपाईंहरूलाई थाहा नै छ। विज्ञानले विभिन्न कुराको आविष्कार गरेको छ। सानो हातेमोबाइलदेखि लिएर ठूलाठूला मेसिनहरू यी सबै विज्ञानका आविष्कारहरू हुन् विज्ञानले इन्टरनेट सेवाको सञ्जाल फैलाउने काम गरेको छ। मानिसले आजभोलि इन्टरनेटको कारण विश्वलाई चकित पार्ने कार्यहरू गरेका छन्। इन्टरनेटबाट मानिसहरूले ज्ञानवर्द्धक मात्र नभई मनोरञ्जनात्मक कुराहरूको ज्ञान लिन्छन्।

आजभोलि मानिस इन्टरनेट बिना एकछिन पनि रहन नसक्ने भएका छन्। मानिसको जीवनमा इन्टरनेटले महत्वपूर्ण आकार लिएको छ तर इन्टरनेटमा राखिएका कतिपय घटना तथा तस्वीरहरू हेरेर मानिस कुलतमा फस्ने चोर्ने जस्ता कार्यहरू गर्न पुगेका छन्। त्यसमाथि इन्टरनेट ठाने माध्यम बन्न पुगेको छ। अरु संघ संस्थाको खाता तथा सूचना चोर्नु, बैंकको खाता चोर्नु आदि यी सबै साइबर अपराधका केही उदाहरणहरू हुन्। साइबर अपराधका कारण विभिन्न मानिसहरू देखि लिएर संघ संस्था, बैंक, धराशयी बन्न पुगेका छन्, साइबर आतङ्क अहिले विश्वको मुख्य समस्या बन्न पुगेको छ। सूचना प्रवाह गर्ने, काम छिटोछरितो गराउने, राष्ट्रपतिहरूको भाइचारालाई बलियो बनाउने उद्देश्यले निर्मित साइबरमा प्रेषित घटनाले एकातिर सकारात्मक प्रभाव पारेको छ भने अर्कोतिर समाजमा विकृतिहरू फैलाएको छ। मानिसहरू साइबर अपराध बारे केही सचेत भए पनि यसले नकारात्मक प्रभाव कम हुन सकेको छैन त्यसैले चेतनाको सञ्जाल फैलाई सबैलाई सचेत गराउन पर्दछ।

यही गतिमा साइबर अपराधका घटना बढ्दै जाने हो भने भोलि भयावह अवस्था आउने छ। यसबाट सबै सचेत हुनु जरुरी छ। अभिभावकहरूले पनि आफ्ना सन्ततिहरूले के गर्दै छन् भन्ने कुरा बुझ्न जरुरी छ। इन्टरनेटको सही प्रयोग वरदान हुन सक्छ भने दुरुपयोग अभिशाप नहोला भन्न सकिन्छ।



नारी

रानुई दास, १० 'क'

बाहिर जान नदेऊ कसैले हेला
घरैभित्र बस्दा पनि त दुर्व्यवहार होला ।

कसैको खेलौना होइन नारी
उसमा पनि छन् अनेकौं जिम्मेवारी ।

आफूलाई मेटाएर अरुको खुसीमा रमाइदिने
अनेकौं दुःखपीडा सहेर अरुको घर सजाइदिने ।

खुसी माग्दैनन् केवल दिन्छन् सबैलाई खुसी
नारी जस्तै पुरुष भए संसार बन्थ्यो सुखी ।

ज्ञानको ज्योति फैलाउने सरस्वती हुन् नारी
ममताले भरिएकी पवित्र मूर्ति हुन् नारी ।

सम्मान गरौं नारीको हुन्छ सुन्दर संसार
नारी बिना धर्तीमा के नै छ र बाँच्ने आधार ?

नयाँ नेपाल

स्वीकार ढकाल, १० 'घ'

शान्ति होओस् मेरो देश नेपालमा
विकासको लहर फैलियोस् मेरो देशमा
सरकार चलोस् जनताहरुको विश्वासमा
नहोस् गरिबी, नहोस् भेदभाव आपसमा ।

सबै जना होऊन् शान्त आपसमा
अशान्तिले पाइन्छ नै के र खासमा
स्रोत साधनहरुको सही उपयोग गरी
समृद्ध देशभनी चिनियोस् है विश्वभरि ।

चलोस् देशमा शासन विधिको
सदुपयोग होओस् आफ्नै प्राकृतिक निधिको
हटून् सबै रुढिवादी र अत्याचार
अनि मात्र बल्नेछ नयाँ नेपाल ।

आतङ्कवाद र यस्को असर

सार्थक प्रधानाङ्ग, ९ 'क'

राज्यमाथि हिंसा गरेर आतंक फैलाउने
कामलाई आतङ्कवाद भनिन्छ । आतङ्कवादले
देश र विश्वकै शान्तिमा खलल पुऱ्याउँछ ।
यति मात्र नभई आतङ्कवादले मानिसको
मनमा त्रास बसाउँछ ।

ठूलाठूला आतङ्ककारी सङ्गठन जस्ता
आईसीस, तालिवानका नाम पनि हामीले
सुनिसकेका छौं । उनीहरुको आतङ्ककारी
हमलाले विश्वको ध्यान आकर्षित गराएको छ ।
सिरिया, इराक जस्ता देशहरुमा आतङ्ककारी
हमलाले देशलाई नै ध्वस्त बनाइएको
छ । आतङ्कवाद देश र विश्वको प्रगति
र शान्तिमा एउटा गम्भीर बाधक हो ।
यी आतङ्ककारी हमलाहरु धर्मको नाममा
गरिएको छ । आतङ्ककारीसँग धर्म कहाँ हुन्छ
र ? आतङ्कवादको सिद्धान्त गलत सिद्धान्त
हो र यस्ता खतरनाक सिद्धान्त हामीले
कदापि मान्नु हुँदैन । वास्तवमा भन्ने हो भने
मानिसको जीवनमा आउने परिस्थितिले नै
मानिसलाई राम्रो र नराम्रो काम गराएको
हुन्छ । जीवनमा नराम्रा घटनाहरु धेरै भएका
मानिसको सौँच पनि नराम्रो हुँदै जान्छ ।
यसबाटै मानिसले नराम्रा काम गर्न सुरु
गर्छ । आतङ्कवादीहरु धेरै हुनुका कारण
सङ्गत मुख्य हो । आतङ्कवादीहरुले साना
उमेरदेखि नै मानिसमा खराब सोच घुसाएको
हुन्छ । गरिब र विपन्नलाई गलत सिद्धान्त
सिकाइ उनीहरुलाई आतङ्ककारी हमलामा
लगाउँछन् । आतङ्कारी समूहहरु सङ्गठित
बन्दै र बलियो हुँदै गएका छन् । आतङ्कवाद
रोक्नलाई ठोस कदमहरु चाल्न जरुरी छ ।

आतङ्कवाद आजको युगको गम्भीर
समस्या हो । आतङ्कवादलाई रोक्न
अन्तराष्ट्रिय रुपले नै अधि बढ्न जरुरी
छ । सबै देशहरु मिलेर नै यस्ता आतङ्कारी
सङ्गठनहरुलाई नियन्त्रण गर्नुपर्छ । आफ्नो
देशको सुरक्षाको मामिलामा सबै सजग हुनुपर्छ ।
यस्ता अमानवीय घटना रोक्न सरकारीदेखि
तल्लो तहसम्म प्रभावकारी समन्वय हुन
जरुरी छ ।



मेरी आमा

सीता अधिकारी, कक्षा ११

आमा नौ महिना कोखमा राखी जन्मायौ
पसिना र दुधे धारामा डुबाउँदै हुर्कायौ ।
तर आमा आज जन्म दिई कहाँ हरायौ
सम्झी सम्झी जिन्दगीमा रुने बनायौ ॥

आमा, गर्भधारण गर्दा कति गाह्रो भयो होला
तिम्रा ती कष्टले आज पाएँ मानवीय चोला ।
हुर्काउने बढाउने समयमा कति कष्ट पायौ
आज मेरो पसिनामा रुम्ने बखत कहाँ हरायौ?

दीप बाली फर्क्यौ बगैँचाको गुलाब सरी
अब पाउँदिन तिम्रो माया कसै गरी
आमा दुःख र विरहको लहरा फैलाई गयो
अनि सदाका निम्ति अस्त अस्त भयो ।

तिम्रो नबोल्ने तस्विर हेरी विर्सना भेटाउँदै छु
तिम्रा आदर्श अगाली गन्तव्य भेटाउँदै छु ।
आमा म के गरुँ ? तिम्रो जस्तै माया
पाउँनलाई
प्रयत्न रहने छ, तिम्रा सपना सजाउँनलाई ॥

आमा मलाई जन्म दिई कहाँ हरायौ
जिन्दगीमा सम्झी सम्झी रुने बनायौ ॥

सडकको सन्तान

स्वस्तिका थापा, कक्षा ११

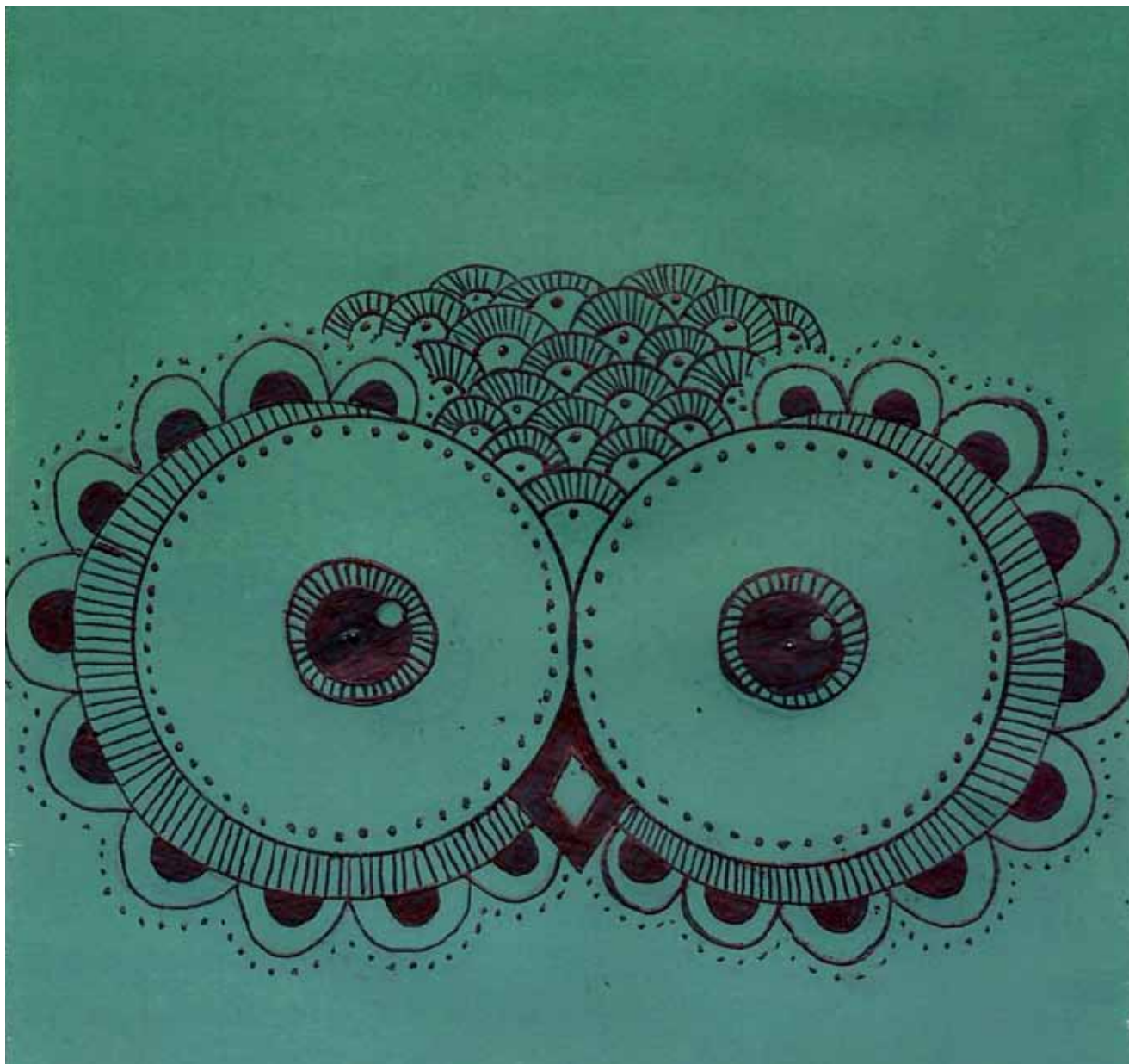
देखिरहेको छु उनलाई फोहोरको डुङ्गुरमा
हिँडिरहेको उनीहरु गन्तव्यहीन यात्रामा
उनीहरुका बरालिएका पाइलाहरुमा
बित्तो रात सडक र महलको चिसो পেटीमा ।

असहाय ती बोलाइन्छन् खातेको संजाले
फोहोरी भनी हाँसोमा उडाउँछन् मानिसहरुले
शीतको चिसो सिरक ओडी रात बिताउँछन्
आफूलाई सडक छापको नाम दिई बाँचिरहेछन् ॥

साँझ परेपछि सडकमा बस्छन् भई बाध्य
सडकका सन्तानको दुःख छैन बयान गरी साध्य
बित्तो जीवन चिसो पेटीहरुमा ओडेर बोरा
असहायको सहाय नै यो संसारमा को छ र ?

खोइ उनीहरुको बाल अधिकार !
राष्ट्रले राख्नुपर्छ यसमा सरोकार
हामी जस्ता मानवको गरौं हामी उद्धार
परोपकारी बने मात्र खुल्छ स्वर्गको द्वार ।

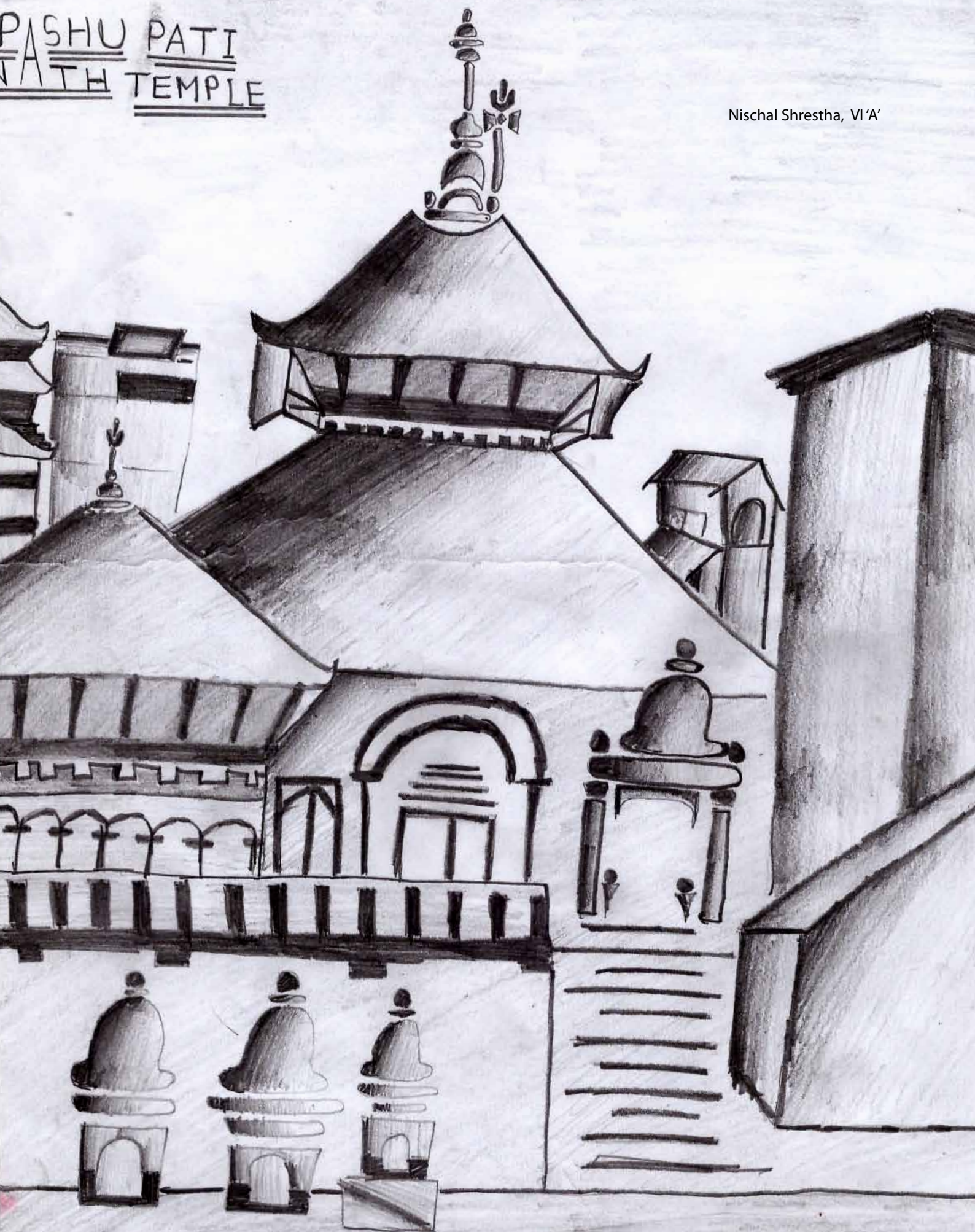




Art by Sweekriti Shrestha, IX 'C'

PASHU PATI
NATH TEMPLE

Nischal Shrestha, VI 'A'



Class Photographs



Class K.G.

1st Row (L-R): Teacher-Ms. Trisha Regmi, Aayushman Shrestha, Divija Paudel, Srijal Pradhan, Prashun Man Malakar, Reshkun Ranabhat, Samrat Raj Gautam, Pranaya K.C., Teacher- Ms. Kabita Shahi

2nd Row (L-R): Aayushman Shrestha, Maheshwor Bom Malla, Samridha Jung Khadka, Subhani Bantha Magar, Aaron Puri, Sahash Bickram Rana, Prashanna Dhoj G.C., Abhishri Gurung, Dirghayu N. Lama



Class I 'A'

1st Row (L-R): Teacher- Ms. Rebu Pande, Bibek Poudyal, Samir Shrestha, Sourya Udas, Sparsh Neupane, Prasun Acharya, Amul Thapa Magar, Brihat Pradhan, Aayan Shrestha, Teacher- Ms. Renu Karki

2nd Row (L-R): Gautam Thapa, Aayam Adhikari, Gaurav Parajuli, Niharika Shrestha, Atal Acharya, Preeti K.C., Ipsita Rana, Soyung Rai

3rd Row (L-R): Anjitha Dhakal, Aaradhya Shah, Ayumi Dhital, Neha Kharel, Samyak Shahi, Aaryan Joshi



Class I 'B'

1st Row (L-R): Teacher- Ms. Shweta Dahal, Drishana Gurung, Girwani R.L. Rana, Sampada Subedi, Agrata Regmi, Ashrika Acharya, Ranesh Tamang, Britant Pradhan, Mizuki Sher chan, Ayub Rasailee, Teacher- Ms. Samjhana Rana

2nd Row (L-R): Udeshya Shrestha, Saman Sharma, Dhriti Sapkota, Aryan K.C., Ryan Gurung, Aaradhya Thapa, Kusmin Paudel, Sparsh Thapa, Rob Khanal

3rd Row (L-R): Mani Chandra Rajbhandari, Aryan Pal, Ashim Poudel, Rohit Ghalan, Bibhuti Aryal, Suyog Pantha, Sakchyam Bikram Shah



Class II 'A'

1st Row (L-R): Teacher- Ms. Romi Sherpa, Sadiakshya Chhetri, Jyotishree Malla, Bijina Gurung, Saral Shrestha, Sachitya Adhikari, Chetwyn Nepali, Sampanna Neupane, Aadarsh Regmi, Aayusha Giri, Biseshta Paudel, Christina Gurung, Pranav Dhoj G.C., Teacher- Ms. Sarita Shiwakoti

2nd Row (L-R): Rayhaan Chiluwal, Biwash Joshi, Aayush Khatri, Aashish Sharan Agasti, Apoorva Subedi, Saanvi Bhandari, Adhiraj Upadhyaya, Ayush Dhital, Shaurya Singh, Roshani Paudel, Zenith Shahi, Debyamshu Adhikari, Manasha Wagle, Moksh Chapagai



Class II 'B'

1st Row (L-R): Teacher- Ms. Urvashi Pradhan, Shwapnil Thapa, Aahana Gurung, Denish Gurung, Jyoti Shrestha, Adhyan Kshetri, Anuska Shrestha, Nebha Shrestha, Chandani Ghimire, Bimarsh Tamang, Oliver Stampfer, Sujal Manandhar, Teacher- Ms. Salila Acharya

2nd Row (L-R): Ojaswi Singh, Prathan Khanal, Anuj Rimal, Anurag Shrestha, Vibhusha Rajbhandari, Crescent Maharjan, Prakriti Shrestha, Diva Giri, Pravat Bahadur Amatya, Bikash Lamichhane, Nishesh Khadka

3rd Row (L-R): Abhimeal Rai, Sayus Dhakal, Abhiraj Gautam (Chettri), Prayag Kattel, Lakpa Lama, Kastuv Bahadur Pande, Binayak Adhikari



Class II 'C'

1st Row (L-R): Teacher- Ms. Sangita Lamichhane, Sulav Subedi, Shravya Pokhrel, Nirwan Rajbanshi, Aashna Hadakhale, Sahara Kharel, Suranjan Sapkota, Samip Harsha Bajracharya, Ojeswee Lamsal, Aagaman Basnet, Alzen Baniya, Teacher- Ms. Kabita Gurung

2nd Row (L-R): Youna Shrestha, Susmeen Shrestha, Joyavee Gauchan, Deepisha Paudel, Ojesh Gurung, Shrey Sharma, Ariv Dhungana, Yeshna Dangol, Medina Kafle, Saumyaa Rana, Prasoon Thapa

3rd Row (L-R): Anupam Pokhrel, Presabi Dhungel, Priansh Singh Kunwar, Ayush Deosa Rai, Sulaksh Bhatta, Gahan Thapa, Sauran Ale



Class III 'A'

1st Row (L-R): Teacher- Ms. Yamuna Shah, Binit Gurung, Sital Sapkota, Sarwashree Adhikari, Joyena Budhathoki, Aayushma Chhetri, Archit K. Singh, Joel Manandhar, Siddhant Devkota, Smarika Adhikari, Teacher- Ms. Radha Rana

2nd Row (L-R): Nischal Ghimire, Suyash Babu Pandey, Aarushi Sharma Wagle, Prija Shrestha, Princy Devkota, Sarakshi Neupane, Jenish Dhungana, Shreyas Acharya, Aarshiya Sharma, Sauhard Dahal

3rd Row (L-R): Shashwot Raj Khadka, Pratha Shrestha, Subigya Nepal, Sneha Paudel, Pritam G.T., Aarushi Piya



Class III 'B'

1st Row (L-R): Teacher- Ms. Jharana Shrestha, Aashika Sharma, Shreyashi Neupane, Sampanna K.C., Risab Shrestha, Upasana Thapa, Prishka Bartaula, Sakshyam Thapaliya, Hrishab Budhathoki, Dilasha Lamichhane, Teacher- Ms. Archana Singh

2nd Row (L-R): Akshayeshwor Joshi, Sarahana Singh, Yugh Maharjan, Arush Kadariya, Yujen Pakhrin, Aagya Bhurtel, Yogesh Shrestha, Amrisha Rajbhandari, Noyal Karki, Dipshikha Adhikari

3rd Row (L-R): Avanish Tamrakar, Gaurav Chhetri, Nischal Basyal, Pratik Gurung, Shastika Ghimire, Manas Shrestha



Class III 'C'

1st Row (L-R): Teacher- Ms. Mary Shah, Brendon Bhatt, Rijan Adhikari, Shambhavi Adhikari, Aarushi Acharya, Ojus Acharya, Kristeena Dhakal, Shreeja Shrestha, Prasan Gurung, Marisha Dhakal, Teacher- Ms. Kalpana Thapa

2nd Row (L-R): Girish Bhandari, Stuti Shrestha, Peeyush Lamgade, Subham Chand, Yunish Shrestha, Ashwin Parajuli, Suyog Khanal, Aava Shrestha, Subhasish B. Magar, Sarthak Gurung

3rd Row (L-R): Tejaswi Shrestha, Krenjila Karki, Shiwansha Adhikari, Soniya Niroula, Simran Thapa, Prizma Thapa



Class IV 'A'

1st Row (L-R) : Teacher- Ms. Anita Malla, Avani Chhetri, Aayusha Gairhe, Anuska Regmi, Anjila Lama, Abhiyan Neupane, Arman Ghimire, Sandhya Godar Thapa, Shikshya Tuladhar, Anmol Shrestha, Teacher- Ms. Nikki Shakya

2nd Row (L-R) : Pragalva Thapa, Shubhrata Baral, Shlok Karki, Deepen Gurung, Abhigya Shrestha, Janvee Gauchan, Anwasha Upadhyaya, Tshering Sherpa, Nima Gurung, Nishant Joshi

3rd Row (L-R) : Aryan Bhattarai, Rachana Koirala, Aaditya Pyakurel, Shaswat Timilsina, Ujwal Bhakta Shrestha, Kirtimani Tamang, Bishista Wagle, Anjolee Thapa, Aishwarya Neupane, Sarweshwori Rana



Class IV 'B'

1st Row (L-R) : Teacher- Ms. Jennifer Subba, Diwas Thapa, Roshan Poudyal, Kapil Dhungana, Amisha Poudel, Adhish Bhattarai, Shreyash Poudel, Grishma Tiwari, Shishtata Baral, Pavani Limbu, Prajil Basnet, Ashim Ghimire, Aabriti Gharti Magar, Teacher- Ms. Preeti Bajracharya

2nd Row (L-R) : Prayan Shrestha, Rikma Thapa, Samyukta Raj Bhandari, Yogesh Poudel, Kushal Panta, Pragya Aryal, Bhusan Malla Thakuri, Anjil Acharya, Aayam Pokhrel, Sujal Pangeni, Bisista Adhikari, Stuti Thapa, Aarogya Adhikari



Class IV 'C'

1st Row (L-R) : Teacher- Ms. Deepa Bhatt, Sophil Shrestha, Ashrika Dhital, Dibyata Dhungana, Dilasha Shrestha, Kabir Gautam, Sakar Baral, Lakeisha R.L. Singh, Tushar Aidi, Nirvik K. Shrestha, Joya Pokhrel, Dixita Paudel, Anuska Acharya, Samman Tandan, Teacher- Ms. Tarala Sherpa

2nd Row (L-R) : Ivan Shrestha, Abhiraj Bajracharya, Kshitij Deep Rai, Shubham Dhungana, Ayushma Maskey, Anwasha Shah, Reedhima Tuladhar, Grishma R. L. Rana, Himal Thapa, Pranjwol Joshi, Divyanshu Shah, Saurya Giri



Class V 'A'

1st Row (L-R) : Teacher- Ms. Poonam Singh, Jenishma Tamang, Sara Tuladhar, Samita Thapa, Shikha Mahat, Kripa Adhikari, Garima Adhikari, Shreyas Manandhar, Sameera Thapa, Swapnil Pangeni, Apechhya Dhital, Teacher- Ms. Sanjeeta Chettri

2nd Row (L-R) : Prachi Malla, Hricha Sharma, Sambhab Pandit, Abhyudaya Shrestha, Shirshak Thapa, Yashaswi Ghale, Ankit Khatri, Saubhagya Rinchen Lama, Aryan Poudel, Anshul Charan Shrestha

3rd Row (L-R) : Bibhushan Thapa, Riwarz Aryal, Anshita Pal, Nihalendra Singh Chauhan, Sukhad Upreti, Amaranjay Bhatt, Prashamsa Thapa, Monika Lamichhane, Suyog Karki, Aashma K.C



Class V 'B'

1st Row (L – R) : Teacher- Ms. Sweta Lamichhane, Saksham Raj Karnikar, Awani Nepal, Samrat Sharma, Suvana Shah, Aditi Mishra, Jiwosh Shrestha, Raju Bhusal, Sampurna Bista, Sarthak Acharya, Teacher- Ms. Shivani Agarwal

2nd Row (L – R) : Nima Lama, Sadiksha Bajracharya, Niharika Poudel, Joyestha Lalchan, Ojas Pandit Chhetri, Biraj Sharma Kafle, Prinsa Singh Kunwar, Divyasha Sharma, Sharad Jamkatel

3rd Row (L – R) : Sukriti Dhakal, Ridheema Joshi, Anwesha Joshi, Aayush Hadakhale, Safal Thapaliya, Nanal Rana Magar, Shradha Joshi, Supriya Silwal, Aanchal Thapa, Sugam K.C.



Class V 'C'

1st Row (L-R) : Teacher- Ms. Rewata Gurung, Arnav K. Nepal, Bedant Narshing Rana, Biraj Thapa, Aakshat Gurung, Shambhavi Subedi, Shreyash Maskey, Sriyog Dhital, Bhibhusan K.C., Zen Gurung, Teacher- Ms. Nisha Shahi

2nd Row (L-R) : Marshal Tamang, Nischal Ban, Navaneet Baniya, Prasun Purja, Sharron Bhandari, Garima Parajuli, Samridhhi Shah, Manasi Khatiwada, Pankaj Dev Singh Thakuri, Sakar Poudyal

3rd Row (L-R) : Nihona Pradhan, Aarya Poudel, Prema R.L. Rana, Karan Thapa, Hirendra Sah, Kaustuv Karki, Shila Khanal, Aryan Bhatta, Devshish Raj Singh Maharjan, Suvanga Ghimire



Class V 'D'

1st Row (L-R) : Aavash Chettri, Ashim Jung Gurung, Pratik Shrestha, Sansar Rana, Jibesh Shrestha, Utshav Thapa Magar, Vision Bhattarai, Pragati Khadka, Aniska Rajbanshi, Angel Budhathoki, Nicole Kadel, Teacher- Mr. Sanjeev Shrestha

2nd Row (L-R) : Kaustuvi Thapa, Nihal Adhikari, Nihira Joshi, Prithak Bhandari, Abhinab K.C. Ashlesha Pandey, Suruchi Paudel, Pratyasha Thapa, Ananya Shah

3rd Row (L-R) : Kamira Rawal, Sneha Sharma Bhattarai, Simran Pant, Suprav Bajracharya, Aansha Dhakal, Shashwot Raj Pandey



Class VI 'A'

1st Row (L-R) : Samikshya Chamlagai, Bibisha Adhikari, Mahima Pathak, Samridhi Bohara, Bishal Regmi, Teacher- Ms. Srijana Koirala, Utkrista Jung Thapa, Ankit Poudel, Prasun Lamichhane, Baibhav Shrestha, Rashik Pathak

2nd Row (L-R) : Drishya Bikram Pahari, Yashwini Bantawa, Prathana Karki, Shaswot Bhandari, Sawal Pant, Deepika Gautam Chettri, Supriya Joshi, Sakshi Sapkota, Tejashwi Poudel, Aviranjali Khatri, Selina Pangeni, Ridima Raj Bhandari

3rd Row (L-R) : Sandesh Khadka, Rishik Jung Pandey, Safal Dhakal, Nischal Shrestha, Aawaj Gaire, Sakar Maharjan, Bidhan Thapa Magar, Avishkar Tamang, Samprad Neupane

4th Row (L-R) : Maya Poudyal, Pranisha Bhattarai, Ronak Thapa, Reeve Shrestha, Manish Paudel, Rijul Maharjan, Saman Dhakal



Class VI 'B'

1st Row (L-R) : Ashana Shah, Reecha Dhakal, Sangya Shakya, Lisa Ghimire, Pallabi Shrestha, Aryana K.C., Teacher- Mr. Vikash Shahi, Manab Adhikari, Raj Khadka, Shreeyat Poudel, Sugam Nepal, Sujal Pandey.

2nd Row (L-R) : Junu Tamang, Ayusha Tamang, Keshang Sherpa, Uniska Sthapit, Sameer Man Shrestha, Vinayak Bhusal, Kushal Raj Thapa, Aayush Koirala, Simon Gurung, Bibek Poudel, Dipshan Gurung

3rd Row (L-R) : Bishika Katwal, Anupama Dahal, Ashim Sthapit, Prajwal Basel, Ashmit Tuladhar, Nishma Mahotra, Aastha Pyakurel, Surya Man Gurung, Rujul Raj Joshi, Raunak Lal Shrestha, Prabesh Shrestha

4th Row (L-R) : Ishani Mahat, Priyanka Neupane, Anuj Maskey, Anuranjan Thapa, Junish Nath Shrestha



Class VI 'C'

1st Row (L-R) : Suravi Malla Thakuri, Barsha Acharya, Shreejita Chauhan, Niriksha Sharma Khanal, Shishir Poudel, Teacher- Ms. Aarati Adhikari, Binayak Koirala, Ayushma Gaire, Sayoija Manandhar, Unnati Silwal, Priyasha Devkota

2nd Row (L-R) : Pratyush Shrestha, Athit Gurung, Prarabdh Wagle, Samridhi K.C., Ishkpriya Thapa, Sauhardika Adhikari, Bhumigya Bajracharya, Swati Shah, Neebha Ranjit, Pranay Baniya, Shaswot Aryal

3rd Row (L-R) : Bedant Pandey, Yumee Lama, Kasak Pandit, Sukalpa Dhakal, Ankita Shrestha, Shiv Siddhi Ram Sapkota, Nirbhik Neupane, Shaswot Gautam, Saksham Regmi, Dipsana Adhikari

4th Row (L-R) : Kushal Poudel, Shaswot Shrestha, Sushant Rajak, Avideep Shah, Krrish Shrestha, Ashmit Awasthi, Ayushma Devkota, Priyanshi Gurung



Class VI 'D'

1st Row (L-R) : Pranay Manandhar, Shreesh Bastakoti, Safal Lohani, Suyesh Pantha, Kritagya Manandhar, Teacher- Mr. Bikram Thapa, Samrat Pant, Samyat Basnet, Ritesh Poudel, Ayusha Bimali, Manjisha Vaidhya

2nd Row (L-R) : Denim Giri, Sharad Aryal, Sarthak Sapkota, Divyan Paudel, Kapil Ghimire, Drishana Shaky, Bibhuti Regmi, Reshkuna Ranabhat, Aagya Pandey, Alina Shrestha

3rd Row (L-R) : Sambid Shrestha, Srisank Shrestha, Prapti Karki, Ashima Gurung, Nishchit Neupane, Samyog Lamichhane, Adesh Khatiwada, Mallika Rana

4th Row (L-R) : Ishita Pant, Subika Bohara, Kesu Ghimire, Nirab Poudel, Ostika Rimal, Kundan Man Shrestha, Shrasta Wagle



Class VII 'A'

1st Row (L-R) : Riya Shrestha, Aarshi Sapkota, Raj Paudel, Ayush Darshan Ulak, Teacher- Mr. Tshering Nima Sherpa, Himal Khatri, Aaditya Dhungana, Darshan Shrestha, Sakina Bajracharya, Poorwa Wagle

2nd Row (L-R) : Sumi Adhikari, Shruti Shahi, Srijal Manandhar, Ronish Shrestha, Paramhansa Pudasaini, Kavya Gautam, Aadarsha Basnet, Pratha Joshi, Bisesta K.C.

3rd Row (L-R) : Pramit Gautam, Sanjan Bhakta Shrestha, Priya G.T., Eshika Yadav, Cherish Gurung, Ashma Pandey, Divya Poudel, Kritika G.C., Sohail Shrestha, Akshid Upadhyaya Panthi

4th Row (L-R) : Shubhechha Pradhan, Pratistha Shrestha, Kastuv Palanchoke, Aman Chhetri, Aashish Bista, Prasen Man Shrestha, Aakriti Pyakurel, Anjali Lamsal, Arya Poudel



Class VII 'B'

1st Row (L-R) : Gracy Titung, Ichhuna Baral, Riway Ranabhat, Bikhyat Subedi, Teacher- Mr. Pushkar Chaudhary, Ishan Pyakurel, Aditya Shrestha, Kushal Ale, Diya Ale, Aashika Sharma Wagle

2nd Row (L-R) : Sanskriti Pokhrel, Tia Gurung, Debisha Thapa, Aayush Rimal, Abhiyan Bhandari, Avish Baral, Aavash Sapkota, Shishir Dhakal, Aarya Dhital, Sakshyat Chhetry

3rd Row (L-R) : Sudarshan Bhujel, Anuj Paudyal, Srijan Kafle, Arya Raj Paudel, Richma Gurung, Manushi Giri, Sarausa Kafle, Parikshita Dhungana

4th Row (L-R) : Suryanshi Singh, Kritan Man Shrestha, Ashish Rai, Saksham Shrestha, Aayush Man Shrestha, Krishma Karmacharya, Manaswi Aryal, Niharika Shrestha



Class VII 'C'

1st Row (L-R) : Lakshya Adhikari, Abhinav Giri, Kanchan Dhakal, Suhani Sharma, Teacher- Mr. Madhu Sudan Lamsal, Sampada Mainali, Samyukta Gyawali, Aayash Dwa, Arogya Badal

2nd Row (L-R) : Aayushma Acharya, Meemamsha Kshetree, Avinab Lalchan, Samagya Bajracharya, Bikram Khadka, Anish Adhikari, Aakriti Bhujel, Nimisha Dhakal

3rd Row (L-R) : Nischal Bhandari, Samridhi Karki, Prasna Pokharel, Yashasvi Shah, Birat Aryal, Sadichha Acharya, Niraj Devkota

4th Row (L-R) : Parth Chalise, Selina Mahara, Aaryan Bhurtel, Sumiran Bastola, Sneha Tandan, Shuvra Rimal, Shreeya Khanal, Aayush Kunwar



Class VII 'D'

1st Row (L-R) : Srijan Kafle, Prasansha Subba, Aayusha Thapa, Looza Shrestha, Aditya Gautam, Ishan Neupane, Ango Baba Shrestha, Bipin Bhandari, Swastika Gurung, Ojashree Manandhar

2nd Row (L-R) : Sujal Shrestha, Samyog K.C., Stuti Dhangana, Rabina Kandel (Jaishi), Abhinav Lamsal, Birangana Reule, Bisesh Pandey

3rd Row (L-R) : Yashwi Manandhar, Astitwa Raj Wagle, Aakash Dev Rai, Roji Paudel, Aarju Shrestha, Aditika Nepal, Kashish Gurung, Bidhya Thapa, Subodh Ban, Ayush Rasaili, Shitu Pradhan, Ruzul Shrestha

4th Row (L-R) : Adarsh Jha, Shreya Dhakal, Prithu Adhikari, Bhumika Gurung, Nehal Sharma, Kritish Chapagain, Aryan Singh Thakuri, Yubraj Singh Yadav



Class VIII 'A'

1st Row (L-R) : Katyani B.C., Neha Dhakal, Rojlina Shrestha, Arushi Thapa, Spriha Kharel, Aaryan Panthi, Teacher- Mr. Nabin Ghimire, Abiral Bhujel, Abhinav Acharya, Keshab Adhikari, Samridha Shrestha, Basanta Acharya, Dikshyant Gahatraj

2nd Row (L-R) : Aarati Gurung, Yokisha Poudel, Ruana Maharjan, Subhangi Lamichhane, Pradipti Shrestha, Anupama Bhusal, Ankit Acharya, Rajiv Mahato, Prabal Kaji Shrestha, Abhay Manandhar, Aayush Agasti, Ujjal Man Shakya

3rd Row (L-R) : Khushi Jha, Prasansha Shrestha, Khushi Gurung, Elan Limbu, Ujjaini Dangol, Pranat Pokharel, Siddhant Singh Karki, Aatmiya Silwal, Prajwol Dhoj G.C., Aarogya Gyawali, Umang Upreti



Class VIII 'B'

1st Row (L-R) : Suzal Regmi, Shaswot Sharma Poudyal, Nishan Lamichhane, Riway Maharjan, Adees Shrestha, Simon Sitaula, Anish Bhattarai, Teacher- Mr. Manoj Baniya, Binu Tamang, Gigyasha Niroula, Agrima Regmi, Swechcha Dahal, Kritika Kandel

2nd Row (L-R) : Nishan Rana Magar, Ujjen Shrestha, Puskar Bohra, Suyog Gyawali, Naswah Manandhar, Spriha Maharjan, Niharika Kunwar, Bipika Kafle, Darshana Regmi, Diya R.L. Shah, Anushka Dhungana

3rd Row (L-R) : Kabya Sharma, Ayan Dhital, Anubhav Devkota, Nikit Ban, Bishesh Raj Paudel, Sumit Ojha, Sameer Chamlagai, Raunak Pandey, Uchit Mallick, Aayush K.C., Kobid Bahadur Aryal, Adhish Nidhi Tiwari



Class VIII 'C'

1st Row (L-R) : Dipankar Timilsina, Dev Thapa, Sadis Kaphle, Dikshanta Nepal, Shristi Khadka, Prasanna Shrestha, Teacher- Ms. Manushi Khatri, Himani Paudyal, Anuja Dhungana, Shreya Poudel, Aarabdh Shahi, Ayusha Pokharel, Saumya Adhikari

2nd Row (L-R) : Kshitiz Gurung, Leon Gurung, Swayam Chhetri, Abidan Aryal, Samridha Dangol, Pawan Jung Gurung, Meghna Giri, Bibhuti Shrestha, Sachi Shrestha, Pooja Wagle, Subhan Chiluwal, Krishna Niroula

3rd Row (L-R) : Manjil Sharma, Ayusha Gautam, Aashraya Adhikari, Shashank Joshi, Raj Bahadur Singh, Swayam Shrestha, Pranav K. Shrestha, Avinash Khatri, Avinaya Khadka, Mangesh Desh Pande, Himanshu Shah



1st Row (L-R) : Sneha Thapa, Kasis Pandit, Isha Poudel, Binita Sharma Kifle, Aliza Lama, Teacher- Mr. Shyam Sundar Jha, Shreeya Bajracharya, Dipti Nepali, Lisha Dongol, Apekshya Sharma, Nawadi Rana.

2nd Row (L-R) : Neha Shrestha, Shreeya Gautam, Samridhi Thapa, Ribika Maharjan, Ribisna Adhikari, Rusha Maharjan, Dev Bakabol Magar, Niraj Baral, Rochak Tuladhar, Deeparson Paudel, Sanshray Khanal, Prince Gyawali.

3rd Row (L-R) : Maulik Pokhrel, Arpan Baniya, Saugat Maharjan, Reewaz Joshi, Sandesh Lohani, Divash Bhattarai, Anurag Bhusal, Binit Timla, Binit Shrestha, Saksham Manandhar, Swapnil Aryal, Ishan Raj Joshi



1st Row (L-R) : Rani Mudbhari, Krishangi Tiwari, Aastha Giri, Samridhi Silwal, Sadichha Gairhe, Jaya Shree Hada, Bidhi Acharya, Dikshya Nepal, Apekshya Thapa, Subani Malla, Teacher- Mr. Suresh Chaudhary

2nd Row (L-R) : Kushal Rijal, Keerti Acharya, Ayush Giri, Luja Manandhar, Bishakha Adhikari, Pranav Das Shrestha, Aayush Shrestha, Prabesh Thapa, Manjil Shrestha, Sarthak Pradhananga

3rd Row (L-R) : Biggyat Kumar Pandey, Sajib Shrestha, Aryan Das, Abhinab Ojha, Manas Bhandari, Rupesh Shrestha, Pratham Shrestha, Agrim Shiwakoti, Skanda Koirala

4th Row (L-R) : Prabesh Kumar Shrestha, Akshay Manandhar, Suyogya Gautam, Sulav Basnet, Kushal Krishna Shrestha, Aditya Dhamala, Suprasiddha Subedi, Pratik Thapa



Class IX 'B'

1st Row (L-R) : Yunish Shrestha, Aagab Bhattarai, Pawan Raj Sigdel, Awantika Nepal, Kritika Shah, Yukti Ghimire, Roja K.C., Kriti Karmacharya, Sardo Gurung, Serina Udas, Rashmi Thapa, Shubham M.S. Baidhya, Teacher- Mr. Anil Thakur

2nd Row (L-R) : Kismat Roka Magar, Barsha Khanal, Samridhhi Shah, Aditi Bhattarai, Sheetal Pangen, Somika Shrestha, Sandhya Niroula, Yasmin Sheikh, Riya Shrestha, Yokibha Chapagain, Yishap Khanal, Sambid Dhakal

3rd Row (L-R) : Lotus Kshetri, Raj Chaulagain, Sandesh Kandel, Kusum Poudel, Kritan Shrestha, Sarthak Neupane, Archit Aryal, Ojaswi Dhakal, Ronik Pathak, Prayuk Shrestha, Sushaant Chiluwal



Class IX 'C'

1st Row (L-R) : Puja Yadav, Kabita Giri, Ojashwi Khatiwada, Khushi Gurung, Malvika Neupane, Teacher- Mr. Sujan Dhakal, Kritika Gurung, Aanchal Lamsal, Shranik Gyawali, Tisha Karanjit, Samikshya Basnet, Avantika Basnyat

2nd Row (L-R) : Tejashwini Shah, Shaivi Sharma, Niranjana Luitel, Vishesh Raj Bhandari, Sulav Poudel, Jatin Acharya, Samit Thapa Magar, Spanda Michelle Rana, Sweekrti Shrestha, Aliza Malla Thakuri, Om Sharma, Ramu Bhusal

3rd Row (L-R) : Subin Paudel, Rijohn Shrestha, Aabhushan Singh Karki, Ujen Tuladhar, Srijan Dhungana, Swopnil Rai, Bharosh Devkota, Prayush Shrestha, Bardan Joshi, Prayush Bikram Rana, Kushal Gurung



Class IX 'D'

1st Row (L-R) : Saikshya Koirala, Shriti Neupane, Gunita Tuladhar, Rijan Regmi, Isha Khadka, Liza Yadav, Meghna Dhakal, Sampada Neupane, Ayusha Shakya, Teacher- Mr. Andre Le'Blond.

2nd Row (L-R) : Praneti Onta, Nistha Sethia, Tejeswini Tamang, Manjila Shrestha, Sampada Tandan, Shrish Maharjan, Simran Bhattarai, Shiwani Dhakal, Saransh Kharel, Sneha Ghimire

3rd Row (L-R) : Manish Gurung, Nischal Khatri, Amish Karki, Sanam Ghale, Swikriti Suwal, Sujyana Pradhan, Priyanka K.C., Divya Angsha Rocca, Milan Godar Thapa

4th Row (L-R) : Aryan Thapa, Amrit Dhamala, Pranaya Acharya, Sijan Kafle, Sohan Shrestha, Sadiv Sthapit, Dewasbi Budhathoki, Samira Maharjan, Manas Lohani



Class X 'A'

1st Row (L-R) : Oshriya Manandhar, Neha Shrestha, Aarshiya Khanal, Prinsa Bastola, Inusha Paudyal, Iesha Devkota, Teacher- Mr. Pramod Raj Sharma, Aayush Acharya, Aayush Sharma, Swechhya Karanjeet, Ranue Das, Neeharika Bhattarai

2nd Row (L-R) : Ashwon Bajracharya, Bhumika Adhikari, Riyana Rana, Asmi Yadav, Rohan Shrestha, Sachin Paudel, Prakriya Adhikari, Saloni Shrestha, Ojashwi Adhikari, Anugra Nepal

3rd Row (L-R) : Pranav R. Rajbhandari, Aman Devkota, Manav Manandhar, Darshit Jung K.C., Ashish Paudel, Rijan Kafle, Prashim Sharma, Harsha Bikram Adhikari, Kshitiz Shrestha



Class X 'B'

1st Row (L-R) : Sovia Manandhar, Ojashwi Shrestha, Diya Aryal, Priyanka Rana, Teacher- Mr. Lal Kesh Pandey, Angel Gurung, Ojashwi Paudel, Ozashwi Gautam, Priya Shrestha, Smriti Lamichhane

2nd Row (L-R) : Sudarshan Bastola, Sashwat Pandit, Nischal Kafle, Sumit Aryal, Sampada Uprety, Pratistha Bastola, Clarissa Karki, Shreema Gautam, Ashray Singh Khatri, Ritesh Paudel, Aayush Regmi

3rd Row (L-R) : Animesh Manandhar, Upakar Dhakal, Vinayak Regmi, Shreyas Acharya, Prabesh Bhattarai, Samip Regmi, Shailesh Khadka, Kei Purna Subedi, Eon Limbu, Ayush Acharya



Class X 'C'

1st Row (L-R) : Barsana Paudel, Ashmi Parajuli, Aditi Shrestha, Sajja Kafle, Teacher- Ms. Mamata Shrestha, Rishu Shakya, Soumya Aryal, Aiko Rana, Aaradhyia Adhikari

2nd Row (L-R) : Ankit Subedi, Aatrisa Bhattarai, Deya Shrestha, Prarthana Shrestha, Nisha Khadka, Shreya Baidya, Suvekshya Shrestha, Bibhushi Upadhyay, Samrin Shakya, Aahana Bhandari

3rd Row (L-R) : Kebin Shrestha, Aasara Shrestha, Bijana Regmi, Aarya Shrestha, Prakriti Ghimire, Kriti Shrestha, Sophia Gurung, Prasaya Man Shrestha, Nitesh Poudel, Ayush Aryal



1st Row (L-R) : Riya Palanchoke, Manashi Adhikari, Drishya Shrestha, Smriti Thapa, Teacher- Mr. Subash Dawadi, Shraddha Shrestha, Sneha Gautam, Nandita Kharel, Ashma Khatiwada, Aditi Dhakal

2nd Row (L-R) : Saugat Shrestha Srijay Bhandari, Tapashwi Rayamajhi, Anishma Tuladhar, Venus Bhatt, Sudikshya Gurung, Jeshika Shrestha, Shashank Shrestha, Swikar Dhakal

3rd Row (L-R) : Ronim Rana Magar, Swapnil Upadhyay, Anuraj Shah, Ayush Marasini, Utsav Sharma Adhikari, Aryan Singh, Abhinav Binod Pokhrel, Ujjwal Ranabhat, Avash Shrestha

Staff Photographs



Grades KG to V

1st Row (L-R): Ms. Yamuna Shah, Ms. Rama Rana, Ms. Renu Karki, Ms. Rebu Pande, Ms. Poonam Singh, Ms. Manju Pokharel, Ms. Reeta K.C., Mr. Ajit Lama, Mr. Niladri S. Parial, Mr. Nikendra Gurung Tamu, Ms. Sabina Katwal, Ms. Sarita Shiwakoti, Ms. Ambika Poudel, Ms. Shova Adhikari, Ms. Bimala Lamichhane, Ms. Jharana Shrestha

2nd Row (L-R): Ms. Sweta Lamichhane, Ms. Salila Acharya, Ms. Kabita Shah, Ms. Shweta Dahal, Ms. Romi Sherpa, Ms. Urvashi Pradhan Gurung, Ms. Sanjeeka Chettri, Ms. Samjhana Rana, Ms. Nisha Shahi, Ms. Tarala Sherpa, Ms. Anita Shrestha, Ms. Sushmita Dhungana, Ms. Rabita Gurung, Ms. Reetu Khanal, Ms. Amu Shah

3rd Row (L-R): Mr. Sikandar Maharjan, Mr. Rishi Gurung, Ms. Saroj Manandhar, Ms. Rewata S. Gurung, Ms. Shivani Agarwal, Ms. Sangeeta Lamichhane, Ms. Mary Shah, Ms. Nikki Shakya, Ms. Archana Singh, Ms. Radha Rana, Ms. Kalpana Thapa, Ms. Preeti Bajracharya, Ms. Deepa Bhatt, Ms. Jennifer Subba, Ms. Trisha Regmi, Ms. Pramila Adhikari, Mr. Sanjeev K. Shrestha, Mr. John Karanjit



Grades VI to X

1st Row (L-R): Ms. Srijana Koirala, Ms. Laxmi Rayamajhi, Ms. Shanta Parajuli, Mr. Bed Prasad Aryal, Mr. Churamani Pandeya, Mr. Ajit Lama, Mr. Niladri S. Parial, Ms. Savita Kapruwan, Ms. Reeta K.C., Ms. Mamata Shrestha, Ms. Durga Karki, Ms. Manushi Khatri, Ms. Seema Limbu, Ms. Aarati Adhikari

2nd Row (L-R): Mr. Shyam Sundar Jha, Mr. Sujan Dhakal, Mr. Vikash Shahi, Mr. Andre Le'Blond, Ms. Saroj Manandhar, Ms. Laxmi Adhikari, Ms. Pratibha Shrestha, Mr. Puskar Chaudhary, Mr. Amrit Acharya, Mr. Sharad Basnyat, Mr. Nabin C. Rai, Mr. Manoj K. Baniya, Mr. Tshering Nima Sherpa, Mr. Anish Adhikari

3rd Row (L-R): Mr. Bikram Thapa, Mr. Pramod Raj Sharma, Mr. Mr. Anil Thakur, Mr. Tika Prasad Khadka, Mr. Lal Kesh Pandey, Mr. Subhash Dawadi, Mr. Jagadish Baral, Mr. Krishna Prasad Nepal, Mr. Subas Shrestha, Mr. Nabin Ghimire, Mr. Suresh Chaudhary



Higher Secondary Section

1st Row (L-R): Mr. Suresh Chaudhary, Mr. Amrit Acharya, Ms. Sushila Shrestha, Mr. Bhuvan P. Adhikari

2nd Row (L-R): Mr. Kshetra Bahadur Oli, Mr. Ganesh Bahadur Khatri, Mr. Bed Prasad Aryal, Mr. Pravin Acharya



Administrative Staff

1st Row (L-R): Ms. Jenesha D. Kunwar, Ms. Shrijana Manandhar, Ms. Tika Devi Khadka, Mr. Ajit Lama, Mr. Niadri S. Parial, Ms. Sandhya Shrestha, Ms. Manisha Marsangi, Ms. Reena Basnyat

2nd Row (L-R): Mr. Ranju Kumar K.C., Mr. Anil Nath Shrestha, Mr. Kshetra Bahadur Oli, Mr. Kiran Kumar Pant, Mr. Badri Gopal Baidhya, Mr. Krishna Hari Dhakal, Mr. Khem Raj Pandit, Mr. Narayan Kaji Basnet



(L-R): Mr. Churamani Pandeya (Middle School In-Charge), Ms. Sabina Katwal (Primary School In-Charge), Mr. Pratap Adhikari (Head of Sports Department), Mr. Ajit Lama (Executive Director), Mr. Niladri S. Parial (Principal), Mr. Nikendra Gurung Tamu (Junior School In-Charge), Ms. Reeta K.C. (Head of Nepali Department: KG- V), Ms. Savita Kapruwan (Senior School In-Charge), Mr. Bed Prasad Aryal (Head of Nepali Department: VI-X)



1st Row (L-R): Ms. Purna Maya Khatri, Ms. Hari Maya Tamang, Ms. Ananta Maya Khadka, Ms. Shiva Kumari Shrestha, Ms. Rupa Khadka, Ms. Sumitra Khatri, Ms. Mina Rana, Ms. Manju Chaudhary, Ms. Sarita Shrestha, Ms. Kopila Adhikari, Ms. Komal Devi Mandal, Ms. Mithai Kafle, Ms. Tara Devi Koirala, Ms. Nirmala Kharel, Ms. Mira Gauli

2nd Row (L-R): Mr. Binod Gurung, Mr. Dag Bahadur Shrestha, Mr. Amrit Yonjan, Mr. Sange Sherpa, Mr. Bal Bahadur Tamang, Mr. Prem Kumar Das, Mr. Chandra Bahadur Lama, Mr. Dawa Singh Tamang, Mr. Harwa Tamang, Mr. Pritam Tamang, Mr. Chandra Bahadur Tamang

3rd Row (L-R): Mr. Birlab Tamu Gurung, Mr. Bijay Kumar Shrestha, Mr. Yangdul Lama, Mr. Murali Kami, Mr. Dinesh Lama, Mr. Chandra Bahadur Bista, Mr. Aash Bahadur Tamang, Mr. Sangel Sherpa, Mr. Buddhiman Tamang

4th Row (L-R): Mr. Devendra Kusuwar, Mr. Som Bahadur (Moktan), Mr. Suman Krishna Balami, Mr. Mangala Michhe, Mr. Bik Bahadur Lama, Mr. Arjun Mahat, Mr. Bed Prasad Bhattarai, Mr. Chandra Prasad Dahal, Mr. Shyam Bahadur Gurung

Student Reporters Of Triyog

Interview with Dr. Arbind Kumar Mishra

Interviewers : Debisha Thapa (VII 'B'), Manashwi Aryal (VII 'B'), Pradipti Shrestha (VIII 'A')

Arbind Kumar Mishra is a senior engineer and former university administrator with extensive experience in energy policy reforms. He graduated from A.M.U., Aligarh, India with first class honors in B.Sc. in Electrical Engineering and obtained his Master of Engineering degree in electrical power system

from the University of Roorkee, India (presently IIT, Roorkee), ranked first in class. Dr. Mishra has worked as a senior consultant in electrical engineering in Nepal and has served in several technical committees of the Nepal Electricity Authority. He has received several medals and notes of commendation for his

contributions in the field of electrical engineering and engineering education. Currently, Dr. Mishra is a member of the National Planning Commission of Nepal. On 29 April 2017, we got an opportunity to interact with Dr. Mishra about the current situation of engineering and engineers in Nepal.

Q. What is the scope of engineering in Nepal?

A. It is more than in other countries. Engineering develops infrastructure in the country and we are in need of proper infrastructure. In the beginning there is a lot of scope. Unfortunately, we are lagging behind on a global scale. Other developed countries had been working on development for a very long time. We had remained stagnant in this matter due to our own internal issues and because of this, we have been left behind in terms of development. However, we are also making to make our best efforts in the engineering field now.

Q. Why is it that many engineering students want to go abroad?

A. Many students want to go abroad for work. Although we have a lot of scope in Nepal, we also have a lot of researchers and planners and not workers. Medium level workers are hard to find and without them, we cannot get the job done. That limits the areas where engineers can work.

Q. What problems have you experienced in your engineering career?

A. Everybody faces problem. In your

age you have experienced problems too. Obstacles come everywhere. The key is to not be frustrated. If you don't have obstacles you will never learn how to tackle them. Obstacles provide the opportunity to learn. In my experience, I have faced trouble when I tried to bring something new to the table. We have a conservative mindset that is hesitant of change.

Q. At Triyog , many students have passed S.E.E. and might want to move to engineering field. So what suggestions you would like to give to them?

A. My opinion is that everybody should not be an engineer. This is not to discourage you but to remind you that some may not want to be engineer but choose that field anyway. You should follow your dreams and if you want to be engineer, you should give your whole attention to it. Development is not possible without engineers but you should remember that there are other major professions also that contribute towards development too.

Q. What do you think are the methods to develop the

engineering field?

A. We have started to think about overall development these days. I recall 2047 when I had finished my high school. I had applied for engineering in Nepal and got selected for the civil engineering programme here. Back then we only had the option of civil engineering. I thought of how every year, Nepal has been producing civil engineers but no other kinds of engineers. Once I understood this, I switched to an electrical engineering programme in India and managed to do very well there. In today's context, I realise that it is necessary to adapt with the times. These days, electronics and computer are a part of everyday life, so it is important to learn to merge them with other courses. We can introduce basics of these fields in existing courses and keep updating the curriculum.

Q. Compared to the past, is the present a good time to be an engineer seeing how we have better access to communication and information?

A. You might have watched old movies where there were no mobile phones. Communication

was very difficult. We had no calculators to work with so we solved mathematical problems by hand. We had to research in libraries for information. Now there are mobile phones and computers with internet access. More infrastructures are available. The new generation has technology to work with. However, if you give me some maths problems, I can do it faster than you can. This is because I used to solve such problems manually but you have always used calculators. I had lobbied to allow internet access to the students in Institute of

Engineering (IOE) which helped a lot of students but it also enabled them to waste a lot of time using social media. So you see, as time passes by, the infrastructure keeps changing but the challenges change as well.

Q. Do you think that the engineers of Nepal are as competent as the engineers elsewhere?

A. We have a different approach of teaching engineering in Nepal. For example, I realized that the engineers of Russia used to be trained in a particular area so they would know every little detail of

their area of expertise. We, on the other hand, would have a general idea of a lot of topics and we would be able to work as well but we would not be as comfortable as them. Again, another case would be the engineering students of Europe and USA where they are comfortable studying because they have the option of being an entrepreneur in case they change their mind. Here, we study to be a professional engineer only so we work harder. So to sum up, I would say that the engineers that Nepal produces are perfect for Nepal's purpose but we are different from those abroad.

Khem Raj Lakai

Interviewers

Aarya Dhital (VII 'B')

Shuvra Rimal (VII 'C')

Photo Courtesy

Prasen Man Shrestha (VII 'A')

Mr. Khem Raj Lakai is the founder of GATE – Global Academy of Tourism & Hospitality Education established in 2007. He is a powerful and straightforward thinker who is also a hospitality educator, dedicated to promote hospitality and tourism industry in Nepal.

As a feature for 'Triveni', our biennial school magazine, we had taken interviews of many personalities which also included Mr. Lakai. We had an interaction program at GATE College on 28th March, 2017.

Q. How did you spend your childhood? From where did you pass your high school?

A. I am a village boy of Dolakha who had a fantastic childhood. For me, my childhood was the best part of my life. Seeing the pleasing Gaurishankar Range and playing in those green forests were wonderful experiences that I had in my childhood. I passed my high school from a school named Bijaya Memorial Government School which was situated in Dillibazar in the late 80's.



Q. What were the circumstances you faced being a village boy?

A. As a village boy, I faced many circumstances which everyone did in those days. We all had to do some household works in the mornings and walk for an hour to reach our school. We didn't have watches in those days so we waited for two aeroplanes to fly over us which implied that it was time for us to run back home, have our meal and go to school. Those were planes scheduled for Lukla and of course, and when the aeroplanes were late, we were late for our school too.

Q. Why did you choose this profession?

A. My father always wanted me to become a lawyer. I even tried to pursue law but unfortunately, I couldn't survive there for more than 6 months. My father was a social worker. He always inspired me to do something which would firstly, make me happy and then everyone around me happy as well. I found myself happier in this profession than any other. I am here today, not because I craved for bigger posts, but because I started from a smaller one. Not because I wanted money, but

because I wanted happiness around myself by serving the people.

Q. Was your aim from your childhood to contribute in an educational field?

A. At first, I didn't know that one fine day I'd become the CEO of this sector. But I can tell you that I had always wanted to serve the people at my best.

Q. What does the term "Hospitality" convey to you?

A. For me, the term hospitality is just like Buddhism. It means finding your happiness in others by doing anything you can. In hospitality, we try to make the person in front of us feel like the most important person in the world. It's about providing them with a service that makes them happy.

Q. How did the idea of establishing GATE came into your mind?

A. The idea of establishing GATE came to my mind in 2004 but it wasn't until 2007 that GATE could become a reality. I saw in Nepal that many youths wanted to go abroad to work, earn a living and send money back to their families. If we could keep them in the country and train them for something, it would have been better. Nepal has a huge

potential in tourism because of our rich natural beauty. So hospitality in tourism is an excellent place to work in. I also thought that if I, being a village boy from Dolakha, have been able to do so much, young people can do more if given the opportunity and the training.

Q. The struggle behind your success must have been a great one to imagine; so could you please share something about your struggles to reach here?

A. Life is full of ups and downs. Facing new challenges, learning something new, learning not to give up and to stand up on your own are all adversities. When I was learning Hotel Management, someone criticized me on my English. I then had 2 options: either to weep and pity myself or face my challenge and overcome my weakness. I chose the second. This is just one of the many challenges someone has to face and I found that rising up to the challenge is always the best way to deal with situations like this.

Q. Can you tell us who had supported you throughout your journey?

A. To be honest there aren't words like 'me', 'myself' or 'I' in any

success. There are a lot of people supported you throughout your journey. I've had a lot of well-wishers. My classmates, friends, relatives, my family members, my wife, all helped me to reach here. But out of them, the most inspiring person was my father. He had encouraged me a lot in my journey. Without his encouragement, I don't think that I would have been this successful.

Q. Is this profession respected and supported in our society?

A. Previously, it was not. Even to this day, some people think that hospitality is all about washing dishes. That is an incorrect concept that people will have to change.

Q. At last, what messages would you want to convey to all the Nepalese youths of our ages?

A. I would like to say that you all are the future of our country Nepal. Do the things which make you happy. Always remember that at first, the changer in this world is only one. Small things makes huge impacts. Never hesitate to fight for your rights. Develop the habit of critical thinking as it is needed in every step of our lives and wealthy people are not necessarily inspirational !

Interaction with Night band

Interviewers

Samriddhi Shah (IX 'B')

Sandhya Niroula (IX 'B')

Photo Courtesy

Pradipti Shrestha (VIII 'A')

Night band, a group of six members from different districts of Nepal, is a folk Nepalese instrumental band committed to preservation, research and celebration of the diversity that exists in Nepali music

Q. Could you introduce your band?

A. Our band is one which carries out research on cultural music and instruments played by different, not so exposed ethnic groups of Nepal. We study them and try to express them in front of a greater mass. Most of us have graduated in Ethnic Musicology and every member is qualified to play almost all the rare instruments of Nepal.

Q. When was it established?

A. It was established in 2006 A.D.

Q. What are the instruments that you play?

A. There are many traditional and rare instruments that we play like leaves, tungna, bhusiya, shusiya, murchunga, pilhru, dhime, chatkauli, tyampo, madal, sarangi, and basuri. They're all traditional instruments.

Q. why did you choose the name "Night" for your band?

A. Actually, there is no specific reason regarding this. Previously, we used to play metal music so we called ourselves the "Black Metal



Band” but later changed it to “Night” to match the metal vibe. When we switched to folk music, the name remained the same. We were known as the members of “Night Band” and we were not in favour of losing our identity.

Q. Have you worked in international platforms?

A. Yes. We have performed in UK, USA, Uzbekistan and India a number of times.

Q. While today’s youth is attracted towards pop and metal, why did you choose folk music?

A. As I (Jason Kunwar) studied CA, had to deal with many stuffs that required interaction with many people in rural areas. Knowing the people further resulted in me wanting to know more about the folk music and instruments of Nepal. This increased my interest in this field. Although we started from metal, we later realized that the patterns in folk

music were very different, enjoyable and unique from other music types.

Q. Do you have any source of inspiration?

A. There is nothing such as inspiration but I believe the passion that the members hold is beyond any compare.

Q. You told us earlier that you play music with the leaves. How did you discover it?

A. We strongly believe music lies in nature. The bamboos, the wind, chirping of birds communicate with us through music. Playing of leaves was practiced in Bhojpur and one of our members (shiva dai) was from there and had been practicing it since he was 10 years.

Q. what message would you like to convey to the youths of Nepal through your band?

A. Do everything with passion and mean every single thing you do. Our folk traditional tunes and instruments reflect our rich Nepalese culture and tradition. We should love and respect them. Each and every Nepalese should come forward to promote Nepalese music. It is our identity. Through our music, we can spread the message of love, peace and harmony and brotherhood throughout the world.



Salil Subedi

Interviewers: Krisha Niroula (VIII 'B'), Gigyasha Niroula (VIII 'B')

Salil Subedi is a musician, performing artist, and a writer from Nepal. He introduced the Australian aboriginal musical instrument, the didgeridoo, in the mainstream Nepali music genre, and in Nepali theatre and performance art practices. He is actively promoting and introducing this unique instrument of cultural value to Nepal and elsewhere.



Q. How would you describe yourself as a person?

A. I would like to say that I am an artist. I would also describe myself as an energy weaver because I believe that I am a type of person who would join art and creativity together to form a unique taste.

Q. What experiences prepared you to be a musician?

A. After my high school, I entered the Science stream in KU. Then I joined journalism as a young reporter. I worked as a reporter for 7 to 8 years. I was sent to take an interview of an Australian band. It was then that I encountered with a didgeridoo which fascinated me a lot. After that incident, I tried to explore my inner self and connected with music. That's how I became a musician.

Q. Were you inspired by anyone in your life?

A. Yes! I was inspired by my grandfather who was a wonderful storyteller. I am also very grateful towards my parents who encouraged me to be true to myself. I learned to draw inspiration from the countless unknown faces of strangers I see in the local buses that taught me to appreciate the rainbow of different

experiences. In theatre, Sabine Lehmann from Germany inspired me a lot. In the musical sector, it was my younger brother. I believe that people appearing in dreams are also real. So I am actually inspired by a lot of faces.

Q. Do you have any formal musical education?

A. No. I taught music to myself. I only took formal academic training in literature. I am planning on doing a PhD now. I took an online course from coursera.com in music. In theatre, Sabine Lehmann was like my guardian angel.

Q. What do you do in your free time?

A. To be honest, I don't really have any free time. If I do, I meditate and focus on my inner self and inner energy. I believe that I am a dreamer and I enjoy copying my dreams in a journal.

Q. What is the most challenging part of your job?

A. Managing time and balancing energy in the most useful way possible.

Q. What is the most enjoyable thing according to you?

A. I would say freedom. I find

pleasure in in doing things when I do not have to follow a tight schedule. I am basically my own boss.

Q. What are your favourite musical artists, songs or personalities?

A. I am obsessed with Yothu Yindi which is an Australian rock band. I enjoy listening to tribal voices, Rolling Stones, blues and Michael Jackson. I'm also an admirer of Johnny Depp, Rajnikanth, Nepali comedians, Saugat Malla, and Nisha Adhikari.

Q. Any favourite quotations?

A. Handle me with intelligence.

Q. If your life was a movie, what would the title be?

A. Salala Salil!

Q. What would you like to say to the Triyogees who will be reading this interview?

A. Triyogees are very daring and bold with a good sense of creativity. You are very lucky to have teachers and a principal who, from a very young age, had vivid ideas of so many things. Do not hesitate to do new things. Let yourself to be more relaxed and be responsible to others and yourself. Tell yourself to make a small step every day! I would say #FULLPOWER!

Timila Yami Thapa

Interviewers Ashma Pandey (VII 'A'),
Kanchan Dhakal (VII 'C')



Timila Yami Thapa came from a family that fought against the Rana regime. She completed her Electronic Engineering from IIT, Kanpur, India and M.Sc. (IT) from De Montfort University, UK. She has served as Professor

and Assistant Dean at Institute of Engineering, Pulchowk.

I was very excited to hear that the students from Triyog wanted to interview me. Growing up I had many responsibilities thrust upon me. Due to the early death of my parents, I had to carry out a lot of family responsibilities.

From my childhood I was interested in technical fields. My mother wanted me to become an engineer as she wanted a change in the existing social perceptions. When I joined the B.Tech. program of IIT, I

took my younger sister Hisila Yami with me to study in India. Despite our difficulties, we managed to keep ourselves strong and study well.

On Baburam Bhattarai and Hisila Yami: Baburam Bhattarai is 3 years younger to me. When I was in India he was a top-ranked student of architecture. Hisila was also brilliant academically. They both got scholarships in the best-ranked university in India and now they are husband and wife.

I would like to encourage mothers to encourage their daughters to study technical subjects and consider marriage only when they are mature and working.

Sandip Chettri

Sandip Chettri is a prominent name in the Nepali film industry as a comedian and host of the satirical comedy show, What the Flop. We, the students of Triyog, got an opportunity to interact with Mr. Chettri about his life and what the scenario is for Nepali comedians.

Interviewers Sandhya Niroula (IX 'B'), Samriddhi Shah (IX 'B')
Photo Courtesy Pradipti Shrestha (VIII 'A')



Q. How do you define comedy?

A. Comedy is a replica of human sentiments. It is a form of therapy which includes laughter.

Q. How did you start your career in comedy?

A. As you know, comedy doesn't have a school here. It is something that can't be learned in any institute. I was humorous, since my childhood. In my family, everybody had a sense of humour. We loved cracking jokes. I was always scared if I became a standup comedian, I wouldn't be taken seriously. That everyone would take me as a joke. Later I realized that I could do best at it by trying first. My journey started as a radio jockey in Birgunj and ended as a comedian in Kathmandu.

Q. Do you prepare your materials before the show or are you spontaneous enough to improvise on stage?

A. Comedians have a frame ready before facing the audience. We are always prepared with some script but after we connect ourselves with the audience, we understand them and then rescript and rephrase ourselves according to the need. I understand the nature of the audience, their thinking process and then crack jokes that resonates with them.

Q. Where do you get your materials from?

A. The society is a textbook! You don't have to look far to find funny things.

Q. Where do you see comedians in future?

A. They have a beautiful future. In future there will be more stress, more pressure to work so people will be more open to laughter. They will look for a way to take it easy and laugh off their problems. So, comedians will surely do a great business.

Q. What are the mistakes that most comedians do?

A. Actually, it's a big secret in itself. Comedians are mostly concerned about whether people are laughing at their jokes or not. I think that the most important thing to be concerned with is whether they are listening to you or not. Once people listen

to you, they will definitely react to you whether they laugh or not. Mostly, whenever the comedians find people silent they think they are not reacting so they try to do things that are not necessary at all. Timing is another mistake they make. If comedians don't crack jokes in the perfect time, it ends in a huge blunder.

Q. Can someone learn comedy?

A. One needs to have comedy within themselves but you can always refine

the delivery of your jokes.

Q. How did your parents react when you told them that you wanted to be a comedian?

A. Well, my parents always wanted me to be a media person. They always supported me, with their blessings. So I did not face rejection from them. It is with their guidance and blessings that I am whatever I am today.

Q. What do you do if people don't laugh at your jokes?

A. Well, I try to tickle their bones.

Q. What suggestion would you give to a child who wants to make a career in comedy?

A. First of all, you need to educate yourself academically. Be a doctor or engineer or whatever you want to be but if you want to be a comedian, learn to laugh and make others laugh. Everybody loves a funny doctor or a funny engineer. It's a bonus.



Dr. Sameer M. Dixit

Interviewers Aarya Dhital (VII'B'), Debisha Thapa (VII'B')

Photo Courtesy

Prasen Man Shrestha (VII'A')

Dr. Sameer M. Dixit is a prominent scientist working in the field of public health and biotechnology in Nepal. He has been in the research field and currently is the country director for CMDN (Centre for Molecular Dynamics Nepal). He has diligently undertaken the research responsibilities for Intrepid Nepal Pvt. Ltd and has been closely associated with the Ministry of Health and Population and WHO programs. On the date 7th April, 2017, we got an opportunity to interact with Dr. Dixit at CMDN, Thapathali

Q. Please tell us something about your childhood.

A. My childhood was pretty normal. I was raised in a good background and amongst famous names. I did my schooling at St. Xavier's School, Jawalakhel and later joined St. Xavier's Campus. During my childhood days, I loved cycling so I used to cycle around Mangal Bazar. I loved swimming too so my cousins and I used to meet and go for swimming during the weekends. My father was a well-known doctor so wherever I went, I was recognized by all the residents of my area.

Q. How many years have you had to study to earn this position?

A. Well, I had to survive a lot of years of study to earn this position. I studied for more than two decades; for about 23 years! That's a long time, however, I managed to get through all the hardships and obstacles and here I stand today.

Q. How do you react under pressure?

A. Pressure is something that we create within ourselves. It is a phase, a system of our lives which we all have to pass at least once in our lifetime. I deal with pressures in a very normal manner. I never allow pressure to control me and my work. Pressure had never affected my work, nor will I let it do so in my future.

Q. Was your aim in life to become a successful scientist?

A. To be honest, I had no idea about my career till the age of 25.

I simply kept on studying and succeeding. I knew that all of my degrees and certificates which I had obtained would definitely help me at some phase of my life so I kept working hard. If I was not a scientist then I probably would have become "Actor Sameer M. Dixit" instead of "Dr. Sameer M. Dixit".

Q. Where do you see yourself in five to ten years?

A. Well, in the next five to ten years, I see myself more famous nationally and internationally due to our organization. I want to see our organization have more staff, new buildings and more funds in the time interval of 5 to 10 years.

Q. What hardships have you had to overcome during the course of your career?

A. It is very difficult for me to give one example since hardships change with time. For your age, hardships are not getting good grades, pressure of your studies and so on. For people like me, they are not being able to get enough funds, lack of enough buildings to run the organization smoothly. So, yes I have had to overcome through a lot of hardships during the course of my career. Obstacles always come with time and you will always have to get over them one way or another.

Q. Do we have sufficient infrastructure here in Nepal for someone to study Biotechnology?

A. Not really. We are bringing new equipment here at CMDN but that's not for the purpose of studying in an academic sense. Students and researchers are welcome to interact with us and we can have a learning environment for them but to earn a degree, they will have to go elsewhere. It would be great to encourage students in the field of science and make more scientists if sufficient infrastructure is available.

Q. Is it easier to obtain funds for research purpose or development purpose?

A. Research and Development are two important parts in the scientific community. Research should eventually lead to development and development is not possible without proper research. It's easier to obtain funds for research since it is an investment to find something new. Coming up with new ideas is important and that's why people and companies will want to provide funds for that. If you are simply building something, you will face challenges. That is because if your idea does not bring something new to the table, it's not very useful, is it? However, both are important aspects.

Q. What do you consider to be the greatest feat of becoming a successful person?

A. We have a lot of advantages in our lives if we are successful. For example, we won't have to rely on others for the fulfillment of simple basic needs. We become more powerful than others. We develop our own identity nationally and internationally. It does not matter whether we work as a peon in a bank or as a manager of the same bank. Both posts make us successful in different ways. The thing which matters is our dignity and respect for our jobs and our achievements, not the posts.

Interaction with Sunil Pokharel

Sunil Pokharel is a renowned Nepali theatre artist and director. He is considered as one of the pioneers of modern Nepali theatre.

Aashma Pandey (VII 'A') and Aarshi Sapkota (VII 'A') | Photo Courtesy: Prasen Man Shrestha (VII 'A')

I was born as the first child of a Brahmin family in Khotang. During those days, Brahmins had to follow a lot of strict rules so my childhood wasn't the most adventurous one.

On what made him take up theatre as a career: I was friends with Ramesh Budhathoki since childhood. He was interested in theatre. Whenever we did anything related to theatre, it gave us unlimited freedom and lots of fun. This is the reason why I chose the career of a theatre artist.

On his first performance: When I did my first drama, I felt absolute fear. My heart was beating rapidly and my legs were about to give in. I had never been so nervous my whole life.

On Arohan Gurukul: My main objective of establishing Arohan Gurukul was to help youngsters discover themselves.

Favourite dramas: Agni, Ghanchakar,

Maya Dev Ko Katha and Naya Premi

On Nepali theatre: I think times are good for Nepali theatre. It has developed a lot in the past few years. Previously, parents did not allow their children to join this field but now they are encouraging their children. Theatre has earned a lot of respect.

On working with the disadvantaged: Yes it is true. I have given chance to poor laborers. I have also worked with deaf people. It feels good to work with them.

Message: If you really want to do something, you must try to achieve it. You have to believe in yourself and practice with everything you've got. Then you will surely be successful. Enjoy your present, forget about the past and not worry about what is going to happen in the future. Discover and express yourself through different mediums.





INTERACTION WITH DIPA BASNET

**Kanchan Dhakal (VIII 'C'),
Sneha Thapa (VIII 'D')**

Dipa Basnet is a prominent Nepali director. With the movies 'Antaraal' and 'Shree Panch Ambare' to her credit, Dipa Basnet is the first female to direct two movies in Nepal.

Dipa Basnet had always aimed to be good and successful in life. She did not have any particular interests in any one field. However, she said that her interest in the film industry grew after coming to know about them later onwards.

She shared her struggles in work. She had to study and research a lot before being able to rise in the Nepali film industry. Despite her degree, she had to experiment with 3 to 4 videos before she could direct a full feature movie. She explained how her family and her husband were always there to support her throughout her life.

On reflection, Dipa Basnet said that she doesn't think her life changed much after being a director. The only difference she realized was that she is currently better known to some media persons. Otherwise, it's the same as before.

Dipa Basnet is an example of what a strong female can do with proper determination and hard work. She has taught us that there is no such thing as inherently weak and strong. We are all talented in different ways. We should never forget our motherland and mother language and should always keep our society, family and country in our hearts.

INTERACTION WITH SANTOO SHRESTHA

Ashma Pandey, VII 'A'



On 10 February 2017, the students of Triyog had an opportunity to interact with Santoo Shrestha, one of the youngest National Champions in table tennis.

Trained by his coach Nabita Shrestha, Santoo Shrestha became a National Champion at the age of 16 after defeating many senior players. He also made a record in the history of Nepal by being the first junior player to win a senior national game.

Before joining table tennis, Santoo Shrestha shared that he liked swimming. He also told us that he was not interested in playing football and cricket. Santoo showed an interest in table tennis later onwards. According to Santoo, his family's constant guidance and support played a role in his determination to be successful in table tennis. He said that he always dreamt of becoming a national player. His favorite table tennis player

is Zang Zi Ke, a Chinese Olympic champion.

Santoo Shrestha carried the mantra of 'Anything can be possible with dedication and patience.' He said how the ball didn't even touch the table when he first started but he did not take that to heart. Instead, he tried repeatedly and honed his skills before he was able to rise as one of the youngest table tennis players of Nepal.

Santoo has become an inspiration to young table tennis players all over Nepal. He thinks that bookish knowledge is not everything and in this competitive world, sports can also take a person to the realms of success. According to him, one should have a genuine interest before being involved in anything. This spirit encouraged the students of Triyog to pursue their dreams and be passionate about whatever field they choose to embark in.

INTERACTION WITH SHAKTI GAUCHAN

Divya Angsha Rocca (IX 'D') and Apekshya Thapa (IX 'A')



One of the most renowned person as a cricketer, Shakti Gauchan had been representing Nepal for 16 years (about 300 to 400 matches). He plays other games as well, but his real athletic aspirations lie in cricket and he is devoted with great discipline to this demanding sport.

Born in Calcutta, India, he is one of the most hardworking and devoted person. He first represented Nepal in February 2001 when he played in the ACC Under-17 Asia Cup in Bangladesh. He played in the Under-19 World in New Zealand the following year, also making his debut for the senior side in that year's ACC trophy. He has been awarded the title "MAN OF THE MATCH", a number of times in the international ground. He says, "Playing for my country is the proudest moment which

inspires me to be a better player."

He is not only good as a bowler but a nice batsman as well. He is the only Nepali cricketer to take an international hat-trick. He was also voted among the top 11 in the ICC World Qualifier 2012 in UAE. He said that it was his younger sister who motivated him to continue playing cricket while others felt he had no future as a cricketer, whom he proved wrong. He is one of the most inspiring persons for the young players.

"You won't ever be successful until you take risks and try with all your dedication towards something. If you are good at something, you must continue doing it – along with the academics, only then you won't have to run for success but the success will come to you." Mr. Gauchan says.



Activity Reports



MY EXPERIENCE IN THE MISS TECH 2016 'SPARKLE WITH WATER' COMPETITION

Priya G.T., VII 'A'

Miss Tech is an inter-school competition organized by the Robotics Association of Nepal (RAN). The motto of this event is to bring the girls of Nepal forward in the field of technology and encourage them to be competitive.

Our team of five students from grade 7 and 8 were selected from our school for the competition (Pradipti Shrestha from Grade 8, Kanchan Dhakal, Niharika Shrestha, Ashma Pandey and I, Priya GT from Grade 7). We got the information of our selection from our teacher which made us all excited. We first attended a workshop by RAN on 27 November 2016. The workshop was held in Pulchowk, Lalitpur in the workplace of the organization. We reached there as instructed and the workshop was led by Ms. Pradita Pradhan. We

were shocked to know that other competitors were all from different colleges and we were the only ones from a school. That whole day we learnt to prepare games in a program called Scratch with basic commands. There we came to know that the competition was in December with theme: Water

We were busy studying for our unit tests when we suddenly realized that the competition was approaching fast. Our task was to prepare three different games on the theme which we were able to do with the help from our teachers.

Finally, on December 9th, we were ready to compete in the event. Despite having exams on that day, we were able to reach the venue at the World Trade Centre at Tripureshwor as soon as we were

done with the exams.

We had divided ourselves into three groups:

Triyog Makers 1 Team: Ashma Pandey (Water Heroes)

Triyog Makers 2 Team: Priya GT and Kanchan Dhakal (Water Fantasy)

Triyog Makers 3 Team: Niharika Shrestha and Pradipti Shrestha (Fighting Against Divers)

Ashma went up first with her presentation and game, which judges appreciated. Second was our turn. My heart was throbbing when I went up the stage but, the judges' friendly smiles calmed it. Then we finished our presentation and so did team three. After we finished, we decided to leave as it was getting dark. We did not know the results then.

On Sunday, Principal Sir announced that team two was adjudged as the best team. Kanchan and I were very happy for this appreciation. I am extremely thankful to Robotics association of Nepal for organizing such a wonderful event to encourage girls in technology. I would love to participate in many such events in the future.

JOINT PROJECT-EXCHANGE PROGRAM WITH K.D. AMBANI VIDYAMANDIR, GUJRAT, INDIA

Anushka Dhungana (VIII 'B'), Divya Angsha Rocca (IX 'D') and Prithu Adhikari (VIII 'D')



Disaster", we conducted a survey in order to analyse people's views on disaster, their level of preparedness, awareness and its management. For the accomplishment of this project we started with the preparation of a questionnaire. We then distributed them to the people of our locality. We compiled the data and were able to know the collective level of preparedness of the people regarding different natural disasters. We found that most of the people were more likely concerned with the dangers of earthquake and had a pretty good level of preparedness for it. Then we represented those data in the form of pie charts and graphs.

Project 3: Stop the Drip to Save the Drop

This project was concerned about water conservation, its degradation and its uses. We delivered a speech on water conservation which we delivered in the school assembly. We also prepared a short presentation on water conservation and presented it to the students of Grade V. Lastly, we had a brainstorming session with our teachers where we discussed on the current scenario of the water resources of Kathmandu Valley and what we can do to prevent scarcity of water in the future.

After finishing the projects, each student was partnered with the other student of K.D. Ambani Vidyamandir working in the same project. We exchanged our experiences about the activities we were involved in. This project not only gave us the experience of working in international level activity but helped us gain an international perspective on global issues. Through our experience, we hope to create awareness among the members of our school, society and ultimately, the entire world so that our home becomes a better place to live in.

ISA (International School Award) is a supportive and motivational framework that guides schools through their international work. Proposed by K.D. Ambani Vidyamandir of Gujrat, India Triyog Higher Secondary School partnered with it for the ISA project. We were divided into three groups and had to work on three different projects namely, "Save Food, Save Earth", "Combat And Mitigate Disaster" and "Stop the Drip to Save the Drop."

Project 1: Save Food, Save Earth

For this project, our group performed various activities like assembly programmes, making banners, and conducting an awareness campaign. First of all, we decided to do a small

skit in order to make the students aware about the importance of food. We performed a skit which reflected the hard work of farmers in providing the people of Nepal with sufficient food and how wasting it hurts the labour of those farmers. Secondly, our group went to various classes and delivered speeches related to the topic. We also went to the school dining hall and told the students not to waste the food. We prepared posters on the issue and put them up around the school to spread awareness. These activities had a great impact on all of us.

Project 2: Combat and Mitigate Disaster
Under "Combat and Mitigate

OUR TRIP TO INDIA

Samapada Neupane (IX 'D'), Praneti Onta (IX 'D') and Rupesh Shrestha (IX 'A')



On 2nd January 2017, we the students of Grade VIII and IX went for a tour to Mumbai, Goa, Delhi and Agra. There were 97 of us in total so we were divided into two different groups who visited the same places but on different days. Our group consisted of 47 students and 4 of our teachers (Mrs Manju Pokharel, Mrs Pramila Adhikari, Mr Prakash Pant and Mr. Puskar Chaudhary). We left Kathmandu for Lumbini at around 7 am from School. We were very excited and nervous as we were going to a different country without our parents. After spending 4 hours in a traffic jam, we reached Lumbini at around 7 pm. In Lumbini, we visited the Maiyadevi Temple and the Monasteries of Nepal. After having lunch, we headed towards Gorakhpur to catch our train for Mumbai.

We spent the whole day and night on the train the next day. The way was exceptionally long but it was an exciting experience for us to be travelling on a train to a foreign country. We reached Mumbai train station around 10 am. After a quick refreshment, we went to explore Mumbai. We saw the bungalows of different Bollywood actors like Amir Khan, Shahrukh Khan and versatile singers like Lata Mangeshkar and Udit Narayan Jha. Then we went to the Mumbai Gate. Afterwards we went for shopping. The next day we went to visit the famous Water Kingdom of Mumbai. The Water Kingdom of Mumbai is the biggest water park of the Asia. We had fun playing water games. Then, after having dinner, we headed towards train station to leave for



Goa. In Goa, we met our friends and teachers from the other group. After a quick breakfast together, we went for sightseeing in Goa. We went to the St. John Church first which is the oldest Cathedral of Goa. We went for the dolphin ride next. We were overwhelmed to see dolphins for the first time in our life. Then, we went for a cruise ride and danced until our legs hurt.

On our last day in Goa, we went for jetskiing and parasailing which was a unique experience for us. It was scary but we had fun. Then, we had our lunch and went to station to catch our train for Delhi.

In Delhi, we had the day to ourselves where we went for shopping. We woke up early in the morning next day and had our breakfast. We then left for Agra. After a 4 hour drive from Delhi, we finally reached Agra where we went to see the Taj Mahal. We were fascinated by the beauty of it.

On our trip back, we made a stop Delhi and visited the Qutub Minar, Lotus Temple and Red Fort. At around 2 am we went to Delhi to board our train to Gorakhpur after which we got onto our buses and headed towards Kathmandu. This was it. We were really very disappointed to end our adventurous trip to India but we made a lot of memories that we will cherish for a life time!



ANIMAL FEEDING PROGRAM

Shreejita Chauhan, VI 'C'

Food is very essential in our life. All the living things need food to live. From animals to plants, food is very important for all. It is important because it provides nutrients. With this in mind, members of Friends of Zoo (FOZ) of Grades VI and VII, along with some of the executive members of Triyog, had gone for animal feeding program which was being held in Central Zoo, Jawalakhel.

When we reached the zoo, first of all, we were given a brief view of the NTNC Central Zoo. The Central Zoo is the only zoo of Nepal and it provides shelter to a total of 807 individual mammals, birds, fishes and reptiles of 109 species. Over one million visitors come to enjoy the display at the central zoo annually. After a brief view, we were separated into three different groups. Though our first priority was given towards feeding the animals, we also cleaned the living areas of some animals. Through this, we got the opportunity to learn about lifespan, scientific names, habitat and daily food of many animals. There was a separate kitchen from where we collected the food to feed the animals. We could not feed some of the reptiles as they were hibernating. We were also not allowed to visit the birds section due to the risk of bird flu and other diseases. However, we got to prepare food for other animals like rhinos, hippos and deer.

It was a great experience for us to be a part of this programme. We got to learn about the dietary needs of animals and how it is very important for the proper amount of food to be fed to different animals for them to remain healthy. We also gained a valuable learning experience about working closely with animals.

SCIENCE AND MATH EXHIBITION AT TILINGATAR HIGHER SECONDARY SCHOOL

Ayusha Pokharel, VIII 'C'

Even today when I close my eyes, I see the beautiful creations of the students on the tables. Looking around you, you see nothing but those beautiful works that inspire you. You want become one of them. You start believing in yourself that you can do anything. You are inspired.

On 17th February 2017, our school had participated in a Science and Math Exhibition organized by Tilingatar Higher Secondary School. There were more than 50 schools visiting and 25 schools participating. According to the principal of the school, this event used to be a science fair but this year they included math to their theme. Our school had done their very best with the help of the science teachers and some students to make their project. Their project was an excavator that worked using Pascal's law of hydraulic pressure. Not only the excavator, our school had made an effort to make a table which contained a solar lamp and a pencil holder. The feedback that our school received was positive.

The students of other schools had put in their best efforts as well. Nepal Model School had made a very interesting project about flood alarms and Amar English School had made a hydraulic machine. Ganesh English School had built a dancing robot which was quite exciting. The exhibition was an excellent platform for the students to understand scientific concepts behind their projects and was well received by all those present.



FIELD TRIP TO KATHMANDU METROPOLITAN CITY OFFICE, SUNDHARA

Prithu Adhikari, VII 'D'



On 8th of February, the students of Grade V 'C' were taken for a field trip to Kathmandu Metropolitan City Office in Sundhara. I, Prithu Adhikari, and Pradipti Shrestha had accompanied them. We departed from school at 9:30 a.m. About an hour, we reached there. The Metropolitan City Office was situated at the 5th and the 6th floor of JDA Office Complex. This building was situated at the opposite of Nepal Army Headquarters. We went to the 6th floor of the Complex where 5 of us were interviewed by for an upcoming monthly magazine. The interviewers were of the Republica and Saptahik a Weekly magazine. Then we went to interview Mr Yubraj Khanal who was the deputy director of the Metropolitan City Office. The excerpts of the interview is as follows:

Students: How is the

representative chosen?

Yubraj Sir: A person above 18 years can be nominated. Then every ward votes for its representative.

Students: What services are the students getting from the Metropolitan City Office?

Yubraj Sir: Citizens are getting help from Metropolitan City Office while making citizenship cards, cleaning roads, developing and managing monuments and public places.

Students: How are children like us getting help from the Metropolitan City Office?

Yubraj Sir: Street children, children suffering from child labor at houses and hotels are helped by providing them with education and health facility.

Students: What plans has the Metropolitan City Office made for developing the education sector?

Yubraj Sir: First of all, we are trying

to establish schools in the remote areas. Then we will move towards starting kindergartens because the basic studies starts from there. We are monitoring schools from K.G to +2 sector.

The Metropolitan City Office will monitor the school if they have proper environment for studies, proper toilets, and kitchens.

Students: The Metropolitan City Office had banned the use of plastic bags, but they are still in use. Why is it so?

Yubraj Sir: We have been trying to stop people from using plastic bags. We had jailed many people who were manufacturing or selling plastic bags but this cannot stop people from using it. We have been making people who use plastic bags pay fines. However, we should spread awareness among the citizens that plastic is harmful for the environment.

Students: We are still seeing damaged roads in the valley. When will we get the chance to walk in a clean and dust free road?

Yubraj Sir: The Metropolitan City Office is making plans. It may be implemented after one year around July.

After the interview finished we went to a meeting hall where we sat and started writing our experience. We took a group photo taken by Pradipti and came back to our school. This visit gave us knowledge about the works that the Metropolitan City Office is doing to develop our capital city Kathmandu.



VISIT TO 14TH LOCUS NATIONAL TECHNOLOGICAL FESTIVAL

Prithu Adhikari (VII 'D') and Aarya Dhital (VII 'B')

On 10th of February, 44 students of the Triyog Makerspace Club were taken to the Institute Of Engineering, Pulchowk Campus, Lalitpur to the 14th LOCUS National Technological Festival accompanied by our Science Teacher, Mr. Anish Adhikari. LOCUS was found in 2003 in order to explore opportunities to showcase ones talent and guide the young minds in the field of technology. Every year, LOCUS conducts many skill development programs in

software and hardware for students from various, colleges and schools in the country. It also conducts non – competitive events like exhibitions, paper presentations, gaming zones and many more. In the exhibition, there were about 200 different stalls on different hardware and software projects. In two of the gaming stalls, two of our friends won some prizes. The Makerspace students interacted with the presenters in the stalls to get ideas which they can use

for their upcoming projects. The highlights of the exhibition were the Sajilo recharge, auto sketcher, smart dustbin, automatic water level controller, finger print voting and the smart street which was thoroughly enjoyed by all of us. The exhibition was a place for us to come to know about a plethora of innovative ideas put up by the students in the fair. We were very grateful for having such an opportunity where we could observe the efforts made by the participants.

FIELD TRIP TO KHOPASI SERICULTURE FARM AND HYDROPOWER STATION

Ashma Pandey, VII 'A'

On 20th December, we, the students of Grade VII, visited the Khopasi Sericulture Farm and Hydropower Station for our field trip as a part of our curriculum. After a two hour long

journey, the sight of the beautiful scenery of Khopasi was refreshing. We couldn't take our eyes off from the environment of Khopasi. As it was winter season there no

silkworms in the mulberry bushes but the hydropower station was interesting as well. We learned a lot about how the electricity is produced and how the water is stored in dam and is supplied to the power house. We were also provided with information on the hydropower station and came to know that it was built by the Soviet Union in 1965. Learning more we came back with wonderful memories from the trip.

REPORT OF 'WALL OF HOPE'

Debisha Thapa, VII 'B'

Another year has passed and the violence against women and girls is still on the rise in many countries. Newspapers report unthinkable crimes daily. With most crimes women don't report them, and if they are reported, it is very difficult to find justice. Can we continue to go about our lives knowing the struggles women have to face on a daily basis?

On 8th March, six students from Triyog had gone to St. Xavier's School to participate in the Women's Wall of Hope campaign. This program was all about women rights. There were many other school participating in the program. As a part of the program, we attended a leadership development workshop where we were shown the movie 'Sold.' We were also shown a musical play based on women violence. On the day of the main event, we joined around 1500 students from different schools of Kathmandu to form the 'Wall of Hope' at St. Xavier's School. After that, some of us delivered speeches on women violence, rape, gender discrimination and witchcraft.

The event taught us to be sensitive about the plight of women all around the world. Despite living in the 21st century, we realized that women still are not treated fairly everywhere. The Women's Wall of Hope campaign helped us realise that the struggle for gender equality still has a long way to go and needs the combined effort of everyone to be successful.

जुनियर रेडक्रस त्रियोग

स्मृति थापा तथा सम्पूर्ण
जु.रे. सर्कलका सदस्यहरु

रेडक्रसको आदर्श वचन -“मानवता, निष्पक्षता, तटस्थता, स्वाधीनता, स्वयम्सेवा, एकता र विश्वव्यापकता ।”

हाम्रो विद्यालयमा शिक्षालाई मात्र ध्यान नदिई विभिन्न अतिरिक्त क्रियाकलापहरु समेत गराइन्छ। यसै अन्तर्गत जुनियर रेडक्रस सर्कल नामक समाजसेवाको पाटो पनि एक हो। यसै समाजसेवा अन्तर्गत रहेर हामी जुनियर रेडक्रस सर्कलका विद्यार्थीहरुको समूह सदैव सेवाको भावना राखेर विभिन्न क्रियाकलापहरु गर्दै आएका छौं। जुन निःस्वार्थ सेवा गर्न पाउँदा हामी गौरवान्वित छौं। त्रियोग माध्यमिक विद्यालयले केवल शैक्षिक पाटोलाई मात्र ध्यान नदिएर हामी जस्ता स-साना बालबालिकाहरुलाई अनुशासनमा राख्न र परसेवाद्वारा सबैको भलो चिताउन र सहयोगी भावना जाग्रित गराउन प्रेरित गर्दै आएको छ। यसै अनुरूप गएका वर्षहरुमा हामीले असहायहरुलाई आफूले सकेको सहयोग गर्ने, उनीहरुका पीडा र मर्का सुनिदिने लगायत मानवसेवाका धेरै कार्यहरु गर्नुभएको छ। जाडो याममा हरेक वर्ष जस्तो न्यानो कपडा सङ्कलन गरी वितरण गर्ने काम भयो भने पछि परेका विद्यालय तथा विद्यार्थीलाई आफ्नै विद्यालय परिवारबाट सङ्कलन गरिएका पाठ्यपुस्तक सामग्री समेत वितरण गरियो। विद्यालयमा पूर्व विद्यार्थीहरुले आयोजना गरेको रक्तदान कार्यक्रममा समेत स्वयम्सेवक भई उत्कृष्ट कार्य गरियो। यस्तै परोपकार संस्थामा खाना बनाउने तथा वितरण गर्ने, कार्यमा समेत सहभागी भइयो। भूकम्पबाट अड्गभड्ग भएका व्यक्तिहरुलाई राखिएको एक संस्थाको अवलोकन, भ्रमण गरी केही रकम समेत हस्तान्तरण गरियो। सन् २००८ मा स्थापना भएको जुनियर रेडक्रस सर्कल नामक समूह खोली हाम्रो त्रियोग माध्यमिक विद्यालयका कक्षा ८, ९ र १० का विद्यार्थीहरुद्वारा गरिएको समाजसेवाको कार्य उल्लेखनीय रहेको छ। हाम्रा उपर्युक्त कार्यहरुको प्रतिवेदन बुझाउने कार्य समेत रेडक्रसको क्षेत्रीय शाखा विष्णुमतीमा गरियो। त्यहाँ उपस्थिति गन्थमान्य व्यक्तिहरुले समेत हाम्रो यो कार्यलाई सराहना गर्नुभएको थियो। हाम्रो सानो योगदानले कसैलाई महत्वपूर्ण कार्य निर्वाह हुनसक्छ भन्ने कुरालाई हामीले हृदयङ्गम गरेका छौं। २०७२ साल वैशाख १२ गते गएको विनाशकारी भूकम्पका बेला हाम्रो जुनियर रेडक्रस सर्कलले विविध कार्य जस्तै खाद्य सामग्री, लत्ताकपडा आदि आवश्यकीय सामग्री सङ्कलन तथा वितरण गर्ने जस्ता प्रशंसनीय कार्य गरेको थियो। यस प्रकारको कार्यले हामीमा समाजसेवाको भावना जागृत गर्न साथै, निःस्वार्थ सेवाले सबैको भलो गर्छ भन्ने कुरा बुझ्यौं। भविष्यमा पनि परसेवामा लागि मानवमात्रको कल्याणकारी कार्य गरी आफ्नो जीवन उत्सर्ग गर्ने प्रेरणा हामीलाई यस प्रकारको समाजसेवामा लाग्ने अवसर दिलाइदिएकोमा हामी जुनियर रेडक्रस सर्कलका सम्पूर्ण सदस्य विद्यालयप्रति आभार व्यक्त गर्न चाहन्छौं। यस प्रकारको निःस्वार्थ तथा पुनित कार्यमा हामीलाई साथ दिनुहुने जु.रे. सर्कलकी संयोजक तथा हाम्री गुरुआमा दुर्गा कार्की ज्यूलाई पनि हृदयदेखि नै आभार व्यक्त गर्न चाहन्छौं।

Our Field Trips



National Botanical Garden, Godawari

Grade VII were taken for their field trip to the National Botanical Garden on 30 May 2016. The garden is a conservation spot of a wide range of herbs and trees of Nepal which provides an excellent site for the students to study them as a part of their science curriculum. On 20 June 2016, Grade IV were also taken to the National Botanical Garden for their field trip.



Barud Yantra Damakal, Fire Station, Jawalakhel

The students of KG were taken to the Fire Station in Jawalakhel for their field trip.

Khopasi Hydropower Station

On 20 December 2016, Grade VII visited the Khopasi Hydropower Station in Kavre which is the third hydropower plant constructed in Nepal. The trip was an opportunity for the students to understand the inner workings of a power generation site.

Doleswor Mahadev and Suryabinayak

Grade VI visited the temple of Doleswor Mahadev and Suryabinayak for their field trip on 12 February 2017. The temples hold a religious and historical significance as a cultural identity of Hindus.



World Wildlife Fund Office

On 10 February 2017, the students of Grade V were taken to the World Wildlife Fund Office for their field trip. The trip proved to be extremely enlightening to the students as they came to know of the plight of various endangered species of Nepal and the world.

Kathmandu Metropolitan City Office

The students of Grade V visited the Kathmandu Metropolitan City Office on 9 February 2017 where they got to learn the inner workings of the office and how it is responsible for managing the city. The curious minds of Grade V interacted with the workers there as they talked about their city and areas of development.

Changu Narayan Temple

On 9 May 2016, the students of Grade X were taken to the Changu



Narayan Temple, a site of historical and cultural significance.

DL Agriculture Farm, Khumaltar

On 13 May 2016, Grade II visited the DL Agriculture Farm in Khumaltar.

Manjushree Park, Chobhar

On 16 May, the students of Grade IX were taken to Manjushree Park in Chobhar. Grade VIII visited the site on 4 December 2016 and Grade IV were taken on 9 September 2016. An area of historical and religious significance, the gorge is said to be the site where Manjushree had drained the lake in Kathmandu Valley.

Bagh Bhairav Temple, Kirtipur

Grade VIII took a trip to the Bagh Bhairav Temple in Kirtipur on 23 May 2016.



ICIMOD

On 28 September 2016, the students of Grade IX were taken for their field trip to ICIMOD. Grade X visited the same place on 3 October 2016.

Nepal National Ethnographic Museum, Bhrikutimandap

Grade III was taken to the National Ethnographic Museum in Bhrikutimandap for their field trip.

Budhanilkantha Temple

Grade II were taken to visit Budhanilkantha Temple on 5 October 2016.



Kastha Udhog, Dhapasi

As a part of their curriculum, Grade II were taken to Kastha Udhog in Dhapasi where they were able to interact directly with the workers and observe how wood is used to make furniture and other objects. The students were immensely interested in knowing how the wood from trees are used to make useful articles.

Balaju Water Garden

Grade I visited the Water Garden in Balaju for their field trip on 26 September 2016.

Teachers' Articles

Story Behind The Birth Of Triyog Maker Club

Madhu Sudan Lamsal | Middle School Science Teacher

How it all started

Where there is a will there is a way. We thought, we worked and we succeeded. When we first heard the word 'Makerspace', a cluster of thoughts arose in our mind. Those thoughts began with ideation and intensive planning and in three months we were able to start work. If we look back at those three months they were more intense than we had done anything in our professional lives.

The journey started when we were discussing about teaching-learning program for the middle school, grades 6,7, and 8. At the end of a series of meetings with the Principal and Coordinator we came to a decision to introduce maker-based education at Triyog. It would be a pilot project through a Makerspace Club.

The Research

Anish sir and I started to search and study the concept and meaning of Makerspace –the Who, What, When, Where, Why, and How of it. Discussing with the Principal and our Coordinator, we started writing proposals and sketch location map. We wrote and rewrote the proposal, more than 10 times I think. Finally, after a long discussion, the management agreed to work on it.

Makerspace has a simple meaning, the place to make, to create and to generate materials, goods, ideas and innovate. It is made to promote learning through play

and experimentation. They are cross-disciplinary, with elements of art, science, and craftsmanship which offer tools and materials that encourage students to create rather than consume. It helps on inspiration by inviting students to participate in the creative economy and to direct their own future. It is an innovation, serving as a catalyst for grassroots invention on which an important foundation of modern education is built. It builds a connection between theory and practical application.

The Beginning

We began the first program on 18th

May 2016 without any actual space. We conducted the program in the Science lab, Audio-visual room and for many days we did the program in +2 building too. The things produced by the students were scattered, lost and even damaged on the other day. Despite our numerous challenges, we kept on going as we had the dream and the motivation to make our program successful. Our first challenge was to have a working space which we finally got at the TT shed. The next challenge was to be equipped, which was a slow process. Week by week, we started collecting and





buying the tools required. Now, we have the basic tools to run many programs. As the program was new and costly, we faced technical, economical, human resources and mental problems. We worked/acted as managers, planners, resource people, helpers, guides, teachers, instructors, friends, and a role model for the students of this club. Above and beyond the limitations of time and syllabus we engaged in making the effort successful.

On the first program, the students of our club were able to make battery-propelled vehicles from reusable materials and reusable tray from cartoon material and thermocol which were displayed on 9th July 2017. The second program was wood engineering in which the students made various structures like chairs, tables with fan and light, wheelbarrow, dustbin, bookshelf, etc and displayed on 17th September 2016. On the same day, we celebrated Bishwokarma Puja. The third program was in collaboration with the Mathematics department in which the students made TANGRAM and displayed on 24th December 2016. The Makerspace was officially inaugurated on 5th September 2016 in which representatives from Karkhana and Robotics Association

of Nepal (RAN) attended and interacted with our students on their projects. We owe thanks to the RAN team for having gifted us with our name – Triyog Maker Club - cut out from metal sheet with a laser-cutter.

How the students have developed

Initially, our students were listeners. With constant mentoring we have been able to change them into creative thinkers and then into doers. Our aim is to transform them into makers. It is an experimentation on the methodology of teaching and possibilities. As most of our education is based on theory, the students are not being able to interact with the practical challenges of day-to-day life. To enhance the gap between theoretical knowledge and practical challenges we have established the Makerspace as a radical shift in teaching-learning. The effects of this change will not be seen immediately. It needs time and group spirit as it is learning by making and creating. Nothing is a failure in this program as we take every failure as an opportunity. It has been a huge leap to be able to upgrade the basic practical knowledge of the students and

Initially, our students were listeners. With constant mentoring we have been able to change them into creative thinkers and then into doers.

to transform the way they are learning.

Gratitude

I am very grateful to Mr. Anish Adhikari without whom the program would not be successful as he coordinated me at every step. I am thankful to Mr. Churamani Pandey who helped us in writing the proposals and supported us morally, the School Management, and all my colleagues. Special thanks to the team of Karkhana and RAN who supported and helped us in every difficulty.

The dream

I have a big dream regarding this project though it's very challenging. It is just not a science program, it has a wide scope which can be extended to computing, art, literature, handicrafts, electronics, architecture, food and technology, mathematics and many others. In collaboration with different fields and people, I have plans to produce handouts, e-notes, and books for the students and develop different tools through experimentation. I have a dream to transform our Maker Club into a research center through which I can contribute something to the society and the country. I hope my dreams come true.

1. Is my child going to school and coming back home on time?
2. Is my child wearing proper school uniform? What about his hairdo, nails and makeup?
3. Is my child carrying a proper bag to school? Is he bringing anything home that he didn't carry to school?
4. Does my child carry all needed materials to school every day?
5. Is my child eating properly and enough for his/her physical and mental development?
6. Am I receiving necessary feedback about my child from the teachers?
7. Is my child submitting the assignments and projects on time?
8. Am I giving enough time to understand the problems, shortcomings and strengths of my child?
9. Am I available to the teachers when they want to discuss about my child's progress or problems?

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Questions That Parents Of School- Going Children Need To Ask Themselves

Churamani Pandeya
Middle School In-Charge

10. Does my child interact with others as per his/her age level?
11. Does my child spend most of the time at home alone using gadgets? What is he/she using that for?

12. Do I take my child out of home and let him/her understand my surroundings?
13. Who are the best friends of my child? How are they like?
14. What is my child mostly interested in? Have I communicated this to his/her teacher?
15. Does my child have any medical complications? Are the teachers aware of this?
16. How do I want my child to be treated at school? Have I made this point clear to the concerned people?
17. Does my child report how the day was at school? Was there any achievement or a problem?
18. Does my child want me to interact with his/her teachers? Is s/he avoiding me from contacting the teachers?
19. Is my child's performance improving? What is his/her teacher's opinion?
20. Am I supporting my child's growth and development as per his/her need and interest?



Talks with Teachers

The members of the Publication Club asked their teachers about their experience in School. This is what they had to say:

Q. How do you engage your class?

Ms. Poonam Singh : I engage my class by giving them different works based on the different topics, making them play games, group discussions and act out certain parts of their lesson so that they concentrate.

Mr. Sujan Dhakal: I engage my class by giving them various questions such as numerical problems.

Mr. Sanjeev K. Shrestha: I start a drill. I make them tell different rhyming words so that the students are engaged and listen to what I am teaching.

Q. According to you, what should a teacher be like?

Ms. Shivani Agarwal: A teacher should be very responsible, patient and unbiased. He/she should love children and be careful about what he/she does and says.

Mr. Nabin Ghimire: A teacher should be committed towards a student's excellence. His/her teaching should be reflected in the students.

Mr. Amrit Acharya: A teacher should be co-operative. He/she should give proper guidance to the students and should also be getting feedbacks from them.

Mr. Prakash Pant: A teacher, in my opinion, should be a facilitator not a dictator. She/he should be a guider not a builder. A teacher should have a transparent view on the subject matter. Similarly, dynamic, dedicated and smart teachers are the need of the present.

Q. What is education in your view?

Ms. Mamata Shrestha: Education does not only mean imparting knowledge, it also means making students confident. It is not only

related to academics but also related to extra-curricular activities, personality and overall development. Similarly, exposing the inner quality of students is also a way of life in my view.

Q. Why did you choose teaching as a profession?

Mr. Prakash Pant: I don't know exactly what incited me to enter this profession. I have loved teaching since my childhood. My ambition was to engage and contribute in the academic sector. I was a silent lover of teaching from my early days. I considered this profession as one of the most decent and fulfilling professions of all. New ideas can be explored and shared while teaching. It is also the profession that shapes thousands of beautiful minds and makes them ready for their future. A teacher in this sense contributes to the whole country.

Mr. Amrit Acharya: I was interested in educating young minds since the very beginning so I chose this profession.

Q. What do you think students of Triyog lack?

Ms. Mamata Shrestha: At present, they lack discipline. They are not sociable although they are confident and smart.

Mr. Shyam Sundar Jha: Students lack in aspects like discipline and dedication in extra-curricular activities and studies.

Mr. Tshering Nima Sherpa: I found that the students of Triyog lack consistency of work.

Q. What is your most memorable moment at Triyog?

Mr. Subhash Dawadi : Every

moment of teaching students is memorable to me

Q. What is your best experience at Triyog?

Ms. Srijana Koirala: My best experience at Triyog is the sweet smile of the students in the last period.

Mr. Bikram Khadka: My best experience at Triyog was the interview with Principal Sir.

Q. What do you consider to be the most touching thing that a student does?

Mr. Shyam Sundar Jha: When students show satisfaction towards a learning methodology it makes me happy and it also touches me.

Q. Would you rather deal with younger or older students?

Mr. Sujan Dhakal: I would rather deal with older students than younger ones.

Q. What is the silliest answer a student has ever given to you?

Mr. Tshering Nima Sherpa: I had a student who said, "This side is coming 55 degree". That is probably the silliest answer I've gotten from a student.

Mr. Sanjeev K. Shrestha: The silliest answer I get regularly from students is, "I don't know."

Q. What do you expect from Triyog in future?

Mr. Sanjeev K. Shrestha: As the new management has taken over, I hope that we will be provided with a delightful environment for teachers and students to be in.

विद्यार्थीका लागि केही खुराक

लक्ष्मी रायमाझी, शिक्षिका

“जब मैले केही रुपियाँ पाउँछु, पहिला किताब किन्छु, यदि बच्चो भने खानेकुरा अनि मात्र लुगामा खर्च गर्छु ।”

पढाइ अर्थात अध्ययन एउटा कला हो ।

विद्यार्थीले यसको विकास गर्न सही विधि अपनाएर रुचि लिएर ‘अध्ययन’ अभ्यास गर्नुपर्छ । सही विधि, रुचि र पर्याप्त अभ्यास विना कलामा (पढाइ) दक्षता आउन सक्दैन । अध्ययनले बुद्धिमा तीक्ष्णता ल्याउँछ, र सिकने, सोच्ने, बुझ्ने, निर्णय लिने, ठीक बाटोमा बढ्ने र समस्या समाधान गर्ने आदि यस्ता क्षमताको वृद्धि र विकास हुन्छ । अध्ययनले नै व्यक्तिको स्वभावमा परिवर्तन ल्याउँछ । यसले आफू को हुँ ? आफ्नो कर्तव्य के हो ? आफूले के गर्नुपर्छ ? यसले आफू र आफ्नो परिवारमा कस्तो असर गर्छ ? भन्ने कुराको बोध गराउँछ साथै यसले एउटा सुयोग्य र सफल नागरिक बन्न मद्दत गर्छ ।

अध्ययनलाई प्रभावकारी एवं स्तरीय बनाउनका लागि विषयवस्तु अनुसार विभिन्न तरिकाहरु अवलम्बन गर्नुपर्छ, जस्तै -

१) शब्दकोशको प्रयोग - यसको प्रयोगले शब्दको ज्ञान बढ्छ । जति बढी शब्दको अर्थ र त्यसको प्रयोग गर्ने तरिका जान्यो त्यति नै सरल र प्रभावकारी ढङ्गबाट आफ्नो अध्ययनलाई अगाडि बढाउन सकिन्छ । यसको प्रयोगले स्मरण र सोच्ने शक्ति बढ्छ ।

२) समयको उचित प्रयोग - समय किन्न सकिन्न तर गुमाउन सकिन्छ, यसलाई रोक्न सकिन्न, तर उचित प्रयोग गर्न सकिन्छ । त्यसैले अहिले गर्नुपर्ने काम भोलि गर्छु भनेर बाँकी राख्नु हुँदैन । आफ्ना पढाइ, लेखाइ साथै अन्य जिम्मेवारी ठीक समयमा नै पूरा गर्ने बानी बसाल्नुपर्छ । समयको सही सदुपयोग नै व्यक्तिलाई उसको लक्ष्यमा पुर्‍याउने यन्त्र हो ।

३) निश्चित स्थान र सामग्रीको प्रयोग - असल आचरणले नै व्यक्तिलाई सफल बनाउँछ । यदि सम्भव हुन्छ भने विद्यार्थीले स्वअध्ययनका लागि छुट्टै कोठा

साथै आवश्यक कुर्सी, टेबल, किताब, कापी अन्य अध्ययन सामग्रीहरु निश्चित स्थानमा राख्नुपर्छ । खोजेको बेलामा तुरुन्तै भेटियो भने ध्यान अन्त जान पाउँदैन । यस्तो बानीले विद्यार्थीलाई धेरै फाइदा हुन्छ ।

४) योजना र समय तालिका - विद्यार्थीले योजना र समय तालिका अनुसार अध्ययन गर्न सके कठिन विषयलाई बढी र सरल विषयलाई कम समय छुट्याउन सकिन्छ । योजना अनुसार नियमित रुपमा पढ्न सके निश्चित समयमा नै राम्रोसँग काम पूरा गर्न सकिन्छ ।

५) विशेष गरी बिहान बेलुकाको समय र एकलै पढ्ने बानीको विकास - बिहान बेलुकाको वातावरण शान्त हुने र एकलै बस्दा एकाग्र हुने हुनाले यिनै समयलाई छनोट गरी अध्ययन गर्न सके प्रत्येक क्षणक्षणलाई राम्ररी सदुपयोग गर्न सकिन्छ ।

६) जिज्ञासु स्वभाव - जिज्ञासु व्यक्ति सधैं प्रश्नहरु लिएर अगाडि बढ्छ । ऊ शिक्षक, अभिभावक र कुनै जान्ने व्यक्ति र आफैलाई पनि यो के, किन, कसरी, कहिले, यसका फाइदा, यो सत्य हो ? यो आवश्यक छ ? आदि प्रश्नहरु गर्छ र यसको सत्य उत्तर नपाउँदासम्म खोजी कार्य जारी राख्छ । जिज्ञासु स्वभावले कुनै पनि विषयको गहन अध्ययन र खोज कार्य गर्न मद्दत पुर्‍याउँछ ।

भनिन्छ, एउटा जिज्ञासु बालकले सयौं प्रश्नहरु सोध्न सक्छ जसको उत्तर कुनै बुद्धिमान् मानिसले पनि तुरुन्तै दिन सक्दैन । जसले प्रश्न गर्छ, त्यो एक दिनका लागि लाटो ठहर्छ तर जसले प्रश्न गर्दैन ऊ सधैंका लागि लाटो हुन्छ ।

७) आरामको आवश्यकता - कमजोर शरीरले मस्तिष्कलाई कमजोर बनाउँछ र कमजोर मस्तिष्कले पढेका कुरा बुझ्न, सोच्न र स्मरण गर्न सक्दैन । स्वस्थ शरीरमा स्वस्थ विचार आउने हुनाले शरीरलाई आरामको आवश्यकता पर्छ ।

८) विविध सन्दर्भ र सामग्रीको प्रयोग - अवलोकन, भ्रमण, इन्टरनेट, कम्प्युटर, पत्रपत्रिका, टेलिभिजन, प्रयोगशाला, पुस्तकालय आदि प्रभावकारी अध्ययनको दोस्रो अभिन्न अङ्ग हो। कुनै पनि विषयको अवलोकन, अध्ययन, खोज, कार्य र यी सामग्रीको प्रयोग विद्यार्थीहरूले लिखित एवम् मौखिक रूपमा प्रश्न उठाउनुपर्छ। प्रश्नले मनमा कौतूहलता पैदा गराई चुनौती दिने काम गर्छ। जसले गर्दा उत्तर वा समाधान भेट्टाउने हिसाबले ध्यान पूर्वक पढ्ने प्रेरणा प्राप्त गर्छ।

९) साथी, सङ्गत - मानिस सङ्गतले नै सुध्ने जात हो। विद्यार्थीले समयमा नै असल आचरण भएको र सुमार्गमा हिँड्ने सही मित्रको छनोट गर्न सक्नुपर्छ, भनिन्छ असल मित्र नै उन्नतिको शिखरमा पाइला टेक्ने सिँढीहरू हुन्।

१०) खानेकुराको छनोट - अहिले बजारमा पाइने महङ्गा तयारी खानेकुरा र मांसाहारी भोजन भन्दा सस्तो र सजिलैसँग उपलब्ध हुने ताजा सागसब्जी, फलफूलहरू र घरमा बनाइएका खानेकुरा शरीरका निम्ति श्रेष्ठ भोजन हुन्। गेडागुडी दूध, घिउ, सागसब्जी र फलफूलमा प्रोटीन, भिटामिन क्याल्सियम र खनिज तत्व प्रशस्त मात्रामा पाइन्छ। यी खानेकुराहरूले स्वास्थ्यलाई फाइदा पुऱ्याइ दीर्घायु र निरोगी बनाउँछ। स्वस्थ जीवन नै एक अमूल्य धन भएकोले विद्यार्थीहरूले उचित खानपानको उपभोग गर्न सके मानसिक एवम् शारीरिक शक्तिलाई दिगो बनाउन मद्दत गर्छ। आहार अनुसारको विचार पैदा हुने भएकाले विद्यार्थीहरूले खानपानमा समेत ध्यान दिनुपर्छ।

कै हो त व्यावहारिक शिक्षा ?

प्रमिला अधिकारी, शिक्षिका

व्यावहारिक शिक्षण सिकाइ कतिपय मानिसलाई हतपत् राम्रो नलाग्नु स्वभाविकै हो। हाम्रो वरपरको वातावरणले यस सिकाइसँग मेल खाँदैन तर यस सिकाइले एकतिर धेरै ज्ञानको भण्डार बढेको हुन्छ र अर्कातिर ज्ञान सम्बन्धी व्याख्यामा निरन्तर परिवर्तन भइरहेको हुन्छ। कुनै पनि पठन कर्ताले पाठ पठन गरिसकेपछि विशिष्ट किसिमको बोध गर्छ। बुँदा टिपोट सङ्क्षेपीकरण, स्वतन्त्र

अभिव्यक्ति व्यावहारिक लेखन र त्यसको आस्वादन तथा प्रतिक्रिया बुझ्छ। समग्रमा भन्नु पर्दा दैनिक व्यावहारिक जीवनमा र आफ्नो कार्यक्षेत्रमा काम गर्दा अभिव्यक्ति र सिर्जनात्मक सीप बढाउनु नै व्यावहारिक शिक्षण सिकाइ हो। यस शिक्षण पद्धतिमा विद्यार्थीहरूलाई पूर्ण रूपमा प्रयोगात्मक सामग्री दिँदै अभ्यास गर्न लगाएर मनोरञ्जनात्मक तरिकाले अध्ययन गराइन्छ। यस सिकाइले बालबालिकाको

समालोचात्मक सोचको विकास गर्छ।

अहिले ज्ञान विज्ञानका क्षेत्रमा जे जति प्रगति हुँदै छन्। मानव जीवन त्यतिकै प्रतिस्पर्धात्मक र जटिल हुँदै छ। यस परिस्थितिलाई मध्येनजर गर्दै हाम्रो विद्यालयले शिक्षालाई उद्देश्यमूलक, व्यावहारिक समसामयिक एवम् स्तरीय बनाउनका लागि कक्षा ६ सम्म व्यावहारिक शिक्षण सिकाइ (Progressive Learning) लागू गरेको छ।



From the Alumni



A DESIRE TO CONTRIBUTE BACK

Abiral Khatri, Batch of 2008/2009
Initiator, Founder and President
Triyog Alumni Society (T.A.S)

They say it's always a new beginning from where it ends. And they say it's never an end. Triyog is the place from where my life began academically, and I spent 12 glorious years with amazing opportunities and numerous experiences that taught me about the core values of life, confidence, and has contributed immensely for the person that I am today.

It was in the year 1997, that Triyog High School renamed itself from Triyog Girl's School. We were wearing pink shirts at that time and it wasn't until 2003 that the boys of Triyog got their independence and grey shirts was introduced as a part of the uniform

From the very beginning, the school always made us realize the core values of life which doesn't lie in the differences but which lies in the common ground we hold towards learning and growing. With Triyog playing a huge part in my life, I always had that desire somewhere deep rooted in me that I should give something to the school and the community that has given me so much. Today, I stand as the initiator and Founder President of Triyog Alumni Society, a network of more than 1000 ex-students registered as an NGO in four different government organizations with the vision of 'Unity in Diversity for Prosperity'.

Creating a 30 years old school's alumni was not an easy task in itself. In the year 2012, when the school was celebrating its Silver Jubilee, we initiated the Triyog Alumni Project. In the year 2015, after 3 years of long hope and waiting, we were able to unite a passionate group of ambitious and dedicated members who laid the first stepping stones of the Triyog Alumni Society.

Our activities started from 6th March 2015 when we organized the 1st Ex-Students Meet Up. For the first time in 27 years, more than 50 former students representing different batches showed up and supported the reunion. On 8th February 2015 we organized a small opus for the SLC batch with the theme, 'Bonds Don't Die as Time Flies' on their farewell day. Moreover, during the critical period of the April 2015 Earthquake, we took the lead and collaborated with the school by organizing the 'Triyog for Quake Victims Project' where everyone founded a common ground with resilience to contribute. The former students, current students and the people of Dhapasi community gathered up and worked together by collecting and distributing rescue and relief package to more than 7 quake victimized districts of Nepal. Our effort was appreciated worldwide as it gave the true meaning of humanity



and reflected how the alumni can collaborate and contribute for the welfare of the community. The alumni became more lively and participative as with the 'Logo Making Competition 2015 and Reunion Event' we organized on 5th September 2015 with the motto 'Your Decision Makes a Change' where more than 200 people from the entire Triyog fraternity including teachers, current students, ex-students and professionals were invited to launch the official T.A.S logo made by Shreemila Shrestha.

Triyog Alumni Free Health Camp and Blood Donation event on 6th August 2016, was the most successful of all the events held at the school premise, the first of its kind ever organized. With about 40 blood donors, 90 patients,

and hundreds of volunteers including teachers, parents and ex-students, 80 pints was handed to the Nepal Red Cross Society.

Creating the alumni, I would say, has been the journey akin to a caterpillar transforming into a butterfly, growing, learning and re-learning everything. This is a story of a journey started with just a few friends and culminated in a network of Triyogees getting the support and appreciation of hundreds of volunteers and friends worldwide who are joining hands with us for a better world. Despite all the hurdles and limited resources we registered the Triyog Alumni Society as an NGO with our amazing team of the Vice president- Ayush Acharya, General Secretary- Sambriddi Ghimire, Treasurer- Sashank, Event managers- Sajag Guragain and Bishesh Dewan, IT Personnel- Salil Shrestha, Recording Secretary- Pratik Poudel, Darshana Singh, Advisors- Dr. Samridhi Khatri, Jagriti Rai and all the volunteers and the school with their unflinching support

Triyog has always been exemplary in the domain of providing each and every student the canvas of their ability to paint their achievement to the best of their calibre. Our school song read, "In Triyog we will be ever



United, Striving on in Truth Always. T.A.S with its events has been able to reunite all the Triyogees from multidisciplinary background for a meaningful purpose of helping the fraternity with networking opportunities and community welfare activities reflecting on its own motto of 'Unity in Diversity for Prosperity'.

And now, by initiating and institutionalizing T.A.S, we welcome everyone from Triyog fraternity to come together and be a part of this shared journey for prosperity.

For more information about the alumni, contact triyogalumni@gmail.com and visit the Facebook page, Triyog Alumni Society.

Abiral Khatri completed 12 years of education from Triyog High School after finishing his SLC Examinations in the year 2009. He is currently pursuing his Masters Degree in International Finance and Economics at the prestigious Renmin University of China and working as an Investment Analyst at Sino Steels Corporation, a Fortune 500 listed company.

IN THE MEMORY OF THE...

-Kipoo (Kripendra Amatya)

Batch of 2007/2008

I remember that day, searching- where I should be?
The first day of the school, a very new experience for me.
With no guardians to help or take me around.
Confusion was my companion, the only friend to guide me.
Stepping in the new world with a different uniform.
Searching the class, where I should be?
Asking the teachers and walking around.
Learning to be the part of the world in which I would be.
Bits of memory are still with me.
The memory of the class where I was to study.
Yet I was confused, where I should be?
First day I simply followed others, dropped bag and moved around.
Followed others to the garden at the backyard.
I remember trees, swings, slides and trying to be free.
And then the bell rang for the morning assembly.
And slowly found the knowledge, where I should be.

A MESSAGE TO MY FELLOW TRIYOGEEES



Sneha Khanna

Batch of 2009/2010
Bachelors in Computer Science
Engineering (B.E-CSE)
Software Engineer

It has been 7 years since I passed out from Triyog, yet in all these years, I cannot recall the number of times I have felt grateful and proud to be a part of this legacy. Time and again, I have wished that I could go back and thank my teachers for making me what I am today. So when a junior of mine asked me to write for the school magazine, my happiness knew no bounds.

Every little thing that may seem like an extra burden or a meaningless thing for you now would eventually help you out when you are out there in the real bad world trying to carve a niche for yourself. Every time you hear a teacher scolding you for not speaking in English, instead of getting annoyed, go thank him/her. Conversing in any language, be it by will or by force, gives you a great command over it. Later on in life, instead of being corrected for the incorrect grammar you have used, you will be mocked at for not knowing something as simple as that.

Participate in as many extra-curricular activities as you can; even if you are bad at it. I realised that my participation in every event in my school was making me a confident person. I have seen people as old as 30-40 years who have the best of minds but fail due to their inability to express. I have seen people managing a team of 10 or more fumble during client calls or presentations. The best time to practice these skills is now. You may

fail once or twice but trust me, this is something which is far better to be experimented with in school than in a board meeting when your appraisals get decided by it. Read a lot: Reading is one habit people of every age must have. We, as humans, are tempted to follow the crowd and assume that the way we deal with situations or people is always the best. But perception, my dear, is what life is about. So read, even if that means reading in your rooster specified Library class. Pick up books, magazines, periodicals, newspapers or whatever interests you and start exploring this amazing world of books. Trust me, you will never have a more loyal companion than a book.

Be humble, be generous, and be kind to everybody around you. Humility is a common trait among celebrated people around the world. Be the positive force in a world filled with negatives; be a smile that would lighten up someone else's day. Be thankful for everything that you have for we are the fortunate ones. Every time you achieve something in life instead of rejoicing, go and thank the people who are behind it. Thank your teachers for believing in you so much, for taking care of you like your family does. A thank you costs you nothing but gives the other one fond memory of yours. Be that one happy soul people love to be around.

Lastly I would just say thank you to the entire Triyog family who have nurtured and cared for me for the 10 years I have spent there. I am a proud Triyogee!



Bishesh Dewan

Batch of 2012/2013
Flight Training in Canada

MY PERSONAL GAP YEAR EXPERIENCE

I still feel like I'm a student of Triyog but time passes by quickly and it has already been 4 years since I graduated. Today, I want to share my personal experience of taking a gap year. To those not familiar with the term, a gap year is a period (usually a year) taken by students as a break between school and university or college education. This may sound a bit odd and unsatisfying for you and your family but from my personal experience, I think it is quite helpful and refreshing in many aspects.

Every year about 230,000 young people between 18-25 years old take gap years. In Nepal, a lot of students who have completed +2 tend to take gap years. Before coming to Canada I took one too. My dream was to join a good flight school so I used my gap year to look for one.

Initially, there was no pressure; I had all the time in the world to do it. I also did a lot of stuff for personal development: joined the school alumni and worked as a part of the executive committee, studied French, delved into music and made many connections in the world of arts, did Mixed Martial Arts and many other such activities. What I learnt during this time was academics are not the most important thing in the world. You need to have extra curricular activities to know and find

yourself. Without exploring new stuffs how will you discover new things inside you? So sit back and relax.

You might come up with different obstacles during the gap year. I admit that I felt insecure and frustrated after interacting with the people around me. But I'm here telling you that that is all NORMAL. If you are managing your time well, you have nothing to worry about. I just believed in myself and kept doing what I was doing. I always kept myself occupied with learning different skills, house chores and some studying too. I was like a free bird that

always flew but I managed to develop myself too.

Today, I feel like I've utilised my time well. I'm a member of our Alumni Executive Committee who has hosted 3 major events. I have an official certificate from France on my French skills. I got to experiment and work with art, music, and literature. I have trained in MMA and I was chosen for Amateur Boxing and Muay Thai fights. I have a good social life. I have spent ample of time with my friends, relatives and family. And the best part is I got into one of the best flight schools of Canada, which I desired.

I would never have done these things and would never have accomplished any if I hadn't taken a gap year. It made me who I am right now: wise, mentally stronger, patient, free and responsible. I did all the things that I wanted to and I ended up getting what I had always wanted. You just have to believe in yourself and be a bit patient. Do what you want to do. Be good and enjoy life. Try to understand yourself. I would like you to read this again in some years, maybe during your 12th grade or after that. And trust me, it ain't a bad decision!

ALUMNI SPEAKS

As the time comes nearer to leave school and you are worrying yourself to epic levels, here is what some Alumni members would like to share:

Make the most out of the break before you begin high school. Take some time to unwind, and use this time to learn a skill that you've always wanted (such as language lessons or a new instrument), and volunteer. Community engagement and volunteering can be a great utilization of your time and is a great boost to your high school/university application and even for your resume in your professional careers.

Anushka Shrestha
Batch of 2010/2011, Administrative Officer in Australian Catholic University, Sydney

It's been almost two years since my shirt changed from pink to white but the colors that Triyog filled my life with still remain bright. At Triyog, we weren't confined within textbooks. We had the opportunity to liberate ourselves in extracurricular activities. The friends I made and the teachers who taught me have helped me build my perspective on life. Wherever life

takes me, Triyog will always be a huge part of me and my life. Triyog is home.

Sija Tripathee
Batch: 2014/2015

Triyog will always remain a huge part of my life and the best eleven years of my life. It is important to keep your mind open to changes. Take risks, go ahead and live your life to the fullest. Don't live in your past. Make mistakes, fail a couple of times, but every time you make a mistake learn from it and become wiser while making decisions the next time. Be proud of how far you've come in life and learn to love yourself a little more every day.

Muskaan Shrestha
Batch of 2014/2015

Making new moves and determining a new set of goals to set a career were interesting whereas making my life more and more steadier is something that I can cherish today. But one thing that always comes to my mind is that no matter whatever I do or whatever

I am today, my base actually started from Triyog. The importance of personality, attitude, respect, and also mischief all began at Triyog. I would like to thank all the teachers and my friends who have guided and shaped me throughout my life at Triyog for which I am grateful today. I still am proud to be a TRIYOGEE.

Prithvi Singh
Batch of 2009/2010, Assistant Marketing Manager at Triveni Byapar Company pvt. Ltd, India

After twelve years in Triyog where I literally knew everybody and everybody knew me, moving to India for 11th and 12th grade was only preparing me for my bigger, further move to the States. Looking back, ten years after graduating from Triyog, life has become much more than what that sixteen year old had ever thought it would be, and I am so proud that Triyog molded me that way.

Sneha Subedee
Batch of 2006/2007

I think it is the best part of Triyog that shaped the students' extra-curricular skills as well academics. I can say for sure that any Triyogee you meet will have a proficiency in at least something and will be able to carry themselves confidently in them. As of now, I still get excited whenever I see Triyog's school bus on the road, despite living nearby. Most importantly, I sing our school song to people and take pride in its beauty because it was and will always be 'Our beloved Triyog School'.

Nishma Gautam

Batch of 2013/2014, Working at Debate Network Nepal (DNN)

Triyog has always been a second home for me. It has already been a year since I left Triyog but I can still feel at home whenever I visit school. The individual I am today has been shaped largely by Triyog. From academics to ECA, THSS has moulded me into a well-rounded individual. All the exposure during my 10 years at Triyog have contributed to the self-confidence I possess now. Some way or the other, it has prepared me for the challenges that lie ahead and has made me capable of adjusting in new surroundings.

Mohit Agarwal

Batch of 2015/2016

Triyog is not merely an institution for me, but is what I call my second home. Not only does the school encourage and help students become all rounded individuals, but Triyog also instils qualities such as leadership, responsibility, teamwork, and self-confidence along with morals and important values in life. After spending more than a decade at Triyog, I can say that this school has shaped me into the person I am today, has given me the confidence to welcome challenges, and the values we learned will most certainly guide me through life as an adult.

Aayusha Shrestha

Batch of 2015/2016, Contributing Writer at ECS Living

I still remember my first day in Triyog when I was in grade 3. After 7 years of

continuous striving in academics and extra-curricular activities, I became a proud Triyogee and passed S.L.C. with distinction in 2010. When I look back at how I progressed in my life, I always start my memories from Triyog – all the teachers, classmates, aaya didis. I credit Triyog family for always guiding all students through the narrow door and always believing that we could do it. Until next time we meet, keep up the hard work and never stop grinding!

Shiwani Shrestha

Batch of 2010/2011

Life after Triyog has been amazing, the skills that I learnt here came to use in later years that help me excel through my college years and work. The years that I've spent here are truly memorial and am forever indebted to my school for making me a capable individual.

Aaina Singh

Batch of 2009/2010

Triyog has been my second home where I grew up to be a person who can face the world and contribute to the society. This place has not only given me a proper education so that I can be an educated member of this society but also love and care to be an empathetic one. Thank you, Triyog, for teaching me not only the sciences and civics but also the difference between right and wrong so that I can choose to be a better person every day. Proud to be a Triyogee!

Tulaja Shrestha

Batch of 2009/2010

Life after Triyog was no less than a roller coaster ride. I felt like coming out of a cocoon to discover a new world. The base education and values that Triyog gave me has been helping me each day to do bigger and better. I am a proud Triyogee and will always be.

Swati Rimal

Batch of 2009/2010, HR Officer at Sky Cable TV Pvt. Ltd.

Being confident has been my great strength! Right after my school,

I went through a lot of trouble but there was the courage and motivation within me that my school had always provided me. I learnt to adopt the motto of "Never Give Up". All the credits go to my teachers. I'm Proud Triyogee!

Sushreena Manandhar

Batch of 2009/2010

Social Media Coordinator at Sparrow SMS (Janaki Technology)

A treasury of inspiring moments with teachers, friends, brothers, sisters and every people I have met while studying at Triyog gave me opportunities to discover and experiment new things beyond my comfortable self. The journey of shared experience, learning and emotions has always encouraged me to spread my wings and believe in myself. To me, Triyog is much more than a school, it's an institution that molds entire futures. I'm thankful to Triyog for the solid foundations it has given me and the ability to explore myself in a different setting.

Samankita Vaidya

Batch of 2009/2010, Assistant Coordinator, Kathmandu College of Management (KCM)

Triyog's impeccably designed extracurricular activities, as well as the remarkably talented faculty, helped me stand out in every facet of my life. After being one of the top class men in the BBA-BI program at Apex College, I tested out my skills in the real world by joining one of the world's leading automotive manufacturer's; Kia Motors. I'm currently soaking up the knowledge which I later hope to pour into young Nepali minds.

Arati Bista

Batch of 2005-2006, Graduate Assistant, M.S Applied Economics, St.Cloud State University, Minnesota, USA

Once you grow up, you do miss being carefree and where the biggest problem in your life would be the assignment that you need to submit! There are a lot of things to

look forward in life after your school: you get matured and responsible, you get independent and free, and people trust you with your choices. Live slowly and enjoy every moment you have, don't rush to see what's next! Never forget your priorities and responsibilities, other than that create memories and not just grades... cheers!

Ashit Adhikari

Batch of 2009/2010

Civil Engineer at Building Design Authority.

Triyog has helped me realize that life after school shouldn't be the end of learning, but should be the start of a new curriculum. It should be about conquering our fears and chasing our dreams. Triyog helped me create my own self, my own path and my own destiny and I'll forever be grateful in my heart towards Triyog and the teachers who have inculcated such values and education in my life that have helped me excel not only in my career but also as a human being.

Narayani Bista

Batch of 2007/2008

Senior Officer of Logistics Geo Parts Pvt. Ltd.

The "Outside Triyog" phase of my life has taught me to become independent and take decisions on my own. It has given me a chance to explore myself in a better way and forged me into a determined person who has a path to follow to meet her aim in life. Triyog was a platform for me to groom myself to confront and adapt the strange world outside it. This institution has contributed a lot in my life and will always remain near and dear to my heart as a second home. Hats off to "THE TRIYOG FAMILY".

Anuradha Pradhan

Batch of 2008/2009

Life after Triyog wasn't as smooth as it was at school. Studies seemed tougher and workload hectic but still, I was able to manage well during my two years at Xavier and now at UTS: Insearch. Even though it's been four years already I can still remember the days spent at Triyog and the bitter

sweet moments shared with friends and the Triyog family. Thanks to the foundation I got at Triyog, every step I have taken since then has been well and I am able to represent myself as a confident and independent individual in the society.

Tanya Mukhia

Batch of 2013/2014

It has been 7 years since I passed out as an SLC graduate from Triyog, but it still remains the academic institution I have shared my strongest bond with. It was after I left school that I realized how privileged I was to have studied at a place which perfectly blended studies with extra-curricular activities that led to our all-round development, leaving all career options open. It is amazing how subtle things instilled in me at school have had a big influence in helping me manage myself and my workload now. Thank you Triyog!

Sambriddha Raj Pant

Batch of 2009/2010

Triyog was where I spent 13 years of my life, my second home. As I look back, I was a naughty little kid there, always hating the days when I had to perform in front of a mass. Now I realize Triyog was preparing me for my future. It's the proper guidance and nurture Triyog gave that made me who I truly am. I'm forever more thankful to Triyog and each and every individual who taught me there. Triyog positively changed my life!

Aastha Suwal

Batch of 2009-2010 Chartered founding member of "Leo Club of Kathmandu-Alka"

Triyog has a special place in my heart. It gave me a strong foundation to stand upon, and made me who I am today. One thing I miss about school are my friends. The friendship that you make in school are for life. Make some memories that you can cherish later in life. At the end of the day, you don't remember the percentage, it's the memories that you made while in school.

Darpan Shrestha

Batch of 2007/2008, Design Engineer at Byers Engineering Company, Baton Rouge, Louisiana, USA

From getting lectures in the classroom to performing on stage for an event, everything I did at Triyog has helped me to grow up as an individual. Learning different languages, playing musical instruments, taking part in competitions and all the other extracurricular activities have helped me grow up to become a strong individual. Striving for perfection alongside Triyog has been a great pleasure. I have gained enough knowledge and experience from my school to now cope up with the society and I'm proud to call myself a Triyogee.

Image Adhikari

Batch of 2015/2016,

The years after school were both exciting as well as lonely. I experienced a feeling of emptiness. From high schooling in India to my graduation as a Biomedical Engineer, unlike school, life was never consistent at any point of time. Friends from school are still my closest ones. Triyog has always played a very vital role in all that I am today. Life took many ups and downs but moving along was never difficult. Schooling makes a huge impact on everything that goes around with these changes. It always has been a very proud and amazing thing that I am a Triyog Alumni.

Ayush Acharya

Batch of 2007/2008 Project Manager, Airflow Industries Pvt Ltd, Kathmandu

I was once seventeen, young, vivacious and eager. The world was my platter and I had a dream of the future.... You think life is a straight road ahead, but the more you experience, the more you know that life has too many twists in store for you. One day you're sitting in your room planning for tomorrow, the tomorrow then becomes your today and you won't even know when that today passes by to have become your yesterday.

Diwas Giri

Batch of 2007/2008

No matter how much you hated being at school it tends to change

over the years as you grow up when you realize that your teachers were right. Things you learn at school be it academics or life lessons are going to shape you as to who you are. Enjoy school, have fun, make memories because you are going to miss it big time.

Bipin Karki

Batch of 2007/2008, Application Developer at IBM, USA

"The future belongs to those who believe in the beauty of their dreams." This quote written above the Tilicho House Board still resonates in my mind as I look back at the memories of my school life. From making a mark in various fields be it stage performances or college life. Today, as I stand amidst the competitive crowd of Delhi University I feel thankful towards my

school and the teachers for giving me the best of opportunities. Triyog and its education has made me competitive enough to survive in the International arena.

Prachi Aryal,

Batch of 2012/2013

Your life actually starts just after you pass out from school. When your parents and teachers let go of the harness you were attached to, then you are responsible for your journey. Just make sure you make the RIGHT turns and go slow. My life after Triyog has been like a rollercoaster. I have learnt to tackle obstacles myself and to stay strong at bad times. Whatever it takes, always speak the truth and be polite to others. People might think you are weak but that is your strength.

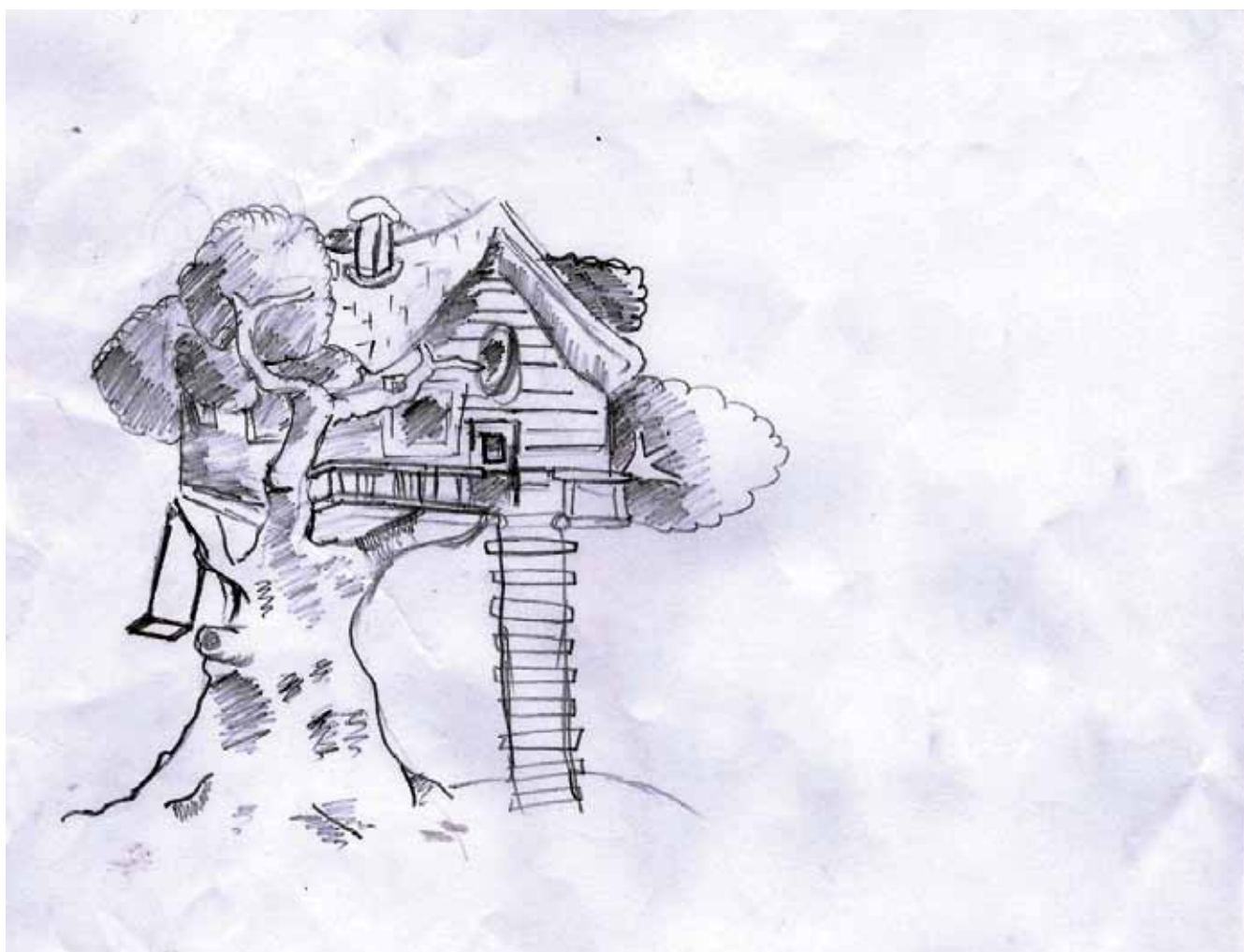
Sandeep Roka

Batch of 2007-2008, Computer Engineer and Co-Founder of Var X Technology Pvt. Ltd.

Triyog has prepared me to become independent and to face challenges that come my way. Triyog has helped me develop critical thinking and analytical skills that has not only aided me on decision making but also to think outside the box. Triyog taught me how to separate right from wrong which helped me carve a path that will lead to a brighter and better future. I would like to thank all my teachers, my classmates and all the people at Triyog for making my days joyful and my school life a wonderful memory that I cherish always and forever.

Sambridha Shrestha

Batch of 2013/2014



Art by: Saksham Rajkarnikar, V'B'

ECA Teachers



1st Row (L-R): Mr. Tanveer Shah, Ms. Sangeeta Shrestha, Ms. Aabha Shahi, Ms. Sony Shrestha, Mr. Niladri S. Parial, Mr. Pratap Adhikari, Ms. Sushila Bista, Ms. Rojina Manandhar, Ms. Nabita Shrestha, Mr. Ram Pyasi

2nd Row (L-R): Mr. Yogendra Rajkarnikar, Mr. Binod Pariyar, Mr. Brihas M. Sunuwar, Mr. Mohan Sunwar, Mr. Sunoj Bhattarai, Mr. Raj Kumar Maharjan, Mr. Keshav Shrestha, Mr. Samir Chettri, Mr. Ranjit Singh, Mr. Krijen Tuladhar

Prize Distribution and Investiture Ceremony



Project Days



Class Days



Inter House Contests



Senior Sports Day - Unity in Diversity



Trigog Makerspace



ECA Activities



Media Coverage



Triyog's big day

Triyog Higher Secondary School observed its Annual Investiture and Academic Prize Distribution Ceremony on April 29. The newly elected School and House Captains, Vice-Captains and Prefects were assigned their duties. They also took oath of duty at the event.

The captains were excited for this big day as it did not just make them feel proud about themselves, but it also became a

lifetime opportunity for them to be familiar with good leadership. Students placing first, second and third in their respective classes were given merit certificates and prizes by the School Director, and the Principal.

Parents of those students who had topped their classes in academics were invited to attend the event. They were given letters confirming scholarship grants.

Students not absent even for a

single day, students who performed well in their academics, and students who did well in curricular activities were given Perfect Attendance, Best Conduct and Best All Rounder prizes respectively.

Tania Lamichhane, School Captain for the academic session 2015-16 was awarded as the Best Captain.

— *Nandita Kharel, Class X and Samikha Shrestha, Class IX, Triyog H.S. School*



विजय र किपेन्द्रलाई स्वर्ण

काठमाडौं, जेठ २९ गतेको विजय र किपेन्द्रलाई स्वर्ण पदक प्रदान गरिएको छ। यो कार्यक्रम त्रियोग माध्यमिक विद्यालयमा भएको थियो।



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On the occasion of World Olympic Day, Triyog Higher Secondary School organised the Inter-School Chess Competition on June 16 and 17. Total 13 schools and around 100 students from around the Valley participated in the competition.

On the first day of the event, the chief guest was Bishnu Gopal Shrestha, President of Sports For All Nepal Olympic Committee. After all the participants arrived, the event started with the singing of national anthem. It

Inter-school CHESS COMPETITION

was followed by the Olympic Song. Shrestha then inaugurated the programme by lighting the lamp. Then Anu Lama, School Director, handed over the token of appreciation to Shrestha.

The competition started in the school auditorium after a quick refreshment session.

There were three categories divided into the Boys and Girls Division for classes IV to VII and classes VIII to X, respectively.

On the second day of the competition, Ek Lal Shrestha, President of Nepal Chess Association, was the chief guest. Manoj Ghimire, who has refereed na-

tional as well as international competitions, was the referee for our two day competition. After the competition was over, the top three winners from each category were handed over certificates and medals.

The programme concluded with a speech delivered by Ek Lal. This competition tested the skill of each participant as a chess player, and challenged the best of them.

— *Priyanka Rana Lawan, Class X, Triyog Higher Secondary School*



Sports day to remember



Our school celebrated Sports Day on November 26 with the theme 'Unity in Diversity'. It celebrated Triyog's history, promoted fitness, and enhanced the students' enthusiasm for sports. A series of events took place which included the National Anthem, school song, march past by all four houses — Red (Phewa), Green (Tilicho), Yellow (Dagun), and Blue (Kura) which was followed by the school assembly. It was followed by a cultural dance, aerobics, judo demonstration, and other sports activities.

The programme started with Chief Guest Shri. B. B. Shrestha, President of Nepal Olympic Committee, who declared the sports meet open. The sports meet was one of the most successful of the year. It was followed by a cultural dance, aerobics, judo demonstration, and other sports activities.



Feeding animals with FOZ

On January 26, we, the Friends of Zoo (FOZ) members from Triyog H.S. School went to the Central Zoo, Jawalakhel for Animal Feeding Programme. It is one of the most popular programmes of the Zoo held annually. It runs for six months and the members can feed the animal during this time. FOZ members prepare the food themselves to feed the selected captive animals. The diets are prepared according to size, age and species of the animal.

The objectives of this programme are to:

- Give knowledge about feeding habits of carnivorous, omnivorous and herbivorous animals.

• Provide firsthand experience in wild life feeding to its members

- Aware about quality and quantity of food that Zoo provides to the animals
- By participating in the animal feeding programme, we came to know about the quality, quantity and the process of feeding animals. In addition, by being a FOZ member, I am also getting chance to know peculiar behaviours of the animals, life in a world of many different species and natural environments.

— *Sarvika Kagle, Class VII, Triyog H.S. School*



A letter from a free woman

Hillel Hillel, a woman who has been in the news for her role in the 'Free Woman' campaign, has written a letter to the school. She is a woman who has been in the news for her role in the 'Free Woman' campaign. She is a woman who has been in the news for her role in the 'Free Woman' campaign.

Celebrations at Triyog



Celebrations at Trigog



Learning Life Skills



KG Graduation Ceremony



Friends of the Zoo Activities



Junior Red Cross Activities



Triveni



Triyog High School
P.O.Box: 1909, Kathmandu , Nepal
Phone:+977 01 4365285/4381695, Fax: +977 01 4381693
Email: info@triyog.edu.np, Website: www.triyog.edu.np



Triyog High School

P.O.Box: 1909, Kathmandu , Nepal

Phone:+977 01 4365285/4381695, Fax: +977 01 4381693

Email: info@triyog.edu.np, Website: www.triyog.edu.np