



Triveni

Volume 12
2018-2019

Daxa

Message from the Editorial Board

Dear Readers,

As we all know, a school magazine reflects the hard work and commitment of the entire school family, this magazine is a combined work of dedicated group of students and the teachers which highlights the creativity of the students, events, activities, and academic achievements of the school. We believe that this magazine encourages young minds to use this platform to express themselves using their creativity. The whole process was exhausting, yet productive which consisted of making announcements at the school assembly calling out for the articles from the students, making regular reminders before the deadline, selection of artwork, collection of articles and then assigning the articles to the respective block in-charges and teachers, editing the articles and finally digitizing the articles. The rush to meet deadlines definitely has been labourious but also fun. As we believe in learning and developing through exposure and interactions, we also conducted numerous interaction sessions where we invited well-known personalities from different fields. Our students became interviewers where they engaged in discussions on various burning issues which helped them gain and broaden their perspective. Finally being able to present this to you all is worth all the effort. Kudos to the Students, the Teachers, In-charges, the Administrative Staff and Principal Sir for playing a vital role in the making of the magazine. All of us have dedicated the past few months for the completion and success of this magazine. We take the opportunity to thank all the contributors as their contribution is the reason that makes this magazine endearing to our readers.

Happy Reading!

(L-R):

Ms. Surabhi Khanal, Ms. Savita Kapruwan, Mr. Nikendra Gurung Tamu, Mr. Churamani Pandeya, Mr. Niladri S. Parial, Mr. Bed Prasad Aryal, Ms. Reeta K.C, Ms. Sabina Katwal



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.

TRIVENI provides a wonderful platform to 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 twelveth 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.

Ajit Lama

Message from Principal



Welcome to Triveni and Triyog, that is an exciting community of students and educators.

With the rapidly evolving educational ecosystem, Triyog is at the forefront in becoming a fantastic place not just for modern, progressive teaching-learning, but also a model of community collaboration and growth. We are investing in creating structures that will make the school an exciting place to come to, both for students and teachers. Our academic programs are getting stronger every year with trusted institutional partners bringing their expertise to teachers and students. Our varied range of co-extra-after school activities ensures that students get to explore programs of their choice.

We want to develop Triyog as a center for community outreach activities, national and international collaborations, training and capacity development. Special verticals in student care and emotional support will ensure a holistic environment for all. I hope you will see glimpses of these in the School Magazine, which is a labour of love from many students and teachers.

My sincere thanks to all that have made this edition possible. I invite you to go through the pages and hope that there has been great learning for all in bringing this edition to life.

Niladri S. Parial

School Management Committee



Mr. Ajit Lama
Chairman



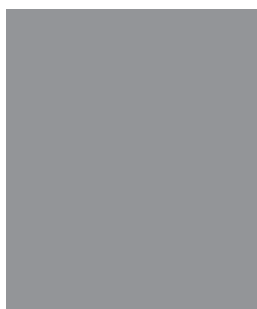
Ms. Meena Karmacharya



Mr. Pradip Kuikel



Mr. Maheswor KC



Mr. Baburam Gautam



Mr. Padma Raj Kafle



Mr. Jagdish Prasad Baral



Mr. Niladri S. Parial

Parent Representative 2018-19 (2075)

| S.NO. | PARENTS NAME | CLASS |
|-------|-------------------------------------------------|-------|
| 1 | Mr. Pitri Bhakta Adhikari Ms. Anju Gurung | K.G |
| 2 | Ms. Sunita Shrestha Ms. Nishu Joshi | I A |
| 3 | Mr. Dipak Paudel Ms. Nirmala Dahal | I B |
| 4 | Ms. Sushma Shrestha Ms. Bhawani Khadka | I C |
| 5 | Ms. Binita Kuikel Mr. Ram Prasad Shrestha | I D |
| 6 | Ms. Rama Lamichhane Ms. Reetika Sharma | II A |
| 7 | Mr. Khilendra Paudel Ms. Sara Khadka | II B |
| 8 | Ms. Kalpana Bhattarai Ms. Pramila Malakar | II C |
| 9 | Ms. Sushila Bhattarai Mr. Anil Karki | II D |
| 10 | Ms. Nim Digi S. Kharel Ms. Sumina Khadka | III A |
| 11 | Mr. Anil Mehata Ms. Kamala Poudel | III B |
| 12 | Mr. Ganesh Parajuli Ms. Bindu Aryal | III C |
| 13 | Mr. Rabin Sharma Mr. Madan Tamang | IV A |
| 14 | Mr. Birendra Lamichhane Ms. Saru G.C. | IV B |
| 15 | Mr. Surat Bom Malla Ms. Meera Dhungana | IV C |
| 16 | Ms. Sarika Bist Mr. Shree Ram Subedi | IV D |
| 17 | Ms. Jamuna Rimal (Dhungana) Ms. Gita Panthee | V A |
| 18 | Mr. Daya Sagar Dahal Ms. Geeta Rijal | V B |
| 19 | Mr. Raj Kumar Thapa Ms. Laxmi Poudel | V C |
| 20 | Ms. Laxmi Sigdel Mr. Sulakshan Adhikari | V D |

| S.NO. | PARENTS NAME | CLASS |
|-------|---------------------------------------------------|--------|
| 21 | Mr. Madhu Sudan Ghimire Ms. Ranjita Shrestha | VI A |
| 22 | Ms. Jharana Singh Mr. Kiran Gairhe | VI B |
| 23 | Mr. Anil Ratna Tuladhar Mr. Ganesh Sharma | VI C |
| 24 | Ms. Amrita Tripathi Mr. Rajendra Nepal | VI D |
| 25 | Ms. Anita Karki Ms. Shambhavi Vasistha | VII A |
| 26 | Mr. Bhoj Raj Adhikari Ms. Bhim Bandana Karki | VII B |
| 27 | Ms. Uma Pradhan Mr. Ramesh Malla | VII C |
| 28 | Ms. Anita Baniya Ms. Sital Pant | VII D |
| 29 | Ms. Pushpa Bhusal Ms. Bijaya Laxmi Ulak | VIII A |
| 30 | Ms. Bhumika Sapkota Mr. Samir Neupane | VIII B |
| 31 | Mr. Damber Bahadur Khadka Ms. Januka Thapa | VIII C |
| 32 | Mr. Shree Prasad Bastakoti Ms. Amina Maharjan | VIII D |
| 33 | Ms. Madhu Dhungana Mr. Raju Paudel | IX A |
| 34 | Ms. Kusum Adhikari Mr. Guru Prasad Adhikari | IX B |
| 35 | Ms. Saraswati Bhujel Ms. Bindu Aryal | IX C |
| 36 | Mr. Ashok Kumar Shrestha Mr. Binod Kumar Yadav | IX D |
| 37 | Mr. Laxmi Prasad Sharma Ms. Prabha Baral | X A |
| 38 | Mr. Raj Bhakta Shrestha Ms. Nirmala Thapa | X B |
| 39 | Ms. Laxmi Paudel Mr. Netra Lal Ban | X C |
| 40 | Ms. Rita Pokharel Ms. Ranjana Wagle | X D |

MY CLASSROOM

CLASS: K.G.



मेरो परिचय



कक्षा- कै. जी

The Person I Like The Most

Grade I 'A'



The person I like most is my father. My father gives me new toys. My father takes me to fun park. My father takes me to watch movie and my father buys me a new bicycle. My father is very kind. I want to be just like my father.

-Ananya K



The person I like most is my mother. She cooks delicious food. My mother works in bank. She is hard working. She loves me a lot.

-Aanya K



The person I like most is my father. He helps me to do my homework. He helps me to wear my school uniform. I love my father.

-Ananya K



The person I like most is my mother. Because she takes care. My mother combs my hair. She takes care of me. She cooks food. I love my mother because she gives me chocolate.

-Ananya K



The person I like most is my mother. My mother cooks delicious food for us. That's why I love my mother. My mother teaches me spelling at home. My mother plays with me.

-Ananya K



The person I like most is my father. Because he plays with me and helps me to run and helps me to work.

-Ananya K



The person I like most is my mother. She takes care of me when I am sick. She loves me very much. She helps me to get ready. She cooks delicious food.

-Ananya K



The person I like most is my mother. Because she helps me and she cooks delicious food for me. She takes care of me and she loves me.

-Ananya K



The person I like most is my father. He is very kind. He always plays with me in the school. He always helps me. Because he is my best friend. Thank you.

-Ananya K



The person I like most is my mother. Because my mother helps me to do my homework. She takes me to playground. I love helping her in cooking.

-Ananya K



The person I like most is my father. Because he brings me chocolates. I like my father because he brings me dolls. I like my father because he takes me to different places. I like my father because he buys me ice-cream.

-Ananya K



The person I like most is my father. He is very nice. He is a teacher. He loves me and loves my sister. He takes care of me. I love my father.

-Ananya K

कक्षा एक 'क'

[illegible]

१०. निम्नलिखित कवि
 दोहों में 'हल' की कृति का
 प्रयोग करो।
 १. 'हल' की कृति का
 प्रयोग करो।
 २. 'हल' की कृति का
 प्रयोग करो।

१००० ॥ श्रीगणेशाय नमः ॥
 ॥ श्रीगणेशाय नमः ॥
 ॥ श्रीगणेशाय नमः ॥
 ॥ श्रीगणेशाय नमः ॥
 ॥ श्रीगणेशाय नमः ॥

[illegible]

मैंने भी सोचा था कि मैं
भी एक दिन ऐसा बनूँगा
जब मैं भी अपने बेटे को
देखूँगा, बेटे को जो
मेरे जैसा होगा।

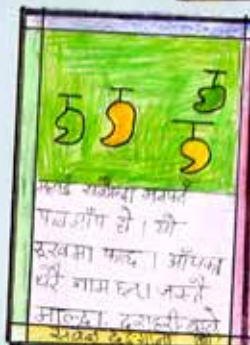
मौलिकों की ओर से
मामूली बर्तन के रूप में
गुणवत्ता बढ़ाए गए
मौलिकों की ओर से
मामूली बर्तन के रूप में
गुणवत्ता बढ़ाए गए

पिन्ना, सोल, च



महत्त्व

कक्षा : १(ख)



I Love My Friend

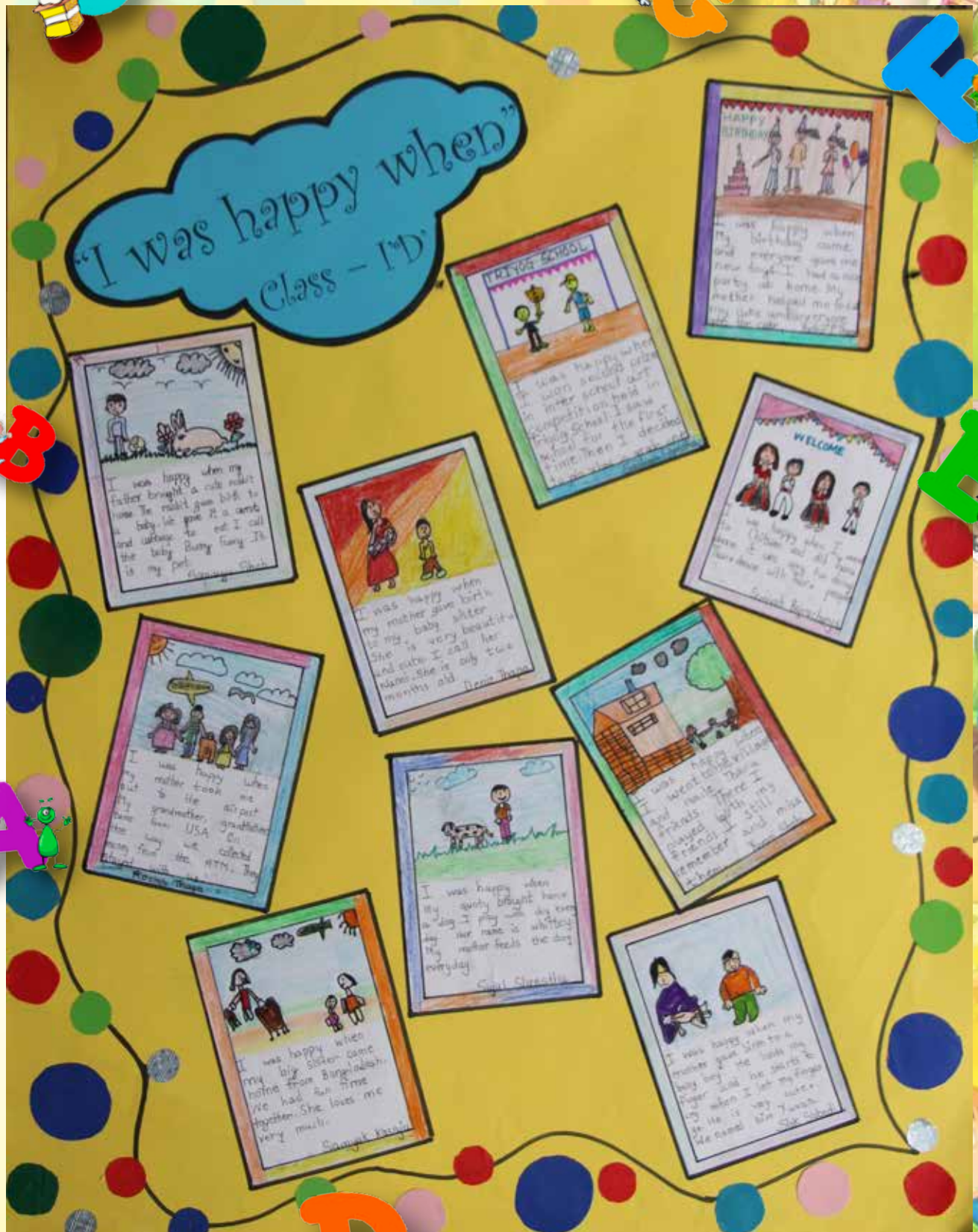


Grade IC

सहयोगी हातहरु



कक्षा एक 'ग'



किसानलाई चाहिने सामानहरु कक्षा : १ (डी)



किसानले डोकोमा कोषो
घोस बाखन्दा । डोको
बोसको हुन्छ । डोकोमा बाखन
गर्जेर ओझार पसार गर्छन् ।
आखन बढ्छन् ।



जस्तै बस्न ट्याक्सीको प्रयोग
गर्छन् । ट्याक्सीको अर्थ हो को
सामान उभै ठाउँमा पुग्दा
मद्दत गर्दछ । ट्याक्सीको चारवटा
चक्का हुन्छन् ।
विशेष गरि ।



बिउलाहरुमा बिउ लगाएर रोप्न
प्रयोग गर्छन् । मसले बिउमा
अर्पण गर्छन् । यसले उखनो बढ्छ ।
मस दुई प्रकारका हुन्छन् ।
आखन आखन ।



किसानले हाम्रो देशमा बस्छन् ।
किसानले हाम्रो देशमा बस्छन् ।
किसानले हाम्रो देशमा बस्छन् ।
किसानले हाम्रो देशमा बस्छन् ।
किसानले हाम्रो देशमा बस्छन् ।



रसदार र फलपुल्लका
सुक्कामा उनीहरूको बस्छन् ।
हाम्रो देशमा बस्छन् ।
हाम्रो देशमा बस्छन् ।
हाम्रो देशमा बस्छन् ।
हाम्रो देशमा बस्छन् ।



किसानले प्रयोग गर्ने
सामानहरु यी हुन्छन् । यी
बिउ, बिउमा, मस, माछो, पानी
कुछो, कोदालो आदि ।
आखन मस ।



बारी अखनको कोदालो
पार्छन् । यो पुच्छो हुन्छ ।
बिउमा उनीहरूको अर्पण
कोदालो पार्छन् ।
पार्छन् ।



कोदालोको यो अर्थ । यसले
बारीमा बिउ लगाएर रोप्छ
गर्दछ । यो बारीमा बिउको हुन्छ ।
अर्पण गर्छ ।



डोको बोस किसानले
बस्छन् । किसानलाई
घोसको भारो बोक्न
डोको चाहिन्छ ।
आखन मस ।



किसानले हाम्रो देशमा बस्छन् ।
मस कोदालो । किसानले डोकोमा
घोस बोक्छन् । किसानले डोकोमा
बिउमा गर्ने औषधी बोक्छन् ।
आखन मस ।



मस दुई प्रकारका हुन्छन् ।
किसानले बारीमा गर्ने औषधी
मस माछो पानी गर्ने
मिलाउँछन् । अर्पण गर्ने
बिउ रोप्छन् ।
आखन मस ।



किसानले हाम्रो देशमा बस्छन् ।
हाम्रो देशमा बस्छन् ।
किसानले मसको औषधी ले
यो बारीमा बिउको हुन्छ ।
आखन मस ।

My best character in the story
Class II A

In the story 'The thirsty crow' I liked the crow because he used his idea by putting stones in the pot of shallow water and increased the level of water. The crow was smart, patient and therefore succeeded to drink water and quench his thirst.
Name: Anushree Mahil

Bad Ripper is my best character in the story 'The Bad Ripper'. Because he helped the town people to get out of the river by showing them into the river.
Name: Mahil

In the story 'The Lorax' my best character is the Lorax because he is a very cute character. He had a very strong nature for plants, surroundings and everything around. He wanted to save the trees as they are very important.
Name: Anushree Mahil

My best character in the story 'The Lorax' is the Lorax because he was clever enough to find the water and run away. He saved himself with his tricks.
Name: Anushree Mahil

Thinking of others
The boy is my best character. He helped the old blind man to get up and find his stick. Then he walked with him to the place where he was going.
Name: Anushree Mahil

The Hunchback of Notre-Dame
I liked the pig in the story because he was smart enough to tell the people to come closer and when the people came near the fire, it fell into the river and the pig escaped him and swam back up.
Name: Anushree Mahil

The Little Mermaid
My favourite character in the story 'The Little Mermaid' is the youngest mermaid because she helped the prince and the people. She took them to the land from the sea and saved them from drowning. She was kind and helpful.
Name: Anushree Mahil

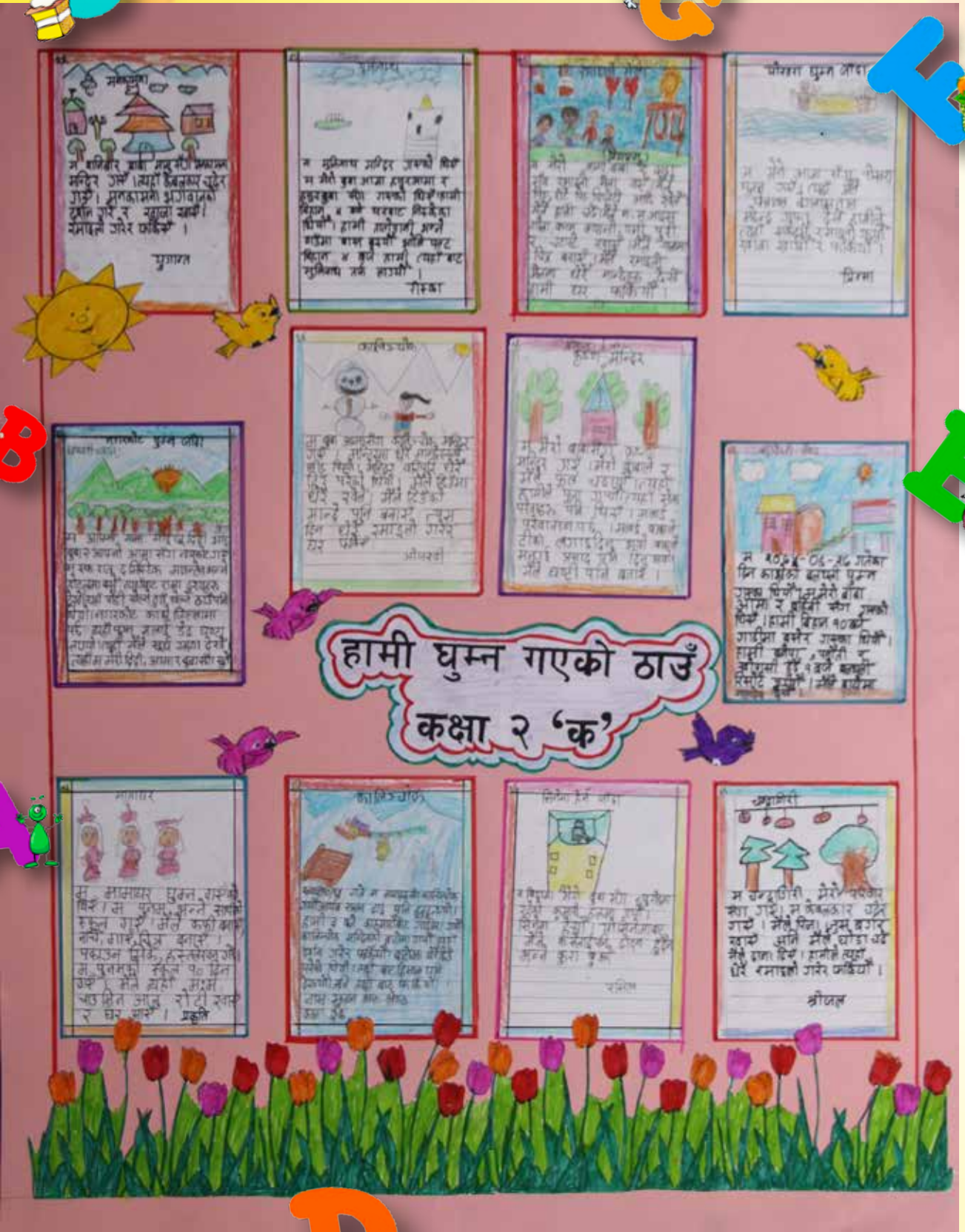
The Lorax
The best character in the story 'The Lorax' is Lorax because he saved the nature. He always stopped people from cutting trees for the money. He also told people that jungle is the home of animals and not to make industries by destroying the jungle.
Name: Anushree Mahil

Snow White and The Seven Dwarfs
Snow White is my best character in the story because Snow White was the most beautiful girl. She was soft spoken and as white as snow. Although her step mother hated her so much and tried to kill her she did not do any harm to her. Snow White tried to obey her and did everything she told.
Name: Anushree Mahil

Charlie and the chocolate factory
My favourite character in the story 'Charlie and the chocolate factory' is Mr. Willy Wonka because he is a magician. He was clever, smart and has built the biggest chocolate factory in the world. He was very famous for making the very tasty chocolate among all.
Name: Anushree Mahil

My best character in the story which I have read so far is the Lorax. Lorax is a yellow fellow in colour. He has a long beard. He speaks for the trees. He protects the trees. He stopped the people from destroying the forest.
Name: Anushree Mahil

The best character in the story 'The Lorax' is 'Cherry' because she used to open her own chocolate shop. She was cheerful to her customers and was smart and clever too. She did her work properly and kept her promises. She was a very intelligent girl.
Name: Anushree Mahil



Summary

August

csn-100.2

Kalbin

Serenade

Dr. Anand Acharya

17-12-2014

I created my own comics

Flowchart

2004

Avinar

Sombrink, J. Khadi

Amala

Quiz

10

Sambridd

31

Answer Model

गंधक



गंधक हमारी रक्तियुक्त वस्तुओं में है। इस रक्तियुक्त वस्तुओं में से यह जोखिम है। इसमें गंधक का उपयोग है। इसमें गंधक का उपयोग है। इसमें गंधक का उपयोग है।

अभिज्ञान

TC



I would like to meet Minnie mouse because she is very loving and caring. She loves cats, hockey and ice. She never gets angry. She is always happy and makes me feel good.

Aarusha
Rajhanshi

I would like to meet
Mowgli because he helps
the monkeys. He is very fast
and teaches various things
to the monkeys. I like to
be safe from dangers.
He is the character who really
saved the monkeys from the
tigers.

I would like to meet Ariel because she is kind and helpful. She has a beautiful red hair. She always has a loving smile on her face making everybody smile. Who ever meets her.

SHAYNA RAHMAN



I would like to meet
 Pluto because he is very
 cute. He likes to play
 and he likes to catch
 his ball. He is a very nice
 dog. He likes to play and meet
 his friends.

I wish I knew more Mickey Mouse
because he is a clown
and what he is mouse
and full of
flats and take care
of his friends
and he is like
at the first Disney
character



I will like to meet a friend
become a champion of jungle
after he takes care of animal
and make him know many facts
of animal. He loves his wife
parents and brother and sister.
Adithi Sridhar



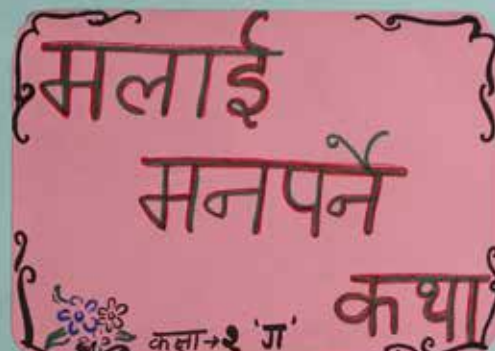
I would like to meet a girl named
Carmie. She is very beautiful and she
has a golden-boy hair. She has
a beautiful voice which is filled
with joy. She never loses
the pleasure of which she
has. Her prince will remain
happy for all the days of his life.

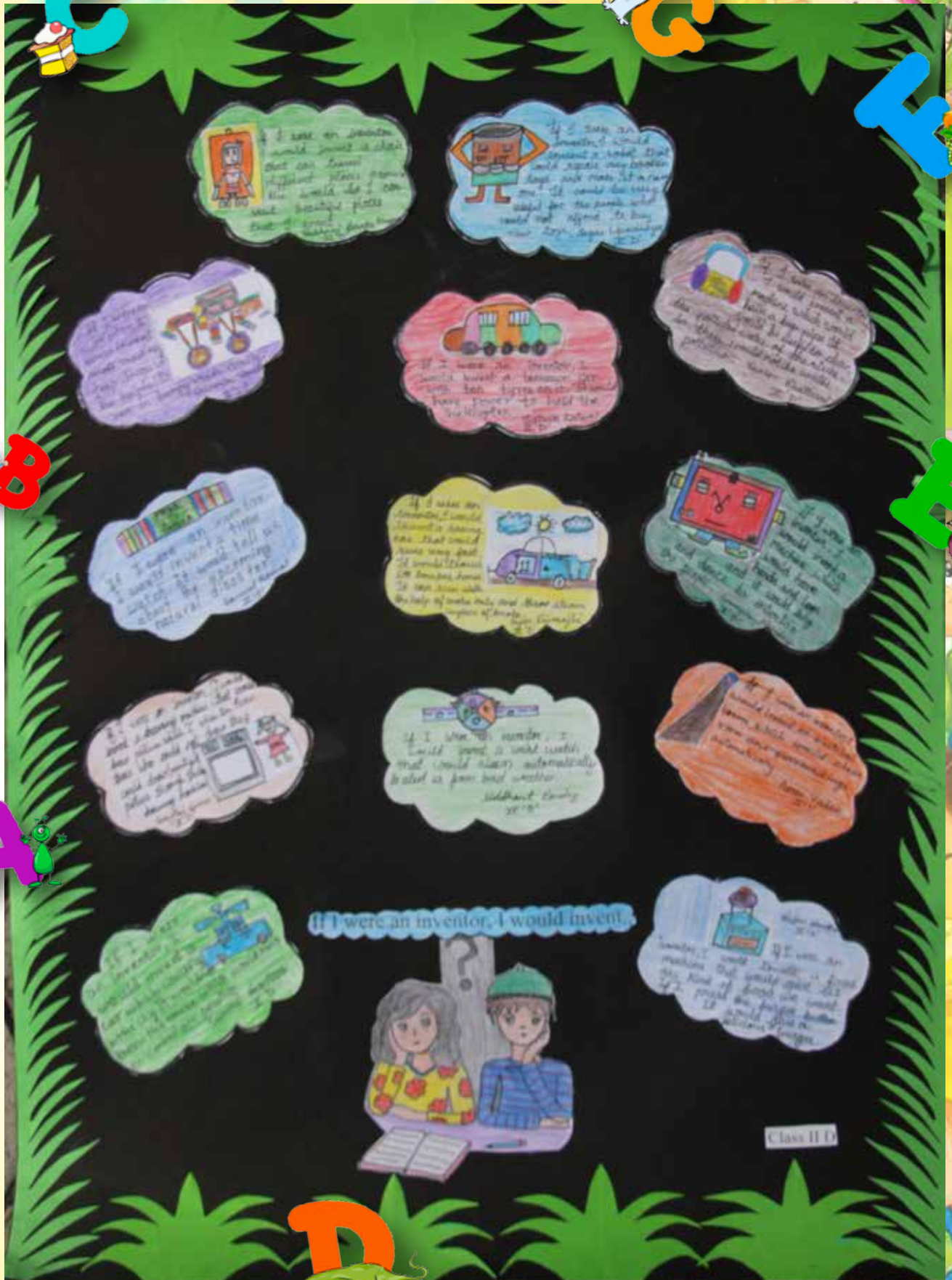
I want like to meet Godly
because he is very funny
He always smiles He is
kind because he helps
every one He is very
kind Asahar Chandra

I would like to visit
Sri Lanka because it is the land
of the jungle. He loves his
home jungle. He is a tiger and
he is fierce. He takes care of
the animals in the jungle.
Protect the jungle
Protect the children

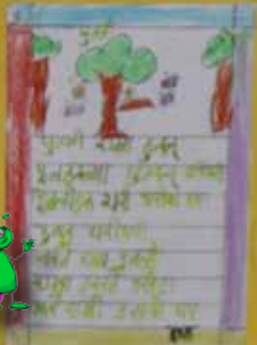
I would like to meet bull because
he is very good dog he protect
his family. He can run very fast
and he is very kind to an piglet is
a talking dog he is a very good dog
because he can climb and swim
and others more. He is a brown dog
with face the challenge painting it.

I would like to meet Donald
Duck because he is very
funny. He makes
many jokes and makes
me laugh. I like him
because he has many
friends. I like the way
he quacks and talks.

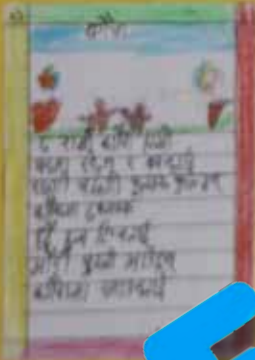




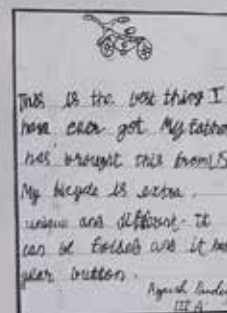
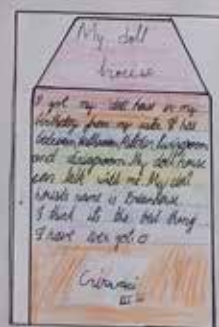
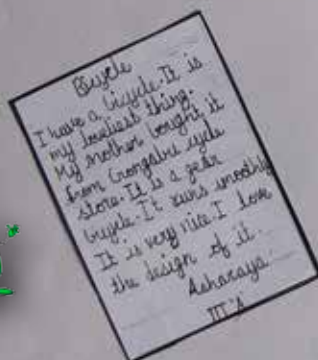
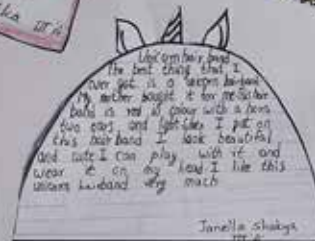
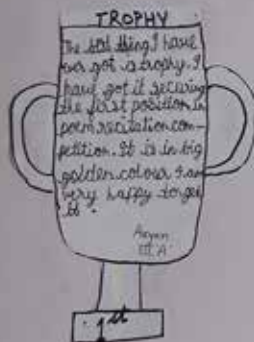
पुष्प












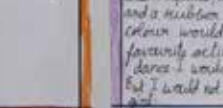

“हाम्रा रचनाहरु” र घ



The Best Thing I Have Ever Got.....



If I were a ...

| | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl I would be beautiful I would go to the park and do things I would have many friends. My name would be Anjali. I would have long hair. I would be good at dance, art and craft I would love to do gardening.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy I would have short hair. I would be a fan of Spider Man. My car would be a great bike. I would be stronger than you.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl I would have long hair. I would play dolls, dolls and shopping bags. I would also go for shopping. I would wear pink frock. I would be beautiful. I would keep my bedroom clean. I would help my mother in the kitchen. I would have a sweet voice. I will make lots of friends and play with them.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy I would wear a short and pant. I would play football. I would be the favourite food. I would play with ground wheat. I would be strong and brave. I would not be scared of horror movies.</p>  <p>Aradhana Chavhan 5:8</p> |
| <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy I would wear a short and pant. I would have short hair. I would play with boys. My favourite colour would be blue. My favourite dog would be a bull dog. I would be very handsome. I would be handsome.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy I would have short hair. I would wear boy's clothes. I would play some football, cricket. I would watch football and basketball. I would watch boy's cartoon. I would react like a boy. I would wear pants and T-shirt.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>If I were a boy I would go to the London and have a short hair cut. I would have many friends. My favourite colour would be green.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl I would play dolls and make lots of friends. I would wear lots of makeup and a beautiful gown. My favourite game would be skipping. I would buy a cute puppy. I would keep it as a pet and my name would be Lita.</p>  <p>Aradhana Chavhan 5:8</p> |
| <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl I would watch movies like Barbie and Barbie. I would wear short skirt and long boots. My name would be Anashi.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy my name would be Anashi. I would have short hair. I would play with cars, go-karts. I would have a watch, cricket and football. I would play cricket, football, volleyball.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I am a girl but if I were a boy I would play football, cars instead of dolls. I would have a short hair. I would be handsome not beautiful.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a boy</u></p> <p>I'm a girl but if I were a boy I would have short hair. I would wear a pant. I would watch cartoon like Barbie, Thomas. I would play chess and chess, jigsaw and video game.</p>  <p>Aradhana Chavhan 5:8</p> |
| <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl I would have long hair. My name would be Anushi. I would give birth to the baby. I would love to watch Bollywood.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a girl</u></p> <p>I am a boy but if I were a girl my name would be Anushi. I would go to the park. I would play many games of girls. I would have many friends. I would have long hair and had to be my hair. I would wear a pink dress, hairband and a necklace. My favourite colour would be pink. My favourite activity would be a dance. I would like to go shopping. But I would not be happy to become a girl.</p>  <p>Aradhana Chavhan 5:8</p> | <p><u>If I were a girl</u></p> <p>If I were a girl I would be beautiful. I would play dolls. I would make my bedroom beautiful. I would have long hair. I would wear a beautiful dress. I would go shopping, shopping, shopping. I would have long boots.</p>  <p>Aradhana Chavhan 5:8</p> | <p>3 "B"</p> |

हजुरबुबा र हजुरआमा प्रति मेरो कर्तव्य

मोरी हुरदमाजी मोरी
कान्हा वीर दामोरी हुरदमाजी
मोरी जग हुरदमाजी में पामि
हुरदमाजी अथ पामि
हुरदमाजी अथ पामि
मोरी हुरदमाजी मोरी हुरदमाजी
मोरी हुरदमाजी मोरी हुरदमाजी
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मोरी हुरदमाजी मोरी हुरदमाजी



बौद्ध गौतम

हनुमान र हनुमज्जाया मे वन्दु
हनुमता र हनुमज्जाया मे वन्दु
जिपको साना धानिनुपुष्पो अने मे
जम्हाई। मे हनुमज्जाया मे वन्दु
मेया कौडी। मे मेहकुमार
पत्रिका र चम्पा दिक्कु मे मे
हनुमज्जाया मेया मे। हनुमज्जा
साओ र चम्पा मे मे हनुमज्जा
सुन्दर लेखमे।



हिन्दुकी मैथिली दुसरा

मीनें बंदरगाहामें मगल रफ़ी लान
 दिनुन । जेहि ठोरे कल्ला सदन
 भल हल । जहनि भालर पछनी
 कथा भइ दुन्दुभ जहिनर ओ
 भवे सोनाहि । अर फनि जहिनर
 सदन गुह । जहनि भवेको मगल
 जेरी कालन रो । जहनि भवेको
 नरें कुरा लान । मेनी हल
 कल विन । अचमगो लानी भय
 ओ भेज जेरी भइ बस



52714 425 3 78

ਮੇਰੇ ਘਰ ਆਮਾ ਰ ਘਰ ਕੁਥਾਕੇ
ਜਸਗਾ ਘਰਾਨੇ ਅਤੇ ਅਥਿਤੀ ਘਰ ਘਰ

हनुमन् चालीस नाम स्तोत्रम्

अपेक्षित त्वष्टी द्विद्वय प्रस्तावित है

माया गुप्त हस्त उज्जि उट्टी हस्त

म पति छैरें जायन मुहु र

रमरई मेरे आसानी पिटन

10/10/2020 10:10:10 AM

मं तोरे हनुमन्का रक्षयजामा
तुहं हं लुगा गेहं म उहेरुगं पा
माये भाये भुने किपु अयेरुगं
अयेरुगं म्। म्ते अयेरुगं म्
माया तुहं पहे म्तेरुगं अयेरुगं
मोर हं माया म्तेरुगं। यमरी
मं म्ते हनुमन्का रक्षयजामा
तुहं म्तेरुगं गेहं।



केयर्ती थाया

ममैरी हठुनमा रकुनकासी
 विषमा वमेलमागुनाहुनकासी
 नुवागुनकेलेहठुनकासी
 दिहुनहुन मल्लो रामाउत
 मदेत गुन र गुना लगाउत
 मदेत गुन ममैरी हठुनमागुनी
 हातमा घाउ भएकी छ र
 म उठेकी घाउमा मल्ल
 लगाईदिन्छु मलाई हठुनकासी
 र हठुनमागुनी राख्ने जाया
 लाइन उठेकी यही मलाई
 माया गर्नुहुन्छ
 देवीका लगे

मैं भी इन्टरव्यू में इच्छामार्गी
 होईं जग रहूँ। मैंने इन्टरव्यू में इन
 अन्धों जगईं यहाँ होईं जग
 गच्छइल। जगईं आकरी इन्टरव्यू
 में इन्टरव्यूकी होईं विलग इन्टरव्यू
 मैंने संकलित में इन्टरव्यूका जग
 गच्छइल यगईं यहाँ जग जग
 मैंने लिये। इन्टरव्यू में इन्टरव्यू
 हाँ मैं पवित्रकी मुक्त नष्ट
 हुन। जगईं फैलाउन सगल
 एकाउन मैं जग रहूँ।

১৯৮৫

मीं हनुवतु र हनुआमा घा
हनुवतु अने म रगुनी हनु
मेरो हनुवतुमा सड्याथ्योकोह
मेरो हनुवतु र हनुआमा
मलाई राम्रो कुरा निकैठुल
मेरो हनुवतु र हनुआमा
मेरो बायोमा राम्रो सैन्ठुल
मेरो फल मेरो हनुवतु र
हनुआमाको बायोमा राखे
कोछु। म उहाँहरूको
हरयाहण
समक्ष पार्छु।

44-10-11

[illegible]

ਜਾਇਜ਼ਾ ਮੁਹ

म मेरी हस्तुता, हस्तुतामर्दगुण
मर्दगुण मेरी हस्तुता, आमाते मर्दगुण
मर्दगुण मर्दगुण मेरी हस्तुता, र
आमाते मर्दगुण अती हो। म मेरी
हस्तुतामर्दगुण मेरी हस्तुता
जाऊ। म मेरी हस्तुता, आमाते
मर्दगुण मर्दगुण मर्दगुण मर्दगुण
मेरी हस्तुता दिखु र मेरी
हस्तुता



नाम रोशीक पेंडल

मैरो हनुवरुनै माया युतिअ
अनुहुन। जसमा आफैँ हिउनु
हुन पर जानै विनामा लठो बिसर
हिउनु हुन। मैरो हनुवर अगावै माया
अनेकी सट्टा इनिअनुहुन।
मायाको कहिलेकाहीँ लहटी बिसर
हिउनुहुन। हनुवरमा आमा हाजी
सरथ्य सदस्य हो। कहिलेकाहीँ पनी
लेखि प्रशुअपी भने लाय दिनुहुन।
मैरो हनुवरमा र हनुवरको आया
लाय।

पुनिकिमिरै

हनुववा रहु अउम। देमरस
बरनु हुन। हनु अउम। विडम
उरन कापी धिया पफाउतु हु
म हनु खनला। धिया फुल
तमलत गछि। उहिले नलहि रास
धोकार गछु। सहु। म पवि उहिले
लागि रास। सहु उरि उहिले
माया गछि। उहिले देमरस गछ
सकछु। जन्तु पाडा माधु जन्तु
प्रसु। उहिले पाठिनी कुन
उहिले लगेर देमरस गछु
देमरस पछाम

सिद्धि साधना

म नौ हनुमन्वासी जौं
सब हातमी यानी र ओषधि
दिन्दु। नृपतिनी कुना जेजे
दिन्दु। मरा कुरुका सबेकदा
मरुय सारुय हनुमन्क उम
वरका सब जेजे मरुय



गाम्भीर्यं यथा ३५

हनुमान र हनुवत प्रती
मेरी कतिय हो आभनो
हनुमान र हनुवत नुई
हिनत नुई होत स्याम नुई
जाने स्यामना अपिथ लान
सम भाव नुई । सुहा मीनो
मिया दूध को सुमा पुजायन
जल नुई स्याम नुई र पद
आनि अहिले को महयमा
पाने किछ



भाषितमिष

३ “ख”

If I get a Magic Pebble...

3'C'

If I get a magic pebble, I would wish for a weather-changing remote because when I will feel cold, I would change the weather into a hot and sunny day.



Aakriti

If I get a magic pebble, I would wish that I could see my future because whenever mistakes I would do in my future I will not do that. And I would also wish that I can solve thousands of problems at once fast because I want to solve my and others problems at once and fast.



Akshat Kumar

If I get a magic pebble, I would wish that I can be a president because everyone is plastics and I will not let the factories to make new plastic bags and I will let them make only cloth bag.



Anshika

If I get a magic pebble, I would wish that Nepal would be clean beautiful and a healthy country. It would be pollution free, because it is full of pollution and the people are destroying mother earth.



Anshika

If I get a magic pebble, I would wish for a dog because it will save my house from thief. I really want a dog because my old dog died and I really miss it. I really want my dog back because I want to play with my dog.



Anshika

If I get a magic pebble, I would wish that there were no sick and poor people in Nepal and they had house, money and food forever.



Anshika

If I get a magic pebble, I would wish for money because everyone needs money to buy things. It helps us to pay our school fees. Without money we cannot survive. We need money to buy anything.



Abhimel Rai

If I get a magic pebble, I would wish for a big house and a big car because it helps to make life better. I want to enter the home. I like dog, house, big house, security.



Anshika

If I get a magic pebble, I would wish to be a doctor so that I can check my family and others by myself because when they get sick we have to give them proper treatment. I want to see my family happy not sad. When we are in good jobs we will get happy. I will go to village and examine poor people without taking money from them.



Anshika

If I get a magic pebble, I would wish that Nepal would be pollution free, no one would steal anything, no one would lie, no one would behave badly.



Anshika

If I get a magic pebble, I would wish for a huge garden because I love nature. I would also wish to be quick in my work so that I could be a genius. I would also wish I would be a very famous author because I love to write on my own.



Sibek

If I get a magic pebble, I would wish I would be a bird and when I will stop on the land I would be a human. I want to be a bird so that I can fly anywhere I want.



Anshika

If I get a magic pebble, I would wish that I had wings like a bird because I could fly and I could go wherever I want and I don't need to walk.



Anshika

If I get a magic pebble, I would wish for lots of things but the main thing I would wish that my whole family would have a good life and always be happy. I would have wish for all these because I want my family to be happy and healthy always.



Anshika

If I get a magic pebble, I would wish that my family would always be happy. I would be nice in making writing etc good things and I would be a pilot because I want to be a good pilot to make my family proud of myself and I would take people to big countries and let people see new things and learn about it.



Anshika

If I get a magic pebble, I will use it wisely. I probably wish for a power that I can read others mind. The reason for this wish is because I am very curious of what people are thinking. My second wish would be that all the vegetables tastes like chocolate, but still will do their healthy benefits because most of the people hate them because of their taste especially kids.



Anshika

घरप्रति मेरो योगदान.....

३'ग'

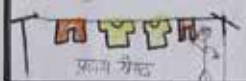
म मेरो घर प्रति राम्रो व्यवहार
गर्दि। म मेरो भाइलाई दिन्छु। म
मेरो कौठा सफा राख्छु। मूलधन
पानी हाल्छु। आफ्ना बिर्सा बिचु
भयौं। मेरो आमालाई सवाउ
जस्तो चिया पकाएर दिन्छु।
भारु सुकाउँछु। खाना पार्छु।
आपछि बेलो बेलो काटिन्छु।



मजरी काँटा सफा गर्छु ।
 झुन हल्लाउँ पावी हन्छु । गले
 आमाको रवानी कुरा दिन्छु ।
 आमाको सामान भित्रै
 दिन्छु । आमाको सामान
 फेरि छु । ठाउँमा यत्न गर्छु ।
 भैने बसिदिन्छु । भात खायो
 भन्छु । भात गर्छु । अन्न
 आफै पाएँसा गर्छु ।



म. आपने जगमगाते सतराबज्जों पर
सहयोगी रहें। स. आपने कहा है
गोष्ठी सफलता से सहयोगी रहें। स.
कहते हैं कि मैंने सारी बातें सादर
गृहस्थों पर सहयोगी रहें। विद्वानों
दिन स. आपने जगमगाते सतराबज्जों पर
सहयोगी रहें।



न मेरी वर न मेरी सुखीत। बरन
 व आपनो पुरेवाको अइइइमा
 रइसी देवल बाहानु। कहिने
 काही मेरो जमी भिरामो हुइअमी
 मेरे न घर बहाइ व आपनी कौठ
 सोका बरनहु। न मेरी हनुअमान
 सोईया सुवामो व हनुअमानो
 अइइकाट सिता लहाइदिनु। न मेरी
 माइलो सतन सुमाइदिनु व सखल
 सुमाइदिनु आपनी सखल सोईया वर
 सखल मेरी

म आफ्ना आमाको
भन्नुभएको कुरा चाँडै गर्नु
आमाको खुना पकाउनु
नमिने पैसा म खुना
पकाउँछु । म बाबाको
पानी कोठामा कुनै
म आमाको पसलको
तरकारी ल्याए सदा गर्नु

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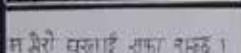
म मेरी चलाई नमो रखे। म
 मेरी जेबका नाम निवाले रकता
 मेरी फोहर हवा की आँख निवाले
 म मेरी समझाई प्यार निवाले उबले
 प्यार निवाले रकता रखे। म
 (गुड़कु) म मेरी हवा बुलाई
 आँख दि नमो रखे। म
 म मेरी परमात्मा की नाया
 रखे।



म मी एवढी नशा राखई म मी
 एवढी नशा राखई म मी
 एवढी नशा राखई म मी
 एवढी नशा राखई म मी
 एवढी नशा राखई म मी
 एवढी नशा राखई म मी



म. आपनी पवित्रपदाई धरै सखी
गुहू। आपी जाणै नुहहु। म. आपनी
पिरीकी कोठापासि बस्य गहु। म.
खला ब्याज आपनी आसमाई जल
गहु। म. आपनी एकाई जाणै गुहू
म. आपनी किबल कापिमिसर
पहु। म. आपनी खला आपी
मिसर जानु। म. खला बस्य आपी
पल आपी गसलु। म. आपनी गुजा
नगहु। म. ऐसी गेजापसबस
पहु। म. सखी



મ અજાતદેશ પર ચકા કરી તપાસ કરી,
સહિતેકાલીન કુલમા પાત્રી તપાસ કરી,
અંતે મામલો, કોઈ સંકેત મળ્યો જાણ
મિત્રો તુલ્યો અને મજાત પચાસરોડ
રસોતે તપાસ કરી તુલ્યો તપાસ કરી
તપાસ કરી સંતોષી.



म मेरी घर प्री से
गोंगादरु गुरु जस म
सेरो भद्रादे उज्जो रहनाम
गर्भ स्वहीण गुरु स्वभा
कनाउठ हुर बनी आउनु
अस्को वेलाभा भाडा अन्नाम
पुन्याइहिनहु रहाँई मौषधी
मुनू कसी कादी भाड़ा माझनु
कसी सपा गुरु अष्टौ रवगल

१९८६



मैं मेरी घमसा सबकाई
सहयोग गाई। मैं मेरी
आमलाई और सहयोग मेरे
गाई। मेरी आमलाई सह
नौगंधे सान विद्रु हुन
मैंने मैं मैं गातागाई
जाली रख अनेर साकाई
दिष्ट। मेरी मिनाई मैंने
सागाई गाई



म मेरो घरलाई राफा गरिनु ।
मेरो घरमा झुठ सुनिदिन भने ज
पागी छानु । यदि मेरो घरमा मुहुन
आउनुपर्नाभने म ऊलाई पागी
दिन्छु । म मेरो बुना तृणा शिखर
राख्छु । म मेरी आज्ञालाई जर्बि
स्वभा सम्भारिन्छु ।



१. जहाँ पालक-पालिका और सहज
 २. जहाँ - पालक-पालिका सहज-सहज
 ३. जहाँ, पालक-पालिका सहज-सहज
 ४. जहाँ लक्ष्मी और सहज-सहज
 ५. जहाँ लक्ष्मी और सहज-सहज
 ६. जहाँ लक्ष्मी और सहज-सहज
 ७. जहाँ लक्ष्मी और सहज-सहज
 ८. जहाँ लक्ष्मी और सहज-सहज
 ९. जहाँ लक्ष्मी और सहज-सहज
 १०. जहाँ लक्ष्मी और सहज-सहज



मैं अपनी कक्षा परी रसूल
हूँ सबेरे मिलने सख्त। मैं को
सफा जी मस्त हूँ। मैं आप
गुहार समझ हूँ। मैं सन
स्वस्थ हूँ। आपनी पेट उर
ठंडा सख्त। मैं अपनी गुण
सुती घरे भुखार सख्त।



Junior School Writers



Junior School Writers



IN MEMORY OF

My Grandmother

Prakriti Shrestha, IV 'C'



I still remember that day, when my mom called out “Wake up my child”. I saw tears in her eyes. I asked her what the matter is. She told me to sit down and said, “Your grandma passed away.” I was shocked. I didn’t know what to do. But, still my tears didn’t come. She had told me that she was in ICU. The day of her funeral came. I was shaking. I couldn’t believe my grandma wasn’t there with us anymore.

Actually, she had been suffering from liver cancer for 7 months. Even though, I was a small kid, I went to her funeral. When I reached the funeral, I saw my grandma’s dead body. Then the time came to light up her body. My mouth fell open, my eyes filled with tears. I didn’t even know my tears falling down my cheeks. I saw my father

slowly lighting up her body. I couldn’t take it anymore. I went home and cried for hours. I did not know what happened to me. Every day I locked myself in my room just holding the picture of my granny and crying. This went for weeks, then weeks into months. After a day of her funeral, I had a terrifying nightmare. I woke up horrified, sweating and scared. But still, I always remember the moments we had together. She used to love me. I always remember the days she taught me “ka”, “kha” and “1” to “100”. I think she is looking down from heaven and blessing me, to be a good child. I love you granny, you were always supportive towards me. After all these memories of my granny, I hope she is resting in peace in heaven.

I Love Stars

Bhawisha Mahat, IV'D'

Blue stars,
Red stars,
Green stars too,
How about you?
Orange stars,
Pink stars,
Yellow stars too,
I like purple stars,
And rainbow too,
How about you?

Oh! Sky

Susmeen Shrestha, IV 'D'

Oh! Sky, Oh! Sky
Why are you so high?
Little little birds
Fly through you sky

You have so many clouds
And some birds with wounds
They always fly
And in their wounds medicines they apply

You roam around the world like the fans
Below you there are some vans
Oh! Sky, Oh! Sky
Why are you so high?



MOVIE REVIEW:

Prayosh K. Gurung, IV 'A'

Title- **Inside Out**

Main Characters: **Joy, Sadness, Disgust, Fear, Rile, Rile's mother, Rile's father**

Setting: **Inside Rile, San Francisco**

SUMMARY

Once in San Francisco a girl was born. Her name was Rile. In the story some creatures control the body. Even Rile was controlled. Their name was Joy, Sadness, Angry and Fear. In the body there were four Islands named friendship, goofball, hockey, family and honest Islands which controlled Rile's personality. Rile grew up like a normal baby. When she grew up her family shifted house. Then, Rile had to attend school. Whenever Joy used some happy things sadness used to spoil it, so Joy put sadness in a circle but also sadness spoiled it by making Rile cry. Then because

of some problems Joy and Sadness sucked in the memory collection and the land was destroyed. They met many friends. And somehow Joy and Sadness reached the headquarters. But they knew that Rile was about to go to another town.

But Joy fixed the problem. And then, the Island became as it was. Everything was fine and Rile started to play hockey.

I liked when the Island became as it was and disliked the part when Rile was going to another town.

AUTOBIOGRAPHY ON FLOWER

-Prayosh K. Gurung, IV 'A'

I am a sunflower. I am yellow, green and brown in color. I was born in a garden. I am medium in size. I have many parts in my body like leaf, bud, stem and root. I am used to making medicines. I am stuck in the ground very firmly. I need water, sunlight and minerals to grow up. I have a lot of smell in my body. I am very clean. I take time to grow up.

Diabetes

Aashna Hadakhale, IV 'A'

Diabetes, Diabetes

I sometimes don't know what to do with you

You sometimes really bring me down

You really make me cry

That's why I really feel hopeless inside

Diabetes, Diabetes

You make me really really stress out

I sometimes just want to throw you away

But then I realize that I have no choice but

To deal with you every day.

My Pet Animal Dog

Dilasha Adhikari, IV 'A'

Some dogs are used as pets,
Others are used to help humans to do
their work.

They are a popular pet because they are
usually playful, and friendly,
And they listen to humans.



Autobiography On Flower

Pranav Dhoj G.C, IV 'D'

I am a sunflower. I am yellow , green and brown in color. I was born in a garden. I am medium in size. I have many parts in my body like leaf, bud, stem and root. I am used to making medicines. I am stuck in the ground very firmly. I need water, sunlight and minerals to grow up. I have a lot of insects on my body. I am very clean. I take time to grow up.

History

Shreeja Shrestha, V 'A'

History, you are full of mystery
History, you give me lots of knowledge,
Sometimes you make me bored
Sometimes you make me eager to know.
You tell me about the nation and its culture
You take me to the past,
You reveal the mysteries
But people still say you are the biggest mystery.

Life

Nitya Aryal, V 'B'

Life is a runway!
You can do it a funway!
Anything can be
To know further you have to see
You may be sad and things can be bad
It's ok to be bold, there's a key you hold

Ghost in My Dream

Soniya Niraula, V 'A'

At night I went to steal a toast
Then I saw a ghost
Its long, long nails
Made me go pale

The ghost came near me and hummed
Then I shouted mum
My mother didn't hear
I shivered with fear

When I opened my eyes, I was on the bed
With a pillow under my head
Then I thought, Thank gosh! It was a dream
Like a rotten egg mixed with ice cream.

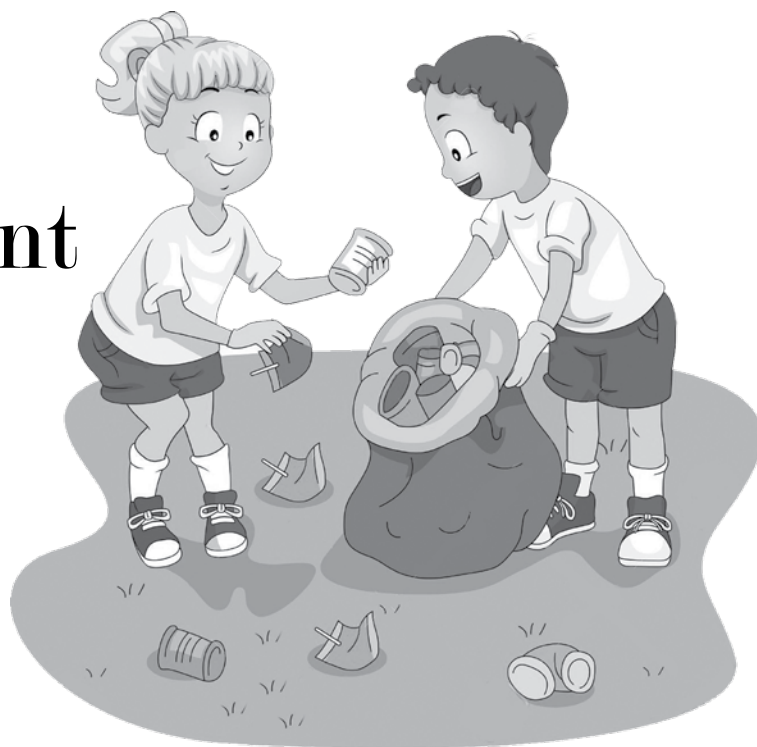


A LIFE LONG LESSON: Trying to help the Environment

Rehan Ghale Gurung, V 'D'

This is a lesson which I learned in my Wildlife Conservation Nepal (WCN) classes and from Science teachers. This lesson was about saving the environment and working together to save the world from plastic. During the winter vacation our Science teachers gave us an assignment. The assignment was to make my neighbors aware of waste segregation and inform about the people who are trying to save the mother earth. As I started this, I started to do research on waste segregation, types of waste, and organizations which recycle plastic items, and the answer to the question- what is waste? I found all the answers on the internet, and with the help of parents and teachers. Now I just have to tell what I knew. I thought it would be easy but it was not.

I know that visual learning is more powerful. So I along with my parents started collecting materials to show while making people aware. We even used noodle boxes and turned those into 3 different boxes. They were changed into Recyclable waste, Biodegradable and Non-Biodegradable waste bins. My father helped me by bringing waste plastic bottles from his office. Then came the "making people aware" part. People gathered around me to hear me. I got nervous in the beginning and forgot to say my name but after the first round was over we went to another spot to help another group understand about my



assignment. Then I was confident. Few old people were happy to see a young boy, me, speaking in public.

In this assignment I learned how to recycle plastic, how to grow plants with kitchen waste and more..... I learned and could make people aware about various things. Plastic waste were stuffed in plastic bottles and turned into a usable seat/stool. My neighborhood is filled with small shops where old people love to relax under the sun. The recycled stools gave them extra place to sit, talk and relax.

Now few shops help me collect the plastic waste and my neighborhood friends and sisters help me stuff those into the plastic bottles to make other reusable seats. It is a very slow work but helpful.

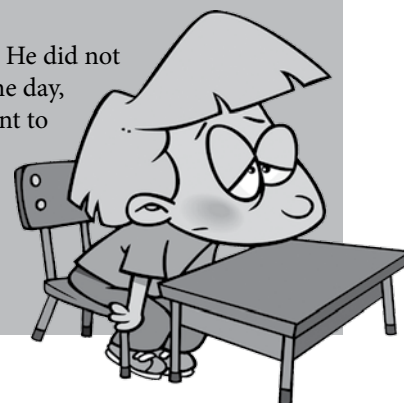
To achieve our goal, we have to work hard.

Lazy Samir

Pritam G.T, V 'B'

Samir was very lazy. He never finished his work on time. He liked to sleep all the time. He did not exercise, so he used to get tired easily while playtime. He was good in mathematics. One day, there was Math contest. Samir won the contest but did not go to take his award. He went to take the award the next day. But his award was a movie ticket for the previous day.

Moral: Time = life; therefore, waste your time and waste of your life, or master your time and master your life.



Start wearing warm clothes
Because the season has changed
Now it's winter!
Full of joy
Be careful, it might be
Too cold
Go out and have fun
Making a snowman with snow
And don't forget to
Take carrot for its lovely nose

Aayushma Chhetri, V 'B'

Winter season, the joy season
For being happy it is the reason.
The season full of happiness,
Festivals like Christmas and New Year appear
People wear warm clothes like jacket and sweater
To save themselves from cold and feel better
In this season the water is as cold as ice
And, drinking warm tea and coffee feels nice.

Arsi Poudel, V 'B'

Winds stiff and cold nip at my nose
Icicles hang from rooftops and sparkles like jewels
Nightfall comes early and darkens the world
Trees bare and still wear coats of white snow
Eager children drag sledges and run up steep hills
Resting animals hibernate until spring breezes blow

Ashwin Parajuli, V 'B'

Little drops of snow
Falling down the sky
Children are making snowman
Some are round,
some have small hats with an orange colored carrot
and a colourful scarf around them
Children are playing snowfight
And making snow angels

Binit Gurung, V 'B'

Hello! Winter are you coming?
Otherwise, I will put on my sweater.
A person can be cold as the winter weather
As gorgeous as a peacock's feather.
Winter camps are coming soon
The ones who don't go,
Will celebrate Christmas afternoons
With a cup of hot chocolate
That melts in your mouth
For a picture, with a pout
Post it on the timeline saying
"Going to south with a pout."
Hiding in the blanket,
With a stack of Pancake, it's so cold in winter.

Krishma Rijal, V 'B'



One Punch Man

Sauhard Dahal, V 'B'

One Punch Man is an ongoing Japanese superhero web comic created by One, which began publication in early 2009. The series quickly went viral surpassing 7.9 million hits in June 2012. The Japanese shortened name Wanpan man is a play on the long running children character Anpanman, Wanpan being a contradiction of Wanpan Chi (One Punch). One Punch Man tells the story of Saitama, a superhero who has grown bored by the absence of challenge in his fight against evil and seeks to find a worthy opponent.



Winter Memories

Aava Shrestha, V 'C'

It's our winter vacation. It is so cold. I spend most of my time sitting near a heater and taking my water bag. That day, I woke up. I rubbed my hands and kept it over my eyes. I pulled the curtain away and surprisingly, the Sun was shining. I did not want to but I had to meditate at least for 5 minutes. I made my bed and went to the washroom. I was heading towards my kitchen and saw my brother playing basketball. I greeted my family, I saw milk was still boiling, so I joined my brother. We are breakfast. I was watching the TV and heard a word. 'thrill' I found the meaning and wrote it in my diary. After some time, I went to my maternal uncle's house. It was very cold there, So I wore very warm clothes but in the bus the windows were not opening, so I felt very hot. I met my sisters and I had lots of fun.

One Piece

Paljor Gurung, V 'B'

One piece is a Japanese manga series written and illustrated by Eiichiro Oda. It has been published in Shueisha's Weekly Shōnen Jump magazine since July 22, 1997, and has been collected into 91 tankōn volumes. The story follows the adventures of Monkey D. Luffy, a boy who ate Gomu Gomu No, Devil's Fruit. So, his body is made of rubber.

मधुमेह

सदीक्षा क्षेत्री , ४ क

मधुमेहलाई अङ्ग्रेजीमा डायबिटिज भनिन्छ र नेपालीमा चिनीरोग भनेर पनि चिनिन्छ । मान्छेको शरीरमा विभिन्न कारणले रगतमा लामो समयसम्म चिनीको मात्रा बढी हुनाले मधुमेह हुन्छ । मधुमेह भएपछि लगातार पिसाब लाग्ने, धेरै तिर्खा र भोक लाग्ने जस्ता लक्षणहरू देखिन्छन् । यसबाट बच्न तथा यसको उपचारको लागि स्वस्थ खानेकुरा खाने, नियमित कसरत गर्ने, शरीरको तौल सामान्य राख्ने आदि गर्नु पर्ने हुन्छ । उपचार गरेन भने यसले धेरै जटिलता ल्याउन सक्छ, जस्तै मुटु रोग, मिर्गौलको खराबी आदि हुन सक्छ । विश्व मधुमेह दिवस नोभेम्बर चौधमा विश्वभरि मनाइन्छ ।

रितेशको उत्तर पुस्तिका

दिभा गिरी, ४ ख

एउटा सहरमा रितेश नामको एउटा केटो थियो । ऊ आफ्नो परीक्षामा जहिले सून्य अंक ल्याउँथ्यो तर पछि उसले मिहिनेत गरेर आफ्नो उत्तर पुस्तिका नब्बे प्रतिशत ल्यायो । रितेशले अरुलाई आफ्नो उत्तर पुस्तिका देखाउनु भन्दा पहिला एउटा कागले उसको उत्तर पुस्तिका खोसेर लग्यो । ऊ निराश भयो र उसकी आमाको उसलाई गाली गर्दा उ निकै रोयो । त्यही बेला एउटा चमत्कार भयो, त्यो कागले रितेशको अगाडि उसको उत्तर पुस्तिका खसाल्यो । रितेश खुसी हुँदै आफ्नो उत्तर पुस्तिका आफ्नी आमाको देखायो । उसकी आमा पनि खुसी हुनुभयो । त्यो दिनपछि रितेशले अब धेरै मिहिनेत गरेर आफ्नो अघिल्लो परीक्षामा राम्रो अंक ल्यायो र खुसी भएर आफ्नो जीवन बितायो ।

मेरो प्यारो भाइ

एन्जल बस्नेत, ४ ग

सानोमा चकचके थियो
मेरो सानो भाइ
अहिले आई ठूलो भयो
माया गर्छ मलाई ।

गृहकार्य पनि कति राम्रो गर्छ
दिन्छ पढाइमा ध्यान
कहिलेकाहीँ रिसाउँछ
गाली गर्छ मलाई ।

स्कूलमा चाहिँ धेरै ज्ञानी
घरमा अलि गर्छ लडाइँ
मलाई धेरै प्यारो लाग्छ
मेरो सानो भाइ ।

बुबा

सौरन आले, ४ घ

जन्म दिने आमा भए कर्म दिने बुबा
पढी लेखी ज्ञानी भई गर्छु हजुरको सेवा ।
बुबा हजुर सधैंभरि मेरो हो सहारा
हजुर नै हो मेरो लागि आड र भरोसा ।

बुबा हजुर भएसम्म मेरो हुनेछ मान
बुबा हजुर मेरो शिर हजुर मेरो शान ।
मेरो लागि हजुरले कति गर्ने काम
असल पुत्र भएर राख्नेछु हजुरको नाम ।

गल्ती हुँदा मलाई सच्याइदिने हजुर
असल र खराब छुट्याइदिने पनि हजुर ।
हजुरबाट ज्ञान पाई सधैं अधि बढ्छु
सधैं राम्रो काम गरी देशको नाम राख्छु ।

हजुर मेरो लागि सधैं आदर्शवान्
सधैं भरि गर्नेछु म हजुरको सम्मान् ।
आशीर्वाद दिने हजुर मेरो हो भगवान्
असल बाटो पहिल्याई बन्नेछु विद्वान् ।



छोरीलाई पढाऔं

मनषा वाग्ले, ४ क

हाम्रो समाजमा अझ पनि छोरी मान्छेलाई पढाउनु हुँदैन भन्ने गरिन्छ । छोरी मान्छेहरूले पनि पढ्ने र काम गर्ने अवसर पाउनु पर्छ । आज पनि कतिपय गाउँहरूमा, छोरी मान्छेलाई पाँच, छ वर्षको उमेरमा बिहे गरेर पठाइदिन्छन् । त्यसैले धेरै छोरी मान्छेले पढ्ने अवसर पाउँदैनन् । कतिपय बुबाहरूले आफ्नो छोरीलाई एक कक्षासम्म पनि पढ्न दिँदैनन् र कतिपयले त जन्म पनि लिन दिँदैनन् । आजकल यस्तो प्रचलन कम हुँदै गइरहेको छ तर यो खालि सहरहरूमा मात्र होइन, यो पूरा धर्तीमा यो लैङ्गिक भेदभाव हट्नु पर्दछ । मलाई कहिलेकाहीँ लाग्छ किन महिलाहरू पढ्न पाउँदैनन् ? किन खालि केटाहरूले पढ्ने अवसर पाउने ? मलाई यी दुईवटा प्रश्नले कहिलेकाहीँ चकित पार्छ । छोरीमान्छेलाई पढाउनु हुँदैन भन्ने कुरा लैङ्गिक विभेदको परकाष्ठा हो ।



आजकल कति छोरी मान्छेहरू पढेर, लेखेर कति ठूलो मान्छे बनिसकेका छन् । म महिला हुनुमा गर्व महसुस गर्दछु । म चाहन्छु “छोरीलाई पढाऔं” र आत्मनिर्भर बनाऔं ।

तकिया मेरो साथी

रोशनी पौडेल, ४ ख

तकिया मेरो साथी
सुत्छ मसँग राती
नरम कपास भरेको
फूलको बुट्टा भएको ।

तकिया मेरो साथी
सुत्छ मसँग राती
हुन्छ एकदम नरम
दिन्छ हामीलाई आराम ।

तकिया मेरो साथी
सुत्छ मसँग राती
तकिया मेरो साथी
सुत्छ मसँग राती

प्रकृतिको सुन्दरता

जेनिश ढुङ्गाना, ५ क

स्कूलबाट पदयात्रा गर्न भनी सुन्दरीजल हिड्यौं
उकाली र ओराली, जंगल हुँदै उक्त ठाउँमा पुग्यौं ।

आहा ! नदीनाला हरियाली, भरना कति राम्रो
साँच्चै प्रकृतिको वरदान रहेछ देश हाम्रो ।

मिलीजुली साथी भाइ खाजा खाई मिठो
विद्यालय आइपुगियो कति छिटो !

यस्तो प्रकृतिको सुन्दर उपहार पाएर
मनमनै खुसी भयौं हामी रमाएर ।

सुन्दरीजल जस्तो अन्य सुन्दर ठाउँ घुम्ने सपना बोकी
नाच्दै गाउँदै रमाउँदै आयौं भोला बोकी ।

चाँगुनारायण मन्दिर

साहित्य अधिकारी, ४ क

म मनहराको खोला तरेर चाँगुनारायण गएको थिएँ । यो मन्दिर लिच्छवीकालमा राजा मानदेवले बनाएका थिए । हाल यो मन्दिर भक्तपुर जिल्लामा पर्दछ । मानदेवले यस मन्दिरमा तिथि मिति सहित शिलालेखमा लिच्छवीकालीन भाषामा अक्षरहरू लेखिएका थिए । यसरी शिलालेखमा प्रमाणहरू पाइने हुनाले राजा मानदेवलाई प्रमाणिक राजा भनिन्छ । यस मन्दिरमा विष्णुको मूर्ति रहेको र चाँगु भन्ने ठाउँमा बनेको हुनाले चाँगुनारायण भनिएको हो । यो मन्दिर तलै तला भएको प्यागोडा शैलीमा निर्माण भएको रहेछ । यो मन्दिर भूकम्पले भत्किएको रहेछ । यहाँ अन्य मन्दिरहरू पनि



रहेछन् । चाँगुनारायणको मन्दिरबाट भक्तपुरको मनमोहक दृश्य पनि देख्न सकिन्छ ।

पुस्तकालयको महत्व

नेहा यादव, ४ ख

सार्वजनिक रूपमा इच्छुक पाठकहरूले विभिन्न सर्तमा पढ्न पाउने नियम बनाई विभिन्न विषयका पुस्तकहरूको सङ्ग्रह गरेर राखिएको घर वा ठाउँ पुस्तकालय हो । 'पुस्तकालय' शब्द 'पुस्तकको आलय' समास प्रक्रियाद्वारा निर्मित छ र यसको अर्थ हुन्छ पुस्तकको घर । पुस्तकभित्र पढ्ने-पढाउने, पाठ गर्ने-गराउने आदि उद्देश्यले तर्क, विचार, भावना, कल्पना, ज्ञानविज्ञान आदिका कुराहरू लेखिएका वा छापिएका हुन्छन् । त्यस्ता महत्वपूर्ण कुराहरूको अमूल्य सङ्ग्रहका रूपमा रहेका पुस्तकहरूको पनि बहुमूल्य सङ्ग्रह पुस्तकालय हो र यो हरेक जिज्ञासु एवम् कौतूहलप्रेमी मानवसमुदायका लागि निकै लाभप्रद हुने गर्दछ त्यसैले आजको युगमा पुस्तकालयको महत्व खुबै बढेको छ । पुस्तकहरूका बारेमा एउटा उक्ति छ - 'असल पुस्तकहरू सर्वोत्तम मानिसका मित्र हुन् ।' तसर्थ राम्रा किताब पढौं र ज्ञान बढाऔं ।

किताब

प्रथा श्रेष्ठ, ५ घ

बनेको छ किताब पानापानाले
किताब पढी लिन्छन् ज्ञान साराले ।

एक्लोपनको साथी हो किताब
दुःखी मनको खुसी हो किताब ।

सुतेको मनलाई जगाउँछ किताबले
मानिसलाई बुद्धिमान् बनाउँछ किताबले ।

मानिसको भविष्य हो, किताब
रङ्गीन फूलहरूको बगैँचा हो किताब ।

सुन्दर प्रकृति

कृष्ण रिजाल, ५ ख

प्रकृति हो धन् हाम्रो, हेर कति राम्रो
जति हेर्दै गयो लाग्छ त्यति राम्रो
हिमालको अग्लो शिर पहाडको छाती
तराईको खुट्टा लिई चढ्छौं माथि माथि ।
नदी ताल भरना हुन् हाम्रा ती गहना
यी सबैलाई छुँदा पूरा हुन्छन् यी चाहना
तराईमा हुन्छ धेरै गर्मी पानी कम पर्ने
पानी पर्दा हरियाली हुन्छ मन हर्ने ।
धान रोप्न पाउँदा कति मज्जा आउँछ
प्रकृतिको रूपै राम्रो खुसी भै उदाउँछ ।
धर्तीमा फूलसँगै चिरबिर गर्छन् चरा
धर्ती आकाश लाग्छ सबै हराभरा ।



मेरो स्कूल

सुविज्ञा नेपाल, ५ घ

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

साथी भाइ कति धेरै
गुरुहरू पनि,
पढ्ने लेख्ने काम सँगै
पाइन्छ खेल पनि ।

स्कूल गई पढ्न पर्छ,
असल मानिस बन्नु पर्छ ।
पढीलेखी ठूलो भई,
देशलाई चिनाउनुपर्छ ।

प्रकृति

प्रिजा श्रेष्ठ, ५ घ

प्रकृतिले भरिएको मेरो देश नेपाल,
छ सुन्दर, शान्त र विशाल ।

हरियाली वन छन् रूखले भरिएका
अग्ला हिमाल छन् चाँदीभैँ टल्किएका ।

वन जङ्गल सखाप पान्यो भने,
साना-साना विरूवा उम्रेनन् भने,
के हुन्छ हाम्रो प्रकृतिले भरिएको देश नेपाल ?
त्यसैले सबै जना मिली बनाऔँ,
हाम्रो देशलाई सुन्दर र शान्त विशाल ।

विद्यालय

प्रमित अधिकारी, ५ घ

नाइँ नाइँ मेलापात जान्छु म ।
खाना पनि खान्छु म ॥
विद्यालय गई पढ्छु म
राम्रो कुरा सिक्छु म ।
ज्ञान बुद्धि ल्याउँछौं
साथीसँग रमाउँछौं
खेल कुद्न पाउँछौं
राम्रो मान्छे बन्नलाई
पढ्नु पर्छ मन लगाई ।

Middle School Writers



Middle School Writers





The World's Most Poached Mammals

Abhigya Shrestha, VI 'B'

For pangolins are in danger because they are snatched by a stranger
For their scales which can't even fight cancer
Some say it's a fashion
Some say it's a medicine

The animal itself is eaten
And it is threatened
Some killed it saying it is bad luck
But now finding them is being lucky

They have needs that are not easily met in captivity
But it's enough with 300 pangolins poached every day
They maintain reasonable termite levels in various ecosystems
And if they are not there it could negatively affect humans
So, let us hold hands
And raise awareness about this unique mammal!



The Silent Tears

Dilasha Shrestha, VI 'C'

I laugh and enjoy outside
But I cry deep inside
I don't know why
Full of tears
Something destroys my life
With infinite doubt
I don't know what
Life is about.

The night is so dark
Thunder and rain
You come in my dreams
Again and again
No moon in the sky
No one to talk or share
I think in my life
There is nothing called luck
Waiting for your phone
Waiting for your reply
You don't know dear
How I live alone.

A Moment in My Life

Grishma R.L Rana, VI'C'

It was a clear day. I was in my house doing my homework, when I heard a bark. I knew it was a small dog. I was very amused because my small dog had died a few years ago. I was also, very scared. I slowly opened the door. I saw a small puppy.

Then, I saw my mother and asked her, "What is that puppy doing in our house?" She replied, "The puppy is staying with us." I was very excited about the fact that now the puppy belonged to me. I was very happy and I gave the puppy some water and played with it. So, this was one of the happiest moments in my life.

Punctuality to Succeed

Anjolee Thapa, VI 'C'



People say that achieving success is very hard. This is because they do not know the exact ways and steps which are followed for achieving success. One of the most important things to be successful is to be punctual. Many people are not punctual and not serious about time. That's why they are always behind in their work. Punctuality helps you to be self-disciplined.

It helps you to get things done. Many successful personalities in the world have succeeded because of punctuality. Besides being punctual there are many other things to be remembered toward the path for success. People who are punctual will succeed in life. Work hard, be punctual, and be successful.

My Experience of 'Bara'

Reedhima Tuladhar, VI 'C'



'Bara' is a Newari culture that every Newari girl has to go through. It is called Suryadarshan in Nepali. In Newari tradition, 'Bara' is observed for 12 days. Bara is done after Eeh (Bel Bibah). It is done before menstruation. Out of the 12 days, from the first till the fifth day, girls do not eat salty food. While one is in the phase of 'Bara', girl's cannot look at any male friends or family members. They are kept in a darkish room where they should not see the sun. On the 12th day, the girl's dress up beautifully, put make-up, and go to the terrace and observe Suryadarshan. Only then the girls are allowed to have a look at their fathers' faces. The girls are taken to a Ganesh Temple and a puja is performed. A party is conducted in order to celebrate this transitional phase where all the relatives, family, and friends come to greet the adolescent girls.



Earth

Stuti Thapa, VI 'D'

How beautiful you are, Earth, and how
sublime!

How perfect your obedience to the light and
how noble is your submission to the sun.

I have walked over your plains,

I have climbed your snowy mountains,

I have ascended into your valley,

I have entered into your caves,

On the plains I have discovered your dreams,

On the mountains I have admired your
splendid presence.



Shwena Shrestha, VI 'D'

Earth's seasons, that are Winter, Spring, Summer, and Autumn are caused by the yearly revolution of the Earth in its orbit around the Sun. When the Northern Hemisphere is pointed towards the sun it is Summer and when it is pointed away, it is Winter and vice versa for the southern hemisphere. Summer and Winter are heralded by their respective solstice, while Spring and Autumn fall begin at equators, when the Sun crosses earth's equator and night day are roughly equal length. Below, our source that are related to Earth seasons and the way they are affecting us.

The Best There'll Ever Be: Harry Potter

Saubhagya Lama, VII 'A'



There is a saying that Books are man's best companion and I have to agree with it friends, since I love reading books. I also have a good collection of books from various writers but my all-time favorite would be the Harry Potter series written by J.K. Rowling - wonderful books based on magic, friendship, and good versus evil.

There are seven books in the Harry Potter series. People usually start the book from the first series but in my case, it was the other way round. I actually started the series with the last book of the series, and I found it so interesting that within no time I finished reading the whole lot.

Talking about the Harry Potter series everyone knows that the story is about Harry Potter, his friends and the school where magic is taught. I love the story because of the way the magic world and the real world co-exist. The station that the magic world people use is the same station that people of the real-world use but the ordinary people don't know that a magic world exists. For that matter they don't even know that students of Hogwarts use their railway station to reach the magic platform and that makes the story more interesting. Who would have thought of giving us a story that tells us about both the magic world with all its magic and people without magic, but living together in the same world with ordinary people knowing that the magic world does not exist?



Secondly, I find the book interesting because of the relation between Harry Potter and Lord Voldemort. The way Lord Voldemort chose Harry Potter and the way Harry and Voldemort were related to with each other were brought together beautifully by Rowling.

All in all, I love reading the Harry Potter series. I love the way the story goes from one series to the next and the way the stories take you to the magic world, a world full of fascinating wizards and witches. I love the fantasy world that J.K. Rowling has brought to us. I hope Rowling writes more books on magic and magic worlds.

Arjen Robben

Suprav Bajracharya, VII 'A'

Arjen Robben is a Dutch professional footballer who plays for German club Bayern Munich. He usually plays as a left or right sided winger, and is known for his dribbling skills, speed, crossing ability and his accurate left foot long-range shots from the right wing. Robben first came to promise with Groningen for whom he was a player of the year for the 2000-2001 Eredivisie season. Two years later he signed for PSU where he was voted the young player of the Netherlands and won Eredivisie title. The following season he signed for the English giants Chelsea and won two consecutive titles with Chelsea and was the Premier League Player of the month in November 2005. After the third season with Chelsea, he moved to Spanish giants real Madrid. In August 2009, Robben transferred to Bayern Munich. He scored two goals in his debut game. In his first season in Bayern he won the league title. Robben is a club hero for Bayern scoring the winning goal in the final of the 2013 Champions League at the Wembley Stadium. Robben has won two world cup medals but none of them were gold. In 2010 he led the Netherlands all the way to the final but lost in 2014. He led the Netherlands to third place. In 2014, he was named to the FIFA pro world XI. His international playing career ended in June 2017 during the world cup qualifier against Sweden.

Journey to School



Aadishree Shah, VII 'B'

"Bye". I call out to my parents as I hop on to my dad's bike. It is early morning. The road is just getting busy. Moving down and away from the comfort of my home I find people warming up into activity. The day has just begun. I spot some of my school friends waiting for their bus to arrive. They wave and I wave back. By now, the sun is well and truly up. I sit in silent observation of the things going around me. I see many people opening their shops while some are taking their children to school. It gets a bit windy on the way. Now, the journey is not too long. I arrive. I wave bye to my dad with a smiling face. The silent yet rewarding journey keeps me fresh and happy all day through. This journey remains, close to my heart, in silent appreciation of the life and the things going around.

Sutho/Dried Ginger

Kripa Adhikari and Shikha Mahat, VII 'A'

Ginger is a common herb that has a familiar, tangy taste and aroma. It is often dried and powdered and used as spice in cooking and baking. You can also find dried, candied ginger in some type of sweets. Dried ginger also works as a medicine. It relieves us from nausea, loss of appetite, motion sickness, and pain. It also helps in reducing throat pain and cough.

Procedure of making Sutho (Dried Ginger)

1. Firstly, we need to collect ginger.
2. Then we should dip it in water for 3 to 4 days
3. After that we should peel out the ginger and cut it into slices.

4. Then we should dry it
5. After it is dried, we should grind the dried ginger
6. Finally, we should store it in an air tight container



Me as a Leader

Kaushtuvi Thapa, VII 'A'

Today I stand here with my head held high
 With the confidence in my vibe
 No wonder that I stand by the name of Kaushtuvi Thapa
 But maybe, maybe soon Rara House Junior Prefect will be the name I stand by



Once a friend and now a competitor
 I look inside me and see the leader
 All the qualities that I own are never to be faded
 And at the end the list will never be ended

It's not that I don't have negative qualities
 But what is it if I can't erase them ?
 And all these promises that I frame are not fake
 And I believe the trust you have on me is not fake

That capability in me to fulfill my duties will never decline
 The capacity in me to lead our house to success will never dwindle
 Together we can reach the sky
 So, just hold hands and close your eyes

It's not always about winning or losing
 It's about the capability, capacity, belief and faith I possess
 And your perspective towards my qualities, my capabilities and my attitude
 I believe at the end we all smile just because of that faith you had in me
 I believe I can influence you

Most importantly
 The biggest competition is me
 I am not looking to follow others or pull them down
 I am planning to test my own boundaries.

Importance of Friends

Sukriti Dhakal, VII 'B'

Friends are extremely important for everyone to live their life to the fullest. Friends are the most beautiful relations that we make who help us in taking right decisions at the right time or by supporting us in our decisions. During childhood,



friendship helps in making us understand and develop the habits of sharing and caring. True friends are extremely supportive of each other. Good friends are our best guides. The fact that

friends make life more fun and enjoyable cannot be denied. "Friends are the family who teaches us that enjoying life is not only about travelling or going to restaurants but is about spending quality time with them".

I am lucky to have a bunch of friends whose level of craziness matches mine all the way. They make my life amazing and so full of joy.



Facts That We Have Learned In School Are Wrong

Bibhusan Thapa VII 'B'

1. Christopher Columbus discovered America.

While many credit Columbus for the discovery of America, Viking Leif Erikson actually discovered it first in 1,000 A.D.

2. There is no gravity in space.

There is actually weak gravity in space. Objects in space that appear to be defying gravity are in reality just in a state of free fall.

3. Water is blue because it reflects the sky.

Water looks blue because pure water is a blue chemical caused by molecular structure as well as scattering of the light spectrum.

4. The Great Wall of China is seen from space.

The longest man-made object on earth is impossible to see from space. Seeing it from moon would be equivalent to seeing a single hair from 2,688m away.

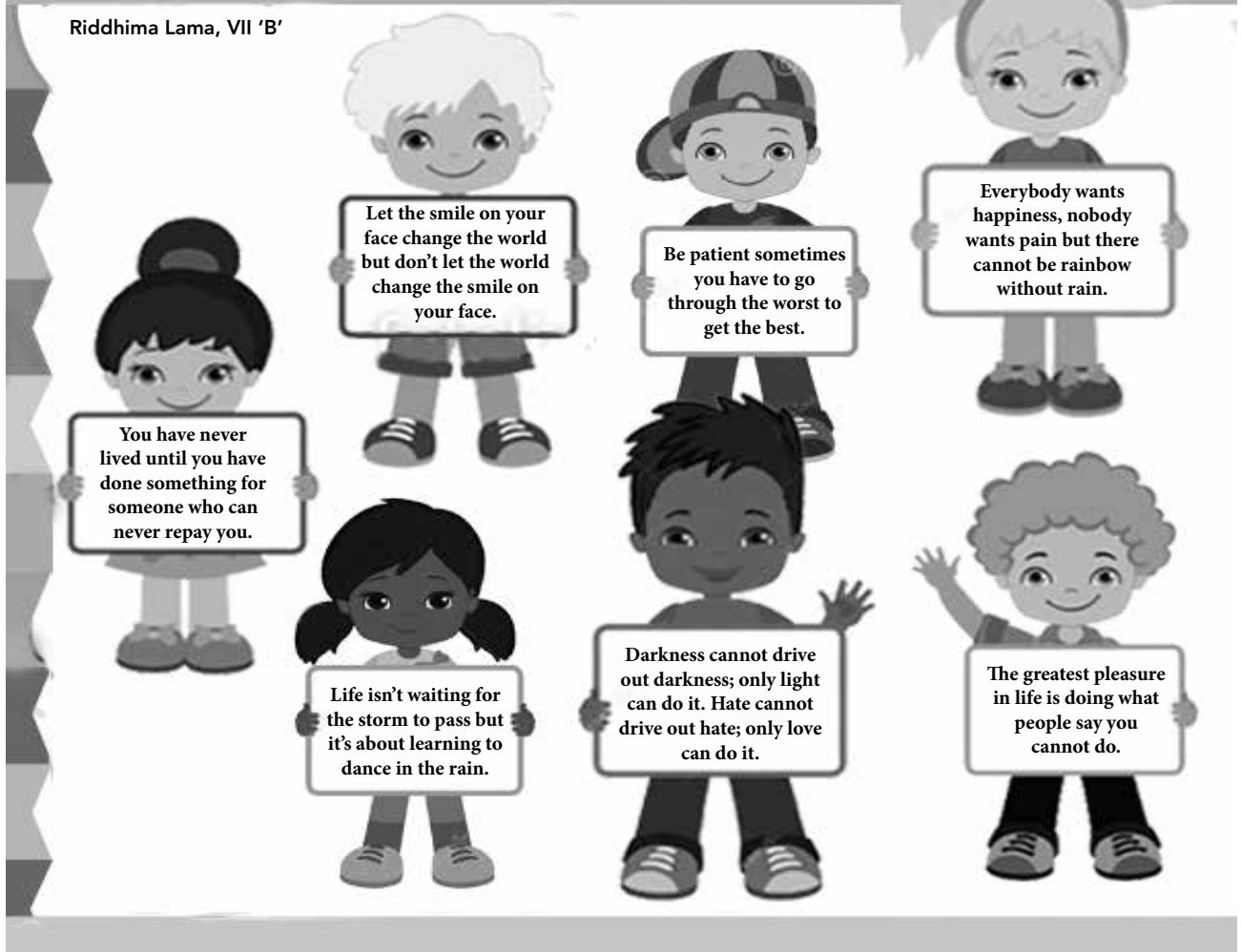
5. Bats are blind.

Despite tiny eyes and a nocturnal lifestyle, none of 1,100 known bat species are blind, while some rely on echolocation to hunt, some use primarily their vision.



7 beautiful Quotes on Life:

Riddhima Lama, VII 'B'



Be Thankful

Sonakshi Shrestha, VII 'B'

We humans seek for greater gifts, beauty and adventures and what we often forget is that everything we seek is ought to be around us. What we usually don't realize is that the universe has placed everything we need around us. We often tend to draw a blank to the fact that amongst all the dreams we are trying to fulfil, we have come a long way than where we were before. We don't show our gratitude towards the enormous favors that the universe has granted us with.

All of us humans need to learn to be thankful and learn to be satisfied with where we stand now without worrying about where we might be tomorrow. All of us need to train ourselves

to be thankful towards all the things that surround us including the trees next to our houses that gift us oxygen and even towards our mothers for gifting us the precious gift of forgiveness for the numerous times we didn't listen to her. Once you are thankful to what is around you, you will be thankful for this particular moment where you will have been reading the last statements of this article and realizing how generous life has been to you for all the presents you have received. Once you are thankful for this moment, you will be standing behind my words smiling and appreciating life and all its gifts it has for you.

Being a Blind Man Who Could Not See

Aarya Poudel, VII 'D'

I sat on the couch and felt the wind on my face. It was the spring season so I could smell the beautiful flowers in the garden. I could hear the noise of the children playing. I was enjoying the moment but then suddenly something popped in my mind. It was about the time when I was small. I started to remember my past. How happy I was when I was a child with my parents. Remembering those times made me teary-eyed. I was able to go to the school like a normal child and study and have friends. I always wondered why bad things only happened to me when my life was so perfect.

It was 15 years ago, the day my birthday. My parents had promised me to take me to a beautiful restaurant where I could invite my friends and have a huge party. I was excited. I had already prepared for everything and was dressed up. We finally sat in the car. My father, mother, and I were very happy. We were on our way to the restaurant. My parents were singing a happy birthday song for me. Suddenly, a big truck appeared in front of us. It seemed out of control. My father tried to steer the car towards the side but was unable to. And, B-a-a-a-a-m-m! The truck hit our car. I lost consciousness.

When I opened my eyes, I could not see anything. It was all dark. I tried to move but it pained a lot. I was unable to. I slowly said, "Excuse me is anyone there?" Suddenly I heard the crowd cheering, it was something like, "Oh my God! He finally woke up! Can you see me?" It was noisy. I said, "It's really dark here where am I? I cannot see anything!" There was silence, no one said anything. So, I said again, "Excuse me can you hear me? I said I cannot see anything!"

Then I heard a gentle voice that said, "Hi! I am your doctor it looks like you have finally woken up from coma, but you have lost your eyesight..." At that moment I was shocked, I had never expected that something like that would happen to me. I could not say anything. Tears rolled down my cheeks. I tried



to hold myself back and said again, "Then where are my parents and which year is this? You said I woke up from coma!" "I don't know about your parents! But yeah when you came here when you were 13 years old but now you are older, around 28 years," said the voice. I lost control. I was terrified. I tried to hold myself back and asked again "Can I-I call my frie-ends and rela-atives....?" "I am sorry, but we tried to contract your friends and relatives but could not find anyone. Even the hospital bill is pending right now," said a soft voice.

I was lonely. Had all my friends and relatives betrayed me? The ones I loved so much? What happened to them? Were they scared that they would have to spend money on me.....? I could not think of anything than these questions. I neither had my parents nor my relatives or friends and I was already 28 years old! I missed my parents so much at that time.....What was I to do now? I cried my chest out and finally decided to escape from the hospital anyhow because I did not have any money or people to support me. I had made up my mind.

It was night, they had asked me to go to sleep but after

some time when I heard the closing of the door I slowly got out of my bed and tried to feel the things around me. It was silent. I thought for a while, called a nurse and asked which floor it was and if I could go to the washroom. She said that it was the ground floor and insisted that she could take me to the washroom. She took me to the washroom. I asked her to stay outside and told her that I could take care of it myself. I got in and tried to find a window, I felt around and seemed to have come across a big window. I took whatever was there and tried to throw it in the direction of the window. Guess what? I heard the sound of breaking glass. I jumped out of it and tried to run as far as I can, I did not care about the pain and kept running. As it was night no one could notice me. It was cold outside. I did not know where to go. I tried to ask the people around me. They said it was Hawkins (my home town). I was on the road, I sat there hungry and cold. After around two

days a person came to me, offered me food and asked about me. It was a sweet voice and it made me feel comfortable. I told her about everything and how I escaped the hospital. It was my only option because I had no one and she was the only one who had shown kindness to me. I thought maybe she could help me and find me a home.

And here I am now! In the orphanage, my new home, I am happy. I got to start a new life here. I have friends and a lot of people who love me. Sometimes I do remember my past and wish I had vision. But then it's okay because there are other people in this orphanage who cannot see. I interact with them; they tell me their stories and I tell them mine. We help and support each other like a family. I am happy and thankful to be here.

Failure is the Way to Success

Jenishma Tamang, VII 'D'

People often fail to achieve common goals and happiness in their life. In a debate, the most impressive speaker is the one who is confident, not the one who is silent and does not have confidence. It is the most confident team that wins a tournament. Yes, people may fail multiple times, but it is important that they keep on trying. If you fail once, are you afraid? No, you should not be scared. Yes, sometimes it seems like its people's job to scare you, tease you, but you should always be brave and ignore what others say. Be confident, trust in yourself, only then you can succeed. Even great people, and scientists have failed but they didn't lose hope because they realized 'failure is the way to success'.

Was it a Nightmare ?

Kamira Rawal, VII 'B'

It was a cloudy morning. The houses in my neighborhood looked deserted. Not a soul stood on the terrace hung with colorful rows of washings. I, as an eight-year-old kid, found myself staring out of the window pane. The cloudy morning made me realize that it would be impossible for me to step out of the house. However, I was excepting it to make my finest Saturday. I went to the balcony hoping for some sun but since it was a cloudy day the sun was hiding behind the clouds. As I sat down on the chair, the house started to shake, all of a suddenly. My parents were in search of their little munchkin. Grandpa and grandma started to call out in such a tumultuous voice, and I could feel that they were more agonized than I was. The houses in my neighborhood started to disintegrate. I could feel the horror in the screams of people for the sake of their lives. Questions were surfacing in my mind like fire boosters. I clenched onto the grills of the balcony. Few seconds later the shaking stopped. I went downstairs. My face was full of fear and heart filled with nervousness. My mom locked me in her embrace, took a long breath and thanked god for saving her little brat. I closed my eyes and wondered if it was a fantasy.



Visit Nepal 2020 Campaign

Diksha Gyawali, VII 'D'

After the success of visit Nepal year 1998 and Nepal tourism year 2011 Tourism Board Nepal introduced visit Nepal 2020 campaign. It was announced to be held in 2018 but due to damages of the massive earthquake, it was not possible.

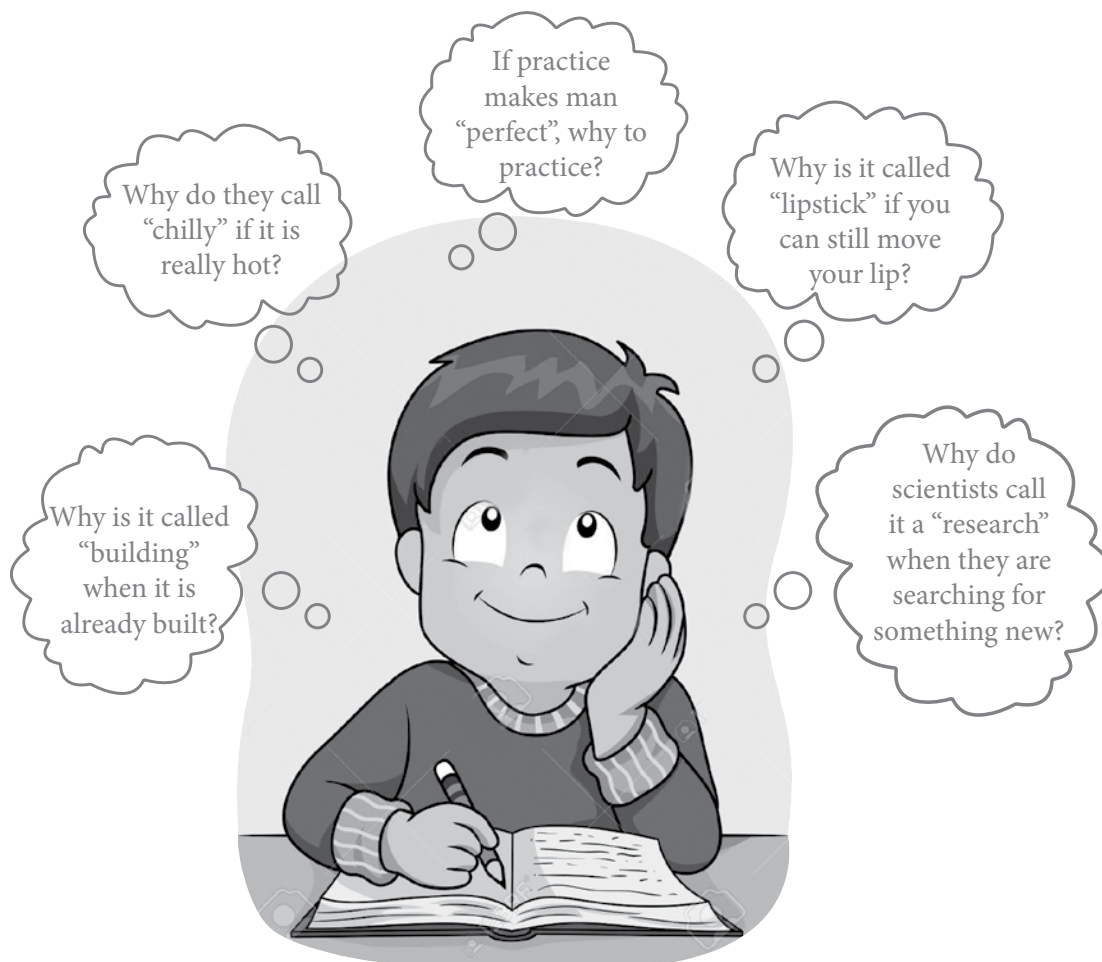
As Nepal is fifth amongst the top 10 countries to visit in the world and number one in best valued destination, the government is trying to make a successful tourism period till 2020. Currently in Nepal, there are over one million tourists annually. The main aim of the government is to double the number to 2 million.

By 2020, the government plans to operate two new international airports. They are Pokhara and Lumbini. The government is also planning to introduce new fleet of modern aircraft. The government also plans to operate TIA for additional 3 hours. The government has many plans to develop infrastructure for tourists.

There are many reasons to visit Nepal. After the great efforts of the government and other tourism sectors I am personally sure that visit Nepal 2020 is going to be a grand success.

Thinking for a While

Navaneet Baniya, VII 'D'



Bee Keeping

Manab Adhikari, VIII 'B'

Apiculture is the breeding, feeding and management of bees. There are more than 200 types of bees found all over the world. We are discussing about the major bee also known as "Honey Bee". Honey bees live in hollows of trees in jungle but when we bring them in our locality, we keep them in hives. A bee family consists of a Queen bee, the head and the leader of hive, drones, the male bees and the female workers. The queen bee's main function is to reproduce with the drones. A Queen bee can lay up to 3000 eggs per day. Its life span is almost 5 years. The drones help to fertilize the eggs with the Queen. After the drones fertilize, they die. The worker bees do many functions such as bringing nectar to the hive. Queen bees eat a special food known as "Royal Jelly". Bee keeping is an important source of income, nutrition and medicine. There are several uses of honey bees such as honey beeswax, pollen, propolis and pollination. Among these, pollination is their main use. The bees themselves are even more important as pollinators for agriculture and natural ecosystem. People prefer the honey of jungle and especially the honey made from nectar of Rhododendron flower. European Foulbrood, American Foulbrood, Thai Sacbrood, Chalk brood and Nosema are some diseases which are caused to bees. Nowadays, honey mixed with sugar solution is sold in the market, which is a wrong practice. The purity of honey can be easily checked by seeing whether or not it readily dissolves in water. If it dissolves quickly, then it is not of a good quality. Laboratory testing is another way of checking standard and purity of honey. Honey, wax and pollen should be stored in sealed container and protected from sunlight. It should be kept at dry, and dark place for making it last for longer period. They can be sealed in bottles, cans, drums and boxes and transported easily.



My Mother

Rojina Poudel, VIII 'C'

God watches over our every move
He sends us an angel to care
for us and gives us infinite love
But when she's angry, you better be aware.

We run to her when we are hurt
And as we cry, it's to her, our feelings blurt.
She listens to all our fears
And stays close to wipe our tears.
She comforts us and gives us advice,
For our safety she is always ready to sacrifice.
Sometimes for our mistake she pays the price
She frames our photo and dusts our prize.
No words can describe her enough,
For us she's soft, to protect us she's tough.
She can be compared with none other,
This angel is perfect, and she is my mother.

Being Independent

Nishma Mahotra, VIII 'C'

"Independence... is loyalty to one's best self and principles whereas this is often disloyalty to the general idols and fetishes". With that powerful sentence said by Mark Twain, I myself believe that being independent is one of the most important keys to achieve success in life. Being independent leads us to tackling our own problems in life. It is a very important and valuable skill or ability to be independent because this is not something everyone possesses. It makes us to love and believe ourselves just the way we are as in the end we all have to lean upon ourselves and die the same way. There may also not be someone holding us always. So, from today let us take a step to be independent for the betterment of ourselves.

That Time I Got Bullied

Ayushma Devkota, VIII 'C'



“Why are you crying? Aren’t you strong enough?” They said as they pushed me by the desk making me bleed. I could not say anything. I froze. My eyes looked lifeless and glassy, filled with tears.

Being considered a ‘nerd’ my entire life, I was never the kind who could stand up for myself. It was so normal for me to be treated like that, for I was the girl who never fought, never complained. After reaching home, I always used to see smiles on my parents’ faces which would always cheer me up. What else could you expect from a girl whose parents could never see her sadness?

What else could I do? I had to smile. Being alone at lunch, getting absurd stuffs written about me in the classroom board, getting abusive comments, everything was part of my daily routine.

Then, there came a time when I stopped smiling. Being blamed for something I didn’t do always made me annoyed. I was accused for hitting a boy with a brick making him severely bleed. I knew nothing of the incident until my parents were called to school. Getting my notes torn, physical torture, I could take them all. But this, got me overwhelmed with anger and as a result, I threatened to kill the boy who was the actual one who had done the deed. I was suspended for two weeks.

During those two weeks, I came to realize that not a single person is good. Everyone wants to be happy. But getting somebody else involved in a negative situation where you are the one who is spreading negativity, isn’t the wisest thing to do.

After the suspension was over, I did not at all want to go to school. It was pure compulsion that got me to go to school.

“Look, it’s her! She’s back!”

“Isn’t she the one who hit the boy from class-1?”

“Yeah, it’s her! What’s her name again? After all she has done, she still has the nerves to come here again.”

These whispers were so loud, they stung me to the heart. “So mean! why does my life have to be like this?” I thought. Imagine a girl’s frustration of getting bullied all the time. However, that day, I felt the need of a better me who could speak up for herself.

For the first time, I spoke up. “I didn’t do anything.” I said. Even though what I said was true, no one believed me, as expected.

But this one popular girl of my school, came up to me, gave me a smile. Even though it didn’t get the situation better, it made me feel better. We eventually became good friends and she even taught me to stand up for myself.

I never knew the reason of being bullied, maybe because of my innocence! But, the girl whom I talked about before gave me some instructions, which helped me gradually become happy.

Just know kids, everyone has his/her own problems. Try to help others, and you yourself will be treated nicely. I know it will take time, but the result will be positive.”

My mom ended her speech. There was a cold sensation on my cheeks. When I felt it, they were tears. Now I know why my mom and her best friend always used to mention about their friendship while in middle school. Who would have thought, that my mother, the most powerful motivational speaker, was once bullied.

कम्प्युटर, मोबाइल र इन्टरनेट

आदित्य प्याकुरेल, ६ क

अहिले हामी आधुनिक जीवनमा बाँचिरहेका छौं । अहिले को युग कम्प्युटरको युग हो । पहिले कोही कोहीसँग मात्र मोबाइल फोन हुन्थ्यो । कम्प्युटर चलाउन साइबर क्याफे जानुपर्ने अवस्था थियो ।

मोबाइल पनि फुच्चे किप्याड भएको थियो, जसमा फोन गर्न मात्र मिल्थ्यो । अझै पहिले त चिठी लेख्ने जमाना थियो । त्यतिबेला मान्छेहरू टाढाका आफन्तहरूसँग चिठी लेखेर कुरा गर्थे । चिठी, लेखेको एक दुई हप्ता पछि मात्र पाइन्थ्यो । अहिले इन्टरनेट, मोबाइल आएपछि चिठी लेखन कम हुँदै गएको छ । आधुनिक प्रविधि आएपछि चिठी लेख्ने काम कम भएको छ । दुई दशकमै यो संसार धेरै बदलियो ।

मोबाइल फोन, इन्टरनेट, कम्प्युटरले चिठीलाई प्रतिस्थापन गरेको छ । हप्ता, महिना लागेर पाइने चिठीलाई आधुनिक आविष्कारले केही सेकेण्डमै पुर्‍याइदिन्छ । मोबाइलमा इन्टरनेटद्वारा सात समुन्द्र पारी रहेका परदेशी साथीमाइसँग कुरा गर्न सकिन्छ । इन्टरनेटमा हामी खेल खेल्न सक्छौं, मनोरञ्जन गर्न सक्छौं, आफन्तसँग कुरा गर्न सक्छौं साथै गीत सुन्न पनि सक्छौं । हामीले इन्टरनेटमा धेरै कुरा गर्न सक्छौं ।

हामीलाई जानकारी बढुल्न, टाढाको आफन्तसँग कुरा गर्न, खेल खेल्न, गीत सुन्न र मनोरञ्जन गर्न इन्टरनेट, मोबाइल र कम्प्युटरको काम आउँछ ।

इन्टरनेटका फाइदा धेरै छन् । विश्वको आधाभन्दा बढी जनसंख्याले इन्टरनेटको फाइदा लिएका छन् । इन्टरनेटका कतिपय बेफाइदा पनि छन् । अहिले साना बच्चाहरूको हात हातमा मोबाइल हुन्छ । हिँड्न, बोल्न नजानेको बेलामा मोबाइल चलाउँछन् । मोबाइल, कम्प्युटरको प्रयोगले हाम्रो मस्तिष्कलाई हानि पुर्‍याउँछ साथै हाम्रो आँखा पनि खराब पार्छ । स्कुल र क्याम्पस पढ्ने विद्यार्थीहरूलाई इन्टरनेटको लत लागेको छ । उनीहरू पढाइमा भन्दा सामाजिक संजालमा व्यस्त हुन्छन् । प्रायः विद्यार्थी च्याटिङ गर्छन्, गेम खेल्छन् र पढाइ लेखाइसम्म ध्यान दिँदैनन् । गृहकार्य गर्न आएन भने उनीहरू सोध्दैनन्, सिक्न खोज्दैनन् । उनीहरू गुगलबाट साँच्चै । इन्टरनेटले हामीलाई एकलकाटे बनाउँछ । यसले हाम्रो तर्क शक्ति, सिर्जनाशक्ति, कल्पना शक्ति घटाउँछ ।

मोबाइल, इन्टरनेट, कम्प्युटर हामी एकाइसँगै आँ शताब्दीका मानिसको लागि अति आवश्यक कुरा हो । हामीलाई यी कुरा नभइ हुँदैन तर हामीले यसलाई ध्यान दिएर, ठिक समयमा प्रयोग गर्नुपर्छ । कम्प्युटरमा गेम नखेली क्रिकेट, फुटबल खेल्नुपर्छ । ट्विटरमा स्टेटसको सट्टा पत्रपत्रिकामा लेख छपाउनुपर्छ । इन्टरनेट प्रयोग गर्ने समय सिर्जनात्मक, कल्पनात्मक र तार्किक कुरामा लगानी गरे हामी शारीरिक र मानसिक रूपमा तन्दुरुस्त हुन्छौं ।



बालश्रम

शुभ्रता बराल, ६ क

सामान्यतः सोह्र वर्षभन्दा मुनिका बाल बालिकालाई बालक भनिन्छ । श्रम भनेको काम हो । त्यसैले 'बालश्रम' भन्नाले बालबालिकाले गर्ने कामलाई बुझिन्छ । बालबालिकालाई श्रम गर्न लगाउनु हुँदैन । उनीहरूको शारीरिक विकास राम्रोसँग भएको हुँदैन । आजका बालबालिकाहरू नै भविष्यका कर्णधार हुन् । त्यसैले उनीहरूका हातमा कापी, किताब र कलम दिनुपर्छ । आज पनि धेरै बालबालिकाहरू विद्यालय जान पाएका छैनन् । तिनीहरूलाई विद्यालयमा पठाउने वातावरण मिलाउनुपर्छ । होटेलहरूमा भाँडा माइन लगाउने, ईट्टा भट्टामा काम लगाउने, गलैचा बुन्ने, बस र टेम्पोमा खलासी राख्ने, गिट्टी फोर्न लगाउने, हुने खानेका घरमा घरायसी नोकरका रूपमा राखेर काम गराउने गरेको देख्दा नराम्रो लाग्छ । यस्ता कामहरूमा बालबालिकाहरूलाई लगाउन रोक लगाउनुपर्छ । बालश्रमलाई निषेध गरी श्रममा लगाउनेलाई दण्ड दिने व्यवस्था गर्नुपर्छ । प्रत्येक बालबालिकाले गाँस, बास र कपासका साथै पढ्नेलेख्ने अधिकार पाउनुपर्छ ।

मेरो देश

अमिशा पौडेल, ६ क

सङ्घीय लोकतान्त्रिक गणतन्त्र नेपाल एक दक्षिण एसियाली भूपरिवेष्टित हिमाली राष्ट्र हो । यसको भौगोलिक अक्षांश २६ डिग्री ४ मिनेट ८८ डिग्री २२ मिनेट पूर्वी देशान्तर सम्म फैलिएको छ । यसको कूल क्षेत्रफल १, ४७, १८१ वर्ग कि.मि छ । यो क्षेत्रफल पृथ्वीको कूल क्षेत्रफलको ०.०३% र एसिया महादेशको ०.३% पर्दछ । लण्डन स्थित ग्रीनवीच मिन्टाइम भन्दा पूर्वतर्फ रहेकोले गौरी शङ्कर हिमालको नजिक भएर जाने ८६ डिग्री १५ मिनेट पूर्वी देशान्तरलाई आधार मानी नेपालको प्रमाणिक समय ५ घण्टा ४५ मिनेट अगाडि मानिएको छ । नेपालको पूर्वी सीमाना मेची नदीदेखि पश्चिमी सीमाना महाकाली नदीसम्मको कुल लम्बाई ८८५ कि.मि. छ । उत्तरदेखि दक्षिणको चौडाई भने एकनासको छैन । पूर्वी भागभन्दा पश्चिमी भाग केही चौडा छ । त्यस्तै मध्य भाग भने केही खुम्चिएको छ । अन्तरिम व्यवस्थापिका संसदले पहिले नै घोषणा गरिसकेको सङ्घीय लोकतान्त्रिक गणराज्य संविधानसभा पहिलो बैठकबाट मे २८, २००८ मा आधिकारिक रूपमा कार्यान्वयन भयो ।



मेरी आमा

पावनी लिम्बु, ६ क

हामीलाई अति नै मिठो र प्रिय लाग्ने शब्द हो 'आमा' । जब आमा शब्दको उच्चारण हुन्छ, हामी सबैको मन भावुक हुन्छ । आमा हामी सबैको जननी हुन् । आमाले नै हामी सबैलाई जन्म दिएर संसार देखाउँछिन् । उनी माया र ममताकी खानी हुन् साथै हामी सबैको पहिलो शिक्षिका पनि हुन् ।

आमाले हामीलाई खाना पकाएर खुवाउँछिन् । हाम्रो हेरचाह तथा स्याहार सुसार गर्छिन् । हामीलाई सक्दो मद्दत गर्छिन् । आमाले आफ्नो सन्तानको लागि धेरै दुःख तथा पीडा भोगेर पनि सन्तानहरूको सुखमा रमाउँछिन् । मात्र सन्तान सुखको लागि आफू मैनभै जल्छिन् । आफ्ना सन्तानहरूका पीर, मर्का र समस्याहरूमा सधैं साहसका साथ हटेर लाग्छिन् । त्यसैले आमा हरेक व्यक्तिको जीवनमा एक मार्गदर्शक बनेकी हुन्छिन् ।

आफू दीयो भै जलेर पनि आफ्ना सन्ततिहरूलाई सधैं उज्यालो दिने भएकाले आमाको महत्त्व अत्यन्त ठूलो छ । त्यस कारण आमालाई हामी सबैले श्रद्धा र आदर गर्नुपर्दछ । त्यसैले भनिन्छ कि 'परिवार र समयको ठिक अर्थ थाहा पाउने महान् व्यक्ति हुन् आमा । आफ्ना सन्तानलाई माया र ममताको छायामा जीवनभर लुकाउने नारी हुन् आमा ।' मलाई मेरो बुबाको जतिकै मेरी आमाको पनि श्रद्धा, माया लाग्छ ।

काठमाडौंको हाल

हेमन्त खत्री, ६ क

काठमाडौंमा छ फोहोरै फोहोर र मैला
जता गयो त्यतै फोहोरका थैला ।
हावा प्रदूषण हुन्छ मोटरको धुँवाले
मलाई लाग्छ यस्तो भएको हो धेरै मान्छे हुनाले ॥
ध्वनि प्रदूषण हुन्छ कारखानाको आवाजले ।
जता गयो त्यतै चोर र गुण्डा राम्रो नियम नहुनाले ॥
अभाव छ पानीको रूख बिरुवा काट्नाले
अझै जग्गा फ्लटिङ्ग गर्ने भन्छन् पैसाको लोभले ।
वाग्मतीको पानी खान्छन्, भगवान्को जल ठानी
अनि बस्छन् भाडापखालाको सिकार बनी ।
विष्णुमतीको किनारमा पूजा गर्छन् भगवान् छन् भनी
त्यही खोलामा मिसाउँछन् ढल लाजै नमानी ।

मेरो देश

साकार बराल, ६ ख

मलाई प्यारो लाग्छ मेरो देश,
मेरो देश छ विश्वमा सबैभन्दा वेश
यही देशमा जन्मै म हुँकँ यही देशमा
हिँड्छु म सजिएर, सधैं आफ्नै भेषमा ।

प्रकृतिको रचना हो हिमाल, पहाड, तराई
सबैलाई आफ्नै देख्छु कोही छैन पराई ।
अनेक जाति भाषा, धर्म पहिचान एउटै
जो जो जे जे भए पनि नेपाली हौं सबै ।

लुम्बिनी र जनकपुर अनि सगरमाथा
गीत गाएर सकिँदैन वीरताका कथा
डाँफे मुनाल मयुरभैँ, नाच्न मन लाग्छ
मेरो देश नेपालको मलाई माया लाग्छ ।

बाढी र पहिरो

सृष्टि श्रेष्ठ, ६ क

गड्याङगुडुङ आवाजसँगै पन्यो ठूलो पानी
बाढी पहिरोले देशभर पुन्यायो ठूलै हानि ।
बास छैन, गाँस छैन, बाटो छैन गुड्न गाडी
यस्तो ठूलो विपत्तिमा को नै आउँछ र अगाडि ।

वन विनाश हुँदा भयो बाढी पहिरोले ठूलो क्षति
वातावरण बिगार्नु हुन्न भन्ने कहिले आउला मति ?
जागौं सबै लागौं अब रक्षा गर्न प्रकृतिको
स्वच्छ भए वातावरण रहन्छ अस्तित्व सम्पूर्ण जीवको ।

संयोग (कथा)

रोजन खनाल, ६ ख

नागपुर भन्ने ठाउँमा एउटा केटो बस्थ्यो । उसको नाम रागभ राना थियो । उसको पढाइ एकदमै कमजोर थियो । उसको परीक्षा नजिक आउँदै थियो तापनि उसले आफ्नो किताब नछोड्कन फेसबुक चलाउने, साथीहरूसँग घुम्न जाने आदि काम गर्न थाल्यो । उसको परीक्षाको दिन आयो । ऊ आत्तियो र विद्यालय गयो । परीक्षामा उसलाई कुकुरको बारेमा लेख्न भनियो । उसलाई उपियाँको बारेमा मात्रै थाहा थियो । उसले कुकुर घर पालुवा जनावर हो । त्यसका २ वटा आँखा एउटा मुख, एउटा लामो पुच्छर र चारवटा खुट्टा हुन्छन् त्यसको जीउमा रौं हुन्छ र रौं भित्र उपियाँ हुन्छ भनी लेख्यो । उसको अक्षर राम्रो भएकाले उसलाई गुरुहरूले फेरि बिरालोको बारे लेख्न दिए र उसले बिरालो एउटा घरपालुवा जनावर हो । त्यसको २ वटा आँखा, एउटा मुख, एउटा नाक, एउटा पुच्छर र चारवटा खुट्टा हुन्छन् । त्यसको जीउमा रौं हुन्छ र रौं भित्र उपियाँ हुन्छ भनी लेख्यो । फेरि गुरुले माछाको बारेमा लेख्न दिए र उसले माछा पानीमा बस्छ, त्यसलाई घरमा पनि राख्न सकिन्छ । माछा राती सुत्दा आँखा खुला हुन्छ । यदि माछा जमिनमा बस्न सकेको भए, त्यसको रौं हुन्थ्यो र रौं भित्र उपियाँ हुन्थ्यो भनेर लेख्यो यसरी कहिलेकाहीँ अड्कल गरेर लेखेको कुरा पनि संयोगले मिल्न जान्छ । यसो भन्दैमा आफ्नो कर्तव्यबाट बिमुख हुनु राम्रो होइन । एउटै कुरालाई बारम्बार जता पनि मिलाउन खोज्नु मुख्यता हो । विद्यार्थी जीवनमा मिहिनेत गरी पढेर हामी अब्बल बन्नुपर्छ ।

स्वस्थानी पद्धाको अनुभव

विशिष्ट वाग्ले, ६ ख

मैले र मेरो परिवारले २०७५/१०/०७ देखि घरमा हिटरको अगाडि चन्दन, फूल र अक्षता लिएर स्वस्थानीको कथा पढ्न सुरु गरेका थियौं । खाना खाएपछि तल्लो तलामा आएर मेरो कोठामा स्वस्थानीका श्लोकहरू वाचन गर्थौं । मैले पनि स्वस्थानीका अध्याय र श्लोकहरू पढ्थेँ । स्वस्थानीका कथा वाचन गर्न मलाई सधैं मज्जा आउँथ्यो । हरेक वर्ष एउटै अध्याय पढ्दा पनि मलाई यी कथा रोचक लाग्छन् । यसबाट हामीले कैयौं नैतिक शिक्षा प्राप्त गर्दछौं । यसकारण मलाई स्वस्थानीका कथाहरू मन पर्छन् । माघ महिनामा घरमा स्वस्थानी देवीको पूजा गरी कथा वाचन गर्नाले लोप हुँदै गएको संस्कारलाई जीवन्तता दिन पाउँदा र केही न केही नयाँ कुराहरू सिक्न पाउँदा म निकै हर्षित भएको छु ।

म बस्ने ठाउँ

संयम शर्मा, ६ ख

म बस्ने ठाउँ
धापासी हो नाउँ ।
आऊ हामी सबै मिली
धापासीको गीत गाउँ ॥

धापासीको अलि माथि
भोर गाउँ आउँछ ।
त्यहाँबाट चिसो हावा
धापासीमा आउँछ ।

धापासीको हावा पानी
मलाई राम्रो लाग्छ ।
त्यसैले त सधैं सधैं
धापासीमै बस्नूँ लाग्छ ।

मेरो देश

सान्निध्या अर्याल, ६ ग

मेरो देश नेपाल,
छ सुन्दर शान्त विशाल ।
हरियाली भरिपूर्ण छ मेरो देशमा,
चिनिन्छौं हामी यहाँ विभिन्न भेषमा ।

नेपालमा छ विश्वकै सबैभन्दा अग्लो चुचुरो,
हाम्रो लागि हो यो गर्व लाग्दो कुरो ।
छन् यहाँ हिमाल, पहाड, नदी, खोला,
यहाँको जस्तो सुन्दरता कहाँ पाइन्छ होला ?

प्राकृतिक सुन्दरताले भरिपूर्ण छ नेपाल,
जलस्रोतमा धनी छ हाम्रो नेपाल ।
घमण्ड गरेको होइन साथी,
गर्व छ मलाई मेरो देश माथि ।

अन्धविश्वास

अतित नेपाल, ६ घ

कुनै एउटा गाउँमा एउटा रामचन्द्र नामको मान्छे बस्थ्यो । ऊ अशिक्षित थियो । उसलाई पैसाको कमी भएर काम खोज्दै हिँडेको थियो । एकदिन त्यो गाउँको अध्यक्ष त्यो गाउँमा रङ्गशाला निर्माणका लागि आए । त्यो गाउँबाट रङ्गशाला निर्माणको लागि पाँचवटा कामदार चाहिएका थिए । रामचन्द्रलाई पैसा कमाउने राम्रो मौका थियो । सुरुमा रामचन्द्रलाई चुनियो । पछि त चुन्दाचुन्दै ६ जना भै सकेछन् तर कामदार ५ जना मात्र चाहिएका थिए । सबै कामदारले काम गर्ने रुचि देखाएका थिए । त्यसैले अध्यक्षले दौड प्रतियोगिता आयोजना गरे । जो दौडमा अन्तिम हुन्छ, त्यो कामदारबाट निकालिन्छ भनेर घोषणा गरियो । प्रतियोगिता सुरु भयो । रामचन्द्र दौडेर अगाडि पुग्यो । अचानक उसले बिरालोले बाटो काटेको देख्यो । यो देखेर उसले मनमनै सोच्यो "ओहो ! बिरालोले बाटो काटेको बाटोबाट जाँदा दिन अशुभ हुन्छ ।" यो सोचाइमा उसले अरु मान्छे गए पछि मात्र जाने भनेर ऊ त्यहाँ अरुलाई पर्खेर बस्थ्यो । यसो गर्दा ऊ अन्त्यमा पर्‍यो र प्रतियोगितामा पराजय भयो । उसले काम पाएन । रामचन्द्र जसरी हामीले अन्धविश्वासमा विश्वास गर्नुहुन्छ भन्ने शिक्षा यस कथाले हामीलाई दिएको छ ।

छोराको कर्तव्य

तुषार ऐडी, ६ घ

कुनै गाउँमा एउटा केटो आफ्नो आमाबुवासँग बस्दथ्यो । ऊ धेरै दयालु र बुद्धिमान् थियो । ऊ अरुले भनेको कुरा मान्थ्यो, तर उसका आमाबुवाले उसलाई मन पराउँदैनथे । त्यो केटोको एउटा असल साथी थियो । उनीहरू एक अर्कालाई सहयोग गर्दथे ।

एक दिन उसका आमाबुवाले उसलाई घर बाहिर निकालिदिए । ऊ आफ्नो साथीको घरमा बस्न थाल्यो । ऊ कहिलेकाहीँ आफ्नो घरको अगाडि जान्थ्यो र मन कमलो गर्दथ्यो । ऊ आफ्ना आमाबुबालाई धेरै मन पराउँथ्यो । ऊ दिनदिनै घरको अगाडि जान्थ्यो ।

एक दिन त्यो केटो घर अगाडि आयो । उसले मान्छेहरूको भिडभाड देख्यो । उसले घरमा आगो लागेको देख्यो अनि ऊ धेरै आत्तियो । उसलाई थाहा थियो कि उसका आमाबुवा घरभित्र थिए । उसलाई आफ्ना आमाबुबालाई बचाउन मन थियो । ऊ लुकेर घरभित्र छिन्थो । उसको साथी पनि ऊसँग थियो । उसका आमाबुवा घाइते भएका थिए । उनीहरू मुख छोपेर घरभित्र गए र उसका आमाबुबालाई बोकेर बाहिर निस्किए । आमाबुबालाई पानी छक्केर होसमा ल्याए । उनीहरूले छोराको काम देखेर धन्यवाद दिए अनि आफूले पहिले छोराप्रति गरेको व्यवहारप्रति पछुतो मान्दै छोरासँग बस्न थाले । यसबाट हामी कहिल्यै आफ्नो कर्तव्यबाट च्युत हुनु हुँदैन भन्ने सन्देश पाउँछौं ।

महिला जागरण

गरिमा पराजुली, ७ क

आजभोलि महिलाहरूको हिंसा, हत्या, अपहरण, बलात्कार आदि जस्ता घटनाहरू घटिरहेका छन् । नेपालमा मात्र नभई संसारका सबै देशमा महिला हिंसा, हत्या अपहरण, बलात्कार आदि घटनाहरू दैनिक रूपमा घटिरहेको समाचार सुन्नुपरिरहेको छ । नेपालमै निर्मला पन्त र नेहा पुन जस्ता महिलाहरूको बलात्कारको समाचार सुन्दा मुटु छियाछिया हुन्छ ।

यस्ता घटनाहरूको अन्त्य गर्नका लागि हाम्रो देशमा पनि धेरै संस्थाहरू खोलिएका छन् । यस्ता संस्थाहरू निरन्तर महिला हिंसाको अन्त्य गर्न खटिरहे पनि यसमा नियन्त्रणमा हुन सकेको छैन । यसको कारण चेतना र जागरणको कमी हो । यस्ता अपराधका विरुद्ध आवाज उठाउन र महिलाहरूलाई सचेत गर्न विभिन्न कार्यक्रमहरू आयोजना गरिएको हुन्छ तर यस्ता कार्यक्रम धेरै जसो सहरी क्षेत्रका पाँचतारे होटलहरूमा मात्र केन्द्रित हुन्छन् । जसले गर्दा अशिक्षित गाउँले पीडित महिलाहरूले लाभ लिन सकेका छैनन् । महिला हत्या, हिंसाको अन्त्यका लागि गाउँगाउँमा शिक्षा र चेतनाको जागरण फैलाउनु आवश्यक छ ।

आनन्दको खोजी

निकोल कँडेल, ७ क

म आनन्दको खोजीमा छु । संसारको जुनसुकै कुनामा गए पनि आनन्दको अत्तोपत्तो छैन । घर गए आमाबुवाको कचकच, विद्यालय गए पढाइको चिन्ता र बाहिर गए सडकमा हिड्ने मानिसहरूको भिडभाड । यति धेरै चिन्ताको भार एउटा बालकले कसरी उठाओस् ?

हामीले आनन्द किन प्राप्त गर्न सक्दैनौं त ? हाम्रो मनमा भएको डर र चिन्ताको कारणले हामीले आनन्दको प्राप्ति गर्न नसकेका हौं । जीवनमा आनन्दको कमी भयो भने हामी केही कुरामा पनि ध्यान दिन सक्दैनौं र समाजबाट पनि टाढिदै जान्छौं । आनन्दको कमीले मानिसलाई भित्र भित्रै पीडा दिइरहेको हुन्छ । आनन्द कसैले दिने होइन, ठाउँ, समय आदि हेरेर रमाउन सक्ँ हामीले आनन्द आफैँ भित्र पाउँछौं । आफ्नो मन भित्र

भएको डरलाई नियन्त्रण गर्न सके आनन्द प्राप्त हुन्छ । अरुका कुरा के गर्ने हामीले आफैँलाई विश्वास गर्दैनौं र आफूमा भएको गुणलाई प्रश्न गर्छौं । जे कुरालाई पनि सबैभन्दा राम्रो बनाउने प्रयास गर्छौं । आमाबुबालाई सन्तानको असफलताको डर, विद्यार्थीलाई परीक्षामा असफल हुनुको डर, युवालाई काममा असफलता पाउनुको डर, गरिबलाई गरिबीको डर र धनीलाई धन गुमाउनुको डरले सताइरहेको हुन्छ । मानिसमा भएको डरको कारणले संसारमा भएको आनन्द हराइरहेको छ । गलत सूचनाको कारणले परिवार र समाजमा अशान्ति फैलिन्छ ।

पहिला त आफू को हो भनेर चिनीं अनि आफ्नो लक्ष्य चिनेर जीवनलाई बिस्तारै अधि बढाऔं । मनमा भएको असफलताको डरलाई हटाऔं । आफ्नो लक्ष्य र संसारको शान्तिमा ध्यान दिए मात्र आनन्दको प्राप्ति हुन्छ ।

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विभूषण थापा, ७ ख

ऊ को हो ? कहाँबाट आई ?
कसैलाई थाहा छैन ।
कहाँ जान्छे त्यो थाहा छैन,
मानिस कति गिर्न सक्छन् ।

दिनरात दुःखी जीवन बिताउन बाध्य छे ऊ
आफ्नो सहारा कोही नभएको महसुस गर्छे ऊ
समाजले लगाउँछ अनेक आक्षेप उसलाई
एक्लो भएर नै बोक्सी भनी हेपिन्छ उसलाई ॥

सानै उमेरमा परायको घरबाट निकालिँदा
बाहिरी जीवन के हो थाहा छैन,
दिनरात काममा खटिन्छे ऊ तर
आफ्नो भविष्यको बारेमा थाहा छैन ।

दिनरात सङ्घर्ष गर्छे ऊ,
आफ्नो परिस्थिति बुझ्न खोज्छे ऊ
जीवनमा केही गर्न खोज्छे ऊ
सपनाको सागरमा डुब्छे ऊ ॥

मानिसले मानिसलाई हेप्ने संसार यो कस्तो ?
मानिसले मानिसलाई बेच्ने यो शरीर कस्तो ?
मानिसको व्यवहार देखी आत्महत्या गर्न खोज्छे ऊ
तर छोरीको अनुहार झलझली सम्झन्छे ऊ ॥

हार मान्दिन कहिले इतिहासमा नाम लेख्नु छ उसलाई
प्यारी छोरी र आफ्नो भविष्यको सोच्नु छ उसलाई
समाजले के भन्छ त्यसको बारेमा कुनै कुरा सोच्दिन ऊ
निरन्तर अगाडि बढेर कठिनाइको सामना गर्न छोड्दिन ऊ ।

जीवनको यात्रा

शरद जमकटेल, ७ ख

जीवन सधैं एउटै भूगोलमा बग्दो रहेनछ,
जीवन यात्रा सधैं सरल रेखामा चल्दो रहेनछ ।

जीवनमा वसन्त मात्र होइन, वर्सात पनि आउँदो रहेछ,
सुख मात्र होइन जीवनमा दुःखले पनि ढाक्दो रहेछ ।

जीवन शुक्लपक्षको उज्यालो मात्र नभई,
चुक जस्तै औँसीको रात पनि हुँदो रहेछ ।

जीवनका दुःख सुनेर मात्र होइन,
देखेर र भोगेर मात्र थाहा हुँदो रहेछ ।

जीवनलाई हराभरा बनाउने प्रकृतिले, विनाशलाई रच्दो रहेछ,
जीवनमा त मुटु कोपर्ने क्षणहरू पनि सहनुपर्दो रहेछ ।

नेपाल आमा

आमना पौड्याल, ७ घ

नेपाल आमा तिमी नै मेरो मुटुको धड्कन हो !
सन्तान हामी जन्मियौं, हुक्यौं धेरै नै धन्य छौं !
रूपकी रानी कर्मकी खानी हे आमा नेपाल ।
उत्तरतिर चाँदी नै जस्ता क्या राम्रा हिमाल ॥

हिमाल, पहाड, तराई मिली बनेको नेपाल ।
संसारभरि तिमी नै राम्री हो आमा नेपाल ॥
मन्दिरै मन्दिर भएको देश गौरव यही भो ।
हजारौं नदीनाला छन् यहाँ यही नै शान हो ॥

सर्वोच्च शिखर सगरमाथा विश्वको शिर हो ।
फेवा, रारा, रूपा र बेगनास् हजारौं ताल भो ।
आमालाई छोडी विदेश जाने नगरौं हामीले ।
आमाको आँसु पुछेर छाडौं नेपाली हामीले ॥

जीवन

ओशिन पाण्डे, ७ ग

जीवन सुन्दर छ तर सधैं सजिलो हुँदैन । जीवनमा धेरै समस्याहरूलाई हामीले साहसले भेल्लु पर्छ । सुख, दुःख, हार, जित, दिन, रात सबै एउटै सिक्काको दुइटा पक्ष हुन् । यसरी नै जीवन सुख, जित, आनन्दको भण्डार हो र साथै पराजय दुःख, पीडाको पनि भण्डार हो । यो संसारमै कोही त्यस्तो मान्छे छैन जसले गाह्रो र अप्ठ्यारो परिस्थितिहरूलाई भेलेको छैन ।

दुःखका पलहरूले हामीलाई भगवान्को याद दिलाउँछ । यदि संसारमा सबै खुसी छन् भने संसारको निर्माण कर्ताको याद कसले गर्ने ? त्यसैले जीवन गुलाबको बिछ्यौना नभई त्यहाँ गुलाबको बोटको काँडा समेत हुनुपर्छ । अनि यस्ता सबै परिस्थितिलाई हामीले सजिलै स्वीकार्न सक्नुपर्छ । जो मान्छेलाई जीवनमा केही पनि कठिनाई परेको हुँदैन, तिनीहरू साना साना दुःख पर्दा पनि धेरै आत्तिने गर्छन् । यसरी तिनीहरू सधैंका लागि डिप्रेसन जस्ता रोगको सिकार पनि हुन सक्छन् ।

जसले आफ्नो जीवनमा दुःख गर्न सिक्दैन, त्यो मान्छेले कहिले पनि सफलता हाँसिल गर्न सक्दैन । विद्यार्थीकै उदाहरण लियौं भने, "विद्यार्थीहरूले धेरै मिहिनेत गरेर परीक्षाको लागि तयारी नगरेको भए, उनीहरूले पनि परीक्षामा, राम्रो अङ्क पाउँदैनथे होला । जीवन पनि एउटा परीक्षा नै हो जहाँ हामीले आफूले जानेका बुझेका सबै कुरा गरी जीवन व्यतित गर्छौं ।

राजा, मन्त्री र अरू धनी मानिसहरूले पनि दुःख न भोगी केही पनि हुँदैनथ्यो । दुःखले मानिसलाई बुद्धि र अनुभव दिन्छ ।

सबै कुरा सोच्दा, जीवन एउटा सुन्दर गुलाबको ओछ्यान हो जहाँ कतै कतै काँडा पनि हुन्छ । जसले यो कुरालाई बुझ्छ त्यही नै सफल हुन सक्छ । सुन्दर जीवनको लागि दुःखको पनि आशा गर्न सकिनुपर्छ ।

स्वस्थ मुटु

श्रेयस मानन्धर, ७ ग

मुटु मानव लगायत अरू विभिन्न भर्तिब्रेट (ढाड भएका) प्राणीहरूको शरीरको एक अङ्ग हो । यो अङ्ग शरीरको रक्त सञ्चालन प्रक्रियासँग सम्बन्धित छ । मुटु मानव तथा अन्य प्राणीहरूमा भएको पेशी अंग हो, जसले रक्तनली मार्फत संचार प्रणालीमा रगत पम्प गर्ने काम गर्छ । मुटु हाम्रो शरीरको सबैभन्दा महत्वपूर्ण अङ्ग हो । यदि हाम्रो मुटुले काम गरेन भने हाम्रो शरीरको कुनै पनि अङ्गले काम गर्दैन त्यसैले स्वस्थ मुटु हुन जरूरी छ ।

आजकलको आधुनिक जमानामा हामी मानवहरू साह्रै लापरवाह हुँदै गइरहेका छौं । हामीलाई हाम्रो स्वास्थ्यप्रति ध्यान पनि छैन । लापरवाहीको कारणले आजकल मानिसहरूलाई हृदयघात र मुटु रोग हुन्छ । यस्ता डरलाग्दा रोगहरूबाट बच्न स्वस्थ मुटु चाहिन्छ र मुटुलाई स्वस्थ बनाउन हामीले यी कुरा गर्नुपर्छ :

- क) लागू पदार्थको सेवन गर्नु हुँदैन ।
- ख) कोलेस्ट्रॉल (रगतमा चिल्लोपन) घटाउन चिल्लो नभएको खानेकुराहरू मात्र खानुपर्छ ।
- ग) रक्तचापलाई नियन्त्रणमा ल्याउन पर्छ ।
- घ) मधुमेहलाई पनि नियन्त्रणमा ल्याउनु पर्छ ।
- ङ) अल्छी नमान्ने दिनको २०-३० मिनेट व्यायाम गर्नुपर्छ ।
- च) मोटोपन घटाउनुपर्छ ।
- छ) पौष्टिक खानेकुराहरू मात्र खानुपर्छ ।



**हामीले यति कुरामा मात्र ध्यान दिए मुटु स्वस्थ हुन्छ ।
आफ्नो मुटुलाई स्वस्थ बनाऔं र स्वस्थ जीवनयापन गरौं ।**

सुपादेउराली

नवनित बानियाँ, ७ घ

नरपानीको खोलैखोला अर्घाखाँची हो ठाउँ ।
अर्घाखाँचीको प्रसिद्ध मन्दिर सुपादेउराली हो नाउँ ॥
सित खोलाको तिरैतिर लाहुरे टाँसिएको भीर ।
देउरालीको बाटो हिँड्दा ठाडो हुन्छ हाम्रो शिर ॥

तल बग्छ खानी खोला माथि हिँड्छन् गाडी ।
झाडभरहरू हाँकछन् गाडी घुमाउरो बाटो मोडी ॥
चारैतिर हरियाली स्वच्छ र सुन्दर छ यो ठाउँ ।
सुपादेउरालीको दर्शन पाउन अर्घाखाँची जाऊँ ॥

भाकल गरी लाहुरेले पूरा गन्यो आफ्नो माग ।
पछि बेवास्ताका कारण गर्नुपन्यो यो संसारको त्याग ।
भाकल पूरा भएपछि उसले देउरालीतिर दिएन ध्यान
तसर्थ बेइमानी गरेकाले गुमाउनुपन्यो उसले ज्ञान ॥

सबैले चिताएको पूरा गर्छिन् प्यारी माता देउरालीले ।
भन्छन् सबैको भलो गर्छिन् प्यारी माता देउरालीले ॥
धेरै भक्तजन देख्न पाउँदा खुसी हुन्छिन् दाता ।
सबैको माग पूरा गर्छिन् हाम्री दुर्गा माता ॥

मेरो देश मेरो गौरव

अर्नभकुमार नेपाल, ७ घ

मेरो देशको नाम नेपाल हो । मेरो देश पूर्व मेचीदेखि पश्चिम
महाकालीसम्म फैलिएको छ । मेरो देशको राजधानी काठमाडौँ
हो । नेपाल क्षेत्रफलमा सानो भए तापनि सुन्दर छ ।

मेरो देशमा विश्व प्रसिद्ध पशुपतिनाथ, मुक्तिनाथ, लुम्बिनी,
मनकामना जस्ता धार्मिकस्थलहरू छन् । मेरो देश नेपाल
हिमाली भेग, पहाडीभेग, र तराईभेगमा विभाजित छ ।
गौतमबुद्धको देश, सीताको देश अरनिको को देश, पृथ्वीनारायण
शाहको देश नेपाल, यस्ता महान् विभूतिहरू मेरो देश बाहेक
अन्त कतै पनि पाइँदैन । यो मेरो देशमा मात्र पाइन्छ । मेरो
देशको राष्ट्रिय जनावर गाई, राष्ट्रिय चरा, डाँफे, राष्ट्रिय रङ्
सिम्रिक, राष्ट्रिय फूल लालीगुरास हो । मेरो देश चार जात ३६
वर्णको साभा फूलबारी हो । मेरो देशमा हरियो वनजङ्गल,
ताल, पोखरी, नदी र धेरै किसिमका जडीबुटीहरू पाइन्छन् ।

विदेशीहरू पनि हाम्रो देशप्रति आकर्षित छन् । मेरो देश नेपाल
अत्यन्त सुन्दर भएकोले धेरै मानिसहरू नेपालको अवलोकन
गर्न आउँछन् । हामी पनि हाम्रो देश हाम्रो गौरव नेपाललाई
माया गर्नुपर्छ । राम्ररी पढेर असल बन्नुपर्छ र देशको विकास
गर्नुपर्छ ।

चितवन राष्ट्रिय निकुञ्ज

आर्या पौडेल, ७ घ

चितवन राष्ट्रिय निकुञ्ज नेपालको सबैभन्दा पहिलो तथा
सबैभन्दा पुरानो निकुञ्ज हो । यसको स्थापना सन् १९७३
मा गरिएको थियो । यसलाई सन् १९८४ मा विश्व सम्पदा
क्षेत्रमा सूचीकृत गरिएको थियो । यसको क्षेत्रफल ९३२ वर्ग
किलोमिटर छ ।

१९ औँ शताब्दीसम्म जङ्गलको रूपमा रहेको चितवन
राष्ट्रिय निकुञ्जमा जाडो याममा नेपालका शासक
वर्गहरूको मनपर्ने सिकार स्थान रहेको थियो । सन् १९४०
सम्म नेपालको दक्षिणी भेगदेखि काठमाडौँको यात्रा ज्यादै
कठिन थियो जसले गर्दा जङ्गलको बाटो प्रयोग गर्ने
वटुवाहरू त्यहाँ महिना शिविर लगाएर बाघ, भालु, गैँडा
जस्ता जनावरका सिकार गर्ने गर्दथे । सन् १९५० मा
चितवनको वन र घाँसे मैदान २,६०० वर्ग किलोमिटरमा



विस्तार भयो जसमा लगभग ८०० वटा गैँडाको
वासस्थानको रूपमा यसलाई परिणत गरियो । जस मध्य
पहाडी क्षेत्रदेखि गरिब किसान कृषि योग्य भूमिको
खोजमा चितवन उपत्यका सरे त्यस बखत वनजङ्गल
मासेर त्यहाँ बस्ती बनाएर वन्यजन्तुको चोरी सिकारी
व्यापक भयो । सन् १९५७ मा देशको पहिलो संरक्षण
व्यवस्था कानुनले गैँडा र त्यसको वासस्थान संरक्षण
गर्न जोड दिएको थियो । यसरी पछि त्यहाँका
जीवजन्तुहरू संरक्षण हुँदै गए ।

चितवन राष्ट्रिय निकुञ्ज नेपालको सबैभन्दा लोकप्रिय
पर्यटन स्थलहरूमध्ये एक हो ।

नेपालः एक सिङ्गो परिवार

स्वाति शाह, ८ क

हाम्रो देश र मातृभूमिको नाम नेपाल हो । यो एशिया महादेशको दक्षिणपट्टि पर्दछ । सबैतिरबाट जमिनले घेरेको देशलाई भूपरिवेष्टित देश भनिन्छ । नेपाल एक भूपरिवेष्टित देश हो । नेपाल वर्ग किलोमिटरको स्वरूप र आकारले सानो भए तापनि यो देश आफैँमा एउटा दुनियाँ हो, एक सिङ्गो परिवार पनि हो ।

नेपाल धार्मिक, सांस्कृतिक र जातीय देश हो । नेपालमा करिब १२५ विभिन्न जातजाति र १२३ विविध भाषाभाषीका मानिसहरू बसोबास गर्छन् । जातीय रूपले विविध भए तापनि नेपालीहरू एक अर्काप्रति समान आदर प्रकट गर्छन् र एक समानको स्वभाव देखाउँछन् । नेपाल एक सिङ्गो परिवार हो र यहाँ बसोबास गर्नेहरू त्यस परिवारका सदस्यहरू हुन् । एक अर्काबीच अन्योन्यश्रित सम्बन्ध छ । पृथ्वीनारायण शाहले पनि "नेपाल चार जात छत्तिस वर्णको फूलबारी" भनेका छन् । नेपालीहरू एक अर्काको चाडपर्व, धर्मलाई उत्तिकै प्राथमिकता प्रदान गर्छन् । यहाँ मन्दिरले मस्जिदको रिस गर्दैन न त गुम्बाले गिर्जाधारलाई गाली गर्छ ।

नेपालीहरूको दृष्टिकोणमा सबै जातजाति, परम्परा, धर्म एक समान हुन् । गुम्बा, मस्जिद, गिर्जाधर जुन धर्मस्थलमा गए पनि हामीले ढोग गर्छौं । एक अर्काको चाडपर्वमा संलग्न भई मनोरञ्जन पाउँछौं । एक अर्कासँग दुःख र सुखको



भावना व्यक्त गर्छन् । सुखमा सुखी हुने र दुःखमा दुःखी हुने साथीभाइको नाता सबैसँग राख्छन् । यस्तो मेलमिलाप देखेर प्रकृति पनि खुसी हुन्छ । नेपालीहरू एकअर्कामा भरिपूर्ण भएको महसुस गर्छन् ।

आपसमा अन्योन्यश्रित सम्बन्ध राख्ने, सबै धर्म, चाडपर्वलाई उत्तिकै प्राथमिकता दिने यस परिवारका सदस्यहरूलाई देखी हिमाल मुसुमुसु हाँस्छ, रुखहरू नाच्छन् । भेदभावको भावना नदेखाई एक अर्कामा मिलेर बसेका छन् । त्यसैले नेपाललाई एक सिङ्गो परिवार र एउटा आफैँमा एक दुनियाँ भनेर भनिन्छ ।

आमा

रिजुला श्रेष्ठ, ८ ख



औँला समाती बाटो देखाइदेऊ ।
अँध्यारो मस्तिष्कमा तारा चम्काइदेऊ ।
ममताको भोलीमा मलाई भुलाइदेऊ ॥

चर्को घाममा शीतल छहारी बनिदेऊ ।
अँध्यारो रातमा जून बनिदेऊ ।
शिक्षाले मेरो जीवन सुधारीदेऊ ।
निद्रा नआउँदा लोरी सुनाइ देऊ ।
लडेमा मलाई हातले उठाइदेऊ ।
कहिले जित्दा, कहिले हार्दा
सुख, दुःखमा पनि ममताले भरिदेऊ ॥

अभावको देश

महिमा पाठक, ८ क

खानाको अभावले भोकाएको छ मेरो देश
मेट्न नसकिएको तृष्णाले छटपटाएको छ मेरो देश
गरिबहरूको अर्धनग्न शरीरले ढाकिएको छ मेरो देश
दुःख र पीडाको भुमरीमा रुमल्लिएको छ, मेरो देश ॥

कुपोषणले ग्रस्त नाबालकको भविष्य के होला ?
पढाइबाट वञ्चित छात्राले विद्यालय के हो भनी सोध्ली
लास बनेका रोगीहरूको जहानलाई कस्तो भयो होला ?
न्याय नपाएर भौतारिरहेकाको दुखेसो कसले सुन्ला ?

यतिका समस्या भए तापनि नेपालीहरू रमाएकै छन्
दुःख परेकालाई सहयोग गरी नेपाली हाँसेकै छन्
श्रम गर्नेहरूको शोषण गर्दै धनाढ्यहरू बाँचेकै छन्
अनैतिक काम गरेर पनि इज्जत र पैसा कमाएकै छन् ॥

तर मेरो देश भने भोको छ, माया, ममताको भोको
इच्छा अभै अधुरो नै छ, विभेद हटाउने धोको
हरिया वनजङ्गल र सेतो हिउँले भर्नु छ फेरि
मातृभूमिलाई तृप्त बनाउनु नै छ, आफू मर्दा खेरि ॥

बेरोजगारलाई रोजगार देऊ, मजदुरलाई हक
कर्म गर्नेलाई सम्मान देऊ, अत्याचारीलाई दण्ड
निर्दयीलाई माया देऊ, अभागीलाई साथ
यसरी नै अघि बढ्छ, मेरो देश नेपाल ॥

मेरो प्यारो सहर

सुजल पाण्डे, ८ ख

पशुपतिको घर तिमी, बागमतीको सहर,
हेर्दा हेर्दै कति चाँडो भइसकेछौ फोहोर ।

धुलो र धुवाँको घर तिमी भएछौ ।

फोहोरको तिमी सहर ।

तिम्रा ती पवित्र नदीहरू,

आज भइसकेछन् अपवित्र ।

अस्तिभर्खर पिउन मिल्ने बागमतीको पानी,

आज भएछ हेर्दा पनि घिन लाग्ने ।

तिम्रा ती घाँसे मैदानहरू,

आज भएछन् उजाड ।

मन्दिरै मन्दिरको सहर तिमी,

आज भएछौ फोहोरै फोहोरको सहर ।

तिमीले दियौ बस्न मानवलाई ठानी मित्र,

तर तिम्रा ती मित्रहरू आज भएछन् दुश्मन ॥

मैले सकिनँ

कपिल घिमिरे, ८ क

आकाशभरि तारा थिए, गन्ध मैले सकिनँ ।
मुटुभरि व्यथा थिए, पोखन मैले सकिनँ ॥

म जन्मेको भूमिलाई त्याग्न मैले सकिनँ ।
पल-पलको सुख दुःख भुल्न मैले सकिनँ ॥

खोला भरि पानी थियो पिउन मैले सकिनँ ।
आँखाभरि आँसु थियो पुछ्न मैले सकिनँ ॥

आमाको धेरै माया थियो महत्व बुझ्न सकिनँ ।

कलम

कपिल घिमिरे, ८ क

कलम मेरो मित्र, बनाउँछ राम्रो चित्र ।
हेर्छ घरीघरी, होइन आँखा तरी ।

कलम सानो छ, तर काम ठुलो छ
सेता सेता कागजमा, बुट्टे चित्र भर्छ ।

वृद्धवृद्धाको हेरचाह

रितेश पौडेल, ८ ख

मानिस शिशु, तन्नेरी, युवा, प्रौढ तथा वृद्ध अवस्था हुँदै कालको पर्खाइसम्म पुग्छ । यसरी वृद्धअवस्थासम्म पुग्दा मानवले आफ्नो जीवनभरि धेरै दशकहरू काट्छ । सँगै आफ्नो जीवनमा धेरै अनुभव र शिक्षादीक्षासमेत उसले प्राप्त गर्छ । तसर्थ वृद्ध अवस्थासम्म पुग्नुजेलसम्म उसले जीवनकै सबैभन्दा बढी अनुभव समेटिसकेको हुन्छ ।

वृद्ध अवस्था मानव जीवनचक्रकै अन्तिम अवस्था हो । यसको विकल्प मरणबाहेक अरु केही छैन । भनै वृद्धावस्थामा शरीरमा भएका मांशपेशीहरू चल्नसमेत अशक्त बन्छन् । हाडहरू पनि खिँड्दै जान्छन् । शरीर नै मासुको पुञ्ज बनिदिन्छ । थोरै कार्य गर्दा पनि पहाडै उचालेको भ्रम हुन्छ । आफ्नै शरीरले आफूलाई दुःख, पीडा र छटपटी बाहेक अरु केही दिँदैन । त्यसैले वृद्धवृद्धाहरूलाई आफूले पीडा खप्नुभन्दा मर्नु नै वेश भएको ठान्छन् । त्यसैले ईश्वरको नाम जप्दै वृद्धवृद्धा कालको प्रतीक्षामा रहन्छन् ।

वृद्धवृद्धा कठिन अवस्थामा पुग्दा समेत उनीहरूको उचित हेरचाह हुँदैन । 'पहाडमुनिका अस्ताउँदा' घाम को उपनाम उनीहरूका यौवनले मात्तिएका सन्ततिले दिन्छन् । वृद्धवृद्धा प्रायः आफ्ना वंशजका लागि उपलब्धीको स्रोत हुँदैनन् । यौवनको ऊर्जाले उन्मत्त भएका उनीहरूका छोराछोरीहरूले पनि आफ्नो स्वार्थको पछि अन्धा भएर हिँड्छन् । आफ्नै बाबुआमालाई समेत उपेक्षा गर्ने जस्तो असह्य व्यवहार तथा सनातन धर्मविपरीत अपराध गर्न उनीहरू पुग्छन् ।

के ती वृद्ध बाबुआमाले यही दिन देख्नलाई आफ्ना छोराछोरी हुर्काएका थिए ? के यही लाज र पछुतोले आफ्नो पुर्पुरो धिक्कार्न लक्ष्यले आफ्ना सन्तानलाई असल जीवन प्रदान गरेका थिए ? पक्कै पनि त्यस्तो घिनलाग्दो स्थिति भविष्यमा सिर्जना होला भनेर त उनीहरूले कल्पना समेत गरेका थिएनन् होला !

आफ्नो बुढेसकालको लट्ठी र सहाराको स्रोत बन्ना भनेर बाबुआमाले आफ्ना छोराछोरीको उज्ज्वल भविष्यका लागि भनेर दश नङ्गा खियाएर, मिहिनेत गर्छन् तर

भविष्यमा भने उनीहरूका सन्तानले आफ्ना मातापिताको हेरचाहमा कुनै चासो देखाउँदैनन् । सधैं आमाबुबालाई आफू र आफ्ना आकाङ्क्षाको अधीनमा नचाउन चाहन्छन् । त्यसैले प्रायः छोराछोरीले आफ्ना बाबुआमालाई वृद्ध अवस्थामा टेकेपछि वृद्धाश्रमको दैलामा निर्दयी पारामा फालिदिन्छन् ।

अहिले वृद्धाश्रममा वृद्धवृद्धाको व्यापक उपस्थिति छ । आफ्ना छोराछोरीबाट उपेक्षित ती वृद्धवृद्धा निराश मुद्रामा आफ्ना दुई चक्षुबाट बलिन्धारा पीडाका नुनिला आँसु चुहाउँदै शोक मनाउन बाध्य हुन्छन् । हामीले वृद्धवृद्धाप्रति त्यस्तो अमानवीय र घिनलाग्दो व्यवहार गर्नुहुँदैन । आफ्ना मात्र नभई सबैका वृद्ध बुबा, आमा, हजुरआमा, हजुरबुबालाई उचित सम्मान र कदर गर्नुपर्छ । उनीहरूको अनुभवबाट हामीले धेरै कुरा सिक्न सक्छौं । अहिले सरकारले वृद्धवृद्धालाई भत्ता दिने व्यवस्था गरेको छ । यसले वृद्धवृद्धाको उचित व्यवस्थापनामा सहयोग प्रदान गरेको छ । उनीहरूले प्राप्त गरेको भत्ता, खाद्यान्न, यातायात र लुगाफाटा, आदि अत्यावश्यक कार्यमा खर्च गर्ने गरेका छन् । यसबाट उनीहरूमा केही राहत महसुस भएको छ । वृद्धवृद्धालाई समाजमा उदाहरणीय योगदान दाताका रूपमा लिइन्छ । मरेपछि पिण्डदान गर्नुभन्दा बाँच्नुजेल वृद्धवृद्धाको जीवन रमाइलो तथा घमाइलो बनाउन सक्छौं । यो नै हाम्रो कर्तव्य हो ।

वृद्धवृद्धाले भरिपूर्ण वृद्धाश्रममा गएर हामीले उनीहरूका अनुभवको सँगालो सजिलै देख्न र सुन्न सक्छौं । आफ्नै वंशजले दिएको अपमानले ती वृद्ध बाबुआमा आखिर कसरी जीवनयापन गर्न सक्लान् ? हरिको नाम जप्नुपर्ने उमेरमा उनीहरूलाई शरीरले दिएको बोभभन्दा पनि आफ्नै कोखबाट जन्मिएको सन्ततिले पराईलाईभन्दा टाढाको व्यवहार गर्दा उनीहरूलाई कस्तो अनुभव होला ? त्यसैले उनीहरूको असल हेरचाह नै यो पीडा न्यून गर्ने माध्यम हो । 'आगो तापु मुढाको, कुरा सुन्नु बुढाको' भन्ने उखान नेपाली समाजमा प्राचीनकालदेखि नै चलिआएको छ । साँच्चै, यो भनाइ हाम्रो जीवनमा सन्देशमूलक हुन सक्छ । उनीहरूका अनुभव सुनेर नै हामीहरू आफ्नो जीवन राम्ररी सञ्चालन गर्न सक्छौं । मुहारमा चाउरी भए तापनि ओठमा मुस्कान भने हामी दिन सक्छौं ।

वृद्धवृद्धालाई असल हेरचाहका साथ सम्मान दिन सके मात्रै हाम्रो कर्तव्य पूरा हुन्छ । हामी पनि एकदिन वृद्धवृद्धा हुन्छौं 'जस्तो रोपिन्छ, त्यस्तै फल्छ ।' भनेभै हामीले आफ्ना वृद्ध आमाबुबा, हजुरबा, हजुरआमा प्रति गरेको व्यवहार हाम्रा सन्ततिले सिक्ने हुँदा आफ्नो वृद्धावस्था सुरक्षित र सुखी बनाउन हामीले वृद्धवृद्धाको उचित हेरचाह गर्नु आवश्यक छ ।

छोरीलाई पढाऔँ

कपिल घिमिरे, ८ क

छोरीलाई नगर्नु भेदभाव,
गर्छिन् उनले तिम्रै सेवा दिन रात ।
उनी पनि जन्मेकी हुन् तिम्रै कोखबाट,
त्यसैले छोरीलाई नपठाउनु मेलापात ॥

पढ्न पठाऔँ छोरीलाई पनि छोरा सरह,
उनलाई पनि ठुलो मान्छे बन्ने हुन्छ रहर ।
पढ्न पाउनु छोरीको पनि हो अधिकार,
नपढिकन पाइँदैन कुनै पनि रोजगार ॥

नगरीदिनु छोरीलाई उमेर नपुगी विवाह,
पढाइ बिना उनले कसरी गर्लिन् जीवन निर्वाह ।
यो देशमा भएकी छन् छोरी राष्ट्रपति,
अब हुन बाँकी छ छोरी प्रधान सेनापति ॥

दुर्गति

सम्राट पन्त, ८ घ

देश हाम्रो बिग्रँदै छ, भयो देशको दुर्गति
भ्रष्टाचारले गर्दा सायद देशले नगरेको हो प्रगति ॥

वीर गोर्खाली भनी नेपालीहरू चिनिँए है विश्वभरि ।
यस्तै अत्याचार भयो भने त्यो चिनो रहला कसो गरी?

विकासको नाममा यहाँ, विनाश पो भै रहेछ ।
नेपालीलाई चिनाउने नेपालको अस्तित्व कहाँ गैरहेछ ॥

नेपाल बन्छ भन्ने नेपालीको आश कहाँ हरायो ?
दुर्गति आफ्नै देशको देख्दा मन यो मेरो हरायो ॥

आफ्नै धन, सम्पत्ति, पहिचान, अस्तित्वलाई मासी ।
बन्न गएछ अरे यो नेपाली विदेशीको दासी ॥

हिँड्दा हिँड्दै मरिन्छ कि भनी यो मन सधैं डराउँछ ।
आफ्ना नागरिकहरू खोज्दै सिङ्गो यो देश कराउँछ ॥

जुन खुकुरीले गर्दा देशद्रोहीको नाम निशान मेटियो ।
त्यही खुकुरीले गर्दा आफन्तको घाँटी किन रेटियो ?

विदेश जान्छ यो नेपाली बन्नलाई करोडपति ।
यही धनी बन्ने सपनाले भयो देशको दुर्गति ॥

मनोवाद लेखन

प्रधानाध्यापकद्वारा अपभर्षट बोलाईँदा

स्थान - विद्यालयको कक्षाकोठा

समय - बिहानको दश बजे

पात्र - मिना

अशिमा गुरूङ्ग, ८ क

(कक्षाकोणमा अङ्ग्रेजी शिक्षकले पढाइरहनुभएको छ सबै साथीहरू सुन्नमा व्यस्त छन्, मिना झ्यालको कुनातिर बसेकी छे, आज बिहान ९ बजेतिर घटेको घटनालाई मनमा खेलाइरहेकी छे ।)

मिना: (मनमनै) पहिलो घण्टी सकिएपछि दोस्रो घण्टीमा मधुसरले विज्ञान विषय पढाइरहनुभएको बेलामा स्कुलको दिदी आउनुभयो र 'मिना' तिमी ११ बजे हेडसरको अफिसमा जाऊ भन्नु भयो । मलाई धेरै डरलाग्दो । मैले केही गल्ती गरेकी थिइँ । त्यसै पनि मलाई डर लागिरहेको थियो । दोस्रो कक्षा सकेपछि घण्टी बज्यो । त्यसपछि म प्रधानाध्यापकको अफिसतिर लागें । अफिसतिर जाँदा म बाट के गल्ती भयो भनेर सोच्न लागें । उहाँले मलाई अफिस भित्र आउन भन्नु भयो । त्यहाँ मेरो चिन्ने साथी पनि थियो । उहाँले हामीलाई आउने खे लकुद प्रतियोगितामा त्यहाँको काम समाल्ने जिम्मा दिनुभयो । पछि बल्ल डर लागेन । त्यस कामका लागि मात्र बोलाउनु भएको रहेछ । म सब चाँजोपाँजो कसरी मिलाउने होला भनेर सोच्दै थिएँ । त्यति खेर नै (विज्ञान शिक्षकले मिना ध्यान देऊ भन्नु भयो)

प्रदूषण र हाम्रो भविष्य

भूमिज्ञा बज्राचार्य, ८ ग

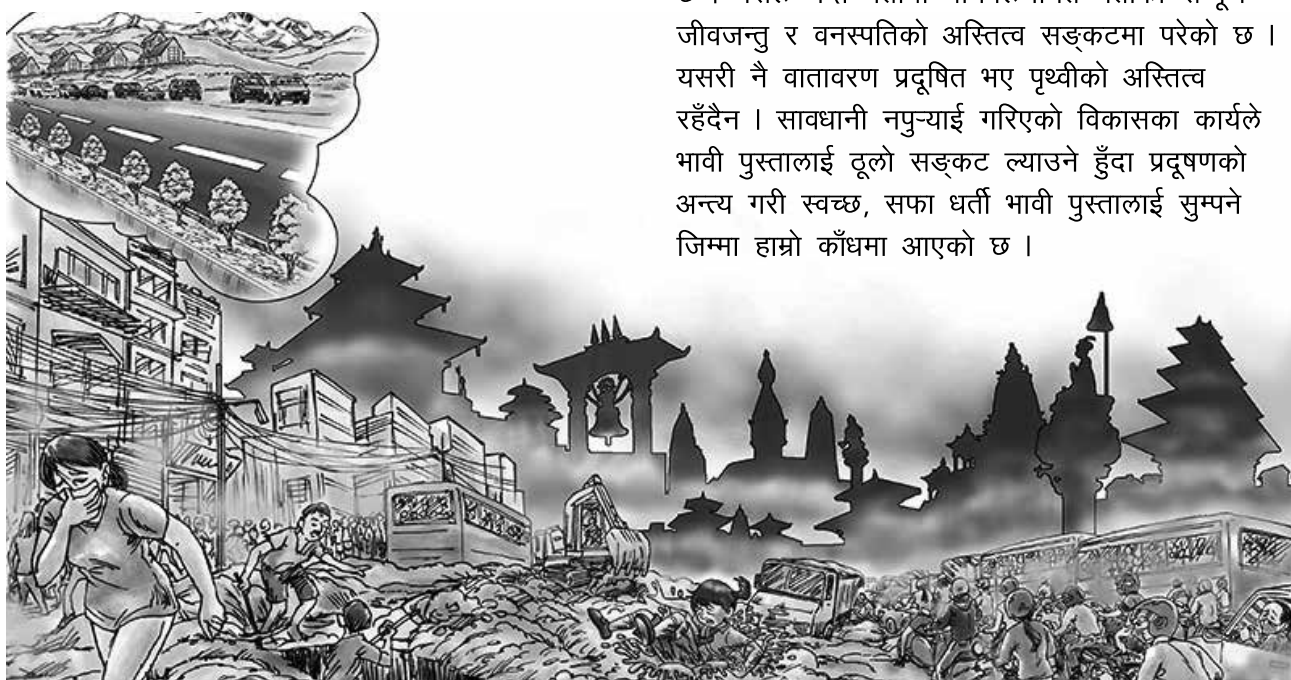
वातावरण शब्दले पृथ्वी वरिपरिको हावापानीलाई जनाउँछ । वातावरण प्रदूषणअन्तर्गत हावा-पानी, भूमि, ध्वनि, रेडियोधर्मी प्रदूषण र तापीय प्रदूषण पर्दछन् र यिनीहरूले जैविक तथा रासायनिक विविधतामा अवाञ्छित परिवर्तन ल्याउँछन् । विभिन्न उद्योगधन्दा र जनधनत्वका कारण हावापानी प्रदूषण: आणविक शस्त्रास्त्रको निर्माण र पृथ्वीमा तिनको प्रयोग, रासायनिक मलको प्रयोग र वनविनाशले गर्दा भूमि प्रदूषण, उद्योग र कल कारखाना तथा मोटरगाडीका चर्का र ठूला आवाजले ध्वनि प्रदूषण र आणविक बिस्फोटन, कीटनाशक औषधीको प्रयोगले रेडियोधर्मी प्रदूषण एवं ओजोन तहको विनाशले गर्दा सूर्यका किरणहरू सोझै पृथ्वीमा पर्ने गर्दा तापीय प्रदूषणका कारणले आज सबै क्षेत्रहरूमा अवाञ्छित परिवर्तन आएका छन् जसले गर्दा वातावरण प्रदूषणको वृद्धिलगायत समस्या सिर्जना भएको छ ।

यान्त्रिकीकरण, औद्योगिकीकरणका कारण आज विश्वभर वातावरणीय समस्या विकराल बनेको छ । विभिन्न उद्योगधन्दा, कल कारखाना र सवारी साधनहरूबाट निस्कने धुलो, धुवाँ र चर्का आवाजहरूले गर्दा हावा-पानी प्रदूषण र ध्वनि प्रदूषण भएको छ । साथै विकसित राष्ट्रहरूमा आणविक बिस्फोटन र तिनको परीक्षणले गर्दा भूमि प्रदूषण तथा रेडियोधर्मी प्रदूषणलाई

निम्त्याएको छ । अविकसित राष्ट्रहरूमा रासायनिक मल र कीटनाशक औषधीको अधिक प्रयोग तथा वनजङ्गलको विनाशले गर्दा वातावरण प्रदूषणको समस्या दिनानुदिन बढिरहेको छ । अतः मानवीय क्रियाकलापले वातावरण प्रतिकूल हुँदै गइरहेको छ र यो सुन्दर धर्ती र पृथ्वीको विनाश हुँदै गइरहेको छ ।

हाम्रो देश नेपालमा पनि वातावरण प्रदूषणले चर्को रूप लिएको छ । सहरी क्षेत्र र विशेष गरी काठमाडौँ उपत्यकामा अव्यवस्थित बसोवास, फोहोरमैला, उद्‌यीग धन्दा र कल कारखानाले फ्यालेका धुलो र धुँवाले गर्दा मानिस सड्कटको भूमरीमा फसेका छन् । बागमती र विष्णुमती जस्ता पवित्र नदीहरू ढलमा रूपान्तरित भएका छन् । हरिया डाँडा नाङ्गा हुँदै छन् भने पानीका मुहान सुक्दै गएका छन् । मानिस आफ्नो क्रियाकलापले आफैँ समस्यामा परेको छ ।

वातावरण प्रदूषणको समस्याले नकारात्मक असर देखाएको हुँदा यसको न्यूनीकरण गर्न सबै पृथ्वीवासी एकजुट हुनुपर्छ । कोइली र मुजुरको मीठा आवाजको सट्टामा कारखाना र मोटरगाडीको चर्को आवाजले कानै बहिरा हुन लागेका छन् । शीतल र स्वच्छ वायुका सट्टामा कालो धुँवाले संसारभरि राज गर्न थालिसकेको छ । यसले गर्दा धर्तीमा मानवलगायत धर्तीका सम्पूर्ण जीवजन्तु र वनस्पतिको अस्तित्व सड्कटमा परेको छ । यसरी नै वातावरण प्रदूषित भए पृथ्वीको अस्तित्व रहँदैन । सावधानी नपुऱ्याई गरिएको विकासका कार्यले भावी पुस्तालाई ठूलो सड्कट ल्याउने हुँदा प्रदूषणको अन्त्य गरी स्वच्छ, सफा धर्ती भावी पुस्तालाई सुम्पने जिम्मा हाम्रो काँधमा आएको छ ।



High School Writers





Why should you be happy?

Shuvra Rimal, IX 'A'

Half of your life has been wasted by complaining about the things you don't have but others do. The other half of your life has been wasted by procrastinating, thinking you could have done better and regretting about the things you cannot change. Why are you studying? Why are you following your passion? Why are you planning a world tour? There are many answers to this question but the only reason behind doing everything or anything is to be happy. But why aren't you happy now. Just look around you. You have the best parents in the world. You are getting an opportunity to study in a reputed school. Your health condition is perfect. You have friends who always support you. You have those beautiful eyes to see this colorful world. You have your nose to smell the scent of flowers, you have your mouth which helps you to give your opinion to others, you have both your hands to help you to write that globe changing article and both your legs

are functioning perfectly to help you wander different places in your beautiful life. I know, I know you are thinking that I don't know what you are going through, but I know that you will improve your grades, you will be kind to others, and you will never give up. And you know what, you are breathing without any difficulty. Think about the positives of your life and find positivity in negativity too. It's okay to feel sad sometimes but it's not okay to be unhappy forever. You are beautiful just the way you are. Live in the present because past has nothing new to tell and future is unpredictable. You can be happy by spreading happiness among others. And to do that you should be happy first.

Yes, this is one of those articles which will make you smile, and you will be grateful towards things around you. But this can't change your life. You have to change it yourself. I know you want to be happy but please say you will be happy.

Cricket and its craze

Birat Aryal, IX'C'

Cricket is a very interesting outdoor game. It is being very popular among the youngsters of our country. Cricket is the national game of England. The game is played between two different teams each consisting of 11 players each. It is played in a large smooth ground. The necessary things for the game are: bats, a deuce ball, a stump.

The game begins with the batting. There are two players of the batting team involved at a time and all 11 players of the fielding team. Throwing of the ball from one end to other and aiming at stumps is called bowling. The players engaged in batting concentrate in hitting the ball hard.

Cricket is one of the best outdoor games. Nowadays many schools have cricket teams. It is very good physical exercise. Nowadays we can see a lot of craze for cricket from Nepali youngsters as well.



My Aim in Life

Ashma Pandey, IX 'B'

“Never stop fighting until you arrive at your desired place. That is, the unique in you. Have an aim in life, continuously acquire knowledge, work hard and have the perseverance to realize the great life.”

In this universe, everyone is explicitly created. All the seven billion people on this Earth think differently, do their tasks in the way that they can do best and choose what! Same anomalies are found in choosing the right aim in life. Some wish to become Doctors, Engineers, Lawyers, Photographers and many other. Each set out his/her aim according to his/her taste.

Since my childhood I have a feeling to be unique from the rest of the people, do something that is thrilling and full of enthusiasm. I have been questioned by my relatives, parents and friends regarding my aim in life. I had a different answer every time. Sometimes it used to be doctor, sometimes entrepreneur whereas sometimes microbiologist. I used to be uncertain but now I have made up my mind and I'm certain about it. I want to become a table tennis player. Table tennis is like an atom. To ignorant it is merely microscopic, but to dedicated they have numerous reasons of playing it. Table tennis is not just that towards which I am interested but it's my aim to become a player. Every day when I play table tennis it teaches me new concepts of developing focus.

To become successful and to reach to the top is a matter of hard work that will pay off. To become a table tennis player and represent my country in an international event has been everything now that I want to achieve, it's been a goal to me, and I'll face whatever challenge is in front of me to achieve this success. I've always known I was different. I've always known I was destined for something better. Because I've always been prepared to put in the work and to achieve my aim I'll fight for my dream! I'll fight for my potential!

There might be obstacles coming my way, but I know what I want, and I'll fight for it.

“Don't you dare back down, obstacles may knock me down, but I'll rise again” is my motive towards becoming a table tennis player.

Say No to



Debisha Thapa, IX 'C'

I was walking down the street and I was petrified by the step of my own steps. But frankly speaking every one third of the girl population is afraid to walk alone. She is afraid about the fact that she might be another unsolved “Nirmala Pant”.

We've been reading newspapers, articles about rape everyday but here we are lying in our beds liking and sharing them until another case of rape is a part of our dinner conversations. In Nepal an average of 3 rapes are reported every day. There is relatively low amount of reporting which means 99% of rapists are walking away casually with their pride. Not only the victim's body their humanity, their sense of identity is violated too.

The prevalence of rape outweighs the prevalence of false accusations false accusations astronomically and get millions of people still question victims instead of even considering the possibility that those accusations are true.

Here's to break the stereotypes, Males are the victims of rape to. Male victims often experience more skepticism and indifference than female victims. We are undereducated in the context of men because they have zero idea about what to do in a situation of sexual assault. Men are taught not to raise hands to women which leaves them in an awkward position for them to defend.



Fascism

Sakshyat Chhetri, IX 'C'

Today's world is considered one of the darkest periods in mankind's history. It was a global war that lasted from 1939 to 1945. Many soldiers and innocent people lost their lives. During the time of such despair and sorrow, people lost their lives. During the time of such despair and sorrow, people started giving birth to various ideologies. Similarly, how the Industrial Revolution gave prominence to capitalism, the world war gave rise to fascism and various fascist leaders. Fascism is a form of authoritarian and ultranationalism, characterized by dictatorial power, forcible suppression of opposition and strong regimentation of society and economy which came to prominence in Early 20th century Europe. The first fascist movements emerged from Italy during the world war. Italian Prime Minister Benito Mussolini let his country constitutionally until 1925, when he dropped the pretense of democracy and started fascism. Similar political ideas arose in Germany, with Hitler being a fascist leader denouncing international capitalism and communism as part of a Jewish conspiracy. Opposed to liberalism, Marxism and anarchism, fascist leaders used to rule a country under a totalitarian one-party state as necessary to prepare a nation for armed conflict and to respond effectively to economic difficulties. Although fascist parties and movement differed significantly from one another, they had many characteristics in common including extreme militaristic nationalism, contempt for democracy and liberalism and belief in social hierarchy and rule of elites. Since the death of various fascist leaders like Hitler and end of world War II, fascism and fascist political parties are quite rare with many countries being influenced by capitalism.

If I ruled the World

-Samridhi Dugar, X'D'

If I ruled the world, I would first cancel all examinations which would bring happiness all around the world. I would cost no money for chocolates and sweets for kids. Removing of boring lectures would be the second thing I would do. Schools would be a fun place where kids would love to go to study and do many extra things. Schools would not only give focus on studies. I would also encourage for disabled and orphans to go to school. If I ruled the world the world would be changed, and everyone would have been successful in their life.

My Sister, My Best Friend

Swechchha Dahal, X'C'

Sisters are someone
Who are there for you every time
But my sister is someone
Who is a small child in my life

She can't speak
She can't talk to me
But I know
She cares for me!!

Yes, she is disabled
That's a sad story of my life
But my life would be boring
Without her childish behaviors and her cute smile

Sometimes she irritates me,
Sometimes she fights.
Even though she can't express
But I know she cares for me every time.

Even though she can't understand,
I share everything with her
She smiles and smiles
In whatever I say..
Wherever I go,
I can't leave her anyway!!!

Okay...so,
This is my sister..
Whatever this world thinks about her,
I don't care
Cause I think she is my angel!!!

However she is
Whatever she does
Her smile makes me so happy
And her innocence makes my day cheerful!!!

She can't express what she feels
She knows I love her
And I know she loves me!!!

From becoming prince and beyond....

Prasen Man Shrestha, IX 'C'

As I evoke today, I come to know that we have been together since a long run. I never knew we would come this far, this way but ever since being recognized as the enthusiastic students of Spanish language class given by Ms. Ripita Shakya, there has been a pile of memories made unwittingly.

As a part of Triyog tradition a school musical is showcased biannually. Academic class 2017/18 was the session when Triyog showcased yet another musical, 'Cinderella'. The marking of grand success starts with small inception and so here is what brought us together again. Majority of the students' body were pumped up to give audition for various characters, including the lead roles, choir, backstage management and much more. With a stroke of luck Aatmiya and I were selected to portray the character of Prince Christopher. We were exuberant, with a sense of responsibility to keep up with the legacy of setting a benchmark. Practices commenced, alongside the excitement there was anxiousness and nervousness amongst the entire cast and crew. Every small detail was to be considered where Mr. Niladri Parial, principal at Triyog and Mr. Sameer Chettri, music instructor at Triyog including all sub-instructors never failed to boost our confidence leading towards magical perfection.

3 weeks passed, rehearsals took place and gradually magic started to materialize slowly but surely. All dialogues memorized with expressions, props made ready, sets were prepared, the entire cast and crew were hyped up. It was November 30, 2017, for which we had all been waiting, the final day for cast: 1 to showcase everything we drilled over 3 weeks. The next day, December 1, 2017 was the final day for cast: 2 with same level of enthusiasm. It was the first spotlight experience

for many of us professionally and I must say the experience was surreal.

Ever since my childhood, I've wanted to be in the spotlight. I started my schooling here at Triyog from grade one. I always looked up to our captains and wanted to become like one because they seemed to be smart enough and super confident. For every academic session a new prefectorial body is elected at Triyog but before the elections there happens a short listing. Aatmiya and I were fortunate enough to be shortlisted candidates for the prestigious posts of School Captain and School Vice-Captain respectively. We were uncertain of what the results would be, but we did hope for the best. It was the first day of academic session 2018/19 when the results were announced. It is only me who knows how my heart raced like a runaway train as the results were announced. Being announced as the School Vice-Captain, something that I dreamt for about 8 years finally turned into a reality. Aatmiya as School Captain, I as School Vice-Captain and Aayush as School Discipline Captain, this was for the very first time in the history of Triyog for boys to take over all three of the school posts which was a legendary achievement for us.

Fame is one of many things that our posts have taught us. Aatmiya and I never thought we would achieve this much together. The sense of confidence in terms of facing the audience, the basics of drama and vocals, and a decent growth in confidence in terms of leadership is what we've learned together from the musical and our posts respectively.

A jewel of memories treasured together here at Triyog. Kudos to our artlessly made friendship. A sincere obligation to Triyog for every amount of goodness it has imbibed in me.



Remembering MICHAEL JACKSON

Anish Adhikari, IX'C'

Michael Jackson is a legend. He was the gifted and driven song-and-dance man who wielded rhythm, melody, texture and image. His

voice touched heart and his dance moves were angular and twitchy, hinting at digital stops and starts rather than analog fluidity. His famous 'moonwalk' amazed many and his songs broke records all over. He was "The King of the Pop". The "thriller" singer had his own style. Despite all his time on stage, Jackson stayed remote styled, rehearsed and choreographed. He had one of his history's largest crowd and it never really knew him. He brought music to new era. Nearly forty years have passed since his "thriller" came but this song still echoes in his fans hearts. He loved all and he taught the world how to love all.

As I say Goodbye...

Anushka Dhungana , X'A'

Like all other children, she also hated going to school. Then on one fine day her parents decided to switch her school. She cried that entire morning. She was abided by her brother throughout her journey to school. As the bus was moving her nervousness was increasing. Her brother was saying, "Now 5 mins...., now 8 mins..... now 1 min and yes we have reached." She then opened her eyes and the first thing that she saw after getting down was a tiny part of a tree on the right side of the building. And here her journey starts.

From wearing tiny little tunic to wearing pants, from wearing pants to wearing saree, hugging each other and crying remembering all those fond made, this has undoubtedly been the best journey so far. From bringing all those stationery materials tip topped in



our pencil box to "Oei pen cha? box nai lyako chaina yaar" we all grew up. We have cried here, we have laughed, we have made unforgettable memories in every corner of this school. The person who is reading this right now, if you are a school student then enjoy these days, they are not coming back but if you have passed out then.....Keep in touch.

Every Day is Children's Day

Aaryashree Lamichhane, X'A'

Children, as we are told, are the buds of today and the flowers of tomorrow who beautify the world if they are well nourished. They are the future of the nation. To honor children globally, Children's day is celebrated. Children's day celebration began on the second Sunday of June in 1856 and was initiated by the reverend Dr. Charles Leonard, pastor of the Universalist church of redeemer in the USA. Then Sunday of June, Dr. Leonard held a special service dedicated just for the children. Dr. Leonard called the day rose day. Later it took on the name of the flower Sunday. Eventually the second Sunday of the month of the June was named Children's Day ,a practice still in use of this day

In Nepal children's Day or Bal Biwas is celebrated on September 15 every year. This day is special to all children, as it is a reminder to all concerned, that children too are entitled to their rights. Children's rights include their right to association with both parents, human identity as well as the basic needs for physical protection, food, education, health care and freedom from discrimination based on child's race, gender, sexual orientation or other characteristics. In Nepal many children are deprived of these rights. There many children suffering due to lack of education, children who are employed in manual labor and some are still victims of human trafficking.

Thus, it is my humble opinion that the right of the children should be promoted not just on the annual Bal Diwas but throughout the year until these malpractices and. Because after all, isn't every day a Bal Diwas.



It's Time They Say

Samriddhi Thapa, X'D'

Up and down, on the swings we've raced
Dancing in the hall, trying to catch the pace
It's never easy, let me tell you,
Falling and tripping down the stairs, yeah, it's true
Ughh, the rhyming words don't charm,
But obviously, memories do not harm
FLASHBACK! Make way..
Its time, they say

It all started with Tom and Jerry
And now we've moved to PeriPeri
Sun and the flowers were something we liked
But the cacti and stars have ricked up the bike
A ruler of the skies you are they say
But hang on ,it isn't heaven, so don't go
Beyond the bay
Knock Knock! let's play
Its time they say

Sun says the hell is cold
Moon replies, the heaven is fake
These are all beautiful ironies for God's sake
The thoughts in their head, they can't understand
Look in the mirror ,you'll see you stand
The bell's ringing, go away
It's time, they say

Progress Not Perfection

- Khushi Gauli, X'B'

Do you claim health is important to you –then skip the gym for 6 weeks? Do you believe being productive is important, but work only on the night before the deadline is? How do you close that gap between what you value and how you behave?

Imperfection is a part of life. I think it is sad that some people feed that because being perfectly consistent with your values is impossible, that there is no point trying to debug the inconsistencies.

Some self-improvement is the result of demanding the impossible, expecting perfection instead of progress.

My goal has been to notice gaps between my philosophy of life and my behaviors and trust me I'm certainly nowhere near perfection, but even in just a few months of deliberately pursuing this strategy, I have made improvements.

Nobody can be perfect, until your name is nobody. Okay I admit that I was a lame joke. But there is still immense value you can get from trying to fix your inconsistencies. Try improving yourself , try being a better version of you each day and yeah stop! Comparing yourself with others and make sure that you love yourself.

My First Experience in MUN

Sanshraya Khanal, X'B'

I am an average student in academics but if you ask me one thing towards which I am truly interested in, it is volunteering. I got an opportunity to participate in MUN organized by Triyog Alumni Society from 25th August to 27th August. As it was my first MUN I came to know about a lot of things related with it.

As it was organized by TAS it was very easy for me to coordinate with everyone in the MUN.

Being a logistic, I came to know many things about the situation of countries that had taken part in war, about homeless, about politic events, etc.

MUN encouraged me to do better and provided me a wonderful platform to meet new people. It left me with a good lesson that “doing good in the field of academics is not only what matters , being good to others , exploring your capacity are other important factors in life.” As a logistic, I had to clear the queries of the delegates and help them.

It was a great experience and I'll cherish this moment of my life forever.



The Fear of DYING

Yashwi Manandhar, IX 'C'

Death- it's a simple term, a disturbing concept that everyone understands.

Fear- a complex topic, you can go talking about it for days on end and still not reach a conclusion. Originally, I thought I would discuss about fear itself. But looking into it, fear is unexplainable. It'll just be a vague discussion unless we understand humans. So, I decided to dwell into just a fragment of this vast topic.

Dying is inevitable. People who get to live longer are deemed 'lucky', because anyone would want to live longer, right? Because everyone is afraid of dying.

As a child, I used to be absolutely terrified of this concept. I'd fear getting into an accident wherever I went, and I refused to travel. I'd be scared that there'd be any type of apocalyptic situation, scared of the world ending or just be scared of any idea related to death. It's the same for other people too. But why?

Why does it scare us so much? What is it about death that triggers the human brain? Do people fear they might feel immense pain when they die? If that's the case, then it's the fear of pain instead. It's the same for me. I am afraid of a certain way of dying. Slow and painful. Nothing petrifies me more than that. But I've heard people say that pain isn't what makes them afraid of death.

Dying is when a person's life stops and there's nothing that can give continuity to it. It simply means that the person exists no more. It's that what scares us? If we are not afraid of pain, then are we afraid of not existing at all?

People may fear the idea that their existence will be erased from this world after their death. Given that humans are creatures that are extremely sensitive to emotions, understanding and attachment, they are also self-absorbed on one way or another. Maybe that's why the concept of being forgotten or ceasing to exist is frightening to us.

If you think about it once, "not existing" doesn't seem all that daunting. But humans can do anything to be alive. We are, as a matter of fact, afraid of non-existence. In short, we want to be remembered so that even after our physique won't stop existing on other people's minds. That's why we want to be famous. Our government functioning, various organizations working for the welfare of humans. What is the reason for their establishment? To give continuity to mankind. It shows how humans are scared witless of ceasing to exist.

Some people think that death isn't the end, and that there's an afterlife. Religiously speaking, they might be afraid of what we call heaven and hell, and what 'God' has to serve. In the future, if a methodology is developed where we can transfer our mind and souls to machines, then I believe no one would be afraid of death. Because we would still be existing. 'We' want to embark our reality in this universe for as long as we can, as a proof of our existence. We want to prove what glory we have brought to this world.

Humans are, without a doubt, self-seeking, and want to extend our existence to its furthest limit. But that's what makes us human after all. That's humanity in its simplest sense.

Decision Making

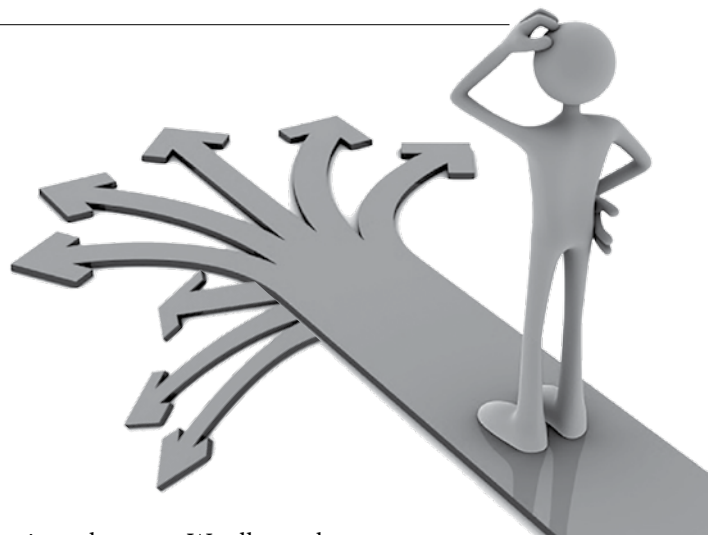
Shreeya Bajracharya, X'B'

Sixteen years old, and I feel the world is under my feet.
Sixteen years old, and I know when you're going through this, you might think I'm talking big, but this is what I learnt so far, getting my way out of all the thik and thins I have encountered so far;

Remember that person, who said 'no' to your decisions? Listen to him/her! whether you might like it or not, not all the decisions you make is right. There will always be people who have their own opinion about a certain topic and remember, opinions differ from person to person.

Self-realization is one of the most important factors that determine your attitude. Often we forget that our decisions

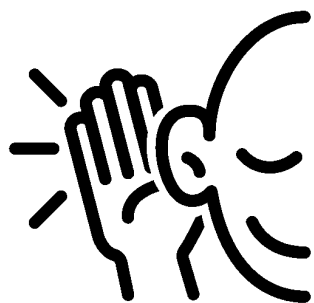
are hampering others too. We all are what we are now because of the decisions we made in the past. if you're blaming someone else for the happenings of your life at this moment, you might need to re-think about your self-existence for once. The art of realizing that you screwed up a couple of times will ultimately make you feel better at the end. After all, isn't this how we become a better self?



The Night Sky

Shreeya Khanal, IX'B'

For the first time I see the night so bright,
The sky so mesmerizing and the road like a ribbon of moonlight
There's something special in the night sky,
That makes me want to stay here all night.
Maybe it's the blue velvet night sky,
Maybe it's the constellations,
Maybe it's the cold wind rushing through my skin,
Or maybe it's just the beauty this place holds within.
Look how beautiful is the relation between the stars and the moon,
So contrasting, yet so incomplete without each other
Now I'm just hoping for a shooting star
So I could make a wish, cause the sun is about to rise soon.



Listen to your heart

Prasansha Shrestha, X'C'

Heart is the crucial part of life. The fact that we can't live without our heart is known to all. Paulo Coelho, one of the greatest authors that had written in his most successful boom that we should always listen to our heart as treasure of our life is there where our heart is. It means we can find the treasure of our life through our heart. Heart is pure and everything that comes of our heart is pure and is always positive. Brain may come up with mischievous thoughts, but heart is always kind and cares about others. Heart only beats for you. People often

say do what your heart says cause the things that come from our heart are the things that we really care about. The people who are close to us or maybe the people whom we love, betray us, then our heart hurts. Heart is the symbol of love which shows that the person whom we love are in our heart. I may sound like a philosopher, but I am just a teenager with a lot of thoughts in my mind. This is just what I think and feel. I suggest you to try once in your life to close your eyes and listen to your heart. You may feel as good as I felt and what I felt was all about peace.

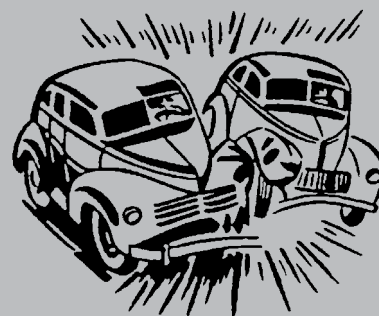


Yokisha Poudel, X'C'

It is a story about a boy who never gets fed up of trying hard to achieve success. Betrayed by his parents, best friend depresses him. Every time when he thinks of achieving success gives him the result of failure. But he thinks that "Trying is greater than winning and with this thought he keeps on trying and finally passes his send up with very good marks. So this is a message to all teenagers that whatever life brings to you, always keep in your mind "better an oops than what if." Life sometimes might give you a bunch of problems; you just need to focus on the solution more than the problems. The main key to success is to believe in yourself and doing what you think will be a great and right decision of your life.

Fault

Isha Poudel, X'B'



She knew it wasn't her fault it was not her fault that her dad lost control of the car and crashed into the meadows. It wasn't her fault that she lost her mom someone very dear to her. She knew it wasn't her fault. Yet she blamed herself. She would have never recovered from this; the more she thought she kept on pondering upon herself.

Time would heal her. It was all about time. In due time she would stop thinking about all of this. For once she would be happy, for once she would be happy, for once she would finally stop asking herself "was it really my fault?" Because it wasn't her fault.

Finally stood up!!!

Apekshya Dawadi, X 'B'



She was angry. Not angry for getting beaten and bullied, she was used to it but more angrier with herself for letting others hurt her. So, this time, she stood up. He looked taken aback; the boy who was beating her blue and black only because he got bored, nevertheless, he took a step forward. She was not sure as to what she should do so she just lifted her hand and brought it down to his face as hardy as she could. It hit him right on his nose which got him crying in pain. Seeing that made her smile. After 8 years of being bullied she had finally been able to defend herself for once. She was proud and happy and was smiling from her whole heart. The next day, she was expecting, everyone to call her names, stick 'I am Donkey' note on her back, put garbages in front of her locker as usual but nothing like that happened. News spread fast, don't they? Yet still, some bullies tried to bully her but like yesterday, she shooed them off. She realized that being kind and innocent was something that would always keep you back and get you hurt. So, realizing that, she started standing for herself, defending herself and this brought all the changes in her life.



Acasa

Pooja Dewashree, X 'D'

In Romanian language 'Acasa' gives the meaning of home. As we all know, school is also known as our second home.

Our little trio had found a special spot in our second home which became our acasa, the corner place. If any individual looks at our spot, they would find nothing that special which could explain why we spend there long years in that corner.

The spot was right in front of the boy's washroom, much to everyone's annoyance, in a corner between the huge academic building walls and provided us with the perfect view of the back field.

But when we looked at our little spot it reminded us of the humid July noon's and chilly December school days when we occupied that corner place and filled it with our memories. I don't think there was anyone who didn't know that our trio had booked that spot.

If the spot was found empty during the lunch break there would always be a person or two asking us why. I'll always remember how we occupied that space no matter what, even the crazy passion of football in the guys couldn't show us way.

There years back in the memory lane. Pizza ,Piggy and Pike found the perfect lunch spot, and now three years later vitamin, calcium and protein and leaving their acasa.

बिर्सनै नसकिने यादहरु

(निकित बन, स्नेहा थापा, प्रनत पोखरेल, मौलिक पोखरेल, १०)

कक्षा ८ मा भएको भ्रमणमा बनाएका अनेकौं सम्झना अहिले पनि फोटो हेर्दा झलझली आँखा अघि प्रस्तुत हुन्छन् । जाडो बिदाको बिचमा सुरुभएको हाम्रो यो भ्रमण साह्रै नै रमाइलो भयो । पहिलो दिनमा लुम्बिनीमा पुग्दा मायादेवीको मन्दिर दर्शन गर्न जाँदा हाम्रो साथी वसन्तको जुत्ता हराएको थियो । 'पोकेमन गो' नामक खेल जुन त्यति बेलाको चर्चित खेल थियो । त्यहीँ खेल खेल्नाले हाम्रा दुई साथीहरु अभिनय र दिपर्शन बाटोमै हराए । जब फर्किए तब गुरुको भापड पनि खाए । यो त भयो लुम्बिनीकै कुरा ।

अब जाऔँ भारतमा, पहिलो पटक रेल चढ्दाको रमाइलो छुट्टै थियो । पहिलो पटक परिवारबाट टाढा, देशबाट बाहिर घुम्न जाँदाको अनुभव रोमाञ्चक थियो । रेलमा चढ्दा छुट्टै रमाइलो भयो । चिया वाला अड्कलले जब 'चाय चाय' भनी कराउँदै आउनु हुन्थ्यो तब चिया नखाने कोही पनि हुँदैनथे । एक दिनमा त करिब ५-६ कप चिया त खाइन्थ्यो नै । गोवामा आइसक्रिम पसल देख्दै हुँदैन थियो दिनको लगभग ७ वटा आइसक्रिम नखाने त्यहाँ कोही थिएन । अभै भन्नुपर्दा त समिरले खानाको पसल देख्यो कि ऊ नै अघि पुग्यो । गोवाको कुनै पनि पसल बाँकी थिएन होला जहाँ समिर खाना नपुगेको । क्रुजको दिनमा सबैले आफ्नो लुकेको कला प्रदर्शन गरे । हामीसँगै जानुभएको गुरुले प्रस्तुत गर्नुभएको नृत्य देखेर हामी विद्यार्थी मात्र नभई त्यहाँ उपस्थित सबै व्यक्ति चकित परे । रात भर नसुतेर अर्काको श्रृङ्गार गरिन्थ्यो । रेलबाट मेरी साथी प्रदिप्तीले आफ्नो मोबाइल खसाएको कुरा त अभै झलझली नै याद छ । हामीले भारत भ्रमणमा त थुप्रै कुरा गरियो तर त्यसमध्ये एकदमै रमाइलो भनेकै किनमेल थियो । हरेक चोटि रेल ढिलो हुँदा स्टेसनमा सबै ठाउँ घुम्ने गर्थ्यौ । अभै भौसीमा रेलबाट फरेर राज र सिम्रन जसरी अभिनय गर्थ्यौ । त्यति बेला सबैको मुखमा झुन्डिएको भनाइ भनेकै 'चाय चाय' थियो । जब म, पूजा, समृद्धि, अभिनय, काव्य,

निकित, बिनिता दिल्लीका अनजान गल्लीहरुमा हरायौँ, म्याक डोनल्डमा जाँदा सबै जना मुखमा पान चाउँदै पर्यौँ तब गरेका कुरा, खाइएको पान त एकदमै याद आउने गर्दछ ।

हामी रेलमा बस्दा रातभर कुराकानी गर्ने, हन्तकाली जसरी जे पनि खाइरहने, रात रात भर पसल ढुल्दै पानी पुरी खाने । महङ्गा महङ्गा मलमा गएर कुनै पनि सामानको मूल्य सोधेर भाग्ने गर्थ्यौ । राती कसैलाई सुत्न नदिने । सुत्थ्यो कि मेकअप गरि हालिन्थ्यो । यस भ्रमणमा सबैभन्दा बढी याद आउने भनेकै आयुष अगस्तीको रातो कपाल थियो । रेलमा हाम्रो दिनभरको काम भनेकै "ओइ ! अब जुन स्टेशन आउँछ, त्यहाँ भर्ने अनि एक चक्कर लगाएर आउने है" टिभीमा हिन्दी बोलेको सुन्दा त ओहो ! सजिलो जस्तो लाग्ने तर जब हामी भारत पुगेर हिन्दी बोल्न थाल्यौँ हाम्रो भाषा हामी आफैँ बाहेक अरु कसैले बुझ्नेनन् । हामी स्टेशनमा त चलिरहेको रेलमा चढ्दै फोटो पनि खिचिरहन्थ्यौ । रेल गुडिसक्यो तर हामी भने मस्त फोटो खिच्दै बस्थ्यौ । हामी फर्कने दिनमा रेलगाडी ढिलो भयो, त्यस दिनमा एउटा रेलगाडी पनि बाँकी थिएन होला जहाँ हामी चढेनौँ होला । अहिले पनि मेरा भाइ निकितले भनेको कुरा सम्झदा हाँस उठ्छ । उसले स्टेशनमा एउटा मोटो किताब किन्यो अनि किन किनेको भनी सोध्दा 'मेरी आमाले मेरो छोरो कति पढ्दो रहेछ भन्नु होला कि भनेर किनेको रे । फर्कन मन नलागे पनि बाध्यताले नै भनी धेरै यादहरु बटुलेर घर फर्कियौ । क्रुजमा नाँचेको, पान खाएको, प्यारा सेलिङमा उडेको, रातिसम्म बसेर कुराकानी गर्दै चिया खाएको, गल्लीहरुमा हराएको र सबैभन्दा महत्वपूर्ण भनेको थुप्रै साथी बनाइयो । यो भ्रमणबाट हामीले भारतको बारेमा धेरै कुरा सिक्ने अवसर पायौ । हाम्रो लागि भारत भ्रमण निकै फलदायी रह्यो ।

सायद त्यसो हुनेथिएन

शुभ्रा रिमाल, ९ क

सायद त्यसो हुने थिएन,
यदि मैले आफ्नो शरीर कपडाले ढाकेकी भए
सायद त्यसो हुने थिएन
यदि मैले आफ्नो लाजलाई आफ्नो आँचलले छोप्न जानेकी भए ।

सायद त्यसो हुने थिएन
यदि म घामलाई अँध्यारोले निल्लु अगाडि घर आइपुगेकी भए
सायद त्यसो हुने थिएन
यदि मैले आफूलाई पुरुषभन्दा कमजोर नठानेकी भए ।

सायद त्यसो हुने थिएन
यदि मैले म माथि हुने अत्याचार सहेकी भए
सायद त्यसो हुने थिएन
यदि मैले आफ्नो इज्जतको माग नगरेकी भए ।

सायद त्यसो हुने थिएन
यदि म नहाँसेकी भए
सायद त्यसो हुने थिएन
यदि आफ्ना विचारहरू नपोखेकी भए ।

या.....

सायद त्यसो हुने थिएन
यदि मान्छेहरूले केटीको लुगाको लम्बाईसँग उसको आचारण नदाँजेको भए ।

मेरी गुरुआमा

स्वागत गौतम, ९ ख

गुरुआमा तिमी मुस्कुराइदेऊ भुल्के घाम सरि
बिर्सने छैन तिम्मा योगदान यो जिन्दगी भरि
मेरो ज्ञानको भोको प्यास मेटाउने मूर्ति तिमी
समस्याको हल सिकाउने गुरुआमा तिमी ।

एक असल नारी र सफल गुरुआमाको प्रतिमूर्ति तिमी
भविष्यको सही बाटो देखाउने निर्देशिका तिमी
तिम्मा योगदान यति छन् कि ऋण तिर्न पक्कै सक्तिनँ
तिमीले सिकाएका व्यवहार जीवनमा उतार्न कहिल्यै पछि पर्दिनँ ।



तिम्मा ती साहित्यिक शब्दले मनहरू हर्षले अघाउँछन्
शिक्षा नै संसार हो भन्दै ती शब्द ज्ञान धारा बगाउँछन्
मेरो हरेक सफलतामा सम्झिने छु तिमीलाई गुरुआमा
त्यो बेला आँखाबाट हर्षका आँसु भर्ने छन् गुरुआमा ।

समृद्ध नेपाल, सुखी नेपालीको कल्पना

कृषा निरौला, १० क

नेपालको राष्ट्रिय नारा, समृद्ध नेपाल, सुखी नेपाली । हालै चर्चाको विषय बन्न पुगेको छ । प्रधानमन्त्री के.पी. वलीको सरकारद्वारा सुरु गरिएको राष्ट्रिय नाराले विश्वमै ख्याति कमाएको छ । भारतीय प्रधानमन्त्री नरेन्द्र मोदीद्वारा धेरै चोटि प्रशंसा पाएको यस राष्ट्रिय नाराले नयाँ नेपालको कल्पनामा मानिसलाई डुबाएको छ ।

मेरो विचारमा 'समृद्ध नेपाल, सुखी नेपाली' को लागि पहिलो महत्वपूर्ण कुरा हो, 'न्याय' । अहिलेको जल्दो बल्दो समस्या भनेको समाजमा व्याप्त 'अन्याय' हो । यहाँ पहुँचवाला मानिसले जति नराम्रो काम गरे पनि सजाय भने कसैले पाएका छैनन् । उदाहरण नै दिने हो भने दैनिक जसो हुने बलात्कार, भ्रष्टाचार र हत्या आदि अनेक त्यस्ता घटनाहरू छन् । सन् २०११/१२ देखिको ५,४७२ बलात्कार काण्डमा जम्मा निर्मला पन्तको आवाज सुनियो । बाँकीका ५४७१ मानिसको त सायद सरकारले समेत सुनेन । यीमध्ये पनि कति मामला त बाहिर निस्कदा पनि निस्कदैनन् । ती कुराका बारेमा त चर्चा पनि हुँदैन । गरीब देशवासीलाई कहिले सेनाका फौजले खान ल्याइदिन्छन् ? कहिले राहत आउला ? भनी बाटो पर्खी हेर्छन्, र अर्को तर्फ ती सेनापुलीसहरू भने ३३ किलो सुन काण्डमै व्यस्त हुन्छन् । यस्तो छ हाम्रो देशको हालत जहाँ जनता भोकभोकै मर्दै छन् त्यहाँ विकास निर्माणमा लगाउनुपर्ने राष्ट्रिय ढुकुटी पहुँचवाला व्यक्ति तथा राजनीतिज्ञको सेवा सुविधामा खर्चिएका समाचार दैनिक जसो प्रसारण हुँदै आएका छन् । ठाउँठाउँमा बलात्कार, हिंसा, हत्या हुँदा पनि सरकार भने चुप लागेर बसेको छ ।

सायद अबको नयाँ नेपाल यस्तो नहोला भन्ने सबैको अपेक्षा छ । वि.सं. २०७२ सालको भुइँचालोले विश्वभर नेपालको बारेमा चर्चा भयो । पहिले कहिले नाम नसुनेका मानिसले पनि ओहो ! नेपालमा त ठूलो भुइँचालो गएछ भनी थाहा पाए । यी मानिसहरू सँगै जोडिए र कति अरबौँ रुपियाँ नेपालको सहयोगको लागि पठाए । ४ वर्ष बितिसकदा पनि न त मानिसहरूको घर नै ठडियो, न त धरहरा नै । दरबार क्षेत्र, मठमन्दिर तथा धेरै अभैँ त्यस्ता क्षेत्रमा पनि निर्माणको कार्य भएकै छैन । औद्योगिक क्षेत्रमा खासै उन्नति गर्न नसकेको हाम्रो देशलाई सम्पन्नताको बाटोमा लैजाने कृषि क्षेत्र हो तर विडम्बना किसानले लगाएको तरकारी नबिकेर डोजर लगाउँदै छन् । कृषि प्रधान देशमा अरबौँको खाद्यान्न आयात हुन्छ । युवाहरू अरुको देशमा पसिना बगाउन बाध्य छन् । यस्तो अवस्थामा, 'समृद्ध नेपाल, सुखी नेपाली' भन्नु हाँस्यास्पद जस्तो लाग्छ यद्यपि यो कठिन कुरा होइन । प्राकृतिक रूपमा सुन्दर देश नेपाललाई समृद्ध बनाउन सकिन्छ जसको लागि कृषिमा आधुनिकीकरण गर्ने, विदेशबाट खाद्यान्न तथा विलासी वस्तुको आयातमा प्रतिबन्ध लगाउने, रोजगारको सुनिश्चित गर्ने र प्रशासनिक क्षेत्रमा व्याप्त भ्रष्टाचार, ढिलासुस्ती आदिको अन्त्य हुनुपर्छ । यसको लागि राजनैतिक नेतृत्व प्रतिबद्ध र स्वच्छ हुनु आवश्यक छ ।

बलात्कार

अपेक्षा दवाडी, १० ख

अहिलेको हाम्रो देशको अवस्था देखेर पीडाले आक्रान्त पाछै मलाई । टिभी, रेडियो, पत्रिका सबैतिर बलात्कार र हत्याका खबर सम्प्रेषित हुन्छन् । कुनै दिन म लड्दा उठ्न मद्दत गर्ने साथी थियो, अहिले डरलाग्दो कालो ओडार जस्तै बन्न पुगेको छ त केबल यी बलात्कारीहरूकै कारणले । घरबाट २ मिनेट परको बाटो हिँड्दा पनि डराइ डराइ कहिले घर पुगुंला भन्नुपर्ने अवस्था सिर्जना भएको छ ।

बलात्कारीविरुद्ध अदालतमा मुद्दा हाल्न पनि नारीहरू चाहिँ डराउँनु पर्ने अनि ती बलात्कारीहरू चाहिँ बिना लाज स्वतन्त्रतापूर्वक टाउको ठड्याउँदै हिँड्न पाउने रे । केटीहरूले छोटो लुगा लगाएको कारण उनीहरू बलात्कृत भएको रे तर केटीहरूले छोटो लुगा लगाएको देखेपछि आफूलाई अधिनमा राख्न नसक्ने ती पापी लाज पचेका नरपिपासुहरूको कुनै दोष होइन रे । सुन्दा पनि अचम्म लाग्छ, मलाई हामी नेपालीहरूको सौच देखेर ।

सरकारले नारी हक र अधिकारका बारेमा भाषण त खुब दिन्छ तर आफैँ बोलेको कुरा पूरा गर्न असमर्थ छ । महिलाप्रति सरकारी तथा सामाजिक दृष्टिकोणका कारण बलात्कारीको हौसला बढेको हो । कतिपय बलात्कारका घटना बाहिर आउँदैनन् र आएका घटनाका दोषी पक्राउ गरी कानुनी कार्वाही गर्न सरकार तथा गृह प्रशासन असक्षम बनेको छ । त्यसैले त हामी महिलाहरू आफ्नै घरमा पनि डराइ डराइ बस्नुपर्छ । विदेशमा भने एउटी एकली महिलाले पनि आफूलाई सुरक्षित महसुस गर्छ । प्रभावकारी रूपमा नियम कानुन लागु गर्दा र नगर्दा यति ठूलो फरक हुँदो रहेछ ।

बलात्कारीहरूकै कारण अहिले महिलाहरूको जीवनमा कालो बादल मडारिएको छ । यो कालो बादल छिट्टै हटाउन नसके म लगायत अन्य चेलीबेटीहरू पनि निर्मलाको अवस्थामा पुग्दैनौं भन्न सकिँदैन । त्यसैले यी बलात्कारीहरूलाई कडाभन्दा कडा सजाय दिनुपर्छ । अर्काको अस्मिता लुट्ने पापीहरूलाई फाँसी नै दिनुपर्छ । अनि मात्र निर्मला जस्तै अरु बलात्कारको सिकार हुन पुगेका महिलाहरूको आत्माले शान्ति पाउने छ । अब ढिलो गर्नु हुँदैन । कानुन जति कमजोर हुन्छ, बलात्कारीको आत्मबल बढ्ने हुँदा त्यस्ता जघन्य अपराधलाई निरुत्साहित गर्न सम्बद्ध पक्ष सक्रिय भएर लाग्नुपर्छ ।

रामु

र

एस.ई.ई.

काव्य शर्मा, १० क

बिहानको मीठो निद्रा अनि सपना पनि आउँछ बाबुले उठाएको सुनी रामु पढ्न टेबलतिर धाउँछ ।
आइसक्यो एस.ई.ई. बाँकी जम्मा चार महिना
चार महिना बाँकी भए पनि मनमा छैन कति चैन ।

पढाइमा प्रतिभाशाली भए पनि गर्छ पढ्न अल्छी परीक्षा नआई नपढ्ने रामु जाँचको बेला हिड्छ तर्सितर्सि ।
डराइ डराइ परीक्षा दिए पनि आउँछ भन्छ अस्सी
पापी जाँचक नबुझी उसको पीडा दिन्छ जम्मा साढी ।

घर फर्की आउँदा बुवाको साथीको छोरासँग हुन्छ दाँजो
राम्रो कलेज पढ्नु भन्दा अड्कले हान्यो भाँजो ।
विज्ञान पढ्ने सौच राखी धाउँछ विभिन्न ठाउँ
जम्मा साढी ल्याउनेको कहाँ पो निस्कन्थ्यो र नाउँ ।

म्यानेजमेन्ट पढ्न पनि रामुले राम्रो कलेज पाएन
दिन बित्दै जाँदा उसको ध्यान पढाइतिर गएन ।
खर्च धेरै पढाइ छैन मनमा चिन्ता बढ्यो अति
समयको महत्व नबुझी बेवास्ता गर्दा हुन्छ यस्तै दुर्गति ।

पढाँ साथी समयमा विद्या ठूलो ज्ञान
पढाइले नै बढाउँछ इज्जत अनि शान ।
पढ्ने बेला खेलवाडमा बिताए पाइन्छ जीवनमा दुःख
ज्ञान आर्जन गरी सबै बनाँ आफैँमा ढुक्क ।

मेरो कल्पनाको नयाँ नेपाल

निश्चल भण्डारी, ९ घ

विश्वको छानो सगरमाथाको देश, संसारका शान्तिका अग्रदूत गौतमबुद्धको देश हो नेपाल । विश्वमानचित्रमा नियाल्दा मेरो देश सानो भए पनि यो आफैँमा सिङ्गो विश्व हो । मलाई यस्तो देशको सन्तति हुनपाएकोमा गर्व लाग्छ । मैले मेरो देशको सुनौलो भविष्यको कल्पना गरिरहेको छ ।

मेरो कल्पनाको नेपालमा विकृति र विसङ्गति जरैदेखि उन्मूलन हुने छ । विनाशभन्दा विकासको राजनीति हुनेछ । जनप्रतिनिधिहरू पजेरो चढेर हिँड्ने कुसंस्कृतिको अन्त्य हुनेछ । रकेट, बम र बारूद बोकेर मानव बस्तीमाथि हेलिकप्टरहरू उड्ने छैनन् । ३३ किलो सुन प्रकरण र भन्डै २०० दिन बितिसक्दा पनि निर्मला पन्तको अभियुक्त पत्राङ्क पर्न नसकेको जस्तो लज्जास्पद घटनाहरू सुनिने छैनन् ।

स्वास्थ्य, शिक्षा, खानेपानी र बाटोघाटोको सुविधा सबैलाई हुनेछ । सबैको घरघरमा पानीको धारा जोडिने छ । लोडसेडिङ्को मार खेप्नुपर्ने छैन कसैले । कुलमान घिसिङ र महावीर पुन हरेक पुस्ताले पाउने छ । वैदेशिक रोजगारीमा जानेको लर्कोमा पनि कमी आउनेछ । काम, दाम र मामको

खोजीमा भौतारिनु पर्ने छैन कसैले । “नेपाली हामी र हाँला कहाँ नेपालै नरहे” भन्ने भावनाले गर्दा मेरो कल्पनाको नेपालमा व्यक्ति धनी हुने होइन, राष्ट्र नै धनी हुनेछ ।

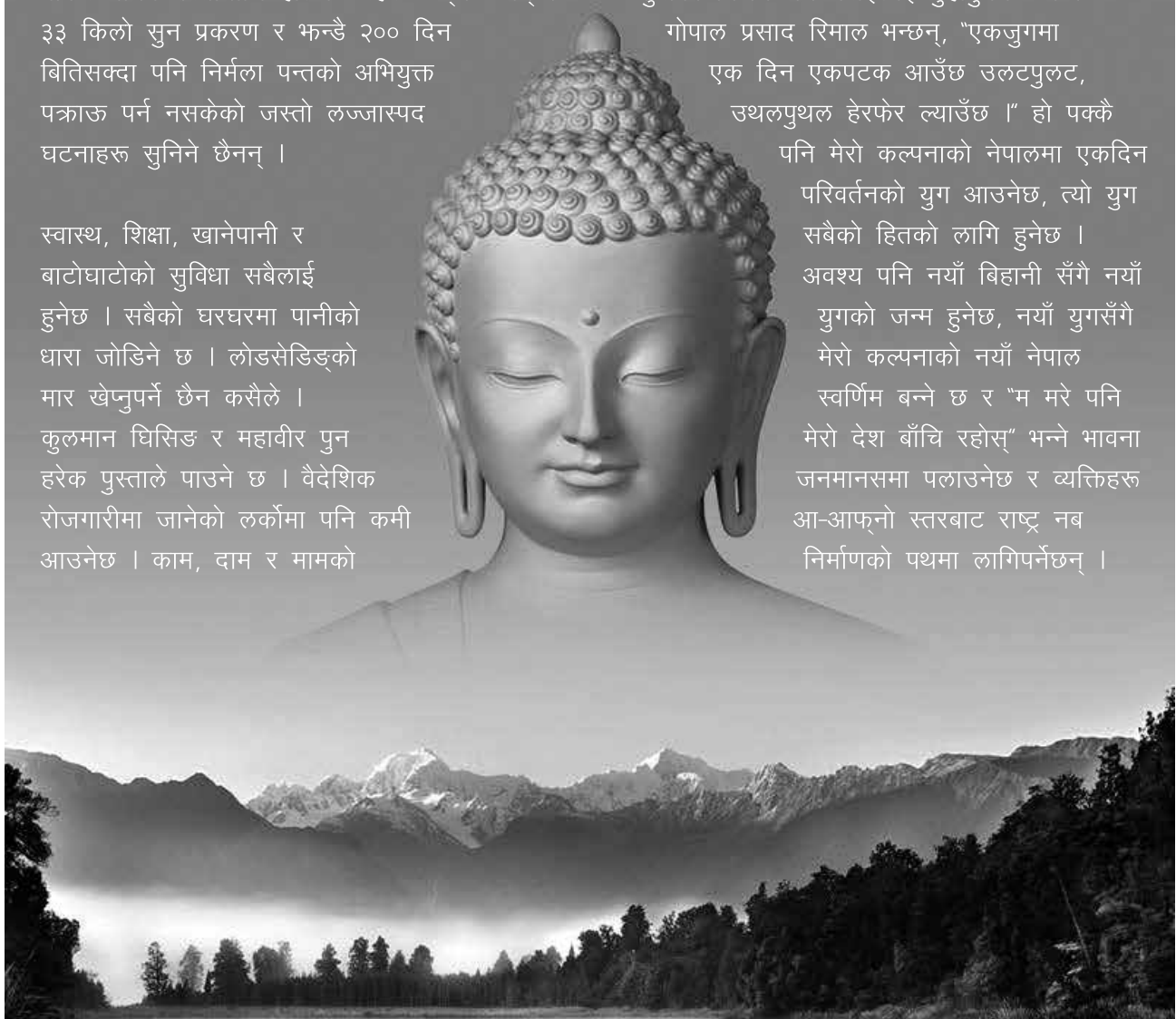
पेट्रोल, ग्यास वा डिजेलको हाहाकार मच्चिने छैन, खाद्यान्नको सङ्कट पर्ने छैन । घुस र कमिसनतन्त्रको जरो उखेलिने छ । सीप र दक्षताको कदर हुनेछ । मेरो कल्पनाको नेपालमा नुनदेखि सुनसम्मका लागि पराईको मुख ताक्नुपर्ने छैन । अस्वभाविक सहरी जनसङ्ख्या र प्रदूषण नियन्त्रण हुनेछ । कुनै कुराको निर्णय गर्न पराईलाई गुहार्नुपर्ने छैन ।

गोपाल प्रसाद रिमाल भन्छन्, “एकजुगमा

एक दिन एकपटक आउँछ उलटपुलट,

उथलपुथल हेरफेर ल्याउँछ ।” हो पक्कै

पनि मेरो कल्पनाको नेपालमा एकदिन परिवर्तनको युग आउनेछ, त्यो युग सबैको हितको लागि हुनेछ । अवश्य पनि नयाँ बिहानी सँगै नयाँ युगको जन्म हुनेछ, नयाँ युगसँगै मेरो कल्पनाको नयाँ नेपाल स्वर्णिम बन्ने छ र “म मरे पनि मेरो देश बाँचि रहोस्” भन्ने भावना जनमानसमा पलाउनेछ र व्यक्तिहरू आ-आफ्नो स्तरबाट राष्ट्र नब निर्माणको पथमा लागिपर्नेछन् ।



मेरो देश

आदर्श भा, ९ घ



हरेक व्यक्तिले स्वतन्त्र रूपमा रमाएर जीवनयापन गर्ने सीमित क्षेत्र ऊ बसेको देश हुन्छ । मेरो देश नेपाल हो । एशिया महादेशमा अवस्थित मेरो देशको क्षेत्रफल १४७,१८१ वर्ग किलोमिटर छ । दुई टुला राष्ट्र चीन र भारत बिच अवस्थित मेरो देश सगरमाथाको देश हो । समुन्द्री सतहसँग नजोडिएको यो राष्ट्र भूपरिवेष्टित राष्ट्रका रूपमा चिनिन्छ । क्षेत्रफलका हिसाबले सानो भए पनि भाषा, संस्कृति, रीतिरिवाज, चालचलन, प्रकृति आदिले यसलाई विशाल तुल्याएको छ । मेरो देश संघीय लोकतान्त्रिक गणतन्त्रात्मक धर्मनिरपेक्ष राज्य हो ।

मेरो देश भौगोलिक हिसाबले हेर्दा विचित्र किसिमको छ । यहाँ हिमाल, पहाड र तराईका भूभागहरू अवस्थित छन् । फरक खालको हावापानी भेटिने यस देशमा फरक किसिमको भौगोलिक बनावट रहेको छ । वीरताको देशका रूपमा चिनिने मेरो देश विश्वमा प्रसिद्ध छ । विश्वयुद्धमा देखाउने वीरता होस् वा शान्तिका लागि खटिएका व्यक्तिको भद्रता होस् नेपालीको वीरता मेरो देशले चिनाएको छ । यो मेरो देश आज नयाँ खोज र नयाँ आविष्कारबाट अगाडि लम्कन खोजिरहेको छ ।

मेरो देशमा के छैन, सब थोक छ । यहाँ असङ्ख्य नदीनाला छन् । पूर्व मेचीदेखि पश्चिम महाकाली सम्म

अनेकौं नदी छन् । लामा गहिरा र टुला नदी भएको मेरो देशमा गण्डकी, कोशी, कर्णाली, भेरी, सेती, बागमती, मादी, कन्काइ, कमला आदि जस्ता सयौं नदीहरू बगिरहेका छन् । हिमालको हिउँ पग्लेर होस् या वर्षातका कारणले होस् नदी अटुट रूपमा बगिरहन्छन् । यही देशमा वनजङ्गलको अपार निधि छ । मेरो देशको वनजङ्गललाई महत्वपूर्ण सम्पत्तिका रूपमा लिइन्छ । घरायसी कार्य चलाउने दाउरा, घाँसपात आदिदेखि लिएर ज्यान बचाउने औषधि समेत यसैमा रहेका छन् । प्राकृतिक सुन्दरताले होस् या साँस्कृतिक, जातीय तथा कलाकौशलले होस् यसले सबको मनलाई लोभ्याइ दिएको छ ।

पूर्व मेचीदेखि पश्चिम महाकालीसम्म फैलिएको मेरो देशमा बहु जातका मानिसहरू बस्दछन् । यिनका आफ्नै खालका रहनसहन, रीतिरिवाज, चालचलन र संस्कार छन् । बहुजातीय, बहुधर्मी र बहुसाँस्कृतिक सम्पन्न मुलुक हुनाले यहाँ हिन्दु, बौद्ध, मुस्लिम आदि धर्मालम्बी रहेका छन् । भाषा, धर्म, संस्कृति, पोसाक भिन्न भिन्न खालको रहेको मेरो देशमा अनेकामा एकताको आभास हुन्छ । सामाजिक, आर्थिक, धार्मिक, साँस्कृतिक, भाषिक आदि क्षेत्रमा विविधता भएको यस मुलुकका मानिस एकै सूत्रमा आवद्ध भएर बसोबास गरेका छन् । विविध पक्षले भरिपूर्ण भएको यो देश नेपाल हाम्रो साभा फूलबारी हो ।

सफलताको सूत्रः परिश्रम

विराट अर्याल, ९ ग

मानव जीवन सङ्घर्षको कथा हो । यहाँ हरेक व्यक्तिले आफ्नो जीवन सार्थक बनाउने सपना बोकेको हुन्छ । जीवनमा सफलता प्राप्त गर्न सबैजना तत्पर रहन्छन् । सफल व्यक्ति यो संसारमा आफ्नो शिर उच्च राखेर हिँड्न सक्छन् । सफल व्यक्ति नै सबैका सामु परिचित हुन्छ । जीवनमा सफलता पाउँनका निम्ति सबैजना कर्ममा जुटेका हुन्छन् । दुङ्गे युगदेखि अहिलेको आधुनिक युगसम्म आइपुग्नु पनि मानिसको सफलता नै हो । मानिसले आफूले गरेको कर्ममा सफलता हासिल गर्न नसकेको भए मानिस र जनावरको अस्तित्व समान हुने थियो । मानिस जङ्गली युगमै रहने थियो ।

यो संसार सबैजना सफल हुन चाहन्छन् तर सफल केही मात्र हुन्छन् । आफू सफल नहुनुमा मानिसहरू भाग्यलाई दोष दिने गर्छन् । तर सफल हुनु र नहुनुमा भाग्यको कुनै भूमिका हुँदैन । कोही मानिसहरूलाई सफल हुने बाटो मिल्छ तर यसलाई भाग्यको चमत्कार कदापि भन्न सकिँदैन । वास्तवमा निरन्तर परिश्रम गर्ने र इमान्दारीलाई हतियारको रूपमा लिन सकेमा मानिस निश्चयनै सफलताको शिखरमा चढ्न सक्छ ।

परिश्रम गरेर सफलता कमाएका धेरै मानिसहरू छन् । तिनै मानिसहरूको जीवनमा अनेक बाधाहरू आए तर तिनीहरूले आफू सामु आइपरेका बाधा चुनौतीहरू सामना गरेर सफलता हाँसिल गरेका हुन् । अनेक दुःख, कष्ट सहेर सफलता प्राप्त गरेका हाम्रा लागि प्रेरक व्यक्तिहरूमध्ये एक किङ्ग सी जिलेट हुनुहुन्छ । उहाँ जिलेट कम्पनीको मालिक हुनुहुन्थ्यो । एक समयमा उहाँ भन्डै कङ्गाल बन्नुभएको थियो तर उहाँले हार नमानी आफ्नो

कम्पनीका लागि धेरै मिहिनेत गर्नुभयो । अन्त्यमा उहाँले सफलता हाँसिल गरेरै छाड्नुभयो । उहाँको जीवनबाट हामीले यो कुरा सिक्छौं कि, हामी परिश्रमलाई आफ्नो जीवनमा उतार्नु भन्ने जस्तो सुकै बाधा पनि पार गर्न सक्छौं ।

नेपालको सन्दर्भमा कुरा गर्ने हो भने पृथ्वी नारायण शाह, पासाङ ल्हामु शेर्पा आदि जस्ता व्यक्तिले कठिन परिश्रम गरी सफलता प्राप्त गरेका छन् । देशभित्र र बाहिरका यस्ता मानिसहरू हाम्रो लागि आदर्श बनेका छन् ।

सजिलो बाटो जो पनि हिँड्छ । महान् मानिसले महान् लक्ष्य लिन्छ र बाटोमा आएका बाधाहरूलाई पन्छ्याउँदै गन्तव्यमा पुग्छ । पवित्र उद्देश्यका साथ कर्ममा जुटे हामीले पनि सफलता पाउन सक्छौं अनि हाम्रो जीवन पनि सार्थक बन्छ ।





वैदेशिक रोजगार

सुभाङ्गी लामिछाने, १० ख

सृष्टिको प्रारम्भदेखि नै मान्छे बाँच्नका लागि सङ्घर्ष गर्दै छ । समय र परिस्थितिअनुसार आफूलाई परिवर्तन गर्दै चुनौतीहरूको सामना गरेर अस्तित्व रक्षार्थ अगाडि बढ्ने विजयी हुन्छ भने समयको अर्थ नबुझ्नेहरू पछाडि पर्छन् र सम्यताबाटै लोप भएर जान्छन् । जीवन निर्वाहका लागि मानव समुदायमा गरिने इलमलाई रोजगार भनिन्छ । आफ्नो देश छोडेर बाँच्नका लागि इलम गर्न विदेश गइन्छ र जीवन निर्वाह गरिन्छ भने त्यसलाई वैदेशिक रोजगार भनिन्छ ।

मान्छे रहरले विदेश पलायन हुँदैन । उसलाई सबैभन्दा प्यारो आफ्नै माटो हुन्छ, आफ्नै हावापानी हुन्छ, आफन्तको साथमा स्वर्गीय आनन्द भेट्ने मान्छे आफ्नै रीतिरिवाज र परम्परामा रमाउँछ । आफ्नो देश छोडेर मान्छे दुईवटा कारणले विदेश पलायन हुन्छ । पहिलो रहरले र दोस्रो बाध्यताले । रहरले विदेश जानेहरू पर्यटनका लागि, ज्ञानार्जनका लागि तथा अनुभवका लागि जान्छन् । दोस्रो कारण वा बाध्यताले देश छोड्नेहरू जीवन निर्वाहका लागि विदेश गएका हुन्छन् । विदेश जानेहरूको भीडमा रोजगारीका लागि विदेश जानेहरू वैदेशिक रोजगारको आकर्षणमा पर्नेको सङ्ख्या ठूलो छ ।

आफ्नो देशमा रोजगारको अवसर नहुनु, आफ्नो योग्यता अनुसारको काम नपाउनु, काम पाए पनि

समस्याको सगरमाथा अगाडि उभिएपछि कमाइले बाँच्न गाह्रो हुनु, अशिक्षा तथा गरिबीको चपेटामा पर्नु, युद्ध तथा अशान्तिबाट त्रस्त भएर खाने गाँस र बस्ने बासका लागि आमाको काख छाड्न विदेश पलायन हुनुजस्ता केही प्राथमिक कारणहरू हुन् ।

वैदेशिक रोजगार आफैँमा खराब होइन तर पनि वास्तवमा भन्ने हो भने हामी समस्यामा नै समस्याको भुमरीमा छौं । हामीले देश विकासको लागि गर्नुपर्ने कामहरू प्रशस्त छन् । यहाँ विकासले गति लिन सकेको छैन । हाम्रा सामाजिक, राजनीतिक, प्रशासनिक तथा आर्थिक क्षेत्रमा ठूलो परिवर्तनको खाँचो छ । विकास निर्माणको कार्यमा एकजुट भएर लाग्नुपर्ने समयमा शिक्षित, अर्ध शिक्षित तथा अशिक्षित समेत श्रमशक्ति विदेशिएको छ । यस्तो नहुनको लागि विकास निर्माणको ढोका खोल्नुपर्ने हुन्छ । रोजगारीको अवस्था सिर्जना गर्नुपर्ने हुन्छ । वैदेशिक रोजगारीबाट तत्काल वैदेशिक मुद्रा आर्जन हुने भएकाले केही फाइदा देखिए पनि यसबाट विभिन्न विकृति र विसङ्गतिहरू भित्रिने हुँदा दीर्घकालीन फाइदा हुँदैन । कामका अवसर यही देशमा पनि भएकाले राष्ट्र निर्माणमा जुट्नु आजको आवश्यकता हो ।

टाला टुली बटुली, कति रामी पुतली

पूजा देवर्षि वाग्ले, १० घ



कहिले 'टाला टुली बटुली' को कविता वाचनबाट महाकविका लेखहरूसम्म पुगियो थाहा नै पाइएन । समयले हामीलाई मञ्जु म्यामको कक्षाबाट वेद सरको विवेचनात्मक उत्तरहरूसम्म डोहो-याएर ल्यायो, केही पत्तै पाइएन । हाम्रो विद्यालयको भुइँतल्लाको छेउको लोवर नर्सरी कोठाबाट दश कक्षासम्मको यात्रा त हेर्दा हेर्दै बित्यो । कसले सोचेको थियो र ? कि हामी तीन वर्षका साना-साना बच्चाहरू, १३ वर्ष यसै भवनको कुना-कुनामा हुर्केर यत्रा हुन्छौं । ईला म्यामको स्याबासीबाट रिना म्यामको मायासम्म पुगियो अनि चूडामणी सरका अर्ती उपदेश बोकेर सविता म्यामको ममतासम्म आइपुगियो ।

यसो आँखा बन्द गरेर याद गर्दा अचम्मित भइन्छ, यस विद्यालयमा यति वर्ष बिताइयो, नड काटनदेखि गणितका कठिन प्रश्नहरूको हल निकाल्न सबै यही चार तल्ले भवनमा सिकियो । पहिला आफूभन्दा ठूला बडाले विद्यालयको याद आउने कुरा गर्दा केही मेसो पाउँदैनथ्यो । अब बल्ल बुझियो कि यति वर्ष यही बिताएर, यही हुर्किएर गएपछि विद्यालय त विद्यालय मात्र नरहँदो रहेछ, यो त आफ्नै घर जस्तो पो लाग्न थाल्दो रहेछ ।

विद्यालय छाड्ने बेलामा बल्ल बुझिदो रहेछ कि हामीलाई विद्यालयप्रति र विद्यालयलाई हामीप्रति कति माया रहेछ । अहिले आएर बल्ल शिक्षकहरूको गाली भित्रको भावना बुझिदो रहेछ । यत्रा वर्ष जहाँबाट निक्किनका लागि पढेर मिहिनेत गरियो अब त यो विद्यालय छाड्ने मन नलाग्दो रहेछ ।

नेपाल आमा

श्रमी मिश्र, १० ख

बिहानीमा हिमालको दर्शन गर्न पाउँ ।
खुसी भई, नेपाल आमा तिम्रो गीत गाउँ ॥

मेची, काली दुःखी भए आमाको आँसु भर्छ ।
आमाका यी आँसु पुछ्न मर्न सक्नु पर्छ ॥

जात भात भन्न छाडौं नेपाली हाम्रो जात ।
एकै स्वरले नेपाली गाऔं हातमा राखी हात ॥

नेपाल आमाको रक्षा गरे जीवन सफल हुन्छ ।
नेपाली नै भाँडिएमा अस्तित्व नै गुन्छ ।

हिमाल तराई एउटै हो, एकै पहाड मधेश ।
सबैको साभा फूलबारी हाम्रो यो प्यारो देश ॥

बिहानीमा हिमालको दर्शन गर्न पाउँ ।
खुसी भई नेपाल आमा तिम्रो गीत गाउँ ॥

भानुभक्त आचार्य

सुयोग ज्ञवाली, १० घ

जन्म्यौ तिमि तनहुँ जिल्ला चुँदीरम्घा गाउँमा
पिता धनञ्जय र माता धर्मावतीको कोखबाट
हजुरबुवा श्रीकृष्ण आचार्यसँगै अक्षरारम्भ गरी
अनेक कृति रचना गरी चिनियो तिमि नेपालभरी ।

गरिब घाँसीको कुवा खन्ने प्रेरणाले छोयो तिम्रो मन
तिम्रा कामले नै तिम्रो गुण गाउँछन् हरेक जन
संस्कृतको रामायणलाई नेपालीमा अनुवाद गर्नु तिमिले
वधू शिक्षा, भक्तमाला, रामगीता लेखेको हुँदा सम्झन्छौं हामीले ।

सबैलाई सत्कर्मतिर लगाउन खोज्यौ, गरेनौ कसैको ईर्ष्या
तिम्रा योगदानको शताब्दीयौं पछि पनि छैनौं हामीले बिर्स्यौ
भानु जस्तै चम्किरह्यौ बन्थौ सबको प्रेरणाको खानी
जानी नजानी कोरै शब्द तिम्रीलाई महान् ठानी ।

शिक्षक र शिक्षकको जागिर

मञ्जिल शर्मा, १० क

शिक्षक रामराज आजकल तनावमा छन् । विद्यालयमा यसै वर्ष आएका उनी सबैसँग प्रिय हुन खोज्थे । सबै विद्यार्थी माझ प्रिय उनी हिजो एउटा विद्यार्थी माथि हात उठाउन पुगे । मजाको लागि होइन, बाध्यतामा उनले यस्तो गर्नु परेको थियो । त्यो विद्यार्थी पनि कस्तो कक्षामा सधैं हल्ला गर्ने, विषयको कापी पनि बनाएको रहेनछ मोराले । रामराज सरलाई अलि-अलि डर पनि लागेको थियो । उसै नयाँ जागिर, अनि आजकल गाली गरे नियमले नदिने, नगरे विद्यार्थी पढ्दै नपढ्ने । अझ त्यो विद्यार्थीको बुबा त पहुँचवाला नेता हो रे भन्ने सुनेका थिए ।

सधैं उनी विद्यालयको प्रवेशद्वारबाट छिर्नासाथ विद्यालयका प्रधानाध्यापकलाई नमस्ते गर्थे र फिर्तामा मिठो मुस्कान साथको नमस्ते पाउँथे तर आज अचम्म भयो । प्रधानाध्यापकले फिका नमस्ते फर्काए । बिना मुस्कानको । उनले हिजोको घटना झलझली सम्झिए । उनको दिमागमा नानाथरी कुरा खेल्ले थाले । छोराको स्कूलको बिल सम्झिए, घरबेटीलाई दिनुपर्ने भाडा सम्झिए, त्यसमाथि काठमाडौँको महँगो । उनका पनि त केही सपना होलान्, केही धोको होलान् तर उनका सबै सपनालाई दैनिक गुजारा र महँगोले थिचेको छ ।

नयाँ शैक्षिक सत्रमा शिक्षकको जागिरको केही ठेगान हुँदैन । विद्यालयमा विद्यार्थी जम्मा गर्न सके जागिर, नभए व्यक्तिगत विवरण बोकेर अर्को विद्यालयको लागि आवेदन । विदेश जाने सोच पनि पहिले गरेका थिए, तर जि.आर.इ.को जाँचको लागि पढ्ने समयमा हो म ट्युसन पढाउन पाएन भने गुजारा चलाउनै गाह्रो । विद्यालयको तलब कहिले आउने ठेगान हुँदैन । तलबको आशमा रगड्दारगड्दै खुइलिएको एटिएम र सधैं हतारमा खोल्ने लगाउने हेलमेटसँग रगडिँदा खुइलिएको

तालु रामराज सरको चिनारी नै बनेको थियो । त्यो तलबले साथीभाइसँग लिएको हजार दुईहजार सापटी तिर्नमा ठिक्क हुन्छ ।

विद्यालय कुनै कारखानाभन्दा कम लाग्दैनन् । विद्यार्थीहरूलाई केका लागि पढ्न आएको भन्ने थाहा हुँदैन । उनीहरूलाई लाग्छ कि मास्टरहरू आउँछन् पढाउँछन् र जान्छन् । कक्षाहरू सुरु हुने समयमा किनेका महँगो किताबहरूको सुगन्ध जस्ताको तस्तै नै रहन्छ । पढ्न मन नलागी नलागी आएका विद्यार्थीहरूबाट विद्यालयले रिजल्ट खोज्छ । गाली गरौँ, नियमले दिँदैन गाली नगरौँ विद्यार्थी पढ्दैनन् । रिजल्ट राम्रो आए विद्यार्थीले पढेर रिजल्ट राम्रो भयो, बिगारे मास्टरले राम्रो नपढाएर भन्ने । केही गरे पनि जस नपाउने । साँच्चै दुई ढुङ्गाबीचको तरुलजस्तै छ मास्टरको जिन्दगी ।

नेपालको शिक्षा प्रणाली यस्तो छ कि वर्ष फेरिन्छन् विद्यार्थी फेरिन्छन् तर आउने पाठ्यक्रम सधैं उस्तै । त्यसैले शिक्षकले विद्यालय सुरु हुन अघि नै सबै पाठको हरेक कुरा थाहा हुन्छ । पढाउन सुरु गर्दाको जोस र जाँगर अहिलेका विद्यार्थी र पुरानो पाठ्यक्रमले गर्दा शिक्षकहरू ओरिसिएका छन् । विद्यार्थी पनि कहाँ राम्रा छन् र कक्षामा हल्ला गर्ने, नपढ्ने अनि कसरी चोरेर पास गरौँ भन्ने प्रवृत्तिका छन् । सबै नराम्रा पनि छैनन् तर फटाहाको बाहुल्यता छ । आजकल विद्यार्थी न त शिक्षकले दिएको ज्ञान नै लिन खोज्छन् न त आफ्नै पढ्न रुची राख्छन् । तैपनि मार्करको कालो लागेको सर्तका बाहुला, एउटा रातो कलम, खुइलिएको तालु लिएर ज्ञान बाँड्न अनि प्रधानाध्यापकको मुखमा हाँसो ल्याएर आफ्नो परिवारमा खुसी ल्याउने प्रयासको निरन्तर यात्रामा छन् शिक्षक रामराज ।

आमा

नस्वा मानन्धर, १० ख

नौ नौ महिना कोखमा राखी हामीलाई जन्माएकी व्यक्ति, आफूले दुःख सहेर सन्तानलाई सुख दिने व्यक्ति हरेक दिन तलब नलिइकन काम गर्ने व्यक्ति, अलिकति माया दिए त्यसको हजार गुना बढी फर्काउने व्यक्ति, परिवारको ढाल बनेर उभिरहने व्यक्ति को हुन् त उनी, जगत् भन्दा ठूली ? आमा ।

एउटी नारीले धेरै रूप लिन सक्छिन् छोरी, दिदी, श्रीमती आमा, बुहारी, आदि र यी रूपहरूमध्ये सबैभन्दा महत्वपूर्ण र ठूलो रूप आमाको हुन्छ । हामी सबैले आज यो संसार हेर्ने मौका पायौं, सपना देख्ने मौका पायौं आमाले गर्दा । आमा ती महान् व्यक्ति हुन् जसले आफू दुःखमा भए पनि सन्तानलाई सुख दिन पछि पर्दिनन् । आमाका लागि सन्तानभन्दा प्रिय कोही हुँदैन सन्तानका लागि आमाभन्दा ठूलो कोही हुँदैनन् । आमाको माया, ममता, गुण, स्नेहको स्वादमा मिठास हुन्छ । आमाको काखभन्दा ठूलो केही पनि हुँदैन । भनिन्छ, अरूको लाख आमाको काख । उहाँको काखमा निदाउनुको मज्जा, अलौकिक हुन्छ, आमा कहिले हाम्रो अलार्म बनेर

उठाउन आउनुहुन्छ त कहिले 'जोकर' बनेर हँसाउनुहुन्छ । कहिले साथी बनेर समस्याको हल निकाल्नु हुन्छ त कहिले शिक्षक बनेर गृहकार्य सिकाउनुहुन्छ । आफ्नो सन्तान अल्छी भयो भने त्यसलाई सही मार्ग निर्देशन गर्ने मानिस पनि आमा नै हुन् ।

हाम्रो जीवनको पहिलो लक्ष्य भनेको आमाको मुखमा मुस्कान ल्याउने हुनुपर्छ । हामीले आमालाई धेरै माया गर्छौं तर उनले गरेको माया अघि हाम्रो माया फिक्का हुन्छ त्यसैले यसको १/४ भाग मात्र आमालाई फर्काउन सके त्यो ठूलो कुरा हुन पुग्छ । तर आजभोलिका पिँढीले जगत् भन्दा ठूली-आमाको महत्त्व बुझेका छैनन् । आमाको गुण एक चुट्कीमा बिसिन्छन् । आफूलाई आमाबाको बुढेसकालको लट्ठी भन्छन् तर आखिरमा वृद्धाश्रममा छोडेर आउँछन् र आमाको मुखमा मुस्कान होइन, आँसु ल्याउँछन् । यी कुपुत्रका मन त ढुङ्गाले बनेका हुन्छन् ।

समुद्रभन्दा ठूलो हृदय भएकी आमाले हामीलाई माया, स्याहार, सुसार गरी राख्नुहुन्छ किनभने हामी उहाँका माया, प्रेरणा र संसार हौं । त्यसकारण हामी ठूलो मान्छे भएर आमालाई गर्व महसुस गराउनुपर्छ, मातृऋण तिर्नुपर्छ, आमालाई बुढेसकालको लट्ठी बन्नुपर्छ । आमा पाएपछि हामीलाई यो संसार नै जित्ने सरी हुन्छ । आखिरमा यो संसारकै सबै आमाहरूलाई सलाम र एउटा प्रश्न- हजुरहरूले किन आफूभन्दा आफ्ना सन्तानलाई माया गर्नुहुन्छ ? त्यो पनि यति निःस्वार्थी भएर किन आफ्नो सन्तानका मुखमा आँसु देख्न सक्नु हुन्न ?



लागू औषधको लत

खुसी गौली, १० ख



लागू औषधीको लत यस्तो अवस्था हो, जहाँ व्यक्तिले औषधी लिनको लागि बलियो आवश्यकता महसुस गर्छ । गाँजा, अफिम आदि तथा नेपाल सरकारले समय समयमा नेपाल राजपत्रमा सूचना प्रकाशित गरी तोकिदिएको प्राकृतिक वा कृत्रिम लागू औषध तथा मनोदीपक पदार्थ र तिनमा लवणहरू तथा अन्य पदार्थ समेत लागू पदार्थ भनिन्छ । लागू पदार्थको सेवन स्वास्थ्यको लागि निकै हानिकारक छ । लागू पदार्थ सेवन गर्ने व्यक्तिको सदाचार, स्वास्थ्य, सुविधा, सम्पत्ति, समय र सामाजिक दृष्टिकोणमा नराम्रो असर पर्दछ । लागू पदार्थको सेवन गर्ने व्यक्तिमा मात्र नराम्रो असर नभई उसको परिवार तथा उसको वरपरको व्यक्तिहरूमा पनि नराम्रो असर पर्दछ ।

लागू पदार्थको सेवनको कारणले समाजमा आपराधिक क्रियाकलापहरू बढ्दछन् । आजको समयमा युवाहरूमा नै प्रायः लागू औषधीको उपयोग बनेको छ । देशको युवा जनशक्तिको नै यस्तो हाल छ भनेपछि देशको विकास कसरी सम्भव छ ? युवावस्था जीवनको सबै

भन्दा क्रियाशील अवस्था हो । यो उमेरमा केही गर्ने आँट र भरोसा हुन्छ । यो अवस्था दायित्व र कर्तव्यको सङ्गम हो । यस्तो जोसिलो र जाँगरिलो समयमा लागू औषधीको लतमा फस्नु उचित होइन । युवाहरूको अनुहारमा राष्ट्रको मानचित्र हुन्छ । युवायुवती मात्र होइन, देशको हरेक नागरिक लागू पदार्थको सेवन गर्नु हुँदैन र यस्ता पदार्थको लतमा फसेका मानिसहरूलाई यस लतबाट बाहिर निकाल्नुपर्छ । सरकारले पनि लागू पदार्थको प्रयोग तथा बेचबिखनमा प्रतिबन्ध लगाउनुपर्छ र कानून नमान्नेलाई कडा सजाय दिनुपर्छ ।

तसर्थ समृद्ध समाजको लागि लागू औषधको नियन्त्रण गर्नु जरुरी छ । लागू औषध नियन्त्रण अन्तर्गत बनेका विभिन्न ऐन, नियम र कानूनको कडाइका साथ कार्यान्वयन गर्नु तथा हामी सबै समाजका नागरिकहरू लागू औषध नियन्त्रणमा सचेत तथा सक्रिय हुन अति आवश्यक छ ।



ल्याइदेऊ मेरो बालअधिकार

शुभन चिलुवाल १० ख

अँध्यारो पूर्वको क्षितिजमा उदाएको रविको किरणहरूसँगै
मेरा आशाका पालुवाहरू पनि पलाएका थिए
अन्धकारलाई चिर्दै अघि बढिरहेका किरणजस्तै
मेरा विश्वासका पाइलाहरू पनि अघि सरेका थिए
तर अचानक
आकाशमा बादल लाग्यो अनि फेरि अन्धकार भयो
आशाका पालुवाहरू ओइलाएर गए
विश्वासका पाइलाहरू पछि हट्न थाले
अनि छायो मेरो जीवनमा उही निस्पृहता,
उही कहाली लाग्दो अँध्यारो रात ।

भर्खरै गिट्टी कुटेर बाटोमा आएको थिएँ
म उभिएकै सडकपारि मेरै उमेरका
राम्रा लुगा लगाएर चिटिक्क परेका
टन्न अघाएका केटाकेटीहरू मुखमा मुस्कान बोकेका थिए
अनि कुरा गर्दै थिए मैले नबुझ्ने भाषामा
मेरा हातगोडा भैँ पहुँलो टिफिन बक्स
नीला, आकाश भैँ भोला भिरेका थिए ।

थाहै पाइँनँ कतिबेला ममा पनि
राम्रो लुगा लगाउने, टन्न अघाएर बस्ने रहर जाग्यो
आमा-बुवाको हात समातेर स्कुल जान मन लाग्यो
अनि मन लाग्यो
परीकथाहरू पढ्ने ।

अचानक !
अचानक मेरा अगाडि एक हुल मानिसहरू आए
मलाई मीठो सपनाबाट बिउँफाइदिए
भित्ता, पर्खालमा पोस्टरहरू टाँसे
म पनि त्यो भिडमा मिसिन गएँ
अनि चिच्याउन थालँ
'ल्याइदेऊ मेरो बाल अधिकार ।'



Class Photographs



K.G.

K.G.

1st Row (L-R):

Teacher- Ms. Samjhana Rana, Siddhangana RL Rana, Shivanjali Shrestha, Prabesh Thapa, Banrsha Adhikari, Swohebjib Tamrakar, Aarambha Regmi, Animesh Gurung,
Teacher- Ms. Aswina Shrestha

2nd Row (L-R):

Anusuya Adhikari, Shivanjal Shrestha, Rujoy Khanal, Aaryahi Karki, Aashika Ranabhat,
Sagun Malla Thakuri



Class I 'A'

1st Row (L-R):

Teacher- Ms. Renu karki, Teacher- Ms. Evan Syiemlieh, Apekshya Gurung, Aagya KC, Cannula Lamsal, Subash Gurung, Marico Devkota, Prince Dangol, teacher- Ms. Yukti Nakarmi

2nd Row (L-R):

Prasish Bashyal, Sudha Tripathi, Kushal Bhujel, Bivaan Shrestha, Noel Thapa, Aarambha Singh Khadayat, Yushika Thapa Magar

3rd Row (L-R):

Aashutosh Bista, Abhaya Adhikari, Arambha Bikram Shrestha, Sauhardra Bahadur Adhikari, Aayan Koirala, Maheshwor Bom Malla, Shubham Khadka



Class I 'B'

1st Row (L-R):

Teacher- Ms. Ambu Shah, Teacher- Ms. Bhawana Bhattarai, Prabhakar Ghimire, Aashis Agasti, Chandira Pandey, Amushree Pandey, Geovana Sthapit, Bibhusan Singh, Aaradhya Nepal, Teacher- Ms. Celina Rijal

2nd Row (L-R):

Ajil Man Shrestha, Sandhya Tripathi, Achman Bhattarai, Arosi Poudel, Deeyam Poudel, Mijab hang Limbu

3rd Row (L-R):

Riti Maharjan, Sarbagya Dhungana, Purnima Baral, Aakriti Acharya, Shubihani Thapa, Pranaya rana, Samip Aryal



Class I 'C'

1st Row (L-R):

Teacher- Ms. Sushila Khadka, Teacher- Ms. Shweta Dahal, Abhinna Raj Shrestha, Sushant KC, Prajiwal Thapa, Anjel Chaureli, Sarnav Maharjan, Aditya Adhikari, Dibina Thapa, Teacher- Ms. Shova Adhikari

2nd Row (L-R):

Aryav Nepal, Pratyasha Maharjan, Subham Gurung, Gabriel Singh Gurung, Aariz Khanal, Jayash Neupane, Monika Giri

3rd Row (L-R):

Sahas Bikram rana, Pranav man Shrestha, Aayush Khanal, Amod Nepal, Shreyashi Badal, Sadhbi Bhandari, Aashna Kkhadka, Suprit Dhakal



Class I 'D'

1st Row (L-R):

Ms. Salila Acharya, Ms. Rebu Pande, Sirmee Sunwar, Aahana Acharya, Grishma Bagale, Aagaman Bdr. Adhikari, Samanyu Shah, Aniketh Chhetri, Teacher- Ms. Mamata Chaudhary

2nd Row (L-R):

Amisha Marahatta, Deniz Thapa, Paridhi Khatri, Rosna Thapa, Yudhir Pratap Thapa, Aarushi Karki

3rd Row (L-R):

Aabiya Joshi, Suvinah Bajracharya, Slok Subedi, Samyak Kasaju, Sujal Shrestha, Yuavani Shahi



Class II 'A'

1st Row (L-R):

Teacher- Ms. Kalpana Thapa, Teacher- Ms. Romi Sherpa, Srijal Pradhan, Ashray Subedi, Adishree Khatiwada, Anushka Paudel, Prakriti Thapa, Himanshu Paudyal, Riska Dhamala, Rasil Lamichhane, Teacher- Ms. Binita Karki

2nd Row (L-R):

Priyanshu Lamichhane, Sudeepti K. Shrestha, Prinsa Lamichhane, Alex Mahar, Prayas KC, Abhigya Bhandari, Dip Gurung, Maulik Shrestha

3rd Row (L-R):

Aayushree Mahat, Yugant Adhikari, Ojasvi Dhungel, Aaryab Shrestha, Brihat Pradhan, Kris Pandeya, Sujaan B. Shrestha, Dirghayu N. Lama



Class II 'B'

1st Row (L-R):

Teacher- Ms. Shobha Singh Thakuri, Sambriddha Jung Khadka, Jigyasa Khaingoli, Abhinanda Neupane, Anushuya Adhikari, Ronith Kadel, Arbisha Sapkota, Sarika Karki, Avinav Bohora, Aayushman Shrestha, Teacher- Ms. Sarita Shiwakoti

2nd Row (L-R):

Krishala Paudel, Pranaya Hamal, Sampanna Subedi, Yutesh Kalikote, Bishesh Acharya, Ronish Paudel, Pragun Jung Gurung, Archit Sedhai, Pratik Thapa

3rd Row (L-R):

Abhishri Gurung, Sampada Dhungana, kabin Niraula, Sadira Gautam, Dibash Pandey, Success Paija, Inay Maharjan



Class II 'C'

1st Row (L-R):

Teacher- Ms. Arya Sharma, Aarav Thapaliya, Pragalva Aryal, Sampanna Paudel, Reskun Ranabhat, Prasun Malakar, Deewant Bhandari, Rohini Baral, Teacher- Ms. Sudikshaya Gautam

2nd Row (L-R):

Adiksh Silwal, Aarusha Raj Bhandari, Rhythm KC, Pranaya KC, Grace Titung, Saafin Koirala, Smaran Shrestha, Abhyudaya Nepal

3rd Row (L-R):

Bhavya Pahari, Shreya Bhattarai, Aayushi Rawal, Suyog Khanal, Aadhar Ghimire, Aaron Hamal, Anish Khadka



Class II 'D'

1st Row (L-R):

Teacher- Ms. Urvashi Pradhan, Teacher- Ms. Kabita Shah, Asmi Karki, Divija Paudel, Aarush Shrestha, Aagat Pathak, Lhendup Sherpa, riti Karki, Subhani Bantha Magar, Teacher- Ms. Rishu Shrestha

2nd Row (L-R):

Britant Pradhan, Eva Kachhyapati, Agrima Shahi, Aditi Gurung, Samrat Raj gautam, Samuel Hamal, Rujen Shrestha, Sayori Lama, Syon Rayamajhi

3rd Row (L-R):

Season Bhattarai, Sagar Upadhyaya, Aarav Yadav, Samyam Pandey, Satwik Katwal, Shivanshu Shrestha, Anshu Acharya, Priyanshi Chhetri



Class III 'A'

1st Row (L-R):

Teacher- Ms. Yamuna Shah, Teacher- Ms. Bimala Lamichane, Sampanna Raj khadka, Prinshu Rijal, Niharika Shrestha, Ayush Tiwari, Siya Acharya, Ashriya Acharya, Amul Thapa Magar, Renash Tamang, Ayush Pandey, Girwani RL Rana, Teacher- Ms. Shushila Subba

2nd Row (L-R):

Nirvik Khatri, Sasank Yadav, Prathani Shrestha, Syon Poudel, Ashraya Shital, Aayan Adhikari, Sitanshu Shrestha, Salin Bhandari, Sambid KC

3rd Row (L-R):

Kinshu Shrestha, Neha Kharel, Janella Shrestha, Ayumi Dhital, Shubhan Bhusal, Shilpa Gurung, Sarthak Raj Adhikari, Suyog Pantha, Yujinashree Thapa



Class III 'B'

1st Row (L-R):

Teacher- Ms. Shreejula Shrestha, Teacher- Ms. Rabita Gurung, Aayam Adhikari, Mahima Khadayat, Jonisha Karki, Aayana Upreti, Aakanshya Wagle, Roshika Wagle, Sadhya Bhatta, Gautam Thapa, Teacher- Ms. Jharana Shrestha

2nd Row (L-R):

Samyak Shahi, Anukul Sharma, Archana Acharya, Agrata Regmi, Mizuki Sherchan, Sounya Udas, Shrachit Mishra, Unique Ghimire, Atal Acharya

3rd Row (L-R):

Aaradhya Thapa, Rohit Ghalan, Saman Sharma, Udeshya Shrestha, Ayub Rasalee, roshik Poudel, Manashi Basnet, Sparsh Thapa, Swastika Mahara, Saugat Gautam



Class III 'C'

1st Row (L-R):

Teacher- Ms. Mary Shah, Grishma Shrestha, Drishana Gurung, Sparsh Neupane, Anjila Subedi, Aakriti Pokharel, Prasun Acharya, Aarohan Poudel, Samir Shrestha, Sampada Subedi, Teacher- Ms. Mary Shah

2nd Row (L-R):

Ipsita Rana, Kusmin Poudel, Ryan Gurung, Sarbani Shah, Bibek Poudyal, Gaurav Parajuli, Amrit Acharya, Aayan Shrestha, Aayush Regmi, Resiva Ghimire, Soyung Rai

3rd Row (L-R):

Aaradhya Shah, Aryan Pal, Manichandra Raj Bhandari, Prashna Poudel, Ridisha Bagale Tamang, Bibhuti Aryal, Ashutosh Bagale, Pranay Shrestha, Sarjak Aryal



Class IV 'A'

1st Row (L-R):

Teacher- Ms. Anita Malla Shrestha, Shrey Sharma, Saral Shrestha, Bisestha Paudel, Sadikshya Chhetri, Prayush Krishna Gurung, Sachitya Adhikari, Alzen Baniya, Jyoti Shrestha, Aagaman Pradhan, Dilasha Adhikari, Teacher- Ms. Goma Karki

2nd Row (L-R):

Aayush Deosa Rai, Anuj Rimal, Suyog Poudel, Aayush Dhital, Shrivya Pokharel, Ojesh Gurung, Nischit Baniya, Bimarsh Tamang, Aashish Sharma Agasti, Aashna Hadakhale

3rd Row (L-R):

Gahan Thapa, Prayag Kattel, Youna Shrestha, Abhinandhan Sharma Dahal, Manasha Wagle, Ojeswi Singh, Abhiraj Gautam Chhetri



Class IV 'B'

1st Row (L-R):

Teacher- Ms. Poonam Singh, Aaryan KC, Bijina Gurung, Alisha Pudasaini, Nirwan Raj Bhandari, Sara Silwal, Suranjan Sapkota, Bhavya Bhandari, Adhyan Kshetri, Alya Badal, Neha Yadav, Teacher- Ms. Salina Tamrakar

2nd Row (L-R):

Diva Giri, Rishani Paudel, Joyavee Gauchan, Anurag Shrestha, Nashib Neupane, Adhiraj Upadhyaya, Sujal Manandhar, Reeya Shrestha, Vibhusha Rajbhandari, Saumyaa Rana

3rd Row (L-R):

Moksh Chapagai, Aditya Jha, Pratham Khanal, Prasun Thapa, Bikash lamichhane, Sulaksh Bhatta, Sarthak Thapa



Class IV 'C'

1st Row (L-R):

Teacher- Ms. Robina Shrestha, Prakriti Shrestha, Jyotishree Malla, Shaurya Singh, Sampanna Neupane, Samip Harsha Bajracharya, Deepisha Poudel, Sulav Subedi, Medina Kafle, Yeshna Dangol, Teacher- Ms. Narayani Shrestha

2nd Row (L-R):

Lakpa Lama, Riyan Shrestha, pravat Bahadur Amatya, Rheemagya Dhakal, Crescent Maharjan, Shwapnil Thapa, Oliver Stampfer Karki, Angel Basnet, Saanvi Bhandari, Debyamshu Adhikari

3rd Row (L-R):

Saurya Bikram Bisht, Rayhaan Chiluwaal, Biwash Joshi, Nishesh Khadka, Presabhi Dhungel, Ovasha Sthapit



Class IV 'D'

1st Row (L-R):

Teacher- Ms. Tarala Sherpa, Neebha Shrestha, Anuska Shrestha, Aditya Poudel, Aadhvat Hamal, Madhavi Parajuli, Chetwyn Nepali, Ritik Sedai, Aayusha Giri, Bhawisha Mahat, Kriti Chitrakar

2nd Row (L-R):

Nazeeya Lalchan, Stuti Sharma, Ojeswee Lamsal, Adarsh Regmi, Pranav Dhoj GC, Chandani Ghimire, Aryaa Ranjit, Susmeen Shrestha

3rd Row (L-R):

Sauran Ale, Anupam Pokhrel, Swastik Tandul Joshi, Apoorva Subedi, Aayush Khatri, Priansh Singh Kunwar, Ojas Lama



Class V 'A'

1st Row (L-R):

Teacher- Ms. Puja Manandhar, Manish Gurung, Sarwashree Adhikari, Priney Devkota, Joel Manandhar, Risab Shrestha, Yangzen Lhamu Lama, Shreyashi Neupane, Hrishab Budhathoki, Aarushi Sharma Wagle, Teacher- Ms. Nisha Shahi

2nd Row (L-R):

Peeyush Lamgade, Shiwansha Adhikari, Suyog Khanal, Shreeya Shrestha, Sarakshi Neupane, Dev Paudel, Jenish Dhungana, Simon Maharjan, Saumya Thapa

3rd Row (L-R):

Dipsikha Adhikari, Sneha Poudel, Manasi Dhakal, Aava Shrestha, Aashika Sharma, Soniya Niroula, Stuti Shrestha, Akshayeshwor Joshi



Class V 'B'

1st Row (L-R):

Teacher- Ms. Rewata Gurung, krishma Rijal, jayena Budhathoki, Binit Gurung, Ojus Acharya, Aayushma Chhetri, Sampanna KC, Ashwin Parajuli, Nitya Aryal, Abhigya Dangol, Teacher- Ms. Pooja Lama

2nd Row (L-R):

Tejashwi Shrestha, Aayaka KC, Sushant Acharya, Manyata Regmi, Kristeena Dhakal, Yujen Pakhrin, Sauhard Dahal, Arsi Poudel, Bibhuti Shakya

3rd Row (L-R):

Anrose Chauhan, Sashwot Raj Khadka, Paljor Gurung, Pritam G.T, Mayank Adhikari, Arush Kadariya, Sangam Aryal



Class V 'C'

1st Row (L-R):

Teacher- Ms. Sanjeeva Chettri, Marisha Dhakal, Siddhant Devkota, Prishka Bartaula, Shreyas Poudel, Shambhavi Adhikari, Sishan Kunwar, Anwesh Bhujju, Aaliya Karki, Subham Chand, Teacher- Ms. Sujita Maharjan

2nd Row (L-R):

Aarya Marasini, Prashant Acharya, Girish Bhandari, Yogesh Shrestha, Sital basnet, Suyash Babu pandey, Shreni Aryal, Smriti hamal, Mebika Kunwar

3rd Row (L-R):

Himal Thapa, Aarushi Piya, Yenzen Gurung, Noyal Karki, Biven Shrestha, Shiluv Poudel, Sarahana Singh, Alish Pudasaini, Prizma Thapa



Class V 'D'

1st Row (L-R):

Teacher- Ms. Bina Aryal, Smarika Adhikari, Prasan Gurung, Yunish Shrestha, Pranit Adhikari, Upasana Thapa, Eina Maharjan, Aarushi Sharma, Dilasha Lamichhane, Aryan Kumar Khan Thakuri, Teacher- Ms. Amrita Dhakal

2nd Row (L-R):

Prija Shrestha, Pratik Gurung, Rehan Ghale Gurung, Yugh Maharjan, Nischal Ghimire, Shreyash Acharya, Sumit Sitaula, Pratha Shrestha, Aarshiya Sharma, Krenjila Karki

3rd Row (L-R):

Chahat Kauchha, Shastika Ghimire, Simran Thapa, Subhasis Bantha Magar, Manas Shrestha, Gaurav Chhetri



Class VI 'A'

1st Row (L-R):

Teacher- Ms. Laxmi Rayamajhi, Seelush Chhetri, Amisha Poudel, Kapil Dhungana, Yek Raj Oli, Shuvam Kandel, Sangam Lamsal, Deepen Gurung, Shubrata Baral, Pavani Limbu

2nd Row (L-R):

Shristi Shrestha, Anuska Acharya, Hemant Khatri, Ashim Ghimire, Utsab Ghimire, Nishant Joshi, Janvi Subedi, Aabriti Gharti Magar, Barish Sthapit, Ishika KC

3rd Row (L-R):

Saurya Giri, Aaditya Pyakurel, Rachana Koirala, Anshita Pal, Sandhya Godar Thapa, Ujwal Bhakta Shrestha, Pragalva Thapa, Priyasha Basnet, Pragya Aryal, Pratik Baniya, Ivan Shresthas



Class VI 'B'

1st Row (L-R):

Abhigya Thapa, Kritika Rayamajhi, Anwesha Shah, Lakeisha RL Singh, Abhiyan Neupane, Teacher- Mr. Rohit Pandey, Anjila Tamang, Sakar Baral, Nirjal Dahal, Abhiskar Poudel, Ayusha Gairhe

2nd Row (L-R):

Bishista Wagle, Bedant N. rana, Suvam Dhakal, Anjil Acharya, Anwesha Upadhyaya, Shlok Karki, Samyam Sharma, Sanshray Sharma, Ayushma Maskey

3rd Row (L-R):

Prayan Shrestha, Aarogya Adhikari, Samyukta Rajbhandari, Bisistha Adhikari, Janvee Gauchan, Sambhab Pandit, Prashanna Aryal, Prisha Sthapit, Rojan Khanal, Pradev Thapa



Class VI 'C'

1st Row (L-R):

Aarav Sansar Dhungana, Rhideema Tuladhar, Dixita Poudel, Dibyata Dhungana, Teacher- Ms. Surjana Dhakal, Shistata Baral, Anuska Regmi, Dilasha Shrestha, Diwas Thapa

2nd Row (L-R):

Bibhan Pradhan, Aayam Pokhrel, Arman Ghimire, Samman Tandan, Manav Regmi, Nishesh KC, Grishma RL Rana, Divyanshu Shah

3rd Row (L-R):

Sanjita GC, Anjolee Thapa, Kushal pant, Bhusan Malla Thakuri, Ashutosh Dhital, Hritika Sharma, Ashwin Gurung



Class VI 'D'

1st Row (L-R):

Shaswat Timilsina, Pramod Kumar Parajuli, Prajil Basnet, Adhish Bhattarai, Teacher- Ms. Rojeena Adhikari, Tushar Aidi, Kushang Tamang, Kabir Gautam, Shubham Dhungana

2nd Row (L-R):

Sulav Gurung, Nishma Lamichhane, Shuvashis Shrestha, Kshitiz Deep Rai, Pradipti Aryal, Ashrika Dhital, Nima Gurung, Pranjwal Joshi, Monic Poudel, Kirtimani Tamang

3rd Row (L-R):

Atit Nepal, Stuti Thapa, Sarweshwari Rana, Shwena Shrestha, Riddhima Lama, Garishma Dura, Aunsh Dhamala, Rikma Thapa, Sujal pangeni, Aishwarya Neupane



Class VII 'A'

1st Row (L-R):

Saubhagya R. Lama, Kripa Adhikari, Samrat Sharma, Jiwosh Shrestha, Teacher- Mr. Puskar Chaudhary, Sakar paudyal, Bivusha Shrestha, Sikha Mahat, Raju Bhusal

2nd Row (L-R):

Sneha Tamang, Aayush Hadakhale, Suyog Karki, Ankit Khatri, Aniska Rajbanshi, Biraj Sharma Kafle, Neharika Poudel, Garima Parajuli, Nicole Kandel, Prinsa Singh Kunwar

3rd Row (L-R):

Pranish Pradhan, Suprav Bajracharya, Saksham Rajkarnikar, Aanchal Thapa, Nihal Adhikari, Aansh Dhakal, Suvanga Ghimire



Class VII 'B'

1st Row (L-R):

Aslesha Pandey, Zen Gurung, Garima Adhikari, Aakshyat Gurung, Teacher- Mr. Prakash Pant, Vision Bhattarai, Avash Sapkota, Suvana Shah, Nihira Joshi

2nd Row (L-R):

Sharad Jamkatel, Divyasha Sharma, Manshi Khatiwada, Swornika Adhikari, Swopnil Pangen, Sansar Rana, Joyestha Lalchan, Sadikshya Bajracharya, Bipin Roka, Awani Nepal

3rd Row (L-R):

Bibhusan Thapa, Aadishree Shah, Kamira Rawal, Supriya Silwal, Sukriti Dhakal, Ashma KC, Monika Lamichhane, Ridima Joshi, Sonakshi Shrestha, Biraj Sapkota



Class VII 'C'

1st Row (L-R):

Samridhi Shah, Sara Tuladhar, Shrijan Basnet, Shreyas Maskey, Teacher- Mr. Tshering Nima Sherpa, Aabishkar Pandey, Utsav Thapa Magar, Pragati Khadka, Angel Budhathoki

2nd Row (L-R):

Sampurna Bista, Prince Neupane, Prachi Malla, Oshin Panday, Suruchi Paudel, Bipin Ranabhat, Osan Shrestha, Suyogya Sapkota

3rd Row (L-R):

Devish Raj Singh, Sugam KC, Riwarz Aryal, Nima Lama, Shashwat Raj Pandey, Nihona Pradhan, Nihalendra Singh Chauhan, Suvashish Shrestha, Suvan Shrestha



Class VII 'D'

1st Row (L-R):

Dikshya Gyawali, Yashaswi Ghale, Arnav K. Nepal, Biraj Thapa, Teacher- Mr. Bikram Thapa, Jibesh Shrestha, Sampurna Bhattarai, Aditi Mishra, Samira Thapa

2nd Row (L-R):

Prasun Purja, Pratyasha Thapa, Apekshya Dhital, Avash Chhetri, Aavana Paudyal, Arya Poudel, Sarthak Acharya, Simran Pant

3rd Row (L-R):

Amaranjay Bhatt, Pankaj Dev Singh Thakuri, Anshul Charan Shrestha, Anwit Ghimire, Kaustuv Karki, Safal Thapaliya, Nanal Rana Magar, Hirendra Kumar Shah, Pratik Shrestha



Class VIII 'A'

1st Row (L-R):

Sukalpa Dhakal, Ayusha Bimali, Reecha Dhakal, Aryana KC, Mahima Pathak, Teacher- Ms. Srijana Koirala, Junu Tamang, Sudipa Dhakal, Unnati Silwal, Swati Shah, Bibisha Adhikari

2nd Row (L-R):

Ashima Gurung, Uniska Sthapit, Aviranjali Khatri, Aastha Pyakurel, Sumitra Chamlagai, Sakshi Sapkota, Prasanna Kaphle, Prasun Lamichhane, Kushal Raj Thapa, Aawaj Gaire

3rd Row (L-R):

Samyog Lamichhane, Pranaya Manandhar, Priyanshi Gurung, Kapil Ghimire, Rashik Pathak, Ankita Shrestha, Yumee Lama, Ostika Rimal, Abhilekh Koirala, Sawal Pant

4th Row (L-R):

Yug Sharma, Roshan GC, Kundan Man Shrestha, Krish Shrestha, Sarun kaji Dotel, Shiva Siddhiram Sapkota, Bidhan Thapa Magar, Nischal Thapaliya, Saman Dhakal, Anuj Maskey



Class VIII 'B'

1st Row (L-R):

Sauhardika Adhikari, Alina Shrestha, Prathana Karki, Rijula Shrestha, Sayoja Manandhar, Teacher- Mr. Nabin Ghimire, Pallabi Shrestha, Niriksha Sharma Khanal, Drishana Shakya, Samridhi Bohora, Shrestha Wagle

2nd Row (L-R):

Sambriddhi Khadka, Supriya Joshi, Kesu Ghimire, Prapti Karki, Ritesh Poudel, Manab Adhikari, Kritagya Manandhar, Sarthak Sapkota, Prarabdha Wagle, Safal Lohani, Safal Dhakal

3rd Row (L-R):

Sugam Nepal, Supriya Kunwar, Bishika Katwal, Sirish Gurung, Dirghayu Jung Thakuri, Samprad Neupane, Divyan Poudel, Sameer Man Shrestha

4th Row (L-R):

Kushal Poudel, Bedant Pandey, Avishkar Tamang, Ronak Thapa, Rujul Raj Joshi, Manish Poudel, Sakar Maharjan, Nirab Poudel, Ashim Sthapit



Class VIII 'C'

1st Row (L-R):

Bhumigya Bjaracharya, Rojina Paudel, Bibhuti regmi, Yashwini Bantawa, Ayushma Gairhe, Binayak Koirala, Teacher- Mr. Madhu Sudan Lamsal, Aagya Pandey, Neebha Ranjit, Ridima Rajbhandary, Sandhya Kharal, Mallika Rana, Nicole Shrestha

2nd Row (L-R):

Junish Shrestha, Prabesh Shrestha, Nowal Jung Baidwar, Shashwot Aryal, Kesang Chemme Sherpa, Sujal Pandey, Vinayak Bhusal, Aayushma Devkota, Suyesh pantha, Samyat Basnet, Baibhav Shrestha, Avideep Shah Singh

3rd Row (L-R):

Shaswot Shrestha, Sandesh Khadka, Nirbhik Neupane, Drishya Bikram Pahari, Sarad Aryal, Pranay Baniya, Sushant Rajak, Saksham Regmi, Sambid Shrestha, Srisank Shrestha, Dipshan Gurung, prajwal Basel



Class VIII 'D'

1st Row (L-R):

Shreesh Bastakoti, Liza Ghimire, Shreejita Chauhan, Raj Khadka, Priyasha Devkota, Teacher- Mr. Manoj Baniya, Manjisha Vaidya, Ashana Shah, Samrat Pant, Swikriti Giri, Ishita Pant

2nd Row (L-R):

Kasak Pandit, Shreeyak Poudel, Ishani Mahat, Reshkuna Ranabhat, Shishir Poudel, Utkrista Jung Thapa, Ankit Poudel, Deepika Gautam, Sangya Shakya, Selina Pageni

3rd Row (L-R):

Anuranjan Thapa, Nischal K. Shrestha, Barsha Acharya, Tejashwi Poudel, Simon Gurung, Athit Gurung, Ayusha Tamang, Priyanka Neupane, Shaswat Bhandari

4th Row (L-R):

Rijul Maharjan, Sneha KC, Samridhi KC, Suryaman Gurung, Aayush Koirala, Rijan Gurung, Maya Poudel, Pratyush Shrestha, Ashmit Awasthi



Class IX 'A'

1st Row (L-R):

Paramhansa Pudasaini, Aditya Dhungana, Arogya Badal, Aditya Gautam, Avinav Bhusal, Teacher- Ms. Durga Karki, Poorwa Wagle, Aayushma Acharya, Rabina Kandel, Arya Poudel, Selina Mahara

2nd Row (L-R):

Aayash Dwa, Stuti Dhungana, Bidya Thapa, Meemamsha Dangli, Gracy Titung, Aarya Dhital, Prithu Adhikari, Aakriti Pyakurel, Nehal Sharma

3rd Row (L-R):

Ayush Rasaillee, Bisesh Pandey, Abhiyam Bhandari, Sadichha Tamrakar, Arshiya Khanal, Krishma Karmacharya, Samridhi Karki, Nehal Sharma

4th Row (L-R):

Gaurab Poudel, Subodh Ban, Sumiran Bastola, Aayush Rimal, Sajal Shrestha, Shuvra Rimal, Parikshita Dhungana, Deepson Basnet, Arya Raj Paudel



Class IX 'B'

1st Row (L-R):

Bipin Bhandari, Prasun Shrestha, Himat Khatri, Abhinav Giri, Teacher- Mr. Suresh Chaudhary, Aditya Shrestha, Suhani Sharma, Aarshi Sapkota, Nimisha Dhakal, Aashika Sharma Wagle, Bisesta KC

2nd Row (L-R):

Darshan Shrestha, lakshya Adhikari, Yashaswi Shah, Manashwi Aryal, Aditika Nepal, Samagya Bajracharya, Ashma Pandey, Bhumika Gurung, Isha Adhikari, Priyanka Shrestha

3rd Row (L-R):

Aakash Deep Rai, Pramit Gautam, Sohail Shrestha, Prashant Poudel, Bikhyat Subedi

4th Row (L-R):

Kritan Man Shrestha, Aryan Singh Thakuri, Akshid Upadhyaya, Swagat Gautam, Avinabh Lalchan, Riway Rana Bhat, Sushil Acharya, Srijal Manandhar, Samyog Manandhar, Samyog KC, Shreeya Khanal



Class IX 'C'

1st Row (L-R):

Jitendra Khadka, Ayush Darshan Ulak,, Arju Shrestha, Aakriti Bhujel, Teacher- Anil Thakur, ritika Sedai, pratha Joshi, Sampada Mainali, Sakina Bajracharya, Manushi Giri

2nd Row (L-R):

Shuvam Nepal, Priya GT, Sanskriti Pokhrel, Cherish Gurung, Shruti Shahi, Anjali Lamsal, Richma Gurung, Anup KC, Sanjan B. Shrestha

3rd Row (L-R):

Anish Adhikari, Ashutosh Khatiwada, Prawesh Dahal, Shishir Dhakal, Kavya gautam, Yashwi Manandhar, Debisha Thapa, Samyukta Gyawali, Parth Chalise

4th Row (L-R):

Birat Aryal, Prasen Man Shrestha, Abhinab Aryal, Sriyan Kafle, Anuj Paudyal, Suryanshi Singh, Niharika Shrestha, Ashish Rai, Aashish Bista



Class IX 'D'

1st Row (L-R):

Looza Shrestha, Ojashree Manandhar, Dolkar Ghale, Kritika GC, Roji Poudel, Teacher- Mr. Sujan Dhakal, Diya Ale, Kanchan Dhakal, Prasanna Subba, Riya Shrestha, Swostika Gurung

2nd Row (L-R):

Birangana Reule, Eshika Yadav, Tia Gurung, Prasna Pokharel, Ichhu Baral, Ayusha Thapa, Divya Poudel, Shitu Pradhan, Pratistha Shrestha, Shuvekchha Pradhan

3rd Row (L-R):

Niraj Devkota, Avish Baral, Nischal Bhandari, Samyak Shrestha, Genius Kharel, Raj Poudel, Ishan Pyakurel, Srijan Kafle, Ayushman Shrestha, Sakshyam Shrestha

4th Row (L-R):

Sudarshan Bhujel, Biban Yadav, Rujul Shrestha, Adarsh Jha, Yubraj Singh Yadav



Class X 'A'

1st Row (L-R):

Uzeni Singh Dangol, Aaryashree Lamichhane, Agrima Regmi, Kasis pandit, Anusha Shrestha, Teacher-Mr. Lal Kesh Pandey, Binita Sharma Kafle, Neha Dhakal, Spriha Kharel, Anuska Dhungana, Samridha Shrestha, Niraj Baral

2nd Row (L-R):

Kabya Sharma, Ujjwal Man Shakya, Shreeya gautam, Spriha Maharjan, Saumya Adhikari, Krishna Niraula, Dipankar Timilsina, Rochak Tuladhar, Rohan Shrestha, Saugat Maharjan, Slok Bhandari, Divash Bhattarai, Sandesh Lohani

3rd Row (L-R):

Bisesh Raj Paudel, Avinish Khatri, Nishan Lamichhane, Aayush Agasti, Swayam Chhetri, Aarogya Gyawali, Pranav Kaji Shrestha, Rajiv Mahato, Ayan Dhital, Aayush KC, Ayusha Gautam



Class X 'B'

1st Row (L-R):

Khushi Gauli, Isha Paudel, Apekshya Dawadi, Shreeya Bajracharya, Aliza Lama, Teacher- Ms. Seema Limbu, Subhangi Lamichhane, Katyani BC, Anupama Bhusal, Chhimi Dolkar Tamang

2nd Row (L-R):

Sahil Ansari, Basanta Acharya, Sanshaya Khanal, Anish Bhattarai, Adee Shrestha, Gigyasha Niroula, Sneha Thapa, Naswah Manandhar, Shrami Mishra, Subham Chiluwal

3rd Row (L-R):

Aashraya Adhikari, Saksham Manandhar, Sumit Ojha, Shashank Joshi, Aaryan Panthi, Samridha Dangol, Deeparson Poudel, Pushkar Bohara, Prince Gyawali

4th Row (L-R):

Swayam Shrestha, Manjil Sharma, Prabal Kaji Shrestha, Umang Upreti, Maulik Pokhrel, Raunak Pandey, Abhay Manandhar, Avinaya Khadka, Uchit Mallick



Class X 'C'

1st Row (L-R):

Aarati Gurung, Anuja Dhungana, Kritika Kandel, Prasanna Shrestha, Shristi Dhungana, Teacher- Mr. Subhash Dawadi, Swechchha Dahal, Simon Sitaula

2nd Row (L-R):

Diya RL Shah, Bipika Kafle, Bibhuti Shrestha, Rusha Maharjan, Shraddha Wagle, Prasansha Shrestha, Khushi Jha, Ujjen Shrestha, Prajwol Dhoj GC, Leon Gurung

3rd Row (L-R):

Binit Shrestha, Riway Maharjan, Arpan Baniya, Kobit Bahadur Aryal, Shaswot Poudyal, Raj Bahadur Singh, Riway Joshi, Pawan Jung Gurung, Shushir Parajuli, Pranat Pokharel, Nikit Ban, Prashrit Paudel



Class X 'D'

1st Row (L-R):

Pooja Wagle, Samridhi Thapa, Ruana Maharjan, Arabdhi Shahi, Nawadi Rana, Dipti Nepali, Teacher- Pramod Raj Sharma, Lisha Bilash, Himani Basnyat, Sachi Shrestha, Ritika Maharjan, Aarushi Thapa

2nd Row (L-R):

Kribha Poudel, Ayusha Pokharel, Neha Shrestha, Darshana Regmi, Ribisna Adhikari, Binu Tamang, Pradipti Shrestha, Khushi Gurung, Niharika Kunwar, Samridhi Dugar

3rd Row (L-R):

Anurag Bhusal, Dev Thapa, Abhinav Acharya, Dikshanta Nepali, Binit Timla, Kshitiz Gurung, Suyog Gyawali, Ankit Acharya, Adish Nidhi Tiwari

4th Row (L-R):

Anubhav Devkota, Mangesh Debb Pande, Nishan Rana Magar, Siddhant karki, Aatmiya Silwal, Sakshyam Karki, Sameer Chamlagain, Ishan Raj Joshi, Himanshu Shah

Staff Photographs



Grade KG to V

1st Row (L-R):

Ms. Archana Singh, Ms. Samjhana Rana, Ms. Shweta Dahal, Ms. Rebu Pande, Ms. Sanjeeka Chettri, Ms. Poonam Singh, Ms. Sabina Katwal, Mr. Nikendra Gurung Tamu, Mr. Niladri S. Parial, Ms. Reeta K.C., Ms. Romi Sherpa, Ms. Bimala Lamichhane, Ms. Jharana Shrestha, Ms. Urvashi Pradhan, Ms. Rama Rana, Ms. Ambika Poudel

2nd Row (L-R):

Ms. Pramila Adhikari, Ms. Nisha Shahi, Ms. Ms. Robina Shrestha, Ms. Rishu Shrestha, Ms. Pooja Lama, Ms. Salila Acharya, Ms. Shova Adhikari, Ms. Narayani Shrestha, Ms. Sudikshya Gautam, Ms. Aswina Shrestha, Ms. Bhawana Bhattarai, Ms. Mamta Chaudhary, Ms. Evan Syiemlieh, Ms. Rabita Gurung, Ms. Manju Pokharel, Ms. Kabita Shah, Ms. Yamuna Shah, Ms. Tarala Sherpa, Ms. Wang Fang.

3rd Row (L-R):

Ms. Shovika Karki, Ms. Wang Lei, Ms. Mary Shah, Ms. Bina Baral, Ms. Anita Malla, Ms. Arya Sharma, Ms. Ritu Shrestha Gurung, Ms. Binita Karki, Ms. Yukti Nakarmi, Ms. Amu Shah, Ms. Rewata Gurung, Ms. Sujita Maharjan, Ms. Riju Maskay, Ms. Kalpana Thapa, Ms. Ritu Khanal, Ms. Uma Basnet.

4th Row (L-R):

Mr. Suman Shrestha, Mr. Gyan Raj Maharjan, Ms. Shobha Singh Thakuri, Ms. Puja Manandhar, Ms. Sushila Subba, Ms. Renu Karki, Ms. Amrita Dhakal, Ms. Shreejala Byanju Shrestha, Ms. Goma Karki, Ms. Salina Tamrakar, Ms. Celina Rijal, Ms. Kriti Chitrakar, Ms. Saroj Manandhar, Mr. John Karanjit, Mr. Sikandar Maharjan.



Grade VI to X

1st Row (L-R):

Ms. Seema Limbu, Ms. Saroj Manandhar, Ms. Pratiba Shrestha, Ms. Srijana Koirala, Ms. Shanta Sharma, Ms. Deepa Bhatt, Mr. Churamani Pandeya, Mr. Bed P. Aryal, Mr. Niladri S. Parial, Mr. Pratap Adhikari, Ms. Durga Karki, Ms. Savita Kapruwan, Ms. Reeta K.C., Ms. Mamata Shrestha, Ms. Rama Rana, Ms. Nirmala Subedi.

2nd Row (L-R):

Ms. Usha Kiran Khanal, Ms. Laxmi Rayamajhi, Ms. Surjana Dhakal, Ms. Laxmi Adhikari, Ms. Rojeena Adhikari, Mr. Madhu Sudan Lamsal, Mr. Manoj Baniya, Mr. Nabin Ghimire, Mr. Tshering Sherpa, Mr. Prakash Pant

3rd Row (L-R):

Mr. Subash Shrestha, Mr. Nabin C. Rai, Mr. Shyam S. Jha, Mr. Anil Thakur, Mr. Amrit Acharya, Mr. Suresh Chaudhary, Mr. Sikandar Maharjan, Mr. Puskar Chaudhary.

4th Row (L-R):

Mr. Umesh Thapa, Mr. Lal Kesh Panday, Mr. Sujan Dhakal, Mr. Subhash Dawadi, Mr. Bikram Thapa, Mr. Rohit Pandey, Mr. Jagadish Baral, Mr. Krishna P. Nepal, Mr. Pramod Wagle, Mr. Andre Le' Blond.



Administrative Staff

1st Row (L-R):

Ms. Reena Basnyat, Ms. Uma Basnet, Mr. Niladri S. Parial, Mr. Ajit Lama, Ms. Tika Devi Rijal, Ms. Sandhya Shrestha, Ms. Shrijana Manandhar

2nd Row (L-R):

Mr. Kiran K. Pant, Ms. Manisha Marsangi, Mr. Ranju K. K.C, Mr. Krishna H. Dhakal, Mr. Khem R. Pandit, Mr. Narayan K. Basnet, Mr. Anil Shrestha, Ms. Nirmala Subedi, Mr. Badri G. Baidhya, Mr. Kshetra B. Oli.



ECA Teachers

1st Row (L-R):

Ms. Vijaya Karki, Ms. Sunita Darnal, Ms. Prakriti P. Magar, Ms. Sangeeta Shrestha, Ms. Sushila Bista, Ms. Deepa Bhatt, Mr. Pratap Adhikari, Ms. Rama Rana, Ms. Rojina Manandhar, Ms. Aabha Shahi, Ms. Sony Shrestha

2nd Row (L-R):

Ms. Prabina Manandhar, Ms. Nabita Shrestha, Mr. Mohammad Tanveer, Ms. Sabina Maharjan, Ms. Saroj Manadhar, Mr. Nabin C. Rai, Mr. Ram Pyasi

3rd Row (L-R):

Mr. Yagya P. Devkota, Mr. Binod Pariyar, Mr. Ishwor Ghale, Mr. Prashant Pokharel, Mr. Mohan Sunuwar, Mr. Sunoj Bhattacharai, Mr. Santosh Shrestha, Mr. Shyam Prajapati, Mr. Dhan Kumar Ghising, Mr. Sikandar Maharjan

4th Row (L-R):

Mr. Ranjit Singh, Mr. Samson Thapa, Mr. Gyan Maharjan, Mr. Rajkumar Maharjan, Mr. John Karanjit, Mr. Shree Krishna Kharbiya



In-Charges and Heads of Departments

1st Row (L-R):

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



Support Staff

1st Row (L-R):

Ms. Kamala Kc, Ms. Sarita Shrestha, Ms. Kopila Adhikari, Mr. Narayan K. Basnyat, Ms. Reena Basnyat, Mr. Krishna Hari Dhakal, Mr. Niladri S. Parial, Mr. Ajit Lama, Mr. Ranju Kumar K.C, Ms. Komal D. Mandal, Ms. Nir K. Tiwari, Ms. Sumitra Khatri, Ms. Hari Maya Tamang

2nd Row (L-R):

Ms. Purnima Karki, Ms. Mithai Kafle, Ms. Rupa Khadka, Ms. Mina Rana, Ms. Shiva K. Shrestha, Ms. Manju Chaudhary, Mr. Binod Lama, Mr. Suman K. Balami, Mr. Ash B. Tamang, Mr. Chandra B. Bista, Mr. Sange Sherpa, Ms. Gita Maya Shrestha, Ms. Kamala Thakuri, Ms. Ananta Maya Khadka, Ms. Nirmala Kharel

3rd Row (L-R):

Mr. Madan B. Tamang, Mr. Harwa Tamang, Mr. Devman Bada, Mr. Chandra B. Lama, Mr. Kumar Kami, Mr. Sushil Acharya, Mr. Ganga Narayan Shrestha, Mr. Nabaraj Manla, Mr. Chandra P. Dahal, Mr. Rabindra Man Koswar, Mr. Nahakul Khatri, Mr. Prem K. Das, Mr. Devendra Koswar, Mr. Chandra B. Tamang, Mr. Daba S. Tamang

4th Row (L-R):

Mr. Som B. Mktan, Mr. Sukuman Tamang, Mr. Yangdul Lama, Mr. Arjun Mahat, Mr. Rajindra Koswar, Mr. Bik B. Lama, Mr. Mangala Mechey, Mr. Joshan Budhathoki.

INTERVIEWS AND INTERACTIONS

In Conversation with the School Librarian: Nirmala Subedi

INTERVIEWERS:

Nihona Pradhan, Sonakshi Shrestha - VII

Q: What is the difference between the behavior of Senior and Junior students while in the Library?

A: According to my observation, there are some notable differences in the behavior of Junior and Senior students. The students from Junior School and below usually love to read story books that are short, sweet and fictional. On the other hand, most of the Middle-School and High-School students are interested in reading magazines, newspapers, encyclopedias and novels. Aside from the preferred reading material, there are other differences in the manner of discipline and behavior. Our School Library abides by two golden rules specified as “no eating and no talking “. The junior students are unaware about the other small details to be taken into consideration whereas the seniors are familiar with the fact that they participating as readers should not behave in a manner likely to damage the fixtures and fitting of the library.

Q: How many different genres of book are available in the library?

A: The school library offers suitable collections of books to choosing form ranging from study reference to fantasy. The other genres are as follows : drama, science – fiction , crime , mystery , thriller , horror , humor , classic , satire , comics , romance , fairytale , legends , history , short stories , philosophy . Alongside these a wide range of non fictional books such as biography, self help book, essay and crosswords collections, quiz and speeches are also collected.

Q: In average, how many students visit the library to keep updated with the news?

A: On a daily basis, about 45 % of students visit the library read the newspaper display or take a brief glance of the pages.

Q: Are weekly library classes enough or there should be increment n the number of classes per week?

A: In my opinion, one class per week is enough because it is possible to come in and utilize their break or leisure time glancing over some pages. The library heartily welcomes all the bookworms.

Interview on the Evolution of Change in Teaching and Learning With Ms. Pramila Adhikari

INTERVIEWERS:

Nihona Pradhan, Sonakshi Shrestha - VII

Q: Have you experienced change in teaching methods over this course of time? If yes what changes?

A: Alongside the progress in the field of academics, the selective options for ECA (extra curriculum activities) has also gradually improved. Especially in elementary block, the students are familiarized with all the fields they can act up on later according to their interest. Unlike before, more practical and relatable methods and techniques have been adopted.

Q: Is the current education situation in overall schools of Kathmandu right or needs modification?

A: Schools are generally adopting modern teaching-learning methodologies.

Q: How do the students respond to the new method?

A: Most of the new methods that are introduced are enjoyable for students and us teachers as well because it is not just teaching, lectures, reading, listening but also learning through experiences and observation.

Interview with Ms. Sabina Katwal

INTERVIEWERS:

Rijula Shrestha, Shreejita Chauhan - VIII

The integration project is a modern technique of learning where the subjects are integrated and are taught in a practical way. It is more like progressive learning where get an opportunity to learn in a fun way without being pressurize.

We asked Ms. Sabina Katwal, Primary School Incharge about the integration project.

- 1) How did the concept of integration project develop?
“The process of integrated learning has been practiced in developed countries, but was lacking in Nepal. So, we started it in Triyog about 7 years back and are impressed by the results.”
- 2) What was main objective of integration program?
“The main objective of integration program was to develop leadership and decision-making skill in the students. The traditional way of learning was to learn theoretically but, in this age, it is considered better to learn in a practical way. Triyog has provided a platform for the students to learn without being pressurized.”
- 3) What were the challenges you faced during integration program?
“There were plenty of challenges. The major challenge was to convince the students' parents. Parents didn't understand the concept of integrated learning. After some time, it was solved when they saw their children making their own vision for studying.”
- 4) What was the opportunity you got in the integration program?
“Not only had I but all the teachers got a wonderful opportunity to make our children learn practically as well as we found the hidden talents of the student. We also got to learn about the problems the weak students are facing in their studies. For making the integration program successful our teachers got opportunity to have 4-5 months training session continuously. This was a golden opportunity for teachers to learn about teaching practically.”
- 5) Were all your expectations from the integration program met?
“Yes, majority of teacher's expectations were fulfilled. We expected the students to remember what they learnt without having to mug it all up. Weak students were also able to perform well in their studies as well as extra curricular activities. So, I think the results have been pretty good, as expected.”

Interaction with Teachers:

INTERVIEWER:

Shraddha Joshi, VII 'A'

- **Which method traditional or modern, is a better tool for education?**

Dawadi sir: Modern is obviously better because traditional method had no use of technology and internet. Teachers themselves were less informed which has now been reduced.

Andre sir: Traditional method is better because it has been coming down from the ages.

Bikram Sir: Supervised modern method is better. Students should not be given "full" liberties.

Ritu Ma'am: Modern over traditional because previously the students were burdened but now they are taught in a playful manner. Plus, Traditional method focused on rote-learning but now, it is all about understanding.

- **In the evolution of learning, which set of students were better? (then VS now)**

Dawadi sir: Previous batches were better because now the students are less interested in learning and more in entertainment.

Andre Sir: today's students because they are more intelligent and fresher.

- **So far have you changed your way of teaching? how?**

Dawadi sir: Yes, I have. Now I Focus more on context and conceptual learning.

Andre sir: No changes.

Bikram sir: Yes, at first it was lecture based but now it is project based.

Ritu Ma'am: Yes, more researches are done and it is well planned too.

- **What do you think about the differences in course books with the evolution of learning?**

Dawadi sir: There are a few changes, however, not as good as it should have been.

Andre sir: There are new editions in present day course books which are beneficial and practical.

- **If one thing you could change about today's educational tool, what would that be?**

Dawadi sir: material used and facilities should be increased.

Andre sir: I would change nothing because things are okay the way they are.

- **In the evolution of learning, which punishments were more effective?**

Dawadi sir: Encouragement has always been a better punishment above and over everything.

Andre sir: Deprive them from the thing they like the most.

Ritu ma'am: I prefer scolding because I believe in the power of words.

Given an option to replace one quality of today's students with the past's, what would that be?

Ritu ma'am: Undoubtedly, Discipline of the students.

Bikram sir: Punctuality of homework.

Dawadi sir: Limitation in freedom.

Rohit sir: The amount of noise students create.

Prativa ma'am: The way students now behave in terms of everything.

Andre sir: Creativity of the past one's with the presents.

How has evolution of education helped you in the learning process?

Dawadi sir: It has helped me in being more informative.

Andre sir: Not much helpful to me as I stick to past plans and methods more.

Ritu ma'am: Very much. I am more informative and can share more ideas now.

Rohit sir: I can learn and teach at the same time so I am pretty grateful for the reformations.

Support Staff

Interviewing Mr. Chandra Bista

INTERVIEWER: Bishista Wagle, VI 'B'



Q: Since how many years have you been working at Triyog?

A: I have been working in Triyog for nearly 16 years.

Q: Are you satisfied with your job? If yes, why? If no, why?

A: I am satisfied with my job because I get to do what I wanted.

Q: Have you been in any accidents while driving a school bus with students?

A: I haven't been in any major accidents with injuries while driving the bus. But I have been involved in small and minor accidents with no injuries.

Q: How do you feel while driving a school bus?

A: I feel happy. It is a responsibility that I do properly, so I feel happy.

Q: What are the experiences that you gained from Triyog that you will never forget?

A: Every moment is good. From bad moments also you can learn many things.

Q: How long will you work at Triyog?

A: As long as the school keeps me and until I can drive I will work at Triyog.

An interview with the School Cook

INTERVIEWERS:

Prinsa Kunwar, Oshin Panday - VII



Q: How many years have you been working here for?

A: Almost about 5 years.

Q: How interested are you in this work?

A: With all my interest and passion, I have been working in this school.

Q: Do you face any challenges in your area of work?

I am quite happy with the school. However, sometimes the shortage of food stuff is a problem. Nowadays, the problem is taken care of by the school management and I would like the improvements to continue.

Q: If you have any complaints, whom do you talk to?

A: All the kitchen staff usually express their problems to the kitchen in-charge, Reena Ma'am who listens to problems and tries her best to resolve them. I do the same.

Q: How many hours a day do you work?

A: I work a maximum of 8 hours a day. I am required to come to school at 8 in the morning and I leave at 4 in the evening but it is not as tiring as everyone expects it to be.

Finally, after interviewing him and asking some questions about his job, we also gathered some information:

It takes him about an hour to prepare the snacks and minimum 3 hours to prepare for and cook lunch. He requested us to appreciate the work of the kitchen staff by not wasting food. He also mentioned that the school staff respect every one irrespective of the work level. They do not consider any work less important which is a great quality needed in today's world.

Name: Purnima Karki (joined school 16 years ago)

INTERVIEWERS:

Aishwarya Neupane, Riddhima Lama- VI

Q: When you were a child like us what did you want to be?

A: I wanted to be a teacher and travel the world.

Q: Are you happy with your job?

A: Yes, I am happy with my job

Q: When is your birthday?

A: Falgun 18

What message would you like to convey?

I would like to tell the students that when I was young I did not get the opportunities like you are getting now. This is your time to shine because when you are old you will realize that youth was the time for shining. I also want you to study well and be successful. When people say that students of Triyog are talented I can happily raise my head in pride. It's not like you have to be good in studies only. You can shine in your own field because that is what will make you successful and unique in life. Have a great time at Triyog.



हाम्रो कोमल दिदी !

साक्षात्कारकर्ता: रितेश पौडेल - ८



हाम्रो विद्यालयमा सहायक कर्मचारीहरूको व्यापक उपस्थिति छ । सहायक कर्मचारीहरूले हाम्रो विद्यालयको दैनिक कार्यसञ्चालनमा ठूलो यागदान पुर्‍याउनु भएको छ । केही कर्मचारीहरूले यातायात, केहीले खाद्य सञ्चार केही कर्मचारीहरूले कक्षाकोठा सरसफाई गरेर हाम्रो

विद्यालयका दैनिक क्रियाकलापमा सहजता ल्याइदिनु भएको छ ।

त्यसैगरी सहायक कर्मचारीको रूपमा कोमल दिदीले पनि त्रियोग परिवारमा संलग्नता जनाउनु हुन्छ । कोमल दिदीको पूरा नाम कोमल देवी मण्डल हो । उहाँले हालसम्म बत्तीस वसन्त पार गरिसक्नुभयो । उहाँका बारेमा सोध्दा उहाँको नम्रबोली र सादा व्यवहारको प्रशंसा सविता र सविना गुरुआमाहरूले समेत गर्नुभयो । समयमै चियानास्ता ल्याइदिने कोमलदिदीको नियमित ता पनि उहाँहरूले उल्लेख गर्नुभयो ।

हरि दाइ !

साक्षात्कारकर्ता:

रितेश पौडेल - ८



सबैलाई आफ्ना कृत्रिम दाँत देखाएर खुसी पारिदिने हरि दाइको पहिचान नै बेग्लै छ । हरि दाइ भनेर बोलाए तापनि उहाँको खास नाम भने चन्द्र प्रसाद दाहाल रहेछ ।

उहाँको जन्म थलो भने

दोलखा जिल्लाको सदरमुकाम चरीकोट रहेछ । हाल ग्रीन्याण्ड बसे तापनि उहाँका बालबच्चा भने गौशालाको जय बागेश्वरीमा हुर्केका रहेछन् । उहाँका दुई छोरा र दुई छोरी गरेर जम्मा चारवटा सन्तान रहेछन् । हेरौं, मेरा प्रश्नको मौखिक उत्तर उहाँले कसरी दिनुभएको थियो !

१) तपाईंलाई दैनिक जीवनमा पर्ने मर्का केके हुन् ?

म करिब एघार वर्ष देखि टाउको दुख्ने समस्याले ग्रसित छु । यसले गर्दा मलाई काममा कठिनाई पर्छ ।

२) हजुरलाई विद्यालयका मनपर्ने पक्ष केके हुन् ?

विद्यालयले समयमै खानदिएको छ । साथीभाइले सहयोग र विद्यार्थीले आदर गर्छन् । म यतिमै खुसी छु ।

३) विद्यालयबाट बुझ्ने तलब केके काममा खर्च गर्नुहुन्छ ?

आफ्नैगाउँ (दोलखा) को जागरण सहकारी संस्थामा खाता खोलेको छु । यहाँ कोठा भाडा र रासनपानीमै पैसा सकिएको कुरा पत्तै हुँदैन ।

४) विद्यार्थीमाझ के सन्देश बाँड्न चाहनुहुन्छ ?

नबिग्रेर र मिहिनेत गरी राम्ररी पढेर आफ्नो विद्यालयको नाम उच्च स्थानमा राख्नु । सकेसम्म कहिल्यै अनुत्तीर्ण नभई मलाई खुसी पार्नु !

उहाँका अनुसार अकस्मात् अतिथिहरूको संख्या बढ्दा चिया नास्ता तयार पार्न साढे कठिन पर्दोरहेछ । उहाँ वि.सं. २०७१ सालदेखि त्रियोग परिवारमा संलग्न हुनुभएको रहेछ । त्यसपछि उहाँले २०७३ सालमा विद्यालयको प्रशासन कार्यालयलाई खाजाको बन्दोबस्त गर्ने काम पाउनु भएको रहेछ । उहाँका हातले बनाएको चिया सबैले मनपराऊन् भन्ने उहाँको ठूलो इच्छा रहेछ ।

उहाँको तलबले घरखर्च, बच्चाहरूको विद्यालय शुल्क तिर्न र अन्य खर्चमा सहयोग गर्न पुग्ने कुरा पनि बताउनुभयो ।

उहाँ सुशील, मिहिनेती र कर्ममा विश्वास राख्ने स्वभावकी भएको कुरा उहाँका विचारबाटै अड्कल काट्न सकिन्छ । उहाँ जस्तै लगनशील कर्मचारीको त्रियोग परिवारलाई खाँचो छ । यिनै सुशील विचारले उहाँको जीवन खुसी र सुखमय होस् ।

External Interviews/ Interactions

In conversation with the Educational Program Associate of Bird Conservation Nepal (BCN), Mr. Ananda Kumar Shrestha

INTERVIEWERS:

Yashaswi Shah, Tia Gurung - IX

Established in 1982, Bird Conservation Nepal (BCN) is one of the leading organizations in Nepal that focuses on the conservation of birds, their habitats and sites.

Q. What is the status of birds in Nepal?

A. Nepal's biodiversity strength is well reflected with high number of bird species. So far, 886 species of birds have been recorded in Nepal, which are about 9% of the total bird species found worldwide. Among them 42 species are globally threatened. Further, 167 species are nationally threatened.

Q. What are the different programs and plans that BCN has been carrying out in recent times?

A. Well, there are several of projects we are working on currently. Some of them are Vulture Conservation Program, Bengal Florical Conservation Project, Monitoring Autumn Migration of Demoiselle Crane, Community Forest Project and many more. WE also conduct various awareness programs.

Q. How has BCN been working on reducing the incidents of illegal bird poaching in the country?

A. BCN has been constantly working on reducing any illegal bird poaching in the various regions of the nation by spreading awareness amongst the locals and general public..

Q. Has the recent global warming and climate change issues affected the cycle of birds?

A. There definitely have been impacts and changes in the cycle even though it might take a certain period of time to observe the repercussions. The foremost reason the consequences are not very significant is the migrating ability of birds from one region to another in case of climate change.

Q. Earlier we discussed upon the projects BCN has been carrying out in which we were informed very briefly about Community Forest Projects. If I may ask, what is the project about?

A. Bird Conservation Nepal is implementing a year project at Ranibari Community Forest (RCF) to develop the RCF as bird and biodiversity conservation learning center. The main objective is to conserve urban



biodiversity managing the RCF as model forest for bird and biodiversity conservation learning center. This is probably the one and only community forest in an urban setting in Nepal. The forest is rich for native plant species as well as home to many migratory and residential birds.

Q. What role can a student play in contributing to the cause?

A. A student's role is a very important one in conserving the bio-diversity and wildlife, as they are future decision makers. If they are given proper education and information on this subject, we can most certainly hope for a better tomorrow. As of now, students can apply for a membership and become a part of the organization to benefit the birds. Spreading awareness, volunteering, and involving in various activities are some of the key roles a student can play to support the cause.

Q. What message would you like to give to our students and readers?

A. I would like to say that your small contribution can benefit the future generation. So, work on saving wildlife and biodiversity. It should be a matter of concern to every human and we should act on it by spreading awareness. As the quote goes, we should all come "Together for Birds."

In conversation with the Campaign Education Assistant of World Wide Fund for Nature, Ms. Roshna Subedi

INTERVIEWERS:

Priya G.T, Saransa Kafle - IX



Q. What is WWF? What does it stand for?

A. WWF stands for World Wide Fund for Nature which started operations in Nepal from 1993. It is established for the motive of biodiversity conservation, not just for animals but nature in general.

Q. What are the main objectives of WWF?

A. It helps to strengthen bonds between humans and animals. Through various programs raise awareness about animals are not just our friends but jewels as well.

Q. Why do you think its necessary to conduct activities in junior levels?

A. We want to start making change from the base, which means kids of this generation should be well aware about nature.

Q. What message would you want to convey?

A. Just that, we all can make small changes to create collective impact. We can simply do whatever we can from where we stand and that we need to realize the importance of nature and where it stands.

In conversation with National Volunteer of Himalayan Climate Initiative, Ms. Jyotsana Prajapati

INTERVIEWERS:

Saransa Kafle, Priya GT - IX



Q What does HCI stand for and what does it do?

A. HCI stands for Himalayan Climate Initiative. It is a self-sustained NGO that does sustainability related activities that are social, economic, and environment friendly.

Q When was it established and what are some of its work?

A It was co-founded by Prasant Singh in 2011. The main office is in Budhanilkantha. It helps and trains unemployed woman from rural mountainous regions on green house job keeping, making of handicrafts, cotton bags, etc.

Q What personally motivated you in HCI?

A I volunteered in HCI. I am currently in third year of internship. The objective, employees, people and the system fascinated me a lot. Since then I have been working as a national volunteer.

Q What kind of programs has HCI conducted at Triyog?

A We showcased the “hamri bahini bags”, and had personalized bag painting for the students. We taught students to make newspaper bags which is an affordable and easy option. At HCI we do not use plastic bags.

Q What else would you like to inform us about HCI?

A HCI is a growing NGO in Nepal. The CEO Shilshila Acharya is the youngest woman CEO in Nepal. HCI's motto is “If you're one of the youth and you are not here, you're definitely missing something.” You can check the HCI website “www.himalayan.climate.org” for further information and assist us in the work we do.

बहुमुखी प्रतिभाका धनी साहित्यकार दुर्गालाल श्रेष्ठज्यूसँगको अन्तर्वार्ता

साक्षात्कारकर्ताहरू: निश्चल भण्डारी, विभान यादव - ९

नेपाल भाषाका जनकवि, गीतका रचनाकार, कथाकार तथा नाटककार दुर्गालाल श्रेष्ठ ज्यू, त्रियोग मा.वि ले आयोजना गरेको प्रथम टोखा बाल साहित्य मेलामा विशिष्ट अतिथिको रूपमा पाल्नुभएको थियो । हामीले उहाँसँग सङ्क्षिप्त अन्तर्वार्ता लिएका थियौं । सो अन्तर्वार्ता प्रस्तुत गर्दछौं ।



१. हजुरको साहित्यिक यात्रा कसरी आरम्भ भयो ?

म २००४ सालमा गाईजात्रे डबली कलाकारको रूपमा काम गर्थे । मेरो साहित्यिक जीवनको पहिलो खुड्किलो भनेको नै नाटक थियो ।

२. यहाँले कुन-कुन विधामा कलम चलाउनु भएको छ ?

मैले अघि भने जस्तै पहिले त नाटकनै लेखेँ र प्रस्तुत गरें । त्यस्तै मैले कविता, कथा र अन्य बाल साहित्यको क्षेत्रमा कलम चलाएको छु ।

३. साहित्य लेखन कठिन छ ? हामीले कसरी लेख्न सक्छौं ?

कठिन र सरल भनेको आफैँमा भर पर्छ । यदि आफूमा त्यस कामप्रति लगाव छ भने त्यो काम जस्तो भए पनि आफूलाई सजिलो लाग्छ । त्यस्तै मलाई पनि मेरो कामप्रति लगाव छ त्यसैले त म जहिले लेख्छु र लेख्दा मलाई परमेश्वर नजिक पुगेको स्वर्गानुभूति हुन्छ ।

४. नेपालमा साहित्य लेखनबाट जीविकोपार्जन गर्न सम्भव छ ?

नेपाल बहुजातीय, बहुभाषिक देश हो । सरकारले मौखिक रूपमा समान व्यवहार गर्दछु, भने तापनि सरकारद्वारा समान व्यवहार भएको पाइँदैन । अबै पनि कति समुदायहरू उपेक्षित छन् । सरकारले त्यस्ता समुदायका व्यक्तिहरूलाई मद्दत गर्न सकेको छैन । म पनि त्यही समुदायको व्यक्ति हुँ । मलाई सरकारले केही दिएको पनि छैन र नदिएर मेरो चुलो निभेको पनि छैन तर साहित्यबाट जीविको-पार्जन त के एउटा महल नै ठड्याउन सकिन्छ ।

५. साहित्य किन लेख्ने र किन पढ्ने ?

साहित्य भनेको अनुत्पादक वस्तु होइन । हामी सबैलाई साहित्यको आवश्यकता पर्छ । हामीलाई कुनै कुराको बिक्री गर्न मन लाग्यो भने त्यसको विज्ञापन गर्दा अलि कवितात्मक भएर गन्यो भने मानिसहरू त्यसप्रति आकर्षित हुन्छन् । त्यस अर्थमा साहित्य हरेक क्षेत्रमा प्रयोग हुने हुँदा हामीले यसलाई लेख्नु र पढ्नु पर्छ ।

६. अहिले साहित्य पठनमा त्यति रुचि देखिँदैन, यसको लागि के गर्नुपर्छ ?

साहित्य पठन करकापले हुँदैन । त्यसका लागि आफूमा भित्री इच्छा हुनुपर्छ । कसैको करले पढ्यो भने त्यसको दिमाग खोको नै रहन्छ । त्यसैले हामीले त्यसमा रुचि बढाउन करकापले नभई अन्तर्मनदेखि नै इच्छाशक्ति बढाउनु पर्छ ।

७. अन्त्यमा हामी विद्यार्थीहरूलाई के सुझाव दिनुहुन्छ ?

हेर्नुस्, मेरो कुरालाई मार्गदर्शनको रूपमा नलिनु किनकि समयले जतिखेर पनि कोल्टे फेर्न सक्छ । मैले तिमी जस्तो विद्यार्थीले भनेको पनि मान्नुपर्छ । ठूलो सानो भनेर मार्गदर्शकको रूपमा लिनुहुँदैन । व्यक्तिको तार्किक क्षमता र उसको दृष्टिकोणको आधारमा चाहिँ उसले भनेको मान्नुपर्छ । त्यस्तै साहित्यको क्षेत्रमा पनि ऊ मभन्दा ठूलो छ, उसले मैले लेखेको भन्दा राम्रो लेख्छ भनेर कहिल्यै सोच्नुहुँदैन । त्यसो गरेमा त्यो व्यक्तिले कहिल्यै केही पनि सिक्न सक्दैन । त्यसैले जस्तोसुकै भए पनि लेख्न चाहिँ छोड्नु हुँदैन र लेखन प्रक्रियालाई निरन्तरता दिइरहनु नै पर्दछ ।

Activity Reports

A Visit to Shivapuri National Park

Ojaswi Singh, IVth A



Grade four students went to Shivapuri National Park for hiking as part of outdoor learning experience. Our school bus dropped us to the entry point of national park. There, we were divided into 10 groups, each having one teacher. We were given two bags in each group to collect plastic and other trash. We collected a lot of plastic-trash. We took a short break and then started again. We saw monkeys, waterfall, deer, etc. on the way. We were sweating a lot and wanted to rest again. But when we reached the top, we were attracted by the beauty of the place. There was a monastery at the top. We took our lunch, drew pictures, and wrote stories and poems. This energized us. We walked for two hours back to the entry point of the national park. After that we caught our school bus and reached our school at 3:25 pm. It was difficult but a joyful experience of visiting Shivapuri National Park.

THE TOUR OF TOURS

Bishista Wagle and Nishma Lamichhane, VI

Some moments you experience while traveling end up completely blowing you away, in ways you'd never have expected. They stay with you forever and years later you still smile looking at the fond memories.

On 30th December 2018, 64 students of grade-6 lined up in the assembly area for departure to Chitlang on a 2-day-1-night tour. We, along with our friends boarded the boys' bus. Then after one last goodbye to the seeing-off parents we started gossiping. After a long drive of 2-3 hours we arrived at *Naubise* where we had our breakfast. After that, we had to travel for another 3-4 hours before reaching our destination, '*Om Adhyay Retreat*'. After reaching there we had our lunch-cum-snack. We were then taken to a nearby village called *Shikarkhel*. We were divided into groups and each group had 5 people. Certain groups of students were taken to certain places. Our group went to a village where we drank tea from a local house and paid off their hospitality with some little amount of money which was in no way equal to the hard work they did. After coming back, we enjoyed some barbeque and dance. We can still vividly remember enjoying the dance to the fullest. Then, we had our dinner and gave presentations about the places we visited. Then we went to our



rooms to sleep. The next day, after breakfast, we went on a trek to the *Gopali* village. After returning, we had our lunch and we went to *Markhu (Kulekhani)* to see the *Indrasarovar* Lake and to enjoy boating. After boating, we boarded the bus for our journey back to Kathmandu. Finally, at 7 or 8 pm we reached home.

In this way, our journey came to an end. The experience and knowledge we got were priceless. The trip even helped us to get creative and boosted up our confidence. And most importantly, it gave us real life education.



TRIP TO LONDON



I like London because there is hardly any waste. People are so kind and helpful. But I dislike that they smoke. Why are we talking about smoke, let's continue about London. So, in London we had a lot of fun. We went to King's College, Queen's College, Trinity College, etc. We went to many other colleges too. We also went boating. For two days we went around London. We went to the round shaped building- London Eye, Buckingham Palace, and London Bridge. We also visited Cambridge and after that we came back to Nepal.

Reeya Shrestha, IV 'B'

We started our journey on 7th January and returned to Nepal on 19th January. We visited many places such as The Shard, Buckingham Palace, Tower Bridge, The Big Ben, Tower of London, The London Eye, Madame Tussauds, and Cambridge University. At Cambridge we visited many colleges such as King's College, Queen's College, etc. The roads and streets were very neat and clean. There were no traffic police on the roads because there were many automatic control systems. We went to shop at different malls and markets. We also went to the Shrek Adventure, Sea Life, and many other museums. The food we ate was very tasty and yummy. There we came across many strict rules and some of them are as follows:

1. We can't eat inside the car.
2. We can't throw garbage on the road.
3. We should carry our passport with us everywhere we go.
4. We should wear seat belt or else we need to pay 70 pounds to the driver.

Siddhant Devkota, V 'C'

During our winter vacation last January, I got an opportunity to go to London along with my friends. We stayed at Cambridge Melchior College and at Hotel Premier Inn. I came to know that laws in United Kingdom were quite strict. One had to pay 50 pounds if they did not wear seat belts or if we threw garbage on the road. The traffic system was well managed. We visited Madame Tussauds which a wax museum in London where there were wax displays of famous people including famous actors and television stars. It was a very clean and beautiful city. The people who accompanied me on this trip were my friends Riya, Sujal, Siddanth, and a very nice brother named Jack. I got a ride in a Mercedes-Benz for the first time in my life. We visited London Bridge which was beautiful. We also saw Terrani. I liked the method of teaching in the schools there. I say that we should have laws like London so that we can be organized and developed too. We also went to observe Buckingham Palace where there were two flags which indicated that the King and Queen were not there.

Pratik Gurung, V 'D'

MIDDLE SCHOOL OF *THS*

Swornika Adhikari, VII 'B'

Grades 6-8 are considered Middle School at Triyog. Most of you might have had already experienced it. How was your middle school? Well, I really don't know about your middle school but mine is interesting, special, and exciting. Though there are tons of chapters and syllabus like the sea, with every new chapter we have had new adventures awaiting us. We had a lot of new opportunities, fun activities and new leaning methods. Some of the activities of Grades 6-8 are:

1. 3DI Classes for Grade-7
2. Digital Saathi Program for Grade-7
3. Connecting Classroom Project for Grade-6
4. Integrated Learnings for Grades 6, 7 and 8.

1. 3DI Classes for Grade-7

In the second year of collaboration with 3DI School, New Zealand, the students of Grade VII discovered different activities of layout design, story boarding, digital logo making, digital perspective, magazine cover making, symmetry, man-made structures, 3D planets, excretion and digestion, etc. with their facilitator Mr. Omesh Solanki.

2. Digital Saathi Program for Grade-7

21 students from Grade 7 had been selected for a program named 'Digital Saathi'. In this program selected students have been teaching some women (aged 30-70) from our community about digitization and use of technology i.e. their knowledge advancement in using their mobile phones and internet properly, with Mr. Kuldeep Aryal as facilitator.

3. Connecting Classroom Project for Grade-6

The Connected Classroom Project (TCCP) is a project that aims to connect students studying in different schools and classrooms, digitally. Currently it is being carried out by some students of Grade 6. Ten students from SNEH Foundation, Pune (India) are connected to ten students from Triyog. We are connecting via Skype, an online communicating software. We had our first connecting session some weeks ago and it was very fruitful.

4. Integrated Learnings for Grades 6, 7 and 8.

Multidisciplinary Integration program for middle school has been organized many times with different themes. Various subjects have been

integrated with different themes such as 'Agriculture', 'Life-style', 'Our community and society', etc for the middle school students.

Some experiences from students about this year's Middle School

1. Bibushan Thapa (VIP'B')

It went alright. I observed many changes in the behavior of people. I also experienced huge lack of patience among the students. Teachers should experiment with new teaching methods.

2. Awani Nepal (VIP'B')

It was a very exciting and a fun journey. Making new friends and meeting new teachers were the best parts. It was a very joyful and exciting journey with some embarrassing moments, which I cherish now.

Some experiences from teachers about this year's Middle School.

1. Bikram Thapa (Class teacher of VII'D')

It was an overwhelming experience for me. Students followed instructions properly - I didn't have to put much effort in it. I had to put in a lot of effort to understand students better and coping with their challenges. .

2. Puskar Chaudhary (Class teacher of VII'A')

This year's middle school's students were full of creativity, curiosity and this place is also a great school. I felt much emancipated from all the teaching methods. Millennial, 21st century students, are crazy in the class, still it was a blissful journey.

3. Srijana Koirala (Class teacher of VIII'A')

I had a wonderful experience in Triyog this year. I will miss my children, especially the ones who were in Grade 8-A in the academic session 2018-2019. Love you children!

4. Tshering Nima Sherpa (Class teacher of VII'C')

Besides teaching the students every year, we learn a lot of new things. This year we learnt a lot. Overall, it was a wonderful journey.

5. Laxmi Raymajhi (Grade-6 Nepali teacher)

यसपालिको वर्ष मलाई असाध्यै राम्रो लाग्यो । बच्चाहरूले विभिन्न कार्यक्रमहरूले गर्दा धेरै कक्षाहरू छुटाए । यस कारण राम्ररी पढन र पढाउन गाह्रो भयो ।



FIELD TRIP REPORT

Arya Poudel, VII 'D'

On 22nd November, students of grade 7'A' and 'D' went for an educational trip to Jame Masjid and Manav Sewa Ashram.

First, we went to Jame Masjid which is located at Jamal near Ghantaghar. It is a masjid with a school in the premises. An instructor from the school Mr. Abdul Shamin guided us around the masjid and briefed us about their culture, traditions, and the Muslim community. Masjid is a place where Muslims go to worship to their god, Allah. We got to know a lot of things about Islam religion. It teaches Muslims that there is only one god, i.e. Allah. Prophet Muhammad was the last messenger of god. Muslims follow the directions given by their religion. They believe that the creation of everything in the universe was brought by Allah. Their holy book is the Quran. It is believed that the verses of Quran were revealed to Muhammad by god. It was

written many centuries ago. The Quran is divided into 114 chapters and contains 6,236 verses which is written in Arabian language. The Muslims recite verses of Quran during 'Namaj' every day.

Any Muslim person who worships any other god than Allah is considered committing sin. They should only worship Allah.

Ramadan is the most important festival for Muslims which is observed for 1 month. Fasting from food and drinks and some other things must be performed from dusk to dawn in the month of Ramadan.

After getting to know about Muslim culture, our thoughts about them changed. They are not like how the society portrays them. They are people like us who follow their own culture and traditions.

A MEMORABLE TRIP OF GRADE VII TO GHANDRUK, POKHARA AND BANDIPUR

Joyestha Lalchan, Kamira Rawal, Oshin Panday, Grade VII

Travelling is one of the most effective methods of education. - Swami Vivekananda

Finally, the dawn of November 28, 2018 peeped at us for which we had been eagerly waiting. As soon as we had got to hear that we would go for a three-night four-day trip to Ghandruk, Pokhara and Bandipur, we had all begun daydreaming. All of us were overwhelmed with the fantasy that a colorful chapter of autumn season would be added to the book of memories of our school life.

Excited and overjoyed, we, seventy students of grade seven along with our In-charge sir and six teachers gathered at school, the starting point of our tour, and set off for Ghandruk. Our first stop was at Naubise for breakfast and we had lunch at Malekhu. Our enthusiasm and fascination towards the tour added a new taste to our food. The entire journey in the bus! No books and notebooks! Neither homework nor class work! No worry of exams! Singing, listening to music, talking to friends! Goosebumps with the scenery along the road! Amazing feeling on the way! It got night before we reached our first night shelter at Ghandruk. Nothing could be seen as the sun had already bid goodbye. We had to trek about an hour to reach the hotel at the very top of a hill. The trekking at night was a great experience despite us getting tired. No sooner had we had our dinner we were sent to our rooms. Most of us busied ourselves in chit-chat rather than sleeping even though we were supposed to get up early to catch the sunrise.

The next day, layers of snow on the mountains and the chilly weather in the morning drove us crazy. Trekking and sightseeing from the top of the hills was a breathtaking experience. Pokhara was our second night shelter. As we saw the neat and clean roads of Pokhara and wished our school would have shifted to this city of beauty. Lake-side was really wonderful. We danced to the tune of Nepali and Hindi songs. We still have a vivid memory of Bikram Sir's dance.

On the third day, after a short travel by bus we had to walk for about 15 minutes to reach Sarangkot. On the way, we saw many stalls with beautiful accessories. It was a tiring walk. However, we were glad. We finally reached the top before sunrise. We observed the sun emerging in a reddish-orange shine in the sky. The



sunrise was a new hope of the life, a new day to live and enjoy. It was a beautiful sight as we were also able to have an overview of Pokhara including the hills, lakes, greenery and small cottages of some people of that area. After observing the sunrise we headed to Bindhabasini temple where we prayed, worshiped and lit some clay candles. Visit to a museum in Pardi Bazaar of Pokhara was truly informative. The dresses and equipments, of different castes and cultures were in glass cupboards. Different types of rocks, stones and soil were showcased. Outside the museum, there was a big sample model of Annapurna Mountain which we climbed and had an experience of mini- mountain climbing. We also visited the Devi's fall at Pokhara which was a beautiful experience. Then having had lunch, we finally headed for our last destination, Bandipur.

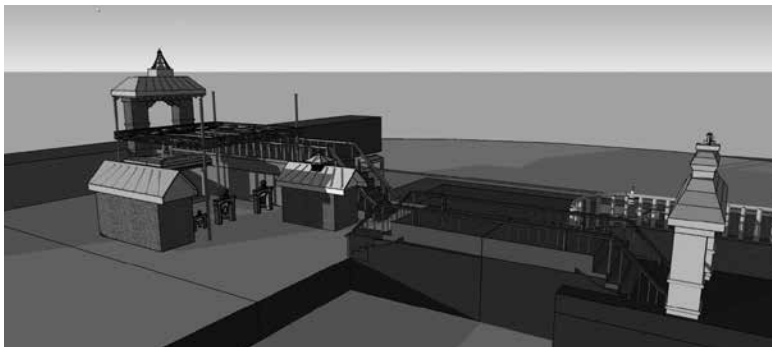
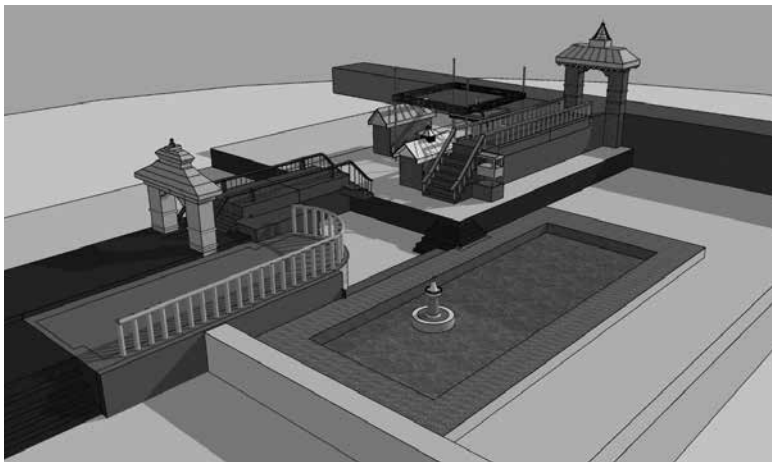
Camp fire and barbeque! Our complete engrossment in the beats of music and dance at Bandipur! The evening was worth memorizing. Our last place in the list to visit was Siddha cave located at Bimal Nagar on the way back to Kathmandu. It is the largest cave of Nepal and the second largest in South Asia. Walking in the cave was a frightening experience. Finally, we returned to Kathmandu.

The trip is past. The days are gone. The friends will disperse. School life will soon be over. But the moments lived in beauty and joy never perishes away. They are still vivid in memory. They are living and will live forever!

3DI SCHOOL NEW ZEALAND

Omesh Solanki (Facilitator)

The world is changing fast. As we become more connected, more independent, how do we prepare young people for the world they will inherit? In order to enhance the ability of the students to thrive in this new and rapidly changing environment, **Triyog High School**



has been running the **3Di School, New Zealand** program from 2017. Grade 7 has successfully completed the 3Di Program for the year 2018-2019. 3Di is based on a globally focused curriculum and advocates for the integration of 21st-century skills in early learning experiences for young students to build the skills they need not only when entering school, but also in life. The goal is to improve students' academic performance significantly through the changing perspective of art and design and the use of software and technology.

Based on the grade, a combination of Digital Art tools were taught to the students namely – Pencil Pro (2D Animation & 2D Drawing), INKSCAPE, STYKZ software, SKETCHUP (3D Modeling), SCULPTRIS, Perspective Drawing Techniques and many more.

CERTIFICATION: 3Di School New Zealand certifies Triyog High School as an 'Internationally Certified Future School' from '3DiSchool New Zealand'. Every child that completes each grade gets an international certification of Achievement from 3Di School New Zealand. *All certifications are done in association with PODLANCE Studios & PODLANCE Academy New Zealand.*

INTEGRATED LEARNING PROJECT

Nihona Pradhan, Pranish Pradhan, Kamira Rawal, Kaustuvi Thapa, VII

The word integrated means many different parts that are closely connected and work successfully together. This is a word that perfectly describes the efforts made towards a learning project. It is an alternative approach of learning/teaching. It is a new paradigm in teaching and learning pedagogy. In other words, it is a process of instilling 4Cs in students - Critical Thinking, Creativity, Collaboration and Communication.

It is not easy to combine and connect the various topics taught in our different subjects, but it is simple if the students have this one quality present in all of us, creativity. All of us are creative in our own unique ways. It is just the matter of some students' creativity and imagination being reflected in their behaviors while others tend to limit their beautiful and extraordinary ideas to the periphery of their minds. The integrated learning project puts these students in such a position in which their creative juices are forced to flow through their minds without anything to hinder it.

It is a learning that is to be done practically than in a theoretical manner where we share our views, ideas and different perspectives with each other and that makes us know the real meaning of the theme. We get to understand our subjects by doing it physically via projects, orientation, interaction programs and excursion than just by learning in a theoretical manner. As we work together the learning deepens. We learn to express and expand the limits of the knowledge provided by the course.

As the educational scenario is changing, it is necessary to be included in our academics. To go beyond the outdated curriculum, we have to include integrated learning projects in our education.

SCOUTS

Mallika Rana, VIII 'C'

What is Scout? When and why was it established?

Scouts is a voluntary non-political educational movement for young people open to all without any destination. Scouts is the biggest and most successful youth organization in the world. It was founded by Robert Baden Powell in 1908 A.D.

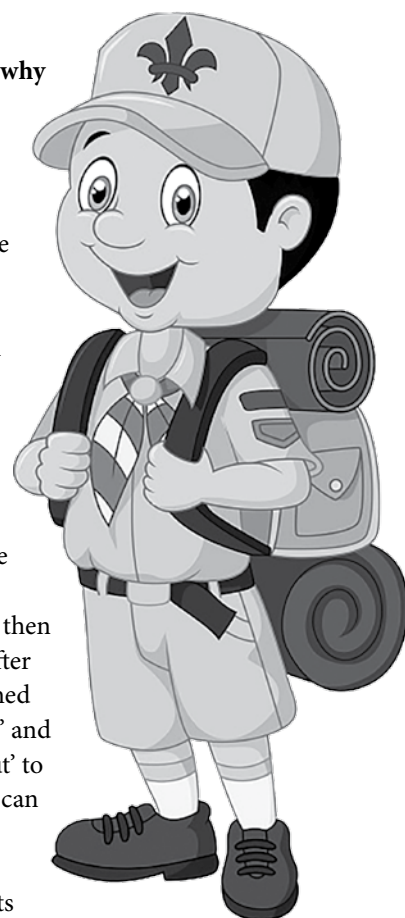
Baden Powell developed the concept that if children are provided with special skills then they can do great things. After that, Baden Powell established the organized name 'Scouts' and wrote a book on 'Boys Scout' to provide skills. So that, they can help people in need.

The main objective of Scouts is to help people in need and volunteer in different type of function and programs. Things that are done in Scouts:

- Scouts is like a mini-army center where different types of training are provided. Different types of programs are conducted by Scouts. Examples could be hiking and trekking programs where different type of activities are done. It also conducts different types of competitions like art and craft competition, dance competitions, etc. If the scout children perform nicely, they are provided with different kinds of batches.

Things that have been done by Triyog Scout Troop:

- Triyog Scout Troop had volunteered in different types of programs in school and in many festivals outside the school. Triyog Scout Troop had gone for different types of Scout activities such as camping, and volunteered at the Tokha Children's Literature festival.



ECO SMART TEACHERS' CLUB

Nisha Shahi & Preeti Bajracharya

Eco Smart Teachers' Club is an initiative taken after two of us attended a Symposium entitled "Importance of Environmental Education in Schools, on 22 November 2018. This one-day program gave us much insight on environmental issues, how change in environment has left many species of plants and animals in the verge of extinction, leaving a huge impact in the lives of humans. The discussion, interactions, and various presentations inspired us to do something about the environmental hazard through small steps, hence the formation of the club.

First, we announced for membership to the club to the Primary Block Teachers. Many of the teachers showed their enthusiasm registering their names. So far, we have 35 registered members. We have had two formal meetings where we discussed and set some objectives.

The objectives of the club are:

- The teachers of this club will make their students aware about the cleanliness of their surroundings which may include activities like attending cleaning

campaigns inside the school premises, plastic bottle stuffing activity, waste management, waste paper bank, and keeping indoor plants inside the classroom and around the corridors.

- Follow the principle of 5 Rs (Refuse, Reduce, Reuse, Repurpose, Recycle).
- Work on banning plastic bags in the School premises.
- Add to the School Garden Project started by Wild Life Conservation Nepal (WCN).
- Encourage children not to distribute candies and toffies during their birthdays as they are not good for health and also wrappers produced from these bring an adverse effect on the environment.

Apart from these objectives we also have some ambitious projects like adopting some stretch of Bishnumati River, doing cleaning campaigns and plantations. For this we also made a field visit during one of our after-school stays. We also have some outreach programs planned such as visiting schools in Tokha community and make them aware about the activities we carry out in school.



WORDS FROM OUR MEMBERS:

What made them join the Eco Smart Club and what did you like about it?

Kriti Chitrakar: Plants and animals are a crucial part in sustaining life in this eco system. The motive of this club to flourish more flora - something I liked and that encouraged me to join this club. I liked the vertical bottle gardening done at the back-field.

प्रमिला अधिकारी: हाम्रो वरपरको वातावरण दिनहुँ प्रदूषित हुँदै गएकोले वातावरणमा केही परिवर्तन गर्न सकिन्छ की भनेर त्रियोगले आयोजना गरेको क्लबमा आवद्ध भएकी छु ।

Bina Baral: I joined the Eco-Smart Club for the real application of our effort in saving our dying environment. The condition of the world is devastating, so I hope through this club we can contribute in saving our Earth.

Rebu Pande: I joined this club to make some contribution towards keeping our environment clean and also to make our society aware that everyone should take responsibility to make our world a better place to live in.

Shovika Karki: Being a member of Eco-Smart Club, I think I can be of some help to make a huge difference and save our wonderful planet.

Romi Sherpa: I have joined this club to bring the awareness of protecting the environment through reusing and reducing. This not only helps to protect our environment but helps each individual to lead a happier, healthier life in future. Hope this little effort from my side will make some difference in making the campaign successful.

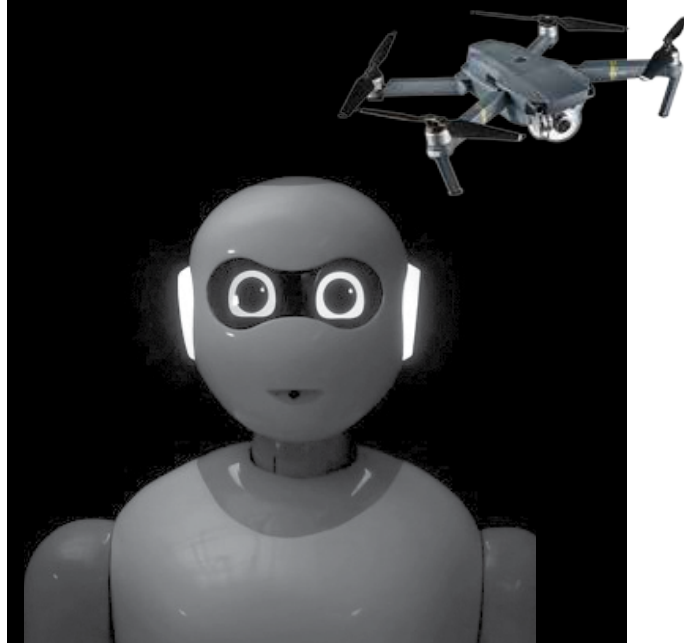
NEPAL ROBOTICS PROJECTS

Sameer Man Shrestha, VIII'B'

Nepal Robotics is an ambitious, global –spanning, collaboration to achieve humanitarian objectives through technological innovations and applications appropriate to the circumstances of Nepal, yet potentially applicable to the circumstances of other nations. The project initiated in late 2013, is being conducted through mid-2016.

The ultimate goal of the project is to design, manufacture, test, and evaluate sensor-equipped, small aircraft systems known as “SUAS” or “drones” capable of locating disaster victims, supporting disaster avoidance, inspecting vulnerable bridge and capabilities in some most challenging conditions on earth.

To meet this goals, students of different schools have joined forces with the support of distinguish aviators, scientists, engineers, technologists, geologists and hardware and software developers



QKS CHOIR SHOWCASE

Aaditya Shrestha, IX'B'



On 27th of February 2019 the students of Triyog High School Choir Group participated at the QKS Choir showcase held at Academy Hall, Kamaladi. We left school at around 9 A.M. and reached the venue around 10 A.M. Without wasting any time, we went to the main stage for practice. As we practiced, other schools also arrived. Some schools which participated in that programme were Rato Bangala, Sanskriti International, Nisarga, Kathmandu Pragya Kunja, and others. As we were practicing, other schools were waiting for their turn, but as they experienced our performance, they were actually quite impressed of the same. At around 11, we ended our practice and were ready for the performance. We had our lunch. We also saw the Choir groups of other schools' practice and they were equally impressive. At around 1 o' clock, parents of almost every student reached the Hall. I, as well as the whole choir group of our school, were quite nervous. At 2 o'clock, the program finally started. To our surprise, we were the first school that was called on the stage to perform. I am sure that like me, all the other students of our choir were as nervous as I was. I was very happy and honored to perform as the lead singer in the song "You're Cheatin'

Heart" by Hank Williams and "Waka Waka" by Shakira. All the members of the Choir were absolutely filled with talent. I couldn't believe that I was a member performing with such talented students. When we finally performed, we felt a kind of joy we had never experienced before. And finally, we finished our performance. We were very happy to know that everyone enjoyed our performance. I along with every 'Triyogee' present there were so relieved after our turn. All the hard work put into the performance brought the best result we could ask for.

Our teachers, Mr. Samir Chettri and Mr. John Karanjit had done so much hard work for training us for this event and we couldn't be more grateful enough to them for the same. There, Mr. Niladri Parial, our beloved Principal sir also encouraged us because of which we had the confidence to perform so well. We loved the performance of other schools as well. We didn't even realize that the program had come to an end at around 4:30 pm. It was quite heartbreaking that this wonderful experience came to an end. We all kept this beautiful memory as a gift to ourselves. All the students couldn't believe their luck. We all were absolutely mesmerized!

WILDLIFE CONSERVATION NEPAL (WCN) GALA EVENT



The Gala event at Triyog High School begun without any formal opening. The program was open for all the parents and students from other classes. Nearly 400 visitors were at this gala and visited nature, garden and kitchen stalls.

Sanjeevani Y. Shrestha, Director, Wildlife Conservation Nepal, announced the formation of “Triyog Eco Teacher Network” at the school. It is an approach initiated by the school teachers to make the school clean and environment-friendly by managing waste generated within the School premises.

Mr. Ajit Lama, Chairman, Triyog High School, was invited as Chief Guest. He suggested the School to host these kinds of program every year so that it can bring a change in our traditional education system which is confined within the walls of classroom only.

Activities:

Nature: Match game, Book mark making, Soil activities, and Nature diary

Garden: Garden tools, Garden Map, Make your own garden, Leaf rubbing, Complete the other half

Kitchen: Veggie Roll, Taste Bud, Spice up, and Veggie Card

Plastic Monster and Plastic Bed: Inspired from the “Beat the Plastic” event, the School presented a student wearing a plastic costume (made out of 360 polythene bags) who raised awareness on plastic pollution. Visitors were asked to lie down on a bed cushion surrounded by plastic wastes and share their experience.

All the stalls were set in the school compound, started from Garden followed by Nature and Kitchen activity

stalls. Parents engaged in these activities and got to know what their kids have been doing in WCN classes.

Besides WCN stalls, we also had arts and craft booth and face painting stand.

Salad Making Competition; This competition was held to promote healthy eating habits and discourage students as well as parents from consuming junk food. 4 groups, each group having students, parents and teachers, prepared vegetable salads.

The program was concluded by giving gifts to the winning team of the salad making competition. A student thanked WCN for their contribution throughout the year and supporting school for hosting such events.

TOKHA CHILDREN'S LITERATURE FESTIVAL

Prasen Man Shrestha, IX

Triyog High School and Kathalaya Inc. successfully organized the first edition of the **Tokha Children's Literature Festival 2019** at Triyog High School, Dhapasi on 23 February 2019.

With over 20+ activities for toddlers, young students and teachers from various schools, and general visitors, the first edition of Tokha Children's Literature Festival 2019 was a memorable one. This huge festival of Reading and Literature welcomed celebrity authors, educationists, policy makers, and literature enthusiasts. A host of activities - Scrabble Corner, Book Tree, Storytelling, Slam Poetry, Read Alouds, Film Screening by the British Council, Reading Corner by Wildlife Conservation Nepal, LEGO Corner, Magic Show, Food Stall, Face Painting, besides over a dozen open games, competitions, and workshops kept visitors engaged. Question and Answer sessions with authors and Panel Discussion with local-level curriculum experts, Principals, and environment education experts ensured that there were several concrete takeaways from this Festival that can be implemented in developing Local Curriculum at the Tokha Municipality level. Local cultural activities were also showcased at the Festival.

Triyog High School and Kathalaya Inc. conceptualized this community event to start conversations around Literature and the Arts at the wider community level. Using its reach and proximity to specialist educators, collaborators and partners, Triyog High School is committed to working in collaboration with other stakeholders in raising standards of learning and education in the Municipality. We hosted around 3000+ visitors, out of which students and teachers from around 28 schools in the valley came to the Festival. Tokha Municipality, Kathalaya Inc., and Wildlife Conservation Nepal were event partners.

Litterateur, lyricist, poet, Durga Lal Shrestha was the Chief Guest at the Festival.



International Children's Theatre Festival

Shreejita Chauhan, Nicole Shrestha, VIII

On 28th May, we got an opportunity to visit Aksharaa School to attend the Second International Children's Theatre Festival-2018. Eleven countries had participated and performed their own unique acts. The main objectives of this festival were Cross – culture Accent, Broader horizon perspective, Global Citizen awareness, and developing leadership skills.

We got the opportunity to witness the performance of Germany, which lasted for about forty minutes. They presented several circus-themed acts that included acrobatic dances, short silent skits, and juggling acts. The theme was a mixture between artistic, theatre, and body performance with music. It demonstrated how artists can speak without words. The performers were very good at improvising which made the 40 minutes very entertaining. Even though some clubs and balls slipped from their grip, they managed it perfectly without letting the audience know. It must've required a lot of hard work, passion, teamwork and creativity to put everything together and put together this wonderful performance

which would easily make a person forget all his fears and just be entertained. We learnt a valuable lesson on not letting a few problems stop us from moving forward.

After witnessing their wonderful performance, we took a break and refreshed ourselves. Then we got an opportunity to interact with the School Principal. She was a very inspiring woman. Various questions were rising in our youthful minds regarding the objectives, challenges and formation of this International Theatre Festival. The questions were answered in an explanatory way which made it easier for us to understand the challenges they faced and how they made their way out of it. We understood that this whole event was not possible only because of the effort of a single person but due to everyone's joint effort.

We learnt that however hard we practice; we must have improvising skills. Finally, we departed from Aksharaa School by gaining a lot of information about event management, improvisation and of course, entertainment.

Wonder Kidz 2019



Triyog High School organized the second edition of Wonder Kidz, on 8 March 2019, an initiation that aims to provide a platform to preschool students to showcase their talent and develop their cognitive, creative, social, and emotional skills, in the format of a competition. Wonder Kidz 2019, the Triyog Kindergarten Championship Trophy, is a sequel to the competition that we organized last year, in which preschoolers put on a fantastic performance.

The competition was divided into three categories: Art, Fancy Dress, and Group Dance. The theme for Art Competition were (any one of the following)- Butterflies in the Garden, My Visit to the Farm and Sea World. For Fancy Dress Competition, the participants had to be dressed as a character of a Fairy Tale and introduce oneself and say who she/ he was representing, in English. And for the Group Dance Competition the groups danced beautifully in different dance forms. The little ones from 10 pre-schools took part in this Championship Trophy where Lasana Pre-School took home the Championship Trophy

Dance, The Joy of Movement and The Heart of Life

Shreejita Chauhan and Ashana Shah, VIII

For the first time in Triyog's history, a Solo Dance Competition was organized on 28 December 2018 where the students were free to choreograph a dance and compete with full passion.

When we asked our ECA In-charge, Mrs. Deepa Bhatt about how the idea of organizing this event came to her mind, her response was that, she had seen many dancers who did not get suitable opportunities but had the ability of dancing well. This competition was organized to provide them with a platform to showcase their dance skills.

Before the event started, a few participants were asked about their feelings. Some answered that they were not nervous at all, fully confident, and ready to improvise if necessary whereas some were jittery about their performance but not completely hopeless.

The program started with great zeal and enthusiasm along with the introduction of the judges; Mr. Santosh Lamichhane, Mrs. Sangita Shrestha, and Mrs. Deepa Bhatt.

Young dancers were thrilled to be a part of colorful, vibrant and energizing event. Hands, feet and bodies twirled, flipped and jumped on the stage of the school. Two kinds of dance forms: Cultural and Western was performed by the pupils. Children even made use of interesting props like hats, ribbons, plates, flowers, etc. The choreography, rhythm, synchronization and presentation of all the students were beyond excellent. The happiness of the children was amply evident with applause and appreciation. The winners were awarded by the judges who congratulated the winners and appreciated the performance and encouraged them to participate more in such competitions to enhance their talents. At the end, the token of appreciation was handed over to the judges by the Middle School In-charge, Mr. Churamani Pandeya.

According to the winner of the senior category, Sudipa Dhakal, her biggest inspiration has always been her mother. She also mentioned that she would have been able to perform more efficiently if she had received more time. Another participant who could not secure a position said that she was not disappointed but was happy that her



performance was appreciated by all and would try her best next time.

We also took an interview of our guest, Mr. Santosh Lamichhane, who has more than 5 years of experience in the field of dancing. He said Triyog had done a wonderful job in organizing the program. All the dancers, especially the juniors had put up an admirable performance. According to him, winning does not matter, what matters is the confidence you gather when you face the crowd and dance. He said he would also be delighted to see more participation of boys in such competitions. Lastly, as a message to the dancers he concluded by saying that when you dance in front of everyone, you get encouraged, improve on your mistakes, and become a better dancer.

टिस्टुङ्ग कुलेखानी भ्रमण

सौरन आले, ४ घ

हाम्रो विद्यालयले जाडोको बिदामा कक्षा ४ का इच्छुक विद्यार्थीहरूलाई टिस्टुङ्ग कुलेखानी लैजाने कार्यक्रम बनाएको थियो । म पनि त्यस कार्यक्रममा जानको लागि इच्छुक थिएँ । त्यसैले मैले मेरा आमा बुवालाई भनँ र कुलेखानी जाने भएँ । मलाई कस्तो कस्तो लागेको थियो किनभने म पहिलो पटक आफ्नो परिवारबाट टाढा जाँदै थिएँ । पुस १९ गते बिहानको घरमा खाजा खाएर विद्यालयमा पुगेर साथी र शिक्षकको साथमा टिस्टुङ्गको लागि हिड्यौँ । ७:३० बजे बालाजु, कलङ्की र थानकोट, नागढुङ्गामा हुँदै हामी ८:४० मा नौविसे पुग्यौँ । त्यहाँ हामीले बिहानको खाजा खायौँ । त्यहाँबाट हामी टिस्टुङ्ग बोटानिकल

बगैँचामा पुग्यौँ र त्यहाँ फोटोहरू खिच्यौँ । बगैँचा सुन्दर थियो । त्यहाँ मौरी पालन गरिएको थियो । हामी ३:३० बजे, टिस्टुङ्ग पुग्यौँ । त्यहाँ हामी एउटा रिसोर्टमा बस्यौँ । त्यहाँ हामीले खाना खायौँ र खेल खेल्यौँ, आगो बालेर नाच्यौँ, मासु पोलेर खायौँ र बेलुकाको खाना खाएर सुत्थौँ । अर्को दिन बिहान सूर्योदय हेर्न छिटै उठ्यौँ । सूर्योदय दृश्य हेरेपछि बिहानको खाजा खाएर हामी पहाड चढ्न गयौँ । पहाड चिप्लो थियो तर हामी चिप्लिएनौँ । त्यसपछि खाना खाएर इन्द्रसरोवरमा डुङ्गा सयर गयौँ । त्यसपछि हामी विद्यालय फर्कियौँ । हामी विद्यालय ५:३० मा पुग्यौँ । यात्रा असाध्यै रमाइलो भयो ।

यात्रा संस्मरण

स्मारिका अधिकारी, ५ घ

हामी कक्षा ५ का पैतीस जना विद्यार्थी र दुई शिक्षक जाडो बिदामा चित्लाङ भ्रमण गएका थियौँ । हामी बसबाट चन्द्रागिरिसम्म गयौँ । त्यसपछि हामी केबुलकार चढेर डाँडामा गयौँ । त्यसपछि हामी एकै छिन हिड्यौँ । त्यहाँ खेल्ने ठाउँ थियो त्यसैले हामीले त्यहाँ खेलेर र खाजा खाएर रमाइलो गयौँ । त्यसपछि हामी हिड्दै गयौँ । हामी धेरै किसिमका बाटो हिड्यौँ । जस्तै : वन जस्तो ठाउँ चिप्लो बाटो आदि । धेरै बेर हिड्दै र एक एक छिन रोकिदै हामी चित्लाङ पुग्यौँ । चित्लाङको एउटा पसलमा धेरै जसोले बरफ किनँ त्यही मध्य म पनि एउटा थिएँ । त्यसपछि हामी आफ्नो रिसोर्ट पुग्यौँ । रिसोर्टमा हामीले गएर खाना खायौँ र थकाइ मारेर खेल्न थाल्यौँ । त्यसपछि हामीले आफ्नो कोठा हेर्न्यौँ । हामी फेरि त्यहाँ खेल्न थाल्यौँ । त्यसपछि

हामीले फोटो खिच्यौँ । साँझ भएपछि हामीले क्याम्प फायरिङ्ग, बार्बिक्यू र डिस्को डान्स गयौँ । हामीले बार्बिक्यूको मासु खायौँ । हामी ८ बजे सुत्थौँ । अर्को दिन हामी ६ बजे उठेर चित्लाङको दृश्य हेर्न धेरै उत्साहित भयौँ । हामीले त्यहाँ शीत र तुसारो देख्यौँ । हामीले बाखाको दूध पनि चाख्यौँ । त्यसपछि हामी कुलेखानी गयौँ । कुलेखानीमा हामीले डुङ्गामा सयर गयौँ । हामीलाई डुङ्गामा धेरै मजा आयो । त्यसपछि हामी गाउँदै र नाच्दै काठमाडौँ आयौँ ।

हाम्रो यो यात्रा धेरै रमाइलो भयो । यस्तो ठाउँ घुम्न संसारको सबै बाल बालिकाहरूले पाए भने तिनीहरूको ज्ञान पनि बढ्छ होला ।

कालिका मन्दिरको घुमघाम

एन्जल बस्नेत

४ ग

यो दर्शन बिदामा म मेरो परिवारसँग बागलुङ कालिका मन्दिरको दर्शन गर्न गएँ । यो मन्दिर बागलुङ जिल्लामा पर्दछ । मेरो मामाघर पनि बागलुङ जिल्लामा पर्दछ । मामाघर गएको बेला मंगलबारको दिनमा हामी बागलुङ कालिकाको दर्शन गर्न भनी बिहान नुहाइवरि घरबाट हिँड्यौँ । पर्वत र बागलुङ जोड्ने यान्त्रिक पुल चढेर कुष्मा बजारमा पुग्यौँ । त्यहाँबाट बस चढेर बागलुङ बजारतिर लाग्यौँ । हामी कालीगण्डकीको तिरैतिरको बाटो गर्यौँ । बाटोमा हरिया पहाड र पहेँला धानका फाँटहरू निकै मनमोहक थिए । केही बेर पछि हामी मन्दिरमा पुग्यौँ । मन्दिर निकै ठूलो र भव्य रहेछ । धेरै टाढाटाढाका मानिसहरू पनि दर्शन गर्न



आउँदा रहेछन् । प्यागोडा शैलीमा रहेको मन्दिर जङ्गलको बीचमा रहेछ । ठूलाठूला सालका रुखहरूमा सुरक्षाको लागि नम्बर प्लेट पनि राखिएको थियो । मन्दिर वरपर निकै सफा थियो । केहीबेर लाइनमा बसेपछि हामीले कालिकाको दर्शन गर्यौँ । यो मन्दिरको निकै ठूलो महिमा रहेछ । यो मन्दिर बागलुङ जिल्लाको एउटा महत्वपूर्ण ठाउँ पनि रहेछ । मलाई नयाँ ठाउँ घुम्न पाउँदा धेरै रमाइलो लाग्यो ।

कुलेखानीको यात्रा

अन्वेशा उपाध्याय, ६ ख

जाडो बिदाको समयमा हामी कक्षा ६ का विद्यार्थीहरूले १ रात २ दिन कुलेखानी भ्रमणको अवसर पाएका थियौँ । लगभग पैसठ्ठी विद्यार्थीहरू सँगसँगै ६ जना शिक्षकहरू पनि हामीसँगै त्यो यात्रामा जानु भएको थियो । सबै साथीहरू कुलेखानी जानका लागि उत्सुक थिए । त्यस दिन हामी सबै आफ्नो विद्यालयको प्राङ्गणमा जम्मा भयौँ । बिहानको लगभग ६ बजेको थियो । सबैतिर अँध्यारो थियो तापनि हामी बस चढेर आफ्नो गन्तव्यतिर लाग्यौँ । पहिलो आधा दिन बसमै बित्यो । त्यसपछिको आधा दिन हामी वनस्पति उद्यान घुम्न गर्यौँ । उद्यान पहाडी भूभागमा रहेछ । त्यहाँ पुग्न लगभग आधा घण्टा हिँड्न पन्यो । त्यहाँ हामीले धेरै प्रकारका वनस्पति देख्यौँ । सूर्य अस्ताउनु लागेको थियो । त्यसैले हामी हाम्रो होटल ओम अध्याय रिसोर्टमा पुग्यौँ । होटलमा एकछिन आराम गरेपछि ६ वटा समूहमा बाँडियौँ । साँझ पख हामी सबै त्यहीँ नजिकैको गाउँमा घुम्न गर्यौँ । हाम्रो समूहले मूलाको खेती हेर्ने अवसर पायो । त्यहाँको

मूला निकै ताजा, मिठो र सस्तो रहेछ । २ रूपैयाँ प्रति केजी मा मूला बेचिदो रहेछ । त्यसपछि हामी घोडा र बाख्रा हेर्न गर्यौँ । मलाई त साँझपख साथीहरूसँग हिँड्न पाउँदा निकै रमाइलो लागेको थियो । भोलिपल्ट हामी पैदल यात्राका लागि निस्कियौँ । पदयात्रा सबै जनालाई कठिन लागेको जस्तो देखिन्थ्यो तर मलाई भने साथीहरूसँग हिँड्न पाउँदा निकै खुसी लाग्यो । हामी हिँड्दा हिँड्दै किराँत बस्तीसम्म पुग्यौँ । त्यहाँका मानिसहरू झ्यालढोकाबाट हाम्रो ढुल हेरिरहेका थिए । किराँत बस्तीको सबै ठाउँ अवलोकन गरेपछि हामी रिसोर्ट फर्कियौँ र नास्ता खायौँ । त्यसपछि हामी ढुङ्गा सयरका लागि कुलेखानीमा रहेको इन्द्रसरोवरमा गर्यौँ एक घण्टाको ढुङ्गा सयरपछि हामी काठमाडौँ तिर फर्कियौँ । बसबाट पनि हामीले नयाँ नयाँ ठाउँको नयाँ नयाँ दृश्य हेर्दै, हँस्दै, गाउँदै र माइलसँग बितायौँ । कुलेखानीको यात्रा अत्यन्तै र माइलो र अविस्मरणीय रह्यो ।

समाजसेवा क्लब र यसको योगदान

स्नेहा थापा, १० ख

निःस्वार्थ भाव लिएर अरुको दुःख र पीडामा मलम लगाउनु नै समाज सेवा हो । रेडक्रसको आदर्श वचन - “मानवता, निष्पक्षता, स्वाधीनता, स्वयम्सेवा, एकता र विश्वव्यापकता ।” यही कुरालाई मनन गर्दै हाम्रो विद्यालयमा शिक्षालाई मात्र ध्यान नदिएर विभिन्न अतिरिक्त क्रियाकलापहरू समेत गराइन्छ । यसै अन्तर्गत त्रियोग मा.वि. मा अध्ययनरत हामी समाज सेवा क्लबका विद्यार्थीहरूले रेडक्रसको आदर्श वचनलाई आत्मसाथ गरेर निःस्वार्थ रूपमा हामीले विभिन्न क्रियाकलापहरू गर्दै आएका छौं ।

यसै अनुरूप गएका वर्षहरूमा हामीले असहायहरूलाई आफूले सकेको सहयोग गर्ने, उनीहरूको पीडा र मर्का सुनिदिने लगायत मानव सेवाका धेरै कार्यहरू गर्नुभएको छ । जाडो महिनामा हरेक वर्ष न्यानो कपडा सङ्कलन गरी वितरण गर्ने काम गर्नुभएको छ । पछि परेका विद्यालयमा चाहिने पाठ्यपुस्तक तथा अन्य सामग्रीहरू सङ्कलन गरेर वितरण गर्नुभएको छ । हामीले ‘पवित्र समाज सेवा’ नामक संस्थाको लागि चाहिने खाद्य सामग्रीहरू पनि सङ्कलन गरी वितरण समेत गर्नुभएको छ । हालै हामीले ‘सिन्ड्रेला’ नामक प्रोजेक्ट खोल्नुभएको छ । यस अन्तर्गत एक एच.आइ.भि एड्स लागेकी बालिकालाई उनको सङ्घर्षपूर्ण जीवनको लडाइँ लड्न मद्दत गर्नुभएको छ । हामीले उसको पढाइ लेखाइ र उपचारको लागि विद्यालयका विद्यार्थी, शिक्षक तथा कर्मचारीहरूबाट आर्थिक

सहयोग उठाउने गरेका छौं । ‘पवित्र समाज सेवा’ की संस्थापक दीक्षा चापागाउँ हाम्रो विद्यालयमा आई कक्षा ७ का विद्यार्थीलाई समाज सेवाको महत्त्व र उनको सङ्घर्षपूर्ण जीवनको बारेमा जानकारी दिइन् । यसबाट विद्यार्थीहरूलाई समाजसेवामा लाग्ने थप प्रेरणा र हौसला प्राप्त भयो । हामीले खाली सिसी नामक संस्थाको लागि नाटक पनि प्रस्तुत गरेका थियौं । जसमा कागज, फलाम तथा खाली सिसी उठाउने दाइहरूले दैनिक क्रियाकलापमा उपयोग नहुने वस्तुहरूको पुनः प्रयोग योग्य बनाउन ठूलो भूमिका खेल्ने हुँदा उनीहरूलाई सम्मान गर्न र तुच्छ व्यवहार नगर्न प्रोत्साहन गरिएको थियो । समाजसेवा क्लबबाट ‘हाम्रो सानो योगदानले कसैलाई महत्त्वपूर्ण कार्य निर्वाह हुनसक्छ’ भन्ने कुरा हामीले अनुभव गरेका छौं ।

खाद्य सामग्री, कपडा आदि आवश्यक सामग्री सङ्कलन तथा विवरण गर्ने काम हाम्रो क्लबले हरेक वर्ष गरिरहेको छ । यस प्रकारको कार्यले हामीलाई समाजसेवाको भावना जागृतका साथै निःस्वार्थ सेवाले सबैको भलो गर्छ भन्ने कुरा बुझ्यौं । हाम्रो यो सबै कार्य हाम्रो संयोजक तथा हाम्री गुरुआमा दुर्गा कार्की बिना सम्भव हुनेथिएन, त्यसकारण हामी उहाँप्रति हृदयदेखि नै आभार व्यक्त गर्न चाहन्छौं । हाम्रो समाज सेवा क्लबले आगामी दिनहरूमा यस्तै समाजसेवी कार्यहरूलाई निरन्तरता दिइरहने छ ।

Teachers' Articles

SCHOOL LIBRARY: A LEARNING RESOURCES CENTER

A rich reading culture positively influences student literacy outcomes

Nirmala Subedi



The term, 'library' comes from Latin word 'liber' which means books. It is a place where collection of books and other informational materials made available to people for reading, study, or reference. At one time, libraries were regarded as the store house and books were meant for preservation.

School Library is a kind of academic library. It is a part of a school and is usually supported by the school management. It provides information, inculcates ideas and develops knowledge that is so essential for functioning successfully in today's information and knowledge-based society. In school library we can get different genres of books like fiction, nonfiction, reference books, journals, magazines, maps, atlas, globe, charts, etc.

PLACE OF A LIBRARY IN EDUCATION

A well-equipped and well managed library is the foundation of modern educational structure. The importance of library in education can be appreciated properly and precisely only if we try to understand the changing concepts of education of today. Education bereft of library service is like a body without soul. Education and library service are twin sisters and one cannot live apart from the other.

PURPOSE OF SCHOOL LIBRARY

1. School library plays a strong role in helping students find and use information, especially in terms of the steps students equate with doing library-based tasks.

2. School library helps students to find appropriate resources across diverse topics and to develop some of the information scaffolds necessary for them to do this on their own such as using catalogs, the Dewey decimal system, and accessing online databases.
3. By providing diverse resources and instruction in the use of multiple formats, school library helps students access a variety of viewpoints on an issue and enables them to construct their own viewpoint.
4. School library helps students develop into reflective thinkers' with finding information and encouraging them to learn from their information search experiences.
5. The availability of technical tools in the library to create information products helps students with their school work.
6. Library has become the center of the school. It is central to what goes on in the classroom. It's a busy place. Students and teachers come before, during and after school to use resources. Throughout the day, teachers come with entire classes, send small groups to work in the library, or send individuals to find information they need.
7. School libraries have advocated lifelong learning as a key outcome: students develop skills for engaging with information outside school, for personal interest, discovering ideas and solving school-based and personal life issues.

WE EXPECT TO SEE IN THE FUTURE...

- The library as the center of knowledge creation and knowledge consumption.
- Virtual learning commons accessible to everyone, at any place and on any device.
- The library program impacting self-directed learning, differentiation, and project-based learning.
- The impact of quality information on teaching, learning and student created products.
- Co-teaching of teacher librarians with classroom teachers (not just parallel teaching or supportive assistance).
- Regular collaboration between technology directors and school librarians.
- Social media as a platform for students to access information and use library learning commons.

'Knowledge is free at the library. Just bring your own container.' Anonymous

DEVELOPING LOCAL LEVEL CURRICULUM AT TOKHA MUNICIPALITY

Churamani Pandeya



Curriculum plays an important role in the field of education. It is the planned interaction of pupils with instructional content, resources, and processes for evaluating the achievement of educational objectives.

According to Albert Oliver (1977), curriculum is the educational program of the school which has four basic elements: program of studies, program of experience, program of service and hidden curriculum.

In the past, teaching-learning process in Nepal was much localized and need based. Only interested and capable students would look for their suitable teachers to gain knowledge and master the skills they needed. There was less specific age limit for learners and learning was teacher-designed. The course was much religious, value-based and respected local resources. As time passed, Nepal saw socio-economic and political connections with other nations in the world which influenced education system as well. Establishment of formal schools in Nepal during Rana regime has made much impact on our local education system. Ranas were highly attracted by British education and wanted to establish centralized education system, which gradually replaced localized education of Nepal, and ultimately, we reached to mono-education policy.

Ministry of Education, Curriculum Development Centre, etc. focused on uniformity of education and developed centralized education boards, courses, textbooks, examinations, etc. that brought all students and teachers throughout the nation under single-track education system. Soon, this system was questioned, and experts started demanding decentralization of education at the advent of democracy in the nation. National level education commissions formed at various times and their research reports pointed out that single-track education system in schools was ignoring the local aspects of social life, and students did not benefit much from this type of education. This pushed us back to localize our curriculum again and address local issues and environment where the learners are situated.

Current National Curriculum Framework has made it mandatory for all schools to introduce local curriculum, along with core curriculum, that is suitable to the learners according to their surroundings. This has somehow tried to address the demand of decentralizing and localizing education at policy level. However, there are numerous challenges for local authorities and schools, including development and implementation of local curriculum itself. Tokha Municipality is no exception to this.

Tokha is a historical place with unique culture and rich social-diversity. Less has been researched and much is yet to be explored. Local Level Curriculum must enable the students and teachers of this area to know more about geography, history, culture, language, economy and social-structure of the place they are living in. Likewise, it should help them minimize challenges of developing their community in a sustainable manner, identify possibilities of promoting tourism, look for ways of modernizing agriculture and other forms of production, and promote local technology and occupations practiced by indigenous communities. The new curriculum should also provide an opportunity of experiential learning in collaboration with local organizations and community.

As leading organization of Tokha Municipality, Triyog High School has been contributing in development and promotion of education sector for a long time. In this regard, Triyog initiated an open discussion on development of Local Level Curriculum by organizing a Panel Discussion with Ms. Sanjeevani Yonzon, Director of WCN Nepal, Loknath Guragain, RP of Tokha Education Department and Basu Dev Adhikari, member of Tokha Municipal Education Committee and Head Teacher of Manohar High School on February 23, 2019.

During the discussion, Mr. Lokanath Guragain mentioned that the schools in Tokha are offering Computer Education, Optional Mathematics or similar courses in place of local subjects because there is no local curriculum developed for schools of this municipality. Ms. Sanjeevani Yonzon suggested that collaboration among local authorities and schools is an important step to initiate the development of local curriculum. Similarly, Mr. Basu Dev Adhikari mentioned that Education Committee of Tokha Municipality will shortly take solid steps toward developing and implementing local curriculum with the support of local authorities.

These stake holders like schools, educationists, teachers, local experts, students, parents, administrators, local level policy makers, etc. should collaborate strongly in order to develop an effective local curriculum for students of Tokha Municipality. This huge collaborative effort should undertake the following processes:

- Doing a need-assessment for developing a local curriculum
- Developing a locally-based curriculum
- Preparing personnel by giving workshops and arranging study tours for teachers, administrators and supervisors
- Parent Conferences for informing the key components and taking their input
- Piloting the local curriculum
- Conducting a follow up on the piloting of local curriculum
- Setting up a seminar for brainstorming with teachers, administrators, supervisors, parents, community members and representatives of local organizations in order to improve the local curriculum.
- Implementing the improved local curriculum
- Evaluating the impacts of the curriculum on students' knowledge, teachers' teaching behavior, students' behavior, opinion of administrators, supervisors and teachers toward the local curriculum, and the participation of community and local organization members
- Continuous improvement and implementation of the new curriculum by schools and community

चरित्र निर्माणमा समाजको भूमिका

शिक्षिका: लक्ष्मी अधिकारी

आजको समाज जसरी क्रमिक रूपमा विकास हुँदै गइरहेको छ त्यसरी नै व्यक्ति, परिवार र राष्ट्रले पनि कोल्टे फेर्दै छ । मानिसहरू व्यक्तिगत स्वार्थ, लोभ, मोह र विभेद आदि साँघुरो सोचबाट ग्रस्त भएको पाइन्छ । मानव समाज र सौचलाई सकारात्मक ढङ्गले रूपान्तरण गर्नु आजको गम्भीर आवश्यकता रहेको छ । यही आवश्यकताको महत्वपूर्ण हतियार या सूत्र हो असल चरित्र निर्माण ।

हरेक व्यक्ति बालकदेखि वृद्धसम्म सबैको जीवनमा उपयोगी अभिन्न वस्तु हो सच्चरित्रता जसलाई प्रत्यक्ष वा परोक्ष रूपमा हामीले देखेर अनुभूत गर्न सक्छौं । व्यक्तिको मूल्याङ्कनको बलियो आधार पनि हामीले उसको नीतिगत व्यवहार, बोलिचाली र हाउभाउलाई नै मान्नुपर्छ । व्यवहार र चालचलनको आधारमा मानिस उचित र अनुचित भनी उसको प्रशंसा र तिरस्कार गरेको हामीले पाउँछौं । बौद्धिक हिसाबमा मानिस जति नै उच्च स्थानमा रहे पनि व्यावहारिक शिक्षाको कमीले मानिसको प्रतिष्ठामा ठेस लागेको, क्षमता उद्देश्य र समाजप्रतिको अवधारणामा थुप्रै कठिनाइ आएका ज्वलन्त उदाहरणहरू हाम्रै समाजमा देखिन्छन् । जब प्रत्येक व्यक्तिको सच्चरित्रको अवधारणा मौलाउँछ तब मात्र असल व्यक्ति, समाज र असल राष्ट्रको विकास सँगै सकारात्मक सोच, सदाचार, सद्भाव र परोपकारजस्ता उच्च विचारको उदय हुन सक्छ । यस किसिमबाट सभ्य, शिष्ट र सुन्दर राष्ट्रको कल्पना गर्न सकिन्छ तर आजको हाम्रो समाजमा बच्चेदेखि यस मूल्य र मान्यताको निकै दुरी बढेको आभाष हुन्छ । जसले गर्दा ठगी, षडयन्त्र र भ्रष्टाचार जस्ता अनैतिक कु-कार्यहरूले बढावा पाएका छन् । यसैले पनि व्यवहारिक ज्ञान र असल चरित्र निर्माणको खाँचो भएको अनुभूति भएको छ ।

पूर्व प्राथमिक तहदेखि नै बालबालिकालाई असल संस्कार मूल्य मान्यता र व्यावहारिक ज्ञान प्रदान गरी क्रमिक रूपमा उसमा उक्त सच्चरित्रताको विकास गराउनु पर्ने आजको आवश्यकता देखिन्छ । जब हामीले बालकलाई असल आचरणको पाठ पढाउन थाल्छौं तब मात्र त्यो

बालक शारीरिक र मानसिक साथै बौद्धिक क्षमताका कारण समाजमा असल नागरिकको रूपमा आफूलाई स्थापित गर्न सक्छ । फलस्वरूप सभ्य समाजको निर्माण हुन्छ । मानिस शिक्षित मात्र भन्दा पनि व्यावहारिक ज्ञानमा पूर्ण भइदियो भने मानव जीवन सुगन्ध बन्ने कुरामा विश्वास गर्न सकिन्छ । आजभोलि हाम्रो समाजमा अभिभावक र बालक, शिक्षक र विद्यार्थी, आफन्त, नातागोता, टोल छिमेकी र मानव मानवको बिचमा पनि निकै दूरी बढेको अनुभव गर्न सकिन्छ । एक व्यक्ति र अर्काको बिचमा मानवीय सहयोगको व्यवहार कम देखिन्छ । क्षमतावान् व्यक्तिभन्दा बलवान् माथि चढेको, राम्राभन्दा हाम्राले समाजमा स्थान पाएका थुप्रै अनुभवहरू हामीसँग छन् । यी सबै समस्याको मूल जड नै हामीमा असल चरित्रको विकास नहुनु हो । हामी सबै अभिभावकहरू आफ्ना बालबालिकाबाट ठूलो अपेक्षा राख्छौं, खर्च गर्छौं, उनीहरूका इच्छा आवश्यकता पूरा गर्छौं तर नैतिकताको पाठ पढाउन र सच्चरित्रको मार्ग निर्देशन गर्न चुकेका छौं कि भन्ने अवस्था सिर्जना भएको छ । यसमा हामी समर्थ भयौं भने हरेक बालकमा आफैं नै आफ्नो काम कर्तव्य इज्जत र जिम्मेवारीको बोध हुने थियो र राज्यले चाहे जस्तो ऊर्जाशील, सक्षम र कर्मठ जनशक्ति विकास भई परिष्कृत, सभ्य समाज र राष्ट्र निर्माणमा सफलता प्राप्त गर्न सकिन्थ्यो ।

अतः असल चरित्र हरेकको जीवनमा अपरिहार्य विषय हो । हामीले हाम्रो घर समाज, टोल, राष्ट्र र संसारमा नैतिक आचरण र नियमको पालना गर्न सक्थौं भने हरेक व्यक्ति सत्कर्ममा लाग्नेछन् । आज जुन किसिमले संसारमा भयत्रस्त अवस्थामा मानिस बाँच्न विवश भएको छ सायद असल आचरण र व्यवहारको परिपालन हुन सकेको भए यस्तो भयावह अवस्था आउने थिएन । हाम्रा पूर्वज महर्षिहरूका तत्वदर्शी विवेकले निर्माण गरेका कतिपय नैतिक चिन्तनलाई पनि हामीले हृदयङ्गम गर्न सके, विद्यार्थीको कोमल मानसपटलमा, सकारात्मक विचारको वीजारोपण गर्न सके हुर्केको बालकले आफू हुर्केको समाज र राष्ट्रलाई हराभरा बनाउन सक्नेछ ।

नैतिक शिक्षाको महत्त्व र आवश्यकता

शिक्षक: वेदप्रसाद अर्याल

विद्यालय ज्ञान आर्जन गर्ने पवित्र स्थल हो । विद्यालयमा सिकाइने तथा पाठ्यपुस्तकमा पढाइने कुराहरुबाट बालबालिकाको भविष्य निर्माण हुन्छ । कलिलो बालमस्तिष्कमा हामी जस्तो खालको छाप छोड्छौं, त्यो पछिसम्म जीवन्त बनेर रहन्छ । यसर्थ बालबालिकालाई आदर्श र नैतिकवान् बनाउन विद्यालय तहमा नैतिक शिक्षा दिनु आवश्यक देखिन्छ ।

नैतिक शिक्षामा समाजले उपयुक्त मानेको, नीतिसम्मत र न्यायोचित कुराहरुको ज्ञान दिइन्छ । आज हाम्रो समाज व्यक्तिगत स्वार्थ, लोभ, ईर्ष्या, भगडा र व्यभिचारतर्फ उन्मुख हुँदै गएको छ । नागरिकहरु आफ्नो दायित्वबाट विचलित हुँदै छन् । सदाचार, प्रेम, सद्भाव, परोपकार, विनम्रता आदिजस्ता कुराहरु मेटिदै गएका छन् । यसको मूल कारण नैतिक शिक्षाको कमी हुनु हो ।

देशको लागि अनुशासित, संयम र कर्तव्य परायण जनशक्ति तयार पार्ने हुँदा नेपालमा वैदिक कालदेखि नै नैतिक शिक्षामा जोड दिएको पाइन्छ । मातृदेवो भवः पितृदेवो भवः, गुरुदेवो भवः भन्ने हाम्रो मूल आदर्श हो । नैतिक शिक्षामा चोर्नु, ढाँट्नु, भुट बोल्नु, आमाबुवा, गुरुको अपमान गर्नु पाप हो भन्ने सिकाइन्छ । ठूलालाई आदर र सम्मान गर्नु तथा आफूभन्दा सानालाई माया गर्नु हाम्रो कर्तव्य हो । परोपकार सबभन्दा ठूलो धर्म हो तापनि आज समाजबाट परोपकार, आदर, सम्मान जस्ता कुराहरु हराउँदै गएका छन् । बाबुआमा, दाजुभाइ, दिदीबहिनी, छोराछोरी आदिमा दुरी बढ्दै गएको छ । मानवीय मूल्य, मान्यतामा हास आएको छ ।

हामीले सानामा हजुरबा, हजुरआमा वा आफ्ना अग्रजहरुबाट सुनेका जीवन भोगाइका घटना, कथाहरुले सत्मार्ग प्रदान गरेका छन् तर आज यस्ता कथाहरु सुन्ने सुनाउने फुर्सद कसैलाई छैन । सामाजिक सञ्जालको क्षेत्रमा भएको तिव्र विकासले मानिसलाई एकलकाटे बनाएको छ । मानिस व्यक्तिवादी र स्वार्थी बनेको छ ।

नैतिक शिक्षामा अतिथि सत्कार, कर्तव्यको पालना, इन्द्रिय संयम, कृतज्ञता, अहङ्कारको दुष्परिणाम, सहानुभूति, धर्म, क्षमा आदिको ज्ञान दिइन्छ । नैतिक शिक्षा जीवन दर्शन हो । यसले व्यक्तिलाई यस्तो शिक्षा दिन्छ जुन आजकल स्कुल तथा कलेजका पाठ्यपुस्तकहरुमा पाइँदैन । नैतिक

शिक्षाले व्यक्तिलाई कर्तव्यप्रति जिम्मेवार बनाउँछ भने व्यक्तिको आचरण र व्यवहारमा परिवर्तन ल्याउँछ । नैतिक शिक्षाले नै व्यक्तिलाई सही र गलत छुट्टयाउने विवेक प्रदान गर्छ । सामाजिक भएर जिउन सिकाउँछ । जति पढे पनि सकारात्मक सोचको विकास भएन भने त्यो पढाइको कुनै औचित्य हुँदैन । बालबालिकाहरुको मस्तिष्क खाली सेतो कागज जस्तो हुन्छ । हामीले त्यसमा जस्तो रङ्ग भर्छौं, त्यस्तै बन्छ । त्यसरी नै हामीले उनीहरुलाई जस्तो शिक्षा दिन्छौं, बालबालिका त्यस्तै बन्छन् । तसर्थ हामीले प्रदान गर्ने शिक्षा नैतिक आचरणमा सुधार ल्याउने खालको हुनुपर्छ ।

नैतिक शिक्षालाई धर्मसँग जोडेर पुरातनवादी, सङ्कीर्ण सोचको विकास गर्ने शिक्षा भनी त्यसको सट्टामा आधुनिक शिक्षा लागु गरियो । जब विद्यार्थीहरुमा नैतिक शिक्षाको कमी भयो तब समाजमा उच्छृङ्खलताले प्रश्रय पायो । दया, माया, सद्भाव आदि जस्ता कुराहरु एकादेशका कथा बने । आधुनिक शिक्षा थातथलोबाट अलग्याउने माध्यम बन्यो । हत्या, हिंसा, बलात्कार आदिजस्ता जघन्य अपराधहरु बढे । मानवता हराउँदै गयो । फलतः छोराछोरीसँग बाबुआमा, आफैले ज्ञान दिएका विद्यार्थीहरुसँग शिक्षक डराउनु पर्ने अवस्था सिर्जना भयो ।

नैतिक शिक्षामा नीति, आचरण र व्यवहारका कुरा हुने हुँदा के गर्दा राम्रो र के गर्दा नराम्रो हुन्छ भन्ने कुरा व्यक्तिले स्वयम् निर्धारण गर्छ । विद्या जति पढे पनि, भौतिक सम्पत्तिले सुसज्जित भए पनि घर, समाज र राष्ट्रका लागि के गर्नुपर्छ भन्ने कुरा सिकिएन भने त्यसको कुनै औचित्य हुँदैन । जीवनोपयोगी शिक्षाबिना जीवन सार्थक बन्न सक्दैन । नैतिक शिक्षाको मूल उद्देश्य व्यक्तिको आचरणमा परिवर्तन ल्याई उसलाई आत्मसंयमी र कामप्रति उत्तरदायी बनाउनु हो ।

यथार्थमा भन्ने हो भने नैतिक आचरण नभएको मान्छे र बाँदर एकै हुन् । नैतिक शिक्षाले परार्थ र परमार्थसम्बन्धी ज्ञान दिन्छ । 'बसुधैव कुटुम्बकम्' को आदर्श नैतिक शिक्षाबाट नै प्राप्त हुन्छ । असल आचरण भएको व्यक्तिले नै आफूलाई असल नागरिकको रूपमा स्थापित गराउन सक्छ । कोरा अध्ययनले मात्र जीवन सार्थक नहुने हुँदा, अनुशासित र आदर्श नागरिक तयार पार्न नैतिक शिक्षा दिनु अपरिहार्य छ ।

संस्कार

शिक्षिका: दुर्गा काकी

एक्काइसौं शताब्दी, विज्ञान र प्रविधिको युग र विश्वव्यापीकरणको प्रभावले आजका बालबालिकाहरूलाई राम्रैसँग गाँजेको छ । आधुनिकता सँगै हुर्किएका हाम्रा बालबालिकाहरूको चाहना परिपूर्ति गर्न आजका अभिभावक कति पछि परेका छैनौं । हातहातमा मोवाइल लिएर हुर्किएका आजका बालबालिका आफन्त, नातागोतासँग मात्र होइन, आफ्नै परिवारका सदस्यहरूसँग पनि साथमा रहन र गफगफ गर्न खासै रुचाएको पाइँदैन । साथीभाइमा मस्त रहन रुचाउने बालबालिका थोरै मिहिनतले धेरै अङ्क प्राप्त गरी कक्षा चढ्ने आश गर्छन् । घरमा पाकेको भातभन्दा बाहिरको खाना खान रुचाउँछन् । आजका बालबालिकालाई गुन्दुक र ढिँडोको स्वाद थाहा छैन । सन्तानको भविष्य निर्माणको लागि अहोरात्र खटिने सबै बुवाआमालाई सन्तानसँग बसी सुख दुःख साट्ने समय कम छ । यसमा सन्तानले पनि गुनासो गर्दैन किनकि उसको हातमा स्मार्ट फोन अनि साथीसँगको च्याटमा मस्त हुन सिकेको र बानी परिसकेको हुन्छ । यही स्मार्ट फोनको माध्यमले म्यासेजबक्सबाट साथीले पठाएको उत्तर (गृहकार्य) साँच्चै । आजका बालबालिकाको दिमाग अत्यन्त तीखो छ तर प्रयोग गर्न गाह्रो मान्छन् । विद्यालयस्तरका बालबालिकाहरूको संस्कार यसरी नै झ्याँगिदै र विकसित हुँदै गएको छ । अपवाद रूपमा भने गणित र विज्ञान विषय आजका बालबालिकाले रुचाउने र चासो राख्ने विषय हुन् । यद्यपि उत्तीर्ण नहोइएला कि भन्ने त्रास देखिन्छ । अधिकांश विद्यार्थीले गणित विषय मन पराउनु बढी अङ्क प्राप्त गर्न सकिन्छ भन्ने हो तर सबै विषयमा उत्तिकै अङ्क ल्याउन सके विशिष्ट परिणाम आउँछ भन्ने हेक्का राख्दैनन् । समाजले प्राथमिकतामा राखिदिएको क्षेत्र हो डाक्टर र इन्जिनियर । यी विषय अध्यापनका लागि पनि गणित र विज्ञान चाहिने भयो । विकसित देशहरूमा जस्तो यहाँ सबैश्रमको मूल्याङ्कन हुँदैन । अरु त के, डाक्टर इन्जिनियर तयार पार्ने तिनै शिक्षकको खासै मर्यादा भएको पाइँदैन । दैनिक श्रम गर्ने श्रमिक, किसान, हली गोठालालाई त कसले मान दिने ? विचित्रको संस्कार र परिपाटी छ यहाँ । सामाजिक, संरचना नै अचम्मको तसर्थ बालबालिकाको के दोष छ यसमा ? त्यही समाजमा हुर्किएका आजका

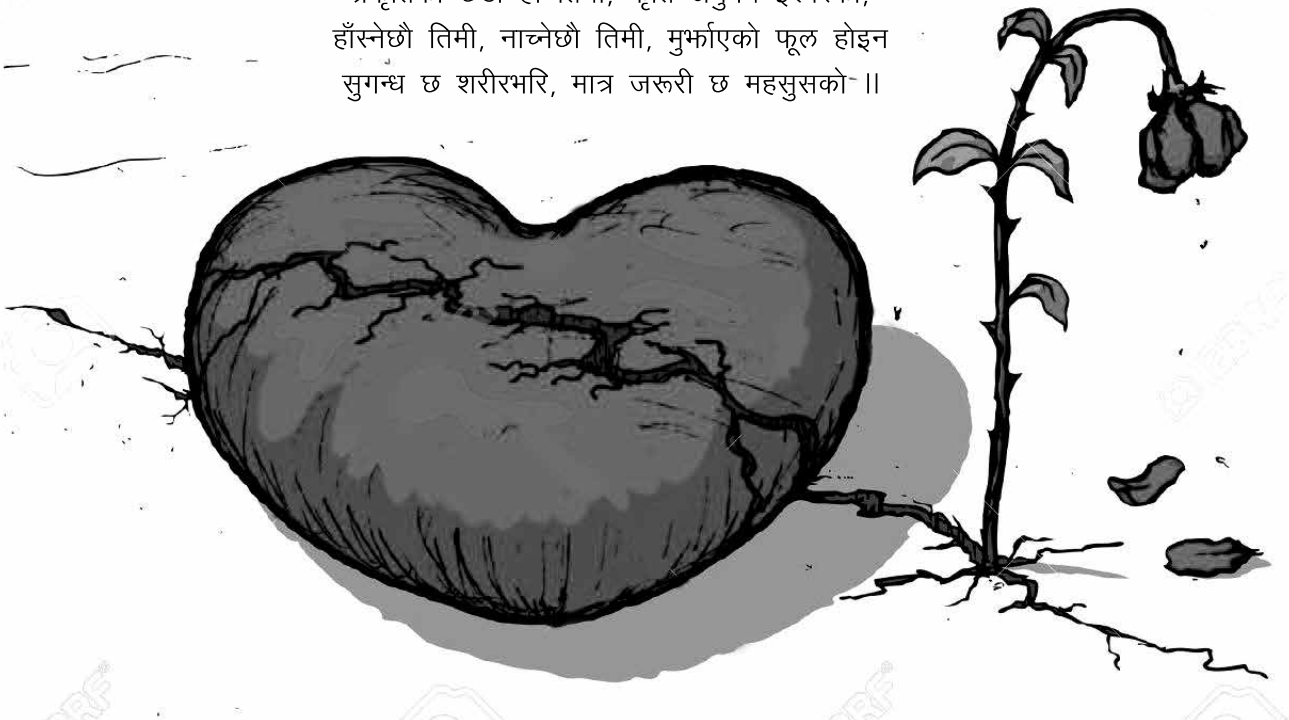
बालबालिकाहरूबाट हामीले के आशा गर्ने ? के हामीले हाम्रा बालबालिकालाई उचित संस्कार दिएका छौं ? हो, आजका बालबालिका विश्वका हरेक कुनामा पुगेर आफूलाई स्थापित गर्न सक्षम छन् । त्यसमा हामी गर्व गर्छौं तर राष्ट्र र राष्ट्रियप्रतिको मोह र प्रतिवद्धता त्यस बालक अथवा बालिकामा विकसित छ या छैन भन्ने कहिल्यै सोचेका छौं ? सायद छैनौं । किन एउटा बालक युवा अवस्थामा पाइला टेक्न अघि नै विदेशको सपना बुन्न थाल्छ । आमाबुवाको न्यानो काख छोडेर जान ऊ किन रमाउँछ ? विदेशिनु आजको युवा पिँडीको संस्कार हो । राष्ट्र र राष्ट्रप्रतिको आफ्नो कर्तव्य के हो भन्ने त परको कुरा भइसक्यो । गुरुद्वारा राष्ट्रभक्ति र देश प्रेमका कुरा जतिसुकै घोकाए पनि परीक्षामा लेखेर उत्तीर्ण हुनाका लागि बाहेक केही काम लागेको छैन । यस प्रकारको संस्कार, हाम्रा सन्तानमा कसरी बस्न गयो ? हामी निरोत्तर छौं । दोष कसको ? परिवार, समाज वा राष्ट्रको ? श्री रामचन्द्रको राष्ट्रभक्ति, एकलव्यको गुरुभक्ति तथा श्रवणकुमारको मातृ तथा पितृभक्तिका दृष्टान्त अब केवल इतिहासको गर्भमा तुहिने भए । जतिसुकै प्रेरणादायी शिक्षाले पनि आजका बालबालिकाको मस्तिष्कलाई माझ्न गाह्रो छ । आज आफ्नै भाषा, संस्कृति, परम्परा बिरानो हुने अवस्थामा छ । नेपाली भाषा बालबालिकाका लागि कठिन बन्दै गएको छ । आदरसत्कार, बोलीचाली, पूजापाठ, फुपू, मावली घर जाने रहर हराउँदै गएको छ । लाखौं खर्च गरी जीवन जिउने क्षेत्र निर्माण गरिन्छ त बिना पैसा सकिने जीवनोपयोगी संस्कार हामीले सिकाउन सकेका छैनौं । आजको बालबालिका मनोरञ्जन तर्फ बढी रुचि राख्ने देखिन्छ भने धर्म, परम्परा लगायत कुनै पनि सामाजिक व्यवहारबाट टाढिन खोजेको देखिन्छ । सेल्फीमा रमाउने हाम्रा बाबु नानीहरू समाजमा गतिबिधि बारे चासो राखेको पाइँदैन । त्यसैले कुनै पनि भ्रमणमा जाँदा आवश्यक जानकारीको टिपोट गर्नुसट्टा सङ्गीत र सेल्फीमा रमाएको देखिन्छ । आजका बालबालिका पहिला जस्तो डर धम्कीमा छैनन् । स्वतन्त्र छन् । यो एक सकारात्मक पाटो हो तर हाम्रो आफ्नै संस्कार र परम्परा छ । सायद हामी नेपालीहरूको विशेषता नै यही हो ।

यो मेरो करिव ३५ वर्ष बालबालिकासँग रहँदाको व्यक्तिगत अनुभव हो ।

तिमी

शिक्षक: मधुसुधन लम्साल

मुटुभरिका अनेकौं, अदृश्य घाउहरू बिसिएर,
 भक्कानिएको मन, भत्किएको सपना जोड्दै
 सामिप्यमा आई जब मुस्कुराउँछ्यौ तिमी,
 लाग्छ वसन्तमा पालुवाको सुगन्ध पाखाभरी ।
 नौ लाख तारा, पूर्णिमाको उज्यालो मेरै आँखाभरी ॥
 तिम्रा स्पर्शले मात्र, मेरा दुःख बिसाइदिन्छ,
 भतभती पोल्ने मुटु पनि, निभेषभरमा चिसाइदिन्छ ।
 तिम्रो आवाज, प्राण धान्ने श्वास भयो,
 तिम्रो हाँसो, जिउने मेरो लक्ष्य भयो ।
 लाग्छ तिमीलाई सुनीरहूँ, मनमा माया बुनीरहूँ ॥
 माया कति लाग्छ ? जोख्ने कुनै तराजु छैन,
 सँगै हुँदा विचार शुन्य हुन्छ,
 लेख्न बस्छु, शब्द हराउँछ,
 ओठ खोल्छु, बोली हराउँछ,
 मुटु पोल्छ, मात्र आँखा बोल्छ ॥
 लामो खडेरीले चिरा-चिरा परेका,
 अन्योल तिम्रा जिन्दगीका बाँझा खेतहरू,
 रगत र आँसुले सिञ्चित गरेर सेरोफेरो
 वितृष्णा र सन्नाटाका भारहरू उखेली, आशाका हल चलाई
 तिम्रा लक्ष्य र सपना उमार्ने हर प्रयास छ मेरो ।
 नाता छैन, साइनो छैन, आफ्नो हो या पराई,
 शान्त-सुखी, खुशी रहूँ, बाँच्न नपरोस डराई
 प्रकृतिको छटा हौ तिमी, कृति अनुपम ईश्वरको,
 हाँस्नेछौ तिमी, नाच्नेछौ तिमी, मुर्झाएको फूल होइन
 सुगन्ध छ शरीरभरि, मात्र जरूरी छ महसुसको ॥



Toppers' Views on Triyog High School



AWANTIKA NEPAL:

The integrated teaching and learning system helped a lot to learn and grasp matters in a practical way. Our teachers have been an epitome of strength and a pillar of great support to all. They have been strict at times, caring, and yet always approachable. Each and every day spent in Triyog is a lasting impression. I feel very proud of being called a 'Triyogee'. Singing the school song and national anthem in the assembly, participating in house activities, that rivalry between different houses, sports day, theater production, the sharing of food under the desks, mimicking the teachers, and many many more added to the fun of schools life. It was and always will be 'our beloved Triyog School.'



MANAS BHANDARI:

Triyog taught me things that any other school would've, but in a way that only it can. From mass speaking to being on time, to respecting everyone. I walked in a child and walked out a teenager. All you see in me is the things I learned from people I loved in Triyog. In Triyog, there are adoring teachers, to whom you'll be comparing everyone else with, who will help you to achieve your goals. It was thrilling to see a building bring together people; some with brilliance and others desiring the brilliance. There are moments to be lived, some to be left and some to be remembered. Triyog, once you live it, even if you leave, you'll remember it till your last day. Triyog, in all, is an experience to be cherished.



SAMBRIDDHI SHAH:

Triyog has helped me in every step of my life. I always had good grades but the students were so competitive and there was such an environment that I was never satisfied with my grades and I always wanted to improve them. Triyog really helped to grow a feeling of competitiveness in me. Of course the teachers were always there to help with everything, I would really like to acknowledge the effort they put to make the all the students academically excellent.



SAMBRIDDHI SILWAL:

To raise standards in academics of students, following facilities are essential, experienced and energetic teachers, effective and excellent management, stocked library, well managed labs and computer facility, academic trips & collaborations.

All these facilities are provided by Triyog High School. My family and teachers were my inspiration. Actually, in order to get good grades I planned a specific study timetable. All students must plan a practical routine that should be followed sincerely.

The lasting impression of Triyog has to be the library and the motivation provided by the teachers.

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MAKERSPACE



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CELEBRATIONS AT TRIYOG



CELEBRATIONS AT TRIYOG



KG GRADUATION CEREMONY



Tokha Children's Literature Festival



Triveni



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