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FOUNDERS' MESSAGE



“Education is not the filling of a pail, but the lighting of a fire.” - William Butler Yeats

The Little Angels' Group of Education is more than just a cluster of educational institutions; it represents a transformative experience where all members are part of a shared vision and mission to cultivate exceptional leaders.

At our institution, we firmly believe in the power of education to empower individuals. Our goal is to equip students with the knowledge and skills they need to succeed socially, economically, and professionally. We strive to instill in them a sense of responsibility and a drive to make a positive impact on the world around them. Through education, we aim to cultivate a progressive mindset that values the importance of being sensitive to one's environment.

As members of society and the nation, we must uphold our responsibility to ensure that every child receives a proper education. By providing them with the tools to learn and grow, we are shaping the future generation into responsible citizens. It is our duty to lay the groundwork for their development, enabling them to make informed decisions and distinguish between right and wrong.

Establishing a strong education system within our group is a crucial service to the nation and humanity. Education plays a vital role in shaping the destiny of a country. As such, the foundation laid at our institution is aimed at propelling Nepal onto the world stage as a developed nation.

We are dedicated to providing every individual who enters our sphere with the opportunity to shine brightly and contribute to a brighter future through wisdom and knowledge. Each student is seen as a potential success story, and our goal is to help them achieve their full potential. This vision is not just a dream but a commitment that drives our mission forward.

The qualities instilled in children from a young age are carefully cultivated and guided toward creating future leaders. Through nurturing talent and fostering a winning attitude, we aim to unlock the full potential of our students and pave the way for a world where excellence is the norm.

Heartfelt congratulations to the Editorial Board of “The Bud” for their tireless efforts in amplifying the voices and stories within our school community. Your dedication is truly commendable and deeply appreciated. Together, let us continue to ignite the flames of knowledge and shape a brighter future.

WISH YOU ALL A HAPPY AND PROSPEROUS NEW YEAR 2081.

Umesh Shrestha
Founder Chairperson
LA System

Ms. Bidya Limbu
Founder Co-chairperson

MESSAGE FROM THE PRINCIPAL



“Always aim for stars, you may not achieve them but you won’t end with a handful of dust either.”

It fills me with an overwhelming sense of joy and pride to introduce the 40th edition of “The Bud,” the result of the endeavors and achievements of Little Angels’ School. I am deeply honored to be a part of an educational institution where every member is encouraged to embrace a spirit of lifelong learning. At Little Angels’, we foster a culture of continuous growth, where students, teachers, parents, and staff are all valued as learners. As Aristotle wisely said, true education involves nurturing both the mind and the heart. Little Angels’ School provides a distinctive educational environment dedicated to raising academic excellence, fostering ambitious dreams, and nurturing strong partnerships. We are committed to offering rigorous academic challenges coupled with firm support. Our school stands at the forefront of educational innovation while instilling core values of respect, empathy, and personal accountability. Our goal is to provide equal opportunities for all students to thrive. “The Bud” epitomizes our collective ambition to offer a comprehensive curriculum, promoting interactive and interdisciplinary approaches to prepare our children as global citizens poised to make meaningful contributions to society. I extend my heartfelt commendations to the Editorial Board, students, and teachers of Little Angels’ School, whose dedication and enthusiasm have infused “The Bud” with creativity, passion, and spirit.

WISH YOU ALL A HAPPY AND PROSPEROUS NEW YEAR 2081.

A handwritten signature in black ink, which appears to read "Sharma".

Mukunda Raj Sharma
Principal



MESSAGE FROM EDITORS

“Books are the plane, and the train, and the road. They are the destination and the journey. They are home.” - Anna Quindlen

In this edition of our school magazine, we take you on a literary journey that explores both familiar and unfamiliar worlds, transcending boundaries.

This magazine is more than just a collection of words. It is an authentication of the power of storytelling and the beauty of human expression. In these pages, you'll discover a tapestry of ideas, emotions, and experiences, each one skillfully woven by the talented students of our school.

As editors, we've had the privilege of witnessing the magic that happens when pen meets paper when the imagination takes flight, and when voices find their rightful place in the world. We're deeply grateful to the students who've contributed their work and to the faculty and production teams who've worked tirelessly behind the scenes.

We are grateful to the school founders Shri Umesh Shrestha and Shrimati Bidya Limbu who established the groundwork for our educational journey and made it possible for us to create this literary masterpiece. Their foresight paved the way for the remarkable environment we now call our academic home. We also extend our heartfelt gratitude to Shri Rajesh Shrestha, Director of Finance and Management, and School Principal Shri Mukunda Raj Sharma for their unwavering support and guidance, which has been a beacon lighting the path for our students to navigate the sea of knowledge.

To every student who poured their creativity onto these pages through prose, poetry, or visual artistry, your contribution is the heartbeat of 'The Bud.' It echoes the countless minds intertwining, creating a mosaic that reflects the brilliance of our diverse community.

As we go through the pages of this magazine, let's celebrate our achievements together and find inspiration in the diverse ideas and talents that make our school unique. 'The Bud' is more than just a publication; it's a tribute to the intellectual and artistic abilities that define us.

We owe a deep debt of gratitude to everyone who helped bring this issue to life – the contributors, the editorial team, and all those who contributed in their way to the harmony of 'The Bud.' May this edition serve as a lasting reminder of a year marked by resilience, growth, and the unbreakable spirit of our school community.

With warm regards

MY JOURNEY AS THE HEAD BOY

“Two hardest things to say in life are the hello for the first time and goodbye for the last time.” These words resonate deeply as I find myself standing at the threshold of a significant transition. It was five years ago when I first crossed the threshold of this school, Little Angels’, embarking on a journey that has been nothing short of transformative.

My time at Little Angels’ has been a tapestry woven with threads of joy, friendship, and growth. The friendships forged within these walls have been a source of unwavering support and companionship, enriching my days with shared laughter, playful banter, and the occasional disagreement that only strengthened our bond.

The teachers who have guided me along this path have been inspirations of wisdom and encouragement. They have instilled in me the invaluable lesson of self-belief, shaping me into the individual I am today. Their guidance, discipline, and affection have left an indelible mark on my heart, and bidding farewell to them as I move on to a new chapter fills me with a profound sense of gratitude and nostalgia.

As I reflect on my journey, I am reminded of the naivety that once colored my excitement about graduation. The prospect of leaving the familiar confines of this school, my second home, and bidding adieu to the mentors who have nurtured and inspired me, now evokes a bittersweet realization. The foolishness of youth, the audacity to dream, and the courage to pursue those dreams have brought me to this moment of parting, a moment that is both poignant and empowering.

Having had the privilege of serving as the head boy, I am reminded of the words of encouragement that spurred me on this path. The belief instilled in me by a predecessor, the determination to prove myself, and the satisfaction of achieving a long-cherished goal serve as a testament to the power of perseverance and self-belief. To those who may doubt their abilities or hesitate to chase their dreams, I offer my story as a testament to the transformative potential of unwavering determination.

As I prepare to bid adieu to this chapter of my life, I find myself pondering the legacy I leave behind for the juniors who will soon step into our shoes. Will they embrace the challenges that lie ahead with the same dedication and courage? Will they learn from our mistakes and build upon our successes, forging their path with resilience and determination? I hope they will seize the opportunities that come their way, embarking on a journey of self-discovery and growth that mirrors the transformative experience I have had at Little Angels’.

To those who have taken the time to read these reflections, whether with a pang of nostalgia or a sense of anticipation for the future, I extend my heartfelt wishes for success and fulfillment in all your endeavors. May you cherish the fleeting moments of school life, embrace the lessons learned, and embark on new beginnings with courage and optimism.

With warm regards,
Sambhav Rawat

MY JOURNEY AS THE HEAD GIRL

देश बने हाम्रो भाग्य आफैं बन्छ

वसुधैव कुटुम्बकम्
सर्वेषाम् स्वस्तिर्भवतु ।

लिटिल एन्जल्स स्कुल मेरो सुन्दर परिवार हो जहाँ विद्यार्थीको सर्वाङ्गीण विकासमा जोड दिइन्छ । आज पनि सम्झन्छु त्यो पहिलो दिन जतिबेला म अनभिज्ञ थिएँ, लिटिल एन्जल्स स्कुलसँग । समयक्रमसँगै लिटिल एन्जल्सको आत्मीय साथको आभास पाएँ जसले मलाई असल विद्यार्थी बन्न प्रेरणा मिल्यो । विद्यालयको साथ र सहयोगले गर्दा कक्षा ९ सम्म आइपुग्दा डेपुटी हेड गर्ल बन्ने अवसर पाएँ । पाएको जिम्मेवारी पूर्ण रूपले निर्वाह गरी पढाइलाई पनि उत्तिकै महत्त्व दिएँ गर्छु । कक्षा १० मा स्कुल हेड गर्लको जिम्मेवारी पनि पाएँ । औधी खुसी छु, स्कुल हेड गर्ल भएर आफ्नो कर्तव्यपालन निष्ठापूर्वक सम्पन्न गर्दा । विद्यालयको प्रत्येक कार्यक्रममा सहभागिता जनाई स्कुलका धेरैजना गुस्नुस्नुआमालाई चिन्न र साथीभाइहरूसँग मित्रता गाँस्न पाएँ । यस विद्यालयमा बिताएका प्रत्येक पलले मलाई ऊर्जा दिन्छ । एक असल विद्यार्थी र व्यक्ति बन्नलाई प्रेरणा दिन्छ, बिताएका रमाइला क्षणहरू । साथीहरूसँग हातेमालो गर्दै सम्पन्न गरिएका स्कुलका कार्यहरू, रमाइला प्रतिस्पर्धात्मक खेलकुदका दिनहरू आहा ! साह्रै मिठा पलहरू हुन् जुन सदैव रहिरहनेछ । एकको अन्त्य नै अर्कोको सुरुवात हो । नदीभैँ बगिरहने हाम्रा जीवनमा म पनि मेरो प्रिय विद्यालय जीवनका सम्झनाहरू र पाठहरू लिएर अघि बढ्ने छु । समयको प्रत्येक पललाई सम्मान गर्दै आउँदा दिनहरूमा आउने अवसरहरूलाई आत्मसात् गर्दै मेरो देशको भाग्य कोर्ने प्रयास गर्ने छु । देश बने हाम्रो भाग्य आफैं बन्ने छ ।

अन्त्यमा, मलाई ज्ञानचक्षु दिने मेरा गुस्नुस्नुआमाहरूमा नमन, साथीहरूमा माया र मेरा परिवारजनलाई मुरीमुरी धन्यवाद । लिटिल एन्जल्स स्कुलको उत्तरोत्तर प्रगतिको कामना गर्दै मेरा शब्दहरू यहीँ विश्राम गर्दछु ।
शुभमस्तु ॥

हेड गर्ल
ओङ्सु राइ

MY JOURNEY AS THE DEPUTY HEAD GIRL

As the Deputy Head Girl of our school, I am honored to have the opportunity to put my feelings in our school's annual magazine. It is a privilege to represent Little Angels' School and to contribute to the spirit of our school.

Throughout the year, we have seen incredible achievements and growth within our school. From academic successes to sports victories, from artistic performances to community service projects, we have shown dedication, passion, and excellence in all that we do. It is truly inspiring to witness the talent and potential that exists within our school.

I want to take this opportunity to thank our teachers, staff, and administrators for their support in helping us reach our goals. Their guidance and encouragement have been instrumental in our success, and we are grateful for all that they do for us.

As we look ahead to the future, I encourage all my fellow Angelians to continue to strive for excellence, pursue their passions, and make a positive impact in our school. Together, we can achieve great things and create a bright future for ourselves and those around us.

Thank you for allowing me to serve as your Deputy Head Girl, and I look forward to seeing all that we can accomplish together in the coming year. Let's make it a great one!

Samriddhi Shakya
Deputy Head Girl

A Tête-à-tête with Shri Tejeshwar Babu Gwanga



Shri Tejeshwar Babu Gwanga is an eminent Nepali writer, educationist, and culturist. He embodies the essence of Nepali identity, advocating its narratives and traditions through the power of words and advocacy.

To explore the rich mosaic of Nepali culture and literature, Little Angels School takes a unique approach. Its four exemplary student leaders - head boy, head girl, deputy head boy, and deputy head girl avail the opportunity to participate in an interview that promises to shed light on the complexity of Nepali literature, the importance of cultural preservation and change, and the power of education.

Here is the excerpt from the interview.

1. May we have a brief introduction about yourself and your journey as an educationalist, essayist, and culturist?

"Culture is conservation and conservation is culture," and culture is an essential aspect of life. I am the offspring of my parents, inheriting their qualities and features. My journey as an essayist began in grade 4, where I consistently wrote essays. Through this, I realized that essays were not meant to be written as they were taught, but rather developed my style of writing essays. I discovered that essays were not mere words but an expressions of feelings that flowed spontaneously, like the rhythm of a heart.

2. How did your passion for writing and literature begin? Were there any specific influences that shaped your literary interests?

Our moods are constantly changing, and I discovered my passion for literature when I realized that I could write essays based on these fleeting moments. My essays are compilations of the small moments that impact my day-to-day life and the thoughts that inspire my writing. I believe that writing is all about reflecting on your thoughts and expressing them on paper. It is the simplicity of life that sparked my interest in literature.

3. Can you share some insights into your writing process? How do you approach the creation of a new piece whether it's an essay, article, or book?

A new piece of writing is a way to present and preserve a memory. In my writing, I aim to capture and convey the small things in life that we often take for granted. One of my essays, titled "Bhitri khokro, Bahira bhokro," was inspired by a conversation I had with a friend about the current political situation. This conversation sparked an idea that eventually led to the essay. When I was a younger writer, I used to jot down everything that expressed culture or tradition. However, as I've grown older, I've become more selective about what I write and publish. I like to express myself through my writing, so I wait for a meaningful experience or moment that can be conveyed in simple words before I start writing. It's the little things in life that inspire me to create something new, whether it be an essay, article, or book.

4. In your opinion how does literature contribute to the understanding of preservation of a culture?

The theme that runs throughout all my work is preservation, particularly of culture. Even those statues over there on the shelf represent a culture - the art of making them is a cultural practice. I may

not have the skill to create such works, but I have preserved them with the utmost care as a way of preserving culture. For example, in this room, you will find various books - some are poems, essays, stories, dialogues, and novels. I haven't cataloged them like the books in your school, but I hope my grandson, who is taller than me, will catalog them for me when he comes back from Bangalore in April. I ask him to bend down so I can kiss him on the forehead, a sign of good mental health. This is also a part of our culture, a way of preserving it. I even wrote an essay about my grandson's name, Lija, which I believe means "future light." Although some people criticized it, this too is a way of preserving our culture.

5. Could you tell us about any ongoing or upcoming project that you are particularly excited about?

"I have a passion for writing. Whenever I feel a strong emotion, I put pen to paper. However, as I age, I find it increasingly challenging to write. Nevertheless, if I continue to write, I will develop a new style with concise and impactful sentences. Nowadays, if I have a new essay idea, I prefer to record it rather than write it by hand."

6. How do you choose the topics for your writing? Are there any societal issues or cultural phenomena that influence your work?

I am now contemplating writing an essay that delves into how I choose the subjects to write about. In most cases, I rely on recommendations from my colleagues and fellow writers who suggest certain topics that they think would be of interest to my readers. However, I must note that a significant portion of what I write is based on my thoughts and ideas.

7. Are there any challenges you as a writer face in today's rapidly changing world? How do you adapt to these changes?

The world is evolving gradually but in a positive way. As writers, we have more opportunities to explore and express our thoughts. Nevertheless, this also means that we are exposed to criticism of our work. New ideas and perspectives can sometimes affect a writer's mindset and work. The younger generation has a distinctive way of expressing themselves, which is different from the older generation, leading to conflicts and heated

arguments. However, I believe these challenges are part of the rapidly changing world we live in today. To understand both the old and new generations' thoughts, I like to listen to both sides of the topic. By doing so, I am learning to adapt to today's world.

8. What advice do you have for young writers and literature enthusiasts who aspire to significantly impact the literary and cultural sphere?

As children, you study in schools, go to libraries, and ask questions to your teachers. However, back in my day, if we were to ask our teachers a question, we would get scolded. Nowadays, if you raise a question, they might not answer you directly, but instead, they praise you and might even talk behind your back. Just like this, we should adapt our writing style to suit the current generation's needs.

I remember a time when I was in Surkhet, and a politician told me that his party had done many great things, but still didn't have any legislation. I offered to draft the legislation for him, which I did and sent it to him for review. He later published it without my knowledge, which brings me to my next point. We should not rely too much on politics.

9. In your opinion, how important is it for young writers to engage with diverse cultural experiences and perspectives?

"Life and culture are inseparable, and they both enhance each other. As we go through life, we encounter diverse cultural experiences and perspectives that enrich us. Young writers need to engage with these experiences to preserve our national identity and pride."

10. Is there anything else you would like to share with us, especially for those interested in pursuing a career in writing?

"As someone belonging to your generation, I would like to offer you some valuable advice. Merely telling you to complete your work independently and think for yourself is not a good enough answer. In the past, parents and teachers used to scold children, but now it is important to treat them with respect and use polite language. This helps instill the values of self-respect in children and encourages them to flourish. If we can instill these values in them, they will always shine brightly like a well-cared- tree that receives sufficient air, water, and sunlight."

Discipline and Cyber Safety: Essential Insights for School Children

Discipline entails the practice of ensuring people adhere to rules or standards of behavior while upholding honor. Every setting, be it home, family, village, neighborhood, community, school, college, or nation, has its own set of rules and laws. Adhering to these rules and conscientiously working on one's own is what constitutes discipline.

Discipline holds immense significance in a student's life, which spans from childhood to the completion of higher education. Disciplined students tend to be more organized, focused, and motivated in their studies. They are also more likely to be punctual, attend classes regularly, and complete their assignments on time. To instill discipline in school life, students need to establish clear goals and prioritize their studies.

It's crucial to understand that discipline isn't about punishing or controlling students; rather, it's about guiding and supporting them to become responsible and happy individuals.

In schools, discipline typically falls into three main categories:

Preventative Discipline: This involves establishing ground rules and expectations to guide students' behavior in the classroom.

Supportive Discipline: It encompasses giving warnings and guidance to students when preventive measures alone aren't sufficient to steer them back on track following disciplinary issues.

Corrective Discipline: This involves taking corrective actions such as counseling or suspension when a student fails to improve despite receiving supportive discipline.

Role of Teachers:

Teachers serve as role models for students, from whom they can learn positive traits and behaviors. By observing their classrooms, teachers can adapt tips and strategies to ensure they implement best practices effectively, thereby shaping students positively.

Role of Parents:

Parents play a crucial role in helping their children learn how to manage their behavior, emotions, and desires. Discipline instilled by parents teaches children to respect themselves and others. Positive encouragement from parents motivates children to repeat helpful behaviors better than criticism.

Benefits of Discipline in Student Life:

- 1) Discipline helps students manage anxiety.
- 2) Students with clear and consistent rules and boundaries feel more secure and confident.
- 3) Discipline encourages good decision-making.
- 4) It helps students develop problem-solving skills, self-control, and self-regulation.
- 5) Disciplined students learn from their mistakes and make better decisions in the future.
- 6) Discipline helps students avoid negative behaviors such as aggression, lying, cheating, frustration, and sadness.
- 7) It fosters empathy and compassion for others.
- 8) Discipline protects students from physical and emotional harm.
- 9) It promotes punctuality, regular attendance, and timely completion of assignments.

Cybercrime in Nepal:

Did you know that misusing social media can lead to imprisonment? Cybercrime encompasses various activities, including character assassination, threats, and cheating, conducted via computers, networks, and social media platforms. Its prevalence is increasing in Nepal, with women, children, and students being particularly vulnerable.

Types of Cybercrime:

- 1) Harassment via Email: Sending threatening or stressful messages via email.
- 2) Cyber Stalking: Constantly monitoring and targeting individuals online, particularly children and women.
- 3) Cyber Pornography: Sharing or distributing explicit images.
- 4) Cyber Defamation: Spreading false messages to tarnish someone's character.
- 5) Morphing: Altering someone's images.
- 6) Email Spoofing: Misusing someone's email to send messages.
- 7) Phishing: Deceiving individuals with false information, such as fake lottery notifications.

LEGAL ARRANGEMENT:

The Electronic Commerce Act 2063 outlines the nature of cybercrime and stipulates penalties, including imprisonment ranging from at least 6 months to 5 years and fines ranging from Rs 50,000 to Rs 2 lakhs, or both.

Tips for Students to Avoid Cybercrime:

Given that today's school students have grown up surrounded by technology, here are some actions they can take to avoid falling victim to electronic crimes:

- 1) Limit the number of photos shared on social networks like Facebook.
- 2) Regularly change passwords for social media accounts and email.
- 3) Do not allow strangers to use your computer or mobile phone.
- 4) Avoid unnecessary status updates and sharing of locations.
- 5) Ensure proper disconnection after using computers or the internet.
- 6) Refrain from opening emails from unknown sources and never use others' usernames and passwords.

Bhupendra Shrestha
Well-Being Manager & Counselor

BLUE HOUSE

Leading with Heart: My Journey as Blue House Captain

"I joined Little Angels' School in grade six. At the time, I wasn't very familiar with house leadership until I became involved in it in eighth grade. In eighth grade, I was selected as the vice-captain of the Blue House, which provided me with invaluable lessons in leadership, friendship-building, and a deeper understanding of my school. Now, in ninth grade, I have been honored to be chosen as the Senior House Captain of the Blue House.

Serving as the Blue House Captain has been both challenging and immensely rewarding. It has taught me numerous lessons, including developing leadership qualities, the importance of cooperation, and the willingness to make sacrifices, even in academic commitments due to many competitions. Working alongside my incredible juniors has been a joy, and I am profoundly grateful for their support throughout this journey. I wish them all the best for their future endeavors.

I am immensely thankful to Lokendra Sir, whose guidance has been invaluable in shaping my skills, including leadership and kindness. I also extend my gratitude to my other teachers, especially Samir Sir, who helped me learn to balance my responsibilities as a student and as a captain. My fellow captains, Christina, Nikita, Roza, and Ariana, have been amazing collaborators. Together, we have enjoyed countless memorable experiences and forged enduring bonds.

For me, being the House Captain has been an unforgettable experience, and I am excited for my juniors to have the opportunity to lead and create their cherished memories. Thank you to everyone who has been part of this journey."

Anshu Giri
Blue House Captain

FAREWELL, LITTLE ANGELS'

As I write my final thoughts bidding farewell to the halls and rooms that have nurtured me for the past decade, I am overwhelmed with all the experiences and challenges that I have been through. However, these memories leave me feeling a soothing sense of calmness. I feel deeply grateful and appreciative for all the fun times that I have shared with my friends, and for all the experiences that have shaped me into who I am today – especially my journey at Little Angels' School.

From the moment I stepped into L.A.S., I felt a warm, friendly, and encouraging vibe. The passionate teachers who went beyond the textbooks to guide me and my friends, as well as my friends who made me feel like we were siblings, have all left a lasting impact on me. Together, we shared laughter and challenges, and created bonds that time and distance cannot erode. The classrooms were our areas of enlightenment, and every punishment was a valuable life lesson that served as a stepping stone towards success. Beyond academics, I was also exposed to various sporting events, challenges, and the pressure of needing to achieve something within a tight timeframe. Little Angels' has helped me become mentally and physically ready for the journey ahead.

As I bid farewell with a heart full of gratitude, I want to thank the entire Little Angels' School community



– faculty, staff, and students – for their tireless dedication to instilling in me the love of learning. Thank you, L.A.S, for being my guiding light and for forging the way to a successful future.

Ashutosh Chapagai
X-A1

MY EXPERIENCE OF BEING A VICE-CAPTAIN

My name is Suyam Thapa Magar and I am from 4B1. I want to share my experience of being a Vice Captain. People often think that being a leader is easy - you just have to give commands and everyone will follow. But in reality, it's quite the opposite. Being a Vice Captain was my first leadership role and I had two major responsibilities - to ensure that my house won the Inter-house events and to help the school function smoothly while balancing my studies. During this experience, I acquired important skills in leadership, coordination, teamwork, and friendship. I am eager to serve in a similar role again in the future and give my best for our school.

Suyam Thapa Magar
IV-B1

VICE CAPTAIN

THE EXISTENCE OF GHOST

In the modern era, despite advances in science and technology, many people still believe in the existence of ghosts. However, there is no concrete or scientific evidence to support this belief. Therefore, I strongly believe that ghosts are nothing more than a product of human imagination.

People all around the world claim to have seen ghosts, with some even claiming to have been possessed by them. However, in these cases, there is a scientific phenomenon known as the ideomotor effect. This effect causes our bodies to move without our conscious control. Those who claim to have been possessed by a demon or spirit are likely either lying or experiencing the ideomotor effect due to a psychological disorder or other issue. In cases where an entire family claims to have witnessed paranormal activity, there may be another phenomenon at play known as mass psychogenic illness or shared psychotic disorder.

In conclusion, ghosts are simply a manifestation of fear within individuals who believe in them.

Name: Kristina Khanal

X-A1



BISKET JATRA IS A FESTIVAL CELEBRATED IN THE TOWN OF MADHYAPUR THIMI

Among all the festivals celebrated by the Newar Community of Nepal. Bisket Jatra is only celebrated in Bhaktapur district. Bisket Jatra is also called Biska Jatra by Newars.

In Madhyapur, Thimi. it is celebrated for three days starting from the last date of the Nepali calendar to the second of Baishakh consisting of four major events. The last day of Bisket Jatra is also known as Sindur Jatra as it is played with vermilion of or, Starting from the first day of Bisket Jatra which is celebrated on the last day of the Nepali calendar (B.S.). On that day, people gather around the Bishnu Bir temple to watch the event where the Guthiyars (members of Guthi) bring the three statues of Bishnu Bir to the Bishnu Bir temple. Those statues were kept safe for one year in the houses of the Guthiyars. The statues are kept on the chariot with the music

of Dhime and Bhushya. It is only done in Bishnu Bir Temple.

The second day of Bisket Jatra is celebrated on the first day of Baishakh. The second day consists of two events. The first event takes place early in the morning where one person of each family carries Chilag with them to celebrate the Jatra. Chilag is a typical Newari name for a lamp which is held like a stick pointing upward to the sky. This event consists of four chariots the chariot of Balkumari, Dhakshinbarahi, Agima, and Hinchodya. The chariot of Balkumari is rushed to Balkumari Temple from Layaku Darbar by local devotes carrying the chariot on their shoulders early in the morning. Also, different tunes of Dhime and Bhushya are played on the Jatra. For every chariot, there are sets of Dhime and Bhushya. Afterward, all the people hold the Chilag and go on a journey with the chariot of Agima and Hinchodya to take the chariot of Dhakshinbarahi on a journey towards Dhakshinbarahi temple which is situated in Suryabinayak Municipality across Hanumante River. The chariot is carried by local devotes with the help of two Bamboos. Those three chariots revolve around

the Dhakshinbarahi temple for three consecutive times. The journey ends in Balkumari Temple it is placed in front of Balkumari Temple to worship by devotees. Before it is placed for worshipping the chariot of Dhakshinbarahi, Agima, and Hinchodya revolves around the Balkumari Temple. The Jatra ends when the chariot of Dhakshinbarahi is placed for worshipping but the chariot of Hinchodya blocks the way of Dhakshinbarahi to make the Jatra a bit longer. So, the chariot of Dhakshinbarahi cleverly tricks the chariot of Hinchodya and finally the chariot of Dhakshinbarahi is placed for worship.

The second event of the second day takes place in the evening. In total, there will be a collection of fourteen chariots where the chariots of Dhakshinbarahi, Aagima, and Hinchodya do not take part in the evening as their job for this day is already completed in the morning. The chariots are carried by local devotees on their shoulders. In this event, there are two groups. The first group is led by the chariot of Bishnu Bir while the other group is led by the chariot of Siddhikali. Six chariots of different names of Ganesh follow each group. Both groups have different routes. The Bishnu Bir's group journey ends at Balkumari temple while the journey of Siddhikali's group ends at its temples.

The last day takes place in the second of Baishakh. It is also called Sindur Jatra. For each chariot, there are sets of Dhime and Bhushya with different tones. Many people dance to these tunes to enjoy the New Year. In this event, there are twenty-six chariots including the chariot of Dhakshinbarahi, Agima, and Hinchodya. The chariot of Dhakshinbarahi has an important role in this day. The most important chariot is the chariot of Balkumari because if it enters Layaku Darbar the Jatra is completed. The chariot of Siddhikali is brought to the Balkumari temple. The chariot is carried by local devotees on their shoulders. Then, the head of the Layaku Darbar was permitted to start the Jatra as per the rituals. Afterward, the chariot of Siddhikali with its group goes on its journey and does not return until the new Jatra starts. The remaining chariot carried by local devotees on their shoulders follows the chariot of Balkumari. The journey of the chariot of Balkumari takes place from Balkumari temple to Digu temple. The chariot of Bishnu Bir and Dhakshinbarahi are placed in the gate of the Layaku Darbar to block the way of the chariot of Balkumari. The chariot of Bishnu Bir and Dhakshinbarahi only have the



power to block the way. While the blockade is going on the chariot of Balkumari revolves around the journey from Balkumari temple to Digu temple again occasionally if the second of Baishakh is on Saturday. After the chariot of Balkumari enters Layaku Darbar. The remaining chariot goes on a journey toward Dhakshinbarahi Temple as Saturdays are considered the day of Dhakshinbarahi. It only revolves around one time. Then the Jatra is completed and all the statutes, jewelry, and chariot are taken to the respective houses of the Guthiyars. If it lies on any other day besides Saturday the Jatra ends after the chariot of Balkumari enters Layaku Darbar.

It is also celebrated in the places of Madhyapur Thimi such as Bode, Nagadesh, and Lokanthali. Differing from place to place, the process of celebrating might be different. But the main place where it is celebrated is Madhyapur Thimi of Balkumari temple to Digu temple.

Bisket Jatra is a unique festival only celebrated in Bhaktapur. As, a part of this festival it is a must-watch festival.

Manas Shrestha

IX-A2

ECHOES OF THE PAST: TRACING TIME'S FOOTSTEPS

In the present moment, there is always a point where yesterday meets today and today meets tomorrow. "Echoes of the past" are more than just memories - they're an essential part of what creates today and ultimately leads to tomorrow.

Memories echo quietly:

Sometimes, when I close my eyes and listen to the silence, memories that I thought were long gone come flooding back. They're like waves crashing against the shore of my mind, filling my eyes with tears. I hear echoes of laughter, footsteps, and tender voices that were once a part of my life, but now they're gone in the blink of an eye.

Tracing my footsteps:

Walking down the same streets where so many memories were made can be overwhelming. Even though I know those moments are gone forever, the memories still evoke the same feelings of nostalgia and longing. I wish I could go back to the past and never return to the present.

A playlist of emotions:

Sometimes, when I'm sitting on a swing and listening to music, an old song comes on that's so familiar yet so distant. Every beat holds a memory, and every pause is like a special moment frozen in time. It's like



capturing a special memory that stays with us from the past, like a photo that doesn't move.

Hidden in a dusty box:

In the corners of our minds, old memories gather like dusty boxes in a basement. When we open them up, we find old pictures, letters, and journals waiting to be rediscovered. The photos and letters may be half-ruined, but the ink-stained words and faded images take us back in time.

As I embrace the echoes of the past, I've learned that in the whispers and fading echoes lies a treasure trove of emotions, wisdom, and nostalgia. As I struggle through the present, the echoes of the past remind me of the beauty that has been connecting me to the present all along. They teach me that even amid pain, there's always a sprinkle of happiness to be found.

Aarya Gyawali
X-A2

MY FAVORITE FAMILY MEMBER

I love everyone in my family, but my younger sister Leah is my favorite. She's just three years old, and I'm seven years older than her. Leah has long black hair, dark brown eyes, and chubby cheeks that make her look really very cute and pretty.

A memorable time with Leah was when we went to Pokhara. My dad planned a special trip, and it turned out to be so much fun! We went boating, which was really exciting. Later, we stayed at a hotel that had a small park for children. It had swings, slides, a climbing wall, and even a trampoline. We played and had a blast. That trip became the happiest moment of my life.

From this experience, I learned that it's important to love and care for our younger siblings and also respect the older ones. Even if younger siblings can be a bit annoying sometimes, it's good to be nice to them.

Esther Rai
V-D1



BOOK REVIEW

“The Inmate” by Freida McFadden is a gripping psychological thriller that will keep you on the edge of your seat throughout the book. The story revolves around a single mother trying to adjust to her new life after moving back to her hometown. Unknowingly, she faces her deep dark secret, her past mistake.

Brooke Sullivan is a new nurse practitioner at a men’s maximum security prison. She has three rules to follow: 1) Treat all prisoners with respect. 2) Never reveal any personal information. 3) Never become too friendly with the inmates. However, the staff at the prison doesn’t know that Brooke has already broken the rules. Nobody knows about her intimate connection to Shane Nelson, one of the penitentiary’s most notorious and dangerous inmates. Shane was Brooke’s high school sweetheart, the star quarterback who is now spending the rest of his life in prison for a series of grisly murders. Brooke’s testimony was what put him there. As Brooke’s past collides with her present, tension and confusion mount, making it difficult to discern who can be trusted.

“The Inmate” is a well-written book with a thrilling plot that will leave you astounded by the end of your read. McFadden expertly weaves together mystery, suspense, crime, and thrilling twists that will leave you in suspense from start to finish. The author’s writing delivers spine-tingling moments and heart-



racing excitement, making it difficult to put the book down. The narrative skillfully alternates between the present and events from ten years ago, keeping readers engaged as chilling details and secrets slowly emerge.

If you’re into thrillers, this book is for you. With a well-crafted plot and multi-dimensional characters, McFadden creates a riveting read that will make you keep guessing until the very end. Prepare to be consumed by this enthralling tale and its dark and twisted secrets.

Nickshika Ghamal
X-A1

MY LIFE AS A 10TH GRADER

“As a 10th grader, I am embarking on an exciting journey full of new experiences and challenges. While navigating through secondary school, I am discovering my passions and interests. As soon as I step into the bustling hallways, I am greeted by the energy of my peers and the anticipation of what lies ahead.”

My academic workload has increased, but I am determined to excel. I find myself diving into subjects like mathematics, science, and social studies with an eagerness to expand my knowledge. The thrill of learning something new and the satisfaction of overcoming obstacles motivate me to push my limits. When I’m not focused on my studies, I like to engage in extracurricular activities. I enjoy being a part of sports teams, and clubs, and pursuing creative



projects. I'm constantly searching for opportunities to develop my skills and connect with others who have similar interests.

As a 10th grader, I not only focus on academics and extracurricular activities but also on building long-lasting friendships and creating cherished memories. During lunch breaks and after-school hangouts, I get to relax, have fun, and bond with my friends. These connections offer me support and a sense of belonging, which is particularly important at this stage of my life.

Reflecting on my life as a 10th-grader, I am grateful for all the opportunities and experiences that have shaped me into the person I am today. This phase of my life is dedicated to self-discovery, personal growth, and building the foundation for my future. Each day presents new adventures and I am excited to see where this chapter of my life takes me.

Prajwal KC
X-B4

DISCOVERING INNER MAGIC

Once upon a time, in a large house, lived a girl named Lina with her parents. Being the only child, she enjoyed all the facilities and support from her educated parents. Although not particularly talented, Lina was diligent, introverted, and shy. Her parents were her constant motivators.

One morning, as Lina woke up, the realization struck her that it was the day of her math test. Fear gripped her because math was her weakness. Despite working hard, she usually just managed to pass. Today felt different; she hadn't prepared at all. Anxious, she went to school, faced the test, and left with a heavy heart.

Back home, Lina kept her test failure a secret from her parents, fearing their disappointment. Days passed like any other until the dreaded result day. To her dismay, she had scored a mere 3 out of 40. Feeling lost, she decided to pretend she passed to avoid her parents' scolding. Her mother, overjoyed, even ordered pizza to celebrate what she believed was Lina's success.

Unable to bear the weight of her lie, Lina sought solace in the garden, where she noticed three flowers. Later, while buying a pen, she was advised to get three, but she bought just one. Even during a game of carom with friends, the number 3 kept appearing. At dinner, her mother served her three slices of pizza, intensifying Lina's inner turmoil.



That night, unable to sleep, guilt-ridden Lina confessed to her parents. Surprisingly, they already knew about her test score, having overheard her thoughts. Shocked and humbled, Lina's parents supported her and imparted a valuable lesson.

From that day on, Lina diligently practiced and sought help from her parents. Their encouragement led her to achieve full marks in a subsequent test. The real magic, she discovered, wasn't external but within herself.

Message: Always be prepared, believe in yourself, and trust that the magic lies within when you are well-prepared.

Selin Thapa
VIII-A3

ABCYCLONICA THEOREM - 1

Introduction

Indeterminate forms:

A mathematical expression having a unknown value or not determined in normal math values is called indeterminate forms.

Theorem:

Definitions:

1. A s-variable can be defined as a concept singularity or point of no existence in the center of the number system for all indeterminate forms of no real values. e.g. $\frac{0}{0}$ can be defined as s, as we know anything (that is a number) multiply 0 is simply 0 and no existing position for 1. Hence, we can define $\frac{0}{0} = s$.

2. A r-variable can be defined as a concept sphere over all values from s to imaginary units and all values for all indeterminate form of all possible real values (mostly).

e.g. $\frac{\infty}{\infty}$ can be defined as r as any value multiply 0 (that is a number) is 0.

Forms of s & r:

1. Complex forms (all sets, cardinal, etc.)
2. Logic forms (The special cardinal)
3. Theoretical forms of existence (Where, $r=s$)

Values for forms & rules:

1. Logic forms:

Forms which are the general concept values .i.e. either 0 or ∞ which can be seen in cardinality of the set s or r is them.

They are:

1. $s = 0$ (It is a null set hence, no operational result)
2. $r = \infty$ (It is an infinite set and any operation to it is infinity)

2. Theoretical concept:

i. Anything is present in r. The statement $r=1$ or $r=2$ is always true but cannot be written $2=1$ as, r may not be equal to r itself. But, as r being all values $r=1$ but, you can't equate it as any.

Hence, i. states $r=s$ as well as it's true with the same logic.

Common Operation:

Hence, we can't find the values of any math operation done with real or imaginary numbers.

(except. 0, ∞)

r & s are unreachable to other real or any numbers.

But, s & r are reachable to each other, though we can't define their exact operational values as, per the rule of standard math. Hence, an operation such as, $s \pm r = (s, r)$ {as they are the only possible values}

Also, $s/r = (s, r)$



$$s * r = (s, r)$$

$$r \pm s = (s, r)$$

$$r / s = (s, r)$$

Logic s (0) and Logic r (infinity) are not completely same then, r & s. Hence, $0+1=1$ is true or $\text{infinity}+1=\text{infinity}$ is true. Though, all other relations are mostly true.

Some rules:

1. A value of any operation of s & r are definable by the curtailment of the equation itself sometimes.
2. If, $s=1$ as, $s=r$, s and r are reachable hence, $r=1$ can be as $s=1$ can't be equated as $s-1=0$ as s is unreachable.
3. Cardinal presence rule is a rule which states that the cardinality of s & r and their operations in their set are the Logic s & r, and are relational to their set, & complex form but, not directly to the presence of theoretical forms of s & r.

Or, $s=r$ {0 is not equal infinity} but, $1/0$ in theory can be equal to infinity. And, it can be written $1/0$

or $0/0$ in theory = $\{0, \text{infinity}\}$ also, $n(r) = r$ (in most relations, $n(r) = r \{\text{set}\}$ (in general).

Use in Twin prime Conjecture:

$[x = \text{twin prime number 1}]$

$[y = \text{twin prime number 2}]$

Hence, $x+2=y$

Or, $n(x) = n(y)$

Prime are infinite in cardinal,

$n(p) = \text{cardinal prime}$

$n(p) - n(x) = n(d)$,

$n(\text{infinity}) - n(d) = n(x)$,

If, x is finite,

$n(p) - n(x) = n(\text{infinity})$,

$n(\text{infinity}) - n(\text{infinity}) = n(x)$

Hence,

This can be written as:

$r - r = \{s, r\}$

Or, $n(p) - n(d) = n(0, \text{infinity})$

Applying the curtailment rule we get,

$n(x)$ can't be zero hence, $n(x) = \text{infinity}$,

Hence, supposing $n(x) = \text{finite}$ is invalid,

Moreover,

Even, if we suppose, $n(x) = \text{infinite}$ we get the same result,

$n(\text{infinite}) - n(\text{infinite}) = n(d)$ or, $n(0, \text{infinity})$

$n(p) - n(d)$ always results here in reaching as, $n(x) = \text{infinity}$ also, either we suppose $n(d) = \text{finite}$ or infinite by 'Abhinav's Curtailment Equation Rule' we get, $n(x) = \infty$

Some Extra Theories:

1. Theoretical Form:

$0/0 = \{s, r\}$

$1/0 = \{s, r\}$

Though, s basic form: $1/0$ and r basic form: $0/0$

Can be written as above as per the

3. Cardinality presence rule, we can't further equate, $1/0 = \text{infinity}$, or, $1/0=0$, $0/0=0$ and if $1/0=\text{infinity}$, $0/0$ must be 0 (mostly).

2. Some equations like $0 * \infty = s * r$, hence, they have the answer as usual, $\{s, r\}$ though by probability of curtailment equation we get, adding 0 infinity times = 0 so, the answer here, is half or more the time 0 though it can't be said with guarantee as well, as it doesn't mean $s * r = s$ {mostly} Is not True, 3. Cardinality presence rule.

Abhinav Jha
VIII-A1

BENEFITS OF HARD WORK

Hard work is such a tool that makes you more determined, responsible, and mature. You will become more disciplined and focused on your work. Moreover, you will start seeing good results within a short time. When you work hard, determination, consistency, and concentration come naturally. As a result, nothing will stop you from achieving success.

A hard-working person is always happy in life. Success is the result of our hard work. The person who works hard achieves many goals.

Hard work brings vision, depth, and dimensions to our work. It also requires focus, dedication, and continuity to reach our dreams and they all come with hard work. A lazy person has excuses but hard-working people always look for solutions to all obstacles. A hard-working person understands the management of the work very well.

**HARD
WORK**



If you want to grow and excel in things that you like then you must do the extreme hard work.

It is an essential life skill that we all must inculcate. Without hard work, there is no growth or success in life. Hard work helps in accomplishing the task that you have started. It helps us to be socialized with each other.

If you have genuinely worked hard, then it will pay off. Being a student, if you have worked hard for your exams and give your best effort. Then you will score higher marks. History has proved that one who works hard will be successful and independent eventually.

Shayana Shrestha
IV-B1

GOD OF SIGHT: SANDUK RUIT

Sanduk Ruit was born on Bhadra 19, 2011 B.S. in Taplejung district of Nepal. He is an ophthalmologist. His father's name was Sonam Ruit and mother's name was Kessang Ruit. He is the second child of his parent's six children.

He had done his primary education in Darjeeling, India. Then he passed S.L.C in 2025 B.S. from Nepal. Ruit has lost his three siblings- an elder brother from diarrhea at the age of three, and a younger sister from fever at the age of eight. For him, the painful death was of his younger sister who died due to tuberculosis at the age of fifteen. Due to the loss of his 3 siblings because of diseases he decided to become a doctor. He studied Bachelor of Medicine, and Bachelor of Surgery from King George's Medical College in Lucknow, India.

In Australia, Ruit gained further deep specialization in eye surgery. He along with Australian ophthalmologist Fred Hollows created the Small Incision Cataract Surgery which used intraocular lenses and Ruit became the first Nepali doctor to use intraocular lenses. He founded Tilganga Hospital with the support of Fred Hollows. It aims to provide eye care for patients at affordable price. He is also the co-founder and director of the Himalayan Cataract Surgery. He has restored the sight of over 1, 80,000 people across Africa and Asia using small incision cataract surgery.

He has received various awards and prizes because of his contributions. On March 5, 2007, he was awarded the Asian of the Year 2007 by the Union Minister of Health and Family Welfare, Dr. Anbumani



Ramadoss in New Delhi. He was also awarded with Prince Mahidol Award of Thailand. In 2015 he was awarded the National Order of Merit Gold for his outstanding contribution to the prevention of blindness in Bhutan and the return of sight to hundreds of people. In 2018, the government of India awarded him the Padma Shri award. On Feb 21, 2023, he was awarded the prestigious ISA award for service to humanity amid a program held at the ISA Cultural Centre in Manama, Bahrain. The king of Bahrain, His Majesty Hamad bin Isa AL Khalifa handed Dr.Ruit \$1 million during the royal ceremony.

He is truly GOD OF SIGHT for all those blind people who had an opportunity to see this beautiful world just because of him. He is an inspiration to everyone who helped everyone selflessly.

Nebisa Pangeni
X-A3

HIKORO'S MOON ADVENTURE

Once upon a time, there was a bunny named Hikoro who lived happily on the Moon. His days were filled with hopping around and enjoying the moonlight. Hikoro's best friend, Ayu, was the only companion he had on the Moon, making their friendship special.

In their free time, Hikoro and Ayu played together and explored the lunar landscape. However, one day, their peaceful life changed when they spotted a rocket landing on the Moon. Feeling curious and a bit worried, they decided to hide and observe.

As the human explorer disembarked from the rocket, Hikoro and Ayu hatched a plan. They sneaked onto the rocket and hid, hoping the human would unintentionally take them back to Earth. To their delight, the plan worked! The human reentered the rocket, and soon they were on their way to Earth.



Upon landing on Earth, Hikoro and Ayu were amazed by its beauty. They quickly explored the forests and made many new animal friends. Eager to share their unique moon adventures, Hikoro and Ayu spent their days telling other animals about their life on the Moon, living happily ever after.

“Hikoro’s Moon Adventure” is a heartwarming tale of friendship, curiosity, and the wonders of exploring new places.

Renesmee Batajoo
VI-B2

HOMEWORK FOR STUDENTS

Some people believe that students should be assigned a large amount of homework to provide them with the opportunity to learn on their own. But some others put forward contrastive opinions. Regarding this issue, I believe that students should be provided with less homework but with the opportunity to practice a variety of homework.

Most people opine that students should be given a large amount of homework to get them engaged in doing something to learn what they need in their student life. They argue that if adequate homework is not assigned to learners, they are prone to be engaged in insignificant activities, for example, they will visit their friends and waste their time by talking about something not important in life. Furthermore adequate amount of homework can encourage learners to study different reading materials on their own, which ultimately enhances autonomy; it is generally believed that learner autonomy functions as a powerful means to cultivate their mind.

By contrast, some people argue that students should not be assigned a large amount of homework rather



they should be involved in social activities because they have to be exposed to society. The followers of this view claim that if students are not provided with the opportunity to contribute to society, their socialization process will be incomplete because they cannot understand social norms and values, and their duty to society as well. The people advocating this view opine that learners should be given the proper category and amount of homework that

gets students to do something in society; they can be given some project work that demands learners' involvement in social activities. For instance, helping illiterate people in adult literacy classes will be suitable for school-level learners.

Regarding this issue, I do believe that proper category and amount of homework enhances learner's multi-dimensional achievement which enables them to be prosperous members of society. However, a large amount of homework that cannot be completed by the majority of learners in a limited time will prove

counter-productive. Therefore, a varied category of homework based on students' learning speed will prove beneficial.

In conclusion, a variety of homework that demands learner's exposure to society and creative use of their multiple intelligences will be beneficial; therefore, homework should be assigned to learners accordingly.

Dipti Rimal
X-A2

ISABEL'S LUCKY DAY

Once upon a time, there lived a little girl named Isabel. She lived with her small family, which included her elder sister, mother, and father. They were a poor but happy family.

One day, as Isabel was walking down the street, she spotted two adorable puppies. Although she wanted to bring them home, she felt sad, thinking, "I am too poor." Little did she know, a surprise awaited her at home.

Isabel's parents had exciting news – they had enrolled her in a new school. Overjoyed, she got ready and headed to her first day. However, things took a turn when a girl at school started bullying her. Feeling upset, Isabel stood up for herself and said, "Just mind your own business." The bully bragged about her rich father, who owned a soap factory in town.

That evening, Isabel returned home feeling down. When her mother inquired, she at first hesitated but finally shared her troubles. Her mother reassured her, saying, "Don't worry."

To everyone's surprise, Isabel's father revealed that he had won a lottery of 10 million rupees. Their lives were about to change for the better, making them happier and more comfortable. The next day, Isabel went to school with new belongings, sharing candies and biscuits with her classmates. She wore a



new dress and looked her best. Suddenly, everyone, including the former bully, admired and respected Isabel.

And so, Isabel's luck turned around, and she found true happiness, proving that sometimes, good things happen when you least expect them.

Vedika Adhikari
IV-C1

LOST TRAILS: FILLUM'S MYSTERIOUS ODYSSEY

In the Enchanted City of Gilded Blossoms, resided a spirited young adventurer named Fillum Joul. Freshly graduated from her bachelor's degree, Fillum yearned for thrilling escapades. Eager to share the excitement, she approached her friends Myra and Louis with her audacious plan. Surprisingly, both Myra and Louis embraced the idea, and together they embarked on a quest for adventure.

As they brainstormed their destination, Fillum proposed a journey to Wester, a place shrouded in mystery and danger. Renowned for its mesmerizing blue lily flowers that illuminated the night, Wester's allure lay in its perilous heart, concealed within an impenetrable forest. Undeterred by the ominous reputation, the trio decided to venture into the unknown, ready to face the risks.

After packing their essentials, they set out for Westerland, reaching their destination after two days of travel. Fuelled by determination, they plunged into the heart of the woods, walking for hours with no specific direction. Fatigue caught up with them, prompting a brief rest, during which they unintentionally fell into a deep slumber.

The next morning, Fillum awoke to find only Myra by her side. Distressed and panicked, they called out for Louis, their voices echoing through the dense woods. Hours passed in a frantic search, but Louis remained elusive. Faced with fear, the duo, though shaken, resolved to continue their quest.

As they journeyed forward, their supplies depleted, Fillum took the responsibility of foraging for food, while Myra collected wood for a fire. To Fillum's horror, upon her return, she discovered Myra's lifeless body, a victim of a ferocious tiger. In a desperate escape, Fillum encountered sheer isolation, her cries echoing through the unforgiving woods.

Determined not to succumb to despair, Fillum discovered a compass in her pocket, offering a sliver of hope. Guided by the compass, she navigated through the wilderness, her spirit unbroken. In an unexpected turn, she stumbled upon Louis, miraculously alive. Overjoyed, they reunited, and



Fillum recounted the harrowing experiences since they last saw each other.

Their relief, however, was short-lived. When Louis inquired about Myra, Fillum, with a heavy heart, shared the painful truth of her demise. Together, they pressed on with their journey, forging ahead through the treacherous landscape. Their path led them to a cliff, offering a glimpse of a flowing river below. In a fateful moment, Fillum nearly slipped, saved only by Louis. However, tragedy struck as Louis lost his footing and met a tragic end.

The loss of her friends took a toll on Fillum, leaving her emotionally shattered. Amidst the tears and screams, she grappled with guilt and grief, finding herself once again alone in the haunting depths of the woods.

Pranisha Shrestha
VII-A1

MELODIES OF FRIENDSHIP

A gentle breeze brushed against her, pushing strands of her coarse hair away, revealing her deep brown eyes tinged with a hint of sadness. Those innocent eyes closed slowly as a cherry blossom landed on her forehead, prompting a soft smile.

“Cut!” echoed a voice, the director seemingly pleased with her performance. While the world saw her as a great actress, she harbored a feeling of unease within. The facade of perfection on the big screen concealed a sense that her dream wasn’t truly hers. Lost in contemplation, she found herself at home without realizing how she got there. Perhaps, it was time for a change, an adventure, something beyond acting. But how could she, when acting had been her sole focus?

Deciding to take a break, she canceled her shoot for the next day to clear her mind. The following day, amidst a torrential downpour, she ventured out with her umbrella. Though she attracted curious glances, she continued walking until a voice snapped her out of her thoughts. A girl named Emily introduced herself, surprising her by not recognizing the actress. Choosing the alias ‘Marie,’ the actress found herself enjoying Emily’s lively company.

That night marked a decision to take a break, guided by Emily’s advice to resist what she didn’t want. Daily walks became routine, and fate seemed to conspire for them to cross paths. Emily brought joy to her life, and for the first time in years, she felt happy and at home.

MY BEST FRIEND

My best friend’s name is Sajal Maharjan, and he lives in Baneshawor. He was born on August 10, 2011. Sajal is a short and thin person with black hair and eyes.

I first met Sajal in class 4, and from that moment, we instantly became friends. Our similar personalities and love for books brought us closer. Ever since that day, our friendship has only grown stronger. Sajal’s dad works as a music teacher, and his mom is a housewife.



Their adventures continued, with laughter echoing during a memorable Ferris wheel ride. The actress returned home beaming, realizing the beauty in life for the first time. As every good thing does, the time with Emily concluded when she had to move back to New York. Life reverted to its normal routine, leaving the actress feeling uneasy without her friend. Despite her efforts, making new friends proved challenging, and she reverted to her old self, void of smiles but haunted by memories of Emily.

One day, before dawn, a chance encounter reunited them. Despite almost two years passing, their connection remained strong. Promising to create new memories and embark on a bright future, they watched the sunset, knowing their adventure had only just begun.

Sumigya Amatya
IX-A2



We share many interests, like cycling, crystal collecting, and coin collecting. Sajal is calm, talkative, and sometimes a bit silly. Throughout class four, we didn't talk much, mainly because we were on different benches and had different extracurricular activities. This continued into class five, but some major changes occurred. We chose swimming together, talked more, and decided to do our homework during lunchtime.

In class five, we were placed next to each other for two months, strengthening our friendship. We started watching anime together, like Naruto, Demon Slayer, and Attack on Titan. We went home early with minimal homework, and in class six, our freedom increased. We could go to the canteen,

and roam around the school, but now, social was in Nepali, which posed a challenge since both of us were weak in Nepali. Despite the difficulties, we continued being friends, facing more homework and challenges. We found a peaceful spot to eat lunch, and our friendship kept growing stronger.

Even with all the hardships, challenges, and problems, our friendship remains unshaken. It's surprising how we're still friends with such a strong bond, helping each other through all the problems we face. To me, my best friend Sajal is truly a blessing from God.

Agrim Acharya
VI-A4

RECYCLING: CARING FOR HOMES, SAVING NATURE

Various programs contribute to a cleaner, healthier home, and some have environmental benefits. Recycling is a way of changing something so that it can be used again, it plays an important role in sustaining our homes and environment, and it brings economic benefits In addition, it gives a sense of concern for others and nature.

Recycling is essential for a cleaner and healthier home and environment. Scientists have confirmed that plastic products are the source of pollution. Surrounding yourself with too much plastic does not create a sustainable environment. Recycling helps reduce pollution by recycling materials such as plastic. For example, reusing the same plastic bag will save you the hassle of dealing with a full room. Simply put, recycling maintains a clean and healthy environment.

Economically, waste recycling offers various benefits. It's not just about recycling inorganic waste; Often there is also the issue of organic waste recycling. This allows us to maximize the use of our waste to our advantage. It saves us from unnecessary spending. For example, compost for kitchen scraps is cheaper than buying it from the market. Simply put, recycling has helped us financially in many ways.



Economically, recycling waste brings numerous blessings. It's now not just about recycling inorganic waste; regularly, it's approximately recycling organic waste too. This allows us to make the maximum of our waste for our gain. It saves us from spending pointless money. For example, growing compost from kitchen leftovers is cheaper than shopping for it from the market. To place it clearly, recycling has helped us economically in many approaches.

Recycling instills an experience of worrying for others, that's once in a while lacking in the present-

day era. When a person begins recycling, they come to be greater aware of their surroundings and sense a deeper connection to what's around them. It helps us understand the impact of our moves on our households and the surroundings. I began recycling when I turned younger and felt remorse for now not starting earlier. Eventually, my complete family joined in, and we all felt the want to take care of our surroundings. In short, recycling teaches us how to take care of others.

Therefore, recycling is essential for maintaining our homes, and the surroundings, and it brings

financial advantages at the same time as nurturing a sense of being concerned for others and nature. There are numerous ways wherein recycling assists us; we simply want to embody it. Making recycling obligatory in each family is a satisfactory manner for us to reinforce ourselves and Mother Nature. Our homes are a part of nature, and by using cleaning our homes, we contribute to cleansing part of nature. With this in mind, we should recycle something we will to the satisfaction of our skills.

Ashutosh Chapagain
X-A1

RUBEN'S MYSTERIOUS CASE

Once upon a time, there was a detective named Ruben. He was a pro at solving cases, with over 700+ mysteries cracked and 7 years of experience. Living with his sister Rui, who was attending college after their father's passing, Ruben had a close bond with his family and friends.

Rui's best friend, Hannah, had a brother who was a good friend of Ruben. Despite facing a challenging time and spending two years in jail for not respecting the law, Ruben remained determined. He even lost his right hand in a case known as '710,' but he spent three years mastering the use of his left hand.

One day, Ruben decided to take a weekend trip to the beautiful beaches of the Bahamas. Upon returning, he posted an advertisement to find an assistant. Soon, Ashutosh, a hopeful Indian job seeker, joined Ruben as his assistant, thrilled to work with an experienced detective.

Now, with a fresh case labeled '906,' Ruben faced a challenge—no witnesses. The case involved a mother and child threatened by an unknown person. As Ruben delved into the investigation, shocking news reached Rui and Hannah: Hannah's father fell victim to a similar crime, echoing the pattern of case '906.'

Frustrated by the haunting memories of Case 906, Ruben had quit his job. In the autumn season, a twist



of fate brought Ruben and the unknown person face-to-face in London's park.

"Ruben's Mysterious Case" unfolds a tale of suspense, family bonds, and the relentless pursuit of justice by a seasoned detective and his newfound assistant.

Shivansh Maharjan
VI-B3

SAFETY RULES FOR DIFFERENT PLACES

At Home:

At home, it's crucial to be aware of several rules to ensure our safety. One important rule is regarding electric shock. Since we use electrical appliances in various ways, it's essential to handle them with care. Touching a naked live wire can be extremely dangerous, even fatal, causing severe damage, paralysis, or death. Avoid touching dangerous wires, heaters, or table fans, and never touch electric points or switchboards with wet hands.

At School:

In the school setting, there are specific rules to follow:

- Do not play in the classroom, and avoid standing on benches or chairs.
- Follow the rules of the games, and refrain from punching while playing.
- Avoid running too fast to prevent accidents and injuries.
- Always adhere to the school's rules and regulations.



On the Road:

Safety on the road is crucial, and it begins with checking the condition of our vehicles. Traffic rules are paramount, and for two-wheelers, wearing a helmet is a must, while four-wheelers should have seat belts on for safety. When crossing the road, use zebra crossings or overhead bridges for added safety.

Aryan Pandey
IV-A2

MUSIC : THE UNIVERSAL LANGUAGE OF

Music is something that makes our world more beautiful. It plays a crucial role in our lives, bringing joy and comfort. We can enjoy different types of music depending on our feelings and needs. Music is a way to express emotions that are sometimes hard to put into words. In our dictionary, music is also known as "sangeet," and the word "amusement" comes from "muse," which means the feeling of pleasure. Listening to music gives us a sense of pleasure, joy, and spiritual satisfaction that is comforting to our souls.

The origins of music are not well-documented, and it is believed to have existed thousands of years ago. Some think it was a divine creation, a gift from the gods. Nowadays, everyone is familiar with music, and it has evolved. Many great artists have created new genres, and people now listen to music based on their emotions—whether they are feeling joy or



sadness. Music has become a therapeutic source for many, helping teenagers overcome depression and fear.

Music is an art, and we are all creators with a hidden artist inside. Each person can create their melody. It's amazing how writers and composers convey emotions through words and instruments. Listeners can connect with these feelings, creating a beautiful exchange of emotions between artists and the audience. Music is like a special language that speaks directly to our hearts and souls, unlocking our feelings and bringing us joy, and comfort, or making us dance.

For musicians, it's important to understand that music is not just about fame or money; it's a determination

towards something creative and inspiring. Music has no limitations; it's a never-ending journey of learning and growth. Expressing one, connecting with others, and creating something beautiful are the true joys of music. It's about the pure enjoyment and fulfillment that music brings to both the artist and the listeners. Music is like a treasure chest filled with happiness, sadness, comfort, love, and loyalty, and we are always ready to contribute our time and hard work to it.

Music is a vast ocean, and we don't know how deep it can be. Always be prepared to work hard to explore its depths. It is a blessing gifted to us by God, so let's respect and be grateful for it.

Sasu Rajkarnikar
IX-C1

THE ALIEN ADVENTURE

Once upon a time, there were two cool detectives named Hari and Shyam. They were super good friends and had solved lots of mysteries together. They were like mystery-solving superheroes!

One day, a big signal came from a place called Dhankuta. Zoom! Off they went in their super cool Jeep. When they got there, Hari shouted, "Look, UFOs!" There were big flying saucers in the sky, wrecking farms and houses. But guess what? There wasn't just one UFO; there were a bunch of them!

Oh no! Suddenly, a UFO threw a net and caught Shyam. Quick thinking Hari pretended to be asleep. The aliens took them up into their UFO. Inside, Hari rescued Shyam from the net. But oh boy, the aliens were talking in a super weird language!

Hari found two headphone-like things that were actually translators. They put them on and heard the aliens planning to turn them into aliens too. Yikes!

No time to waste! Hari and Shyam raced to the control room with lots of buttons. They found the exit button, pressed it, put on parachutes, and jumped! Kaboom! The UFOs exploded, and they floated down safely.



Back on Earth, they did it! They stopped the aliens and saved our planet. The best part? They learned that when you work together and are brave, you can beat anything!

Moral: Teamwork and courage are super important!

Anup Jung Thapa
V-A2

THE DAY I GOT LOST

Once upon a time, my family and I went for a walk. We stopped because an old lady needed help. While my parents were busy, I got bored, and my brother wasn't paying attention. I saw a cute dog and followed it. Before I knew it, I was lost.

I started to feel worried and tried to find my family. While looking, I saw a small alley. I went in and saw a big spider web that I had to crawl under. When I finally came out, I still couldn't find my parents and brother.

I walked for a while, feeling scared, until my parents found me. When we got home, my mom told me it's important to stay close to the family and not wander off. It was a big adventure, and now I know to be more careful.

Suzzain Malla
V-C1

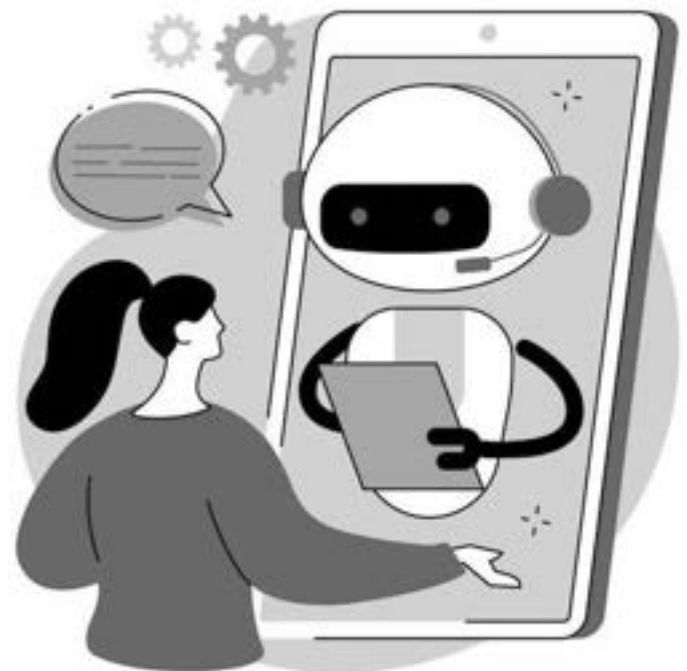


THE INFLUENCE OF SOCIAL MEDIA AND MOBILE DEVICES ON OUR LEARNING ADVENTURE!

In today's world, social media like Facebook and Tik Tok and mobile devices have become an essential part of our lives, including young students! Let's explore how these technologies affect our education, both in good and not-so-good ways.

Positive Effects:

1. **Staying Connected and Learning Together:** Social media and mobile devices let us connect and learn with friends and experts from all over the world. We can join online communities, share our ideas, and work together on fun learning projects if we want to!
2. **Access to Knowledge:** With smartphones and the internet, we can find information on anything we want to learn! From educational videos to interactive websites and even online books, everything is just a click away. This makes studying exciting and helps us find answers to our questions.
3. **Fun Learning with Apps and Games:** Mobile devices have fantastic apps and games that make learning enjoyable! We can practice math, spelling, and other subjects while having a blast.
4. **Remote Learning and Flexibility:** During difficult times like the COVID-19 pandemic, social media and



mobile technology helped us continue our studies through remote learning. We can attend virtual classrooms, access study materials online, and enjoy a flexible learning schedule that suits our needs.

Negative Effects:

1. **Watch out for Distractions:** Social media can sometimes distract us from our studies. Spending too much time on it can reduce our focus and make it challenging to manage our time well.

2. Be Safe and Kind Online: Social media can be fun, but we must be careful. There are some mean people out there, and we should avoid cyberbullying and stay safe online. Always be kind and responsible!

3. Balance Online and Offline Life: Using mobile devices all the time might take away our chances to play with friends face-to-face. We need to find a balance between our online and offline life and spend time with family and friends too.

4. Keep Our Minds Focused: Constant notifications can make it hard to concentrate on our studies. When we're learning, let's keep our phones away to stay focused.

5. Taking Care of Our Feelings: Social media can sometimes make us feel sad or anxious. Remember, not everything we see online is real. Let's talk to our parents or teachers if we ever feel upset because of social media.

How to Find the Right Balance:

Learn to Use Technology Safely:

We should learn how to use social media and mobile devices safely and responsibly. Our parents and teachers can help us understand what's right and

what's not.

1. Plan Our Study Time: Let's create a study schedule and stick to it. When it's study time, let's keep our phones aside and concentrate on learning.

2. Take Breaks and Play: It's essential to take breaks from screens and play outside with our friends. Physical activity and fresh air are great for our minds and bodies!

3. Make Learning Fun: We can use apps and games to make learning fun, but we should also enjoy reading books and discussing things with our friends.

4. Social media and mobile devices are fantastic tools that can help us in our learning adventures. By using them wisely and responsibly, we can make the most of their benefits while keeping ourselves safe and happy. Let's embrace technology with a smile and keep growing smarter every day!

Angel Maharjan
VI-A3

THE TIME ADVENTURE OF JOHN AND FRIENDS

Once upon a time in a distant galaxy, there were friends named John, Guadalupe, Diesel, and Rivers. In their advanced world, everyone had special powers called 'oaths.' John controlled time, Guadalupe was super-fast, Diesel could see things others couldn't, and Rivers could give buffs and create shockwaves.

One day, while Rivers was training, he sensed an evil presence in Straswept. Ignoring it, he returned to the guild base. That night, Guadalupe, still training, encountered void walkers – evil beings who assassinate and steal souls. Despite his speed, Guadalupe fell, and the void mother took his Jetstriker oath.

The next morning, Diesel found Guadalupe's remains, and they decided to avenge him. Their journey led



them to Vigils and then Etreá, facing challenges and escaping prison. In Etreá, they learned to reach the void walker base; they needed a void's eye, obtained by removing a Blindseer's third eye. Diesel sacrificed his abilities to help the team infiltrate.

Inside, they faced void walkers, and Rivers was lost to the void mother, gaining her powers. It came down to John versus the void mother, a fierce battle where John had to reverse time repeatedly. This caused

time to spiral out of control, and the universe reset.

In the end, the void mother perished due to the chaotic power. John left alone, regretted his actions, wandering in space as a lost entity. The moral of the story: Don't exploit your powers recklessly or face regret.

Rohan Maharjan
X-B2

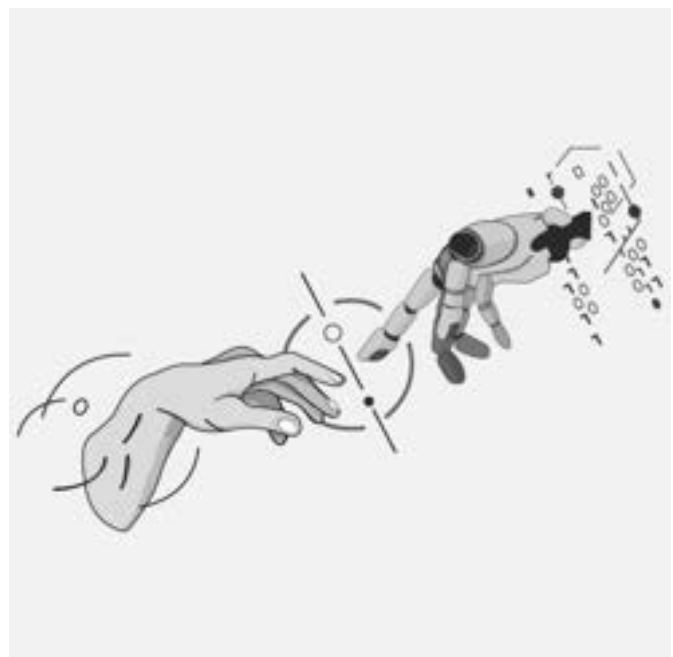
TECH'S INFLUENCE ON PEOPLE: SORTING OUT THE GOOD AND THE NOT-SO-GOOD

Humans often consider themselves the most superior beings, and in our quest for survival, we've crafted societies that have evolved over time. Our journey has been marked by the creation of various inventions, with technology standing out as a transformative force that has greatly simplified our lives. This powerful tool has ushered in comfort and continues to do so daily. However, like a double-edged sword, technology brings both benefits and drawbacks that warrant consideration.

While technology enhances our lives, it also contributes to isolation. The comfort it provides can inadvertently distance us from genuine human connections, impacting mental health. A significant percentage of technology users, approximately 25%, reportedly suffer from health issues due to exposure to negative content. Disturbing sights, ads, songs, or videos can trigger traumatic memories, exacerbating mental disorders. For instance, a girl with a history of physical assault experienced a relapse when she encountered a related video while using technology.

Moreover, technology has shifted social dynamics, with many individuals preferring virtual interactions over face-to-face communication. A survey among students revealed that over 90% favor technological communication, citing discomfort and awkwardness in traditional social settings. This shift has led to a marked decline in meaningful social interactions.

The addictive nature of technology further compounds these challenges. Users, engrossed in



the latest innovations, often become oblivious to their surroundings. The constant allure of technology distracts to the point of neglecting the physical world, leading to tragic accidents. The immersive nature of technology makes individuals forget that a tangible, real world exists beyond their screens.

In conclusion, despite the positive impact of technology on our lives, it has contributed to an increase in mental health issues, a decline in social interactions, and a tendency for individuals to become disconnected from their surroundings. It is crucial for people to establish clear boundaries between technology and their lives, recognizing the need to be in control. Striking a balance involves consciously limiting the influence of technology, fostering genuine social interactions, and remaining mindful of the physical world around us.

Jeshika Raskoti
X-A1

GOKU : THE AMAZING ANIME HERO

Known as Sun Wukong, Goku was a protégé when he was a child. He received training from Master Rashi, considered one of the greatest trainers of all time. This anime was created in the mid-1900s. Goku is goofy yet amazingly cool. The late Hanzah Tariyama was the writer of this anime.

Goku has many friends like Vegeta, Trunks, Hercule Satan, etc. Despite being the coolest anime character, he is also a lovable father to Gohan and a caring husband to Bulma. His origin is sad; he was put in a baby-sized rocket ship and landed on Earth in an old man's backyard. Goku, the son of Bardock, lost his wife a long time ago. As a child, he could lift cars, trucks, and buses. Goku possesses many abilities like super strength, super speed, flight, teleportation, etc. His famous attacks include the Kamehameha, Spirit Bomb, and Super Kamehameha. He has various forms like Super Saiyan, Super Saiyan 2, Super Saiyan 3, Ultra Instinct, and Super Saiyan God Super Saiyan.

Goku enjoys eating noodles, training, playing video games, and more. While some may say he is childish and lame, Goku is actually the coolest anime character. He loves to fight but checks his opponent's power level and fights using a form equally powerful as his opponent. He loves drinking juice and trains approximately 8 hours a day. Known as the Godfather of anime characters, Goku has inspired many creators who attempt to replicate him. He trains in a chamber named the Ultra Power Time Chamber, where 1 year in this world is 1 hour to him. Goku often collects Dragon Balls, summoning the dragon Shenron to grant wishes.

Goku is a funny dork who loves monkeys, a unique trait as he had a monkey tail and a staff as a child. He even has a form where he transforms into a giant monkey. Goku loves to travel, and there are two-time chambers: the Hyperbolic Time Chamber and the Ultra Power Time Chamber.

It's sad to know that this anime has ended. In my opinion, it is a legendary anime with reboots like Dragon Ball Z and Dragon Ball Super. While there are



other animes like One Piece, Naruto, and My Hero Academia, for me, Goku remains the best anime character, and I could watch it a thousand times.

Nipunraj Shakya
VI-B1

THE STRONGEST FORCE - OUR MIND

People say action speaks louder than words
How is that supposed to work if
A pencil is stronger than a sword?
But isn't music the strongest
With a million chords?
Just one chord can generate hoards
What is the strongest force?
I'm still on the lookout
Then somebody shouts,
'Isn't mother nature the strongest?
Cause she is the creator.
She has no enemies nor any haters.'
But another says
'God is above all.
No matter how strong you are
At his feet, you fall.'
But God is just a creation.
In our mind, he is just an imagination.
So, our mind is the greatest,
"The Human Mind"
Look in it, everything you find
Some words that raise a notion,
Some can raise a war.
We reach anywhere, no matter where.
We create the pencil, even the sword.
We create the music; we are the hoard.
We destroy nature, we try to heal.
We hurt; we try to feel.
We wield the greatest force
Use it for good or for worse.



Miraj Charan Pradhanang
X-A1

NOT ROSE, MAYBE A DAISY

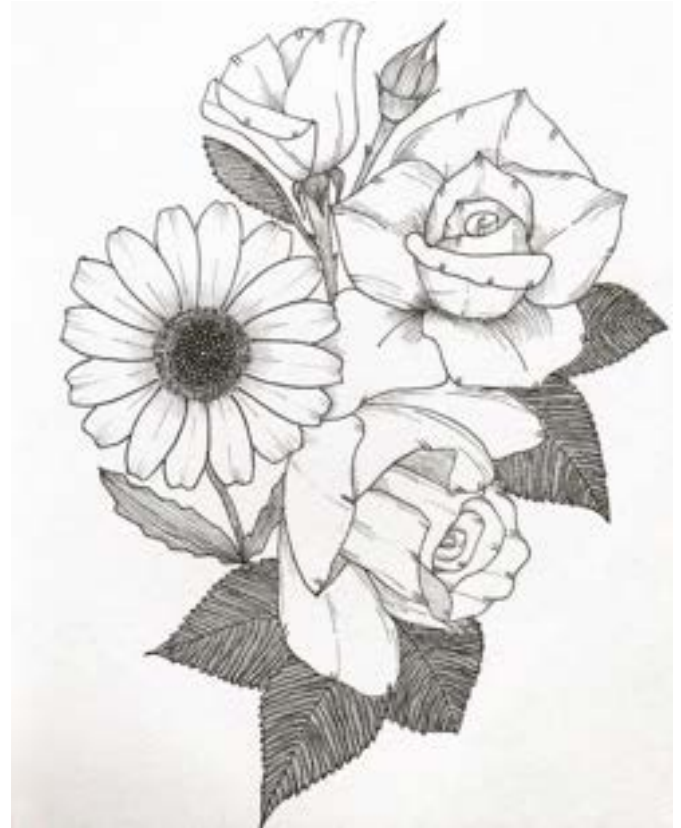
You with her
My heart shakes in fear
I always sought for your attention
Still, you never care

Saw you with a Rose
Wish I got that from you
Admiring you from far
Time just flew

When my fear became real
I was taken back
Looking at Myself
Thinking, what a lack?

Now blaming myself for being late
Why was I so crazy?
Rose was never in my fate,
So, Maybe a Daisy

Monika Dhakal
X-A2



WHEN I SAW YOU

The day I saw you
Your crazy smile!
I wonder how weird
It got stuck in my head
I'm bewildered
With emotions so wild!!
It makes me feel like I'm drowning
In your eyes
Is it the place where my heart lies?

My heart beats to see you again
Rewinds your smile again and again
Will I ever meet you?
And express my feelings for you

Every night you come into my dreams
With a voice so dear
I asked,
Let's get lost in depth of our eyes
And begin
A new world of
Our shies!!

Melisa Acharya
IX-A2



MY REFLECTION

When I looked in the mirror,
I saw my face.
I thought for a while,
And found myself perfect.

Whenever I see my reflection
I still feel the same,
Life is a game,
And it plays with a different name.

I'm no longer ashamed of myself
Instead, I'm proud of myself
Whenever I see myself

Nobody is born perfect, I know.
But I have a world to show,
But I have a world to show,
And to show myself,
Who I am..

Jibendra Regmi
VIII-C3



IF ANIMALS COULD TALK

If animals could talk, oh, that would be amazing,
Imagine chatting with creatures, it would be so
entertaining.

Humans can do a lot, it's true,
But snails and slugs, they can't stroll like we do.

Understanding animals would be quite a gain,
They speak differently, but that's not a pain.
Being different is cool, it's really fine,
Imagine a world where all creatures can shine.

It's sad sometimes, we can't grasp what they say,
Especially when they're hurt or feeling gray.
If only we could communicate,
Their suffering we could alleviate.

I cherish every creature, big or small,
The way they meow, bark, or even crawl.
Pets bring joy, that's a fact,



Without their owners, it would be a dark act.

Playing with my cat, what a delight,
A kite in hand, soaring to new height.
In a beautiful setting, oh, what a sight,
If animals could talk, it would be just right.

Shreya Gurung
VII-C3)

MIDNIGHT THOUGHTS

I keep wondering, what's up there in the sky,
The only aim since childhood was going up that high.

Then I imagined myself, flying like a bird,
It was like the Greek mythologies that I ever heard.

I flew high on the sky, exactly how I had dreamed,
I was so thrilled with the world that seemed.

Getting off the imagination, I aroused to reality,
The force was pulling me down, just like the
gravity.

That got me more and more fascinated
Until I realized it was out of my capacity.

Now, all my interests and obsessions were
deceased,
The wonderment I used to have were frozen.

But one thing remained in common,
That is my mode to be marvelled perpetually.

Drishya Adhikari
IX-A1



RAIN

Rain, oh how you scare away every child at play,
Throughout the evening while the sky is grey,
You awaken the thunder, lightning and wind,
Leaving everyone running in crowds and streams.

Your endless falls keep me awake at night,
When everyone is in fear and fright,
You fall across the crops and farms,
Making all the farmers pleased and charmed.

Your beautiful showers keep the plants alive,
Throughout the valley across the city lights.
The flowers start to dance about,
Where trees stand being so proud.

As the rain disappear in the clouds,
Everyone starts to cheer out so loud.
Little children come out to play,
And soon it is a beautiful day.

Aakriti Baral
VI-B4



MY BEST FRIEND FOREVER

She is the glow in my life,
I am her partner in her life,
In my heart, she is the best,
As she cares about me the most.

If I am being naughty,
She says, "Bad habits!"
And if I don't obey her,
She would say, "Please".

She hasn't told me that I am bad ever,
She would never call me a loser,
She will always stand for me,
So that's why she is my best friend forever.

Do you think she is disappointed with me?
No, she is never.
Instead, she loves me for what I am
That's the reason for calling her "Best friend forever".

Sumanna Khadka
V-C1



THE UNKNOWN

I was wondering in a moonlit night
12:00 A.M was the exact time
Suddenly, I felt something crying
Feeling that there's a human being.

I turned around and skipped a beat
Someone told to take a seat,
I was scared, feeling afraid
Then the voice again repeated.

I turned around and sat on a bench
Then saw a dog, completely drenched
Suddenly I saw a car coming
Then I saved the dog from being run over.

The dog was saved by the words unknown
Has become healthy, mighty, and grown.

Simran Awasthi
VII-A1



विज्ञान शिक्षाको महत्त्व

वस्तुतथ्यमा आधारित ज्ञानको सिकाइलाई विज्ञान शिक्षा भनिन्छ । महत्त्व भन्नाले कुनै कुराको विशेष उपयोगिता, आवश्यकता वा विशिष्टता भन्ने बुझिन्छ । यसरी वस्तुतथ्यमा आधारित ज्ञानको सिकाइ नै विज्ञान हो । आफू मात्र होइन, संसारलाई बदल्ने विशिष्ट प्रकृतिको शिक्षा भनेकै विज्ञान शिक्षा हो र यसको महत्त्व मानवजीवन र संसारकै लागि अति उपयोगी छ । विज्ञान शिक्षा यस्तो हो, जसले परम्परित धर्म, संस्कार र अध्यात्म जस्तो मनोगत या तथ्यरहित धारणालाई महत्त्व दिँदैन र तथ्यहरूको संलग्न, विश्लेषण र निष्कर्षको पद्धति अपनाएर हरेक विषयमा आफ्नो धारणा स्थिर गर्दछ । त्यसैले विज्ञान शिक्षालाई परम्परागत अन्धविश्वास, रूढिवादी मान्यता, तथ्यरहित धारणालाई अस्वीकार गर्छ र वस्तुतथ्यमा आधारित भई हरेक कुराको विश्लेषण गर्दै सही निष्कर्ष निकाल्छ । आज यही शिक्षा पद्धतिलाई अपनाएका कतिपय मुलुकले उन्नतिको शिखर चुमिरहेका छन् भने परम्परागत शिक्षा प्रणाली अपनाउने मुलुकहरू वर्षौंदेखि जहाँको त्यहीँ छन् । विज्ञान शिक्षा प्रगतिको वाहक हो, समृद्धिको सूचक र परिवर्तनका लागि आवश्यक तत्त्व हो । यही तथ्याङ्कीय पद्धतिको विश्लेषणबाट निकालिएको निष्कर्षमा आधारित भएर विज्ञान शिक्षाले अन्तरिक्ष र धरातलमा वातावरणीय चक्र ग्रहस्थिति, जीवनस्वास्थ्य, शिक्षा सञ्चार, कृषि, यातायात, इन्जिनियरिङ जस्ता अनेकौं विषयहरूको सूक्ष्म अध्ययन गर्छ र अनेकौं रहस्यमय तथ्य र प्रविधिहरू मानवसामु पस्किने गर्छ । विज्ञान शिक्षा परम्परागत शिक्षाभन्दा भिन्न र प्रविधिसँग सम्बन्धित हुने गर्छ । यसले मानिसलाई कुनै पनि कुराका



बारेमा एकातिर वैज्ञानिक ढङ्गले खोज, अनुसन्धान गर्न र सत्यतथ्यका आधारमा निष्कर्ष निकाल्न प्रेरित गर्छ । नेपाल जस्तो विकासोन्मुख देशका लागि विज्ञान शिक्षा आवश्यक छ । यो शिक्षा आधुनिक र वैज्ञानिक शिक्षा भएकाले देशको समुन्नति, राष्ट्रनिर्माणका लागि आवश्यक भएको छ । आज विज्ञान र प्रविधिकै सदुपयोगका कारण विश्व साँघुरिएको छ र मानवजीवनबिच निकटता, आत्मीयता, परस्पर सहयोग जस्ता कुराको वृद्धि गर्न सहयोग पुगेको छ । पर्याप्त भौतिक साधनहरूको विकास गरेर मानव संसाधनको उपयोग गर्नु विज्ञान शिक्षाको लक्ष्य वा उद्देश्य हुने गर्छ । अतः हरेक हिसाबले विज्ञान शिक्षाको महत्त्व र उपयोगिता रहेको स्पष्ट हुन्छ ।

अन्वेशा महर्जन
कक्षा-१०, बी४

जलवायु परिवर्तन र नेपालमा यसको असर

हावापानीमा हुने अस्वाभाविक घटबढ नै जलवायु परिवर्तन हो र अर्को शब्दमा भन्दा वायुमण्डलको तापक्रमको वृद्धिले वातावरणमा हुने नकारात्मक परिवर्तनलाई नै जलवायु परिवर्तन भनिन्छ । यसका विभिन्न कारणहरू छन् । जब कार्बनडाइअक्साइड ग्याँसको उत्सर्जन वा उत्पादन बढी हुन्छ तब वायुमण्डलमा परिवर्तन देखापर्दछ । कार्बनडाइअक्साइड ग्याँसको उत्सर्जन उद्योगबाट निस्कने धुवाँबाट, डढेलोबाट, कोइला, डिजेल र पेट्रोलको प्रयोगबाट हुने गर्छ । यस ग्याँसले पृथ्वीबाट बाहिर जाने तापक्रमलाई रोक्छ र पृथ्वीको तापक्रममा वृद्धि गराउँदछ । नेपालले त्यति धेरै कार्बनडाइअक्साइड ग्याँसहरू उत्सर्जन गरेको त छैन तर यसले नेपाललाई प्रत्यक्ष प्रभाव पारिरहेको



छ । नेपाल जलवायु परिवर्तनका दृष्टिले सातौँ असुरक्षित देश रहेको देखिन्छ । जलवायु परिवर्तनले नेपाललाई पारिरहेका विभिन्न असर निम्न छन-

(क) अधिक र कम वर्षा हुने:

जलवायु परिवर्तनले नेपालमा कुनै वर्ष धेरै वर्षा हुने र कुनै वर्ष कम वर्षा हुने गर्दछ । २०७८ सालमा मनसुन सुरु हुनासाथै भीषण वर्षा भएर सिन्धुपाल्चोक जिल्लामा ठुलो जनधनको क्षति भयो भने त्यही साल कार्तिकमा पश्चिम

नेपालमा ठुलो वर्षा भएर जनधनको क्षति भयो र यसको प्रमुख कारण जलवायु परिवर्तन नै हो ।

(ख) तापक्रम वृद्धिले गर्दा हिमाली क्षेत्रमा हिउँ कम पर्ने र हिमनदी सानो हुने क्रम बढ्दो छ ।

(ग) वैशाख, जेठमा फुल्ने लालीगुराँस फागुनमा फुल्नु, तराई र बैसीमा पाइने लामखुट्टे हिमाली क्षेत्रमा भेटिनु, नयाँनयाँ रोगहरू देखापर्नु आदि जलवायु परिवर्तनका असरहरू हुन् ।

सिद्धार्थ जोशी
कक्षा-७, बी४

“जीवन काँडा कि फुल” पुस्तकको समीक्षा

परिचय:

‘जीवन काँडा कि फुल’ भमक कुमारी घिमिरेले रचना गरेको आत्मकथा हो । यस कृतिमा भमक कुमारी घिमिरेले बाल्यकालदेखि आफूले गर्दै आएका सङ्घर्ष र आफ्नो परिश्रमको यात्रालाई समेटेकी छिन् । भमक कुमारी घिमिरे मानिसको शरीरमा अपाङ्गता भए तापनि जसको सोच, विचार र क्षमता भने अपाङ्ग हुँदैन भन्ने कुरा प्रमाणित गर्ने साहित्यकार हुन् । जन्मदेखि मस्तिष्कको पक्षघात रोगले ग्रसित भए तापनि उनी आफ्नै प्रयासले र सङ्घर्षले चर्चित साहित्यकार बनेकी हुन् । उनले नेपाली साहित्य आकाशमा समाजका विकृति, विसङ्गतिविरुद्ध आवाज उठाउने तथा अशक्त र महिलाको हक अधिकारको माग गर्ने थुप्रै लेखहरू लेखेकी छिन् । तिनै कृतिमध्ये ‘जीवन काँडा कि फुल’ मदन पुरस्कार प्राप्त गर्न सफल भएको एक कृति हो ।

विषयवस्तु:

‘जीवन काँडा कि फुल’ पुस्तकको विषयवस्तु भमक कुमारी घिमिरेको जीवनयात्रामा केन्द्रित छ । बाल्यकालदेखि नै स्वतन्त्रता, सुविधा र अवसरको अभावमा हुर्के पनि उनी शारीरिक अपाङ्गताको चुनौतीलाई सामना गरी साहित्यकार कसरी बनिन् भन्ने कुरालाई नै यस कृतिमार्फत प्रस्ट्याउन खोजिएको छ । यसमा भमकले आफ्नो जीवनका उतारचढाव र आफ्ना भावनासमेतलाई यस कृतिमा समेटेकी छिन् । यसमा शारीरिक अपाङ्गताका कारण भमक बच्चैदेखि हात र खुट्टा चलाउन नसक्ने भएपछि उनलाई विद्यालय वा अरु माध्यमबाटै भए पनि शिक्षा प्राप्त गर्ने अवसर दिइएन तैपनि उनमा रहेको जिज्ञासा र साहित्यप्रेमकै कारण उनले भाइबहिनीका पुराना किताबकापी पढी र ढुङ्गामै भए पनि खुट्टाका औँलाले लेखी ज्ञान आर्जन गर्छिन् । यही यात्रामा उनले भाषाको राम्रो ज्ञान लिन्छिन् र खुट्टाले लेख्ने कलाको विकास गर्छिन् । बिस्तारै उनले लेख्न



थालिन्छ र परिवारबाट पनि उनलाई प्रोत्साहन गरिन्छ । यस्तै गरी उनी आफ्ना लेखहरू प्रकाशन गर्दै जान्छिन् । यही जीवनयात्रा र उनका सबै तिता र मिठा अनुभवलाई केन्द्रित गरी पुस्तक लेखिएको छ ।

पात्र:

‘जीवन काँडा कि फूल’ पुस्तकको मुख्य पात्र भमक कुमारी घिमिरे आफैं हुन् । भमकका बुबा, भमककी आमा, हजुरआमा, बहिनी, भाइ भने सहायक पात्रका रूपमा रहेका छन् । भमकका मित्रहरू दुईवटा गुरु, गाउँलेहरू, माओवादीका समर्थक आदि गौण पात्र हुन् ।

परिवेश:

पुस्तकका मुख्य घटनाहरू नेपालको धनकुटा जिल्लाको गाउँ कचिन्डे र नेपालको राजधानी काठमाडौँमा घट्छन् । भमकको जीवनको अधिकांश समय उनको गाउँमै बित्छ । बाल्यकाल

देखि नै उनी त्यहीँ हुकिन्छिन् । केही समयका लागि उनको काठमाडौँमा बसाइ भए पनि उनी आफ्नै गाउँ फर्किन्छिन् । किताबका घटना वि.सं. २०३५ बाट सुरु भई भ्रमकको जीवन अगाडि बढ्दै जाँदा समय पनि अगाडि बढ्छ र घटना त्यही समयमा घट्छ । पुस्तकले तत्कालीन समयको नेपाली समाजको चित्रण गरेको छ । समाजमा महिलालाई कम मान्यता दिने, जातीय भेदभावमा विश्वास गर्ने, अन्धविश्वास मान्ने प्रथा भएको बताइन्छ ।

भाषाशैली:

यस कृतिमा सरल नेपाली भाषाको प्रयोग गरिएको छ । पुस्तकमा बुझ्न नसकिने र जटिल र प्राविधिक शब्दको प्रयोग भएका छैनन् । उखान, टुक्का र घुमाउरा वाक्य विरलै प्रयोग भएका छन् । गहकिला र गहिरा कुरा पनि सरल

भाषामै बताइएको छ । यसरी कृतिमा कहाँ पनि अप्ठ्यारो वा बुझ्न नसकिने भाषाको प्रयोग नहुँदा पुस्तक पढ्न र बुझ्न निकै सहज छ ।

निष्कर्ष:

'जीवन काँडा कि फुल' मानिसलाई आफ्नो लक्ष्यमा पुग्न प्रेरणा दिने तथा सही मार्गदर्शन गर्ने पुस्तक हो । यसले नेपाली समाजमा विद्यमान विकृति र विसङ्गतिविरुद्ध जनचेतना फैलाउन साथसाथै परिवर्तनको माग गर्दछ । समाजमा महिला र अशक्तलाई समान हक र अवसर दिनुपर्ने कुरालाई यसले स्पष्ट पार्छ । जीवनमा जतिसुकै बाधा आए पनि तिनीहरूलाई पार गरी अघि बढ्ने शिक्षा यस पुस्तकले दिएको छ ।

सचिन लम्साल

कक्षा-९, ए९

पश्चात्ताप

एकादेशमा एक राम नाम गरेको व्यक्ति थियो । उसका बुबा ऊ सानै छँदा बितेको कारण ऊ र उनकी आमा मात्र परिवारमा थिए । उनकी आमा एकलो छोरालाई हुर्काउन धेरै मिहिनेत गर्थिन् । उनकी आमाले जति मिहिनेत गरे पनि उनले उनको मिहिनेत कहिल्यै देखेनन् ।

ऊ विद्यालयबाट घर आउने बित्तिकै भोला फालेर गेम खेल्थ्यो । त्यो देखेर आमा धेरै चिन्तित हुन्थिन् । ऊ सधैं ढोका लगाएर गेम खेल्थ्यो । ऊ सधैं बिहानको चार बजेसम्म गेम खेलिरहन्थ्यो । ऊ आफ्नो गृहकार्य, परियोजना कार्य केही गर्दैनथ्यो ।

ऊ पढाइमा निकै कमजोर हुँदै गइरहेको थियो । उसले मोबाइल पाएपछि उसलाई भोक, निद्रा अल्छी केही लाग्दैनथ्यो । उसले धेरै मोबाइल हेरेका कारण ऊ बेलाबेलामा तर्सिने, रिसाउने, मान्छेहरूसँग घुलमिल हुन नखोज्ने, एकलै अँध्यारो कोठामा बस्न रुचाउने बानी भइसकेको थियो ।

उसको कोठाबाट मारमार, हानहान भन्ने आवाज आउँथ्यो । त्यो सुनेर उनकी आमा धेरै चिन्तित हुन्थिन् । मोबाइलको लतले उसको पढाइ कमजोर हुँदै गयो । समयअनुसार उसको बानी व्यवहार फरक हुँदै गयो । त्यसले उसको पढाइमा धेरै असर पार्‍यो ।

एकदिन उसकी आमाले बाबु धेरै मोबाइल नहेर आँखा दुख्छ र पढाइमा कमजोर हुन्छौ भनेर सम्झाउनुभएको थियो । उसले भनक्क रिसाएर भन्यो, "ह्या ममी ल्याङ नगर्नु न ।" त्यो सुनेर उनकी आमा मन दुखाएर रोइन् । आमाले भन्नुभयो, "छोरा मसँग तिमीलाई दिन सम्पत्ति छैन, यही पढाइले तिमीलाई जागिर दिन्छ ।" रामले भन्यो, "ह्या उता जानु न ।"



अरु बेलाको जस्तै राम भोला फालेर गेम खेल्न आँटेको थियो । उसले मोबाइल भेटेन । उसले आमालाई भन्यो, "ममी मेरो मोबाइल खोइ ? आमाले भन्नुभयो आज जे गरे पनि गर तर आज म तिमीलाई मोबाइल दिन्नँ ।" त्यो सुनेर ऊ भनक्क रिसायो । आमाले भन्नुभयो, "आज सरले फोन गर्नुभएको थियो । तिमी पढाइमा निकै कमजोर हुँदै गइरहेका छौ रे, साथीलाई नराम्रो कुरा सिकाउँछौ रे ।" रामले भन्यो, "ह्या ममी मोबाइल दिनु ।" आमाले भन्नुभयो, "जे गरे पनि गर तर म आज मोबाइल दिन्नँ ।" ऊ भनक्क रिसाएर आफ्नो कोठामा गयो र मोबाइल खोज्यो । उसले धेरैबेरपछि मोबाइल पायो र ऊ गेम खेल्न थाल्यो । उसले एउटै कक्षा दुईचोटि दोहोर्‍याएपछि विद्यालयले उसलाई निकालिदियो । उनकी आमा बिरामी भइन् । उपचारका लागि पैसा नभएको कारणले उनकी आमाको निधन भयो । घर भाडाको पैसा तिर्न नसकेपछि उसलाई घरबाट निकालिदियो । उसका सबै साथीहरू डाक्टर, इन्जिनियर भइसकेका थिए । केही काम नपाएर ऊ रोडमा बस्यो । उसलाई पश्चात्ताप भयो । त्यसैले हामीले धेरै मोबाइल हेर्नुहुन्न । ठुलो मान्छेका कुरा मान्नुपर्छ । हामीले भविष्यका लागि राम्ररी पढ्नुपर्छ ।

जोध धमला

कक्षा-७, ए३

आमाबुबाको माया

सविता ५ कक्षामा पढ्ने र उसको भाइ सविन ४ कक्षामा पढ्ने विद्यार्थी हुन् । दुवै अति चकचके थिए । एकदिन परि वारसित जङ्गलमा पिकनिक जाने भनेर निधो गरे । दुईजना लुसुक्क जङ्गलभित्र पसेर खेलन जाँदा बाटो बिर्सिए । उनीहरू अब डराए । अनि सविताले उसको भाइ सविनलाई भनिन्, भाइ अब हामी के गर्ने हो । अनि उनीहरू रुन थाले । त्यही समयमा उनीहरूको परिवार उनलाई खोज्दै त्यहीं आइपुगे अनि सविताको र सविनका आमाबुबाले भन्नुभयो, तिमीहरूलाई डर लाग्दैन यहाँ किन एकलै आयौं भन त ? हामी खेल्दै आएको हो । आमाबुबा हामीलाई माफ गरिदिनु तर अबदेखि फेरि गन्यौं भने म तिमीहरूलाई कहिल्यै पनि माफ गर्दिनँ बुझ्यौं? हुन्छ, आमाबुबा हामी अबदेखि यस्तो काम कहिल्यै पनि गर्दैनौं । अनि उनीहरू मिलेर पिकनिक मनाए र घर फर्किए ।

अनुज्ञा विक
कक्षा-४, डी२



शिक्षाको आवश्यकता

म मानव हुँ । मैले शिक्षा पाउने अधिकार छ । म शिक्षा आर्जन गरिरहेको छु । म मेरो देशभित्र भएको विद्यालयमा पढ्दै छु । मलाई शिक्षाको आवश्यकता भविष्यका लागि पर्छ । शिक्षाले मेरो जीवनमा धेरै महत्त्वपूर्ण भूमिका खेल्छ । यो संसारमा शिक्षाबिना जीवन चल्दैन । मेरो जीवनमा शिक्षाले धेरै ठाउँमा सहयोग गरेको छ । यदि मैले शिक्षाको सही उपयोग गरें भने मेरो जीवनमा केही पनि कठिनाइ आइपर्दैन । हरेक व्यक्तिलाई शिक्षाको आवश्यकता पर्छ, जसरी मलाई परेको छ । मेरो जीवनमा शिक्षा हासिल गर्ने लक्ष्य हो । शिक्षित भएर देशको विकास गर्न चाहन्छु । शिक्षाले गर्दा हाम्रो समाजमा राम्रो पहिचान हुन्छ । शिक्षाले मलाई एउटा असल मानिस बन्न मद्दत गर्ने छ । धेरै मासिनले शिक्षाको महत्त्व नबुझेर अहिले कठिनाइ भोग्नुपरेको छ । तर केही मान्छेले पढेर देशको विकास गरेका छन् । मानवअधिकारअनुसार बालबालिकालाई शिक्षा प्राप्त गर्नु छ भने उसलाई कसैले पनि रोक्नु हुँदैन । शिक्षाले गर्दा कैयौं मानिस अहिले देशविदेशमा चिनिएका छन् । प्राविधिक शिक्षाका लागि धेरै विद्यालयहरू छन् र सबै विद्यालयको अभियान हा(मीलाई सही शिक्षा प्रदान गर्नु हो । विद्यालय देशको विकास गर्न खोल्छन् । हरेक मानिसलाई शिक्षित बनाउनु अभियान हो । देशमा विकास ल्याउनु सबै नागरिकको सपना हुन्छ । तुला मानिसले गरेको असल काम हाम्रा लागि प्रेरणा बन्न सक्छ । देशको विकास नागरिकले सहभागिता जनाएपछि मात्र हुन्छ । तुलो सपना पूरा गर्न शिक्षाले सहयोग गर्छ । तुलूला व्यापारी



पहिला धनी थिएनन् र पछि उनलाई राम्रो बाटोमा पुऱ्यायो र शिक्षाले गर्दा यी सबै सम्भव लाग्ने छन् । तुला सपना देख्न धेरै मिहिनेत गर्नुपर्छ । तुला सपना सबैले देखेका हुन्छन् तर केही मात्र पूरा गर्न सक्छन् । शिक्षाले हामीलाई त्यो सपना पूरा गर्ने प्रेरणा दिन्छ । हाम्रो जीवनलाई सुन्दर बनाउन खोज्छ । शिक्षित व्यक्तिले केही दुःख भेल्लुपर्दैन जसले जीवनमा मिहिनेत गरेर शिक्षा हासिल गर्छ त्यसले नै देशलाई विकसित बनाउँछ । शिक्षाका निम्ति नै हामी तुला मान्छेको नाममा गनिन्छौं । हामीलाई शिक्षकले शिक्षित बनाउनुहुन्छ र हाम्रो

जीवनलाई सुधार्न सहयोग गर्नुहुन्छ । यदि हामीले शिक्षालाई आफ्नो जीवनको महत्त्वपूर्ण रूपमा लिएर मिहिनेत गर्नु भने हाम्रो र आमाबुबाको सपना पूरा हुने छ । हामीले शिक्षाको सही उपयोग गरेमा सफलताको हिमाल चुम्न सक्छौं ।

शिक्षा हासिल गर्न धेरै कठिन हुन्छ तर शिक्षालाई सही तरिकाले बुझ्न सफल भयो भने जीवनमा सुधार अवश्य आउने छ । आफ्नो भित्री मनले शिक्षालाई महत्त्व दियो भने हामी एउटा शिक्षित मानिस भएर जीवनमा मन परेको व्यापार गर्न सक्छौं । देशमा विकास भयो भने नागरिक आफ्नो जन्मभूमि छोडेर

कहिल्यै पनि जानुपर्दैन । म मेरो देश भनेर पूरा विश्वलाई चिनाउने छु । मेरो देशलाई विकसित बनाएर पूरा विश्वमा चिनाउने छु । देशको हरेक नागरिकले शिक्षा प्राप्त गर्ने वातावरण सिर्जना गर्ने छन । देशको विकासमा सधैं सहभागिता जनाउने छु र प्रेमले सधैं रंग्याउने छु । शिक्षा कति महत्त्वपूर्ण छ भनेर सबैलाई बताउने छु र विकास गर्ने छु ।

नितेश बोटे
कक्षा-८, बी९

घनिष्ठ मित्रता

भित्तेघडीले ९० डिग्रीको कोण बनाइसकेको थियो आज पहिले भन्दा अलिक छिट्टै सृष्टि घर आइपुगिन्छ । अनुहार निन्याउरो र हातका आँला थरथरी काँपेकाले उनी निकै निराश थिइन् । आँखा अलिबेरसम्म हेर्ने हो भने भर्न नसकेका ती आँसुमा डुबिन्छ कि भन्ने आभास हुन्थ्यो । सधैं मुहारमा एउटा छुट्टै मुस्कान रहने सृष्टिको आज मुहार निराशा र वेदना छाएको देख्न सकिन्थ्यो । घरमा कोही थिएनन् । केवल उनी र उनका वेदना थिए । ब्याग सोफामा फालेर उनी दौडिँदै पूजाकोठा छिर्छिन् र श्रीकृष्णको मूर्ति हातमा लिएर छुन थालिन्छन् । के भयो ? किन रोएकी ? भनेर सोधिदिने कोही थिएनन् ।

कुरा थाहा भए पनि भावनाको पीडा र दर्द केवल उनलाई र श्रीकृष्णलाई मात्र थाहा थियो । रात बितिसक्यो । कुरा कसो हो भन्ने विषय उनमै सीमित रह्यो । भोलिपल्ट केही नभए जसरी उनी उठ्छिन् र विद्यालय जान तयार हुन्छिन् । मुहारमा पहिलेकै जस्तो मुस्कान लिँदै विद्यालय पुगिन्छन् र साथीभाइसँग खेल्न थालिन्छन् । कुनै पनि वेदनाले प्रहार नगरेजसो वा भनाँ, जीवन जिउने आधार पाए जसरी उनी खेल्दै गाउन र नाच्न थालिन्छन् ।

यसरी उमङ्गका साथ खेल्दै गरेको देखेर सातजनाको केटी टोली आइपुगन्छन् । त्यस सातजनाको टोलीकी प्रमुख व्यक्ति रमाले सृष्टिलाई हप्काएर सोधिन्छ, "थाहा छैन कि के हो तँलाई? यो हामी खेल्ने ठाउँ हो । तँ र तेरा साथी तुरुन्तै यो ठाउँ छोडेर गइहाल । हामीलाई खेल्न अबेर भइसक्यो । मैले तँलाई हिजो कपाल भुतालेकी थिएँ होइन र ? बिर्सिस् कि के हो ? यो केवल रमा र रमाको साथी खेल्ने ठाउँ हो बुझिस् । अबदेखि तँलाई यता देख्न नपरोस् ।" यस्तो भर्को र फर्को सुनेर टाउको घोसेमुन्टो लगाएर सृष्टिले भनिन्, हुन्छ रमाज्यू । साथीहरूलाई लिएर सृष्टि कक्षामा जान्छिन् । केहीबेरपछि शिक्षक आउँछन् र गृहकार्य हेर्न थाल्छन् । सृष्टिले आफ्नो ब्याग खोलेर कापी खोज्दा उनले आफ्नो कापी भेटाइन् । घरमै



बिर्सकी रहिछन् । जब शिक्षकले गृहकार्यको बारेमा सोध्नुभयो तब उनले घरमा बिर्सिछु भनेर जवाफ दिँदा शिक्षक रिसा(उनुभयो र सृष्टिलाई कक्षाकोठाबाट बाहिर निकालिदिए । यो देखेर रमा र उसका टोली मुसुमुसु हाँसिन्छन् । सृष्टिको खिल्ली उडाउँछन् । सृष्टि निराश भइन् । शिक्षकले केही समयपछि सृष्टिलाई फेरि भित्र बोलाउनुभयो र सोध्नुभयो, "छोरी तिमीले किन गृहकार्य नगरेकी ? भन त ।" जवाफमा भनिन्छ, गृहकार्य गरेकी छु, आज ल्याउन मात्र बिर्सकी हुँ । यति भन्दै घन्टी बज्छ र सबैजना घर जान तयार हुन्छन् । सृष्टि पनि उराठ मुख लगाएर घर जान तयार हुन्छिन् ।

सृष्टिको घरको मिल्ने साथी करुणाले हिजोदेखि सृष्टिको हाउभाउ जाँच्दै थिइन् । आज पनि त्यस्तै निराश भएको देखेर बाटोमै सोधिन्छ, सृष्टि किन हो आजकाल तिमी यस्तो निराश हुन्छ्यौ भन त ? न मसँग खेल्न आउँछौ । के भयो ममी बाबाको फेरि भगडा पन्यो ? भन त सृष्टि, म तिम्री मिल्ने साथी हुँ । सृष्टिले भनिन्, लुगा फेरेर आउँछु अनि भन्छु । धेरै समय बिच्छ र उनी आउँदिनन् । चिन्ता लागिरेकाले करुणा

छटपटिएर सृष्टिकै घर जान्छिन् । सृष्टि उही कृष्णको मूर्तिलाई
अँगालेर रूँदै थिइन् । कस्र्णाले सृष्टि रोएको देख्नासाथ गएर
छातीमा लुटपुटाएर सोधिछन्, के भयो साथी भन त ? उत्तर
केही आउँदैन । मौनता छाइरहन्छ ।

कस्र्णा : स्कुलमा केही भयो ?

सृष्टि : होइन ।

कस्र्णा : आमाबुबाको भगडा पन्यो ?

सृष्टि : होइन ।

भन न त साथी । केही परेको हो भने म सहयोग गर्छु भन्दै
कस्र्णाले सृष्टिलाई हलुका बनाउन खोजिन् । सृष्टिले भनिन्,
मलाई कसैले मन पराउँदैन । म एकलै छु । सबैले मलाई गर्छन्
त केवल घृणा । स्कुल गयो रमाले बस्न दिन्न । अस्तित्व त
मलाई भुतालेर हद नाघिदिई । बाबाआमा पनि दिनरात भगडा

मात्र गर्नुहुन्छ । म एउटी किशोरी के गरूँ ? मुटु फुट्ला जसरी
रून् थालिन् ।

कस्र्णाले राम्ररी सम्झाइन् र भनिन्, हेर साथी जीवनमा दुःख
पीडा आउँछन् जान्छन् । जति बेलासम्म ठेस लाग्दैन त्यही
बाटोमा काँडा थियो कि फूल भनेर कसरी थाहा पाइन्छ र
? जसरी जुनेली अन्धकारमा प्रकाश नखोजी आफूले प्रकाश
फाल्छ त्यसरी नै हाम्रो जीवनमा आएका हरेक अन्धकारसरह
दुःख पीडा अरूले बुझिदेल, सम्झिदेल होइन आफूले नै
आफ्नो दुःख बुझेर त्यसको आफैँले न्यूनीकरण गर्नुपर्छ । यस्तो
भन्दा सृष्टिको आँखाबाट खुसीको आसु भर्छन् । यस्तो मिल्ने
साथी पाएकाले निकै खुसी भइन् ।

इभा बस्नेत
कक्षा-८, ए१

शिक्षाको महत्त्व

शिक्षा भनेको ज्ञान हो । शिक्षा भनेको मान्छेको जीवनको
एकदमै महत्त्वपूर्ण कुरा हो । शिक्षालाई हामी ज्ञान पनि भन्न
सक्छौं । शिक्षाबाट नै मानिसहरूले राम्रो, नराम्रो, असल, खराब
के हो भनेर जान्दछन् । शिक्षाबिना मानिसहरू अघि बढ्न सक्दैन
नन् । शिक्षाले मानिसहरूलाई बुद्धिमान्, चलाख बनाउँदछ ।
शिक्षाबिना मानिसहरू कुनै कुरामा पनि सफल हुँदैन । ज्ञान
लिएन भने मानिसहरूले जीवनमा दुःख पाउँछन् । शिक्षा
भनेको सबैको जीवनमा चाहिने कुरा हो । शिक्षाले गर्दा
मानिसहरू डाक्टर, इन्जिनियर, शिक्षक आदि बन्दछन् ।
हामीले शिक्षा हासिल गर्न धेरै मिहिनेत गरी पढ्नुपर्छ ।
शिक्षाबाट हामीले धेरै कुराहरू हासिल गर्न सक्छौं । शिक्षा भने
को हरेक ठाउँमा चाहिने कुरा हो । हामीले किताबहरू जम्मा
गरेर शिक्षा हासिल गर्नुपर्छ । किताबबाट पनि हामीले शिक्षा
पाउन सक्छौं । त्यसैले जीवनमा शिक्षाको ठुलो महत्त्व छ ।

सुजैना श्रेष्ठ
कक्षा-५, बी१



मेरो भोला

मेरो भोला मलाई धेरै महत्त्वपूर्ण छ । मेरो भोला मलाई धेरै महान् लाग्छ । म मेरो भोला विद्यालय लैजान्छु । मेरो भोला रातो र कालो रङको छ । भोलाले मेरो सामान राख्न सहयोग गर्छ । मेरो भोला भारी पनि छ । मेरो भोलामा धेरै सामान अट्छ । मेरो भोलो धेरै बलियो छ । म मेरो भोलालाई धेरै माया गर्छु ।

मेरो भोलाले मलाई धेरै फाइदा दिएको छ । मेरो भोलाले गर्दा मलाई सामान बोक्न सजिलो भएको छ तर मेरो भोलाले कहिलेकाहीँ दुःख पनि दिन्छ । मेरो भोला किन्न मलाई धेरै पैसा चाहिन्छ । मेरो भोलाले धेरै कुरामा मद्दत पनि गर्छ । भोला पनि धेरै किसिमका हुन्छन् ।

मेरो भोलाको मलाई धेरै कुरा मन पर्छ । जस्तै- मेरो भोलाको रङ पनि मन पर्छ र मेरो भोला धेरै बलियो छ । मेरा विचारमा मेरो भोला धेरै काम लाग्ने कुरा हो ।

प्रशोभ ओली
कक्षा-५, डी१

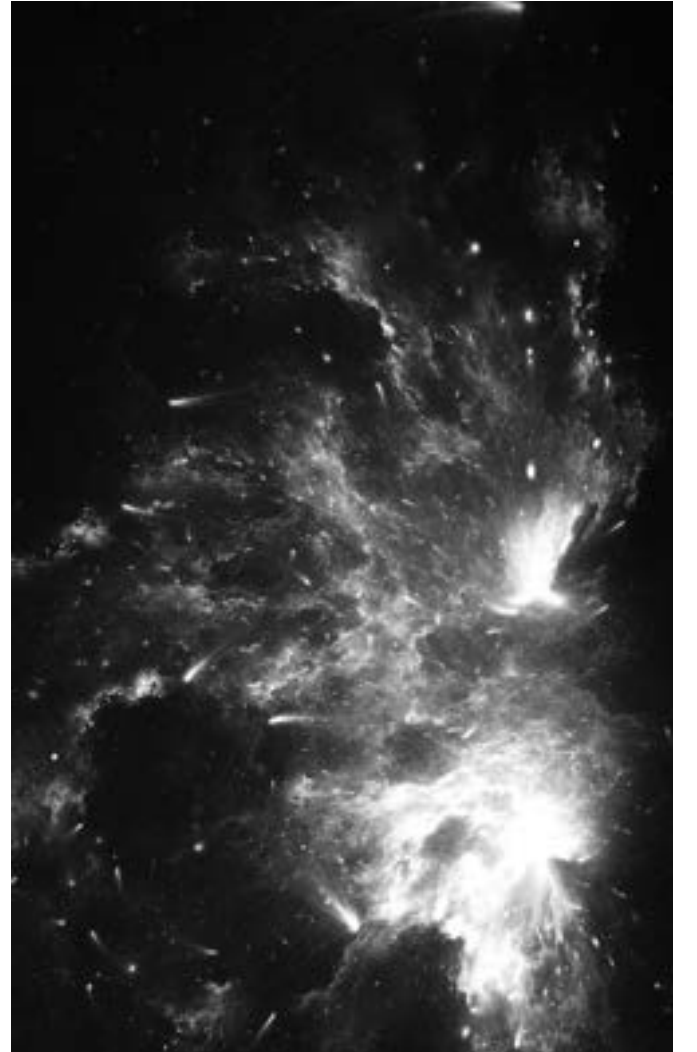


ब्रह्माण्ड

हामी पृथ्वीमा बस्छौं । पृथ्वी सौर्य मण्डलको एउटा सानो सदस्य हो । सौर्य मण्डल आकाशगंगा तारापुञ्जमा पर्छ । यस तारापुञ्जमा लगभग एक खर्ब तारा रहेका छन् जसमध्येका एउटा तारा सूर्य पनि हो । यस्ता तारापुञ्जहरूको सङ्ख्या लगभग २० अर्ब रहेको कुरा खगोलविद्हरूले अनुमान गरेका छन् । यी सबै देखिन सकिने वस्तुहरू हुन् । यी सबै तारापुञ्ज र यसका सदस्यहरूले यस ब्रह्माण्डको लगभग पाँच प्रतिशत भाग मात्र ओगटेका छन् । यस ब्रह्माण्डमा नदेखिने वस्तुहरू ९५५ छन् जसलाई डार्क म्याटर र डार्क इनर्जी भनिन्छ । अब हामी हाम्रो ब्रह्माण्डका बारेमा सोच्न सक्छौं कि यो कति विशाल छ ।

हामीले अनन्तसम्म देख्न सकिने ठाउँलाई अन्तरिक्ष भनिन्छ भने अन्तरिक्ष समय, पदार्थ र शक्तिको समष्टिगत रूपलाई ब्रह्माण्ड भनिन्छ । यो कति विशाल छ भन्ने कुरा अहिलेसम्म कसैले पनि यसको उत्पत्ति र विशालताको बारेमा जानकारी प्राप्त गर्न सकेको छैन । खगोलशास्त्रीहरूको अध्ययनअनुसार यो विशाल ब्रह्माण्डको उत्पत्ति एउटा सानो परमाणुबाट भएको हो ।

रिजन साह
कक्षा-१०, ए१



विद्यार्थी जीवनको सम्झना

अस्ति भर्खर गहभरि आँसु बोकेर आमाबुबाबाट टाडिएर विद्यालयमा भर्ना भएको जस्तो लागेको थियो तर के गर्नु यी १५-२० दिनमा त मेरो विद्यालय तहको विद्यार्थी जीवन नै सम्पन्न हुन लागेको रहेछ । विद्यार्थीले विद्यालयमा १३-१४ वर्ष बिताएका हुन्छन् र सबै विद्यालय आफ्ना लाग्दछन् । मेरा लागि पनि मेरा १३ वर्षका पलहरू अमूल्य रहेका छन् ।

समय त साँच्चै नै निरन्तर बग्ने रहेछ । अस्ति भर्खर पिजीमा ए, बी, सी, डी र क, ख, ग, घ लेख्न सिकेको जस्तो लागेको थियो । अहिले त तिनै अक्षरबाट ५-६ पानाको निबन्ध लेख्न सिकिएछ । सबै आफ्ना साथीहरू हुन्छन् भन्ने ठानेको थिएँ तर ती साथीहरूमा सच्चा मित्र भेटाउन सिकिसकेकी रहेछु । अस्ति भर्खर सानो कक्षामा परीक्षा भनेपछि एक रातअगाडि किताबहरू लिएर पढ्न बसेकी थिएँ तर अहिले एस.ई.ई. का लागि भनेर वर्षभरि नै पढ्न सुरु गरिन्छ । एक महिनामा एस.ई.ई. दिएर विद्यालयबाट कलेज जाने समय पनि आइसकेको रहेछ । विद्यालयमा पहिलोपटक प्रस्थान गर्दा आफू सबैकी प्यारी बहिनीबाट कहिले विद्यालयभरिकाले दिदी भन्ने समयसम्म पुगेको आफूलाई त पत्तै भएन । ती अन्जान मुहार कहिले आफ्ना बने थाहा नै भएन ।

यी समयमा बिताएका मेरा पल अमूल्य र अविस्मरणीय छन् । गुरुवर्ग-साथीभाइबाट पाएका माया र साथ सहयोग म कहिल्यै बिर्सिन्नँ । साथीभाइसँग भएको नोकभोकदेखि लिएर भएका मिठामिठा याद मेरो मन र मस्तिष्कमा सदैव बसिरहेका हुन्छन् । यही यादहरूमा केही तिता याद अथवा नराम्रा पल पनि रहेका छन् । तितामिठा याद जीवनको उतारचढावभैँ यथार्थ हो । यी समयमा आफूले धेरै कुरा सिक्किंदोरहेछ । आफूले आफ्नो स्रष्टा, खुबी पत्ता लगाउने अवसर यो समयले दिंदोरहेछ । हुने बिस्वाको चिल्लो पात भने भैँ विद्यार्थी कस्तो हुने यही विद्यार्थी जीवनबाट निर्धारण गरिन्छ ।



समय जति नै छिटो गए पनि ती समयमा आफूले रमाउन छाड्नुभएन । यसरी नै आँखा फिमिक्क गर्दा मेरो पनि विद्यार्थी जीवन सकिने क्षणमा छ । विद्यालयमा मेरो विद्यार्थी जीवन सम्पन्न भए पनि कलेजमा मेरो विद्यार्थी जीवन सुरु हुने छ । अन्ततः यो अन्त्य होइन, यो त केवल सुरुवात हो ।

नेबिसा पङ्गेनी

कक्षा-१०, ए२

मेरा सम्झनाहरू

कक्षा १० छोड्ने बेलामा उभिँदा मलाई भावनाको आँधीले घेरेको छ । भावनाले विगत ६ वर्षको जीवन्त तस्बिरहरू कोरिरहेको छ, प्रत्येक स्मृति मेरो यात्राको क्यानभासमा छापिने छ । पाँच कक्षाको विद्यार्थीको रूपमा यस विद्यालयमा प्रवेश गर्दा, म आशंका र ज्ञानको तिर्खाले भरिएकी थिएँ । मलाई थाहा थिएन, यी पर्खालहरू सिक्ने, हाँसो र जीवनभरको मित्रताका लागि आवश्यकस्थल बन्ने छन् ।

कक्षाकोठा, बौद्धिक अन्वेषणका लागि एक मञ्चमा परिणत भयो । हामीले जटिल विषयहरू खोज्यौँ, एकअर्काको



दृष्टिकोणलाई चुनौती दियो र आविष्कारको रोमाञ्चमा रम्यो । मेरा शिक्षकहरू, केवल शिक्षकहरू मात्र होइन, सल्लाहकार बन्नुभयो, मलाई शैक्षिक अवरोधहरूमार्फत मार्गदर्शन गर्दै र सिक्ने जोशलाई प्रज्वलित गर्दै जानुभयो ।

पाठ्यपुस्तकहरूको सिमानाभन्दा बाहिर कक्षा १० सौहार्द र साभा अनुभवहरूका क्षणहरूले बुनेको अविष्मरणीय क्षण थियो । निराशा र हाँसोले भरिएको अबेर रातिको परीक्षाको अध्ययन र विजयको अविवेकी उत्सवहरूअघि वार्ताहरूसम्म हामीले कक्षाको सिमानाहरू पार गर्ने बन्धन सिर्जना गर्नुभयो । हामी एक समर्थन प्रणाली प्रोत्साहनको एक स्रोत र साभा अनुभवको आगोमा एक परिवार थियौं ।

मेरो मनमा कोरिएका यी सम्झनाहरूले सधैं एक विशेष स्थान राख्ने छ । प्रस्तुतिहरूअघि आत्तिनु, परीक्षाको समयको निराशा, प्रतिध्वनि हाँसाको सहज फट्- यी ती सूत्रहरू हुन् जसले मेरा साभा अनुभवको कपडा बुन्दछ । मूर्ख टट्टाहरूमा साभा हाँसो, समूह परियोजनाहरूमा नर्भस कानाफुसीहरू र प्रतियो

गिता जितिसकेपछि रमाइलो खुसी यी क्षणहरूले मेरा साथीसँग अटुट बन्धन बनायो । हामीले एकअर्काको सफलताको उत्सव मनायौं, असफलतामा साथ दियो र मित्रताको सही अर्थ लगायौं ।

यद्यपि, यो बिदाइ अन्त्य होइन, बरु नयाँ सुखात हो । मैले प्राप्त गरेको ज्ञान र सम्झनाहरूले मेरो हृदयमा सधैंका लागि विशेष स्थान राख्ने छ । मेरा प्रिय सहपाठीहरूलाई यो अलबिदा होइन, बरु पछि भेटौंला हो ।

मेरा प्रिय सहपाठी र शिक्षकहरू, यो यात्रालाई यति समृद्ध र अविस्मरणीय बनाउनुभएकोमा धन्यवाद । हाम्रो बाटो फरक भए पनि हामीले साभा गरेको सम्झनाहरूले हामीलाई सधैं एकसाथ बाँध्ने छ । बिदाइ लिटिल एन्जल्स स्कूल र अगाडि रहेका रोमाञ्चक सम्झनाहरूलाई नमस्कार ।

दीप्ति रिमाल
कक्षा-१०, ए२

के आस गरुं खै

पर्खाइमा छु अझै आज, के आस गरुं खै
फेरि त्यही कुराको सधैं साँझ, के आस गरुं खै ।

पत्तो छैन केही को नि, अबुझ छु म
भुटो संसारको माझ, के आस गरुं खै ।

इच्छा कहिले पालियो, कहिले हुने हो पुरा
निष्ठुरीहरूको छ यहाँ राज, के आस गरुं खै ।

जेसिका रास्कोटी



मेरो देश

चिरबिर चिरबिर चराहरू गाउँछन् मेरो देशमा
मानिसहरू डुल्छन्, घुम्छन् राम्रोराम्रो भेषमा ।
प्रशंसा गर्छु मेरो देशको, थाहा छैन कति
अमूल्य छ मेरो देश आमाको ममता जति ॥

जन्मिएका थिए यहाँ महान् गौतम बुद्ध
बनाउन हाम्रो देशलाई शान्त र शुद्ध ।
महान् छ मेरो देश, महान् छ जन्मभूमि
जान्न पाइन्छ यहाँको बारेमा देशभरि घुमी ॥

थुप्रै छन् यहाँ मानिसहरू थुप्रै छन् चाडपर्व
नेपालमा जन्मिएकोमा गर्छु म गर्व ।
अवस्थित छ सगरमाथा, ठुलो हिमाल
कति ज्ञानी मानिसहरूले टेके पहिलो चाल ।

सूर्यको पहिलो किरणले बन्छ गर्वको छाया
फोहार नफाली स्वच्छ राखी, गरौं देशलाई माया ।
तर किन मानिसहरू जान्छन् नेपालबाट टाढा
नेपाल र नेपालीहरूको माया हुनुपर्छ गाढा ॥

सिम्रन अवस्थी
कक्षा-७, ए१

आकाश

आकाश छ निलो हेर बादल छन् त्यहाँ
घरी पानी भार्छ हेरे कहिले हुन्छ सफा
चीलगाडी उड्छन् यहीं चरा भुर्रभुर्र
चट्याङ पछ कहिले भने देखिन्छ नि सूर्य ।

आकाशभन्दा माथि यहाँ कोही छैन हेर
छन् भने त ईश्वर हुन् तिनको के छ भर
पुग्न सक्या छैन त्यहाँ कोही मान्छे माथि
पुग्न पनि सक्ने छैनन् कोही आकाशमाथि ।

त्यहींबाट पछ पानी चट्याङ पनि त्यहीं
बादलको बासस्थान हो आकाशमाथि
टेकी बस्छौं हामी सबै जमिनलाई मानिस
हामीभन्दा माथि रैछ आकाश त्यही माथि ।

हामीमुनि पाताल छ हामीमाथि आकाश
उड्न सक्छौं हामी सबै नहुनु है निराश
पाताललाई छाडीकन जानुपछ माथि
सपना छन् देख्न ठुला पुग्न छ है माथि ।

निलो आकाश शासन गर्छ सबै प्राणीमाथि
बादल बस्न दिई गर्छ कल्याण हामीमाथि
माथिमाथि बस्छ हेर हाम्रो कल्याण गरी
अब गर्नुहुन्न ढिला उड्न आकाश माथि ।

अभिनव नेपाल
कक्षा-८, ए२



मेरो साथी

मेरो एउटा साथी छ मोटो उसको जीउ छ
लामो उसको कपाल छ पढनमा ऊ राम्रो छ ।

सँगैसँगै कक्षामा हामी दुवै मिलेर
राम्ररी पढ्छौं हामी ठुलो मान्छे बनेर ।

विद्यालयमा हामी जान्छौं हामीसँगै खेलौं
खाजा खाने बेलामा हामीसँगै बस्छौं ।

मेरो एउटा साथी छ मोटो उसको जीउ छ
त्यसैले त ऊ मेरो साथी छ त्यसैले त ऊ मेरो साथी छ ।

गरिमा गुप्ता
कक्षा-५, सी२



मेरो देश नेपाल

प्रकृतिले सजिएको नेपाल हाम्रो देश
हिमाल, पहाड, तराई सबैतिर थरीथरी भेष
यति राम्रो हाम्रो यो देशमा के भएको
हत्या, हिंसा, अत्याचार पो बढिरहेको ।

अत्याचारबाट बच्नका लागि सबै कम्मर कसौं
देश विकास गर्नका लागि सबै नेपाली लागौं
नछाडौं है धर्मसंस्कृति सबै परम्परा
जोगाउनुपर्छ यो नेपाली मिली सबै सारा ।

पराईले मिच्दै छ मिच्दै छ जन्मभूमि
सबैजना लड्नुपर्छ जोगाउन मातृभूमि
पसिना, श्रम बगाएर यहीँ मिहिनेत गर्नुपर्छ
देशको कसम खाएर यहीँ मर्नुपर्छ ।

वीर गोरखालीका सन्तान बनी देशलाई चिनाउनुछ
देशको विकास जनता, हामी मानिसले नै गर्नुपर्छ
जग बलियो भएपछि घर राम्रो हुन्छ
जनता राम्रो भएपछि देश राम्रो हुन्छ ।

सबैजना मिलीजुली आफ्नै देश जोगाऔं
अत्याचारी र आतङ्कीलाई देशले सजाय दिलाऔं
नेपाली हुनुमा सबै गर्व गरौं
हाम्रो देश नेपालका लागि सधैं अघि सरौं ।

रूपेश खनाल
कक्षा-९, ए३



मेरो परिवार

विद्यालय बिदा हुन्छ शनिबार
हँसिलो र रमाइलो छ मेरो परिवार
मिलेर घुम्न जाने हामी शनिबार
सुख-दुःखमा साथ दिन्छन् मलाई मेरो परिवार ।

बुबाले कमाउने, आमाले पकाउने
बिहान उठेर मैले भाइलाई सघाउने
माया पाछु आमा, बुबा र भाइको
तिहारमा पूजा गर्छौं हामी सबै गाईको ।

मामाघर मेरो गोरखा
रमाइलो लाग्छ मलाई पोखरा
घरमा जेठी छोरी म
घरमा कान्छो भाइ ।

माया लाग्छ मलाई मेरो भाइ
तर मेरो कोही पनि छैन दाइ
आमाबुबाले जस्तो माया कसले देला
म त आमाबुबालाई गर्दिनँ हेला ।

कृतिमा नराल
कक्षा-७, सी१



खै त मानवता

भन्ने गर्छन् हामी माला हौं सयौं थुँगाको
तर अहिले भइसक्यो सबको मुटु दुङ्गाको
थाहा छैन खै कता छ कता ?
जति खोजे पनि भेटिँदैन यो मानवता ।

हुने गथर्यो देशमा शान्ति
अहिले मच्चिएको छ चारैतिर क्रान्ति
न आगो छ न पानी छ
यहीँ त हाम्रो राजधानी छ ।

यहाँ छैन मानवता कसैसँग
अरूलाई दुःख पर्दा पर्छन् दङ्ग
बदलिसक्यो यो लोकको परिवेश
यस्ता परिवेशमा बाँच्नुभन्दा मर्ने बेस ।

भन्ने गर्छौं छ हामीमा विविधता
विविधता भए पनि थियो यसमा एकता
अहिले हेर छैन कसैसँग सभ्यता
थाहा छैन खै कहाँ गयो मानवता ।



प्राज्ञी अधिकारी
कक्षा-१०, ए४

चरी



सानो सानो खुट्टा छ
टुलो टुलो आँखा छ
चरी धेरै सानो छ
तर धेरै ज्ञानी छ ।

जङ्गलभरि घुम्छ
पुतलीलाई देख्छ
सिकारीले हान्ला कि
कमिलाले टोक्ला कि ।

उसँगै म रमाउँ कि
जङ्गलमा घुम्ँ कि
रहर लाग्यो घुम्ने नै
घामले चाहिँ पोल्छ कि ।

म पनि उसँगै घुम्छु
पुतलीलाई देख्छु
चरीलाई खोजौंला
उसलाई घर लगौंला ।

मनीष कार्की
कक्षा-५, इ१

आज

भरका छन् आँसु नेपालीका आज
भ्रष्टाचारमय मौसम छ नेपालमा आज

टुलुटुलु हेर्दछ सरकार देश लुटिँदा
देशको टुकुटी छ कङ्गालमा आज

भनिन्छ जलस्रोतको दोस्रो धनी देश
तर जताततै छ पानीको अभाव आज

भनिन्छ कृषिप्रधान देश नेपाल
तर पेट भर्ने अन्न फल्दछ विदेशमा आज

केही नगरे हराउँछ अस्तित्व देशको
एकजुट हौं नेपाली हो देश बचाउन आज

सबै मिली भ्रष्टलाई कठघरामा ल्याऔं
सुशासन मात्र भए नेपाल स्वर्ग बन्दछ आज ।

ओङ्सु राई
कक्षा-१०, ए१



मेरो साथी

राम्रो मान्छे छौं राम्रो
हामी छैनौं नराम्रो
मनको कुरा भन्छौं
नम्बरहरू गन्छौं ।

कहिले पर्छ चाम्रो
मेरो भाइ छ राम्रो
मान्छेलाई हेरेर
चित्रहरू कोरेर

किताबलाई बेरेर
र भनेको टेरेर
मेरो साथी राम्रो छ
सबैभन्दा माथि छ ।

कुनै कुराचाहिँ सुन्छौं
माटोलाई चाहिँ खन्छौं
कमिलाको ताँती छ
मेरो साथी माथि छ ।

नोबल खरेल
कक्षा-५, डी२



मेरो स्कुल

मेरो स्कुल कस्तो छ
प्यारो अनि राम्रो छ
प्रकृतिले बनाएको
संस्कृतिले बुझाएको ।

मेरो स्कुल गुरु हो
म उसको शिष्य हुँ
सधैं राम्रो पढ्छु
सधैं राम्रो खेल्छु ।

मेरो स्कुल नदी हो
हामीहरू उसका प्यासी हौं
मेरो स्कुल रूख हो
हामी उसबाट शीतलता पाउँछौं ।

म भन्न चाहन्छु कि
मेरो स्कुल सफा छ
अरुभन्दा प्यारो छ
र प्रकृतिले भरिएको छ ।

मनको भावना

याद छ ती दिन तिमीलाई भेटेको
मन र मुटु त्यहीँ छोडेको
सायद तिमीले धेरै मानिस खोज्यौ
तर अन्तिममा आएर मलाई नै रोज्यौ ।

दिल उडिरहेको थियो मेरो चराभैँ
तिम्रो याद आउँदा दिल खुसी हुन्थ्यो पागलभैँ
भन्छन् नि गुराँस फुल्यो वनमा
तिम्रो लागि माया पलायो मेरो मनमा ।

उसले छोडेर जाँदा मेरो मन सायद पागल नै भएछ
जो मानिसले वाचा गरेको थियो तोडेर गएछ
किन मेरो दिल तिमीमाथि बस्यो
जब छोडेर गयो आँसु तररै खस्यो ।

मेरो भित्री मन कसरी पागल भयो
मैले चाहेको मानिसहरू सबै मलाई छोडेर गयो
जिन्दगी हाम्रो छोटो छ मरेर के नै लानु छ
तितोसत्य सबैलाई एक दिन त जानु छ ।

तनु यादव
कक्षा-५, बी२

म अन्धकार मन पर्नेलाई के हो भुल्केको बिहानी
यो दिल मेरो बस्न सक्दैन तिमीबिना खुसी मानी
मबाट माया होइन सबैले फाइदा नै लिए
मलाई घृणा गर्ने मानिसहरूलाई नै माया दिए ।

सक्केस बस्नेत
कक्षा-९, बी३



पाउ

आमाबुबाको पाउ सधैं छुन पाउँ ।
त्यही पाउ समातेर जीवन धुन पाउँ ।

प्रभुको पाउ निधारमा राखी
सधैं सकारात्मक विचार लिन पाउँ ।
प्रभुको पाउ निधारमा राखी सत्य बोल्न पाउँ ।

हाम्रो पाउ हिँड्दाखेरि सेवा गर्न पाउँ
हाम्रो पाउ हिँड्दाखेरि कर्म गर्न पाउँ ।

आमाबुबाको पाउ सधैं छुन पाउँ
प्रभुको पाउ निधारमा राखी सधैं
सरकारात्मक विचार लिन पाउँ ।

दिव्य थापामगर
कक्षा-६, सी१

बाबा

मेरो बाबा मेरो आँखाको माया
मुटुभित्र धड्कने धड्कनको छाया
मेरो हात समाएर भविष्य कोर्ने
आफूभन्दा बढी मलाई माया गर्ने ॥

मेरो हरेक इच्छालाई सबै पूरा गर्ने
मेरो बाबा मलाई धेरै माया गर्ने
सधैं राम्रो बाटोमा हिँडाउन खोज्ने
सुसंस्कार सुपथको गोरेटो देखाउने ॥

मेरो बाबा मेरो आँखाको माया
मुटुभित्र धड्कने धड्कनको छाया ॥

कृषा घिमिरे
कक्षा-६, बी१



GREEN HOUSE

Embracing Memories: A Journey of Leadership

I have many fond memories of my time in school. Each corridor and whispered secret holds a special place in my heart. From the day I first walked through those doors to where I am now, those memories have shaped me into the person I am today. They bind me together in nostalgia, like fingerprints on the pages of time.

The memories I cherish from my ninth grade are not just about the moments themselves. They're about the incredible support and encouragement I received from my teachers. Their belief in me boosted my confidence and led me to run for captain selection. My house master, Indu Ma'am, provided the platform for me to shine to my fullest with the passion for leadership radiating inside me. Her belief in me whilst appointing me as the greenhouse captain was truly immense.

Our school offered endless opportunities beyond the usual classes. Whether it was in the form of competitions or games, there was always something for everyone. As a captain, I had to balance my responsibilities towards my house and my studies. I had to skip my classes and return just to find some assignments due the next day. Pulling all-nighters to meet the deadline of those assignments, and cramming for exams when you know that you have missed out on many chapters was surely a challenge. But many teachers and seniors like Prashamsa came to my rescue when I went to them with a query or advice.

These competitions also created time to connect with my juniors, who would instantly brighten up my day by just being there. I have learned that sacrifice is a constant companion in every endeavor involving passion and diligence, be it academic or professional. Ultimately, my time as a captain and student at Little Angels School has allowed me to mature and change for the better. For the upcoming juniors who would like to learn more about themselves and the value of becoming a leader, I would advise you to dream big. We are the dreamers of tomorrow; we will make it happen as we believe it.

Christina Poudel
Green House captain

ROLLERCOASTER OF EMOTIONS

Everyone has a memory that they can't forget, and I have one too. I was in grade 9 when I found my first love. He captured my heart with his amazing personality. Whenever I saw him, my heart skipped a beat and I couldn't help but smile. High school is a time for self-discovery and new experiences for many of us. My first love in school was a rollercoaster of emotions that I will never forget.

It all started innocently enough, with stolen glances across the classroom and shy smiles exchanged in the hallways. We were drawn to each other like magnets, and a deep connection began to form. Falling in love with someone when you are young is a special experience. It's the kind of love that lasts forever and is truly remarkable. It's a bond that goes beyond the ups and downs of life and only grows stronger as the years go by.

Balancing love and studies can be quite a juggling act, but it's definitely possible. It takes effort and compromise to make a love that lasts forever. It's about growing together and supporting each other. It's about creating a life together filled with shared dreams, laughter, and beautiful memories. Not all high school crushes turn into lasting relationships, but they still hold a special place in our hearts. In my case, my crush turned into my boyfriend.



Therefore, if you have found a love that you believe will last forever, hold onto it tightly. Nurture it, cherish it, and never take it for granted because a love that lasts forever is a true blessing and is worth cherishing.

Ritisha Jyoti Shrestha
X-C5

THE DAY WE MADE IT

“Luck favors the brave”

A few months ago, if you asked any cricket fan whether Nepal would make it to the 2023 World Cup qualifiers, they would have all said, “No.” However, with the arrival of the new coach, Mr. Monty Desai, everyone was proven wrong, and his achievements are now simply unbelievable.

The Nepali team was struggling, and its chances of making it to the 2023 World Cup qualifiers were all but gone. The focus had shifted to saving the one-day matches instead. The idea of qualifying for and competing in the World Cup, along with international recognition, had been forgotten. But then, the hero of this story was introduced.

Mr. Monty Desai, a new coach, was brought in by the Cricket Association of Nepal. In the cricketing world,



Monty, the former batting coach for the West Indies, had a good reputation. The objectives were set: six out of the 12 games needed to be won to maintain ODI status, and 10 out of 12 needed to be won to qualify for the World Cup. Monty set his sights on the WC qualifiers and made it his goal to play in it, a goal that many thought would be impossible.

As the games progressed, Nepal triumphed over the Netherlands at home. Thousands of supporters showed up to cheer on the team. The outcome of each match was determined on the last day.

On the final day of CWC League 2, a gloomy morning heralded what would prove to be a momentous day. As soon as the gates of the TU stadium opened, Nepali cricket fans poured in. Almost 30,000 people

gathered on the grassy banks of the TU. The stage was set, Nepal vs UAE.

The match began, and Nepal had to chase a huge target of 305. But the wickets kept falling, and the weather turned bad. Daylight was low, and the UAE wasted time. In M. Waseems' over, 17-year-old Gulshan Jha scored 20 to help Nepal advance on the DLS score.

And we made it.

This is not a story; it's the reality of how we achieved a dream that was thought to be impossible. We demonstrated that talent and diligence are vital. And we showed the world what we could do.

Aavash Ranabhat
X-A1

TURNING THE PAGE, CLOSING THE CHAPTER OF CLASS X

The long-awaited time for every student is finally around the corner. Although students have created wholesome memories in the school yard with little to no regrets, the fear of commencement still lingers. Praying to God to make the day go faster, gazing at the clock, and counting the ticking of seconds for the end of each period is common today. However, school seems more comfortable and relaxed. The chapter has been piled up and needs to unload its emotions before its anomalous expansion.

My first day in LA five years ago is still vivid in my memory. As the door of my new classroom opened, I saw the faces of my new friends who were destined to change my perception of school. One of them is my classmate and lunchmate with whom I have sat side-by-side continuously for 4 years, Ongsu. One ring of a bell and the new session had started. The long fun conversations with Aayushma and Ongsu at the back of the class, the sneaky little treats under the bench, solving math equations with Alisa, fun teas with Prashamsa and playing pick-up lines with Srishti and Jesika, were the highlighted parts of my chapter.

Dibyanshu and Sarthak's combo will forever be iconic, thanks to their short commentary during ongoing classes. The pressure of studies used to unease us. Our class monitor, Shashank's reminders in Messenger's class group, made the next day's materials prepared at the desk. The playful games in



the class, locking the door with pencils and running to their desks in one single knock at the door; Shresith, Dibyanshu, and some more, made the free periods thrilling. Our front bench neighbors, who made us elongate our backs to get a quick peak of the board, made us, the bench-mates cling to each other. Along with them, I would miss each of my classmates.

All those fun years in LA now seem so short like a short clip that ended playing the second I took my eyes out of the window. Bidding goodbye to all the warmth of good memories that wrap around my bitter-sweet emotions is not easy. In the words of Lao Tzu, "Ending is the new beginning in disguise". Sometimes closure is the best gift one can get at the end of the up-and-down journey. As a fellow traveler who walked past it, I will always remain thankful to all my companions.

Garima Bartaula
X-A1

WHY IS ENGLISH GLOBALLY USED?

English is a widely spoken language all over the world, and it raises the question of how it became so prevalent. To understand this, we need to look back at human history, which unfortunately has lost about 90% of its records. Therefore, we do not have much information on the topic of language itself. English is not a unique language but rather a combination of other languages such as Old English, French, and Latin. Old English was spoken by the Anglo-Saxons who ruled parts of England and Wales in the 5th century. It evolved into Middle English, which was spoken in the late 15th century, and eventually, we have modern English that we all speak today.

Now, let's talk about how English became a global language. Four countries, England, Scotland, Wales, and Northern Ireland, formed an alliance called Great Britain. They invested in building ships and guns and used them to explore and invade other countries. They were able to conquer over 56 countries and conflict with 171 out of the 193 countries we know of today. During this period, Britain became popular because of the vast amount of trade it conducted. However, after World War I and II, Britain was left with fewer resources and had to stop defending the countries they invaded. They returned to their own country due to a lack of soldiers. Despite this, the popularity of English continued to spread, especially in parts of the world like Asia and the USA.

In conclusion, English became a global language due to trade and is now widely used by people all over the world.. However, after World War I and II, Britain was left with fewer resources and had to stop defending the countries they invaded. They returned to their own country due to a lack of soldiers. Despite this, the popularity of English continued to spread, especially in parts of the world like Asia and the USA. In conclusion, English became a global language due to trade and is now widely used by people all over the world.

In the winding corridors of my school, amidst the echoes of laughter and murmured secrets, lies the essence of my cherished past. Since the day I first stepped into these halls, every memory etched in time has shaped me and enveloped me in nostalgia. Each stroll down memory lane takes me back to where friendships blossomed, lessons were absorbed, and aspirations took root.



The memories dear to me from my ninth-grade days aren't just about the moments themselves; they're about the unwavering support and encouragement I received from my teachers. Their belief in me, evident through kind words, smiles, and gentle guidance, bolstered my confidence and spurred me to run for the role of captain, unveiling a newfound boldness within me. As one wise soul said, "Behind every child who believes in themselves is a teacher who believed first." For me, that teacher was Indu Ma'am, our housemaster, who entrusted me with the responsibility of greenhouse captain, igniting a passion for leadership within me.

Our school served as fertile ground, offering a plethora of opportunities beyond the classroom. Whether through competitions or games, there was always something for everyone. Yet, as captains, Anshu, Nikita, Roja, and I often found ourselves torn between our duties and academic responsibilities. Many times, we would return from competitions to find assignments due the next day, leading to all-nighters and frantic cramming sessions. Thankfully, teachers and seniors like Prashamsa were always there to offer guidance and support.

Moreover, these competitions provided opportunities to bond with juniors like Vidushi, Arshiya, Nirdestha, Avipsa, Aarohi, Sugarika, and many others, whose

presence never failed to brighten my day.

Through my journey as a captain and a student at Little Angels School, I've learned that sacrifice accompanies every passionate endeavor, whether academic or extracurricular. This experience has allowed me to grow and evolve, shedding my insecurities and emerging with newfound confidence and self-worth.

INFLUENCE OF THE INTERNET ON KIDS: NAVIGATING A DIGITAL REVOLUTION

Introduction to the Internet and Its Influence on Children

The Internet has become an integral part of our daily lives, offering immense opportunities for education, entertainment, and communication. Especially for students, the Internet has become an essential tool for learning, connecting with others, and exploring new ideas. This influence extends beyond adults to children, shaping the way they learn, socialize, and perceive the world around them. As the use of the internet continues to grow, its influence on the younger generation cannot be overlooked. It is important to understand the ways in which the internet affects children and how to ensure its use has a positive impact on their development.

Understanding the Online World

Children today are growing up in a world where the internet is readily accessible and has become an integral part of their lives. From an early age, they are exposed to the vast range of information and opportunities available online. They use the internet for various purposes such as accessing educational resources, connecting with friends and family through social media platforms, playing online games, and exploring their interests through websites and apps.

Internet Exposure: Pros and Cons for Kids

The internet offers numerous benefits for children. It provides a wealth of educational resources that can enhance learning and expand their knowledge. Children can access online tutorials, educational videos, and virtual classrooms that offer interactive learning experiences. Additionally, the internet allows for improved communication and social interaction.

To the upcoming juniors seeking to discover themselves and embrace leadership, I offer this advice: Dream big, for we are the architects of tomorrow, and with belief, determination, and perseverance, we can turn our dreams into reality.

Christina poudel
IX-A4



Children can easily connect with other students from around the world, fostering cultural exchange and collaboration.

Social Media Impact on Child Behavior

However, along with the benefits, there are also potential risks and negative influences associated with children's internet use. The growing use of social media among children and adolescents has raised concerns about its potential impact on their behavior and social development. While social media platforms provide a means for children to connect, share experiences, and express themselves, they also expose them to various risks. Negative content such as cyberbullying, hate speech, and inappropriate material poses significant threats to their well-being and social development. As a result, parents, educators, and policymakers are increasingly concerned about the need to address these risks and protect children from harmful online experiences.

Aditya Bajgain
IX-A2

CAN ARTIFICIAL INTELLIGENCE EVER REPLACE HUMAN CREATIVITY?

The question of whether AI replaces human creativity has been debated for many years. Some argue that AI can never truly replicate the emotional depth and unique perspective that humans bring to creative endeavors.

Others believe that AI has the potential to revolutionize the creative industries. We have seen that it is capable of producing or generating its content, Music, poet etc.

I think that the answer to this question is no. AI can mimic certain aspects of creativity, but it cannot truly replace human creativity. The reason for this is that creativity is not just something generating new ideas or solutions; it is also about creating the emotional and personal connections that are formed during the creative process and the human experience. As we all know AI Can process and analyze data but it cannot experience emotion in the same way as humans do. But I think it can play an important role in enhancing human creativity by generating new ideas and providing feedback on creative work and it can help to produce even more innovative work.

In conclusion, I think that AI is unlikely to replace human creativity entirely. However, AI can be a powerful tool for enhancing human Creativity and the two are likely to work together in productive ways in the future.

Saugat Pokharel
X-A2



TIMING A TIMELESS JOURNEY: WATCHES

Watches are a must-have accessory. Along with serving its main purpose which is to be a convenient and reliable tool for knowing and keeping track of time, it serves a much vaster purpose in the world of style, and self-expression. The journey that watches have partaken in is a part of our history, present, and future.

The Past:

The invention of the wristwatch can be credited to the new luxury watch brand “Breguet”. On the fifth of December, 1811 AD, the Queen of Naples requested the French jewelry and watchmaking company to combine a bracelet and a rather small timepiece/pocket clock for a total of 100 Louis (At current values this totals up to about Nepali Rupees 2 crore). This

then became the first-ever wristwatch. Pretty soon, many clock-making companies such as Patek Philippe, and Constantin also started making wristwatches which were at the time a great convenience for people as they could just tell the time with a glance at the wrists. On top of that, watches had become a way to show off one's wealth as some watches made by luxury brands or famous watchmakers could cost a lot at that time.

In the 1900's, many more watch companies and independent watchmakers started producing watches ranging from wildly expensive ones, encrusted with jewels and complex mechanisms to more affordable models. The middle to late 1900s is usually considered to be the golden era for watches as companies such as Rolex, Montblanc, and Seiko were rising powers at the time, and newer innovations kept on being introduced to the market, they still weren't "cheap" a decent watch with a power reserve for a few days could end up costing you about the same price as a car did. During that time, the royalty, and the elites of the society enjoyed various watches ranging from the Cartier Tank that the late Princess Diana fancied to Paul Newman's Rolex Daytona.

Later, in the early 2000s more watch brands and companies started to manufacture watches in a large scale which resulted in a drastic decrease in the prices of watches. Companies such as Casio are responsible for making watches more accessible to the general public. Companies such as Rolex, Patek Philippe, Audemars Piguet, and Omega had to establish themselves as "Luxury Watch brands" that focused on producing high-quality watches for a high price.

The Present:

Right now, watches are used as "fashion statements" or to just show off one's wealth instead of telling the time. Most of the inventions that date back to a similar time as that of the watch have been slowly fading and the same can be said for the watch. Modernization has led to the rise of mobile phones which take these accessories to completely new horizons and let us do countless things such as monitor our bodily functions, access the internet, make calls, etc. Nowadays watch sales of budget-friendly and cheap brands have drastically decreased due to the aforementioned phones the only watch companies that are of relevance are the brands as they offer the consumers a lavish experience and



are used to show off by the elites of society. Some of these companies include the popular Rolex, Patek Philippe, and Richard Mille. But, companies like Titan, HMT, and Timex which strive to make more affordable watches are facing loss.

Frankly, the main solution to the problems the watch world is facing at the moment can be summarized by a quote from the popular book "Who Moved My Cheese?" – Change happens, adapt to it quickly, and enjoy the change. Watch companies should strive to adapt to change if they want to enjoy profits in our modern era. Though they should not completely shift to the digital spectrum, they should try to make the normal watches relevant again with newer innovations that could go head to head with modern smart watches in terms of use, convenience, and customer preference.

The Future:

In the upcoming decades, we can only predict what state the watch market will be in. At this rate, digital smart watches will overshadow mobile phones. These smart watches will be tailored for the convenience, technological assistance, and comfort of the users. But, even in the “Smart and digital spectrum”, history might repeat itself in the field of watches. Even with smart watches taking up the global market, there are bound to be high-end and affordable models with different features, makings, and finishing. Just like what had happened in the wristwatch market, there is a high chance of high-end “luxury” smart watches which the public will be swayed to. In the end, unless present watch companies adapt to this change, they are bound to collapse.

But this shift can also be beneficial to countries like Nepal. If we can capitalize on this global trend and start manufacturing and producing high-end smart watches with properly trained labor, resources, and an ideal amount of investment, Nepal can be a global manufacturer of said watches. If Switzerland which is also landlocked like Nepal could dominate the market of luxury watches, in the future our country should also try to do the same for the ever-expanding smart watch market.

“Everyone looks at your watch and it represents who you are, your values and your style”-The late Kobe Bryant.

Benit Thapaliya
X-A2

THE DAY THAT I GOT MY FIRST PET

It was my birthday. We were going to the pet store to get my first pet. I was very excited. I could not wait to get my first pet. When we reached the pet store. I was the first one to get out of the car.

Then my parents got out. When we went into to the pet store, there were so many cute pets. But I had eyes only for one pet. A cute little puppy. It was so cute. I loved that puppy like a piece of my heart. My parents bought that puppy for me. I was over the moon. I named her maya.

She was 10 months old puppy. The pet store manager told me that she found Maya on the road. While Maya was about to get crushed by the car, she came and saved her. I thought that if she wouldn't had save Maya then Maya wouldn't be with me right now. I thanked the manager and we went home.

I told my parents about what the store manager had told me and that I was afraid for Maya. They told me not to worry about Maya.

At the end of the day, I was very happy for my first pet May. At the same time, I was also scared of what the manager had told me. From then I promise to



always take care of Maya and keep her safe. My parents also said that they would help me to keep Maya safe when I was at my school. Then I slept peacefully with Maya right beside me.

Aarohi Kunwar
V-C1

FACING THE HEAT: CLIMATE CHANGE AND THE URGENCY OF SUSTAINABLE SOLUTIONS

In today's era, marked by unprecedented industrial development, we find ourselves facing a threat beyond our comprehension – climate change. This global phenomenon has triggered a range of issues, including the melting of glaciers and ice caps, widespread forest fires, and a noticeable rise in global temperatures.

A primary consequence of climate change is the accelerated melting of glaciers worldwide. The polar ice caps and glaciers are diminishing at an alarming rate, contributing to a rise in sea levels. This surge in sea levels has led to unforeseen disasters, exemplified by incidents like the flooding of Venice and the 2011 tsunami in Japan, which resulted in a power plant explosion. In essence, climate change-induced melting of glaciers and ice caps poses a significant risk of ocean-related diseases.

Another consequence of climate change is the escalation of forest fires, occurring in unexpected locations. Notable instances include the forest fires in Canada, leading to New York City being blanketed in smog, and fires in the southwestern region of Russia. The far-reaching effects of climate change have hastened the occurrence of forest fires, endangering various species, including humans.

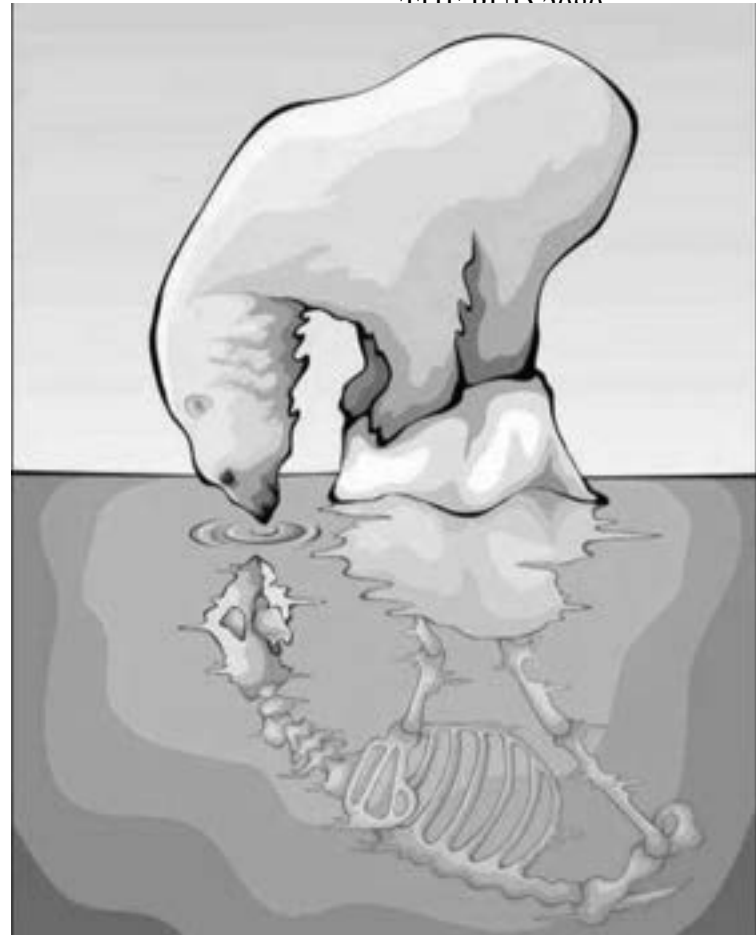
The impact of climate change is further evident in the increase in global temperatures. This consequence, highlighted in preceding paragraphs, has far-reaching implications. The heightened global temperatures result in hotter deserts, colder regions experiencing warming trends, and disruptions in the natural migration patterns of animals. Birds, guided by temperature cues, migrate at unusual times, and other animals, such as elephants, undergo unnatural

movements seeking cooler climates. Climate change-induced temperature rise poses numerous challenges for our world.

In conclusion, climate change is the root cause of contemporary challenges, including the melting of glaciers, forest fires, and a rise in global temperatures. While complete prevention may be elusive, we can exert control. Mitigating climate change involves curtailing excessive industrial emissions and reducing the use of gas-guzzling vehicles. Additionally, practices like controlled waste burning and uncontrolled campfires must cease, and a focus on recycling materials becomes imperative to combat the detrimental effects of climate change.

Sambhav Rawat

X-A2



HALF MAGICIAN

Once there was a young boy Alex .Alex who loved to read magic stories. One day he went up to his mother and said mom I really want to be a magician . His mom said , “Are you out of your mind? What will you earn being a stupid magician?” Alex cried and went to his room.

He prayed and wished to God that he would become a successful magician one day with teary eyes. Then suddenly a fairy appeared in his room and handed him a paper with a location on it. The fairy said, “Go fulfill your dream “ The fairy disappeared before he could say anything. He was shocked as he did not believe in fairies at all. Next afternoon ,after school he took out the piece of paper that the fairy had given him and went to the address. When he reached his destiny he was shocked to find himself in a witch Castle. He was very scared but went inside anyway. He found the witch was sleeping in a chair with loud snores. He woke her up. The witch was furious and took her sword out. Then when she saw the boy. She took a deep breath and said , “what do you want, young boy?” Alex asked help .He explained his problem. The witch felt sorry for him. She said,” sure, I will help you to fulfill your dream. “She taught him magic everyday after his school was over. He would visit the witch to learn new magic tricks. One day he told his mother” mom .I am a magician now.” His mother did not believe him until he showed his magic to his mother. Which he learned from the witch. Hiss mother was very shocked. But little did he



know that The witch had not finished teaching him. He wanted to show the flying trick to his mom . So he flew higher and higher in the sky. He then realised that the witch had not taught him how to land. His mother started to scream for help and he screamed too. But sadly when the people arrived Alex had already flown up too . His last words were “oh Lord! I hate magic “Then Alex mother told the neighbours the sad story as they gasped. He did not become a successful magician but a foolish one.

Moral : Half knowledge is dangerous.

Shuva Regmi
V-D1

PRINCESS HAZEL’S TRIUMPH

Once upon a time in the beautiful kingdom of Japan there lived a lovely princess named Hazel. She was adored by everyone in the kingdom. One day, when she was 15, she was wandering around the kingdom when she witnessed two grown-up men beating a boy around her age. Feeling angry and brave, she confronted them, threatening to call the guards. To her surprise, a fox intervened and protected her.

In her panic, Hazel pretended the fox was a threat and fainted. When she awoke, she found herself in a dark room and discovered a breathtakingly beautiful place she had never seen before. Realizing she was far from her palace, Hazel started to worry. With no



way to return home, she reluctantly went back to the tiny room.

At night, Hazel, uncomfortable in the modest surroundings, heard a loud knock on the door. Fearful but determined, she reminded herself of her future role as a queen and opened the door. To her shock, five strong-looking guys appeared, thinking she had stolen hidden gold. Despite her protests, they believed she was guilty. A mysterious force saved her, taking her to a cave.

In the morning, Hazel found herself saved by a handsome guy named Alex. They shared a moment, but Hazel's joy was short-lived when her father

warned her not to return due to an attack on the kingdom. Heartbroken, she cried until Alex, annoyed, offered to teach her to fight. Determined to seek revenge, Hazel trained hard.

On the final day, Hazel fulfilled her promise to Alex and returned to her kingdom in ruins. With newfound strength, she confronted the boss, fought bravely, and restored peace. Her bravery made her a hero, loved by all in the city. The story didn't end there – Hazel and Alex got married, living happily ever after.

Anjal Thapa
VII-A1

THE BRAVE MAZE EXPLORER

In the year 3029, there was a young boy named James, who was nineteen years old. He had a unique job – he was a maze runner. Now, you might be wondering, what is a maze runner? Well, maze runners are like bounty hunters. They clear mazes and earn rewards for doing so.

One day, something strange happened to James while he was in the maze. He got trapped because he ran out of time, and the maze door closed. This was a rare occurrence, but it became even more unusual when a new maze runner named Splinterz arrived. He seemed different and a bit suspicious. Many thought Splinterz might be a criminal.

As James wandered through the maze, he noticed a strange shadow. Although he didn't pay much attention to it at first, he couldn't shake off the curiosity. While exploring, he heard a scream for help. Rushing towards the sound, he found Splinterz mercilessly attacking another maze runner.

James asked, "Why are you doing this? You can't just kill them; they have families, just like you." Splinterz turned, smiled, and replied, "I don't care about my family or theirs. My parents hated me and got rid of me because I wasn't skilled enough." Enraged, Splinterz tried to attack James with his blade.

In a quick move, James took out his blade and flung it at Splinterz, piercing his heart and ending the villain's actions. Just then, the maze door opened, and James emerged as the new champion.

Moral of the story: Fight to the last.

Yugam Mekim Magar
V-E1)



A TALE OF HEALING AND MOVING ON

Isn't it funny how the days pass by so quickly, so cruelly, so heartlessly? Time waits for no one and continues its course, indifferent to what happens around the world. I find it unfair. As time progresses, people change, trends change, and rumors fly. Yet, I feel stuck in the past.

I can still vividly recall the aroma of freshly baked pies and the laughter of my younger siblings. Their genuine smiles are etched into my memory. However, I also remember the horror on their faces, the air filled with fear and uncertainty, and the metallic scent of blood and smoke surrounding me.

How is it fair that one day you're happy with your loved ones, and the next moment, you are all alone? Was it a crime for them to want a vacation? Is that why God decided to punish them? If so, the punishment worked too well. Waking up from an accident that wiped out my whole family years later was surprising, but the feeling of sheer loneliness was overwhelming.

In a world where you have no one, what are you supposed to do? The nights became colder, the sunlight unbearable, and everything turned monotonous. In the darkness of the night, under my sinking mattress, I found comfort, and maybe even in the crimson dribbling down my wrists as I held a glinting silver knife.

I lost track of time, trapped in the hell I created for myself. I became numb to everything. How could the rest of the world move on? Maybe it was the feeling of comradeship, the thought that someone out there with an even worse condition was still fighting on, that prompted me to approach the boy.

"Do you want to come with me? I can give you some food," I offered. The boy, skeptical at first, nodded. Unfortunately, back at home, I realized most of the food was expired. In taking care of him, I learned to move on. I bought new clothes, blankets, and all the necessary items.

Slowly, I felt like time was returning to me, that I was truly living in the present. "What's your name?" Alan asked on his seventh day here. "My name? Oh, it's



Alice," I replied, and Alan smiled shyly.

"So Alice, why did you pick me up a few days ago?" he asked curiously. I chose to remain silent because truthfully, I didn't know either. Alan looked dejected, but he didn't pry further.

Before I knew it, I started caring for the boy, worrying whether he ate, kept clean, and went to bed on time. Since he came into my life, I became more conscious of time. I could sleep at night without nightmares and go to work during the day to take Alan to school.

Soon, we started celebrating birthdays, and with Alan in my life, I realized my frozen time had resumed its course. The past no longer held me captive. I can remember my family without tears, and I can face any future the world has in store for me.

The moral of the story: Sometimes, moving on is the best thing you can do for yourself.

Sristi Lama
X-A1

CRYSTALS OF KINDNESS:

Oh! An introduction; an opening; a beginning! Where are my manners? I don't need to introduce myself; you know me well enough and soon enough with diverse variables. It suffices me to say that one day, I will stand in front of you, and your soul will be resting in the comfort of my arms. Your dribbling loud sound will soon fade into the void. But this story is not about me; it's about a young 15-year-old boy named Gidle—a friendly, mature lad with curly brown hair, shimmering eyes, and rosy cheeks, standing tall at 5ft. 10 inches.

Just a quick reminder: Gidle and his memorable story don't belong to this monotonous earth. It belongs to the eerie world of Alasta, a beautiful outer planetary region widely popular in the Hancomi galaxy of the parallel universe. There, every living being is gifted with special crystals, each holding immense power. The ruler of Alasta, Gennry, gives these special crystals to the general population on their 15th birthday, but with the crystal comes a condition. They must follow a specific life path, regardless of their written destiny. All share a common beginning, but only the lucky ones find a proper closure to life.

This story unfolds in the revolutionary era of Alasta, where the hidden company "The Black Amethyst" and its power holders rule the galaxy. The ruler, Gennry, is a powerless leader in front of the Hancomi galaxy's power holders. Today is the 23rd day of the 50th month of 2100 FC—the day when I took Gennry's powerful soul to the depths of heaven after enduring suffering for his people.

On his 15th birthday, Gidle went to the palace of Henna to get his crystals. Genny stood there tall and flawless, proud to give away the cursed crystal to an innocent child, a child unaware of his destiny. "Today, I shall give this teal amethyst to its original beholder. The long black journey of Alasta is about to end, marking the beginning of happiness and prosperity," announced Gennry. Thousands of kids were present that day, and our Gidle was confident that he wouldn't be unlucky. Gidle saw everyone receiving their crystals, but his turn was taking an unusually long time. Finally, Giddle got his long-awaited crystal. "It shouldn't be me! No, it can't be me! Stop this nonsense!" shouted Gidle when he



received his tealish cursed crystals.

The real twist in this story is that after receiving one's crystal, the person becomes emotionless; they can't feel pain, happiness, or excitement. But to my surprise, Gidle and his human nature didn't disappear after receiving the amethyst. His kind nature blossomed even more. Gidle didn't gain any physical superpower from the amethyst—the power that crushed people to death due to its side effects. Gidle and his misinformative called cursed teal crystal held the immense power of kindness. It was the hidden power within him and his soul.

Gidle remembered the last words of his father, "Save this realm, my teal twinkle star." This line made his heart crumble, and unseen tears rolled down his red cheeks in the palace of Henna. Before all the power holders could steal his amethyst, Giddle wanted to stop the suffering of people caused by the crystals. That day he made a promise to lead his journey on his own and break the rules of the galaxy.

Like any other mediocre high school boy, Gidle went to school every day. "Hey! You freak teal!" shouted a boy in the hallway. "You better behave and limit

yourself, Mr. Freak,” said a girl in his classroom. In this way, Gidle was often mocked and judged every single day. But he kept calm and helped those people who heavily suffered from the side effects of the crystal. Things slowly started to get out of his hands; people who loved him slowly started to lose emotions. Gidle’s siblings lost memory of him. His loving friend forgot about his existence. It was as if the world around him had changed colors. The bright sky of his life had turned murky and smoky.

One day, on his way home, a middle-aged man approached him. “Hey! Umm... Mr. Gidle. We are from the Black Amethyst company. I’m the chief executive, Henry Willston.” Gidle, like the general population, was unaware of such a company. He thought to himself that it might be an office searching for employees. Since Gidle’s financial status wasn’t satisfying, he decided to reply to the chief executive and most probably land himself a job. “Nice to meet you, Henry. I’m willing to do any job until it pays me at least 10 grand,” replied Gidle. Henry smirked and said, “It is more than that, Gidle. Let’s go to the secret place. Come touch my hands.” Hesitantly, Gidle touched his hands. A bright tealish-colored light radiated from his crystal, blinding anyone standing close to him. “This is the center of the Hancomi galaxy a palace where I control everyone’s life. Today I have a special order for you.” Gidle was more than confused; his anxiety was at its peak; his hands were sweating and trembling, he couldn’t speak a single word. He listened to Henry’s orders and found out the main cause of the loss of emotions in the people. He was ordered to kill the ruler of Alasta, the king himself, Mr. Gennry. After

hearing his orders, the light guided him back to his own world. He saw the beginning of the universe, the ending of his life by me, and the way his father lost his life following the same order as him.

But Gidle was special. He had a hidden power, which trillions of people are unaware of—the power of kindness. In the midst of his summer vacation, a month after hearing his orders, he decided to approach the king personally. As he stepped into the palace of Henna, a voice came from behind, “You freaking teal! Stop! I will kill you right now. I know you.” Gidle, maintaining his calm demeanor, smiled and hugged the masked person with an eerie voice. The man tried to strike him, but Gidle used his crystals to disintegrate his bones into infinite particles of white dust. Gidle was pure; his skin was untouched, with no bruises, cuts, or pain. At that moment, his crystal shone more brightly than ever before.

The masked man removed his black clothes and mask to reveal the radiating crystal and gain Nirvana, as the godly power was immense. Gidle saw the king, the great Gennry, was the masked man. Before he could say a word to him, the crystal broke into pieces, and a letter came out of its heart. It said, “Thank you for marking the end of me.” The king blindly recited the same words and died. Gidle fulfilled his orders and freed the people from their unwanted destiny. The system of crystals was abolished, and the hidden power within was worshipped from then.

Moral: Kindness is the greatest weapon ever invented.

Garima Bartaula

X-A1

A MAGICAL PICNIC ADVENTURE

One sunny Monday morning, my class excitedly gathered for a special picnic camp. Excitement buzzed in the air as we all held our bags and made our way to the bus stop.

Our teacher instructed us to form a line as we boarded the bus. With enthusiasm, we quickly arranged ourselves and settled into our seats. As the bus rolled along, it finally came to a stop in front of a strange-looking forest. Curiosity shone in our eyes as we wondered why we were there.



Breaking the suspense, one of my friends cried out, "Are we here to have a picnic in this strange forest?" Our teacher simply smiled and motioned for us to follow.

Through the rustling bushes and swaying grass, we ventured deeper into the mysterious forest. Eventually, we tripped upon a magical camping spot nestled in the distance, complete with a magnificent fountain. Excitement bubbled within us as we rushed towards our newfound shelter.

After engaging in some delightful fun, we gathered to enjoy our lunches. The forest had worked its delight on us, making the picnic a truly unforgettable adventure. As the day unfolded, we cherished the magical memories we had created before heading back to our school, Little Angels'.

Sarthak Banjara
V-E1

ALICE'S HEROIC ACT

Not too long ago, in a rainy forest, there lived a happy family. Sara and Sam, the parents, had their lovely but clumsy daughter, Stacy, and a wise pet dog named Alice. Alice was known to be one of the clever ones.

One breezy night, Stacy was wide awake, enjoying her time watching TV while her parents were out at work. Suddenly, the lights went out, and Stacy screamed, "Aruhhhh... don't haunt me." Alice came running towards her, barking, "Woof Woof." Stacy sighed in relief, saying, "Alice, Alice, you're here! Phew! I got scared. I was watching a horror movie." She frowned suddenly as the phone rang, "Trr.....Trr....". Let's take the call, shall we?

It was Stacy's parents calling. They told her to lock the doors and eat the dinner placed in the fridge, explaining they would be late due to work. "Okay, Mommy," Stacy replied. After the call, she walked to the fridge with a torchlight near the window. Alice was right by her side. Her parents had reminded her to lock the doors, but Stacy had forgotten. As she went to bed with a large container of ice cream, Alice kept barking at her. Downstairs, the door opened, and an intruder entered. Stacy, plugged into her earphones, was unaware of the situation.

The intruder started taking things from the living area to the bathroom, intending to go upstairs. Alice, realizing the danger, sprang into action. She bit the intruder's leg and barked fiercely. The stranger shouted, "Ahhhh! Ouch! What have you done, you



dog?" Alice continued defending the house until the man fell to the ground in pain.

Despite the chaos, it was already 12:01. Stacy's parents arrived home, worried and furious. Sam immediately dialed the police, who, upon arrival, examined the scene. Stacy, still on her mobile, was coughing, and her mother scolded her, "Stacy!! Look what you have done." Apologetic, Stacy stood up, nervously laughing, "Oh! You are back, Mom... and Dad." Her mother, frustrated, reminded her about locking the doors.

Stacy then noticed the wounded intruder on the floor. "Oh my god," she gasped, unable to believe her eyes. "Oh noooo. I am very sorry, Mom and Dad.

I should've listened to you guys." Patting her head, she reflected on her clumsiness. The police arrived just in time, examining everywhere and thanking Alice for her bravery. The police relocated the family temporarily and returned their belongings. Stacy, along with her parents, expressed deep gratitude to Alice for rescuing the house and standing guard.

From that day on, Stacy learned her lesson and never forgot to lock the door again. The moral of the story is clear: never forget to lock the door of your house and always obey your parents before anything else.

Parina Thapa
VII-A1

DANIEL'S MYSTERIOUS WOODS ADVENTURE

Alone in the woods, I suddenly remembered my name – Daniel. But how did I get here? The only place I can recall is my house, the one I ran away from because of all the pain and hurt it caused me. But now, in this dark and vast jungle, I questioned myself, "How did I end up here?"

I followed a ray of light in the dark, but my legs felt weak. I walked out of something mysterious, and it turned out to be a forest, full of tall trees. It was cold, and my ACDC t-shirt and cargo pants weren't enough. Lost and unable to find my way back, I screamed, "Does God hate me?" My scream echoed in the woods. Fear crept in as it got darker, and the fog thicker.

With no choice, I tried to go back but didn't know which way to go. I screamed my name, hoping for help, but no one heard. The forest was silent, not even a bird chirped. Scared, I decided to sleep where I was.

I woke up to footsteps – a person with a timer on their face. Terrified, I hid. The timer showed 30 days. He disappeared in a flash, leaving me anxious. Was this timer about me? Was it my time to die? I tried to sleep, hoping it was a dream. When I woke up, everything was the same – the forest, the leaves, and the fear.

I found weapons and decided to confront the timer person. I shot him, and the timer went down to 29. I repeated this, hoping to break free. When the timer reached zero, he spoke, "You will never escape," and vanished.

I woke up in a different woods – my childhood place.



Memories of my mom and dad filled my mind. The woods spoke, asking if I hated my mom. I denied, but the woods insisted. Angry, I admitted my wish for her not to go crazy after dad's death. The woods claimed I hated her, and suddenly, I was back at the house I ran away from.

I'm still not sure if it was a dream, but this incident will stay with me forever.

Sambriddhi Rani Lamichhane
VII-A2

DIGITAL GLORY: EXPLORING THE ATHLETIC PROWESS OF VIDEO GAMING IN MODERN TIMES

In today's tech-driven world, technology connects people from different corners of the globe. Technology's popularity has also led many towards playing video games. While some believe games should be physical, video games can be seen as a sport, enhancing the mind's speed and flexibility, allowing individuals to earn and gain global popularity.

Playing video games can make our brains respond quickly. Studies show that frequent gamers act swiftly, maintain focus for extended periods, and possess excellent IT knowledge. For example, a classmate who plays video games is quick in his tasks, demonstrating how gaming can enhance speed and agility.

Those engaged in e-sports can earn substantial incomes, with betting common in these games. People spend a significant amount of time playing games professionally, especially in countries like China, Japan, and Korea, where gaming has a vast scope. Many gamers enjoy luxurious lifestyles, some even belonging to high-class societies.

LIONEL MESSI: THE GREATEST FOOTBALLER

Born on June 24, 1984, in Rosario, Argentina, Lionel Messi is widely regarded as the greatest soccer player of all time. He started playing football at a young age and joined Barcelona's youth academy when he was just 13 years old. At that age, he made his debut in Barcelona's first team and quickly became a superstar. Messi is famous for his incredible skills, especially dribbling. He achieved considerable success, winning many trophies at Barcelona and PSG, including the Spanish League and the Champions League. In addition, he received the Gold Award seven times, the most prestigious recognition for the best soccer player of the year.



The saying "money comes with fame" holds true for gamers. Their popularity surpasses their income, as people nowadays spend a lot of time on mobiles, laptops, and other media, creating a substantial audience for gamers. Presenting video games to a large audience enhances gamers' recognition and support, making them popular figures.

In conclusion, video games should be recognized as a sport because, in sports, being physically fit isn't the only requirement; mental fitness is crucial too. Our world should acknowledge the benefits of video games, including increased popularity, income, and knowledge.

Nandini Chhetri
X-A2



Messi faced criticism for not winning the Argentina Cup with his national team, which came not only from his critics but also from his countrymen. However, in July 2021, he secured his first international trophy, the Copa America, with Argentina. Then on December 18, he won the most important event in football, the World Cup, where he was also recognized as the

best player of the tournament. These achievements cemented his status as the greatest soccer player of all time.

Anannya Dahal
VII-A2

MY HOMETOWN WHERE NATURE AND TRADITION UNITE

Darchula is a wonderful place in the far west of Nepal, surrounded by beautiful hills, trees, and mountains. I feel lucky to call it my hometown.

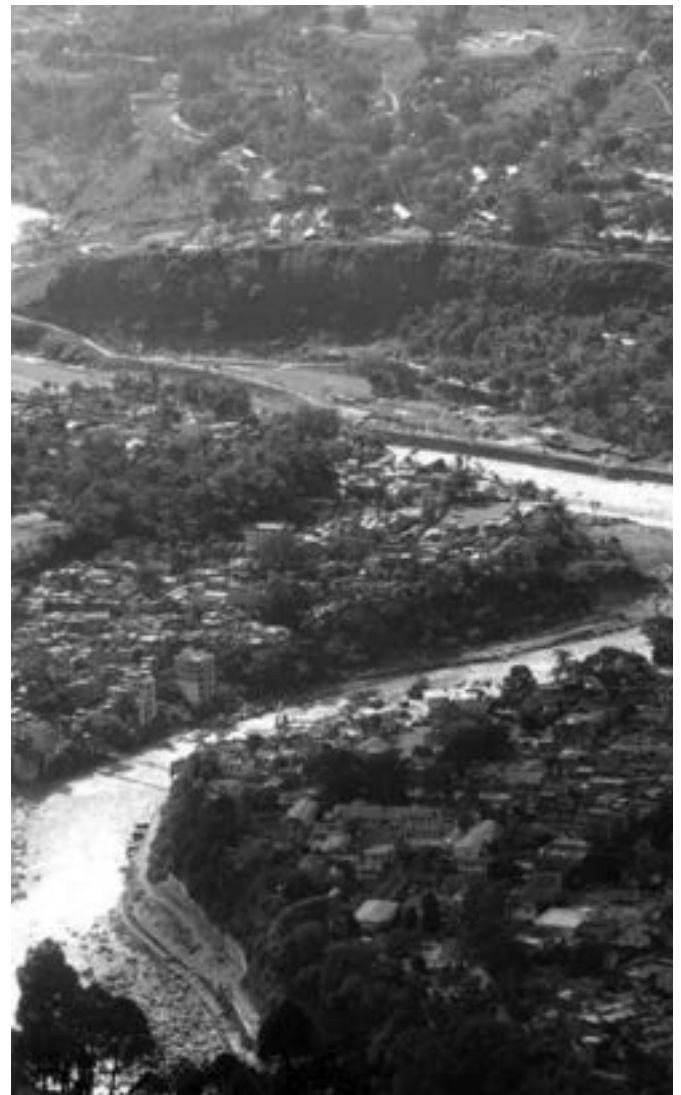
The natural beauty of Darchula always makes me happy whenever I go there. Meeting my relatives adds to the joy. The place stays fresh because of the farms, animals, plants, and trees.

What I love next about my hometown is the food, traditions, rituals, and customs. They always impress me. The people are lovely and friendly, always ready to help. The houses are not very big, and the temples are beautifully decorated with flowers, bells, and statues. The priests give a small amount of sweets as a blessing from the gods.

Some people may find the journey to the hometown tiring, on bumpy and narrow roads, but I don't agree. I think it's fun to have an adventure with my family. Even though I get tired, I never get bored. In fact, I get excited thinking about my village until I reach my hometown.

Visiting our hometown is an experience we all should have. It's essential to learn about the traditions, cultures, and rituals of our hometown because it's where we come from. Everyone loves their hometown. In the end, I would like to say that we should all work together to make our hometown better, so more people can learn about the place.

Utkarsh Awasthi
VII-A1



NEPAL'S EDUCATION SYSTEM PROGRESS AND CHALLENGES

Nepal's education system has come a long way in recent years, but it still faces some big problems. It has its roots in the country's rich culture, and it has been changing to include more people and modern ideas. However, there are still issues like not everyone having the same access to education, differences between boys and girls in schools, and not enough good school buildings. These problems make it hard to have a fair and complete education system.

We've seen some good things happening in Nepal's education recently. More kids are going to school, especially in the early grades, and schools are getting better buildings. The government is also giving money to students to help them go to school, which is making more people educated and skilled. But, there's still a lot of work to do to make sure that all kids get a good education.

To make education better in Nepal, there are a few



important things to do. First, we need to make the education itself better by improving what kids learn and by training teachers. We also need to make sure that kids in rural areas have the same chances as kids in cities, and we can do this by using technology and teaching job skills. Also, we have to work hard to make sure that girls and kids with disabilities can go to school just like everyone else. This way, Nepal's education system can be great for many years to come.

Kristi Kumari Chaudhary
X-A3

DOLAKHA EXPEDITION – A SCHOOL TRIP TO REMEMBER SCHOOL

School trips are often regarded as some of the most memorable and enjoyable experiences in our lives. They offer a unique opportunity to foster camaraderie with classmates beyond the confines of the classroom while also providing valuable educational insights about different places and cultures.

Recently, my school organized a captivating trip to Dolakha, which left an indelible mark on all of us. The itinerary included visits to a magnesium mine, the revered Bhimsen Temple, and an enthralling local fair, promising an enriching blend of adventure and learning.

The excitement among us was palpable as we embarked on this journey. The scenic beauty en route to our destination heightened our anticipation, setting the stage for an unforgettable experience. Upon arrival, we wasted no time immersing ourselves in the wonders that Dolakha had to offer.



Our first stop was the magnesium mine, where we were treated to breathtaking vistas and fascinating insights into the mining process. The experience was both educational and awe-inspiring, deepening our appreciation for the natural resources that surround us.

Next, we ventured into the lively atmosphere of the local fair, where laughter and joy filled the air. From indulging in delicious local delicacies to partaking in exhilarating rides, every moment was infused with pure bliss and friendship.

As evening descended, we gathered for a lively dance program, showcasing our talents and reveling in the sheer joy of togetherness. The infectious energy of the occasion brought us closer as we danced the night away, creating memories that would last a lifetime.

The following morning, we rose early to pay homage at the Bhimsen Temple, a place steeped in history and spirituality. Guided by knowledgeable locals, we learned about the temple's significance and

marveled at its architectural splendor.

A highlight of our visit was discovering the intriguing phenomenon of the sweating stone, which served as a testament to the temple's rich heritage and cultural significance. It was a poignant reminder of the deep-rooted traditions that define our heritage.

As we bid farewell to Dolakha and embarked on our journey back to Kathmandu, our hearts were filled with gratitude for the unforgettable experiences we shared. The breathtaking views along the way served as a fitting finale to our adventure, etching the memories of our trip into our hearts forever.

In retrospect, our excursion to Dolakha surpassed all expectations, leaving an indelible impression on each of us. It was more than just a trip; it was a journey of discovery, friendship, and personal growth that will be cherished for years to come.

Prastuti Rijal
IX – A3

THE IMPACT OF MOVIES IN OUR LIVES

Movies are an incredibly popular form of entertainment all around the world. Every year, numerous films are produced, and people watch them in large numbers. Movies have both positive and negative impacts on our lives.

Positively, some movies have the power to inspire and change our thinking for the better. They can uplift our spirits, teach valuable life lessons, and encourage us to pursue our dreams. Such films leave a lasting impression on us and can bring about positive transformations in our attitudes and beliefs.

On the other hand, movies can also evoke negative emotions such as fear, sadness, or even promote violence and immoral activities. While adults can often differentiate between fiction and reality, young children may be more susceptible to the influence of what they see on screen. It is important to be cautious about the content children are exposed to in movies, as it can impact their perceptions and behavior.



As children are in their formative years, they may not possess the ability to make fully informed decisions about what is right or wrong. Therefore, it becomes crucial to create and promote movies that positively influence children and impart valuable life lessons. In conclusion, movies have a significant impact on our lives, both positively and negatively. It is

essential for filmmakers and audiences alike to be mindful of the content they create and consume. By choosing movies that inspire, educate, and entertain responsibly, we can ensure that the impact of movies on our lives is more positive and enriching.

Samyam Paneru
VIII-A3

THE INCREDIBLES

"The Incredibles" is undoubtedly one of the greatest animated films ever made. It's not just about the exciting storyline; it's also packed with satisfying entertainment. One of the main themes of this film is cherishing memories of the past, which resonated with me. What sets this movie apart from others in its genre is the meaningful message it conveys to the audience.

Unlike superhero movies like Marvel, DC, or Teen Titans, "The Incredibles" delivers a unique message. While those movies often feature superheroes with unrealistically fantastic powers, this one focuses on the power of talent. This important message can instill confidence in young viewers, showing them that their talents are valuable.

Overall, I can confidently say that this animated masterpiece is one-of-a-kind. I would recommend it to anyone who enjoys action-packed animated films. Plus, it's suitable for all ages, from kids to grandparents, as it never fails to entertain its audience.

Junim Thulung
IX-C1



THE ROLE OF MUSIC IN A TEENAGER'S LIFE

Being a teenager can often feel like an emotional rollercoaster. Sometimes, you're filled with happiness, while other times, you may feel overwhelmed by sadness, anger, or confusion. These ups and downs are a result of the changes your body is going through during this phase of life.

As a teenager, you also face various pressures. There's the constant demand for good academic performance, the uncertainty about your future, and

the desire to fit in with your friends. It can all become quite daunting and bewildering.

During this stage of life, it's common to be uncertain about your identity and the path you want to take. It's like trying to solve a complex puzzle, and you often wish for someone to guide you through it. When you lack supportive friends or strong support systems, navigating these challenges becomes even more challenging.

However, music often serves as both motivation and meditation for teenagers. Music can be like a trusted companion when you're feeling alone. It has the

remarkable power to calm your racing thoughts and bring a sense of peace during moments of confusion. Your favorite songs can lift your spirits and help you gain clarity about various aspects of life.

But music isn't just a personal source of solace; it's something you can share with friends. You bond over your shared love for songs, attend concerts together, and create lasting memories filled with joy and fun. This shared experience not only strengthens your friendships but also contributes to self-discovery, as music acts as a guiding force through both happy and challenging times.

As you continue your journey through life and encounter difficulties, the power of music remains a constant companion. It provides a means to express your emotions to others. When words fail you, music becomes the language of your heart.

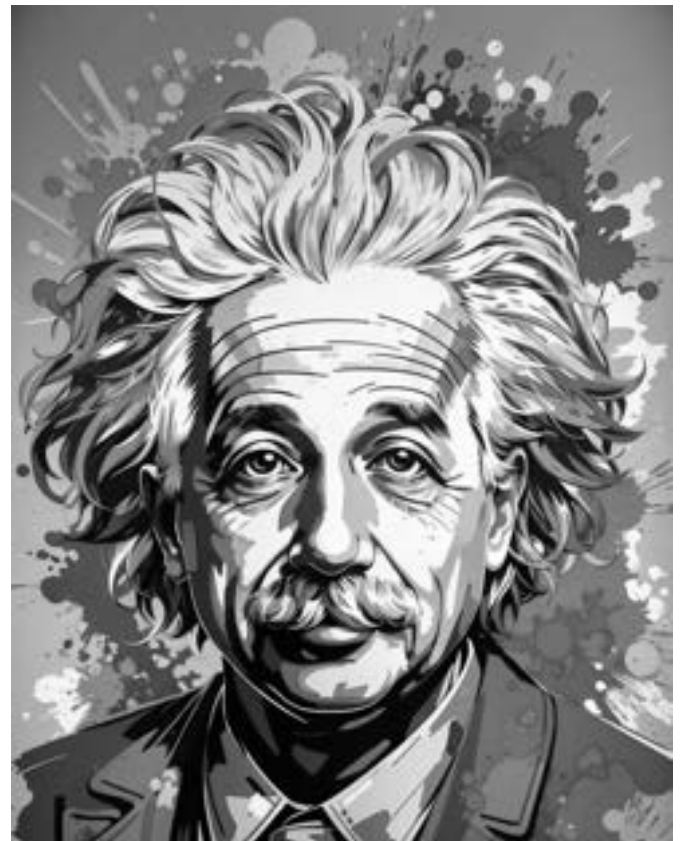
Shreejan Shrestha
IX-A1



YOU ARE RELATIVE

The capacity of thinking provided by nature is only to the humans. Among these thinking creatures who think out of context are considered different. With a brain of size of 1240 grams lowering average modern humans surviving as one of the greatest to ever live with the parietal lobe being not normal to any of us is Sir Albert Einstein. The complexion that hindered his mind wasn't answered by anyone but himself. The world embraces the greatest theory of physics that passes beyond imagination known as "The Theory of Relativity". It states that everything is relative in this world. But the only thing that contradicts is light. For example, the light ray passing in a medium on the surface of the earth is traveling at unit time. In the same context, a light ray is passing through a medium in interplanetary space.

The velocity of light on the surface of the earth with the medium at rest differs from the velocity of light in outer space with an external force acting upon it. But again, the theories deny this. A terminology called Celeritas obtained from the Michaelson moly experiment concluded that the speed of light is constant through an ether. For the ray of light in the inter-planetary space and the ray of light on the surface to be constant or equal something must act as a factor which is time. Time and light are relative



in the sense that "if the velocity of an object is continuously increasing at a uniformity, the slower the time goes". But the slowing of time depends upon the media through which light is traveling. For instance, a person at a velocity of uniform acceleration in space passes a day in interplanetary space that might be equivalent to you living on the Earth for 50 years or so.

The way you observe time is how time acts. This might be the most ironical conclusion of a theory ever known to humans. The formulae $E=mc^2$ refers to (E =energy, m =mass, c^2 =speed of light squared) is known to be a major part of relativity. Time dilation proves the point that the more you travel to the speed of light the slower the time passes for you. Sitting in a train observing the outer environment in rest and your body in motion along with the train, time varies for you and the outer environment. Helping you to reach the destination in a less amount of time that would've been consumed if your velocity was less. The more the object travels nearly equivalent to the speed of

light the length of the object contracts. Making the light ray travel a lesser and lesser distance.

For example, observing a car moving with a velocity greater than the observable amount. Not only time slows down, but the car also seems to be decreased in size due to the constantly increasing velocity. Proving the theories of various physicists wrong and leaving an impression to the people that they are always relative to something, the father of relativity passed away with his deeds in the mid 19's.

Sachin Neupane
X-A2

DOWNERS AT DUSK

My pain is unaccounted
Still, lies and wrongs were counted,

If for different destinations
Why not a different path?

Why not erase this luck of us meeting
All those fake words and greetings

Eyes watered, Hearts shattered, What's the point of
all that?
In the end the story is just of a cat and a rat.

Yesterday is history, tomorrow is a mystery
But today is a gift, that is why it's called present

So, I just wanna live life till I live, right?
I mean who in the world wouldn't wanna live good?

But this is all I've got as I could never live twice
So, what's the point of regretting the wrong choice?

Shreeyog Adhikari
X-C5



SELF-DISCIPLINE

With self-discipline, you'll go far,
You'll reach the heights, you'll touch the stars
You'll overcome each obstacle,
And find the strength to break each shackle

With willpower as your guiding light,
You'll stay the course, you'll win the fight
You'll keep your focus, stay on track,
And never once look back

So take control and don't give in,
With discipline, you're sure to win
Believe in yourself, and you will see,
The power of self-discipline will set you free.

Lucky Maharjan
X-B4



MY DILEMMA

Travelling my way through the darkness,
Guided by the beating heart.
Some says, 'You don't have enough sharpness.'
Others add, 'You are far apart.'

When I see the blue sky
I question myself, 'Can I fly that high?'
People say, 'You have lots of hesitation'
But actually, I am lost in my own conversation

Friends complains, 'The old you is gone'
They claim, 'You have stopped having fun'
I am searching for single ray of Sun
'Will the old me be reborn?'

When I pass by the beautiful town
I think my life has turned upside down
I feel my ambition has vanished
Can my life be furnished?

Ratan Das
X-A1



DAY DREAM

The teacher stood in front of the class,
Everyone got up to greet her.
All were curious who she was,
But me, my mind was a blur

My body was in class,
But my mind ventured the sea.
She walked up to me,
While I sailed free.

All others sat down,
But, I was lost in thought
The teacher asked my name
You, think I answered? I did not.

For I was in my merry ship,
Which was caught in a huge storm.
I heard my lover crying for help,
The storm took a demonic form.

I could lay down my life
I could stand up and fight
My duty as a captain
Or the plight of my bonny bride

My body moved on its own
I ran towards my lover
The tempest gathered round me
Her wrath I did discover

Love didn't stop the angry sea
It struck me with its claws
Suddenly I was somewhere else
Where were my lover, ship and cause?

The teacher had slapped me,
She looked up with a frown
My dear ship sunk to the sea
I saw my lover drown



Swostik Poudyal
IX-B1

MOBILE

My dear mobile, I love you,
Make me smart, just like you.
You have the answer to every question,
Make me intelligent without objection.

I gifted you a sim, balance, net or wifi,
You make our life very hi-fi
Browsing, surfing, gaming or blogging,
You're a great invention but you need charging.

We need a case to keep you safe,
You're addictive, keep it at the edge.
Keep it away, say No to mobile,
And enjoy the every moment of your life.

Saisha Pradhan
V-B2



BEST FRIEND

You are my best friend,
You shine like a bright star.
I miss you when you are far
Two years went by,
You are always there when I cry.

You are my everything,
You are a great human being.
Everybody calls us fool,
But I think we are cool.

When I was looking from the window I saw a bee,
I am always there when you need me.
When we were small we loved the same doll,
I will quickly pick up when I got your call.

When we were young we danced in same dance hall,
And we played together football.
You are my world,
No words can describe you.

Unav Shrestha
V-A1



IF I COULD CREATE A NEW CREATURE

If I could create a new creature
I would make the creature cute but strong as the thunder
It would be small and cute but could jump high to touch the moon.
I would make cute dresses for her
So, she could wear her own style

My creature would love to play
She would make cakes with thin clay.
My creature would make a castle so high
It would crack when we step the steps higher and higher

If it was injured as hurt
You should always be next to her, just to make her feel better
You should make her happy when it's out of boredom
If not, she might change your city into a bundle.

It will be always in your side when you need him or her
It would bring roses from the garden just to see you smile.
It would make funny and weird poems to make you feel better.

It's not a dog nor a cat
It's my new creation
It's called the smiling hamster



Amshu Ghatani
VI-B3

BOOKS

What worlds of wonder are our books!
As one opens them and looks,
New ideas and people rise,
In our fancies and our eyes.

The rooms we sit in melts away,
And we find ourselves at play.
With someone who, before the end,
May become our chosen friend.
Or we sail along the page,
To some land ahead.

Here's our body on the chair,
But our mind is out there.
Each book is a magic box,
Which with a touch, a child sees,
In between their outside covers,
Books hold everything for their lovers.

Sneha Devkota
VI-A2



WHISPERED GOODBYE: ECHOES OF SEPARATION

In the depths of my heart, memories reside,
Of a love that once bloomed, where two souls collided.
Though seasons have changed and, time has passed
Those moments of love will forever last.

We used to talk all day and night,
Sharing stories, filling moments with delight.
Laughter echoed through our conversations,
Finding joy in the simplest of situations.

We walked together hand in hand,
Exploring a love that we didn't understand
Days turned to nights and nights turned to days
But in each other's presence, time would simply fade away

We were there for each other whatever the ups and downs
But fate decided to tear us apart and I lost you in the crowds
I had never imagined a day would come,
When I'd have to say goodbye and feel so numb.

Though it hurts to part, we must find our way,
Embracing the beauty of a brand-new day.
The moment of tenderness, the way we cared
With gratitude, I'll always remember the love we shared.

Roshini Ghatani
X-A3



लाहुरेको चिठी

वि.सं. १९९० नेपालमा युद्ध भएको थियो । त्यस युद्धमा हजारौं नेपालीहरूले कुनै न कुनै भूमिका खेलेका थिए । ती नेपाली सिपाहीहरूमध्ये एउटा कुमारबहादुर नामको व्यक्ति थियो । ऊ आफ्नो घर छोडी युद्धमा लडाइँ गर्न आएको थियो । उसको बागलुङ जिल्लामा थियो । अरु सिपाहीहरूकै ऊ पनि आफ्नो परिवार, साथीहरू र आफ्नी श्रीमती र छोरीलाई छोडेर आफ्ना देशको सेवा गर्न युद्धको मैदानमा आएको थियो । उसकी छोरी भर्खर ७-८ महिनाको मात्रै भएकी थिई । एक दिन ऊ आफूसँग भएको परिवारको चित्र हेर्दै थियो तर अचानक अङ्ग्रेजले आक्रमण गर्न थाले । ऊ हतारिँदै आफ्नो बन्दुक समाउन पुग्यो । उनीहरू एकअर्कासित लडाइँ

गर्दैगर्दा कुमारलाई मुटुमा गोली लागेको रहेछ । उसलाई जति बचाउन कोसिस गरे पनि केही काम लागेन र ऊ अन्त्यमा बित्यो । यो खबर उसको गाउँभरि फैलियो र उसकी श्रीमतीसम्म पनि पुग्यो । सबैजना धेरै दुःखी भए किनभने ऊ त्यस गाउँको घामजस्तै सबैको प्यारो थियो ।

गाउँलेहरूलाई जस्तोसुकै समस्या पर्दा पनि सहयोग गर्थ्यो । सबैले उसलाई धेरै माया गर्थे । गाउँलेहरूलाई आशा थियो, ऊ युद्धबाट चोटबिना फर्किन्छ भनेर तर उसको लास र आफ्नी श्रीमतीका लागि एउटा चिठी मात्रै फर्कियो । कुमारकी श्रीमती प्रीति थापाले यो चिठी पढी र पढ्नेबित्तिकै धुस्धुरु रून् थाली । गाउँलेहरू त्यस्तो देखेर आफैँ पढे ।

मेरी माइली, तिमीले यो चिठी पढिरहँदा मैले यो संसारलाई छोडिसकेको हुन्छु होला तर चिन्ता नगर्नु । म तिमी र मेरी छोरीको साथमै हुन्छु । मलाई पहिलेदेखि नै थाहा थियो कि



म धेरै समयसम्म बाँच्न सकिदैन भनेर । त्यसैले हाम्रो नानीलाई शिक्षा दिनका लागि ३-४ वर्षसम्मलाई पुग्ने मात्रै पैसा जम्मा गरेको छु, नरिसाउनू है । हामीले जति वर्ष सँगै बितायौं त्यो रमाइलो समय कहिल्यै नभुल्नु, छोरीलाई धेरै माया गर्नु, हाम्रो भाग्य पनि कस्तो रहेछ यति छिट्टै टाढिनुपर्ने ? तर केही छैन तिमी, मेरो र छोरीका लागि लामो समयसम्म बाँचिरहनु ल । उही तिम्रै माइला, कुमार ।

यो चिठी पढिसकेपछि सबै गाउँलेहरू पनि रून् थाले । कुमारले गाउँका लागि गरेको माया र सहयोग सबै गाउँलेहरूले सम्झिँदै धुस्धुरु रोए । प्रीतिले पनि कुमारको कुरा सम्झिँदै छोरीका लागि मात्रै भए पनि बाँच्नुपर्छ भन्ने आँट जगाउन थाली ।

दियाश्रीस मगर
कक्षा-६, बी१

समयको महत्त्व

समयलाई अर्को शब्दमा बेला वा अवसर पनि भनिन्छ । 'महत्त्व' को अर्थ 'उपयोगिता' हो । समयको महत्त्व भन्नाले समयको उपयोगिता भन्ने बुझ्नुपर्छ । मानवीय जीवनमा समयको ज्यादै ठुलो महत्त्व हुन्छ । समयको महत्त्व नबुझ्ने मानिसहरू हिँडेर, डुलेर, कुलतमा लागेर वा तासजुवा खेलेर समय बरबाद पार्ने गर्दछन् । बिनाकाम, बिनाप्रयोजन बिताएको समय फेरि फर्किँदैन भन्ने कुरा उनीहरूले बुझेका हुँदैनन् । त्यसैले नेपाली समाजमा एउटा उखान छ, बगेको पानी र बितेको समय फर्केर आउँदैन । वास्तवमा जसले समयको महत्त्वलाई बुझी यसको सदुपयोग गर्दछ त्यसैले आफ्नो जीवन सफल र सक्षम बनाउने कुरामा शङ्का छैन ।

ज्ञानी, विद्वान् र परमार्थी मान्छेहरू अध्ययन, मनन, चिन्तन र खोज, अनुसन्धानमा आफूलाई समर्पित गर्दछन् भने मूर्खहरू सुतेर कुलतमा लागेर, भगडा गरेर समय खेर फाल्ने गर्दछन् । समय भन्ने कुरो सम्पत्तिभन्दा महत्त्वपूर्ण हुन्छ । सम्पत्ति नाश हुन सक्छ तर समयको सदुपयोग गरेर केही असल काम गरिएको छ भने त्यो कहिल्यै नाश हुँदैन । त्यही असल कामले



नै मानिसलाई अमर बनाउँछ भन्ने बुझेर मानिसले समयको सदुपयोग गर्न जान्नुपर्छ । जसले समयको सदुपयोग गर्दैन त्यस्ता मान्छेले भविष्यमा गएर पछुताउनुपर्ने हुन्छ । समयलाई मूलतः तीन भागमा बाँड्न सकिन्छ भूत, वर्तमान र भविष्य । भूतकाल बितेको समय र यसलाई कसैले आफ्नो वशमा राख्न सक्दैन । बितेको समयमा राम्रो काम गरेको छ भने मानिसलाई त्यसले सुखको अनुभूति गराउँछ । वर्तमान समय मानिसका लागि ज्यादै महत्त्वपूर्ण समय मानिन्छ । भविष्य आउने समय हो जुन समयका लागि मानिसले पखनुपर्छ र अने

कौ योजना बनाई अगाडि बढ्न सकिन्छ । समय गतिशील हुने हुनाले यसलाई बुझी मानिसले पाइला चाल्नुपर्दछ । शिक्षा, स्वास्थ्य, प्रशासन, यातायात, पर्यटन, उद्योग आदि हरेक क्षेत्रमा मेरो सकारात्मक भूमिका राख्छ । म राम्रा कुराको समर्थन र नराम्रा कुराको विरोध गर्दै राष्ट्रिय स्वाभिमान र विकासका लागि आफूलाई सच्चा सेवकका रूपमा प्रस्तुत गरिर हन्छु । मेरो मन्त्र भनेकै जननी जन्मभूमिश्च स्वर्गादपि गरियसी भन्ने हो ।

निस्ता मगर
कक्षा-१०, बी४

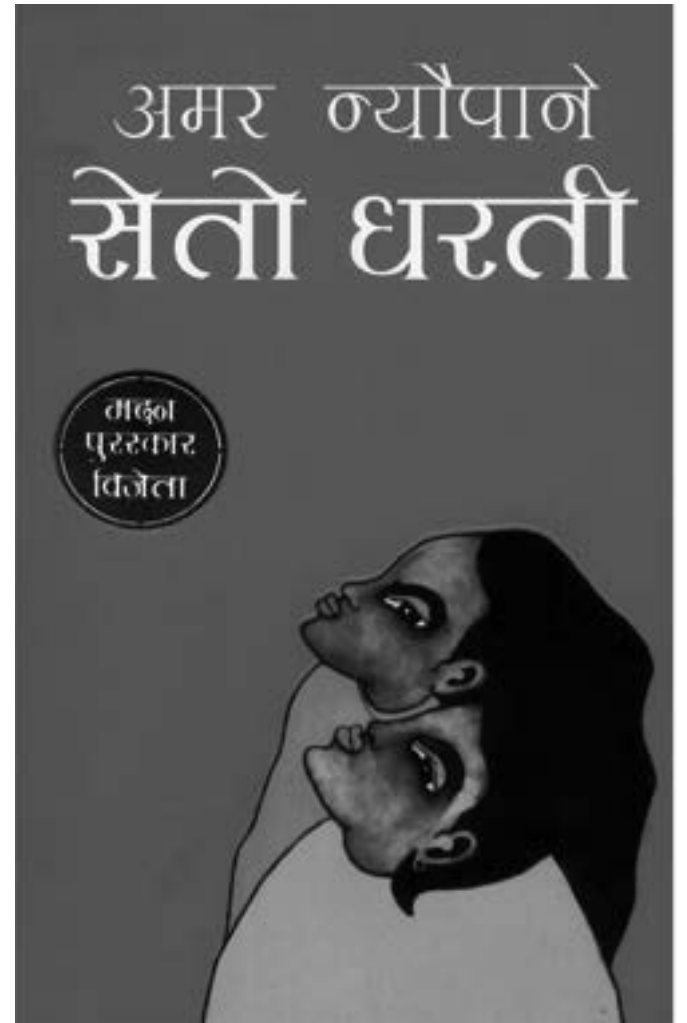
सेतो धरती

पुस्तकको परिचय:

सेतो धरती अमर न्यौपानेद्वारा रचित एउटा सफल उपन्यास हो । यो किताब कुल ३७३ पृष्ठको रहेको छ । किताबले वि.सं. २०६८ को मदन पुरस्कार प्राप्त गरेको एउटा चर्चित कृति पनि हो । यस उपन्यासमा एउटी बालविधवाको जीवन पहिलो कस्तो हुन्थ्यो र एउटा बालविधवाको कष्ट, पीडा र मर्मलाई व्यक्त गरिएको छ । यस उपन्यासले नेपालमा भएको बालविवाहबाट हुने नकरात्मक असर कस्तो हुन्छ भन्ने कुरा देखाइएको छ । बालविवाहले निम्त्याउने सम्पूर्ण घटनाको बारेमा यस उपन्यासमा वर्णन गरिएको छ ।

विषयवस्तु :

उपन्यासमा तारा नामको पात्रको जीवनमा आधारित रहेको छ । तारा ७ वर्षकी हुँदा नै उसको विवाह गरिदिएको हुन्छ । तारालाई त्यो सानो उमेरमा विवाह र माया के हो भन्ने थाहा पनि हुँदैन । उनको विवाह भुटो बोलेर र छलले गरिएको थियो । उनको विवाहपछि मन्दिर जाने भनेर ससुराली पठाइएको थियो । ताराले लगभग एक वर्ष त्यहाँ बिताइन् । त्यसपछि तारा आफ्नो आमाको घर आइन् । तारा नौ वर्षकै हुँदा उसको श्रीमान्को मृत्यु हुन्छ । यो खबर पाएपछि तारालाई माइतमा बोलाइन्छ । ताराले श्रीमान्को निधनको कुरा थाहा पाउँछिन् र जो श्रीमान् उनका लागि अपरिचित व्यक्ति थिए त्यही श्रीमान्का लागि उनलाई किरियामा बस्नुपर्ने हुन्छ । उनलाई घाट लगियो, चुराहरु फुटाइए, गरगहना छिनियो, कपाल काटियो र किरिया बस्न लगाइयो । एक वर्षपछि उनी माइती फर्किन् । त्यहाँ तारालाईआमाले छोराजस्तै पाल्नुभयो । माइतीमा ताराको साथी गोविन्दले तारालाई लेख्न र पढ्न सिकायो । एउटा विधवाको जीवन कति कष्टपूर्ण हुन्छ, त्यो कुरा ताराले भोग्नुपरेको थियो । ९ वर्षकै कलिलो उमेरमा ताराले आफूलाई समाजले हेपेको पाइन् । ताराकी आमाको पनि छिट्टै मृत्यु भयो । त्यसपछि ताराले आफ्नो भाइलाई आमाजस्तै



गरी पालिन् । ताराको बुबाले पनि अर्को विवाह गरेपछि ताराकी सौतिनी आमाले तारालाई धेरै हेप्ने गर्थिन् । ताराको भाइ पनि विवाह गरेर गइसकेको थियो । त्यसपछि तारा पनि आफ्नी साथीको घर गइन् । तारालाई त्यहाँ कोही पनि लिन आएनन् र तारा त्यहाँबाट देवघाट गइन् । देवघाटमा त्यहाँ तारा आफ्नो जीवन बिताइरहेकी थिइन् । केही समयपछि ताराका साथीहरु पनि देवघाट आए । ताराले आफ्ना साथीहरुलाई त्यहाँ देखेर धेरै खुसी भइन् । आफ्नो बाँकी जीवन देवघाटमै बिताउने निर्णय ताराले लिइन् र त्यहीं बसिन् ।

पात्रहरूः

यस उपन्यासमा धेरै पात्रहरूको उल्लेख गरिएको पाइन्छ । यस उपन्यासको मुख्य पात्र एउटी बाल विधवा तारा हुन् । त्यसै गरी ताराका साथीहरू जस्तै- यमुना, गोविन्द, पवित्रा आदि । ताराको भाइ, आमा, सौतिनी आमा, बुबा पनि यस उपन्यासका पात्रहरू हुन् ।

परिवेशः

यस उपन्यासमा एउटी बालविधवाको जीवनका बारेमा उल्लेख गरिएको छ । एउटा विधवाप्रति समाजको दृष्टिकोण कस्तो हुन्छ र विधवाले आफ्नो जीवन कसरी दुःख र कष्टका साथ व्यतीत गर्नुपर्ने हुन्छ भन्ने परिवेश देखाइएको छ । नेपालमा रहेको बालविवाह र श्रीमान्को मृत्युपछि एउटा बाल विधवाका लागि समाजको निर्दयिता देखाइएको छ । कस्तो वातावरणमा एउटा विधवाको जीवन बित्छ भन्ने कुरा यस उपन्यासमा स्पष्ट गरी उल्लेख गरिएको छ ।

भाषाशैलीः

यो उपन्यास धेरै सरल भाषामा लेखिएको छ । यस उपन्यासमा लेखिएका शब्दशब्दले आँखा रसाउने गरी वर्णन गरिएको छ ।

यो उपन्यास पढ्न, शब्दहरू बुझ्न धेरै सरल छन् । यस उपन्यासको शब्दशब्दले यसलाई छाएको छ । यस पुस्तकमा धेरै गहिरो मर्म बोकेका शब्दहरू पनि प्रयोग गरिएको छ ।

निष्कर्षः

समग्रमा उपन्यास बालविधवा ताराको दुःख निराशा र कष्टले भरिएको जीवन भोगाइको कथा सुनाइएको छ । लेखकले यस उपन्यासद्वारा थुप्रै बालविधवाको कथा सुनाएका छन् । पढ्दा आँखा रसाउने यस उपन्यासको जति वर्णन गरे पनि कमै हुन्छ । आफू सानै उमेरमा आमा बनेर हुर्काएको भाइ पनि दिदी घर छोडी जाँदा लिन नआएको कुरा मार्मिक छ । यो पुस्तक पढेपछि अहिले नेपालमा धेरै परिवर्तन आइसकेको थाहा पाइन्छ । यस उपन्यासले कसरी एउटा रङ्गीचङ्गी सुन्दर धर्ती एउटा विधवाका लागि रङ्गहीन भई सेतो हुन्छ भन्ने कुरा देखाउने प्रयास गरेको छ ।

स्नेहा भा

कक्षा-९, ए९

पर्यटन

जीवनको महत्त्व बुझ्न र हृदयलाई हर्षित पार्नका निम्ति गरिने घुमफिर कार्य नै पर्यटन हो । पर्यटनबाट घुमफिर गरेका ठाउँका बारेमा धेरै कुरा जान्न-बुझ्न पाइने र विरक्तिएको मनलाई बहलाएर सुखको अनुभव गर्न पाइने हुँदा मानिसका जीवनमा पर्यटनको निकै नै ठुलो महत्त्व रहेको छ ।

सबै मानिसका रुचि फरकफरक किसिमका हुन्छन् । कोही साहित्य सिर्जना गर्ने, कोही खेल खेल्ने, कोही चलचित्र हेर्ने र कोही देशविदेश घुमेर आनन्द र अनुभव लिन चाहन्छन् । घुमफिर गर्दा मानिसलाई भित्री मनको सुख र आनन्द प्राप्त हुने भएकाले मानिसलाई पर्यटन गर्ने रुचि बढेको छ । बेलाबखतमा विभिन्न रमाइला र मनै लोभ्याउने ठाउँतिर हिँडडुल नगर्ने हो भने मानिसको जीवन नै निराश बन्न पुग्दछ । पर्यटन गर्नाले धेरै स्रोतहरूबाट हामीलाई फाइदा पनि हुन्छ ।

पर्यटन व्यवसायबाट मानिसलाई हुने फाइदाहरू थुप्रै छन् । यस व्यवसायबाट बेरोजगारहरूले रोजगारीको सुनौलो मौका पाउन सकिन्छ । यसबाट व्यक्तिको शारीरिक र मानसिक अवस्थामा पनि सुधार ल्याउँछ । देशविदेश घुम्दै त्यहाँका कला, सभ्यता, संस्कृति, चालचलन, रहनसहन र रीतिरिवाजका बारेमा अन्य विषयहरूको बारेमा जानकारी हासिल गर्न सक्छौं । हामीले विभिन्न देशको घुमफिर गरी आम्दानी पनि गर्न सक्छौं ।



पर्यटनको क्षेत्र जोगाउनलाई हामीले त्यस स्थान र बाटोको विकास गर्नुपर्छ । हामीले पर्यटकहरूलाई सकेसम्म आदरसम्मान गर्नुपर्छ । पर्यटकहरूका लागि ठाउँठाउँमा खानपिन बसोवास र घुमफिरको उचित व्यवस्था मिलाएको हुनुपर्छ ।

सेराप जाङ्मु शेर्पा

कक्षा-७, बी३

सिकाइ कहिल्यै रोकिँदैन

सिकाइ हाम्रो मस्तिष्कका लागि सबैभन्दा सजिलो र प्रभावकारी अभ्यास हो । हामी जन्मेको दिनदेखि मर्ने दिनसम्म नयाँ कुराहरु सिक्न थाल्छौं, जीवनमा सिक्ने काम कहिल्यै रोकिँदैन । प्रत्येक दिन, हामी बाँच्ने हरेक पल, हामी केही नयाँ सिक्छौं । सिकाइ कहिल्यै समाप्त हुँदैन । एउटा बनाइ छ, कहिल्यै सिक्न नरोक्नुहोस् । हामीले सिक्न कहिले छोड्नुहुँदैन किनभने जीवन एउटा शिक्षक हो जसले हामीलाई नयाँ कुरा सिक्ने हरेक नयाँ अवसर दिन्छ । अवसर आएपछि दुवै हातले समात्नुपर्छ । यद्यपि हामी दुवै सकारात्मक र नकारात्मक अनुभव गर्छौं, जुन हाम्रा लागि सिकाइको ठुलो हिस्सा बन्न सक्छ । जस्तै हामीले केवल ती विजहरु सिक्नुपर्छ जुन हाम्रा लागि सकारात्मक छन् । सकारात्मक सोचले हामीलाई राम्रो काम गर्न प्रेरित गर्छ । यसले हामीलाई सकारात्मक जीवन जिउन नेतृत्व गर्छ । सिकाइ हामी सबैका लागि महत्त्वपूर्ण छ । जुन दिन हामी भन्छौं, मलाई सबै थाहा छ, हाम्रो पढाइ रोकिने छ र त्यससँगै हाम्रो बुद्धि पनि समाप्त हुने छ । त्यसकारण हामीले सधैं सिक्नका लागि जारी राख्नुपर्छ किनभने यसले हामीलाई शारीरिक र मानसिक दुवै रूपमा स्वस्थ राख्छ । यसले हामीलाई खुसी बनाउँछ र जीवनमा अघि बढ्न मद्दत गर्छ ।

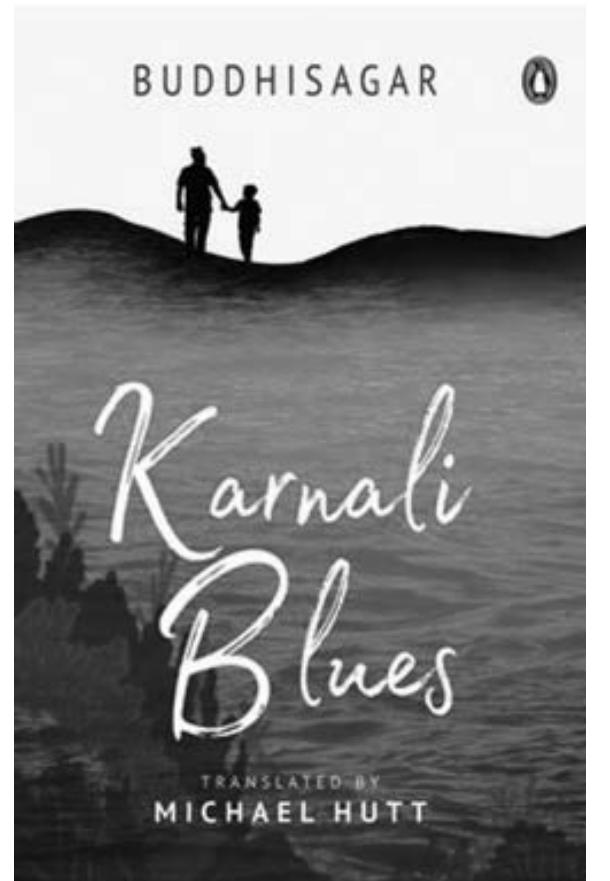
साम्युल अर्याल
कक्षा-७, ए३



पुस्तक समीक्षा 'कर्णाली ब्लुज'

नेपाली भाषा संसारकै सबैभन्दा मधुर भाषामध्ये एक हो । पवित्र संस्कृति भाषाबाट व्युत्पन्न यस भाषाका गुणहरु अनेक छन् । यस भाषाद्वारा बुनिएका साहित्यिक रचना संसारमै ज्यादै प्रसिद्ध छन् । नेपाली साहित्यकारहरुले आफ्ना उपन्यास, कथा, कविता, काव्य, महाकाव्य, गीत आदि रचनामार्फत नाम र दाम कमाई हाम्रो देश र भाषाको चर्चा परिचर्चा गरेका छन् । भानुभक्त आचार्य, मोतीराम भट्ट, पारिजात, बिपी कोइराला, भमककुमारी घिमिरे आदि लेखकहरुले नेपालको नाम उच्च बनाएका छन् । आज यी साहित्यकारको सूचीमा एक नयाँ युवा उपन्यासकार बुद्धिसागरको नाम थपिन गएको छ, किनभने उनको पुस्तक 'कर्णाली ब्लुज' ले नेपाली पाठकको मन जित्न सफल भएको छ ।

'कर्णाली ब्लुज' नेपाली युवा लेखक बुद्धिसागरद्वारा लिखित सन् २०१५ मा प्रकाशित उपन्यास हो । यस उपन्यासमा लेखकले गरेको पश्चिम नेपालको सङ्घर्ष कथाको प्रमुख पात्र बिर्शबहादुरको आँखाबाट वर्णन गरिएको छ । दुर्गम ठाउँमा आफ्नो परिवार र गाउँसँग हुर्कन गरिएको परिश्रमको बारेमा यस पुस्तकमा लेखिएको छ । कहिले स्वास्थ्य सेवाको



कमी, कहिले प्राकृतिक प्रकोप त कहिले माओवादीको देशव्यापी द्वन्द्व, बिर्शबहादुरको परिवारको कथा हो ।

बाल्यकालको दुःख र युवा अवस्थाका श्रमको सागरबाट पीडित परेमा बिर्शबहादुरको सम्झनाद्वारा लिखित शब्द यहाँ वर्णन गरिएको छ । दिनदिनै बाँच्नका लागि गर्नुपर्ने परिश्रमपश्चात् पनि उसले आफ्नो हँसिलो र चञ्चल स्वभाव जोगाउन सफल भएको छ । कक्षामा ध्यान नदिने बिर्शबहादुर पश्चिमको बजार र जङ्गल घुम्दै आफ्नो विद्यार्जन गर्छ । ऊ सँगसँगै उसका बुबाको केही कथा हामीले पढ्न पाउँछौं । उसका बुबाकै नेतृत्वका कारण परिवारले आफ्नो दुःखद दिन बितायो । बिर्शबहादुरकी आमा पनि उल्लेखनीय पात्र हुन् । उनले अप्ट्यारो समयमा पनि परिवारमा एकता कायम गर्न सकिन्छन् । बिर्शको पालनपोषण र राम्रो हुर्काइमा उनकै ठुलो हात छ । अर्को सहायक पात्र उसकी दिदी पनि हो । पार्वती पढाइमा धेरै राम्री थिइन् । ऊ नै परिवारको एक मात्र भविष्यको आशाको किरण हो । परिवार ठाउँठाउँमा बसाइँसराइ गर्दा धेरै पात्रहरू पनि आएका छन् । जिरीलाल मगर, कान्छा, बाहु आदि केही गौण पात्र हुन् । अरू केही साना पात्रहरू पनि उपन्यासमा आएका छन् ।

यस उपन्यासको परिवेश नेपालको गरिब तथा अविकसित क्षेत्र सुदूरपश्चिम र कर्णाली क्षेत्रमा आधारित छ । माओवादीहरूको बढ्दो द्वन्द्व, देशको आर्थिक परम्परामै चल्ने वातावरणद्वारा

पीडित बन्नुपरेका परिवारको कहिले बसाइँसराइ गर्ने त कहिले आहारै काटिने गरेर बाँच्नुपर्ने सङ्घर्षको पाठ हो ।

यस उपन्यासको भाषाशैली सामान्यभन्दा सामान्य नेपाली भाषा लेखिएको छ । साक्षर, बच्चादेखि बुढासम्मका मानिसले यस उपन्यासका शब्दहरू पढी केही थोपा आँसु भर्न सक्छन् । विदेशी अथवा नेपाली नआउने मानिसहरूका लागि, प्राध्यापक माइकल हटद्वारा यस उपन्यासलाई अङ्ग्रेजीमा समेत अनुवाद गरिएको छ । यसरी सबै जनाले सजिलै यस किताबलाई बोध गर्न सक्छन् ।

यस उपन्यासको सन्देश कसैले भनेर बन्दैन । यो त मात्र एक बच्चाको सङ्घर्षका लेख हो । यस कथाको सन्देश तपाईं आफैँले निकालेर मात्र पाइन्छ । कसैले एउटा सन्देश निकाल्लान् त कसैले अर्को । कोही दुई व्यक्तिले निकाल्ने सन्देश फरक वा पूरै विपरीत नै पनि हुन सक्छ । मैले पाएको सन्देश के हो भने जति कठिन परिस्थिति भए पनि आफ्ना खुसीको खोज गर्न कहिल्यै पछि पर्नुहुन्न । बादलले सूर्यलाई छोप्न मात्र सक्छ, तर हटाउन कहिल्यै सक्दैन भन्ने सन्देश यस उपन्यासले दिएको छ ।

अश्विनराज राजभण्डारी
कक्षा-९, ए९

पुस्तक समीक्षा 'शिरीषको फूल'

शीर्षक	: शिरीषको फूल
लेखक	: विष्णुकुमारी वाइबा (पारिजात)
प्रकाशन वर्ष	: १९६४
विधा	: उपन्यास
पुरस्कार	: मदन पुरस्कार
लेखकको परिचय:	

पारिजात भनेर चिनिने विष्णुकुमारी वाइबा नेपाली लेखक तथा कवि हुन् । उनी आफ्नो उपन्यास 'शिरीषको फूल'का लागि सबैभन्दा बढी परिचित छिन् जसका लागि उनले मदन पुरस्कार पनि प्राप्त गरेकी थिइन् । सो पुरस्कार प्राप्त गर्ने उनी पहिलो नारी सर्जक बनिन् । उनले आफ्नो जीवनकालमा धेरै उपन्यासहरू प्रकाशित गरेर धेरै कविता र कथाहरू पनि लेखिन् । महत्ताहीन, परिभाषित आँखाहरू, पर्खालभित्र र बाहिर आदि उनका चर्चित उपन्यास हुन् ।

पुस्तकभित्रका पात्रहरू:

सुयोग सिंहविर	: सैनिक
शिवराज	: सुयोगका मित्र
मुजुरा	: शिवकी जेठी बहिनी



सकम्बरी : शिवकी दोस्री बहिनी
सानु : शिवकी कान्छी बहिनी ।

पुस्तक समीक्षा:

उपन्यास सुयोगवीरबाट सुरु हुन्छ जो एक एकलो सिपाहीको प्रतिनिधित्व हो जसको जीवन शून्यता हो । उसले आफ्नो सम्पूर्ण जीवन जिउने उद्देश्य खोज्दै बिताएको देखिन्छ । जबाफका लागि ऊ चुरोट र रक्सीमा डुब्छ । बुढ्यौलीले घेरिएको सुयोगवीर अफै पनि आफ्ना साथी शिवराजकी बहिनी, साँघुरो कपाल भएको सकम्बरीसँग प्रेममा पर्छन् । यद्यपि पहिलोपटक सुयोगवीर मुजुरा (शिवराजकी बहिनी) नजिक आएको देखिन्छ । पछि उनी साकम्बरीसँग प्रेममा पर्छ । जब सुयोगवीरले पहिलोपटक मुजुरालाई देख्छ, ऊ उनको स्वभावबाट आकर्षित हुन्छ । निलो मिमांसाको रूखमुनि मुजुरालाई बारम्बार हेर्ने उसको आँखा सधैं चाहन्थे । सुयो गवीरले पनि व्यङ्ग्य गर्छन्, मुजुराको हात मागेको भए शिवर आजले पक्कै हात दिन्थे ।

अर्कातर्फ, सुयोगवीरले पनि अनजानमा साकम्बरीप्रति भावना विकास गर्छ । लेखकले साकम्बरीको आकृतिलाई कसरी व्याख्या गरेका छन् त्यो हाम्रो कल्पनाले सजिलै बुझ्न सकिन्छ । पारि जातले विपरीत लिङ्गीबीचको मोह र आकर्षणको भावनालाई छाया दिएकी छिन् । सुयोगवीरले पनि आफ्नो जीवन र प्रेमलाई अर्थहीन ठान्छ, जब उनले आधा उमेरकी कान्छी केटीप्रतिको आफ्नो प्रेम अस्वीकार्य छ भन्ने महसुस गर्छ । ऊ आफ्नो बुढेसकाल र आफ्नो विगतका अनुभवहरूबारे धेरै सचेत छ । ऊ निराशामा डुब्छ र अन्ततः यसबाट बाहिर निस्कने प्रयास गर्छ । सुयोगवीरले आफ्नो जीवनकाललाई सडकको कुकुरसँग पनि तुलना गर्छ ।

जीवनको कथामा अचम्मको दृष्टिहरूले सुयोगवीरलाई आफ्ना जीवनको उद्देश्य आफैँले न्याय गर्न बाध्य तुल्यायो । साकम्बरीको मृत्युले सुयोगवीरको हरेक शक्ति नष्ट गरिदियो । साकम्बरीको यति छिटो मृत्यु कसरी भयो भन्ने रहस्य नै छ । लेखकले साकम्बरीको मृत्युको कारण स्पष्ट रूपमा चित्रण गरे का छैनन् । सुयोगवीर चुरोटको धुवाँ र मदिराबाट स्नेहको

तिर्खाले जिउने व्यक्तिलाई प्रतिबिम्बित गर्दछ । जे भए पनि ले खकले पीडाका चरणहरूलाई पनि सङ्कुचित गर्ने प्रयास गरे का छन् । पहिलो चरणमा जब साकम्बरी एक महिना लागि सहरबाट टाढा जान्छन्, सुयोगवीर उनीसँग कुरा नगरी मने ' जस्तो निसास्सिएर बस्छ । दोस्रो चरणमा, सुयोगवीरलाई कम सहानुभूति देख्छौं । तेस्रो र अन्तिम चरणमा भनिन्छ, जब साकम्बरीको मृत्यु हुन्छ, उनले बिस्तारै सास फेर्न र आफ्नो जीवन जारी राख्न सिक्छन् ।

सारांश:

शिरीषको फूल सैनिक सुयोगवीर सिंहको दृष्टिबिन्दुमा चित्रण गरिएको छ, जो एक भूतपूर्व विश्वयुद्धका सिपाही पनि हो र ऊ जीवनको सडकबाट गुज्रिरहेको छ । उसका आफ्नो परि वारबाट गुज्रिरहेको छ । उसका आफ्नो परिवार वा साथी बोलाउने कोही छैन किनभने ऊ एक रोचक र अनौठो अस्तित्वमा बाँचिरहेको छ । जसले गर्दा उसले आफ्ना सबै वस्तुहरू रक्सीमा सक्छ । ऊ बारम्बार रक्सीका लागि बारमा जान्छ, जहाँ उसले शिवराजलाई भेट्छ । आफ्नो घरमा निम्तो दिन्छ जहाँ उसले १६ वर्षकी कान्छी महिला साकम्बरीलाई भेट्छ, जसप्रति उसले भावनाहरू विकास गर्छ । साकम्बरीलाई पुस्तकमा शिरीष (जसबाट पुस्तकको शीर्षक लिइएको हो) को रूपमा चित्रण गरिएको छ, त्यस्तो फूल जसले फुल्ने र चिसो ग्रहमा न्यानो ल्याउँछ । साकम्बरीप्रतिको सुयोगका लगावको फलस्वरूप आत्मघृणाले परास्त भएको थियो । जीवन पीडादायी छ भन्ने तथ्यले उसलाई आफ्नो लक्ष्यबाट भाँच, फूलफैँ ओ इलाएर भुइँमा खसेभैँ जीवनको अन्त्यलाई देखाएको छ ।

निष्कर्ष:

पुस्तक जीवनको बारेमा होइन, तर खाली र व्यर्थ जीवनका साथै महिलाका लागि विषाक्त प्रेमको बारेमा हो । शिरीषको फूल पारिजातको एउटा दुखद रचना हो जसले अत्यधिक भावना बोकेर भित्री आत्मालाई जीवन्त बताउँछ । उपन्यासले जीवन सारहीन छ भनेर पुष्टि गरेको छ ।

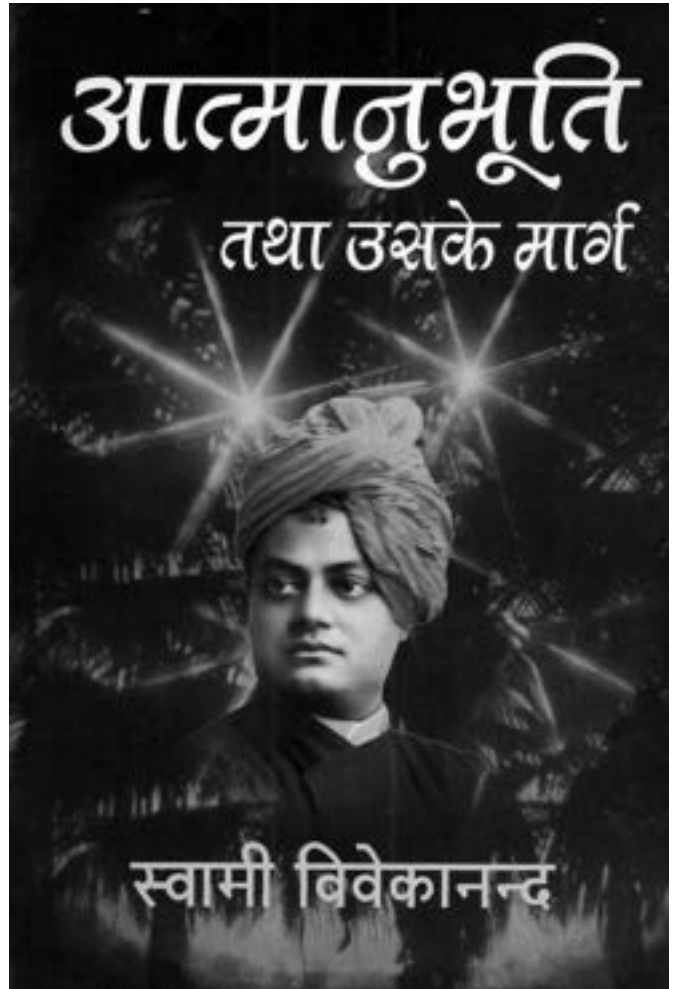
वैभव साह
कक्षा-९, ए९

‘आत्मानुभूति’ किताबको समीक्षा

‘आत्मानुभूति’ पुस्तक २०५ पृष्ठको ४० जना पाठकहरूलाई समेटेर बनेको छ । यो किताब वि.सं. २०६६ सालमा प्रकाशन गरिएको थियो । प्रस्तुत किताब लेखिएकाको जीवनसँग सम्बन्धित छ । त्यसैले यो किताब आत्मजीवनीसँग सम्बन्धित छ । उनका सँगालोमा सङ्कलित लेखहरूमा समाजमा घटेका महिला हिंसा सम्बन्धित घटनाको तथ्यपरक, राजनीतिक विसङ्गति, दलगत वैमनष्यता, सामाजिक अन्धविश्वास, लैङ्गिक विभेदजस्ता गम्भीर विषयवस्तुहरू प्रस्तुत भएका छन् । त्यसैले उनी एक नारीवादी साहित्यकारका रूपमा ठहरिएकी छिन् । श्रीकृष्णको जन्मस्थान मथुरा र क्रीडास्थल ‘वृन्दावन’ को स्थलगत भ्रमण गरेको प्रसङ्ग कोट्याउँदै लेखिकाले ५ हजार वर्षअघि जन्मेकी राधाले जुन मान, सम्मान र आफ्नो अस्तित्व राखी एउटा छुट्टै पहिचान कायम गरिन्, तर हामी एक्काइसौं शताब्दीका नारी भएर पनि केवल कसैका छोरीबुहारी, दिदीबहिनी, माइजू र कसैको पत्नी भएर मात्र परिचित छौं । हरेक महिला स्वयंमा आफ्नो अस्तित्व कायम गर्न सकेका छैनौं भन्दै राधाराधे शीर्षक लेखमा नारी अस्तित्वको खोजी गरेकी छिन् । जहाँ नारीको पूजा हुन्छ, त्यहाँ देवताको पनि बास हुन्छ । नारीबिना यो सृष्टि सम्भव नै छैन भन्दै नारीहरूलाई पुरुषसरह सम्मान गर्नुपर्छ भन्ने लेखिकाको पुष्टि छ । आजको युगसम्म आइपुग्दा पनि वर्गविभेदका घनिभूत मुद्दाबाट नारीवर्ग अछुत छैनन् । यस्तो हुनुहुँदैन भन्ने विचार यस सँगालोको सार हो । एक नारी अर्को नारीको शत्रु भई कौतुहलको भावना र परिस्थितिलाई कोट्याउँदै यी सबै पितृसत्तात्मक समाजको परिणाम भएको यथार्थ नारीको शत्रु भने शीर्षक लेखबाट प्रस्फुटित गरिएको छ ।

उनले देश चलाउन ठेक्का लिएको सरकारलाई ‘क्षमता छ भने यो देशका जनताले खोजेको जस्तो सुख-शान्ति, अमनचैन दिई कुकार्य, हत्याहिंसा, लुट, अपहरण, चन्दा, फिरौती, महँगी, अशान्ति, भ्रष्टाचार आदि जस्ता दलदलबाट जनतालाई मुक्ति गराऊ’ भनेर चुनौती दिएकी छिन् । बोक्सी भनेर नारीजातिलाई मात्रै यातना दिने घटनालाई कोट्याउँदै बोक्सी विद्याको कुन विश्वविद्यालय छ त ? बोक्सी विद्या कहाँ पाइन्छ ? पुरुषलाई किन यो लाञ्छना लगाइएन ? भन्ने प्रश्न गर्दै बोक्सी विश्वविद्यालय शीर्षकमा लेख प्रस्तुत गरेकी छिन् । बोक्सी जस्तो हुँदै नभएको अन्धविश्वासबाट महिलाले भोग्नुपरेको घरेलु तथा सामाजिक हिंसाप्रति लेखिकाले गहिरो समवेदना र आक्रोश व्यक्त गरेकी छिन् ।

पुरुष र महिला दुवै ईश्वरका सृष्टि हुन् । दुवै जन्मको प्रकृति पनि त उही नै हो । फेरि दुवै एउटै आमाका सन्तान तर दुर्भाग्य र एउटालाई जन्मपश्चात् घर, परिवार, समाज र राष्ट्रकै मालिक, अगुवा र अधिपति बन्ने पाठ पढाइन्छ । अनि



अर्कोलाई भने त्यही पुरुषको सेविका बन्न लगाइन्छ । पुरुषलाई परमेश्वर र मालिक भनेर ज्यूज्यू गर्न लगाइन्छ । त्यसैकारण समाजमा हाम्रा दिदीबहिनी आश्रित बन्नुपरेको हो । हाम्रो समाजमा हाम्रा नारीमाथि उद्दण पीडा अचम्मको दाग आदिबारे विरोध गर्ने पनि छन्, तर हाम्रो मतभेदका कारण कतिपय रैथाने विचारमा नै समर्थन गर्छन् । यी कुरा लेखिकाको मनको विश्लेषणबाट प्राप्त गर्न सकिन्छ । शारीरिक, मानसिक, बौद्धिक, आर्थिक तथा मनोविज्ञान सबै क्षेत्रबाट एक नारीलाई कमजोर, अन्ध स्पष्टीकरणमा खोकलो ठहर्‍याइएको छ । अन्त्यमा लेखहरू कौतुहलपूर्ण छन् । भाषा निकै सरल र सहज छ । कौतुहलले पाठकलाई लेखहरू पढ्न अभिप्रेरित गरेको छ । साहित्यिकभन्दा पनि वास्तविकताको उजागर दक्ष तथा सबल देखिन्छ । आफूले घुमेका, देखेका, सुनेका, भागेका अनुभूतिलाई लेखमा सकेसम्म समेटिएको पाइन्छ । समग्रमा लेखहरू समयसापेक्ष र उत्कृष्ट रहेका छन् । पुस्तकले पाठकको मन जित्न सकोस् भन्ने शुभेक्षा छ ।

प्रबल खरेल
कक्षा-९, ए९

मिहिनेतको फल

एउटा सानो गाउँमा एक कृष्ण नाम गरेका व्यक्ति थिए । उनी किसानका परिवारमा जन्मेका थिए । त्यसैले उनी सानै देखि मिहिनेती र इमानदारपूर्वक काम गर्दथे । उनको परिवारको स्थिति कस्तोसम्म थियो एक दिन परिवारमा कसैले काम गरेरनन् भने एक छाक खाना खान पनि गाह्रो पर्थ्यो । त्यस्तो परिवारमा जन्मिए पनि उनले कहिले नराम्रो महसुस गरेनन् । स्कूल जान पाएनन्, राम्रो कपडा लाउन पाएनन् । अरुजस्तो सुखी जीवन जिउन नपाए पनि कहिले निराश भएनन् । यस्तै गर्दै कैयौँ साल बिते पनि उनको सोच बदलिएको थिएन । बिहे गर्ने उमेर भइसकेको थियो । बिहे पनि सोच मिल्ने महिलासँग गरेका थिए, तर धनी घरकी छोरीसँग माया गरेपछि उनलाई बढी चिन्ता थियो । म गरिब भएर न उनका परिवारले मान्दैनन् कि र अरु धेरै आए, तर उनका प्रेमीले कहिले पैसाको ध्यान दिएनन् भनेर सोच्दथे । जसोतसो गरेर परिवारलाई विवाहका लागि राजी बनाए र खुसीका साथ विवाह पनि सम्पन्न भयो ।

केही वर्षपछि उनका एक छोरा जन्मिए । समयअनुसार छोरा हुर्कदै गयो र कृष्णलाई तनाव बढ्दै गयो । आफू त अनपढ भए, तर छोरालाई राम्रो शिक्षा दिनुपर्छ भन्ने लाग्थ्यो । उनले एक दिन श्रीमतीसँग यस विषयमा छलफल गरे –“बुढी ! हेर, हाम्रो छोरा ठुलो भइसक्यो । उसको पढ्ने उमेर हो तर पैसा भने एक सुको छैन । के गर्ने ?

–“हजुर चिन्ता नलिनुस् न, म बुबाट मागिहाल्छु नि हुन्न र ?” श्रीमतीले भनिन् ।

–“हुन त हो, तर ससुराबुबासँग माग्न अलि नराम्रो होला । म आफ्नै कमाइको पैसाले छोरालाई शिक्षा दिन चाहन्छु” भने । श्रीमतीले ‘हुन्छ’ भनेर आफ्नो काम गर्न थालिन् । किसान यसबेला सोच्न थाले र दिनरात काममा खटिए, तर पैसा भने खानाका लागि मात्र पुग्थ्यो ।

श्रीमतीले यति सारो काम गरेको देखेर भनिन्–“छोरा नपढाए पनि हुन्छ । तपाईंको स्वास्थ्य बिग्रिँदै जाला । धेरै काम नगर्नुस् ।” तर किसान भने छोरालाई पढाएरै छोड्छु भन्ने सोचमा थिए । पानी परिरहँदा पनि खेतमा काम गर्दै थिए । गाउँलेहरू उनले काम गरेको देखेर प्रसन्न हुन्थे । छोरा ठुलो हुँदै गयो, बुझ्ने भयो । आफ्नो बुबाले गरेको मिहिनेत देखेर पछि म आफ्ना आमाबुलाई पढेर केही भनेर देखाउँछु भन्ने सोच राखेका थिए ।



बिस्तारै कृष्ण बुढो हुँदै गए र काम गर्ने अवस्थामै थिएन । छोरा भने काम गर्दै पढ्दै डाक्टर पढ्नका लागि भनेर विदेशमा जाने अवसर पाए । उनले विदेशमा गएर आफ्नो बुबाले काम गरेजसरी मिहिनेत गरेर पढे । आफूले मनबाटै सोचेको काम अधुरो हुँदैन भन्ने उनले सुनेकै थिए । त्यस्तै छोरा पनि फर्किएर आएपछि नेपालकै उत्कृष्ट डाक्टर बने । आफ्नो छोराले यस्तो सफलता प्राप्त गरेको देखेर दुवै आमा र बुबा प्रसन्न भएका थिए । गाउँबाट आफ्नो परिवारलाई सहरमा ल्याए, एउटा ठुलो घर बनाए र भने- “बुबा ! आज तपाईंकै मिहिनेतले गर्दा म आज यहाँसम्म पुग्न सफल भएँ । अब तपाईंले गरेको मिहिनेतको फल मबाट पाउनुहुनेछ ।”

आमाले पनि भनिन्, “हो, आज तपाईंले नगरेको भए हाम्रो छोरो यहाँसम्म आइपुग्दैनथ्यो ।”

छोराले पनि विवाह गरे र खुसीसँग एउटै घरमा बसे ।

सिग्मा श्रेष्ठ
कक्षा-७, ए३

एकदम मिल्ने साथी

एकादेशमा दुई जना एकदम मिल्ने साथी थिए । उनीहरू साह्रै मिल्थे । उनीहरूको मित्रता देखेर अरु साथीहरू ईर्ष्या गर्थे । एक दिन कुनै कारणले दुईजनाको बीचमा भगडा पऱ्यो । के ही दिन त उनीहरूले कुरा नै गरेनन् । एक दिन उनीहरूको दुलो भगडा पऱ्यो, केही दिन त उनीहरूले कुरा नै गरेनन्, तर कुनै घटनाले गर्दा दुईजना फेरि मिले ।

उनीहरूले भने-“अब हामी कहिलै पनि सानोसानो कारणले भगडा नगर्ने ।”

उनीहरूले कहिले पनि भगडा गरेनन् । उनीहरू हुर्किए, तर पनि अहिलेसम्म उनीहरूको मित्रता छुटेन । उनीहरूको मित्रता गाउँभरिमा प्रसिद्ध थियो । एक दिन एउटा साथी विदेश गयो । उसले काम पाएर काम गऱ्यो । पाँच वर्षपछि फर्किँदा उसको साथी उसलाई विमानस्थल लिनका लागि गयो । ऊ धेरै नै खुसी थियो, किनभने उसले आफ्नो साथीलाई पाँच वर्षपछि भेट्दा विमानस्थलमा हवाईजहाज आइपुग्यो । हवाईजहाजबाट उसको साथी निस्कियो भनेर ऊ फटाफट भित्र गयो र उसको साथीलाई देखेर खुसी हुँदै अँगालो हाल्यो । उसले उसको साथीलाई गाउँमा लग्यो । गाउँमा धेरै रमाइलो भयो । सबैजना खुसीले नाच्न थाले र ऊ घर गयो ।

कृतिका मल्ल
कक्षा-५, ए३



सम्राटको सपना

सम्राट एक्कासि बिउँफियो र पानी पिउन गयो । ऊ पसिनाले पूरै भिजिसकेको थियो । पानी पिएपछि ऊ एकछिन माथि छतमा गएर आफ्नो सपना र भविष्यको बारेमा सोच्न थाल्यो । सम्राट सानैदेखि पढाइमा राम्रो, आमाबुबाको कुरा मान्ने ज्ञानी थियो । ऊ आफ्नो कक्षाभरि नै राम्रो अड्क ल्याउने विद्यार्थी थियो । सम्राटको बानीव्यवहार र पढाइ देखेर उसका आमाबुबा पनि उसमाथि गर्व महसुस गर्थे, तर सम्राट कक्षा ६ मा पुगे पछि ऊ एक्कासि परिवर्तन हुन थाल्यो । उसको बानीव्यवहार फरक हुन थाल्यो । ऊ आमाबुबासँग भर्कैर बोल्थ्यो । आफ्ना आमाबुबाको कुरा मान्दैनथ्यो र उसको परीक्षामा प्राप्ताङ्क पनि घट्दै गएको थियो ।

आफ्ना छोराको यस्तो बानीव्यवहार देखेर सम्राटकी आमा उसका भविष्यको बारेमा चिन्तित थिइन् । उनले सम्राटलाई धेरै सम्झाइन्, तर सम्राट भने उनको कुरा सुन्दैनथ्यो । उसको बानीव्यवहार भन् नराम्रो हुँदै गयो । सम्राटकी आमाले छोराको बारेमा सम्राटको बुबालाई पनि भनिन् । बुबा साँभ घर



आएपछि त्यस रात उनले सम्राटलाई धेरै गाली गरे । सम्राट रूँदै आफ्नोमा कोठामा गयो ।

त्यस रात ऊ १२ बजेसम्म उठेर बुबाले भनेको कुरा सोच्दै थियो । ऊ एकछिन सोच्दै गर्दा निदायो । उसले सपनामा आफू ११ वर्षको नभई २० वर्षको केटा महसुस गर्‍यो । ऊ यस घटनाको बारेमा सोच्दै थियो । त्यतिखेरै सम्राटकी आमाले उसलाई बोलाइन्—“छोरा, छिटो गर, इन्टरभ्युको लागि ढिलो हुन्छ । सम्राटले केही बुझ्न सकेको थिएन । ऊ त्यहाँबाट जागिर खोज्न गयो । सम्राटले कक्षा १० पछि पढाइ छोडेको रहेछ । ऊ जागिरका लागि जाँदा राम्रो शिक्षा नभएको कारण उसले जागिर पाएन । ऊ निराश हुँदै घरतिर लाग्यो । घर जानेबित्तिकै सम्राटकी आमाले सोधिन्, “छोरा, फेरि जागिर पाएनौ ?”

सम्राटले मुन्टो हल्लाउँदै आफ्नो कोठामा गयो । राति बुबा घर फर्केपछि सम्राटको बारेमा उसका आमाबुबा भगडा हुन

थाल्यो । उसको आमाबुबा उसको भविष्यबारे धेरै चिन्तित थिए । आफ्नो कारण बुबाआमाको भगडा भएको कारण ऊ निराश हुँदै माथि छतमा गयो र भविष्यका यस्तो परिस्थिति आएको बारेमा सोच्न थाल्यो । एक्कासि बिउँभियो र बाहिर हिँड्न गयो । बाटोमा उसले एउटा भिखारीले पैसा मागेको देख्यो । उसले आफ्नो अवस्था त्यस्तै हुन सक्ने महसुस गर्‍यो । त्यस दिनदेखि उसले आफ्ना शिक्षाका लागि धेरै समय दिन थाल्यो । उसको परीक्षामा प्राप्ताङ्क पनि सुधार हुँदै गयो । ऊ पढाइमा पनि राम्रो हुँदै गयो र उसको बानीव्यवहारमा पनि सुधार आउन थाल्यो । सम्राटको आमाबुबा पनि सम्राटमाथि गर्व महसुस गर्न थाले । कक्षा १० मा सम्राटले त विद्यालयभरि नै सर्वश्रेष्ठ भएको रहेछ । सम्राटको मिहिनेत सफल भयो र उसको आमाबुबा पनि खुसी भए ।

अनन्या दाहाल
कक्षा-७, ए२

अति चकचके

एउटा सुन्दर गाउँ थियो । त्यस गाउँमा सविता, सविन, आकाश र अप्सरा नाम गरेका एउटा परिवार बस्थे । सविता र सविन दिदीभाइ हुन् भने आकाश र अप्सरा उनीहरूको बुबाआमा हुन् । सविता ५ कक्षामा पढ्ने र उसको भाइ सविन ४ कक्षामा पढ्ने विद्यार्थीहरू हुन् । दुवैजना अति चकचके स्वभावका थिए ।

एक दिनको कुरा हो । सविनले उसको आमा अप्सरालाई भन्यो, “आमा ! भोलिदेखि हाम्रो एक हप्ता बिदा छ । हामी सबै जना जङ्गलमा पिकनिक जाऔं न ।”

आमाले भन्नुभयो, “म तिम्रो बुबासँग सल्लाह गर्छु, अनि जाउँला हुन्न ।”

—“हुन्छ ।”

अप्सराले उसको श्रीमान् आकाशसँग सल्लाह गरिन् । आकाशले भन्नुभयो, “हुन्छ । जाऊँ न त पिकनिक नगएको पनि धेरै वर्ष भइसक्यो ।”

आमाले छोरा सविनलाई यो खुसीको कुरा सुनाइन् । सविन खुसीले ‘दुरै’ भन्दै करायो । त्यस दिन सबैजना सबेरै खाना खाएर सुते । भोलि बिहान सबैजना खाजा खाएर पिकनिकका लागि सामान तयार गरे । सबैजना जङ्गलतिर पिकनिकको लागि लागे । केहीबेर जङ्गलतिर घुमे । केहीबेरपछि सबै जनालाई भोक लाग्यो । बुबा र आमा मिलेर खाना पकाउन सुरु गर्नुभयो । त्यही मौका छोपेर सविता र सविन जङ्गलभित्र



पसेर खेलन गए । खेल्दाखेल्दा उनीहरू धेरै टाढा पुगिसके का थिए ।

केही छिनपछि उनीहरूलाई आफू धेरै टाढा पुगेको जस्तो महसुस भयो । उनीहरूले बाटो बिराए । उनीहरू बाबाआमा भन्दै रुन थाले । अप्सरा र उनको श्रीमान् आकाश आफ्ना छोराछोरीलाई खोज्न थाल्यो । उनीहरूलाई पिर पन्यो । उनीहरूलाई आफ्नो छोराछोरीलाई जङ्गली जनावरले समातेर लग्यो कि भन्ने लाग्यो र उनीहरू डराए । खोज्दाखोज्दा उनीहरू धेरै टाढा पुगे । उनीहरूले कोही रोइरहेको जस्तो आवाज सुने । सुन्दै सुन्दै जाँदा उनीहरूले आफ्नो

छोराछोरीलाई देखे र अँगालो हाले । उनीहरूले किन तिमीहरू यहाँसम्म आएको भनेर सोधे । उनीहरूले सबै घटना सुनाए र भने- "हामीलाई माफ गरिदिनुस् । अबदेखि हामी यस्तो चकचक गर्दैनौं र राम्रो काम मात्र गर्छौं । बुबाआमाले

भनेको मान्छौं ।" भनेर वाचा गरे र त्यस दिनदेखि दुवैजना सुधिए ।

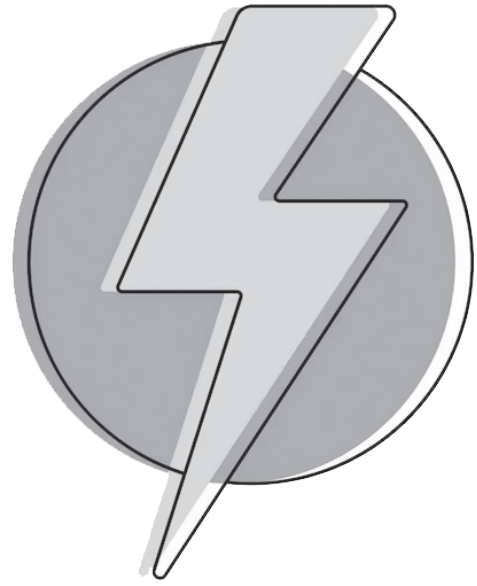
नवराज मग्राती
कक्षा-५, बी१

नेपालमा विद्युतीकरण

गाँस, बास र कपाससँगै आजभोलि हामी सबैको जीवनमा विद्युत्को पनि उत्तिकै महत्त्व छ । गाँस अर्थात् र छाक खाना, बास अर्थात् बस्नका लागि एउटा छानो, कपास अर्थात् एकसरो लाउन नभए हाम्रो जीवन जटिल हुन्छ, तर अहिलेको युगमा यसका साथै विद्युत् नहुँदा पनि हामीलाई जीवनयापन गर्न गाह्रो पर्छ । विद्युतीकरण भन्नाले नै सबै ठाउँमा विद्युत्को पहुँच बिस्तारै यसका माध्यमबाट सबै जनतालाई जोड्नु हो ।

हाम्रो देश नेपाल प्राकृतिक, सांस्कृतिक र धार्मिक रूपमा त धनी छ, तर यसै क्रममा हाम्रो देश एक विकासशील देश पनि हो । नेपालजस्तो विकासोन्मुख देशमा अझै पनि निकै सेवा, सुविधा र सामान्य आवश्यकताको कमी छ । हामीले यस देशमा विकास गर्नु निकै जरूरी छ, तर आवश्यक दक्ष जनशक्ति बिदेसिनु र भ्रष्टाचारका कारण अझै पनि हाम्रो देशका जनताले सामान्य सेवासुविधासमेत पाएका छैनन् । यीमध्ये विद्युत् पनि एक हो । नेपाललाई विद्युतीकरणको धेरै आवश्यकता छ, तर देशका विभिन्न समस्याले सबै गाउँ र बस्तीलाई विद्युत्का माध्यमबाट जोड्ने अथवा देशमा विद्युतीकरण गर्ने सपना मात्रै बनेको छ ।

नेपालमा प्रतिशतका आधारमा हेर्नुपर्दा कुल जनतामध्ये मात्र ९४ प्रतिशतसम्म सञ्चारको पहुँच छ । त्यस्तै अझै पनि नेपालका विभिन्न पिछडिएका क्षेत्र र विकास हुन नसकेका क्षेत्र जस्तै- कालिकोट, बझाङ, बाजुरा र अन्य ठाउँहरूमा बसोबास गर्दै आइरहेका जनतासम्म विद्युत्को पहुँच छैन । नेपालमा विद्युतीकरणको आवश्यकता छ । अहिलेको कुरा गर्ने हो भने पनि जहाँ विश्वमा रहेको सानासाना देशका विभिन्न ठाउँ र समग्रमा पूरै देशले प्रगति गरिसकेको छ । हाम्रो देशमा अझै ५ त्यस्ता क्षेत्रहरू छन् जहाँ विद्युत्को पनि पहुँच छैन । नेपाल विद्युत् प्राधिकरण र नेपाल सरकारले आउँदा दिनमा नेपालमा पूर्ण रूपमा विद्युतीकरण भने सम्भव भएको छैन । हामीले र सरकारले यसमा ध्यान दिनु अत्यावश्यक छ । हामीले के जान्नु आवश्यक छ भने सबै जनता विद्युत्का माध्यमबाट जोडिएमा



र नेपालमा विद्युतीकरण भएमा नेपाल तीव्र गतिले विकासतर्फ लम्कन सक्छ ।

यसबाहेक नेपालमा सरकारले लगानीकर्ताहरूलाई विद्युत्का तार विस्तार गर्नमा आर्थिक सहयोग गर्न आकर्षित गर्न सक्नुपर्छ । सबै जनतासम्म विद्युत्को पहुँच सहज र सरल तरिकाले पुऱ्याउनुपर्छ । भ्रष्टाचारको अन्त्य गरी यस तरिकाले पुऱ्याउनुपर्छ । भ्रष्टाचारको अन्त्य गरी यस क्षेत्रका लागि राखिएको बजेट यसै क्षेत्रमा उपयोग गरी विद्युतीकरणको अभियान सफल पार्नुपर्छ । निष्कर्षमा भन्नुपर्दा, नेपालजस्तो देशका लागि विद्युत् र विद्युतीकरण आजको समयमा नभई नहुने आवश्यकता हो । केन्द्रीय, स्थानीय र प्रादेशिक सरकारले भ्रष्टाचारको अन्त्य गरी यस देशमा विद्युतीकरण गर्नुपर्छ । आफ्नो स्वार्थ त्यागी जनतासम्म विद्युत् र सञ्चार पुऱ्याउने कुरामा ध्यान दिनुपर्छ र यसका साथै उन्नति र प्रगतिको मार्गमा लम्किनेछ । त्यसैले नेपालमा विद्युतीकरण विकासको महत्त्वपूर्ण पाटो पनि हो ।

खगेन्द्र जोशी
कक्षा-८, ए१

मेरो कल्पनाको नेपाल

नेपाल प्राकृतिक सौन्दर्यताले भरिपूर्ण देश हो । यहाँ खोलानाला, हिमाल र पहाडको दृश्य देखेर मान्छे रमाउँछन् । नेपालीहरूलाई नेपाल प्यारो लाग्दछ, तर जति प्यारो लागे पनि म र नेपालीहरूको कल्पनाको चाहनाको नेपाल अहिलेसम्म निर्माण भएको छैन । नेपाल अहिलेसम्म पूर्ण विकास भएको छैन र मेरो कल्पनाको नेपाल पूरै विकसित हुनेछ । अहिलेको नेपाल हा(मीले जति माया गरे पनि अबको समय नेपाललाई विकसित बनाउने र हामी सबैका कल्पनाको जस्तै सुन्दर नेपाल बनाउने हो ।



मेरो कल्पनामा भएको नेपालमा सडकहरूमा फोहोर फालिने छैन । मेरो कल्पनाको नेपालमा हामीले वाग्मतीको वरपर नाक नछोपीकन हिँड्ने व्यवस्था गर्नुपर्छ । मेरो कल्पनाको नेपालमा हिंसा छैन र सबै नेपालीहरू भ्रातृत्व देखाई एकअर्का(लाई सहयोग गरिरहेका हुनेछन् र एकआपसमा मित्रताको भावनाले सँगै बसिरहेका हुनेछन् । मेरो कल्पनाको नेपालमा केही जातिको छुवाछुत आदिको चलन छैन । मेरो कल्पनाको नेपालमा सबै नेपाली विद्यार्थीहरू शिक्षित हुन्छन् र सबै युवाहरू रोजगार हुन्छन् । त्यहाँ अहिलेका युवाहरू रोजगारी अवसरका लागि र पढाइका लागि बाध्य भई नेपाल छोड्नुपर्ने अवस्था आउँदैन । कसैले पनि मागेर खानुपर्ने अवस्था छैन । घुस खाने काम हुँदैन । हाम्रो देशका नेता सच्चा र इमानदार हुन्छन् । मेरो कल्पनाको नेपालमा गरिबी हुँदैन । मेरो विचार र अरु नेपालको मेरो कल्पनाको नेपालमा पक्कै मिल्छ होला । हरेक नेपालीको कस्तो सपना हुन्छ भने नेपाल विकसित होस् र हरेक नेपाली नेपाललाई मेरो देशभन्दा उनका मन गर्वले उठोस् ।

हामीले जति कल्पना गरे पनि त्यो काम गर्न त सुरु गरेसम्म त्यो कल्पना कल्पना नै भएर बस्छ । यो कल्पना त हामीले वर्षेवर्षदेखि गर्दै आएका हौं, तर अब समय हो जब हामीले त्यो कल्पनालाई पूरा गर्न सबै काम गर्नुपर्छ । यो कल्पना पूरा

सके एक दुईजना मात्र लागेर हुँदैन । हामीले यो कल्पना पूरा गर्न मिलेर लाग्नुपर्छ । हामीले हाम्रो नेपाललाई विकसित बनाउन त्यति सजिलो छैन । यदि हामी सबैले एकतामा लागेर गर्नुपर्ने अवश्य कल्पनाको नेपाल बन्न सक्छ । हामी सबै जना एकजुट भएर हाम्रो सपनाको नेपाल बनाउन सक्छौं । हामीले यसका लागि सबैमा जनचेतना फैलाउनुपर्छ । सबैलाई यो हाम्रो कल्पनाको नेपाल बनाऔं भनेर नारा लगाउनुपर्छ । नारा लगाएपछि हामी सबैजना मिलेर हामी कसरी विकास गर्न सक्छौं भनेर छलफल गर्नुपर्छ र हामी सबैजना मिलेर नेपालको विकास गर्ने काममा लाग्नुपर्छ ।

हामीले नेपाल अहिले विकसित गरेनौं भने कहिले पनि हुँदैन । त्यसैले हामीले नेपाललाई अझै राम्रो बनाउन हामीले अहिले नै काम गर्न सक्नुपर्छ । हामीले हाम्रो मातृभूमिलाई अझै उत्तम बनाएर विश्वसामु देखाउनुपर्छ । हामीले हाम्रो कल्पनाको नेपाल बनाउन दिलोज्यान लगाएर प्रयास गर्नुपर्छ र त्यसमा सफलता हासिल गर्नुपर्छ ।

जेनिशा कटवाल
कक्षा-९, ए९

कृषि व्यवसाय

खेतीबाली लगाएर अन्न उत्पादन गरी आर्थिक लाभ लिने व्यवसायलाई कृषि भनिन्छ । भौगोलिक विविधताले भरिपूर्ण हाम्रो देश नेपाल पनि एक कृषिप्रधान देश हो । हाल ६८ प्रतिशत नेपाली जनताहरू कृषि व्यवसायमा संलग्न रहेका छन् । विगतमा नेपालीहरूको मुख्य आयआर्जनको स्रोत भने कै कृषि थियो भने अहिले आधुनिकीकरणका कारण कृषि व्यवसायमा मानिसको निर्भरता घट्दै गएको छ ।

कृषि व्यवसायअन्तर्गत अरु विभिन्न व्यवसायहरू पनि पर्दछन् । फलफूल खेती, फूल खेती, पशुपालन, मौरीपालनजस्ता विभिन्न व्यवसायहरू कृषिअन्तर्गत नै पर्दछन् । नेपालजस्तो विकासशील देशमा ग्रामीण क्षेत्रका मानिसहरूको पेसा भनेको यही कृषि नै हो । आफूले उत्पादन गरेका उत्पादनहरू बजारमा बेचेर नै यी मानिसहरूले आफ्नो जीविका चलाइरहेका हुन्छन् ।

भूस्वर्गको रूपमा रहेको हाम्रो देश नेपालमा कृषिको निकै सम्भावना रहेको छ । विविध सम्भावनाहरू भए तापनि आधुनिक उपकरण र पुँजीको अभावका कारण नेपालमा कृषि व्यवसाय फस्टाउन सकेको छैन । यहाँका किसानहरू अहिले पनि हँसिया, कोदालो, हलो जस्ता पूर्वीय उपकरणहरूकै प्रयोग गरिरहेका छन् । तराईको उर्वर भूमिमा निकै बालीनालीहरू उब्जाएर प्रशस्त आर्थिक लाभ लिन सकिन्छ, तर कृषिक्षेत्रमा आधुनिकता र दूरदर्शिताका अभावका कारण नेपालको कृषिमा खासै केही परिवर्तन आउन सकेको छैन । मानिसहरूले कृषिलाई आयआर्जनको स्रोतका रूपमा मात्र लिएका कारण पनि यहाँ कृषिको विकास हुनु नसकेको हो । यति मात्र नभई मानिसहरू कृषि व्यवसायलाई त्यागेर अरु प्रशस्त धनलाभयुक्त व्यवसायहरूमा संलग्न भइरहेका छन् ।

नेपाल कृषिका लागि निकै उपयुक्त भूमि भएको देश हो । किसानहरूले आधुनिक प्रविधिका प्रयोग गरी कृषि उत्पादनमा तीव्रता ल्याउन सक्छन् । साथै, यस विषयमा सरकारले पनि नीतिनियम र विभिन्न योजनाहरू बनाउनुपर्छ । कृषिक्षेत्रका लागि सरकारले पर्याप्त बजेट छुट्याउनुपर्छ । किसानहरूलाई सजिलैसँग ऋण दिने व्यवस्था गर्नुपर्छ र उनीहरूको उत्पादन नहरूलाई बजारमा बेच्न मद्दत गर्नुपर्छ । यसका साथै अहिले का पढेलेखेका युवाहरूलाई विदेश जानबाट रोकी आफ्नै देशमा आफ्नो श्रम र सिपहरू प्रयोग गर्न प्रोत्साहन गर्नुपर्छ । कृषि व्यवसायलाई विकसित बनाई यसको भरिपूर्ण आर्थिक लाभ लिन सक्थे भने नेपालको अर्थतन्त्र अवश्य पनि कृषिले धान्न सक्छ ।



कृषि एक निकै महत्त्वपूर्ण र लाभदायक व्यवसाय हो । कृषिबाट उत्पादित अन्नबालीहरू उपभोग गरेर नै संसारमा मानिसहरू बाँचिरहेका छन् । यदि नेपाल सरकार र नेपालीहरूले कृषिक्षेत्रलाई विकसित बनाउन सकेमा निकै आर्थिक लाभ लिन सकिन्छ जसले देश विकासमा निकै महत्त्वपूर्ण टेवा पुऱ्याउँछ । यसरी कृषि व्यवसायलाई प्राचीन व्यवसाय भनेर हेला नगरी यसको सम्मान गरी यसबाट भरिपूर्ण लाभ लिन सक्नुपर्छ ।

हेजल श्रेष्ठ
कक्षा-१०, ए२

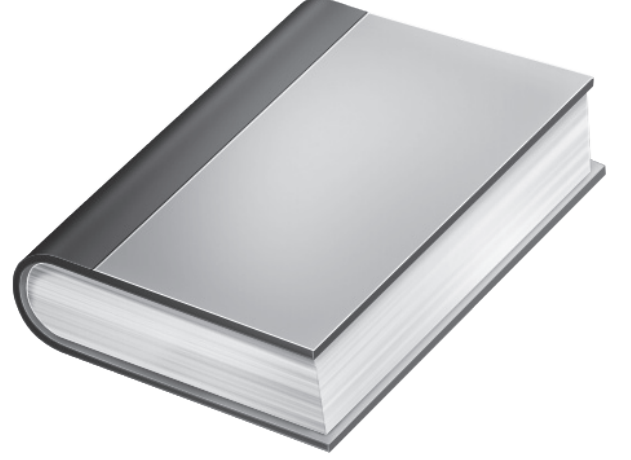
साहित्य

पुस्तकहरूले हाम्रो जीवनमा अद्भुत परिवर्तन गरेका छन् । साहित्यले हाम्रो बिचको बोलीचालीमा नयाँ दृष्टिकोण प्रदान गरेको छ । यसले हामीलाई समृद्धि, सामाजिकचेतना र बौद्धिक विकासमा सहयोग पनि पुऱ्याउँछ ।

नेपालमा साहित्यले विभिन्न आधारमा लेखकहरूको विचारलाई ल्याउँछ र यसले समाजको सोचमा परिवर्तन ल्याउँछ । साहित्यमा व्यक्तिगत अनुभव, सामाजिक समस्याहरू, राजनीतिक र आर्थिक परिस्थितिहरूको चित्रण गरिएको छ । यसले वाचकलाई विश्वासी बनाउँछ र उनीहरूलाई जीवनको अभ्यासहरूमा सोच गर्न बोलाउँछ ।

साहित्यले हाम्रो भाषा, सांस्कृतिक औपचारिकता र ऐतिहासिक पृष्ठभूमिसमेत उजागर गराउँछ । नेपालको साहित्यमा गद्य, पद्य, नाटक, उपन्यास आदि रहेको छ र यसले समृद्धि गरेको छ । यी विभिन्न रूपहरूले चित्रित गरिएको कथाहरूले हाम्रो समग्र अनुभूति विकसित गराउँछ ।

साहित्यले नारी, दलित र अल्पसङ्ख्यकहरूको आवाजलाई सुन्दछ र उनीहरूले आफ्ना अनुभवहरूलाई साभ्ना गरेका छन् । यसले समाजमा विभेद र अन्यायमा बाँच्ने समस्याहरूमा परिवर्तन ल्याउँछ । साहित्यले नेपालको सांस्कृतिक औपचारिकता



बढाइरहेको छ र यसले नेपालको साहित्य, भाषा र सांस्कृतिक परिचयमा महत्त्वपूर्ण भूमिका खेलेको छ । साहित्यले हाम्रो विचारमा आलोचना विचार र सिर्जनशीलता प्रदान गरेको छ र यो हाम्रो समृद्धि र सुन्दर भविष्यको साक्षर गराउँछ । साहित्यले हाम्रो बिचमा एकसाथ बोल्दै छ र हाम्रो समृद्धिका लागि एक पर्याप्त यात्रा गरेको छ ।

दिशान्त श्रेष्ठ
कक्षा-१०, ए१

सङ्घीय सदन हाम्रो व्यवस्थापिका

राज्य सञ्चालनको महत्त्वपूर्ण अङ्गहरूमध्ये व्यवस्थापिका पनि एक हो । व्यवस्थापिकाले देशलाई आवश्यक पर्ने कानुन निर्माण गर्छ । संसदीय शासन प्रणालीमा कार्यपालिकाको निर्माण पनि व्यवस्थापिका संसद्बाट हुन्छ । वर्तमान प्रतिनिधिसभाअनुसार प्रतिनिधिसभामा जम्मा २७५ जना सदस्यहरू छन् । ती सदस्यहरू देहायबमोजिम निर्वाचित हुन्छन् । यी सदस्यहरूले राज्य सञ्चालनका विविध नीति निर्माण गर्दछन् । उनीहरूको बैठक बस्ने र छलफल गर्ने स्थान नै पार्लियामेन्ट हाउस अर्थात् सङ्घीय संसद् हो । नेपालको सङ्घीय संसद् भवनमा देशका महत्त्वपूर्ण कार्यक्रमको छलफल र घोषणा गरिन्छ ।

सिकाइका लागि किताबमा मात्र विद्यार्थी निर्भर नहोऊन् भन्ने उद्देश्य राखेर विद्यार्थीलाई प्रयोगात्मक शिक्षा प्रदान गर्न हाम्रो विद्यालयले सामाजिक विषयअन्तर्गत कक्षा १० का विद्यार्थीलाई नेपालको सङ्घीय संसद्मा लगेर प्रत्यक्ष बैठक देखाएको थियो । यसका लागि हामी, हाम्रा प्यारा गुरु र गुरूआमा र समस्त विद्यालयप्रति कृतज्ञ छौं ।

नेपालको सङ्घीय संसद् भवन पुग्दा हामीले राज्यका नीति-निर्माण र कार्यान्वयन गर्ने पक्षका बारेमा थप ज्ञान प्राप्त गर्नुभयो ।



जनताबाट निर्वाचित प्रतिनिधिहरूको सङ्गठन नै सङ्घीय संसद् हो । लोकतान्त्रिक शासन प्रणाली व्यवस्थापिकाको टुलो हात रहन्छ ।

प्रशंसा खनाल
कक्षा-१०, ए१

जङ्क्व-नेवा: संस्कार

नेवा: समुदायभित्र गरिने विभिन्न संस्कारहरूमध्ये जङ्क्व पनि एउटा हो । यस संस्कारभित्र मानिसहरूलाई दुईचोटि जङ्क्व गरिन्छ । पहिला बच्चा बेलामा अर्थात् पास्नीको बेलामा, दोस्रो बुढेसकालमा । बुढेसकालमा गरिने जङ्क्वलाई ज्या: जङ्क्व भनिन्छ । आफ्ना आमाबुबाले छोराछोरीहरूको स्याहारसुसार र लालनपालन गरिदिएको सम्मानस्वरूप छोरछोरीले आफ्नो आमाबुबालाई भगवानसरह मानी ज्या: जङ्क्व गरिन्छ । ज्या: जङ्क्व संस्कार गरिसकेको व्यक्तिहरूलाई भगवानसरह आदर सम्मान गरी पुग्ने चलन नेवा: समुदायभित्र छ । बुढेसकालमा ज्या: जङ्क्व विभिन्न उमेरमा गरिन्छ जुन यस प्रकारका छन्:



१. भीमरथारोहण :

जब मानिसको उमेर ७७ वर्ष ७ महिना ७ दिन ७ घन्टा र ७ पाइला पुग्ने समय यो पहिलो ज्या: जङ्क्व गरिन्छ । यसलाई भीमरथारोहण भनिन्छ । यो जङ्क्व गर्दा जङ्क्व गर्ने मानिसलाई सूर्यको वाहन घोडा भएको खटमा राखी बोकेर विभिन्न मठमन्दिरहरूमा घुमाइन्छ ।

२. चन्द्ररथारोहण :

यो जङ्क्व जब मानिसको उमेर ८२ वर्ष ४ महिनाको पुगेको पूर्णिमाको दिनमा गरिन्छ । यस जङ्क्वमा ब्रह्माको वाहन हाँसको चित्रलाई खटको स्वरूप दिइन्छ । जङ्क्व गर्ने व्यक्तिलाई उक्त स्थानमा विराजमान गराई चन्द्रमालाई सवा लाख बत्ती बाली पूजाआराधना गरी यो जङ्क्व गरिन्छ ।

३. देवरथारोहण :

जब मानिसको उमेर ८८ वर्ष, ८ महिना, ८ दिन, ८ घन्टा र ८ पाइला पुगेको दिनमा तेस्रो जङ्क्व गरिन्छ जसलाई देवरथारोहण भनिन्छ । यस जङ्क्वमा जङ्क्व गर्ने मानिसलाई विष्णु भगवानको स्वरूप मानी गरूडको शरीरमा बसी उडेर गएको प्रतीकस्वरूप खटमा राखी तानेर विभिन्न मठमन्दिरहरूमा घुमाइन्छ । यस जङ्क्वमा उक्त व्यक्तिसहितको खटलाई तानेर झ्यालबाट आफ्नो घरमा भित्र्याइन्छ ।

४. दिव्यरथारोहण :

जब मानिसको उमेर ९९ वर्ष, ९ महिना, ९ दिन, ९ घन्टा र ९ पाइला पुगेको खुसियालीमा चौथो जङ्क्व गरिन्छ जसलाई दिव्यरथारोहण भनिन्छ । यस जङ्क्वमा मानिसको पुनर्जन्म भएको मानिन्छ । त्यसैले यस जङ्क्वमा जङ्क्व गर्ने मानिसलाई घ्याम्पोबाट निकालिने गरिन्छ र व्यक्तिलाई महादेवको स्वरूप मानेर पूजा गरिन्छ ।

५. महादिव्यरथारोहण :

यो जङ्क्व जब व्यक्तिको उमेर १०८ वर्ष, १० महिना, १० दिनमा गरिन्छ जसलाई महादिव्यरथारोहण भनिन्छ । जङ्क्व गर्ने व्यक्तिहरूको कानमा विशेष प्रकारको सुनको गहना लगाइदिन्छ जसलाई 'पुनाय्चा' भनिन्छ । साथै, भगवानस्वरूप निधारमा दृष्टि टीका सुनको टीका लगाइदिन्छन् । महिलाले दुपट्टा, सारी, तासको लुगा र सल वस्त्र धारण गरेको हुन्छ भने पुरुषले दौरा-सुख्वाल र शिरमा सेता फित्ता बाँधिन्छ । यस प्रकार जङ्क्व भनेको व्यक्तहरूलाई भगवानको रूपमा पुजिने र सम्मान गर्ने नेवा: संस्कार हो ।

नियोन महर्जन
कक्षा-७, ए९

भवानी भिक्षु

भवानी भिक्षु नेपालका एक प्रमुख साहित्यिक र समाजसेवी थिए । उनले आफ्नो जीवनलाई साहित्य र समाजसेवामा अर्पित गरेका थिए । उनका लेखनले राष्ट्रिय अभिवृद्धिमा यो गदान पुऱ्याएको छ ।

भिक्षुले विभिन्न समाजसेवा कार्यमा सक्रिय भूमिका खेलेका थिए । उनले समाजको कल्याण गर्नका लागि अनेक कार्यक्रमहरू गरेका थिए । उनको निधन भएको वर्ष नेपालको साहित्य र सामाजिक क्षेत्रका लागि एक दुःखद क्षण थियो । भिक्षुको जीवन, समृद्धि र उत्थानका लागि धेरै यात्राहरू भएका थिए । उनका लेखनको नेपाली साहित्यमा एउटा अलग पहिचान बनेको छ । भिक्षुले उद्घरण गरेका कृतिहरूले नेपाली समाजमा गहिरो प्रभाव छोडेका छन् ।

भिक्षु विवाहित थिए र उनका दुई छोरा थिए । उनका दिनको समयमा भिक्षुले अनेक लेखनी समागमहरू गरेका थिए जसमा उनले सामाजिक, राजनीतिक तथा साहित्यिक मुद्दाहरू उठाएका थिए । उनका केही कृतिहरू गुनकेशरी (२०१७), मै याँसाहेब (२०१७), आवर्त (२०१४) हुन् । उनले वि.सं. २०३३ सालमा मदन पुरस्कार प्राप्त गरे । त्यही वर्ष उनले साभा पुरस्कार पनि प्राप्त गरे ।



भवानी भिक्षु वि.सं. २०३८ साल वैशाख ४ गते नेपाली साहित्यको चम्किला तारा रोगका कारण यस संसारबाट बिदा भए । उनको मृत्युले धेरैको मन रूवायो, तर उनी अहिले हामीसमक्ष नभए पनि मनमा सधैं अमर रहने छन् ।

युनिशा गिरी
कक्षा-७, ए१

अब के गर्ने

विश्वइतिहासमा हाम्रो देश नेपालले एक महत्त्वपूर्ण खण्ड ओगटेको छ । ससाना राज्यहरूबाट देश अखण्ड, एकीकृत राज्य बन्यो । त्यसपछि देशमा शाह वंशजको अवस्थित रह्यो । यो राज्य गर्ने प्रणाली निरन्तर पाउँदै गयो इतिहासको एक मोडमा जङ्गबहादुरको उदयसँगै जहानियाँ राणाशासन लागू भयो । १०४ वर्ष लामो राणाशासन २००७ साल फागुन ७ गते अन्ततः राणाशासनको अन्त्य भयो । देशमा प्रजातान्त्रिक समय राम्ररी उदाउन सकेन । सूर्य चर्किएपछि त पानी पर्नु नै थियो । प्रजातान्त्रिक प्रणालीले देशलाई बिगान्यो र यसले देशको भलो गर्न सक्दैन भनेर दरबारले जनताको हातबाट प्रजातन्त्र खोस्यो अनि पञ्चायती व्यवस्था लागू गऱ्यो, तर गर्ने के ? हामी नेपाली परिवर्तनबिना बाँच्नै नसक्ने पो रहेछौं । फेरि आन्दोलन भयो । व्यवस्था उल्टियो । प्रजातन्त्रका किरणहरू फेरि उदाए, तर फेरि दरबारले शक्ति खोस्यो । नेपालीहरू निरीह भएर बसेनन् । माओवादीको जनयुद्ध पनि चल्दै थियो । जनता पनि सडकमा आए र जनताको बलले पूर्ण रूपमा राज्यव्यवस्थालाई १८० डिग्रीतिर घुऱ्यो । १०८ वर्षीय लामो राणा शासन अन्त्य भयो र अहिले साधारण जनताका छोराछोरी देशको सर्वोच्च



पदमा विराजमान हुन पाएका छन् । देशलाई चलाउने र सबै को अधिकार सुरक्षित राख्ने संविधान जारी गर्न हामीले एक दशकभन्दा बढी समय लगायौं, तर यस कामलाई न्याय दिएर छोड्यौं । पहिले देश पाँच विकास क्षेत्र र १४ अञ्चलमा सीमित थियो भने अहिले सात प्रान्तहरूमा विभाजित छ । यसरी अहिले फेरि नयाँ परिवर्तन हामीले पाएका छौं र नयाँ व्यवस्थाको फेरि उदय भएको छ । अब यस अवस्थामा हामीले गर्ने के ? विगतमा पटकपटक सरकार बदलिए । हरेक सरकारको मृदुभाषामा दृष्टि लुकेको छ भन्ने मिथ्या साबित हुँदै गयो । व्यवस्थाप्रति नै हाम्रो वितृष्णा जागृद गयो र पटकपटक परिवर्तनका पहल गर्नु, तर के यसले हामीलाई केही परिवर्तन दियो ? अहिले विश्व उत्कृष्ट राजनीतिक अवस्था अर्थात् गणतान्त्रिक प्रणाली देशमा स्थापित भएको छ । यो उत्कृष्ट गणतान्त्रिक प्रणालीले जनताको भलो गरेन भनेर कतिपय जनताहरू फेरि व्यवस्था परिवर्तन गर्नुपर्छ भनेर आवाज उठाइरहेका छन् । एकपल्ट सोचौं त, हामीले ७० वर्षदेखि परिवर्तन भोग्दै आएका छौं । यसरी देशलाई कति प्रयोगशाला मात्र बनाउने ?

केही नहुनुमा दोष कसको ? हामी आफ्नो तर्फबाट केही पनि गर्दैनौं र दोषजति सबै सरकारको पोल्तामा थुपाउँछौं । हामी नै सचेत छैनौं । देशमा कतिपय घटना भइरहेका हुन्छन्, हामी चुप लागेर मात्र बस्छौं । सरकारले बनाइदिन्छ बाटो बिगाउँछौं, हामी लुटपाट, चोरी, डकैती तथा अन्य विकृतिलाई प्रश्रय दिने हामी नै हौं । हामी नै देशमा सुशासन कायम रहोस् भन्ने चाहँदैनौं

। यस अवस्थामा सरकारले के गरोस् त ? युवाशक्तिको तारा लगाउने छ, तर युवाशक्ति कस्तो शक्ति ? कक्षा छोडेर भाग्ने २४ घन्टा फेसबुकमा सरकार र नेताहरूको खिल्ली उडाउने र अन्य नकारात्मक सोच बोकेको शक्ति बन्न पुगेका छन् आजका युवाशक्ति । वैज्ञानिक र वैकल्पिक सोच हामीमा पटककै छैन । यस्तो हो भने युवाले के गर्न सक्छ ? अब कसले गर्ने ? अब के गर्ने ? विश्व इतिहासका पानाहरूलाई पल्टाएर हेर्ने हो भने आज विकसित तथा शक्तिशाली देश एकै मान्छेको प्रयासका कारणले आज यस मञ्चमा पुग्न सफल भएको हो । जर्ज वासिङ्टनको प्रयासले टुक्राटुक्रामा विभाजित भएर अमेरिका राज्य संयुक्त बन्यो । यस्ता उदाहरण र दृष्टान्त त कति छन् कति तर यसबाट पाठ कहिले सिक्ने ?

हामी यो दल ठिक, त्यो बेठिक भन्छौं, तर उपर्युक्त उदाहरणले के पाठ सिकाउँछ भने विकास र समृद्धिका लागि एक मानिसको प्रयास पर्याप्त छ । विकास गरौं, राष्ट्रवादी बनौं । हामी एकैजनाको प्रयासले यस देशमा हामीले चाहेको परिवर्तन सम्भव छ । त्यो एक व्यक्ति हामी नै बनौं । आज हामी सपना देखौं । भोलि अथक प्रयास र मिहिनेत गरेर त्यस सपनालाई यथार्थमा बदलौं । यो गर्न सकिँदैन भने केवल देशलाई त माया गरौं न ! हामीबाट हुँदैन भने सही व्यक्तिलाई सहयोग गरौं । हाम्रो यही सहयोगले आमूल परिवर्तन सम्भव छ र समृद्ध नेपाल सुखी नेपालीको हाम्रो सपना अवश्य पनि साकार हुनेछ ।

आदित्य बजगाई
कक्षा-१०, ए२

भोलिको गन्तव्य

"भोलिको गुरु आजको शिष्य हुँ
म यो देशको स्वर्णिम भविष्य हुँ ।"

यस विद्यालयमा वर्षौं दिनदेखि गाउँदै आएका यी हरफहरूको आशय म आज बुझ्दै छु । विद्यालयको यस अनुशासित जीवनबाट कक्षा १० सकिने दिन गन्दै बसेको समयमा कहिले यस विद्यालयसँग यति गहिरो माया बस्न गयो पत्तै भएन । हिजोसम्म कक्षा ६ मा खेल्दै रमाउँदै गरेका बालबालिका हामी आज यस जिपिएको दौडमा यहाँसम्म आइपुगेका छौं । न समयको होस, न परीक्षाको डर भएका बचेरा हामी अब आफ्नो प्वाँख फिँजाएर स्वतन्त्र आकाशमा उड्ने जमर्को गर्दै छौं, तर पढाइको जतिसुकै चिन्ता भए पनि आफ्ना साथीहरूसित बिताएका केही समयमै हामी आफ्नो सबै दुःख-पीडाहरू बिर्सिन्छौं । यी रमाइला र आनन्दका दिनहरू बित्दै जाँदा



मेरा मनमा घरीघरी उही प्रश्नहरू डुल्छन्, हाम्रा यी जिस्कने, जिस्काउने दिनहरू छिट्टै सकिने त होइनन् ? आजका हाम्रा यी रमाइलो हाँसखेल गर्ने दिनहरू कतै भोलिका जिम्मेवारीका भार तल हराउने त होइनन् !

आउने दिनहरूमा हामी सबैजना आआफ्नै गन्तव्यका पछि लाग्नेछौं । भविष्यमा पनि अवश्य नै सुख र दुःख दुवै हुने छन्, तर हाम्रा यी विद्यालयमा बिताएका दिनहरू भने कहिले फर्किने छैनन् । अहिले बच्चे त छन् । भन्दै हाम्रो भुलचुक भुलाइदिने र हाम्रा त्रुटिहरूलाई प्रेमपूर्वक सच्याउने अभिभावक जस्ता गुरुहरू त बिरलै भेटिन्छन् होला । भोलिका दिनहरूमा सफलताको शिखरमा पुग्ने भागदौडमा हामी आजका यस मिठा

सम्भनाहरू भुलाउँदै जान्छौं होला, तर जेजस्तो भए पनि विद्यालयले सधैंभरि राम्रो बाटोमा हिँड्नलाई दिएको प्रोत्साहन र एक असल व्यक्तित्वका रूपमा स्थापित हुनलाई दिएको प्रेरणा भने म सधैंभरि सम्भिरहने छु ।

आउँदा एकलै आए पनि जाँदा धेरै कुरा बटुलेर जाँदै छु । मलाई मेरो भोलिको गन्तव्यमा पुग्नका लागि प्रोत्साहित गर्ने मेरा गुरुहरूको असिम माया र मेरा साथीहरूको आफ्नोपन र सद्भावका लागि म सबैलाई हृदयदेखि नै धन्यवाद ज्ञापन गर्दछु ।

मनस्वी भट्ट
कक्षा-१०, ए२

परिश्रम

नरोक तिम्रा तेजस्वी हातमा बगाऊ पसिना पनि
पौरखी हातमा फल्दछ फूल खोपेरै ढुङ्गा पनि ।

खियाई नङ्गा गरेर श्रम लगाइदेऊ कर्मठ हात
त्यहीँ हुन्छन् ईश्वर, त्यहीँ हुन्छन् देवता अनि साथ ।

सिस्नोलाई रोपी नखोज तुलसी, त्यो ठुलो पाप
श्रमको फल पसिना तिम्रो हुने छ अभिशाप ।

सत्यता तिम्रो पौरखी हातमा लिएर विश्वास
मिहिनेती फूल फुल्ने छ त्यही छर्नलाई सुवास ।

हुँदैन आँसी नभए पुर्ने उदाउन्न चन्द्रमा
हुने छौं सफल, बन्ने छौं सबल धीरता गरेमा ।

पुर्खाको आर्जन धरोहर हाम्रा नेपाली बनाउन
नेपालको गर्व, नेपाली शान विश्वमै चिनाउन ।

अबिशा थापा
कक्षा-९, ए१



हाम्रा चाडपर्व

नेपालमा जन्मिएर छ मलाई गर्व
हाँसीखुसी मनाउँदै छौं हाम्रा चाडपर्व ।
नयाँ वर्ष, तिज हामी बनाउँछौं
सबैजना मिली धेरै रमाउँछौं ।

असोजतिर महान् चाड बडादसैं आउँछ
विदेशतिर भएकालाई घरको यादले रूचाउँछ ।
सबै मिली सुखमय पारी सब संसार
त्यसपछि आउँछ दोस्रो महिना चाड तिहार ।

दाजुभाइ दिदीबहिनी मिली टीका लगाई
सानाटुला सबै मिली काममा सघाई ।
माघी होली, शिवरात्रि सबै मनाउँछौं
आनन्दमा मिलिजुली धेरै रमाउँछौं ।

यसरी नै धेरैधेरै छन् हाम्रा चाडपर्व
नेपालमा जन्मिएर छ मलाई गर्व ।

स्मृति सापकोटा
कक्षा-६, ए१



के याद आउँछ र ?

स्कूल दिनको कहानी, के याद आउँछ र ?
साथीबाट सिकेका बानी के याद आउँछ र ?

दिनरात पुस्तकसँग कोठामा बिताएको समय
कक्षाकोठाभित्र भएको ज्ञानी, के याद आउँछ र ?

साथिले हाँसेको मुस्कानले, बनाउँथ्यो सबै मनोहर
हाँसीखुसी बिताएको जवानी, के याद आउँछ र ?

सपनाको सुस्वात यहाँ, वरिष्ठका निर्देशनद्वारा
बस्ने शिक्षकलाई मानी, के याद आउँछ र ?

भविष्यका याद गरिने, जीवनको यो एक पन्ना
अब तुलो भइसकेकी नानी के याद आउँछ र ?

सृष्टि लामा
कक्षा-१०, ए१



असल विद्यार्थी

तिमीजस्तै बन्नु छ मलाई
अल्छी भन्ने पनि गछ मेरो भाइ ।
भाइ फुलबारीको बोटजस्तै हो
असल नबने जीवनमा खोट जस्तै हो ।

असल विद्यार्थीहरूलाई सबैले राम्रो ठान्छन्
गुरु र गुरुआमाले आफ्नो सन्तान जस्तै मान्छन् ।
तिमीलाई छाड्ने म गर्दिनँ पाप
म आफैलाई गर्दिनँ माफ ।

असल विद्यार्थीहरू असल काम गर
मर्ने बेला यो पृथ्वीमा नाम कमाएर मर ।
असल विद्यार्थी भई गर्नु छ असल काम
एकपल्टको यो जुनीमा राख्नु छ देशको नाम ।

नक्ख दनुवार
कक्षा-६, ए३



प्रकृति

हेरहेर साथी हो कति राम्रो फूल
फूलसँग रमाएका मौरीका ती हुल
फूलहरू रहेका छन् रङ्गीचङ्गी
मौरीका नि छन् धेरै साथी र सङ्गी ।

राति दिन्छ जूनले कति मिठो माया
पिपलको बोटमा बस्दा पाइन्छ छाया
पुतली र फूलको कति राम्रो मेल
संसारमा काहीं छैन जाल र भेल ।

हरियाली पहाड र नदी हुन् साथी
हिमालको उचाइले लग्यो माथिमाथि
बोटवृक्ष आदिका थुप्रै छन् यहाँ लहर
मलाई पनि रमाउनुछ नसुती प्रहर ।

हिमालहरू उत्तरमा छन् उठिरहेका
तराई साथमा आरामले सुतिरहेका
निला गगन र हरिया छन् पहाड
हेरीहेरी मलाई पनि लाग्दछ डहाड ।

पहाडमा चारैतिर चाँदी पोतिएका
संसारभरि माया र प्रेम छरिएका
सबैलाई जन्म दिने प्रकृति हो आमा
अन्न दिन्छन् उमारेर हामीलाई दाना ।

प्रबल खरेल
कक्षा-९, ए१



प्रकृतिको शिक्षा

प्रकृतिको सुन्दरता मन मेरो भुल्यो
वरिपरि हेर्दाहेर्दै आँखा मेरो खुल्यो
हावा चल्दा सँगसँगै रूख पनि नाच्छ
माथि हेर्दा आकाशमा सूर्य पनि हाँस्छ ।

शान्त भई सुस्त गरी बग्छन् नदी
म रमाएर हेर्छु देशको हरियाली
सुनेको थिएँ सिंह जङ्गलको राजा हुन्छ
किनभने ऊ सबैतिर साभा हुन्छ ।

दुलादुला रूखको शीतल हुन्छ छायाँ
फूलहरूको सौन्दर्यलाई म गर्छु धेरै माया
वरिपरि हेरिराख्दा परेँ म त छक्क
तर यो शान्तिमा जनावर थिए मख्ख ।

यस सुन्दरताको मिलेर गरौँ रक्षा
किनभने यही प्रकृतिले दिन्छ हामीलाई शिक्षा

प्रस्तुति रिजाल
कक्षा-९, ए२

प्राकृतिक सौन्दर्य

छन् तिमीसँग कति धेरै भरना
छन् कति धेरै छाँगाछहरा
भरनासँगै बगौँबगौँ लाग्छ मलाई रहर
उनीहरूसँग मलाई बिताउनु छ प्रहर ।

हेर तिमी फाँटहरू हेर लेकबैसी
जति हेन्यो त्यति राम्रो हाम्रो लेकबैसी
हिमालमा हिउँ हेन्यो त्यहीँ गुडन मन छ
बगौँचामा गई फूल भई फुल्ने मन छ ।

वनजङ्गल नफाँडौँ है घर बनाउनलाई
पशुपन्छी नमारौँ है भोक मेटाउनलाई
एकचोटि फूल हेर खुला आकाश
कति राम्रो यो धरती कति राम्रो आकाश ।

जताततै प्रकृतिमा कति धेरै मङ्गल
ए मान्छे किन गर्छो काम अमङ्गल ?
छन् कति राम्रा पाखा
तिनलाई बुझ्न केवल चाहिन्छ बुझ्ने आँखा ।
घामको पहिलो किरण छोई हिमाल मुस्कुराउँदा
किनकिन लाग्छ मलाई मैले छोड्ँ गर्न चिन्ता
ए मानिस गर्छु म बिन्ती
गरी हेर माया प्रकृतिलाई एकचोटि ।

आकृति पौडेल
कक्षा-८, ए२



नेपाल महिमा

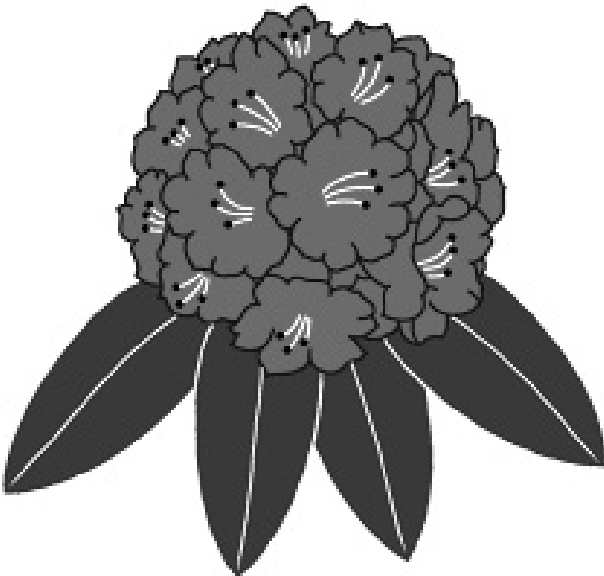
लालीगुराँस चमेलीले मगमगाउँछन् वनै
हरियाली सुन्दरताले दङ्ग पाछै भनै ।
न्याउली रूने, कोइली गाउने हाम्रो डाँडापाखा
यही भूमिमा पाएका छौँ हिमालको काख ॥

तराई डुब्दा हिमाल रून्छ पहाड हुरी छेक्ने
कति प्यारो नेपाल, आमा सबलाई एकै देख्ने ।
बहुजाति बहुभाषी संस्कृतिका धनी
नेपाल शब्द कति प्यारो आहा ! सुन्दा पनि ।

ढाकाटोपी, दौरा-सुरूवाल शान छ हाम्रो
गुनिउँचोली, पटुकीमा भनै कति राम्रो ।
विश्वभरि चर्चा छायो गोर्खाली वीरता
सगरमाथामा सधैं उच्च हाम्रो शिर ता ॥

यही भूमिका सन्तति हुन्, शान्ति छाउने बुद्ध
इन्द्रावती, नारायणी साँच्चै कति शुद्ध ।
सारङ्गीको धुनजस्तो एउटै ताल बन्दा
गर्व लाग्छ आज मलाई नेपाली हुँ भन्दा ॥

प्रतीक सापकोटा
कक्षा-७, ए२



भावना

ती सानासाना कुरा र तिनका लुकेका ठुला भावना,
त्यही भावना जसले मनको गति बुझ्यो ।
मन कहिले शान्त त कहिले अत्यन्त खलबल,
त्यही मन तर परिवर्तित भावना भयो ।

कहिले खुसी त कहिले अत्यन्त दुःखी,
त्यही भावना तर किन यस्तो परिवर्तन भयो ?
हलचल गरिरहने त्यो भावना,
तर त्यसैले मार्ने हामीलाई मानव बनायो ।

कहिले लुक्ने त कहिले खुल्ने,
त्यही भावना मानवअनुसार फरक रह्यो ।
उसले मलाई बुझ्यो ? भन्ने भावना,
तर के रहेछ त भावना त्यही सोचियो ।

आज ममा अत्यन्त विशाल भावना,
तर त्यही भावना कहिले सूक्ष्म नै रह्यो
भावना, मनका अन्तर विचार एउटै,
त्यही भावना तर परिवर्तित मानवता भयो ।

कहिले भाव, भावना भई बग्ने
आज त्यही बगेको भावना बुझ्न गाह्रो पन्थो ।
मन भनेर बोलाइरहनुपर्ने
त्यही मन आज अत्यन्त भावुक भयो ।

बेनित थपलिया
कक्षा-१०, ए२



RED HOUSE

An account from Red House

Becoming a Red House Captain was a momentous occasion in my life. It was filled with a blend of emotions ranging from excitement to responsibility. As I stood on the stage, holding my flag, surrounded by cheering peers and supportive teachers, I felt a sense of pride and responsibility wash over me. It wasn't just a title or a badge; it symbolized a commitment to inspire and lead my fellow friends and juniors to success.

The moment my name was announced as the Red House Captain, I could feel the responsibility settling on my shoulders. It wasn't a burden, but rather a challenge. To be chosen among a pool of talented candidates was a great achievement for me. Realizing that I had the golden opportunity to not just represent myself but an entire house, a community of individuals with great talents and dreams, made me more responsible and determined towards my duty.

As the Red House Captain, I was entrusted with the task of leading and upholding the values and spirit of our house. This responsibility weighed heavily on my shoulders because my actions would not only reflect upon myself but also the reputation of the Red House as a whole.

As time progressed, I began to settle into my role, discovering the true essence of leadership. However, despite all the challenges I've faced, I tried my best to fulfill my duties, from organizing different events to leading my house to greater achievements in every inter-house competition.

In conclusion, becoming the Red House Captain has been a transformative experience, shaping not only my school life but also my character. This role has not only tested my leadership qualities but also transformed me into a more responsible individual. As I look back on my time as a captain, I am grateful for the lessons learned, the memories made, and the opportunity to lead my house proudly.

Nikita Oli
Red House Captain

A FOND FAREWELL

I bid a fond farewell to the place where I first arrived as a confused sixth grader and now leave as a somewhat less confused tenth grader. As I reminisce about my roller-coaster journey filled with emotions, tests, and questionable canteen foods, I cannot help but feel grateful for making it this far. I would like to thank my fellow classmates, who joined me on this journey to wisdom, despite our countless overtime and immense failures. This year has been one of the best years of my entire school life.

I have to give a special shout-out to Aasutosh, Nickshika, Shashank, and Aavash for providing me with endless giggles and private notes in class. I will never forget our UNO moments and Pratik's (our Dora) jokes about Nikki Minaj. My day was always brightened by Alisha, Garima, and Ongsu's good morning greetings, and I will forever cherish the memories of our experiences, whether it was managing group assignments or trying to break the record for the most hours spent in a state of prolonged procrastination.

Now, let's talk about the real heroes - the teachers. You brave souls faced the challenge of educating us, a bunch of hormonal tornadoes. From deciphering our illegible handwriting to dealing with our ingenious excuses, you deserve medals. Your dedication is truly awe-inspiring, and we're sorry for the stress-induced premature graying.



As I hang up my hat as the house captain, I cannot help but feel a slight sense of nostalgia. The days of coordinating what amounted to orderly disorder, leading the charge, and organizing the events were days that will never be forgotten. I leave with a mind full of memories, a backpack full of textbooks I'll never read again, and a heart full of gratitude as I embark into the wide unknown. My school, you've been quite the ride, but I wouldn't trade it for anything.

Prashamsha Khanal
X-A1

CONFIDENCE

Every individual has their own goals, convictions, and ambitions. They all desire to achieve success, make their aspirations a reality, and have their beliefs validated. So, how do people attain these three essential things that everyone yearns for? The answer is simple - confidence. Confidence is the key to success. It is the knowledge, realization, and learning that empowers a person to achieve their goals.

A confident person is someone who never gives up and learns from their mistakes. They do not falter in the face of adversity and instead pick themselves up and move forward. They face their fears bravely, do not back down, and are always willing to grow



from their mistakes. Confidence is the foundation of strength. Psychologically strong individuals can easily defeat physically powerful ones.

A confident person never doubts himself, stands his ground, fights back, and is always willing to learn. Confidence is not about looks or intelligence. Although these factors may affect one's confidence, they are short-lived. Looks and intelligence can eventually fade away. However, if you have a mindset that says, "No matter how I look, behave, talk, or walk, I am confident," then you can conquer the world. Confidence is the key to success, and it lies within each one of us.

Sophie Rai
X-A1

THE HALO EFFECT

The halo effect refers to the tendency for our positive impressions of a person, company, country, brand, or product in one area to influence our opinion or feelings in other areas, either positively or negatively. This term was coined by Edward Thorndike. It is a cognitive bias that reflects our preferences, ideology, aspirations, and social perception. The halo effect is an immediate judgment, where a person, place, or thing will assume ambiguous information based on concrete information. It is an evaluation by an individual that can affect the perception of a decision, action, idea, business, person, group, entity, or other whenever concrete data is generalized or influences ambiguous information.

People's first impressions of others influence their later decision to either approach or avoid those individuals. When people first encounter someone, the information available about that individual is limited. Therefore, people will use the information available to assume other characteristics about that person. The halo effect can also be explained as the behavior of using evaluations based on things unrelated to making judgments about something or someone. When this behavior has a positive correlation, such as viewing someone who is attractive as likely to be successful and popular, it is referred to as the halo effect. When this judgment



has a negative connotation, such as someone unattractive being more readily blamed for a crime than someone attractive, it is referred to as the horn effect.

The halo effect can influence everything in our awareness, right down to the food we buy, and distort the truth unhelpfully. Marketing plays on our perceptions. Images and information on labels can influence our view of a product, making something seem healthy even if it is not. It takes conscious effort and self-awareness to get beyond biases. We might view other people or things through the halo effect, and other people most likely do the same to us. We experience such biases in almost every part of our daily lives.

Rupansh Shrestha
X-A2

LOVE AND ALL OTHER LITTLE SACRED THINGS

The present world, often referred to as the “21st century,” is known for its technological advancements and materialistic values. In this fast-paced, modernized world, we often find ourselves chasing after the perfect life, forgetting to prioritize the most important things - love and appreciation.

Love is not limited to just romantic feelings, but also includes showing appreciation to those who have done countless things for us. We must also love and appreciate ourselves for our hard work and existence. Along with love and appreciation, other little sacred things like praise, comfort, and encouragement are also crucial in this modern world.

It is essential that we continue to praise ourselves and our loved ones. It is a simple gesture that can bring joy to our lives. Finding comfort in ourselves and others is also crucial in molding our lives into a joyful marathon. Encouragement is yet another beautiful virtue that can make our mundane lives more meaningful.

Therefore, love and all other little sacred things are essential elements that can make our modernized and cynical present a joyful and bright life.

Hrichee Jha
X-A1



PRINCESS KIM

Once upon a time, there was a poor girl named Kim. Her parents loved her dearly, and she returned their affection. As she grew older, she had to work as a maid for the Royal family. Unfortunately, the other maids treated her poorly and made her do most of the work. One day, while she was cleaning, the other maids made a big mess. Before she could clean it up, the Royal family arrived. The King and Queen were shocked and asked who was responsible for the mess. The other maids blamed Kim, so she had to clean the stable. The Prince witnessed everything and was impressed by Kim's beauty and kindness. A maid came to Kim and said she had to serve the Princess's drink, but one of the maids accidentally spilled the drink. Again, they blamed Kim, and she had to clean it up. The Prince saw this too and asked Kim why she always took the blame and didn't tell the



truth. Kim replied that she didn't want her friends to get in trouble and left. The Prince was happy with her gratitude and fell in love with her.

Later, the Prince had to choose whom to marry, and he chose Kim. But she had to prove to the King that she was worthy of becoming a princess. She went to her room and found many dresses. She wore one and went to see the King. On her way, she found other rooms in a mess, so she cleaned them up, but her dress became dirty. When she met the King, he was shocked to see her with a dirty dress. He said he knew she could only be a maid, not a Princess. But Kim told him that she had cleaned the dirty rooms, and when the King saw them, he was impressed. He decided to host a competition. If Kim won, she could marry the Prince; if she lost, she couldn't. Kim agreed.

The next day, there were three competitions: eating like a Royal, finding hidden gems, and poking a dragon to test bravery. The other two maids, Pierce and Daisy, helped the King find gems, but Kim won. During the last competition, one of the maids tried to poke the dragon for the King, but she was so frightened that she screamed very loudly. The dragon woke up and started going crazy. Everyone ran away, but the King and Queen were caught by the dragon. Later that day, Kim went to the dragon's cave. The dragon said he would free the King and Queen if she could clean the cave well enough. Kim did an excellent job and saved them. They all went back to the castle, and after a few days, Prince Jason and Kim got married. They all lived happily ever after.

Aashna Rai
IV-A2

EARTH

Earth is the only planet in the entire universe known to sustain life and ecosystems. It is the third closest planet to the sun and the fifth largest planet in the solar system. Earth is also known as the "Blue Planet" or the "Blue Marble" because it contains 71% water and 29% land. However, only 3% of the water is fresh, while the rest is saline in the oceans and seas. Earth is one of the eight planets that revolve around the Sun. It takes 365 days to complete one revolution around the Sun. Earth also rotates around its own axis, completing one rotation in 24 hours. Due to Earth's rotation, we experience day and night.

Earth is the habitat of millions of species. It is the only planet that provides air and water, making it our responsibility to protect our planet and its resources. Our future generation can survive only if we take care of our Earth.

Remember: Save earth, save life.



Samriddhi Kafle
IV-D2

MY EXPERIENCE AS AN LA STUDENT

As a student at LA, I've had an incredible experience. I've learned new things, made friends, and discovered my passions. I've been studying at LA since 2014, and it's been quite a ride. There have been ups and downs, but it's been a wild journey, filled with adventures, funny moments, and embarrassing mishaps. However, these experiences have made my time in LA memorable. The classes have been both challenging and fascinating. I've discovered subjects that I never thought I would enjoy, and I've had amazing teachers who have made learning fun. They've always gone the extra mile to help us succeed, and the friendships I've made are like family. We've had epic lunchtime hangouts, pep rallies, and group projects that we've survived together. School events like Parents' Day and competitions have brought out the fun and school spirit in all of us. Overall, my experience as a student at LA has been a whirlwind of laughter, learning, and growth. As a student at LA, I've had an incredible experience. I've learned new things, made friends, and discovered my passions. I've been studying at LA since 2014, and it's been quite a ride. There have been ups and downs, but it's been a wild journey, filled with adventures, funny moments, and embarrassing mishaps. However, these experiences have made my time at LA memorable. The classes have been both challenging and fascinating. I've discovered subjects that I never thought I would enjoy, and I've had amazing teachers who have made learning fun. They've always gone the extra mile to help us succeed, and the friendships I've made are like family. We've had epic lunchtime



hangouts, pep rallies, and group projects that we've survived together. School events like Parents' Day and competitions have brought out the fun and school spirit in all of us. Overall, my experience as a student at LA has been a whirlwind of laughter, learning, and growth.

Krishma Rana
X-B4

THE DARK TRUTH ABOUT SOFT DRINKS

Soft drinks, also known as soda water, have become a common part of our daily lives. They are available everywhere and people of all ages drink them. However, did you know that they may increase the risk of cancer? Soft drinks contain high levels of sugar, which is not suitable for our health. In fact, a 600ml bottle of a soft drink contains 82.8 grams of sugar, which is equivalent to almost half a glass of sugar. This is not healthy for our body, as the recommended daily limit of sugar for an adult is 36 grams. Drinking one bottle of soft drink will exceed

this limit.

Soft drinks contain empty calories that offer no nutritional value. When we eat regular food, we consume various nutrients such as protein, sodium, potassium, vitamins, fibers, and fats. But when we drink a soft drink, we consume empty calories that offer no nutritional value.

When you examine the ingredients of any soft drink, you will notice that 100 ml of it contains 55 calories. Therefore, in a 600 ml bottle, there are 330 calories, which is equivalent to the number of calories present in two aloo parathas.



Consuming a large amount of sugar on a daily basis can lead to serious health issues. While the effects may not be immediate, they can gradually make you sick over time. Excessive sugar intake can cause a multitude of health problems, such as joint pain, early aging, liver damage, diabetes, and other serious issues. Consuming sugar in an addictive manner can also be compared to drug addiction.

Soft drinks contain other harmful ingredients, such as caramel, which gives Pepsi and Coca-Cola their dark brown-black color. Caramel is created by

THE BUD 2080

heating sugar with ammonia and sulfites until it becomes burnt sugar. This process can contribute to cancer if taken too far. The synthetic food coloring used to create the vibrant orange color in drinks like Mirinda and Fanta is also concerning. This coloring is an Azo Dye produced from Petroleum, which is known to cause cancer.

Another concerning ingredient is Preservative E211, which is also known as Sodium Benzoate. This ingredient is used in soft drinks and can create benzene when it reacts with Vitamin C, especially in the presence of heat and light. Benzene is a cancer-causing gas that is emitted when coal or petrol is burned. Shockingly, this gas can be found in soft drinks due to the reaction between Benzoate salts and Vitamin C. In 2007, there was a controversy surrounding Preservative E211, which led to legal actions against PepsiCo and Coca-Cola. In response, Coca-Cola removed Sodium Benzoate from their products in 2008. However, we should also keep in mind that consuming excessive amounts of sodium, as found in junk food, is linked to hypertension.

Soft drinks are essentially made up of carbonated water infused with sugar. Carbonated water is nothing but regular water infused with carbon dioxide, which gives the drink its fizz. Therefore, the primary ingredient in all soft drinks is carbonated water. In simpler terms, soft drinks are nothing but sugary sodas, as they contain water infused with sugar and gas.

Next time you offer drinks to a guest, consider asking if they prefer carbonated water with added sugar or plain, healthy water. After all, given the alarming facts about sugary drinks, who would really want to consume them?

Shashank Sah
X-A1

DON'T EXPECT SUCCESS FROM A MIRACLE

As a teenager, you likely have tasks to complete, dreams to fulfill, and goals to achieve. While you may enjoy the idea of being successful, have you ever considered how you are successful in your thoughts? Some of you may have, but most of you don't. You are only concerned about the credit you will receive upon reaching your destination, ignoring

the obstacles and the process required along the way.

Many teenagers expect a miracle that will make them successful. Most of them completely depend upon luck, hoping to pass exams without putting in any effort. This is the beginning of their miracle expectations, and finally, they hope to be successful without any hard work. However, miracles are only for dreams. If you want to achieve something in this

practical world, you have to come out of your comfort zone, fight with yourself and with the world, and maintain continuous effort for your dreams. Life is not like a fairy tale; it's a long pathway where ups and downs will surely arise. So don't leave God to solve your problems and miracles to make you successful instantly.

As a teenager, you will be falsely motivated by many sources like your friends, social media posts, and many more. They will try to divert your mindset. You will start to believe that the following person who achieved their goal did so because of their luck, but you won't see the effort and hard work they put in for days and nights. Also, when you fail to do something in the journey, you keep on blaming your bad luck and other people, but you should realize that the task was incomplete because you couldn't apply the required effort. Moreover, you fail because you give up too easily. If you fail, you don't have the courage to bounce back. In this world, there are very few people who have the courage to start up the same task, again and again, several times until they accomplish it. So you should try to be like them. And always keep in mind that in this world, there is nothing like impossible, everything is possible, but it will require a bit more effort and consistency.

Dear fellow friends and juniors, "God helps those who help themselves." When you help yourself to overcome your problems, God helps you to be successful. When you try to think about how you are achieving your goal, God gives you a creative mind to think more and more about your upcoming progress. So, at last, "Don't



expect supernatural power to fulfill your dreams without any effort."

Yogesh Oli
X-A2

A TIME WHEN I GOT LOST SOMEWHERE

Once, at the mall with my mother, we were going for Dashain shopping that year. I was so hyper to get the supplies for Dashain. First we went to the grocery block to get the food for the night. Because, I was so hyper I kept running to the other isles, but when I saw the chocolate isle, I kept asking my mom but she kept declining and said "we came here for Dashain". I was upset with my mother and selflessly ran away to the bathroom outside. After some minutes, my stomach started growling loudly because I had only eaten biscuits on the way. So I went inside again to find my mom and apologize.

I went to the grocery block again but she wasn't there. I went to the clothing block but she still wasn't there. I tried many times but I didn't find here. So, I



took a break near the candy shop beside the grocery block. While I was lost, I thought my mother was trying to find me somewhere. Right before I stood up, an employee of the candy store crouched down at me and asked where my parents were, I told her the whole story as she understood. She put me somewhere at the candy shop so I wouldn't get lost. As I was waiting for my mother to come back, it was already past 5. So, I was worried she might not come back. I was still really hungry so I asked the employee if I could eat something and she agreed. After eating

for 50 minutes straight, I had definitely satisfied my tongue. It was now 5:50. The employee couldn't find my mom so she asked me what her name was. As I was smart enough to say my mother's name, I told her what her name was. After some time I saw my mother calling my name. So I ran into her arms and embraced her. I promised myself to never get upset with my mother ever again.

Lakshita Gautam
V-B1

A FUN DAY AT THE AMUSEMENT PARK

One sunny Saturday, my sister, her friend, my two cousins, and I went to a big amusement park. Guess what? It turned out to be even more fun than we thought! It became the best day of my life. I think everyone should go there!

When we got to the park, we were super surprised. It was so huge! First, we got our tickets at the ticket counter. We started with the trampoline. We all jumped and played hide

and seek there. It was a lot of fun! Then, we played a game with cars where we hit each other's cars. That made us laugh a lot. After that, we went on a giant slide. It was blue and yellow. We pushed each other down, and I was a bit scared, but it turned out to be so much fun! We played many more games, but my favorite was the roller-coaster. It was really fast, and we all screamed and shouted.

After playing all the games, we were really hungry. So, we went to a restaurant. We talked about the amusement park and laughed a lot. The food was really good. After eating, we paid and went to our car in the parking area.



On our way back home, we talked about school and friends. But then, we saw some people dancing on the road. We got out of the car to watch. They danced so well! After a while, we got back in the car and continued talking. We also got cotton candy to eat. When we reached home, we told our parents everything about the amusement park. My parents always said going there was a waste of money, but I told them it wasn't. We also told our grandparents all about our adventure.

Manushi Upreti
V-E1

RECYCLING REVOLUTION: A CALL FOR SUSTAINABLE PRACTICES IN EVERY HOUSEHOLD

The earth is dealing with a mounting crisis as vast quantities of waste, generated daily, wreak havoc on the environment. This overflow of waste, emerging primarily from factories and households, poses a slow but lethal threat to the Earth and its inhabitants. Particularly, households with children contribute significantly to this waste production. Fortunately, the solution to this household waste predicament lies in a simple yet powerful practice: recycling. Making recycling mandatory in all households not only fosters a cleaner environment but also safeguards endangered animals and preserves national resources and attractions.

The transformative impact of recycling on our environment becomes evident through straightforward measures. Recycling everyday items like bottles, utensils, and organic waste can markedly improve the cleanliness of our surroundings. Research conducted in 2020 supports this claim, revealing that households engaged in recycling boast cleaner and healthier environments compared to those neglecting this practice. Indeed, the act of recycling seemingly insignificant items at home plays a pivotal role in enhancing the overall cleanliness of our surroundings.

Beyond cleanliness, recycling serves as a vital lifeline for endangered animals. In the past, numerous rare species faced extinction as human-generated waste encroached upon their natural habitats in forests and oceans. Notably, campaigns such as the “Save the Turtles” initiative in early 2022, which advocated for the replacement of plastic straws with paper alternatives, gained global traction among youths. The damaging impact of waste on diverse species, including the Bengal Tiger and One-Horned Rhino, underscores the urgency of recycling. By minimizing waste through initiatives like recycling plastic spoons and straws, we contribute to the preservation of countless rare and wild species.

Moreover, recycling emerges as a crucial defender of natural resources and attractions. Despite the abundance of stunning natural attractions in Nepal, pollution, exacerbated by insufficient recycling practices, tarnishes their beauty. Recent research



indicates a worrisome increase in pollution at these natural sites over the past five years. Personal observations at Gosaikunda, for instance, revealed an alarming accumulation of wishes and garbage around the lakes, with unused garbage cans adding to the problem. Addressing this issue at its source, households should embrace recycling to instill a sense of responsibility and respect for nature.

In conclusion, the imperative to make recycling mandatory in all households is underscored by its potential to counteract the extinction of rare animals, mitigate damage to natural resources, and contribute to the overall well-being of the environment. Initiating recycling practices with small steps can pave the way for more significant projects, fostering a collective commitment to environmental stewardship.

Evani Thapa
IX-A2

A FAMILY WHO IS FORCED TO FLEE THEIR HOME DUE TO WAR

December 5th, the day my neighborhood got bombed. At first, my family and I thought it was fireworks, but the moment we heard screams and debris falling into our window, everything became silent. The only thing I can remember is my father hurriedly running outside our house.

I woke up sighing in relief, thinking it was all just a dream. However, when I looked around, we were underground in a bunker of some sort. My sister saw me get up, her eyes widened, and she yelled, "Mom, Dad, she's awake!" Apparently, I was so shocked that I fell into a coma for two days, missing my 13th birthday. "Okay, we can probably flee to the border," my father whispered. "Not now!" my mom screamed. "She just got up, and you're not even acknowledging her turning 13?" My mom continued, "We're in WAR," my dad screamed. My mother became silent next thing I knew.

We packed up our things, and the next morning, we started to exit the bunker. "Wait," my sister Eve whispered to me, "I got you something." She handed me a sketchpad. I had always been fond of drawing, and I excitedly screamed, "Thanks!" which my father disliked. "Don't be so darn loud, Mel," my sister hit me. I apologized, and we headed our way to the train station.

We walked through our old streets, usually filled with people, to no one. The only things visible were collapsing buildings and ruins. I started to panic as I saw an aircraft in the near distance. My father screamed, "RUN!" While I grabbed my sister's hand, we started to run, hiding in an abandoned house, praying the bomb wouldn't hit us.

After some time, we heard the aircrafts leaving, and we went back to walking. We walked for what felt like ages. I was still trembling, so I held onto Eve's coat the whole time. "I remembered her birthday was also coming up, and she's turning 18, so old." At around 5, we reached my aunt's house, where I saw them also packing up. Thankfully, they weren't going to throw any more bombs tonight, so we all had a pleasant dinner. My aunt even gifted me a scarf. Our mother made us sleep early so that we wouldn't be tired tomorrow, as we still had to walk 5 hours



to the closest train station, which was still departing people to other countries.

The next morning, we set off early and said goodbyes to my aunt. We walked for five hours, finally reaching the train. I was relieved; we had to wait while my father started getting our boarding passes ready. In the meantime, my mother handed me a whole box of pencils and art supplies. "I bought it with me while we were fleeing our house," my mother smiled. "Don't show it to your father," she added. I started sketching immediately, drawing the train station, my mother, and sister. "Come on now, we don't want to miss our train, do we?" my father whispered in relief.

We boarded and fled to another country where my uncle lived. We were greeted with hugs and kisses, and finally, my aunts also arrived. We had dinner and could finally get a good night's sleep.

It's been 2 years now since that happened. We live close to our uncle now, and I even got to protest against wars. Also, my sister's 18th birthday was great. We enjoyed it very much. I'm hoping war stops from now on, but what can I say? At least I'm in a safe place now.

Anthea Shakya
VII- B2

THE MAGICAL DOG AND THE GREEDY ROMAN

Once upon a time, there was a big, pretty house where a dog lived. The house belonged to a not-so-nice person named Roman. The dog was owned by a poor family who worked in Roman's house. Hi, I'm Abishka Shrestha, and I love telling stories. Let's jump back into the tale.

Roman was not a very kind person. People were scared of him. He had a pet tiger, and if anyone dared to speak up against him, they would become the tiger's dinner. There was a family with a dad, a mom, and a daughter who worked for Roman. They also had a dog. The dad chopped wood, the mom cleaned and cooked, the daughter helped her parents, and the dog guarded the house. In return for their hard work, they got food to eat and a place to live. They were like slaves.

What made the dog special was its ability to heal. Whenever someone in the family got hurt, the dog would make them feel better just by being cute. One day, the family was really tired from all the work, and they asked Roman if they could leave. He got very angry. He grabbed the dog and threw it in front of the tiger.

The poor family cried and begged Roman to let the dog go. They promised to work for him forever. But Roman was so mean. They were heartbroken. Just when Roman was about to throw the family to the tiger, there was no tiger! The tiger was lying on the



ground, not moving. Roman was very surprised by the dog's power. He decided he wanted a dog, but the dog didn't like him.

After that day, Roman went to jail, and the house became the family's. They were so happy and became rich. They were very grateful to the dog. It fought against the mean Roman and saved them. From that day on, the family lived happily ever after.

Moral of the story: Don't be too greedy.

Abishka Shrestha
V-E1

MARINA'S JOURNEY: DISCOVERING THE MAGIC WITHIN

"Eww! Get away from us, poor girl," said Marina's classmates. At that moment, Marina didn't feel bad because it was just a tagline. Living in an old house in Ohio with her parents and little brother, Marina's family wasn't financially stable, but she was a hardworking student.

In her free time, Marina designed clothes and shared them on social media. Despite not having many friends, she loved her parents dearly and dreamed of

becoming successful to make them proud. Concerned about her family's financial situation, Marina aimed to be successful and wealthy.

As time passed, Marina completed high school. Although she wished to go to college, her family's situation made it challenging. Instead, she worked as a waiter in a nearby fast-food restaurant, earning a decent amount.

One day, Marina received a devastating call from her brother, Jeff. Their parents had lost their lives in a gas explosion. Heartbroken, Marina rushed home,



finding firefighters battling the blaze. She felt her dreams of success shatter, thinking, “If I were to be successful, it would be like magic.”

Months later, life resumed, and Marina’s brother started working. Unexpectedly, Marina received a call from GUCCI clothes brand headquarters, impressed by her designs on social media. They offered her a job as a fashion designer, marking a turning point in her life.

Conflicted about her emotions, Marina became an official fashion designer for a prestigious company, earning more than her waiter job. Over the years, she worked for various companies, earned millions, and gained fame.

Reflecting on her past, Marina realized that her success was not marked by seeing her parents smile or being proud of her. She understood that the real magic wasn’t in the world around them but within themselves.

“And in that moment, I understood that the real magic was not in the world around us, but within ourselves,” Marina shared with her grandson by her deathbed.

Pranjal Nepal
IX-A2

THE POWER OF FORGIVENESS

Once upon a time, there were two good friends named Sabin and Sammy. They went to the same school and always shared their lunch. One day, the school announced a talent show, and both friends decided to participate in singing. They did a great job, and Sabin won with 99 points, while Sammy became the runner-up with 89 points. Sabin got a shiny golden trophy, and Sammy received a cool Ps5.

Now, Sabin felt a bit jealous of Sammy’s prize. Instead of being happy for his friend, Sabin hatched a plan to steal Sammy’s Ps5. One night, when Sabin’s parents were away, he sneaked into Sammy’s house and took the Ps5. The next morning, Sammy discovered the missing Ps5, and he was very upset. He cried and told his parents, and they went to the police to report the theft.



In the evening, Sammy decided to talk to Sabin about it. When he visited Sabin's house, he saw the Ps5 that looked exactly like his. Sammy asked, "When did you buy the Ps5?" Sabin replied, "My parents bought it for me." Sammy didn't say much and went straight to the police. He showed them some pictures as proof that the Ps5 was his. The police went to Sabin's house and talked to his parents, who had no idea about the stolen Ps5. Sabin got scared and started crying. He hugged Sammy and apologized, saying, "I am so sorry. Please forgive me." Sammy

felt bad but forgave Sabin.

The next day at school, Sammy received prizes for his kindness. He got lots of chocolates and was promoted to Monitor from vice monitor.

Moral of the story: If you forgive, you will get good things in return.

Saurya Deep Jung Shahi
IV-D2

ECHOES OF TIME: A TALE OF LOVE, LOSS, AND BETRAYAL

Tick – Tock – Tick – Tock

The rhythmic ticking of the clock echoed through the house.

"Mariam! Are you ready yet?"

"Yeah... Yeah."

Mariam sighed, slipping into her black pointed boots, and grabbed her car keys. Another day awaited her – the routine of waking up, going to work, returning home, and repeating. As she left, she couldn't help but wonder about the life she might have had if the world war had never happened. Would Allen still be a part of her life?

Few Years Back

"Allen, give it back!"

"Not until you promise me that you will stay back," Allen teased, holding Mariam's car keys above her head.

"You know I can't do that. Besides, it's just two weeks. What could possibly go wrong?"

Mariam and Allen, high school sweethearts, had a deep connection. They complemented each other's strengths and helped each other grow. Their bond was unbreakable. However, tragedy struck when Mariam lost her parents and Allen amidst the chaos of the war. The year marked the lowest point in her life.

Present

"Are you the new intern?" Mariam inquired, flipping



through papers.

"Yes, Ma'am, that's me, man."

"Man..." Mariam paused for a moment, "I'm expecting great things from you." Man smiled, leaving Mariam, who usually exuded confidence, momentarily stunned.

Mariam and Man's relationship wasn't just boss to employee; they had been on several dates. It was the first date Mariam had allowed herself after losing Allen. She was attempting to move on and embrace

life anew.

Tonight felt special. Mariam was going on a date with Man. The wind was just right, the moon shining brightly, and the pathways peaceful. Mariam felt a sense of perfection. Little did she know that happiness was short-lived.

After a few minutes of waiting, Man greeted Mariam with a sweet smile. "Where are we going?" Mariam asked.

"Oh, you will see!" Man exclaimed, blindfolding Mariam. She couldn't help but giggle, but little did she know that her joy was about to be shattered.

Stab... Stab

Mariam gasped in silent pain. "Man... how could you?" Tears welled up as her blindfold slipped off, revealing a figure that felt both familiar and

different. Confusion and hopelessness overwhelmed her.

"Who are you?" Mariam managed to ask, struggling to comprehend. Was this really the Man she knew?

"Mariam..."

Her eyes widened in shock. Is this real? Is he alive?

"Allen..." was her last word. Mariam fell to the ground as her old lover closed her eyes.

"Long live, Mariam. You could have lived longer if you had come for me. How could you? We had promised to live for each other," Allen cried out.

"I waited for you to come back, but you never came back for me. I was lost in time, but you moved on."

Sahara Sharma
IX-A2

I'M JUST A TEENAGER

I don't understand the grade you expect from me. I don't behave the way you want me to. Sometimes, I have an attitude at unexpected times. My way of talking doesn't always meet your expectations. It might seem like I'm ungrateful, but I'm genuinely trying my best, and all of this is making me stressed and tired.

At times, it feels like you think I'm not worth it. The things you say aren't always accurate. I'm only a teenager for a short while, so please let me have some fun. Allow me to use my phone when I'm bored. Constantly yelling at me for everything can make me feel like I have to be sneakier. When parents are overly strict, it can lead to kids becoming more secretive.

Punishing me when I tell the truth might encourage me to become a better liar because I'm afraid of the consequences. People are often more scared to tell the truth than to tell a lie. Invading my privacy can create lifelong trust issues. If you want me to succeed, please avoid creating lifelong anxiety. Failing to meet your expectations can shatter my self-confidence.



Ignoring your children can lead to emotional dependency and abandonment issues. Remember, those teenagers who sit in their rooms at night, crying themselves to sleep, were once children with light in their eyes and hope in their hearts. All of this is just making me tired.

Grishma Maharjan
IX-C5

LYCORIS RADIATA (RED SPIDER LILY)

Red spider lilies, also known as *Lycoris Radiata*, are native to Japan, China, Korea and Nepal. What makes these flowers so interesting when they bloom? Unlike most flowers that bloom in the spring or summer, red spider lilies come alive in the fall, usually in September or October. Their bright red color stands out beautifully against the changing autumn leaves, making for a spectacular sight.

Although red spider lilies are beautiful and fascinating flowers, they are often associated with the idea of life and death. According to Japanese stories, these flowers mark the border between the worlds of the living and the dead. They are believed to help lead the spirits of the dead to the afterlife. But apart from the symbolic meaning, red spider lilies have a unique beauty that attracts every eye. Their slender stems grow tall and are covered in clusters of bright red flowers. Each flower has six petals that curve back, making them look a bit like spider legs, which is why they have such an interesting name.

It is important to note that while red spider lilies are beautiful, they can also be dangerous. The whole plant contains a poisonous substance called the alkaloid lycorine. If someone eats any part of the plant, it can cause vomiting, severe diarrhea, convulsions and even death. Although incredibly beautiful, they should be admired from a safe



distance. Nature has truly gifted us with a remarkable flower that is both impressive and potentially harmful.

Savyata Poudel
VI-A3

MY FIRST PARENT'S DAY ADVENTURE

Parent's day can be a bit crazy, especially for the people organizing them. You often hear shouts like, "Where is my son/daughter?" or "I can't see." Teachers must face these challenges, but in the end, it turns out to be quite enjoyable. Usually, on parent's days, there are various performances, but my school has some unique options that I didn't even know existed!

I participated in parent's day once because I'm new to this school. Since I'm pretty good in English, I decided to be an MC. However, I'm also skilled in playing the violin, so my violin teacher added me to the violin performance. It turned out to be quite troublesome!

Some students chose not to participate and stayed home. The MCs were told to bring snacks if they got hungry. All the other performers were asked to wait in a designated area, but the MCs got to stay backstage. Although we couldn't roam around much



or look outside, there were many parents watching, not just our own. I didn't know much about the other performers, but I did get to see them in action.

For some reason, about 90% of the people were involved in dancing. Both boys and girls were covered in white powder, blush, lipstick, and other things. The girls didn't have much space to dance with about 50 people on the same stage. Despite the crowded stage, the girls danced well, and the boys

turned themselves into clowns. When it was my turn, I felt pretty nervous, thinking, “What if I mess up?” But thankfully, everything went smoothly. It was a bit troublesome, but also a lot of fun as I participated in two things. My old school didn’t have parent’s days like this, but I’m glad to say that this school does it a bit better.

In the end, all the hard work paid off. The children had fun, the principal was pleased, and the parents were happy. The teachers did a good job, but there

was one performance that I truly enjoyed watching. The “The Saraswati Goddess” dance by 7/8 graders was beautiful. They were all in sync, and there were just the right number of girls. Lastly, the beatboxing! Someone beatboxed in front of about 500 people! It seemed strange and goofy, but it turned out to be entertaining. Despite the occasional ridiculous moments, I really enjoy my school’s parent’s day, and I hope they stay that way forever.

Dikshita Prasai
VI-B1

MY FIRST SCOOTY RIDE

Date: 2078/9/21

On my birthday, 2078/9/21, I went on a remarkable journey - my first time riding a scooter. Though there were challenges, the excitement I felt was undeniable.

The day started with a surprise that filled me with happiness and anticipation. My father gifted me my very own scooter. Despite being underage, I was able to ride without formalities due to the lack of strict regulations in our village.

Excited to try out my new possession, I went to the nearby ground. However, I had a tough time finding my balance. I had to mount the scooter, and each time I pressed the accelerator, it caught me off guard, resulting in painful falls.

But I didn’t let the setbacks and injuries hold me back. I was determined to master the skill of riding a scooter. With each fall, I picked myself up and tried again. I gradually learned the nuances of riding a scooter through perseverance and resilience.

After several attempts and bruises, I eventually succeeded. I felt an unparalleled sense of accomplishment. The journey from a novice to a proficient rider was marked by both physical pain and emotional triumph.

Looking back on that experience, I realized that the injuries I sustained were essential to my growth. They reminded me of the resilience and perseverance required to achieve one’s goals.



Remembering my first scooter ride fills me with gratitude for the lessons learned and the memories created. It was an experience that shaped me in ways I couldn’t have imagined.

Aayusha Yadav
IX-A2

MY JOURNEY AT LITTLE ANGELS' SCHOOL

Memories are precious treasures that stay with us throughout our lives, reminding us of special moments and the people who have influenced us. Looking back on my time at Little Angels' School, where I spent eleven years, I am grateful for the countless memories that have helped shape me into the person I am today.

When I first started at Little Angels', I was a shy six-year-old in a new environment with unfamiliar faces. The beginning was difficult, but over time, Little Angels' School became my second home, a place where I not only gained knowledge but also made lifelong friends and learned valuable life lessons.

The supportive community of teachers and peers at Little Angels' helped me grow and succeed. Their unwavering belief in my potential has given me the confidence to overcome challenges and face life with resilience and grace.

The experiences I had at Little Angels', both good and bad, left a significant impact on me. They have helped shape my character, confidence, and etiquette, and I carry these traits with me wherever I go.

Although my time at Little Angels' is ending, I am excited for what the future has in store. The memories and experiences I've accumulated over the



past eleven years will guide me through the endless possibilities and opportunities that await me.

As I move on to the next phase of my journey, I will always remember the lessons learned and the friendships forged at Little Angels' School. They will be my pillars of strength and wisdom for years to come.

With gratitude and fondness,

Simrika Ghimire
X-A2

PROCRASTINATION

What it is: Procrastination is something many people do. It's when we delay doing tasks, choosing short-term comfort over long-term success. Instead of working steadily, we leave things until the last minute, which makes it hard to finish them properly or the way we want.

We often spend too much time in our comfort zones, forgetting about our responsibilities and losing track of time. When we finally remember our tasks, it's often too late to do them well. We end up rushing or not completing them satisfactorily.

For example, I've found myself doing my project work at 9 pm on the last day of a holiday. I regret not starting earlier, thinking if I had, I could have done it better and without stress.

Solution: A good way to tackle procrastination is by using 'The Two Minute Rule'. This means making tasks easy to start. You break down a habit into just two minutes of action.

For instance, instead of saying you'll read a whole book before bed, start with just reading one page. Instead of planning to do a long yoga session, start



The key is to show up and put in the effort, even if it's just a little at first. Our minds often underestimate what we can achieve in a certain amount of time, leading us to procrastinate. By creating consistent patterns in our lives, we can develop new habits and overcome procrastination.

Advantages: Beating procrastination has many benefits. You'll do better on your projects, become more disciplined, and earn trust from others. Establishing good habits improves you every day. Even maintaining one good habit for a year can bring many rewards. It changes your life and helps you reach

by taking out your yoga mat. Instead of aiming to run several miles, begin by putting on your sneakers.

These tasks are simple and easy for anyone to do. Once you've started, it's easier to keep going. You can gradually increase the difficulty, like reading more pages each day, until it becomes a regular habit.

your goals.

Remember: "The man who removes a mountain begins by carrying away small stones." - Inspired by the book Atomic Habits by James Clear.

Neel Rauniyar
X-A2

THE CHALLENGES THAT SCHOOL CHILDREN ARE FACING IN TODAY'S WORLD

The primary objective isn't merely to control children but to implant in them the virtue of self-control. Today's children encounter numerous challenges, some of which continue throughout their lives. These challenges range from abuse, bullying, anxiety, and trauma, to stress, among others, many of which are beyond their immediate control.

Issues such as bullying are rampant in this generation and pose significant threats to children's well-being. Bullying not only inflicts emotional harm but can also lead to tragic outcomes such as suicide. It's perplexing why individuals feel compelled to target others based on perceived weaknesses, socioeconomic status, or race. The impact of bullying can be severe, often resulting in anxiety and trauma for the victim.



Furthermore, abuse, whether at the hands of parents or even teachers, remains a grave concern. No one, including authority figures, has the right to subject children to mistreatment. The outdated notion of using harsh discipline as a means of correction needs to be replaced with more nurturing and understanding approaches. Parents and teachers must recognize that creating a supportive and loving environment is crucial for a child's development.

School, once a place for learning and growth, has become a source of stress and pressure for many children. The burden of excessive homework, exams, and societal expectations weighs heavily on their shoulders. Moreover, external factors such as familial discord or financial instability contribute to their stress levels, adversely affecting their mental and physical health. It's essential to address these underlying issues and prioritize the well-being of students over academic performance.

Additionally, relationships in school, while a natural part of adolescent development, can sometimes become detrimental. Distractions, conflicts, and emotional turmoil resulting from unhealthy relationships can hinder academic progress and cause emotional distress. Children must navigate relationships with caution and seek support when needed.

In conclusion, both children and adults must recognize and address the challenges prevalent in today's world. Rather than blaming themselves, children should prioritize their well-being and seek support when facing difficulties. Parents and teachers must play an active role in fostering a safe and nurturing environment conducive to children's growth and development. With collective effort and understanding, we can help children overcome these challenges and thrive in today's world.

Smrity Acharya
IX-C1

THE FASCINATING GAMER

Once upon a time, in the quiet town of Oakridge, there lived a young man named Ethan. He was always a bit of an introvert, finding comfort in the digital worlds of video games. As he grew up, his passion for gaming deepened, and he discovered a unique talent that set him apart. While his friends saw gaming as just a hobby, Ethan believed it could be much more. With the passing years, Ethan's skills improved, and he started taking part in local gaming competitions. His talent and dedication made him one of the most successful gamers in Oakridge. News of his achievements quickly spread beyond his small town.

Each success boosted Ethan's confidence. He believed he had the potential to make a name for himself in the world of professional gaming. Leaving behind his quiet hometown, he ventured into the bustling metropolis of New York City, where endless opportunities awaited. However, in the city, Ethan faced fierce competition. His journey to fame wasn't without its setbacks, but he persevered, refining his skills and learning from every defeat. Rather



than letting failure discourage him, it fueled his determination to succeed even more.

Days turned into weeks, and weeks into months as Ethan found himself deeply immersed in the whirlwind of professional gaming. He joined prestigious gaming organizations, forming bonds with fellow gamers

from around the world. Together, they traveled to different countries, competing in international tournaments, and meeting gaming legends.

Ethan's success wasn't just measured by trophies and prize money. He became an inspiration for aspiring gamers worldwide. He appeared on talk shows, sharing his story of how gaming had changed his life and encouraging others to pursue their dreams, to understand that gaming was more than just a pastime.

However, amidst all the glitz and glamour, Ethan remained humble. He never forgot his roots and the supportive Oakridge community that had nurtured his passion. Whenever possible, he returned to his hometown, organizing community gaming events and passing on his love for gaming to the next generation.

Years passed, and Ethan continued to dominate the gaming world. His legacy grew, becoming a symbol of a successful gamer who had overcome all odds. He used his platform to advocate for inclusion and

diversity in the gaming industry, earning widespread recognition for his efforts.

As time went on, Ethan realized that his purpose extended beyond personal achievements. He wanted to make a lasting impact, using his influence to create a better gaming world where everyone's talents were acknowledged and celebrated.

In the end, Ethan's success as a gamer wasn't just a result of his skill and dedication. It was his genuine love for the game, coupled with his unwavering belief in its power to bring people together, that set him apart. From a small-town introvert to a global gaming superstar, Ethan's journey was not just a personal triumph but a testament to the power of following your passion and believing in the impossible. This is why we should never give up on our dreams, hobbies, and future.

Shreejan Belbase
IX-C5

THE IMPORTANCE OF FAMILY

Once upon a time, there was a little boy named John who was very naughty and spoiled. He didn't care much about anyone, not even his family. He especially didn't like it when his parents gave attention or gifts to his brother and sister.

One day, John's family decided to teach him a lesson. They pretended that they had lost their jobs and didn't have any money. John was shocked and worried about not receiving presents anymore. They told him that he would have to sell his toys. Feeling upset, John stormed off to school.

When he returned home, he felt sad and defeated. His family asked him what was wrong, and he explained that he was being bullied because they were poor. Then his family reminded him that even though they didn't have money, they had each other as a supportive family.

After a month, John had changed for the better. He became kind and caring towards everyone. When his



family revealed that they hadn't lost their jobs, John wasn't angry. Instead, he was grateful for the lesson they had taught him.

The moral of the story is that we should always care about and appreciate our family.

Riyaz Rokaya
IV-A1

MANNER

We say "Thank you"
We say "Please"
We don't interrupt
Or tease

We don't argue
We don't fuss
We listen when
Folks talk to us

We share our toys
And take our turn
Good manners aren't
Too hard to learn

It is really easy
When you find
Good manners mean
Just being kind

Nirvika Rajthala
IV-D2



MY LITTLE PUPPY

My little puppy sweet like candy
Never lets me down and makes me happy.
Never brings sadness and runs to me
Loves to jump around and play with me.

He behaves like a human, but he is my little puppy
His favorite food is meat
But loves to eat sweet.
Wiggles his tail whenever he is happy.

My little puppy sweet like candy
Never lets me down and makes me happy.
He loves to eat sandwiches
With thick patties.

Gracey Maharjan
IV-B1



WHEN I WAS WALKING

When I was walking on the bay
I suddenly heard a 'Hey'
I tightened my ear
Full of fear.

There was an old man,
Wrinkled face, driving a van
He said, 'Hey kid, Get on'
'I will take you to a fair'.

He drove a couple of miles,
When we hit a green light,
He inquired in a familiar voice, 'Are you fine?'
And I learnt a big lesson.

The old man actually was my dad in his old rusty hat
I knew why he was acting funny-ish
For I travelled with a stranger in his van
So, he repeated, 'Have you realized your mistake now?'

Shresith Sharma
X-A1

MY GRANDMA'S CRAZY HABIT

My grandma is my God
But she really hates my dog
Once I brought a small puppy in the house
but she chased it away thinking it was a mouse.

I cried all day and night
Then she made my favorite food, French fries!
I was still not satisfied
So I put my dish aside.

She did crazy stuffs to make me smile
I was unhappy until she took me for a ride.
She is always there with me on my holidays
She is my best guide

My grandma is my God
But she really hates my dog.

Bibhuti Mahajan
V-C2



TRUTH

The devil offers sweet candies of lies,
Which masses indulge; but in public despise,
Yet such actions too are akin to frauds,
It's an insult to the heavens and Gods,
Such sins aren't to be committed by the wise.

God offers only his bitter tea of truth,
Whose taste shall be savoured; only by those astute,
In its holy presence; the devil shall be broken,
All sin is forgiven; when a single truth is spoken,
Let thy suffering be acknowledged and labor bear fruit.

A lie can travel the globe,
While the truth is still strapping its boots,
Around the world; millions of minds it will probe,
But all it will stuff in the mind is only pure moot.

Lady justice's wrath is blind,
But an honest sinner's; value is bigger.
Than a righteous man, who lies and sniggers,
Soon enough the people will find.

Never give in to sweet little lies,
And find your own truth.
No matter the difficulty of this monumental task,
Preserve through your trials with a smile and laugh.

Darshan Maharjan
IX-A1



SUMMER BIRDS

In the quietness of nature's grace
As the world prepares to awake
Look above the Heavens high
A small delicate creature flies

Chirping in a voice so divine
Each singing its own tale of grand size
They tell a story, both dear and plain
Each so incomprehensible like sand grain

So cast your gaze towards the azure dome
In the azure blue tints, there's a message to be combed
Embrace the delight in nature's crying love
As the birds approach, gazing from above
The summer birds, Oh, so sweet and fine
In the depths of my soul, they reside
In their melody, I find my way
Oh! Why so soon must they go away.

Darshan Thapa
X-B1



FALLING DOWN

I'm doing my best,
But each test feels like a tough quest.
Not just in grades, but life's every part,
It seems like I'm falling, and it hurts my heart.

I thought I could open the gate to my future,
But despite trying hard, I'm a late bloomer.
Advice from everyone in the town,
Yet I still feel like I'm falling down.
Maybe this is who I am, for sure.

After the fall, I gave up, lost everything,
Didn't realize I was cutting my own wing.
Darkness fills my mind, thoughts unkind,
I wish someone could help me find
A way to climb up from this low ground.

Maybe my life seems pointless, like I'm useless,
Confused thoughts swirl, making me feel a mess.
Society's pressure is what I fear the most,
Expecting us to reach the highest post.
But without those skills, I feel like I'm falling down.



Yashaswi Vaidya
IX-A2

MY FATHER

Father, Oh! my father
Kind like a fairy
Beautiful as a feather
Loving us like a mother.

You never let me to be bad
Never let me feel sad
Always making me shine like a star
I will never let you go far.

Oh! Dad you never let me cry
And so, much hard you try
You work hard and buy us things
Always teaches me to care for my belongings.

You know how to be healthy
You matter to me more than being wealthy
I can stay without my riches and comfort
Because of your care and support.

Oh! Dad, may god bless you everyday
You always complete your work on same day
But, how can I give you
All the love you've given me Dad?

Aishwarya Laxmi Khatiwada
V-B1



MY MOTHER

My mother loves me
I also love her a lot.
She is always kind
She always makes up her mind.

She can do everything
And takes care of everyone.
Her favorite fruit is blueberry
Her favorite color is blue.

She always thinks good
She always does good.
And she always loves her family.
She always does the best for her family.

Kaashyap Darai
IV-D1



TEENAGERS' PROBLEM



What a shame it is for teenagers!
The more we crave freedom,
The more we end up with fascism.
All we want is a pleasure,
To make someone proud.

Yet, it's shame to be told that it's not our time ,
That we still have to be more matured to shine,
Poor teenagers get hurt over words,
As if its some sharpened swords.

It's none's fault as they are unaware of each other's
thoughts
As we all have our own fights to fight.

But at the end of the day,
Are we just a burden causing trouble?
Though, we're here trying our best,
Not to be the problem.

Samrachana Dhital
VIII-A3

अभिभावक दिवस सांस्कृतिक कार्यक्रममा अङ्ग्रेजी एमसीको रूपमा मेरो यात्रा

म जब सानो थिएँ, मैले त्यतिबेला दाइ र दिदीहरूले अभिभावक दिवसमा एमसीको भूमिका निर्वाह गरिरहेको देखेँ । मलाई दाइ र दिदीहरूले एमसीको भूमिका निर्वाह गरेको देखेर म पनि अभिभावक दिवसमा एमसी बनेर नै छाड्छु भन्ने विचार आएको थियो । मैले आफ्नो विद्यालयको दाइ र दिदीहरूले एमसी गरेको देखेर मात्र इच्छा जागेको होइन । मैले आफ्नो दिदीले एमसी गरेको देखेर पनि इच्छा जागेको हो । मेरी दिदी २०७३ सालमा लिटिल एन्जल्स विद्यालयको डेप्युटी हेड गर्ल हुनुहुन्थ्यो । उहाँले धेरैभन्दा धेरै कार्यक्रममा भाषण तथा एमसी पनि गर्नुभएको छ । म आफ्नी दिदीबाट प्रभावित भएर एमसीको भूमिकामा सहभागिता जनाएको हुँ ।

सुरुसुरुमा मेरो एमसी गर्ने तरिका मिलेको थिएन, किनभने म राम्ररी बोल्ने प्रयास गर्थेँ, तर म अरुको अगाडि बोल्न डर गर्थेँ । जब मैले आफ्नो कमजोरी थाहा पाएँ, त्यस दिनदेखि मैले दिनभरि धेरै परिश्रम गरें । त्यसपछि मेरो विश्वास पहिलेको भन्दा धेरै भयो । जब हामीलाई गुरु र गुरुआमाले एमसीको अभ्यासका लागि बोलाउनुभयो । मेरो पालोमा म निडर भएर त्यहाँ उपस्थित भएका सबै भाइबहिनी र साथीहरूको अगाडि बोलेँ । मेरो यो लुकेको प्रतिभा देखेर सबैजना आश्चर्य भए । म एमसीको अभ्यास गर्दा मेरी गुरुआमा तारु म्यामलाई एउटा कुराको चिन्ता हुन्थ्यो । त्यो कुरा मैले एमसी निडर भएर गरे पनि मेरो आवाज धेरै टुलो भएर माइक थर्किन्छ कि भन्ने चिन्ता थियो । त्यही चिन्तालाई हटाउन एकदिन तारु म्यामले मलाई माइकमा बोल्न लगाउनुभयो । मैले हातमा माइक लिएर निडरका साथै सबै जनाका अगाडि बोलेँ । मैले बोल्दा माइक थर्किएन र बल्लबल्ल म्यामको चिन्ता हट्यो ।

यसपछि मैले अभिभावक दिवसको दिन राम्रोसँग विश्वस्त भएर एमसी गरें । मैले एमसी गर्दा धेरै कुराहरू सिक्न पाएँ । जस्तै- निडर हुने, अरूसँग मिलेर काम गर्ने र स्वार्थी नभईकन अरुको भलाइ गर्ने आदि । म सबैभन्दा पहिला आफ्ना घरको परिवारलाई हार्दिक आभार व्यक्त गर्दछु, किनभने मेरो घरको परिवारले मलाई प्रेरणा दिनुभएर नै एमसीको भूमिका निर्वाह गर्न सकेको हुँ । म आफ्नो घरपरिवारलाई मात्र होइन, गुरु, गुरुआमा, साथीभाइ तथा दिदीबहिनीप्रति पनि म हार्दिक आभार प्रकट गर्दछु । मेरा गुरु, गुरुआमा, साथै तथा भाइबहिनीहरूले मलाई एमसीको अभ्यासमा सहयोग गरेको कहिले पनि बिर्सिन्नँ । विशेषतः म आफ्नो गुरुआमा तारु म्यामले मलाई अभिभावक दिवसका दिन एमसी गर्ने अवसर दिनुभएकोमा मनैबाट धेरैधेरै धन्यवाद भन्न चाहन्छु । यति भन्दै म अन्त्यमा के भन्न चाहन्छु भने जिन्दगीमा यदि सफलता हासिल गर्नु छ भने निडर भएर अगाडि बढ्नुपर्छ र सधैं राम्रो कर्म



गरिरहनुपर्छ । राम्रो कर्म गर्ने व्यक्तिले एक दिन राम्रो फल अवश्य प्राप्त गर्छ । हजुरहरूको दिन शुभ होस् भनेर कामना गर्दै अब आउने नयाँ वर्ष २०८१ सालको हार्दिक मङ्गलमय शुभकामना व्यक्त गर्दछु । धन्यवाद ।

दिबिन न्यौपाने
कक्षा-९, ए३

अन्धविश्वास

हाम्रो देश अहिले धेरै विकसित भइसकेको छ । नयाँनयाँ यन्त्रहरू हाम्रो दैनिकी जीवनमा प्रयोग हुन्छन् जुन मानिसहरूले बनाएका हुन् । जसले हामीले थाहा पाउन सक्छौं, हामीहरू कति अगाडि बढिसकेका छौं । तर कुनैकुनै स्थलहरूमा आज पनि विकसित हुनै बाँकी छ । मानिसहरूलाई अझै पनि थाहा नै छैन मोबाइल, टिभी कसरी चलाउन सकिन्छ भनेर जुन हाम्रा लागि लाजैमर्दो कुरा हो ।

यसै गरी मानिसहरू अहिले पनि अस्पताल नगएर धामीभाँत्रीकहाँ जान्छन् । अनि केही गरी मानिस मरिहाल्यो भने काल आयो भन्ने ठान्दछन् । गाउँघरतिर अझै पनि अन्धविश्वास हटेको छैन र बढ्दै गइरहेको देख्न सकिन्छ । त्यसै गरी कर्णाली र सुदूरपश्चिमका केही पहाडी जिल्लाहरूका केही ठाउँमा प्रचलित छाउपडी प्रथाको सम्बन्धमा रजस्वला भएका बेलामा घरबाहिर छाउगोठमा लगेर राख्ने गरिन्छ जसलाई छाउपडी प्रथा भनिन्छ ।

रजस्वला र सुत्केरी भएका बेलामा घरको आँगन टेक्न नहुने, दुधदही खान नहुने, घरभित्र बस्न नहुने, लेखपढ गर्न र अरुलाई छुन नहुने भने घरबाहिर रहेकी छाउगोठमा राखिन्छ । यसले गर्दा पीडित महिलाहरू असुरक्षित र जोखिमपूर्ण अवस्थामा बाँच्न बाध्य भएका छन् ।

परिवारको साथ र सहयोगको आवश्यकता पर्ने समयमा यसरी घरदेखि बाहिर राख्नु महिलामाथिको दुर्व्यवहार हो । एउटा सामाजिक अपराध हो । छाउगोठमा बस्दा सर्पले टोक्ने,



अपराधीहरूको सिकार र जङ्गली जीवजन्तुहरूको आक्रमणमा पनि पर्न सक्ने हुन्छ । त्यसैगरी घुम्तो भनेको यो एउटा अन्धविश्वास हो जुन मध्य तराईमा प्रचलित छ ।

विवाहित महिलाले मान्यजन र पुरुषका अगाडि जाँदा आफ्नो अनुहार छोप्नुपर्ने प्रचलनलाई घुम्ती भनिन्छ । यो एउटा लैङ्गिक विभेदको अवस्था पनि हो । यस्तो प्रथाले मानव अधिकारको दृष्टिकोणबाट महिलाको हम, अधिकार र स्वतन्त्रताको हनन भएको छ । विवाहपश्चात् महिलाहरू घुम्तीमा बसिरहनुपरेका कारण शिक्षा, स्वास्थ्य, रोजगारी आदिको अवसरबाट वञ्चित हुनुपरेको छ । हामी पनि आजैदेखि यस्ता मानव अधिकारका विरुद्धमा रहेका सामाजिक प्रथा तथा परम्पराको विरुद्धमा रहेका सामाजिक प्रथा तथा परम्पराको विरुद्धमा आवाज उठउनुपर्छ ।

कृष्णा राणा
कक्षा-१०, बी४

महिला अधिकारको इतिहास

अधिकार भनेको कुनै पनि देशको कानूनले देशको नागरिकलाई प्रधान गर्ने हक हो । यसले किसिमका स्वतन्त्रता, अधिकार वा शक्ति सम्बोधन गर्दछ । विश्वमा अधिकार विभिन्न प्रकारका छन् । केही सामान्य प्रकारका अधिकारहरू छन् जस्तै-मौलिक अधिकार, महिला अधिकार, बाल अधिकार, अल्पसङ्ख्यक अधिकार र आदिवासी अधिकार आदि । यी अधिकारहरू सबै व्यक्तिहरूको समानता, न्याय र गरिमाको सुनिश्चित गर्नका लागि आवश्यक छन् ।

महिला अधिकार:

महिला मताधिकार आन्दोलनले १९औँ शताब्दीमा महिलाको मतदान अधिकारको प्रश्नलाई एउटा महत्त्वपूर्ण राजनीतिक मुद्दा बनायो । यो सङ्घर्ष ग्रेट ब्रिटेन र संयुक्त राज्य अमेरिकामा विशेष गरी तीव्र थियो, तर ती देशहरूले महिलाहरूलाई मतदानको अधिकार प्रदान गर्ने पहिलो



थिएनन् । महिला हकसम्बन्धी आवाजहरू सन् १८४८ देखि उठ्न थालेका थिए । जुलाई १८४८ मा एलिजाबेथ क्याडी स्टान्टन र लुक्रेटिया मोटले सेनाका फल्स, न्युयोर्कमा पहिलो महिला अधिकार सम्मेलन आयोजना गरेको पाइन्छ । सेनेका फल्स कन्भेन्सनले भावनाहरूको घोषणा भनिने मागहरूको सूची तयार गरेको पाइन्छ ।

महिला अधिकारबारे तथ्यः

- विश्व स्वास्थ्य सङ्गठनअनुसार विश्वभरका ३ मध्ये १ महिलाले हिंसाको अनुभव गरेका थिए ।
- लागूपदार्थ र अपराधमा संयुक्त राष्ट्रसङ्घ कार्यालय, २०१८ अनुसार २०१७ मा हत्या गरिएका सबै महिलाहरूमध्ये ५८ प्रतिशत एक घनिष्ठ साथी वा परिवारको सदस्यद्वारा मारिएका थिए ।
- युनिसेफ २०१८ अनुसार विश्वभरि करिब ६५ करोड महिलाको १८ वर्ष नपुग्दै विवाह भएको थियो ।
- युनिसेफ २०१६ अनुसार ३० देशका २० करोडभन्दा बढी महिला र केटीहरूले महिलाको यौनाङ्ग विच्छेदबाट गुज्रिएका पाइन्छ ।
- २०१६ अनुसार ७१ प्रतिशत महिला र केटीहरू समावेश मुख्य रूपमा शोषणका लागि समावेश भएका छन् ।

महिला अधिकारसँग सम्बन्धित पाँच महत्त्वपूर्ण हकहरूः

यसमा हिंसा र भेदभावबाट मुक्त भई बाँच्ने अधिकार समावेश छ, शारीरिक र मानसिक स्वास्थ्यको उच्चतम प्राप्य स्तरको आनन्द लिन, शिक्षित हुन्, सम्पत्तिको स्वामित्वमा,

मतदान गर्न र समान ज्याला कमाउनजस्ता महिला हकहरू महत्त्वपूर्ण छन् ।

नेपालमा महिला अधिकारः

नेपालमा महिलाहरूलाई विशेष अधिकार प्रदान गरिएको छ । महिलाहरूलाई समान अधिकार र सुरक्षा प्रदान गर्नका लागि विभिन्न कानूनहरू र नीतिहरू बनाइएका छन् । वि.सं. २०४७ को संविधानअनुसार कुनै पनि पुरुषले कुनै पनि प्रकारको भेदभाव गर्न पाउँदैन र यदि महिला ३५ वर्षसम्म अविवाहित रहिन् भने उनलाई पनि अंशको हिस्सा मिल्नुपर्छ भन्ने नियम बनाइएको थियो । वि.सं. २०६३ को संविधानले स्थिति सुधार मा ध्यान दिएको, यसअनुसार छोरीलाई पनि छोराजति नै अंश मिल्छ र यदि कोही महिलाले सम्बन्धविच्छेद गर्छिन् भने उनको श्रीमानको ५० प्रतिशत सम्पत्ति उनको हुन्छ । समतापूर्ण दिगो राष्ट्रिय विकासका लागि पुरुषसह महिलाहरूको सक्रिय र अर्थपूर्ण सहभागिता अपरिहार्य रहन्छ । यिनै असमानताहरूलाई मध्यनजर गरी समानता, न्याय, शान्ति र विकासका लागि प्रारम्भ गरिएको अभियानको स्मरण गर्दै ८ मार्चको दिनलाई विशेष महत्त्वको रूपमा लिई अन्तर्राष्ट्रिय महिला दिवस मनाउँदै आइएको छ । नेपाल सरकारले विभिन्न कार्यक्रमहरू चलाउँदै आएको छ । यस महिलाहरूलाई समाजमा समानता र सम्मान प्राप्त गर्नमा मदत पुऱ्याउँछ ।

सान्धी मिश्र
कक्षा-९, ए३

सन्देशको नयाँ भाइ

एकादेशमा एउटा सन्देश भन्ने राम्रो केटो थियो । ऊ सबैलाई मदत गर्थ्यो । ऊ पढाइ, लेखाइ, खेलकदु आदिमा राम्रो थियो । सबैले उसलाई माया गर्थे, किनभने उसले सबैलाई माया र मदत गर्थ्यो । उसका भाइ, बहिनी थिएनन् । त्यसैले उसका बाबा र आमाले उसलाई केही कुराको कमी हुन दिनुभएको थिएन ।

एक दिन सन्देशले आफ्नो बाबा र आमालाई भन्यो, "बुबा, आमा हामीहरू भोली घुम्न जाऔं न ।" उसका बाबा र आमाले 'हुन्छ' भन्नुभयो ।

अर्को दिन सन्देश आफ्नो भोलाहरू तयार पारेर भान्साकोठामा गयो । उसले देख्यो, आमाले केही तयारी गर्नुभएको थिएन । सन्देशले आमालाई सोध्यो, "आमा ! तपाईंले केही कुरा तयार किन नगर्नुभएको ?"

आमाले भन्नुभयो, "हामी आज जाँदैौं ।"



सन्देशलाई नरामाइलो लाग्यो, मेरो बाबा र आमाले मलाई घुम्न किन नलग्नभएको भनेर सोचन थाल्यो । अहिले मसँग मेरो दाइ, भाइ कोही भइदिएको भए त्यहीसँग जान्थे । मेरो दाइभाइ कोही पनि नभए पनि के हुन्छ र भन्ने सोचेर ऊ आफैँ जुन मन लाग्यो, त्यही बसमा चढ्यो । ऊ जाँदाजाँदै उसले झ्यालबाट हेरिरहेको थियो । उसले छे उमा सानो छाप्रोमा एउटा बच्चा लगातार रोइरहेको देख्यो । ऊ हतारमा बसबाट ओर्लियो । उसले त्यो बच्चालाई उठाएर आफ्नो घरमा ल्यायो । बाबाआमालाई देखायो । सबै कुरा सो धखोज गर्दा त्यो बच्चा अनाथ थियो । बाबाआमाले हेर्दा त्यो

बच्चा केटा हो कि केटी हो भनेर हेर्न थाले । सन्देशको बाबा र आमाले उसलाई अस्पताल लानुभयो । उसको बाबा र आमाले डाक्टरलाई गएर सोध्नुभयो । डाक्टरहरूले यो एउटा केटा हो भनेर भन्नुभयो । त्यो कुरा सुनेपछि सन्देशको बाबा र आमा छक्क पर्नुभयो । त्यो बच्चालाई घरमा लानुभयो । उनीहरूले त्यस बच्चाको नाम गगन राखे । सन्देश धेरै नै खुसी भएको थियो । सन्देशको जस्तै गगन पनि राम्रो र असल व्यक्ति बन्यो । उसलाई पनि सबैले माया गर्न थाले ।

मामोल खत्री
कक्षा-६, बी३

पुस्तिका

विनिशा आज पनि बिहानै स्कुल पुगेर गृहकार्य सार्न साथीको उत्तरपुस्तिका खोज्न थाली । उसले त्यो पुस्तिका साथीलाई नसोधी उसको भोलाबाट निकालेर उत्तर सार्न लागी । उसले उत्तर सारेपछि पुस्तिका उसलाई नदिई आफ्नै भोलामा राखेर बाहिर साथीहरूसँग खेल्न गई ।

घन्टी बजेपछि सबैजना कक्षाभित्र गए । नेपाली गुरुआमा पनि आउनुभयो र सबैलाई पुस्तिका निकाल्नका लागि भन्नुभयो । साथी आफ्नो पुस्तिका नभेटेर रून थालिन्, किनभने त्यस पुस्तिकामा भएको उत्तर परीक्षामा १० अङ्क जोडिन्थ्यो । गुरुआमाले भन्नुभयो, "कसले रजनीको पुस्तिका लियो भन त ? नत्र म सबैको भोलामा खोज्छु ।"

कसैले केही पनि बोलेनन् । गुरुआमाले सबैको भोलामा पुस्तिका खोज्नुभयो । पुस्तिका विनिशाको भोलामा भेटियो र उसलाई सोध्नुभयो, "विनिशा ! तिम्रो भोलामा यो पुस्तिका कसरी आयो भन त ? भनिनौ भने म तिम्रो आमाबुबालाई फोन गरेर भनिदिन्छु ।"

विनिशा चुपचाप रहिन् । गुरुआमाले फेरि त्यही भन्नुभयो, विनिशाले डरले भनिनन् ।

अर्को दिन विनिशाले भनिन्, "गुरुआमा ! म बिहानै स्कुल आएर गृहकार्य सार्न रजनीको भोलाबाट पुस्तिका निकालेर सार्न थालेँ र बिर्सेर आफ्नै भोलाभित्र हालेछु ।"

—"अबदेखि यस्तो नगर्नु है विनिशा ।" गुरुआमाले उसलाई सम्झाउनुभयो ।

त्यस दिनदेखि विनिशाले कहिल्यै पनि अरुको गृहकार्य सार्ने काम गरिनन् ।

जेनिसा काफ्ले
कक्षा-६, बी१



दुई मिल्ने साथी

एउटा गाउँमा दुई मिल्ने साथी थिए । उनीहरूको नाम राम र श्याम थियो । उनीहरू एकदमै मिल्थे, तर राम धनी थियो भने श्याम गरिब थियो । यसले उनीहरूको मित्रतालाई रोकेन । उनीहरूसँगै खेल्थे र सँगै पढ्थे । एक दिन रामको श्रेयान्ससँग भगडा भयो । श्यामले त्यसलाई देखेर रामको साथ दियो । राम र श्याम मिलेर श्रेयान्सलाई भगाइदिए । त्यसबाट श्रेयान्सलाई एकदम रिस उठ्यो र उसलाई बदला लिन मन लाग्यो तर कसरी ? भन्दै सोच्यो ।

अर्को दिन श्यामले रामलाई खोजिरहेको थियो । उसले रामलाई श्रेयान्ससँग कुरा गर्दै गरेको देख्यो । उसले रामलाई बोलायो र रामले पछाडि हेर्दा ऊ रिसाएको जस्तो थियो । उसले श्यामलाई भन्यो, "आजदेखि तिमी मेरो साथी होइनौ" भन्दै श्रेयान्ससँग गयो ।

श्यामलाई रामले के भयो भन्दै सोध्यो ।

एक हप्तापछि राम हिँड्दै थियो, तर एउटा सवारीसाधनबाट श्यामका कागजहरू फाल्यो । उसले हेर्दा त्यो राम हाँसिरहेको देख्यो । त्यसबाट श्यामलाई रिस उठ्यो र ती दुईजनाको शत्रुता भन् बढ्यो । त्यसपछि तिनीहरू बोल्ल छाडे ।

केही दिनपछि एउटा घरको भित्तामा एउटा सवारीसाधन ठो कियो । श्यामले त्यस सवारीसाधनलाई हेर्दा रामलाई देख्यो । उसलाई रिस उठेपछि उसले रामलाई आफ्नो सवारीसाधनमा बोक्दै अस्पतालसम्म लग्यो । राम चार दिनपछि बल्ल उठ्यो । उसले श्यामलाई देखेर खुसी भयो अनि झ्यालबाट हेर्दा श्रेयान्स ऊभन्दा धनी बच्चासँग खेलिरहेको देख्यो । रामले श्यामलाई मलाई किन बचायो तिमीले भनेर सोध्यो । श्यामले भन्यो, "दुस्मन भए पनि उनीहरूलाई सहयोग गर्नुपर्छ भनेर मेरी



आमाले मलाई सिकाउनुभएको थियो ।"

रामले त्यो सुनेपछि भन्यो, "अहिलेसम्म गरेको गल्तीलाई माफ गरिदेऊ र तिमी नै मेरो सच्चा साथी हौ ।" भन्दै रोयो ।

—"तिमी मेरो साथी मात्र पैसाका लागि बनेका हौ भनेको थियो र मैले उसको कुरा मानेर उसको साथ लिएँ, त्यही भएर मलाई माफ गरिदेऊ ।" श्रेयान्सले भन्यो ।

श्यामले त्यो कुरा सुनेर उसलाई माफी दियो र तिनीहरू पहिलोभन्दा मिल्ने साथी बने ।

अविज्ञान श्रेष्ठ
कक्षा-५, ए२

मेरो परिवार

मेरो परिवारमा पाँचजना सदस्य हुनुहुन्छ । म तीमध्ये सबभन्दा कान्छो हुँ । मेरो परिवारमा सबैभन्दा ठुलो मेरी हजुरआमा र सबैभन्दा सानो म हुँ । मेरो परिवारमा मेरी दिदी, बुबा, आमा, हजुरआमा र म हुँ ।

मेरो परिवारमा सबैभन्दा सफल र कर्मशील मेरो बुबा हुनुहुन्छ । मेरी आमा घरमा बस्नुहुन्छ । मेरी दिदी मजस्तै एक विद्यार्थी कक्षा १२ मा पढ्नुहुन्छ । मेरी हजुरआमाको एउटा सानो बत्तीको व्यापार छ । मेरो बुबा सामाजिक अध्ययनको एचओडी हुनुहुन्छ । मेरो बुबा जेम्स स्कुलमा पढाउनुहुन्छ ।

जस्तो पनि होस् । मेरो परिवार एक खुसी र रमाइलो परिवार छ । हाम्रो घर भापामा छ, तर मेरो बुबाको पेसाले गर्दा हामी ललितपुरमा बस्छौं । मेरी दिदी लिटिल एन्जल्समै पढ्नुहुन्छ ।



हामी सबैजनाले एकअर्कालाई माया गर्छौं ।

अभिज्ञ निरौला
कक्षा-५, डी१

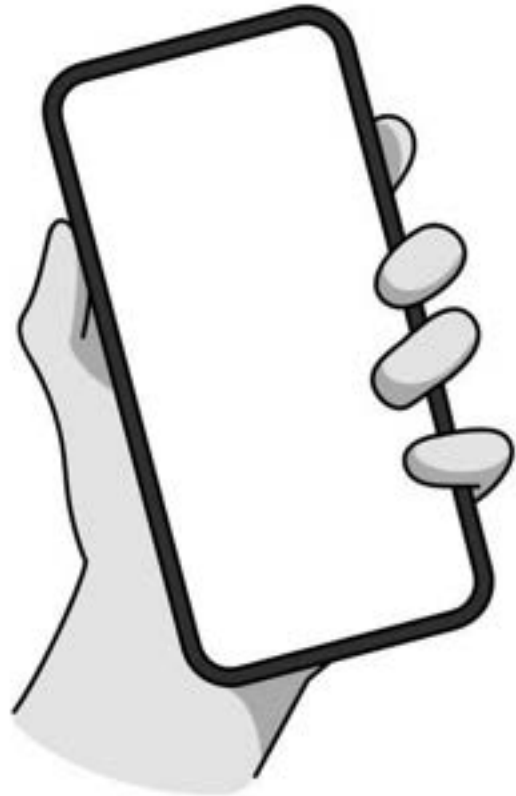
कुलत

रेशमा भर्खर १५ वर्ष लागेकी थिई । ऊ २४ सै घन्टा सामाजिक सञ्जालमा हुन्थिन् । उसको आमा र बुबा दुवै विदेशमा बस्थे र रेशमा आफ्नो मामामाइजूसँग बस्थी । रेशमाकी मामा र माइजु दुवै जना बिहान गएपछि बेलुका आउने हुँदा उसको पालनपोषण, काम गर्ने दिदीले गर्नुहुन्थ्यो । सबै जना आआफ्नै काममा व्यस्त भएकाले गर्दा कसैले पनि रेशमातिर ध्यान नै दिएनन् । ऊ धेरैजसो समय आफ्नो मोबाइलमै व्यस्त हुन्थी । खानेबेलामा पनि मोबाइल हेर्थी । सुन्नुभन्दा अगाडि पनि मोबाइल चलाउँथी । उसको पढाइमा ध्यान गएको थिएन । ऊ विद्यालय जान्थी, तर विद्यालयमा पनि उसको ध्यान पढाइमा जाँदैनथ्यो । उसको विद्यालयको साथीभन्दा पनि सामाजिक सञ्जालमा बढी साथीहरू छन् । एक रात जब रेशमा आफ्नो कोठामा मोबाइल चलाइरहेकी थिई । त्यति नै बेला उसको मोबाइलमा अपरिचित रोहन नाम गरेको केटाको मेसेज आयो । उसले त्यो मेसेजको रिप्लाई दिई ।

रेशमा, तिम्रो फोटो त अत्यन्तै सुन्दर छ । मलाई तिम्रोबारे मा आजै थाहा पाउन मन छ भनेर रोहनले भन्यो । रेशमा यो मेसेज पढेर मक्ख पढेँ आफ्नो बारेमा सबै कुरा बताउन थाली । त्यो रात रेशमा रोहनसँग बोल्दै बसी । भोलिपल्ट रेशमा विद्यालय पनि गइन र ऊसँग कुरा गर्दै बसी । यसरी रोहन र रेशमा सधैं बोल्न थाले । दुई हप्ता बितिसकेको थियो । रोहन र रेशमा दुवैजना एकअर्काको प्रेममा थिए । रेशमाले आफ्नो मनको कुरा रोहनलाई भन्ने निर्णय गरी र रोहनले उसको प्रेम स्वीकार गर्‍यो । यस दिनदेखि रेशमा त भन् सामाजिक सञ्जालको दुनियाँमा व्यस्त हुन थाली ।

रेशमा विद्यालय नगएको कुरा मामामाइजूलै पनि थाहा पाउनुभयो । रेशमाले त्यो दिन धेरै गाली खाई र भोलिपल्टदेखि विद्यालय जान थाली, तर कहिल्यै गृहकार्य गर्दैनथी । दुई दिनपछि उसको परीक्षा थियो तर उसलाई त्यसमा ध्यान नै थिएन । परीक्षाको दिनमा पनि ऊ विद्यालय जान्थी र खाली पेपर दिएर आउँथी । यतातिर उसको परीक्षा बिग्रिँदै गएको थियो भने अर्कोतिर उसको रोहनसँग सम्बन्ध । उसलाई के गरूँ न कसो गरूँ भइरहेको थियो । उसको परीक्षा पनि सकियो र रोहनसँगको सम्बन्ध पनि सकियो । यस कुराले उसको दिमागमा एकदमै नराम्रो असर पर्‍यो । ऊ एकलै कोठामा बसेर रुने गर्थी । केही खान पनि मान्दिनथी । न त कतै जान मान्थी । यो कुरा मामामाइजूलै थाहा पाउनुभयो र रेशमाकी आमा र बुबालाई बोलाउनुभयो ।

एक दिन जब रेशमा कोठामा बसेर रुँदै थिई । उसकी आमा र बुबा अत्तालिँदै कोठाभित्र पसेर रेशमालाई अँगाली हालिन् । रेशमा भन् रुन थालिन् । रेशमाले रुँदै आफ्नी आमालाई सबै



कुरा भनी । रेशमाको कुरा सुनेर उसकी आमा पनि रुन थाल्नुभयो –“ए छोरी, यो सबै हाम्रो गल्ती हो । हामीले तँतिर कहिल्यै ध्यान दिएनौं । हामी जहिल्यै पनि आफ्नै काममा व्यस्त हुन्थ्यौं । तँ के गर्छस् र के गर्दिनस् भन्ने कुरा हामीलाई थाहा हुनुपर्थ्यो, तर हामीले कहिल्यै बुझ्न सकेनौं ।” रेशमाकी आमाले सम्झाइन् ।

यी सबै कुरा सुनेर रेशमाको मनमा हिम्मत आयो । उसले आफ्नो फोन, आमामाइजुलाई दिई र आफ्नो पढाइतिर लाग्छु भनेर कसम खाई । त्यस दिनदेखि रेशमाकी आमा रेशमासँग बस्न थालिन् र उसको पालनपोषणमा ध्यान दिन थालिन् । रेशमाको पढाइमा पनि सुधार हुन थाल्यो । अब रेशमा र उसको आमामाइजु सबै खुसीसाथ बस्न थाले ।

स्वर्णा शाह
कक्षा-१०, ए२

मेरो फूलबारी

मेरो घरमा एउटा ठुलो फूलबारी छ । त्यस फूलबारीमा धेरै राम्रा फूलहरू छन् । त्यो फूलबारीले हाम्रो घरलाई सुन्दर बनाउँछ । त्यो फूलबारीमा किराहरू पनि छन् । त्यसमा राम्रा चराचुरुङ्गीहरू आउँछन् । मेरो फूलबारीमा ठुलो रूख छ । हामी फूलबारीमा फूलहरू टिपेर भगवानलाई चढाउँछौं । हाम्रो फूलबारीमा छिमेकीहरू फूल टिप्न आउनुहुन्छ । फूललाई हामीले सजाएर राख्नुपर्छ । हामीले फूलबाट नर्सरी बनाउन सक्छौं । हाम्रो फूलबारीको माटो मलिलो छ । हामीलाई हाम्रो फूलबारीबाट फूलबारे ज्ञान प्राप्त भएको छ । हाम्रो फूलबारीको रूखबाट हामी हावा पाउँछौं । मेरो फूलबारी धेरै राम्रो छ । मेरो फूलबारीमा हरियाली छ । मेरो फूलबारीमा तरकारी र फलफूलहरू फलेका छन् । म मेरो फूलबारीको हेरचाह गर्छु ।

श्रेयान्स प्रधान
कक्षा-५, बीर



मेरो देश

मेरो देशको नाम नेपाल हो । यो एसियामा पर्छ । एसिया संसारको सबैभन्दा ठुलो महादेश हो । हाम्रो देश दुईवटा देशको बिचमा पर्छ । भारत र चीन हाम्रो छिमेकी देश हुन् । हाम्रो देश भूपरिवेष्टित देश हो । हाम्रो देशको राष्ट्रिय जनावर गाई हो । हाम्रो देशमा संसारको अग्लो हिमाल छ । सगरमाथा पनि हाम्रै देशमा पर्छ । हाम्रो देश प्राकृतिक रूपमा सुन्दर छ । हाम्रो देशको राष्ट्रिय फूल लालीगुराँस हो । हाम्रो देशको राष्ट्रिय पन्छी डाँफे हो । हाम्रो देशमा धेरै प्रकारका जनावर छन् । देश तीन प्रकारमा बाँडिएको छ । हाम्रो देशको नियम राम्रो छ । नेपालमा १६ ओटा विभूतिहरू पनि जन्मिएका थिए । हाम्रो देशमा ७७ जिल्लाहरू र ७ ओटा प्रदेश छन् । हामी हाम्रो देशमा धेरै नदीनालाहरू पनि छन् ।

रुद्रांश सुवेदी
कक्षा-५, डीर



मागी विवाह



कुनै एक सुन्दर गाउँमा एउटा अत्यन्तै मिलेर बसेको परिवार थियो । त्यस गाउँमा सरिता नाम गरेकी एक मिजासिली केटी बस्ने गरेकी थिइन् । उनको बालापन त्यही गाउँमा बित्यो । उनी एक मध्यमवर्गीयभन्दा राम्रो परिवारकी(अलिक धनी) बाट थिइन् ।

उनी १६ वर्षको उमेरमा पनि गाउँमै थिइन् । त्यहीँ पढ्थिन् । त्यहीँ रमाइलो गर्थिन् । एक दिन बिदा परेकाले सरिताले हजुर आमासँग बसेर नै आजको दिन बिताउने भनी निधो गरिन् । हजुरआमासँग हाँस्दै रमाइलो गर्दै बसेकी थिइन् ।

एक्कासि फोन टिनिन्न गरेर बज्यो । हजुरआमाले भन्नुभयो – “कसको फोन हो, उठा त नानी ।” एकदमै आवश्यक परेर पो गरेकी । यत्तिकै त उनी कराउने गर्थिन् । आज हजुरआमाले त्यसो भनेपछि मन आत्तियो ।

भसङ्ग भएर मोबाइलबाट फोन उठाउँदा त बाबाको पो फोन थियो ।

–“छोरी ! मेरो सख्या भयो आज । अब एक हप्तापछि सहर जानुपर्ने भयो । आमालाई लुगासुगा के कस्तो छ धुँदै गर्नु भन्नु है ।” बाबाले कलमै भन्नुभयो ।

–“किन र बाबा ? हामी पनि जानुपर्ने नै हो र ?” सरिताले भनिन् ।

–“मलाई २ वर्षका लागि उतै सहरमा काम गर्नुपर्छ भनेर फोन आयो । फेरि त्यता कोही पनि त छैनन् । अब तिमी पनि त टुली हुँदै छौ नि । अब उतै सहरमै गएर पढ्नुपर्छ ।” बाबाले भन्नुभयो ।

सरिताको आँखाभरि आँसु नै आँसु भयो । त्यो देखेर सरिताकी हजुरआमाले सरितालाई सोध्नुभयो, “नानी के भयो तँलाई ? एक्कासि अधिसम्म त हाँस्दै बोलिरहेकी थिइस् त ।”

–“खै के पो भन्नु र हजुरआमा बाबाको फोन हो । हजुर आफैँ कुरा गर्नु है एकचोटि ।” सरिताले हजुरआमालाई फोन ठम्याउँदै कोठाभित्र पसिन् ।

उनी कोठाभित्र पसेपछि अब आमालाई छोडेर जानुपर्ने भयो भन्दै रुन थालिन् ।

यता बाहिर हजुरआमा गहभरि आँसु लिएर भन्नुहुन्छ–“ भविष्य बनाउने कुरा छ । जा बाबू जा । अब एक हप्तासम्म हामी रमाइलो गरेर नै छुट्टिउँला नि है । हामी नि जाऔँ भने त्यताको र यताको हावापानी (मौसम) फरक छ ।”

–“ ल ल म पनि काममा छु अहिले ।” भन्दै सरिताका बुबाले फोन राखिदिन्छन् ।

एक हप्ता रमाइलो गरेपछि सरिता र सरिताका बुबाआमा सहर भित्र पसे । पहिलोपटक सहर आएकोले गर्दा उनीहरू तिनै जना अलमल्ल परे । केही घन्टापछि उनीहरूले व्यवस्थित कोठा पाएँ ।

केही महिना बित्दै थियो । सरिता सहरकै कलेजमा पढ्न थालेकी थिइन् । उनी एक राम्रो कलेजमा गएकी थिइन् । सधैँभैँ आज पनि उनी कलेज गएकी थिइन् ।

सरिताका आमाबाबाको एकदमै महत्त्वपूर्ण काम परेकाले गर्दा बाहिर गएका थिए । त्यस दिन उनी साथीहरूसँग रमाइलो गर्दै पढिरहेकी थिइन् । उनी साथीहरूसँग रमाइलो गर्दागर्दै एकाएक टोलाउन थालिन् । त्यो कुरा कुनै पनि साथीले चाले पाएनन् । एकछिनपछि फोन बज्यो टिङ्किटिङ्किटिङ्किटिङ्कि । उनी भसङ्ग (भस्केको अवस्था) भइन् र कसको फोन आएको रहेछ भनी मोबाइल हेरिन् । घरको फोन रहेछ । बुबाले तीनचोटि गर्नुभएको रहेछ । घरबाट एक्कासि फोन आएकोले गर्दा आत्तिइन् ।

सरिता शान्त स्वभावकी थिइन् । हरेक कुरामा डराउने गर्थिन् । उनी एकदमै अनुशासित विद्यार्थीमध्ये एकमा पर्थिन् । आज २० वर्ष पुग्दा कसैलाई पनि उनले मुख फर्काएकी छैनन् । त्यसैले पनि उनको मनमा जे कुरा गर्दा पनि आत्तिन्थ्यो ।

गाउँमा बिहे गर्नुपर्ने भनी खबर गर्नका लागि फोन आएको रहेछ । उनलाई बिहे गर्न मन पटकैँ थिएन । तर उनले बुबाको वचन हार्न नसकेकाले उनले गाउँ फर्किने निधो गरिन् । गाउँ पुगेको केही दिनमा नै केटा माग्न आएका थिए । त्यो केटा एक्स बेस्ट फ्रेंड परेछ । उनले बिहे नगर्ने भनिन् तर घर परिवारको कुरा हार्न नसकेर उनी त्यो केटासँग बोल्न थालिन् । ६ महिनापछि उनीहरू प्रेममा परिवर्तन भएर बिहे गर्न निधो गरे । सासूससुरा पनि एकदमै बुझ्ने भएकाले घरव्यवहार राम्रो चल्दै गयो । सबै सासू एउटै हुँदा रहेनछन् भन्ने कुरा उनले यहाँबाट थाहा पाइन् र आमाबुबालाई धेरैधेरै धन्यवाद दिन मन्दिरमा पूजा गर्न गइन् ।

ऋदिशा दाहाल
कक्षा-१०, बी५

मानवता तुलो धन

एकादेशमा एउटा वाङ्गला भन्ने गाउँ थियो । यो अर्घाखाँची जिल्लामा पर्दछ । त्यस गाउँमा विभिन्न जात, संस्कृति, भाषा, जाति, रीतिरिवाजका मानिसहरू बस्थे । केही मानिसहरू शिक्षित थिए भने केही मानिसहरू अशिक्षित, अन्धविश्वासमा विश्वास गर्थे । त्यस गाउँका केही अन्धविश्वासमा भर पर्ने मानिसहरूले तल्लो जातका मानिसहरूलाई हेपथे । दासको रूपमा काम लगाएर पैसा दिँदैनथे ।

एउटा सामान्य परिवारकी छोरी (अमिता परियारको) परिवार पनि त्यही गाउँमा बस्थे । उनीहरू दुःख-सुख गरेर आफ्नो जीवन निर्वाह गर्थे । परिवारको आर्थिक अवस्था कमजोर भए पनि सबै सदस्य हाँसीखुसी बस्थे । अमितालाई उसको बुबाआमाले मिहिनेत, परिश्रम गरेर भए पनि उसलाई विद्यालय पढ्न पठाउँथे । अमिता धेरैजसो कक्षामा प्रथम हुन्थिन् र बुबाआमा गर्व महसुस गर्नुहुन्थ्यो, तर केही मानिसहरूले उसको डाह गर्थे, उसलाई देख्दा दिन बिग्रियो भन्दै फर्किन्थे । त्यहाँका बासिन्दालाई छुवाछुतप्रति विश्वास थियो ।

बाटोमा हिँड्दै गर्दा एउटी आन्टी देखा परिन् । अमिताले "नमस्कार आन्टी" भन्दा त्यस आन्टीले अमितालाई नदेखेजस्तो गरेर गइन् ।

अमितालाई दुःख लाग्यो, अनि घर गएर धुस्धुरू स्न थालिन् । आमाले सोध्नुभयो, "के भयो छोरी ?"

अमिताले आँखाभरि आँसु ल्याएर सबै घटना आमालाई भनिन् । आमाले उनीलाई सान्त्वना दिँदै 'हामीहरू आफ्नो जातका लागि लड्नुपर्छ । अवश्य पनि एक दिन "जातीय भेदभावको" अन्त्य हुनेछ' भनिन् ।

अमिताका केही साथीहरूले पनि उनलाई हेप्न थाले, किनभने तिनीहरूको घरपरिवारले उनीहरूलाई सबै समान हो भनेर सिकाएनन्, परिवार नै बच्चाको पहिलो पाठशाला हो ।

एक दिनको कुरा हो अमिता विद्यालयबाट थकित भएर फर्कदा मन्दिर दर्शन गरेर फर्कन्छु भनेर सोचिन् र मन्दिरमा गइन् । केही दिदीबहिनी आन्टीहरू पनि थिए ।

अमिता ढोकामा पाइला राख्दा आन्टीहरूले अमितालाई हो च्याएर तँजस्तो तल्लो जातकी केटी मन्दिर हो । नआइज हाम्रो पवित्र मन्दिरमा भनेर अमितालाई निकाले । त्यहीबेला एउटा शिक्षित मानिस आए र उनीहरूलाई यो गलत हो भनेर सम्झाएँ, बुझाएँ ।

मन्दिरजस्तो पवित्र ठाउँमा आएर तपाईंहरूलाई यस्तो भन्न लाज छैन भनेर बुझाए । दिदीबहिनीहरूलाई उनले भनेको कुरा सही हो जस्तै लागेर बुझ्न थाले । बिस्तारै गाउँमा चेतनाको कार्यक्रममा सबै जात समान हो भनेर नारा चलाउन थाले ।



सबै मानिसहरूले भेदभाव, छुवाछुत गर्नुहुँदैन भनेर बुझे । सबै जातका मानिसहरू नेपाली नै हुन् भनेर अन्धविश्वासप्रति घृणा गरे र एकआपसमा मिलेर क्रियाहरू आदानप्रदान गर्ने, सम्मान र सद्भावका साथ बस्न थाले । त्यस गाउँलाई धार्मिक सहिष्णुता र सबै जात मिलेर बस्ने गाउँ भनेर चिनियो । सबैभन्दा तुलो धन भनेको मानवता हो । सबै जातजाति, रीतिरिवाजका मानिसहरू मिलेर बस्नुपर्छ । सबै जातहरू मिलेर बसेर नै समाजमा शान्ति हुन्छ ।

सान्धी मिश्र
कक्षा-९, ए३

राजकुमारी पद्मावती

हजारौं वर्षअधिको कुरा हो । हरिकालबाट थैचैतर्फ भर्खरै राजा परमेश्वर बसाइँ सरेका थिए । राजा परमेश्वर कठोर स्वभावका थिए । स्वार्थी पनि थिए, तर आफ्नी पत्नी, रानी हिरावती र एकमात्र छोरी पद्मावतीलाई भने असाध्यै माया गर्दथे ।

राजकुमारी पद्मावतीलाई ठाउँहरू भ्रमण गर्न असाध्यै रोचक लाग्थ्यो । अहिले त भन् नयाँ घर सरेको । राजकुमारी एकलै आफ्नो घर वरिपरिको ठाउँ नियाल्दै भ्रमण गरिरहेकी थिइन् । पद्मावतीलाई राज्यमा राजकुमारीभन्दा पनि गाउँकी सबैकी प्यारी साधारण केटी भएर बस्न मन पर्थ्यो । एक दिन उनी खोलाको छेउ, रूखको मुनि बसेर प्रकृतिलाई नियाल्दै थिइन् । उनलाई एकलै देखेर एक चिरिच्याट्ट परेको केटाले उनको छेउमा मुसुमुसु मुस्काउँदै सेतो कागज उनको छेउमा राखेर हिँड्यो । राजकुमारीले त्यस केटोलाई निकै आवाज दिइन्, तर त्यस केटो त्यहाँबाट हिँडिसकेको थियो ।

उनले त्यस सानो कागजलाई खोलिन् र चिठी पढ्न थालिन् । त्यस केटाको नाम गगन रहेछ । चिठीमा गगनले राजकुमारीप्रतिको प्रेमलाई फूलको थुँगा गाँसेकोभैँ गाँसेको रहेछ । चिठी पढ्दै जाँदा पद्मावती मुस्कुराइरहेकी थिइन् । चिठीमा भएका दस, बाह्र शब्दले उनलाई मोहित बनाएको थियो । त्यस दिनदेखि राजकुमारी जहिल्यै त्यही ठाउँमा जान्छिन् र गगन देखा परेमा दुवै जना एकअर्काको लजालु प्रेमको दृश्यले हेर्दथे । उनीहरूबीच प्रेमको बन्धन बाँधिसकेको थियो, तर जेजस्तो भए तापनि उनीहरू एकअर्कासँग कहिल्यै भेट्दै भेटेनन् ।

दुई हप्तापछि ...

“राजा धमेश्वरबाट आफ्ना छोरा राजकुमार जितेन्द्रका लागि विवाह प्रस्ताव आएको छ,” राजा परमेश्वरले राजकुमारीलाई भन्छन् । राजकुमारी पद्मावतीले केही नभनी आफ्नो कोठातर्फ लाग्छिन् । राजकुमार जितेन्द्रको विवाह प्रस्ताव निकै समयसम्म चलिरह्यो तर पद्मावतीले जहिल्यै प्रस्ताव टाल्दै गइन् ।

समय बित्दै गयो, पद्मावतीलाई थुप्रै ठाउँबाट विवाहको प्रस्ताव आयो तर उनले सबै प्रस्तावलाई टाल्दै गइन् । बिस्तारै राज्यले राजकुमारीमाथि शङ्का गर्न थाले । आफ्नी राजकुमारी माथि राज्यले अनेक आरोप लगाएपछि राजाले जबर्जस्ती राजकुमारीको विवाह जितेन्द्रसँग गराइदिने निधो गरे । आफूमाथि धेरै दबाव आएकाले राजकुमारीले अन्त्यमा आफ्नो प्रेमीको बारेमा राजालाई भनिन् ।

आफ्नी छोरीले एक साधारण घरको छोरोसित प्रेम गरेकाले राजा निकै दुःखी भए । राजाले त्यस केटोलाई राज्यमा बोलाए र प्रेमको परीक्षा लिन बाध्य बनाए । गगनको सामु राजाले सातवटा ढोका राखे । ती सात ढोकामध्ये एक ढोकाबाहेक सबै



ढोकामा प्राणघातक जनावर राखिएको छ भन्ने कुरा राजाले राज्यसामु भने । बाँकीको एक ढोकामा राजकुमारीलाई बसाइएको छ भन्ने कुरा उनले प्रस्ट बनाए ।

यदि गगनले ढोका खोल्दा राजकुमारी आफूसामु पाउँछ भने गगन र पद्मावतीको विवाह गरिने छ । नभए गगनका मृत्यु हुन्छ भन्ने कुरा राजाले घोषणा गरे ।

गगनलाई आँखामा पट्टी लगाएको थियो । गगनले एक ढोका खोल्थ्यो र अघि बढ्यो । ऊ ठुलो भिरमुनि लड्यो र आफ्नो ज्यान गुमायो । त्यो राजाको चाल थियो । सारा राज्य खुसी भए ।

राजकुमारीलाई यो कुरा थाहा भएपछि निकै दुःख लाग्यो र उनले आफ्नो ज्यान दिने निधो गरिन् । अर्को दिन राजकुमारीको मृत्युको खबरले राज्यमा सन्नाटा छायो ।

शची अधिकारी

कक्षा-९, ए२

सामाजिक सञ्जालको दुरुपयोग

गोरखपुर नामक सुन्दर सहरमा पिटर र उसको परिवार खुसीसाथ बसिरहेका थिए । पिटर १३ वर्षको कक्षा ८ मा पढ्ने मिहिनेती, ज्ञानी, लगनशील विद्यार्थी थियो । पिटर र उसको परिवार सहरमा बसेको जम्मा ३ वर्ष भएको थियो । पिटरको चरित्र अत्यन्तै राम्रो थियो । उसलाई पढाइमा पनि निकै रूचि लाग्थ्यो, तर उसको साथीसङ्गतचाहिँ त्यति राम्रो थिएन । पिटर कक्षा ८ मा गएदेखि उसले नयाँ साथी बनाएको थियो जो बदमास स्वभावका थिए ।

एक दिन पिटर आफ्नो परिवारसँग खाना खाइरहेको बेलामा पिटरले आफूलाई मोबाइल फोन चाहिने कुरा आफ्ना अभिभावकलाई बतायो । पिटरका आमाबुबाले ऊ अहिले सानो छ र कक्षा १० पछि मात्र फोन पाउने कुरा बताउँदा, पिटर रिसाउँदै आफ्नो जिद्दीमा अडिरह्यो । आफ्ना छोरोले अचानक फोनको जिद्दी गर्दा आमाबुबा दुवै आश्चर्यमा थिए । उसको परिवर्तित स्वभावले आमाबुबा दुवै चकित परे । वास्तवमा पिटर आफ्नो इच्छाले होइन, तर आफ्नो साथीको लहैलहैमा आएर मोबाइल फोनको जिद्दी गरेको हो । भोलिपल्ट पनि पिटर जिद्दी गर्दै आमाबुबालाई फोन किनिदिनु भन्न थाल्यो । यसरी तीन-चार दिन लगातार पिटरले जिद्दी गरेको हुनाले पिटरमा आमाबुबा बाध्य भएर उसलाई मोबाइल फोन किनिदिए ।

फोन पाएदेखि पिटरको स्वभावमा भन् परिवर्तन भयो । ऊ भन्भन् बिग्रिँदै गयो । बिहान स्कुल जाने समयमा, बेलुका घर आएपछि र राति आफ्नो फोनमा भुन्डिरहन्थ्यो । ऊ अब आफ्नो समय बढी मोबाइल फोनमा बिताउन थाल्यो । उसको पढाइ पनि बिग्रिँदै गयो । ऊ बाहिर जान पनि कम गन्थो र रिस गर्ने जस्तो बानी लागु गर्न थाल्यो । पिटरको आमाबुबा कामले गर्दा व्यस्त थिए जसले गर्दा उनले पिटरको परिवर्तित व्यवहार थाहा पाएन । पिटर आफ्नो परीक्षाको समयमा समेत नपढेर फोन चलाउँथ्यो । आमाबुबा सुत्न गएपछि लुकेर फोन चलाउँथ्यो । यसरी उसले आफ्नो कक्षा ८ को पहिलो त्रैमासिक परीक्षा बिगान्यो । दुई दिनपछि अब परीक्षाको नतिजाको दिन थियो । पिटरले आफ्नो परीक्षा बिगारेको कुरा थाहा थियो र ऊ मनमनै डराइरहेको थियो ।

नतिजा प्रकाशनको दिन पिटर, उसको आमा र बुबा विद्यालय जानुहुन्छ । गुरूआमा दुःखी हुँदै पिटर फेल भएको बताउनुहुन्छ ।

“पिटर त पहिला राम्रै विद्यार्थी थियो त । अचानक के भयो ? यति धेरै विषयमा फेल हुनु साथै कक्षामा पनि ध्यान नजाने किन भएको होला ।” दुःखी हुँदै गुरूआमाले सोध्नुभयो ।

“मलाई त केही थाहा छैन । यत्रो आस राखेको थिएँ पिटरबाट मैले तर ऊ पनि यस्तो भयो । भन् यसपालि त उसले बिएलइ दिनुपर्छ । के गर्छ होला यसमा । यस्तो तालले हुँदैन ।” भनेर



पिटरकी आमा भन्छिन् । पिटरले आफ्नो गल्ती बुझ्छ । ऊ लज्जित हुँदै घर फर्कन्छ ।

घर फर्केपछि पिटरकी आमा दुःखी हुँदै रून्छिन् र बाबा पनि निराश हुनुहुन्छ । आमा र बाबालाई दुःखी भएको देखेर पिटर पनि दुःखी र लज्जित हुन्छ ।

केही समयपछि बाबा र आमा दुवै पिटरलाई बसाएर राम्ररी सम्भाउनुहुन्छ । पिटरलाई आफू साथीको लहैलहैमा लागेर बिग्रेको कुरा बुझ्छ र पश्चात्ताप गर्छ । उसले त्यो दिन आफ्नी आमा र बाबासँग माफी माग्छ र आफ्नो मोबाइल फोन पनि दिन्छ ।

“आमा र बाबा तपाईं दुवैजना मलाई माफ गर्नुहोस् । आज मेरो कारणले तपाईं यति दुःखी हुनुहुन्छ । म आजदेखि राम्ररी पढ्छु साथै फोन पनि चलाउँदिनँ र ज्ञानी बन्छु ।” भनेर पिटरले वाचा गर्छ । आमाबुबा उसको कुरा सुनेर खुसी हुनुहुन्छ । त्यसपछि पिटर मन लगाएर पढ्न थाल्यो । साथै पहिलाजस्तै राम्रो व्यवहार लागु गन्थो । पिटरको राम्रो स्वभावले उसका बुबाआमा र गुरू सबै खुसी हुनुभयो ।

स्वर्णा शाह
कक्षा-१०, ए२

लिटिल एन्जल्सको यात्रा

सबै मानिसहरूको मनमा आफ्नो विद्यार्थी जीवनका लागि अमूल्य स्थान हुन्छ । आफ्नो घरको वातावरण छोडेर एउटा नयाँ विद्यालय, नयाँ वातावरण, नयाँ मानिसहरूको बिचमा पढ्न पटककै नरूचाउने म कहिले यो विद्यालयप्रति यति भावुक हुन थालेछु मलाई आफैँ थाहा भएन । लिटिल एन्जल्समा म ६ वर्षको सानी केटी भएर भित्रिएकी थिएँ र आज यस विद्यालयबाट एक असल मानिस भएर बाहिरिँदै छु । हुन त ११ वर्ष धेरै नै लामो समय हो, तर अब भने कति चाँडै बितेका यी सालहरू र कति चाँडै लिटिल एन्जल्स छाडेर जाने समय आएको जस्तो आभास मलाई आजभोली भइरहन्छ ।

मैले मेरो बाल्यकाल नै लिटिल एन्जल्सको वातावरणमा बिताएँ । मैले यहाँ सिकेका हरेक कुराहरूले मलाई जीवनभरि मदत गर्ने छ । यहाँ बिताएका हरेक यादगार, रमाइला क्षणहरू, साथीहरूसँग चल्दा र लड्दा गरेका ती घटनाहरू र गुरु, गुरुआमाको प्रशंसा वा गालीहरू आदि सबै रमाइला र प्यारा यादहरू मेरो मनमा सधैं सुरक्षित रहिरहने छ । जीवनको यस यात्रामा धेरै कठिनाइहरू आए, तर पनि आमाबुबा र गुरुहरूको साथ, सहयोग र मायाले म आज यहाँसम्म आइपुगें । लिटिल एन्जल्सका हरेक शिक्षकहरू तथा अरू कर्मचारीहरूको विद्यालयप्रतिको योगदान अतुलनीय छ ।

लिटिल एन्जल्समा पहिलोपल्ट कदम राखेको समयदेखि आजको समयसम्म आइपुग्दा मैले आफैँलाई चिन्ने मौका पाएकी छु । यहाँका नराम्रा र कठिन अनुभवहरूले मलाई अभैँ राम्रो गर्ने र अधि बढ्ने हौसला दिएको छ । साथै, यहाँका राम्रो अनुभवहरूले मलाई प्रोत्साहित गरेको र समय कसैका लागि रो किँदैन भनेर यस विद्यालयमा मेरो समय पनि सकिँदै छ । यस विद्यालयमा बिताएका ११ वर्ष मेरो जीवनका स्वर्णिमकाल हुन् जसका यादहरूलाई म सदैव आफ्नो मनमा समालेर राख्नेछु ।

सिम्रिका घिमिरे

कक्षा-१०, ए२



कोपिलाको रहर

आज हेर कोपिला
भोलिका फूल तिनै हुन्
सजाएर बगैँचा
बास्ना छरी फुल्ने छन् ।

ढकमक्क फुलेर
सिंगानु छ सहर
फूल बनी फुल्नु नै
कोपिलाको रहर ।

टिप्यौं भने आज नै
भोलि फूल के फुल्ला
भुन्भुन् गर्दै मौरीले
बगैँचामा के डुल्ला ?

कसो गरी सहला
भमराले डसेको
कसो गरी हेर्नु हो
कोपिलामै खसेको !

टिप्यौं भने आज नै
भोलि फूल के होला
बास्ना छरी फुल्नु छ
फूलको रहर के होला ?

भावरञ्जन बराल
कक्षा-५, ए९



एक साधारण नेपालीको आवाज

कालो रात रून्छ जून सम्झिएर
मेरो देश रून्छ पुर्खाको खुन सम्झिएर
मनको दुःख पोखुं म कोसँग कसरी
मुटु भक्कानिन्छ मेरो, जब देख्छु देशको गति ।

नेताज्यूलाई फुर्सद छैन आफ्नै भोली भर्न
छाडेका नि छैनन् अझै भुटको खेती गर्न
पुर्खाले त स्विकार्थे है देशका निम्ति पासो
देश बेच्न तम्सिए नेता, बाँकी नराखी केही नासो ।

कर मात्र तिथ्यौं हामीले खाई सुविधा हाम्रो
एउटा मात्र सपना थियो देश विकासको राम्रो
अपराधी लुकाइराख्ने हाम्रो प्रशासन
चाहिँदै न हामीलाई अब भुटो आश्वासन ।

डोल्पा, मुगु जिल्लातिर पक्की सडक छैनन्
कुरा मात्र टुलाटुला काम केही गर्ने छैनन्
युवाजति खाडीतिर कठै मेरो देश
लोप हुँदै गएका छन् हाम्रा भाषाभेष ।

दमन, हत्या, अत्याचार जताततै छायो
राम्रोले भन्दा धेरै मौका हाम्रोले यहाँ पायो
भाषणका ती टुला गफ व्यवहारमा देखिएन
मेरो देशको भाग्य शुभ घडीमा किन लेखिएन ?

प्रशंसा खनाल
कक्षा-९०, ए९



जीवन

सधैँभरि नहुने कुरा नै हो जीवन
उतारचढाव भइराख्ने कुरा नै हो जीवन
भइराख्ने अबेर नै हो जीवन
भइराख्ने सबेर नै हो जीवन ।

दुःख भए मर्न खोजिराख्ने छ चलन
सुख भए अफ नै बाँचिरहने छ चलन
दुःखपीडा राखेर नै नसोच्नु मनमा
भगवान् मनमा हुँदाहुँदै किन जानु शरणमा ।

सधैँ हामी प्रतीक्षा त्यस सुखलाई आउन
जुन कुराले दिनेछ हामीलाई मौका मुस्कुराउन
त्यत्तिकै नै किन नहुने इच्छा मुस्कुराउन
पाइयोस् सधैँभरि यसैगरी मुस्कुराउन ॥

सबै कुरा राखेर कतिबेर नै बाँच्ने र
सबै कुरा छोडेर कतिबेर नै बाँच्ने र
केही गरे दिन्छौ नै दोष मनलाई
आफ्नो मनले भन्छन् मर्नलाई ?

सुजलकृष्ण श्रेष्ठ
कक्षा-९, ए१



धोको

यो दसैँमा घरमा आमा आउने धोको छ
तित्रै हातको टीका आमा लगाउने धोको छ ।

साथीसँगै जम्मा भई भन्ज्याङको चौतारीमा
मालश्रीको गीत आमा गाउने धोको छ ।

अलिअलि कमाएको पैसा पनि जम्मा भएको छ
टिन किनेर घरलाई आमा, छाउने धोको छ ।

बडादसैँ घरआँगन सिँगार्न नि बाँकी होला
कमेरो र माटो आमा, लाउने धोको छ ।

प्रत्युषराज भा
कक्षा-१०, ए१



के हो र ?

सन्तुष्टि भुन्डिएको रहेछ स्वाद, फल यो के हो र
भोगाइले तिर्खा मेटाइसक्यो, जल पो के हो र ।

साक्षी छन् देवता आफैं, अर्थ के रह्यो भुटको
आँसुका धारा त नेत्रले दिन्छन्, कल के हो र ।

घुमाएर सारा जगत्लाई, जाग्यो आशंका मनमा
दुर्गन्ध पापले न दिने हो, ढल पो के हो र ।

बिस्वा धेरै रोपिए माटामा, शक्ति प्रबल धर्तीको
हौसलाको बोट उमान्यो ठक्करले, मल पो के हो र ।

सयौं प्रश्नको भुमरीमा, खोजी मात्र एउटा उत्तरको
समाधान त सङ्घर्षमा रहेछ, हल पो के हो र ।

फुट्छ ढुङ्गो फलामले, उट्छ बलिया हातबाट
चाहेमा कायापलट हुन्छ, बल पो के हो र ।

दुई दिनको जिन्दगीमा, समय बितेको पत्तो छैन
पीडाले लम्ब्याइदियो समय, पल पो के हो र ।

दृष्टि दुलाल
कक्षा-१०, ए१



धन र मन

स्वर्ग मानी काम लाग्ने यो हो मेरो मन
स्वार्थी मानिसलाई चाहिने हो धन
सेवा कार्य गरेपछि पाइने हो सबैको मन
स्वार्थी मन भएपछि चाहिने हो धन ।

पैसालाई भन्छन् मानिसको काल
अशुद्ध मन भए सेवा गर्न थाल
शोषणले भरिएको यो हो तिम्रो धन
एकताले भरिएको यो हो मेरो मन ।

पैसा मात्र भए पनि हुँदैन है धन
धनी हुन हुनुपर्छ शुद्ध खालको मन
सेवा काम गरेपछि स्वार्थी हुन्न मन
कतिजना स्वार्थी छन् है यहाँ गन ।

नामहाङ लिम्बू
कक्षा-७, ए२

मेरो देश

मेरो देश नेपाल सुन्दर शान्त विशाल
उपस्थित छन् यहाँ अगलाअगला हिमाल
आफ्ना पुर्खा सम्झी जोसजॉगर बढाऔं
विकासको लागि आफ्नो म अब जगाऔं ।

भिन्न जातजातिका फूलको बसोबास छ
हाम्रो सुन्दर नेपाल फूलबारीभन्दा कम छ ?
इन्द्रेणीभन्दा सुन्दर नेपाल हाम्रो देश
राम्रो छ यहाँको भाषा र भेष ।

वातावरण देख्दा यहाँ बसूँ लाग्छ
मन त मेरो सधैं मुस्ताडतिर भाग्छ
नराम्रा पलहरू, अब हामी भुलौं
अब हामीहरू विकास गर्न खुलौं ।

शिवा खत्री
कक्षा-७, ए१



नदी

पर्खदै न कसैलाई कहिल्यै पनि
सदुपयोग गरेमा गर्दैन हानि
प्रकृतिलाई बनाउँछ सुन्दर र सफा
परिवर्तन गर्छ आफूलाई हरेक दफा ।

भौगोलिकलाई बनाएको छ जुन जस्तो
अचम्म शक्ति छ यसमा कस्तो
आफ्नो जीवनमा राम्रो गर र सोच
नदी जस्तो कठिन परिस्थितिमा अधि बढ्न खोज ।

नेपालको आर्थिक अवस्था बन्न सक्छ राम्रो
जलस्रोतमा दोस्रो स्थानमा पर्छ देश हाम्रो
निरन्तर चलिरहन्छ समय जस्तै नाच्दै
जीवनमा अधि बढ्न सक्नुपर्छ हॉस्टै ।

आफ्नो जीवनको बाटो कहिल्यै नहराऊ
दुःखकष्ट गर्नुको साथ आफ्नो जीवनमा समाऊ
नदीलाई तुलना गरी बनाऊ घडी
आफ्नो जीवनमा प्रगति गर पढी ।

पुष्पक खड्का
कक्षा-८, ए१



मेरो देश

नेपाल हो मेरो देश
कति राम्रो भाषा र भेष
हिमाल, पहाड र तराई
कोही छैनन् पराई ।

प्रकृतिको खानी छ
राम्रो सबैको बानी छ
नेपालमा पर्छ हिमालको छाया
एकले अर्कोलाई गर्छन माया ।

लालीगुराँस हो राष्ट्रिय फूल
चुँडेर फाल्ने नगरौं भुल

बारीमा फुल्छ तोरी
असल बनाँ छोराछोरी
देशलाई गर्नुपर्छ माया
हामी हौं आमाबुबाको छाया ।
अनेक जातजाती
अनेक भाषाभाषी
सबको एउटै भावना
सबैलाई छ शुभकामना ।

निमिष्का थापा
कक्षा-४, सी१



उडेका प्वाँख

कति स्वतन्त्र भई उड्छन्
हेर त ती चराहरू
आफ्ना पखेंटा र प्वाँख फिँजाई
आकाशमाथि उडी हिँड्छन् संसारलाई हेरी ।

सीमानाहरूले रोक्दैन
र उड्छन् निलो सागरको पानीमाथि
भिरपाखा पनि केही होइनन्
उडेका प्वाँख अगाडि ।

म पनि चराजस्तै उड्न पाए हुन्थ्यो
माथिमाथि आकाशमा उड्थेँ
बादलपारि जान्थेँ, तारा टिप्थेँ
र घामका किरण भएर मुस्कुराई हाँस्येँ ।

कति रमाइलो होला है
निलो आकाश र सेता बादलबिच
रमाउने र खेल्ने
नाच्ने र हाँस्ने ।

आफ्नो घाँटी खोल्छ
मधुर गीत गाउन थाल्छ
र त्यो गीत, मानिसले मात्र होइन
टाढाको प्रकृतिले पनि सुन्छ ।

तर कतै यस्ता चरा पनि होलान्
जसको प्वाँख काटिएका होलान्
खुट्टा बाँधिएका होलान्
र आफ्नो स्वर निकाल्न पनि डर मान्दै होलान् ।

खान र पिउन पाए पनि सन्तुष्ट छैन त्यो चरा
आफ्नो स्वतन्त्रता हराएको छ
र मनमा आगोभैँ तातो भई
त्रास उठेको छ ।

तर के गर्नु जति आगो बले पनि
जति पनि पोलोस् आफ्नै मनको पानीले
त्यस आगोलाई निभाउनुपर्छ र
फेरि पनि आउने दिन पिँजडामै कटाउनुपर्छ ।

विदुषी महर्जन
कक्षा-९, ए२

नेपाल

नेपाल हाम्रो नेपाली हामी
बाहुन, क्षेत्री, मगर, कामी
ताल तिलिचो, हिमाल सगरमाथा
आहा ! कति मिठो नेपालको कथा ।

सीतामाता, राजा जनक, गौतम बुद्ध
हाम्रो देशको सबै माटो शुद्ध
ताल, हिमाल, नदीनला छन् पाखा
यो देश छोडी जाँदा भरिन्छन् आँखा ।

हिमाल, पहाड, कैयौँ छन्, अफ छ तराई
किन जान्छौ यिनीहरू छोडेर पराई भई
हरियो जङ्गल, निलो छ आकाश
चन्द्र र सूर्य दुवैले छुने मिलेर प्रकाश ।

रातो धागो, रातो चुरा, रातो टीका
चौबन्दी चोली, गुनिउँ र सेतो पटुका
स्वयम्भूका आँखा र श्री पशुपतिनाथ
जात्रा, मेला र भव्य मच्छिन्द्रनाथ

दसैं, तिहार हाम्रा चाड
यो देश कदापि नछाड
बरु परिवर्तन ल्याऊ
तर यही देशमा रमाऊ ।

वैभवी अर्याल
कक्षा-८, ए३



मेरो देश नेपाल

हाम्रो देश नेपाल
धेरै छ है विशाल
चारैतिर पहाड
धेरै छन् हिमाल ।

चङ्गचङ्गी फूल छन्
धेरै राम्रा घर छन्
वनजङ्गल पनि छन्
खोला अनि नाला छन्

मेरो देश राम्रो छ
डाँफे चरी नाच्छछ
सेतो हिमाल हाँस्दछ
सबै कुरा राम्रो छ ।

उत्सव श्रेष्ठ
कक्षा-४, डी१



हाम्रो समाज

कस्तो समाज हो यो
दलित, कामी भनी वर्ण छुट्याउँछ
छोएको खानु हुँदैन भनी
उसले सिलाएको लुगाचाहिँ लगाउँछ ।

आफन्तदेखि लिएर सबैलाई दुत्काउँछ
काम परे भुटो मुस्कानमा भुलाउँछ
मान्छेबाट परपर भाग्ने आज
एकताको नारा लगाउँछ ।

भेदभाव, रिस, अङ्गारले सजिए
प्रेम, स्नेहबारे अन्जान रहे
नारीलाई बोभ सम्झी
आमा, छोरी, बुहारीलाई नै बल्दो आगोमा जलाए ।

जङ्गली जनावरबाट डराउने आज आफैँ जङ्गली बने
अरुलाई होच्याउने, मार्ने कामलाई पुज्ना थाले
भ्रष्टाचार, बलात्कारजस्ता अपराधमा देश बदनाम गरे
त्यस्तो सोच्दासोच्दै आफ्नै खेदो खन्न पुगे ।

सबैजना अब मिली हातेमालो गरौं
गाउँ, सहर सबै पुगी जनचेतना छरौं
यस्तो समाज हामीलाई सुहाउँदैन बुझी
नेपाललाई विकास गरौं ।

सफलता भट्ट
कक्षा-१०, ए१



मेरो देश

कति राम्रो मेरो देश नाम रहेछ है नेपाल
तीन भागमा विभाजित छ तराई पहाड हिमाल
स्वतन्त्र छौं हामी योगदानले ती सहिदको
गोली निले छातीमा मूल फुट्छ विकासको ।

हेर हेर उत्तरतर्फ देख्यौं सेता हिमाल
गरी मिहिनेत दिनरात आफ्नो देशलाई सम्हाल
सबेरैको घाममा टल्किँदै हौंस्र त्यो हिमाल
नेपाली नै हो सबै जो गर्छन् तुला कमाल ।

हेरहेर दक्षिणतर्फ देख्यौं त्यो तराई
गर्छन् मिहिनेत खेतमा मान्दैनन कसैलाई पराइ
गौतमबुद्ध जन्मेछन् त्यो तराईको माटोमा
सीताको जन्मस्थल देखिन्छ मधेसको माटोमा ।

यो देशको संस्कृतिमा भक्तिन्छ त्यो माया
मानिन्छ यो देश दुई ढुङ्गा बिचको छाया
भागे सबै आफ्नै देश डराई त्यो देशबाट
चिनिन्छ ती सबै नेपाली गौतमबुद्धको भेषबाट ।

भरिएको हुन्छ जुनजुन सबै नेपालीकै रगतमा
गरेको छ यो देशले तुला कार्य विगतमा
गर्नुहुन्न यो देशको तुलना अरु देशबाट
चिनिन्छौं हामी नेपाली यो देशको माटोबाट ।

आदित्य यादव
कक्षा-८, सी२



उडेका प्वाँख

मेरो पनि रहर छ सगरमाथाको टुप्पो छुन
मेरो पनि रहर छ बुबाआमालाई खुसी बनाउन
मेरो पनि रहर छ आफ्नो जीवन आफैँ लेख्न
मेरो पनि रहर छ फूल जस्तै नाच्न ।

मेरो पनि रहर छ अन्धकारलाई हटाई उज्यालो छर्न
मेरो पनि रहर छ देशको माटोमा मर्न
मेरो पनि रहर छ सबैको मुखमा हाँसो हेर्न
मेरो पनि रहर छ ज्ञानको श्रद्धा छर्न ।

मेरो रहर पूरा गर्ने छु एक दिन
संसारलाई न्याय दिलाउने छु एक दिन
मेरो पनि कथा सुनाउँछु एक दिन
बाध्यताको डोरी फुत्काउने छु एक दिन

अनिशा नेपाल
कक्षा-७, ए२



मेरी आमा

जगत् जननी, त्यागको मूर्ति ममताकी खानी
निर्मल, पवित्र, संवेदनाशील अनि मनकी रानी ।

राजकुमार र परीको कथा सुनाउँछिन् मेरी आमा
कल्पनामै पनि रमाउन सिकाउँछिन् मेरी आमा ।

बालहठसँग दिक्क हुँदा पनि मलाई माया गर्ने
सारा गल्तीहरू माफ गरेर स्नेहल आँचलमा बेर्ने ।

चौतारी हो तिम्रो विशाल हृदय मेरो दुःख बिसाउन
एक जुनी काफी छैन, ममताको मूल्य चुकाउन ।

तिम्रो स्नेह, अनमोल माया अनिंदो त्यो रातको
सल्लाह सुभाष र दुःखमा दिएको तिम्रो साथको ।

सकिने तिर्न दुधको भारा यो जीवनमा के गरूँ ?
अर्को जन्म पाएछु भने आमा, तिम्रै कोखमा परूँ ।

साइन श्रेष्ठ
कक्षा-१०, ए१



YELLOW HOUSE

देश बने हाम्रो भाग्य आफैं बन्छ

वसुधैव कुटुम्बकम्
सर्वेषाम् स्वस्तिर्भवतु ।

लिटिल एन्जल्स स्कूल मेरो सुन्दर परिवार हो जहाँ विद्यार्थीको सर्वाङ्गीण विकासमा जोड दिइन्छ । आज पनि सम्झन्छु त्यो पहिलो दिन जतिबेला म अनभिज्ञ थिएँ, लिटिल एन्जल्स स्कूलसँग । समयक्रमसँगै लिटिल एन्जल्सको आत्मीय साथको आभास पाएँ जसले मलाई असल विद्यार्थी बन्न प्रेरणा मिल्यो । विद्यालयको साथ र सहयोगले गर्दा कक्षा ९ सम्म आइपुग्दा डेपुटी हेड गर्ल बन्ने अवसर पाएँ । पाएको जिम्मेवारी पूर्ण रूपले निर्वाह गरी पढाइलाई पनि उत्तिकै महत्त्व दिँदै गएँ । कक्षा १० मा स्कूल हेड गर्लको जिम्मेवारी पनि पाएँ ।

औधी खुसी छु, स्कूल हेड गर्ल भएर आफ्नो कर्तव्यपालन निष्ठापूर्वक सम्पन्न गर्दा । विद्यालयको प्रत्येक कार्यक्रममा सहभागिता जनाई स्कूलका धेरैजना गुरुगुरुआमालाई चिन्न र साथीभाइहरूसँग मित्रता गाँस्न पाएँ । यस विद्यालयमा बिताएका प्रत्येक पलले मलाई ऊर्जा दिन्छ । एक असल विद्यार्थी र व्यक्ति बन्नलाई प्रेरणा दिन्छ, बिताएका रमाइला क्षणहरू । साथीहरूसँग हातेमालो गर्दै सम्पन्न गरिएका स्कूलका कार्यहरू, रमाइला प्रतिस्पर्धात्मक खेलकुदका दिनहरू आहा ! साह्रै मिठा पलहरू हुन् जुन सदैव रहिरहनेछ ।

एकको अन्त्य नै अर्कोको सुरुवात हो । नदीभैँ बगिरहने हाम्रा जीवनमा म पनि मेरो प्रिय विद्यालय जीवनका सम्झनाहरू र पाठहरू लिएर अघि बढ्ने छु । समयको प्रत्येक पललाई सम्मान गर्दै आउँदा दिनहरूमा आउने अवसरहरूलाई आत्मसात् गर्दै मेरो देशको भाग्य कोर्ने प्रयास गर्ने छु । देश बने हाम्रो भाग्य आफैं बन्ने छ ।

अन्त्यमा, मलाई ज्ञानचक्षु दिने मेरा गुरुगुरुआमाहरूमा नमन, साथीहरूमा माया र मेरा परिवार जनलाई मुरीमुरी धन्यवाद । लिटिल एन्जल्स स्कूलको उत्तरोत्तर प्रगतिको कामना गर्दै मेरा शब्दहरू यहाँ विश्राम गर्दछु ।

शुभमस्तु ॥

हेड गर्ल
ओङ्सु राइ

BYE, BYE LITTLE ANGELS'

I started attending this school in 6th grade. It's hard to believe that five years have already passed. At first, I was overwhelmed by the size of the school, but a fellow student helped me find my way around. I remember being surprised that I had to cross a bridge over a river to get to my class. It was an experience I had never had before. When I arrived in LA, I couldn't speak Nepali very well, so I was nervous. However, my teachers and classmates were patient with me, which helped me become more fluent in my native language.

LA provided me with a space to grow. I met many new people with different beliefs, knowledge, and morals. Sharing and learning in such a diverse class was both fun and challenging. We overcame these challenges together and came out more knowledgeable and considerate of each other's beliefs and values. Through my time in LA, I learned a lot about not only the curriculum but also about myself and the world around me.

Class 10 is special for everyone, and it was no different for me. I did some foolish things and got into trouble, but we still found ways to enjoy ourselves. Although there is pressure to perform well in exams and study long hours, we should view these challenges positively. Looking back, I feel my time at LA was better than I expected, although it would have been nice if we had more opportunities to go on trips and tours.

For the juniors, I have some advice. Remember, it's not the end, it's only the beginning. When you're



feeling down, try to act happy, and it will boost your mood. Also, try to enjoy every moment of life, whether good or bad.

Finally, as I close this chapter of my life, I want to thank my teachers for their guidance and support. I also want to thank the staff at LA for making my student life comfortable, and my classmates who were there for me through the ups and downs.

Shaswot Bhakta Malla
X-C5

BOOK REVIEW

The story is based on the theme of trauma complexities of the human mind and leads to unexpected twists. Furthermore, it portrays the dangers of unresolved or improperly treated mental illness.

The story begins with the introduction of the main character and her brutal murder history. The protagonist Alicia Berenson who was a famous painter was imprisoned in a mental asylum on the charges of her husband, Gabriel Berenson's murder. Theo Faber, the second main lead, was a psychotherapist who intended to bring Alicia back to



normalcy. Both Gabriel and Alicia loved each other. Alicia lived a seemingly perfect life until one day six years ago when she shot her husband in the head five times. Since then, she hasn't spoken a single word. It's time to find out why.

The character development primarily revolves around Alicia who stops speaking after murdering her husband. Throughout the story, her past is revealed through her diary. It contributes to the overall suspense & psychological tension of the novel. The

novel employs a mix of dialogue and descriptions to create a gripping sense of what happens next atmosphere, keeping readers engaged as they try to untangle the complex web.

Overall, I highly recommend this book to anyone looking for a page-turning thriller that will keep them guessing until the very end.

Aayusha Maharjan
X-A1

MODIFICATION OF CULTURES THESE DAYS

As young people, do we truly understand and appreciate the cultural values that we follow? Are we knowledgeable about the significance and meaning of the traditions we practice? Unfortunately, the reality is that we may be following several cultural practices that have been passed down by our ancestors, but we remain ignorant about their true significance. Another issue is that some practices have become more of a fashion statement than a true reflection of our culture. In many urban areas, people are becoming increasingly disinterested in the values associated with cultural practices and are instead more concerned with making modifications to suit their personal preferences without understanding the true spirit of the culture.

In my opinion, we live in a society where rules and regulations are created by people in the name of God. This has resulted in people dividing themselves into various groups, with some claiming superiority over others. The groups that were initially formed for the sake of comfortable living have now become platforms for discrimination against other groups. Over time, additional rules and regulations were created and named as cultural practices. Although some were made for better living, others were created solely to dominate others. Education has helped to enlighten the world, and people have started to respect each other, putting aside their differences. However, they have also become disinterested in the cultural practices that were made for their betterment.



While some cultural practices may require modifications, we shouldn't modify all the cultures that we follow. In the process of modification, the celebration of some festivals has become more of a trend than a true reflection of the culture. For example, Shivaratri is a significant Hindu festival that commemorates the wedding of Lord Shiva and Parvati and the occasion on which Lord Shiva performs his divine dance, called the Tandava. However, these days, Shivaratri has become a cheap day for young people to smoke weed, completely disregarding the festival's true significance.

There are pros and cons to everything, and we need to understand both the good and bad aspects of our cultural practices before making any modifications. We need to showcase our culture in our practical lives by choosing the right aspects and correcting any superstitious beliefs.

Diwash Dhakal
X-A2

EMBRACE DIVERSITY

In a world that values diversity, we need to celebrate the wide range of cultures, backgrounds, and perspectives that make up our school community. Our differences are not a source of division, but rather the threads that weave together a vibrant and inclusive tapestry, creating an environment that fosters growth, understanding, and unity.

Diversity is not just a buzzword; it is a living, breathing reality within our school. From the different languages spoken in the hallways to the various customs celebrated during cultural events, our school is a microcosm of the global village we inhabit. By embracing these differences, we gain a deeper understanding of the world and develop the skills necessary to thrive in a society that is interconnected and interdependent.

One of the most beautiful aspects of our school is the way it encourages each student to bring their unique voice to the conversation. Whether it's through art, music, sports, or academics, every individual adds a distinct hue to the canvas of our shared experience. Our differences are not obstacles but opportunities for learning and growth.

Moreover, the beauty of diversity goes beyond the cultural realm; it encompasses a wide range of talents, abilities, and perspectives. Each student possesses their own set of strengths and interests, and it is by recognizing and appreciating these differences that we create a supportive community where everyone feels valued.

In our pursuit of academic excellence, it is important to acknowledge that diversity is not limited to the cultural or artistic aspects. It also plays a crucial role in intellectual discourse. A diverse range of perspectives



in the classroom enriches discussions, broadens horizons, and challenges preconceived notions. It prepares us for the real world, where collaboration and innovation thrive on the convergence of diverse ideas.

As we move through the halls of our school, let us be mindful of the unique tapestry that surrounds us. Let us celebrate our differences and recognize the strength that comes from unity in diversity. In doing so, we not only enrich our own lives but also contribute to the creation of a harmonious and compassionate society.

Therefore, let our school be a beacon of diversity, where every student's voice is heard, every story is valued, and every individual is respected. Together, let us continue to build a community that not only embraces diversity but actively celebrates it, for it is in this celebration that we find the true essence of unity and strength.

Lakpa Sherpa
X-A2

CYBERCRIME: A GROWING THREAT IN THE DIGITAL AGE

In the era of digital advancements, cybercrime is emerging as a rising threat to the online world. As technology has developed, the rate of various cybercrimes has also rapidly increased. Different cybercrimes such as hacking, phishing, and cyberbullying are rising day by day in our community, becoming a big threat to technology users.

Cybercrime includes various malicious activities like hacking, stealing personal data, online scams, data breaches, and social engineering, which can affect not only individuals but also businesses, media, government, and the military.

Identity theft and online harassment can compromise an individual's privacy and well-being. Cyber-attacks can cause significant financial harm to businesses. They can lead to the theft of intellectual property and disrupt operations. Cyber-attacks targeting sensitive government information can pose a threat to national security..

According to the data, Asia has the highest number of cybercrimes among all the continents. In Nepal, there have been almost 1600 reported cases of cybercrime in the year (2021/2022), which is gradually increasing every year.

To be safe from cybercrime, we can follow the following safety measures:

- Use strong passwords
- Regularly update operating systems and antivirus software
- Avoid clicking on random links and sharing



- personal information
- Secure devices using various double authentication systems
- Regularly back up important data in the cloud

In conclusion, the increase in cybercrime has become a great challenge in our digital age. As the growth of cybercrime increases, we should implement various safety measures and raise awareness against it. This way, we can stop the growing threat of cybercrime and ensure a more secure digital future for individuals and businesses.

Tejas Mishra
X-A2

SCHOOL LIFE: A TIME OF LEARNING AND FUN

Do you remember those days when you rushed to school with excitement in your heart? School life is like a treasure chest full of precious memories and lessons that we all cherish. Let's take a closer look at why these school days are so special.

Learning Adventures

School isn't just about books and tests. It's a place where you discover fascinating facts, share thoughts with friends, and solve puzzles that make your brain go "aha!" Through projects and discussions, you learn to speak up, listen to others, and think in creative ways.

Teachers, our Guides

Think of your teachers as friendly people who help you understand difficult things, encourage your dreams, and give you advice that sticks with you. They're like real-life superheroes guiding you on your learning journey.

Friends and Bonds

School is where friendships bloom like colorful flowers. Sharing secrets, playing games, and working together on projects teach you about kindness, sharing, and teamwork. These friends might stick with you for life.

Growing Strong

School isn't just about ABCs; it's where you learn important life skills, like how to solve problems, stay organized, and bounce back after tough times. These skills are like tools you keep in your backpack of life.

Facing Challenges

Sometimes school can be challenging. There might be tough homework, tests, or moments when things don't go as planned. But guess what? Facing these challenges helps you become stronger and braver.

Memories Galore

When you grow up, you'll look back at school with a smile. The funny moments, exciting field trips, and the times you laughed until your belly hurt will become stories you share with others.

Conclusion

School life is like an adventure filled with learning, friends, and surprises. It's a place where you learn



not just facts, but also how to be a good person. So, enjoy every moment because these school days are like colorful puzzle pieces that shape the awesome person you're becoming!

Self-Destruction: A Remedy for Losers (like me)

"Maybe self-improvement isn't the answer. Maybe self-destruction is the answer. You are not your job. You're not how much money you have in the bank. You are not the car you drive. You're not the contents of your wallet." - Tyler Durden, Fight Club (1999)

I've watched videos like "How to Know if She's into You", "Men's Glow Up Tip 28/100", and "Mewing Tips" in the hopes of becoming the image of myself that I have in my head. But watching these videos hasn't changed my self-image. This contradicts the reason why I watched them in the first place. I watch them to improve myself, to look better, and to spark new relationships. But why doesn't my perception of self ever change?

I have made drastic changes in the past year. I lost around 10kg of fat, started consistently weight

training and doing calisthenics, stopped wearing a mask everywhere, and started participating in classes by talking and raising my hand. These changes come naturally to most people, but they mean a lot to someone like me who always kept to himself.

Despite these changes, I still see the old version of myself in the mirror. That version of me, fat, ugly, with no hygiene, no confidence, and no self-worth, still lingers in my head like the monster under my bed

from when I was 7 years old Sometimes, I wonder if I have truly changed or if the positive effects are just self-deception to protect myself from the hard truth that I am incapable of change. It doesn't feel like self-improvement anymore, it feels more like self-destruction. Stay

Sakaham Badu
X-B4

THE DOWNFALL OF THE ARCHITECTURE OF THE KATHMANDU VALLEY

The Kathmandu Valley, located in the Bagmati province, serves as the national capital area of Nepal and is also referred to as the Nepa Valley. This valley is the most populated and urbanized region in Nepal, covering an area of 665 square kilometers. With a current population of 2,041,587, Kathmandu has seen a rapid increase in population over time. Despite undergoing urbanization, the valley has managed to preserve its cultural traditions, but unfortunately, its architecture has yet to be sustained.

The Kathmandu Valley is believed to have been inhabited as early as 300 BCE. The Newars are the indigenous people of the valley and the creators of its historic civilization. Newa architecture, which includes the pagoda, stupa, shikhara, chaitya, and other styles, is widely prevalent in the valley. The preserved architecture can be observed in the durbar squares throughout the valley, religious sites, and some Newar communities, and these areas are walkable, clean, and exhibit the characteristics of a perfect urban city.

Contemporary architecture is the term used to describe the architecture of the 21st century. It is characterized by the absence of any dominant style, instead incorporating a mix of different styles from previous architectural eras. The Rana rule has also left its mark on the architecture of the valley, with some European influences visible in the buildings. Unfortunately, due to overpopulation, the valley



has failed to preserve its architectural beauty. The Western culture has hurt the architecture of the valley, and it has not been able to develop into a proper urban city due to poor infrastructure, including the lack of footpaths, traffic management, garbage disposal, and other basic facilities.

As architects chase after money, fame, and multiple projects, they find themselves with less and less time to dedicate to each project. This lack of time results in boring, lifeless designs that lack creativity and uniqueness. Architects are forced to play it safe and focus on functionality rather than experimenting or preserving the past. Additionally, there is a lack of resources and space, and clients are often unwilling to take risks, which further contributes to the decline

of creativity. As a result, the art of architecture is slowly being buried and we are left with a sea of similar designs.

The design and style of a place are integral to its identity, reflecting the period, lifestyle and history of the area. Architectural structures speak volumes about the past and present, with stories written in every detail. Today's architecture seems to be either randomly designed or created with complete

freedom, without any particular trends or styles. However, this lack of a guiding 'spirit' means that modern buildings often lack the character and narrative of their predecessors. Furthermore, the best examples of contemporary design are often the preserve of the wealthy, with little access for the general public.

Srijan Lamichhane
X-A2

THE DYNAMIC INFLUENCE OF SOCIAL MEDIA

In this age of rapid technological advancement, social media has become a vital part of our daily lives, revolutionizing the way we connect and communicate. Social media platforms are websites and applications that enable users to create and share content or participate in social networking. Social media has a multifaceted nature that is used by millions of people daily, both positively and negatively.

The Positive Influences of Social Media:

At its core, social media has become a global connector, bridging geographical gaps and allowing individuals to form connections with people from all corners of the world. This unique connectivity opens doors to cultural exchange and mutual understanding. Moreover, social media plays a crucial role in daily information sharing. It has become a primary source of news, updates, and real-time events, allowing users to stay informed about the world around them. The ability to spread information quickly and widely is a feature of the positive influence of social media. It also helps people of different diversities come together, share their thoughts and ideas with each other, and promote cultural exchange.

Challenges and Caution:

However, the positive side of social media is not without its challenges. One ongoing issue is the prevalence of cyberbullying, a consequence of the anonymity that these platforms sometimes provide. Children are particularly vulnerable to cyberbullying and harassment, leading to degradation in their mental health. They may also be exposed to explicit content at a very young age.



Moreover, excessive use of social media can impact productivity and real-life relationships. To ensure safe use of social media, users must have self-consciousness. Setting limits on screen time and taking regular breaks can contribute to a healthy balance between the online and offline world.

In conclusion, social media is a double-edged sword that can enrich or challenge our lives. Approaching it with awareness, responsibility, and a commitment to positive results allows us to utilize its potential for enhancing connections, sharing knowledge, and building communities that go beyond borders. As we navigate the ever-evolving landscape of social media, let's strive to make it a force for good in our lives and society.

Aashraya Balla
X-A2

THE TIME WHEN I GOT LOST

Hi! I am Divyangee Bhattarai. Today I am expressing my feelings through writing on this paper. It was the time when I got lost in a supermarket.

I was 7 years old back then. I was playing with my toys and I saw my parents talking about something. I didn't want to be snoopy so I just kept playing with my barbie. Right then, my dad said, "I am hungry but there is no good food in the house." My mom replied, "Well, I told you to go to the supermarket but you didn't listen." "Alright, alright no need to argue", my dad answered. I came running downstairs and said, "I also want to go". "Sure", my father replied. I then happily went to my room and changed into a pair of jeans and a T-shirt. My father started the car and we went off.

We reached the supermarket and at first, we went to the food section. We both got in and my father started looking for the best veggies he could find. However, I went straight to the candy aisle, but I started to think "Oh! What am I looking at" My father always buys me ice cream moreover, I may get lost here. Then, I started to search for my dad but I could not find him. In addition, a creepy-looking man was following me the whole way. I wanted to cry but I remembered what my dad said, "If you know how to make a mess, you should know how to get out of it too." And after that, no joke, I was determined to get out of this mess and find my dad.

I said to myself, "My dad is right, I made this mess so instead of crying my heart out, I will get out of this mess and I know I will find a way." After that positive thought, I started my small mission. I searched every where and after a long time of searching, I got tired and I rested for a bit and right then I saw a man at the height of my dad and dressed like him. I happily went up to him but, it wasn't him... I started losing hope right there and then; "Where were you huh?" a man said behind me.

I turned around and saw my dad! I happily hugged him. He was mad and gave me a long lecture. But after seeing how sad I was, as always, he bought me my favorite ice cream. He always keeps his promise. Then we happily returned home. I told mom the whole story, and then, she told me to be more careful onwards.



That was my story. In my opinion, never leave your parents anywhere, anytime, at any cost. You should always try to get out of the mess you made instead of crying about it.

Divyangee Bhattarai
V-A1

MY COZY HAVEN: A PEEK INTO MY ROOM

A bedroom is definitely one of the must-haves in a house, in my opinion. It's a place where we can enjoy our privacy or have company with family, friends, or roommates for comfort. Its importance in the household cannot be overstated. It serves as a refuge for keeping valuable items, doing essential work, or simply being yourself in your own space where you can freely do whatever you want.

Now, let's explore into what's in my bedroom! Firstly, let's talk about my treasures, like my phone. My phone is essential to me because it holds all my friends' contacts, important family photos, and fun stuff like memes and funny videos. I keep it close to its charger to ensure it's always at 100% when not in use. Next to my phone charger, there's a closet/shelf with lots of clothes, my baby photos, and it doubles as a bookshelf for my storybooks! On the opposite side of the room is my bed. It's not huge, but it can fit two people and has little drawers for my baby clothes and small items like socks, gloves, and caps. Alongside my bed, there are soft toys I've kept since I was a baby because parting with them felt too sad. My room is decorated with red and yellow colors, featuring cool designs of leaves, rain, and trees. It also has lamps, tube lights, and a little solar-powered torch for dark nights since I'm a bit scared of sleeping in complete darkness. Although it's quite spacious, I recently gave away my writing desk and chair to my sister for some extra room to store my football, football shoes, equipment, and other things.

Now that I've given a brief impression of my room, let's talk about what I like and don't like and how I would redecorate and make improvements. Firstly, the bed is in an awkward spot, and the light doesn't



reach it properly, making it difficult to see anything past my chest. Unfortunately, both the bed and the closet are fixed in place. Also, the new football equipment casts a scary shadow at night, making me a little scared when I wake up. The only other issue is that I can't have potted plants because my father thinks they'll attract insects.

Achman Dahal
VIA-2

DREAMING BIG: MY CAREER JOURNEY AS AN AMBASSADOR

Everyone has a career and a dream career, and I am no exception. I have three passions: art, singing, and the dream of becoming an ambassador. While singing and painting will always be my cherished hobbies, I've decided to pursue the profession of an ambassador.

Being an ambassador is a great responsibility. It will make me a more responsible and confident woman. Currently, I struggle with confidence, especially during competitions, where nervousness takes over. However, being an ambassador will help me build confidence over time.

I love exploring different parts of our country and the world. Since I enjoy painting, these travels provide me with unique concepts for my drawings, enhancing my artistic skills. The role of an ambassador also allows me to indulge in my love for buying different things. Moreover, I can share my passion for singing with people from different cultures, improving my singing skills along the way.

Ambassador

Being an ambassador is not an easy job; it requires hard work and discipline. I am a risk-taking person, and I believe that taking risks is an essential part of life. To pursue this career, I'll need to study political science, which I acknowledge is a challenging subject. However, I am determined to make the studying process easier and align it with my confidence in becoming an ambassador.

This profession will enable me to meet diverse people from various countries. Despite the challenges, I am excited about the opportunities it brings.

Despite my career aspirations, I will never give up on my love for painting and singing. I plan to continue pursuing these passions during my free time, ensuring that I never stop doing what I love.

Shubhashi karki
VI-C1

THE BOY WITH THE BLUE EYES

Miya still remembers the day she met Adam, and it's a day she can never forget. His blue eyes left a lasting impression on her heart. Miya and Adam's story began when Miya was just 6 years old, and Adam was 8. Their paths crossed in a small park, where Miya was happily swinging away. Adam, captivated by Miya's blonde hair, approached her. The moment was magical until it started raining heavily.

Being the kind boy he was, Adam had an umbrella and offered it to Miya. Their mothers witnessed this sweet exchange, and their hearts warmed at the sight of the two children. Miya and Adam became the best of friends for the next 4 years. However, their friendship faced an unexpected challenge when Adam's mother had to move to another country for work. The news of their separation broke the children's hearts.



Twelve years passed, and life took its course. While Adam moved on and forgot about Miya, she never forgot the boy with the blue eyes. One day, as Miya walked home from work in the rain, memories flooded back. She couldn't help but wonder if Adam remembered her. The rain intensified, and as she ran, a familiar face appeared – Adam, with his blue eyes and an umbrella.

Miya, excited to reconnect, approached Adam and shared their history. Unfortunately, Adam didn't recall her or their past. Disappointed but still touched by his kindness, Miya accepted the umbrella and went home. Sharing her encounter with her mother, Miya received comforting words. Her mom encouraged her to extend the hand of friendship, believing that

good times might have faded in Adam's memory due to stress.

Taking her mother's advice, Miya approached Adam the next day. She returned the umbrella and, despite his lack of recollection, expressed her belief in rebuilding their friendship. Adam, open to the idea, agreed, and they shook hands. The friends reunited, and their story continued, reminding us all that friendships can endure and even thrive anew. So, even if friends forget, there's always room to start afresh and, perhaps, create an even better friendship. Never lose hope.

Angel Chaudhary
VII-A1

A DAY AT THE SUPERMARKET ADVENTURE

Hi! I am Divyangee Bhattarai, and today I am sharing an exciting story about the time I got lost in a supermarket.

I was just 7 years old at that time. While playing with my toys, I overheard my parents discussing something. Not wanting to be nosy, I continued playing with my Barbie. My dad mentioned he was hungry, and my mom suggested going to the supermarket for some good food. "Alright, alright, no need to argue," my dad replied. Eager to join the outing, I exclaimed, "I also want to go!" My father agreed, and I quickly changed into a pair of jeans and a t-shirt.

As we reached the supermarket, we headed to the food section. While my father searched for veggies, I got distracted by the candy aisle. However, I soon realized I might get lost and started looking for my dad. A creepy-looking man was following me, and though scared, I remembered my dad's advice: "If you know how to make a mess, you should know how to get out of it too."

Determined, I decided not to cry but to find a way out of the mess. After a long search, feeling tired, I rested for a bit. Suddenly, I spotted a man who looked like my dad. Excited, I approached him, only



to find out he wasn't my dad. Disheartened, I heard a familiar voice behind me, "Where were you, huh?" It was my dad! I happily hugged him, and despite his lecture, he kept his promise and bought me my favorite ice cream.

We returned home happily, and I shared the entire story with my mom. She advised me to be more careful in the future. In my opinion, the lesson I learned was never to leave my parents anywhere, anytime, at any cost. Instead of crying about a mess, it's better to try and find a way out of it.

That was my adventurous day at the supermarket!

Divyangee Bhattarai
V-A1

A MEMORABLE DAY AT TIGER LILLY PETTING FARM

When I was in my fifth-grade class, we set on an exciting field trip to Tiger Lilly Petting Farm. Despite the long journey, the presence of my best friend, Salav, made the trip anything but boring. Our adventure began with a shared Hazmola, adding a touch of hope to our arrival.

As we approached the entrance of the farm, a large sign proudly announced 'Tiger Lilly Petting Farm.' Once inside, we found ourselves surrounded by soft, smooth, and comfortable grass, where we settled down. While enjoying some potato chips, Salav exclaimed, "Wow! This farm not only has lavish grass but also a variety of animals." I nodded in agreement and added, "And don't forget those high trees!" Our class teacher joined us and announced our plan for the day: to explore and observe the diverse array of animals and plants. I was fascinated by the sight of a hen diligently laying an egg and spotted Nickey, the friendly brown dog. The farm also boasted a charming playground, adding to the complete excitement of our visit.



Watching the animals, playing in the playground with friends, and sharing laughs with my best friend made it an unforgettable experience. While there may be countless great moments in life, Tiger Lilly Petting Farm will always hold a special place in my heart.

Aarav Chand
IV-B1

A TRIP TO HALESHI MAHADEV

One day my family and I went on a trip to Haleshi Mahadev. We didn't know the road was so jerky. The journey started at 7 in the foggy morning and it was Friday.

The road was very rough and we even had to cross rivers. It was difficult and our jeep got stuck in one of the rivers. Fortunately, many people helped us push the jeep and we did not panic. We all got out of the jeep, pushed it to the shore and slowly made our way back to the road.

At night we reached the hotel room. We were excited to check out Haleshi Mahadev but it was already dark so we stayed inside. Instead we had dinner and went to bed. I thought the trip would be exciting but it turned out to be a bit boring as we didn't get to visit new places.



In the morning we had to go to the temple and could not travel around further. We learned that in difficult times it is important not to panic, but to think of solutions. We must always be ready for solutions because problems can happen anytime, anywhere and with anyone. After visiting the temple we returned home.

Nia Karanjit
V- B2

CHAMPIONING KINDNESS : EMBRACING THE UNCONDITIONAL LOVE AND CARE ANIMALS DESERVE

Animals should be loved and cared for because they are living beings too. They need our love and care just like we do. There are several reasons why animals deserve our affection. They show us love and affection without any conditions, and even though they can't talk, they try to communicate their feelings to us.

Animals require a few essential things to survive, like a place to live, food, and most importantly, our love, attention, and time. Unfortunately, many animals suffer in the world because humans use them for clothing, food, medicine, and other purposes. This is why it's crucial to show love and care to animals.

Animals have a right to exist, just like we do. However, it's disheartening to see some people mistreat street dogs by beating them. Animals are often selflessly devoted to their owners, but some people are selfish. They keep animals as guard dogs and then abandon them when they're no longer needed.



In conclusion, it's essential to love and care for animals rather than mistreat them. Animals are our fellow creatures on this planet, and they deserve kindness and respect. We should treat them with love and compassion, just as we would want to be treated ourselves.

Aashree Rauniyar
VII-A1

BLACK BEAUTY'S LEGACY: THE LIFE AND COMPASSION OF ANNE SEWELL

Anne Sewell, a famous British writer, was born on March 30, 1820. She is best known for writing the classic novel "Black Beauty."

Anne was born in Great Yarmouth, Norfolk, into a Quaker family. Her father was Isaac Phillip Sewell, and her mother, Marry Wright Sewell, was a successful author of children's books. Anne had one brother named Philip. They mostly received their education at home because they didn't have enough money for formal schooling.

When Anne was twelve, in 1832, her family moved to Stoke Newington, and she started attending school for the first time. However, when she was fourteen, Anne had a terrible accident, and she severely hurt her ankles. As a result, she needed a crutch to stand



and couldn't walk for long periods. To move around more easily, she often used horse-drawn carriages, which led to her love for horses and a deep concern for their humane treatment.

In 1845, the family moved to Lancing, and Anne's health began to worsen. The following year, she went to Europe for medical treatment. After her return, the family continued to move, living in Abson near Wick in 1858 and Bath in 1864.

In 1866, Anne's brother Philip's wife passed away, leaving him with seven young children to care for. To

support him, the Sewell family moved to Old Catton, a village outside the city of Norwich in Norfolk.

Shortly after publishing her only novel, "Black Beauty," Anne Sewell fell seriously ill. She was in extreme pain and bedridden for several months. Sadly, she passed away on April 25, 1878, at the age of 58, only five months after the publication of "Black Beauty," due to either hepatitis or tuberculosis.

Javeena Khadka
VII-B4

BOOK REVIEW : KARNALI BLUES

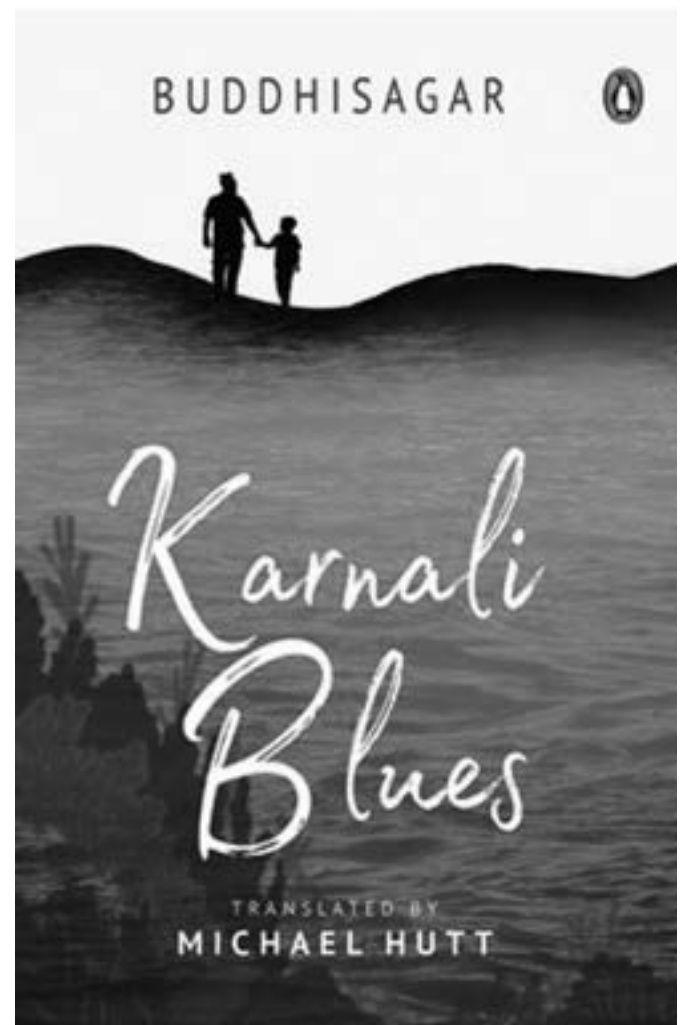
Karnali Blues is a touching tale that delves into the special bond between a father and his son, told from the son's point of view. It offers a glimpse into a Nepalese family living in rural villages, showcasing their struggles and aspirations.

The author, Buddhisaragar, skillfully weaves together real-life experiences to paint a vivid picture of the setting, characters, conflicts, and plot. Through the eyes of a young boy named Brisha Bahadur, we journey through his childhood memories and adolescent reflections. Divided into 11 parts, the novel unfolds over 11 days spent in the hospital with Brisha's father, who suffers a stroke.

The story follows Brisha's family as they move from one town to another in Western Nepal, seeking a better life. Through a clever narrative technique, the past and present intertwine seamlessly. We witness the challenges Brisha's father faces and the sacrifices he makes to provide for his family.

Karnali Blues is a story of change and transformation. The author vividly captures the shifting landscapes of both physical and emotional worlds. From the alteration of Brisha's childhood village by an excavator to the pivotal role of a bridge in shaping his father's pharmacy, every detail resonates with meaning.

While some characters like Brisha's elder sister, Mamata Didi, and others, add depth to the story, their development feels somewhat lacking. Nonetheless, their presence enriches the narrative and contributes to its authenticity.



Overall, Karnali Blues is a compelling read that tugs at the heartstrings. It evokes nostalgia for simpler times and fosters a deeper appreciation for the love and sacrifices of parents. I wholeheartedly recommend it to readers of all ages.

Anuja Nepal
IX-A2

COURAGE AND KINDNESS: A STORY OF FRIENDSHIP AND BRAVERY

Once upon a time, in a small town, there lived a boy named John with his elder sister Sejal and their mother and father. The family of four lived happily together. One day, as John returned home from school, he excitedly shared the news that his vacation was approaching.

His father, eager to spend quality time with the family, planned a trip to their ancestral village where John's grandmother lived. As the vacation arrived, they loaded their car and set off for the village. After reaching, they enjoyed a delicious meal and soon fell asleep, tired from the journey.

The following day, John explored the village and came across a girl with striking purple hair. Intrigued by her uniqueness—purple hair, blue eyes, and a pink dress—he decided to approach her. To his surprise, he found her in tears. Concerned, he asked, "Why are you crying?" She explained that her eyes were burning. John advised her to wash her eyes with clean water, and as she did, the burning sensation subsided.

Grateful for John's help, the girl found him attractive and caring. They began talking at the lakeside, sharing stories and getting to know each other. Their meetings continued at the lakeside every day until it was time for John to return to his city. During the next vacation, he returned to the village, discovering that the girl he met was incredibly talented and also studying in a city. Their meetings continued during every vacation as they grew up.

In one vacation, they learned that they both aspired to become doctors to help those in need. Their friendship blossomed into love, and with their families' approval, they got married. Both John and Kiya became successful heart surgeons. Their lives were going smoothly until one day when John's mother fell seriously ill, suffering a heart attack.

Realizing that her mother-in-law needed a complex surgery, Kiya stepped in. With her expertise,



the surgery was successful, and John's mother recovered. Days later, a friend of John's mother, driven by jealousy, attempted to harm her. Luckily, Kiya arrived in time to save her. The police were called, and the jealous friend was arrested. Kiya's courage earned her mother-in-law's praise, and the family continued to live happily.

This story teaches us two important lessons:

Bravery leads to success.
Never be jealous of others.

Ashree Rauniyar
Class - 7A1

REINCARNATION

Reincarnation is a major belief that a soul is reborn several times and the new life is determined by their actions in the past lives. This rebirth is not limited to being born as a human. We can have lives as plants, animals, or even divine beings.

Reincarnation indicates death isn't scary if we choose a good path. It is like a process to make spiritual progress. We can visit Earth and create memories. This journey doesn't end until we have gained ultimate knowledge and have freed ourselves from the constraints of the material world. It encourages the believer to do good deeds.

It is believed that inborn talents are due to reincarnation. Some people assume that we have inborn talents because they are something we have mastered or wanted to master in our past lives. If someone was practicing cooking in the past, the person is born again with the talent of cooking. However, this belief is opposed by the idea that it can be genetics or the environment in which they grow.

According to research, reincarnation might just be a belief. The reports of a survey suggest that most people believe in the afterlife such as being in heaven or hell, compared to reincarnation. Ian Stevenson,



a psychiatrist and parapsychologist, studied the various cases of reincarnation where people claimed to have remembered their past. He concluded that reincarnation is possible but wasn't able to prove it.

In the end, all we know is that our body usually gets burned or buried after death. The mystery of life is yet to be solved. So, reincarnation might just be a beautiful belief for some people, which helps them accept death easily.

Anuska Shah
X-A2

EVE: MY SPECIAL FURRY FRIEND

One day, when I visited a dog shelter, I saw a cute dog that stole my heart. To my surprise, my parents agreed to adopt it, saying I had become more responsible. That's how I got my first pet and a new family member. I was thrilled that day!

I learned about her sad past, and from that day on, I named her Eve. Eve turned out to be a sweet and playful dog, instantly loved by my parents. She was caring, loving, funny, and always helpful. Eve and I developed a special bond, and she obediently followed my every command.

I feel like one of the luckiest individuals on earth because I have the best pet. In the world, there are thousands of pet animals, but I believe I have the



most wonderful one. I love my pet, Eve, more than anything else.

Aarohi Thapa
V-B1

GOSSIP: BOYS IN THE SPOTLIGHT

Living in a social world, we rely on getting information about what's happening around us. While we don't find this info on walls or bulletin boards, we turn to a timeless tradition: gossiping. Despite its reputation for spreading rumors, gossip can be a source of valuable knowledge.

It's commonly thought that girls are the main gossipers, but research tells a different story. Boys spend more time gossiping, clocking in at seventy-six minutes a day compared to girls' fifty-two minutes. Additionally, boys take three hours to spill secrets, while girls take three hours and forty minutes.

However, it's important to note that gossiping can be entertaining and engaging, regardless of who's doing it. So, while girls may be seen as the "gossip



queens," these facts show that boys can hold their own in the gossip game too.

Eva Manandhar
VIII-A2

JENISHA'S JOURNEY OF FRIENDSHIP

Once upon a time, there lived a young girl named Jenisha Tamang. Jenisha was a book-loving girl known for her wisdom, residing alone in Lalitpur, Nakhipot. One Sunday, after returning from college, she received a phone call from her mother. The news was exciting but challenging - her big brother was getting married, and her mother insisted she come home for the celebration.

Jenisha faced a problem as she didn't want to miss her college semester, but her mother emphasized the importance of witnessing her brother's wedding. After much contemplation, she decided to pack her bags, unaware of the unexpected adventure awaiting her.

The next day, Jenisha went to the bus stop, where she boarded on a long journey. Seated beside her was a boy named Allen Rai, who was a bit older than her. Jenisha, occupied in her book, was disturbed by Allen's friendly introduction. Despite finding him annoying at first, her perspective changed when the bus met mechanical problems.

Allen, displaying kindness and determination, promptly offered to fix the issue, even in the pouring



rain. Jenisha observed his efforts and realized her initial judgment was hasty. The bus was soon repaired, and Allen returned to his seat. Jenisha, acknowledging her mistake, apologized to Allen for her earlier rudeness.

Allen, being a forgiving and understanding person, accepted Jenisha's apology, and the two became friends by the end of the journey. When they reached their respective destinations, they bid farewell, grateful for the unexpected friendship that blossomed during the trip.

Moral of the Story: "Never judge others too quickly."

Uriella Tamang
V-C2

PROUD TO BE A NEPALI

Nepal is a small landlocked country in Asia. It is home to many people of different castes, religions and cultures. Nepal has different castes like Newar, Magar, Brahmin and many others. We celebrate various festivals like Lhosar, Holi and Mahashivaratri. This diversity makes Nepal a beautiful mix of cultures.

People living in Nepal are famous in Nepal and I am proud to be one of them. One important part of Nepalese history is how Nepalis bravely defended our country against the British. The British ruled our neighboring country India and established The East India Company (EIC). There were also attempts to conquer Nepal to trade with Tibet. However, our brave Gorkhas and Nepalis stood firm and fought to protect our beloved Nepal. This is a source of great pride for us.

Nepal is known as the birthplace of “the enlightened one”, Lord Gautam Buddha. This is also a source of great pride for us. Thanks to Lord Gautam Buddha, Nepal is also known as the “Birthplace of Buddha”. Our country is blessed with many majestic mountains and Himalayas including Machhapuchhare, Annapurna, Kanchenjunga, Himalchuli and Langtang. Mount Everest, the world’s highest peak, stands proudly in Nepal. It’s not just Mount Everest; eight of the ten highest peaks in the world are located in Nepal.

Nepal is the second richest country in the world in terms of water resources. We are lucky to have many rivers and water sources. With its rich cultural diversity, brave people, impressive mountains and abundant water resources, our wonderful country



has many reasons to be proud.

I am not the only one who is proud to be a Nepali; Our Nepalese brothers and sisters share this pride with me. We celebrate with great pride the beauty, diversity and rich history of our country.

Biplavi Shakya
VII-A2

PERRI : MY CANINE SUPERHERO

Since my early childhood, dating back to when I was three years old, Perri, my dog, has been an integral part of our family. Her presence has always been a source of comfort, keeping boredom and fear at bay. The bond we share creates a sense of security that is irreplaceable.

One day, I decided to visit the park, drawn to its beauty and my deep love for playing. Unbeknownst to me, Perri followed along. On the way, I encountered an old friend coincidentally participating in a fancy dress competition. What I didn't realize was that Perri, being a vigilant protector, saw my friend as a potential threat and started barking at her. Quickly, I reassured Perri, "Hey Perri! She is my friend, not a kidnapper," and her barking ceased. It struck me then that her protective instincts were a genuine expression of care.

As fate would have it, real kidnappers appeared, sending shivers down my spine. In my frightened state, I screamed, and Perri, my loyal companion, came charging to my defense. Her relentless barking caught the attention of my friend, who rushed over and called for help from the police and nearby people. Before help arrived, Perri had bravely bitten the kidnappers, rendering them incapable of escaping and ensuring the police could apprehend them.

Upon returning home, I rewarded Perri with a special treat reserved for moments like these. In our post-adventure exchange, Perri imparted a valuable lesson: "Palpasa, be careful wherever you go, okay." I responded, "Okay, my dear Perri." This experience left an indelible mark, reinforcing my belief that having a pet is an incredible blessing. They not only bring happiness but also offer a sense of security. To me, Perri is not just a dog; she's my superhero.

Naisha Avni Maharjan
VII-A2



SHOULD KIDS BE ALLOWED TO PLAY COMPETITIVE SPORTS?

Sports is one of the best types of activities to increase your fitness and improve your health. On top of that, competitive sports can be played to increase challenges and make it more fun to play competitive sports as it increases their skills, increases their leadership qualities, and allows them to experience the true meaning of “losing, winning and accepting it.

Firstly competitive sports allow the kids to increase and develop their skills. It can give them a new life. For example, if a person is weak in their studies and can't study well but he/she takes active participation in competitive sports and develops skills in sports, the person can continue his life on the skills and can get a better life ahead.

Secondly, allowing kids to play competitive sports also helps them develop their leadership qualities. Leadership qualities are something that will always help a person. It gives a person the quality to lead other people. It is also very advantageous. For example, if a person has leadership qualities he may always be the leader of his group and most of the credit given among the group members is always the leader. In this way, playing competitive sports develops leadership qualities that can help a person to be successful in life.

Lastly allowing kids to play competitive sports to make them find the true meaning of “losing, winning, and accepting it “. In competitive sports, there is only a possibility of two things happening. It is either winning or losing. It is confirmed that one team or a person loses whereas the other one wins. But we should not cry on it if we lose but we must accept it and work hard for the next time. If they truly understand this then they will of course become a successful person in their life.

To conclude allowing kids to play competitive sports is likely a great option as it improves their leadership qualities, develops new skills and makes them experience the true meaning of winning and losing “ however, one should not play competitive sports



which may cause severe injuries or even have risks of their life and they all must also learn to happily accept defeat and work harder.

Yazu Kayastha
VIII-A2

SORCERY OF THE HEART: A TALE OF FAMILY, FRIENDSHIP, AND POWER

Once upon a time, in a magical world, there stood an enchanted tree that held the essence of all magic. This extraordinary tree had the power to govern the seasons, and the beings that inhabited this realm lived harmoniously. However, a dark chapter unfolded when a malevolent beast attacked, bringing cruelty and tyranny to the once-peaceful world.

In the face of this menace, a courageous man emerged, fearlessly confronting the beast and forcing it to retreat. Witnessing the heroic act, the magical tree bestowed upon the man and his family a unique boon – the gift of superpowers, each capable of controlling a specific element. With these newfound abilities, the man and his wife established a kingdom, ruling with benevolence and peace for 80,000 years.

As time passed, the royal couple found themselves yearning for a child, yet their hope remained unfulfilled for five long years. Desperate for a solution, they journeyed to the magical tree and shared their plight. The compassionate tree responded by granting them two seeds – one with a black half-heart and the other with a red heart. These seeds held the promise of not just one, but two children, each endowed with unique powers that could only be maintained through unity.

Little did they know that an unseen observer had overheard their conversation..

Back in the kingdom, joy abounded as the queen consumed the seeds, giving birth to two beautiful daughters – Sophie and Raphele. While Raphele gained the power to control colors, Sophie remained devoid of any supernatural abilities. Despite their magical differences, the sisters shared an unbreakable bond, and their parents loved them equally.

However, the kingdom harbored resentment towards Sophie, perceiving her lack of powers as a curse. The people, favoring Raphele, subjected Sophie to bullying and disdain. Raphele, in turn, grew arrogant and egotistical.

One day, a butterfly approached Raphele, sowing seeds of jealousy and mistrust about Sophie's future



ascend to the throne. Driven by envy, Raphele confronted her parents, demanding the throne for herself, unknowingly within earshot of Sophie.

Overwhelmed by the betrayal, Sophie decided to flee the kingdom. In the dead of night, she sought solace in the jungle near the magical tree. Unbeknownst to her, Raphele's decision led to a broken unity, unleashing a dormant malevolent force.

As Sophie grappled with her emotions in the jungle, the kingdom faced tragedy. The king and queen were slain, and Raphele, rather than protecting her subjects, fled for her own safety.

In the depths of despair, Raphele encountered her sister in the jungle, surrounded by the beauty of nature. Sophie, with compassion, listened to Raphele's tale of remorse and regret. Together, they sought aid from the creatures and plants of the jungle to confront the unleashed beast.

United, the sisters and their newfound allies defeated the beast, restoring magic to the world. The kingdom

rejoiced, and Raphèle, humbled and transformed, sought forgiveness from Sophie and the people. They offered Sophie the throne, but she declined, realizing that her place was with the magical world of the jungle, where she discovered the true magic within.

And so, a book was closed, leaving the lesson that real magic resides not in the world around us, but within ourselves.

Minisha Bhaju
X-B3

THE BOY WHO REACHED THE MOON

Once upon a time, there was a boy who always dreamed of going beyond the Earth. However, during his time, there were no rockets or airplanes. At night, he would gaze at the moon, longing for the unknown. In school, he learned that there was no oxygen beyond the Earth, sparking his curiosity.

Determined, he started learning hard, and by the age of 17, he created a space-suit. After five years, at 22, he invented the world's first rocket, and the news quickly spread worldwide.

One midnight, a gang of 10 people tried to steal his rocket. They left when they found it impossible. Another day, they returned with a plan to fly it to their place. Lacking the knowledge, they decided to send their boss. As he took off, the rocket went straight instead of making a right turn. He landed on the moon successfully, but when he opened his suit, he couldn't breathe. Feeling guilty, he put the suit back on, realizing there was no food, water, or oxygen on the moon.

Back on Earth, people were sad, and the boy who made the rocket cried. The thieves were caught by the police. The man on the moon struggled to survive, unable to open his suit or start the rocket because there was no fuel. He remained trapped on the moon for the rest of his life.

Mehotri Joshi
VI-C2



THE FOUNTAIN'S SECRET

In a charming little town, there lived a family that was everyone's favorite, renowned for their wealth. The family consisted of a mother, a father, a sociable brother named Aiden, and a reserved younger sister named Thea. Aiden was known for his many friends, while Thea had only one friend named Mia, who had a peculiar fondness for butter.

One sunny day during lunchtime at school, Thea and Mia sat near the fountain as they usually did. Out of the blue, Mia had a whimsical thought, "People say if you drink the fountain's water, you'll become a butterfly." Curious, Mia dipped her hand into the fountain, took a handful of water, and drank it. To her disappointment, nothing happened. Unfazed, Thea reassured her, "It didn't work, did it? Well, why not come over to my place this evening?"

Later that evening, Thea and Mia chatted away until Mia needed to use the bathroom. However, as Mia headed there, she slipped and underwent a secretive change, turning into a caterpillar—the first stage in a butterfly's life cycle. When Thea heard a loud bang, she turned around, only to find Mia changed into an ugly caterpillar!

Thea was surprised, almost collapsing at the sight. The moral of the story is clear: just because life looks beautiful doesn't mean it is easy to achieve.

Ruby Shrestha
V-B1



THE MAGICAL APPLE ADVENTURE

One sunny morning, I woke up and glanced at the clock – it was already 7:00! In a hurry, I tidied my bed and greeted my parents with a cheerful “Good morning.” After a quick breakfast, I headed to my friend Akanksha’s house.

Upon arriving, an unusual quietness filled the air. To my surprise, I encountered a lady with a face that resembled a monster. Alarmed, I inquired about my friend, and to my shock, the lady pointed to a chair where Akanksha was seemingly trapped.

As it turned out, the mysterious lady was a chemistry teacher experimenting with a unique formula – a poison she had created. In her quest to test the concoction’s effectiveness, she had captured my friend and me. Anxiously, I watched as she injected the poison into an apple.

My friend was about to take a bite when I tried to intervene. Despite my efforts, she tasted the apple and, to everyone’s astonishment, began to fly. Wings sprouted from her back, turning her into a magical being. Curiosity getting the better of me, I, too, took a bite of the enchanted apple, and the same magical transformation occurred.

The wicked lady, bewildered by the unexpected outcome of her experiment, fled in a hurry. As my friend and I soared through the sky with newfound wings, we realized that sometimes even strange and unexpected things can lead to magical adventures.



Resicca Jirel
IV-B2

THE SIGNIFICANCE OF AGRICULTURE IN NEPAL

Nepal, a country known for its picturesque landscapes and abundant natural resources, relies heavily on agriculture as its backbone. With a majority of the population residing in villages, farming plays a pivotal role in sustaining livelihoods and fostering economic development. Let us explore the vital importance of agriculture in Nepal.

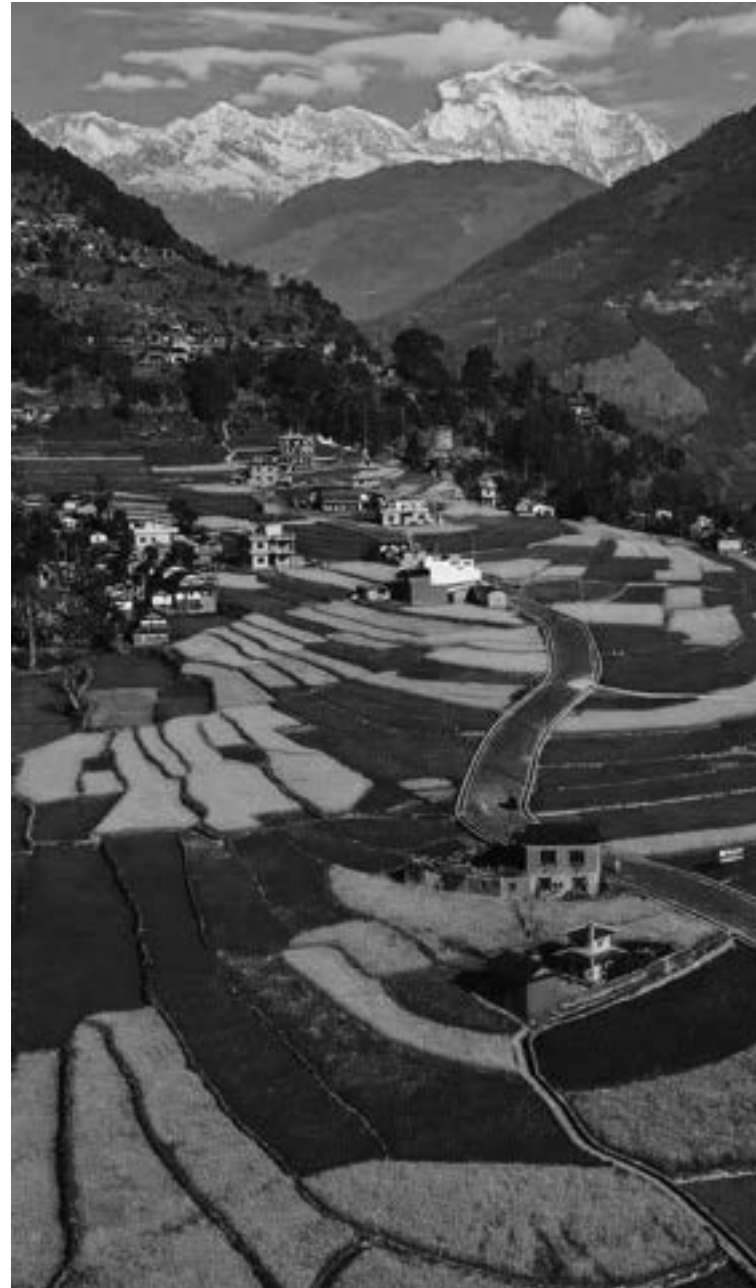
1. **Food Security:** Agriculture ensures food security for the nation. Farmers cultivate a diverse range of crops, vegetables, and fruits, providing the country with fresh and nutritious food. However, it is crucial to acknowledge that there is room for improvement in agricultural practices to enhance productivity and meet the growing demand for food.

2. **Employment Opportunities:** Agriculture remains the primary source of employment for more than 65% of the population in Nepal. By supporting the growth of this sector, the government can create more job opportunities and improve the livelihoods of rural communities. Moreover, it helps in curbing urban migration and sustaining balanced development across the country.

3. **Raw Materials for Industries:** The agricultural sector is not limited to farming alone. It also serves as a crucial supplier of raw materials to various agriculture-based industries. This symbiotic relationship between agriculture and industries creates a value chain that drives economic growth and generates income for numerous Nepalese citizens.

4. **Need for Investment and Modernization:** To unlock the full potential of agriculture in Nepal, the government must prioritize its development. Investing in modern agricultural practices, such as improved irrigation systems, access to high-quality seeds, and safe storage facilities, can significantly boost productivity and income for farmers.

5. **Sustainable Development:** Agriculture provides a pathway to sustainable development by promoting biodiversity, conserving natural resources, and embracing eco-friendly practices. Encouraging farmers to adopt sustainable agricultural methods will safeguard the environment and contribute to the nation's long-term well-being.



As we reflect on the importance of agriculture in Nepal, it becomes evident that this sector holds the key to the country's progress and prosperity. By prioritizing agricultural development, the government can address issues of food security, unemployment, and rural development effectively. Empowering farmers with modern techniques and infrastructure will not only enhance their lives but also create a sustainable and resilient future for Nepal. All stakeholders must recognize the significance of agriculture and work together to harness its potential for the betterment of the nation.

Anjana Shahi
VIII-C3

WHISPERS OF FRIENDSHIP: JANE'S UNSEEN BONDS WITH SAMANTHA

Once upon a time, there was a girl named Jane. She thought she was the unluckiest person in the world. Jane lived in a normal middle-class family with her loving parents and grandmother in San Francisco. People often thought of her as very shy and introverted. She had a close friend named Samantha, whom she had met in the first grade. Samantha lived nearby, and Jane's parents and grandmother liked her a lot. Samantha was Jane's only true friend.

Although Jane was shy, Samantha was outgoing, funny, and bold. They had silly nicknames for each other and had become best friends since they first met in their new school. Their friendship brought a lot of joy and happiness to Jane's life.

One day, during their 11th-grade year, something terrible happened. Jane and Samantha were walking home, holding hands and enjoying a sunny day. Suddenly, a black van covered in mud sped by, and Samantha, not paying attention while crossing the road, had an accident. The van didn't stop, leaving Jane devastated. Despite Jane's efforts to rush Samantha to the hospital, she didn't survive.

After the funeral, Jane was very sad and cried a lot in her dark room. To her surprise, she heard Samantha's voice asking if she could be heard. At first, Jane thought it was her imagination, but Samantha's soul insisted it was really her. They talked about memories, like the time Samantha saved Jane from a giant dog. They even discussed the possibility that Jane had a unique power—seeing souls.



Jane found comfort in spending time with Samantha's soul, sharing memories and moments. However, when Jane mentioned Samantha's visits to her grandmother, she was met with disbelief and dismissal. In frustration, Jane shouted that Samantha visited her every day and that her grandmother couldn't see her. Overwhelmed, Jane fainted.

When she woke up, Jane found herself in a mental hospital. The therapists explained that Samantha's visits were imaginary, a result of Jane's grief. Despite going through therapy for a while, accepting this hard truth proved to be a challenging journey.

Eve Mandal
VII-A4

YOUR FIRST DAY OF SCHOOL

My first day of school at Little Angels' School was grade two. It was exciting, although I was very nervous. It was two years ago. I woke up at 5 a.m. I had washed my face, and brushed my teeth. Then I had tied my ribbons, had a war, bowl of cereal, and put on my uniform.

My bag was all packed, my lunch was packed in my lunch bag and then I had waited for the bus. I can still remember the day very clearly in my head. I hopped into my bus very excitedly, waiting to reach my new school. Once I had arrived, I hurried to find my class.

Once I had found my class, I sat next to a girl who still to this day is my classmate. Then a teacher came to our classroom and introduced herself as our class teacher. I still can't remember we had that day.

Everything was going perfect. I made new friends, had many memorable moments, played outside and explored a new journey to school. And still to this day, all the friends I had made in grade 2 C1 are still in touch with me.

And that was my first day of school experience. Although, I had many first day of school experiences, this one has a special place in my heart. Also, here's a



reminder to anyone being afraid, scared or nervous, and so on; please don't be. Because there's nothing scary about your first day of school. At the start maybe you'll be a tiny bit nervous, but in the end, it will all work out fine.

Shana Limbu
IV-C1

THE INTROVERT

The introvert, He talks to no one
Sleeps all day till bullied by someone
Tops all the Math test
Math teacher asks, 'Is he the one?'

The introvert, He goes to home alone
Has no friend to call his own
Cries whole night till
His stress is gone.

The introvert, Wakes up and says
'Today I will talk to someone'
Tries the same every day.
Goes to class saying
'I will be a friend with someone'
But couldn't find that someone.

Binit Das
X-A1

GRIEF : A TRIAL OF 5 STAGES

Tragedy so big - fatal thus denied
 Accepting it would only mean allowing it to thrive
 And so, it begins
 A fragile pretense
 As delicate as porcelain
 Yet protective in a sense
 To myself a façade
 For keeping at bay
 The truth of the tragedy showing up one day

But denial didn't sit well with my unsettling heart
 And slowly but surely the truth tore me apart
 Gallantly I struggled against my rising tears
 But emotions and temper dawned faster than I feared
 Logic fled; tragic shed; heavy anger pouring down
 Like acid rain that corrodes every building, statue,
 home and town
 Melted every inch of sane
 Left within my writhed heart
 Raging blind with none to blame;
 Losing sane was just the start

But anger couldn't sustain long
 In my shallow, hollow heart
 Must I have done 'something' wrong
 For it to worsen thus so far
 So when the stirring fury ends
 Faux speck of hope dawns over -
 What if I could change 'something'
 And turn this whole wreck over
 Gullible I didn't realize
 Bargaining is to no avail
 Fate, I now know, 'd only change
 If pigs could fly and levitate

Resisted I had strongly with every core of my power
 Only at the end to be trapped in the tower:
 The tower of doom, of despair, and distraught
 With a roof untouchable— height endlessly tall
 The walls looming darkly over my feeble soul
 Feeding on my sorrow; relishing on my woe
 Weakening with every fatal thumping on my chest
 Worsening with all the mumbling voices in my head
 Tearing on my losing hair, whining in my distress
 The tower taking pleasure -like Satan's mistress

Enclosure of the dark tower
 Made my throat narrow



Suffocation was the last stage
 Before 'scape I could this sorrow
 But like after every cold moon
 Comes the warm sun and its light
 After every heart-wrenching journey
 Comes a greater might
 Like after every warlord
 Comes the group of peacekeepers
 After every loss
 There comes a knowledge that is deeper

Like after every tense drought
 There comes a pleasant rain
 After every hit in the heart
 There comes a greater sane
 After every tragedy, denial, and bargain
 Is inevitable before confront and regain
 And after every blinding rage and fatal losing sane
 What washes over is tranquil above this world of
 mundane
 And so the last stage prior to freedom from this pain
 Is the solemn acceptance that detaches you from
 grief's lane?

Alisha Adhikari
X-A1

ANGER

Anger, a double-edged ranger, with untamed potentiality
Both Vice and virtue, always carries its dual facades
When embraced carefully, sensibility takes hold
But when not, consequences often unfold.

In the moments of rage, anger usually ignite
A fire deep within, awakening its inner might
When harnessed acutely, anger has its worth
It fuels the determination bringing transformation to its birth.

Anger provides a voice to the oppressed feeling
A voice, a strength to rise, to manifest,
It raises the intention for justice
Uplifting people to fight against injustice.

But unchecked anger blinds the eye; that weight,
The rise to consequences, causing dismay
Uncontrolled, it brings judgment that divides and tears emotions,
Leaving deep scars that take time to repair.
In anger's control, reasons are taken as useless
In a rage, actions taken are ruthless
Words shouted in fury, can cut and cause wound
Breaking apart people who were once not too far.

Yet anger, to be harnessed, we must thrive
To control the raging flame, to keep it alive
Its energy to be controlled, with awareness and care
Then only, we can find inner balance and give love to share.

Anger is to be acknowledged and realized
For its control, one should be wise and advised
Let's search for understanding and peace,
And let the dark side of anger be ceased.

Lumanti Maharjan,
IX-A2



LOST

In a world of change, I've changed the wrong way,
Trying to figure out what makes them great.
I've lost my way to my truest self,
And I search for answers on a dusty shelf.

Once filled with confidence and pride,
Now doubts and fears start to collide.
I used to know who I wanted to be,
But now I'm lost, can't you see?

I've let others' words define my worth,
Forgetting my dreams I lost my birth.
I tried to fit in to please them all,
But in doing so, I let myself fall.

I miss the days of being true,
To my passions, my dreams, all that I knew.
I must find my way back step by step,
To rediscover the self, I once kept.

So here I stand ready to start,
To mend the pieces & the broken parts.
I'll find my way, I'll break free,
And once again I'll be me.

Bimosan Khadka
X-B4



THE FLOWER

In garden there is so many flowers
This garden is not ours
In garden there is a lot of butterflies
In there sunflowers lie.

In garden there is lily, sunflower and rose
In science stomata is a plant's nose
This plant is dead because there is no leaf
Oh hello! I am a watchman, I am not deaf.

On Sunday a boy came
He asked, "What is the flower's name?"
I want to become like a flower which is cool
When I say this dream to others, they call me a fool
Here the plan fails
Again in science androecium is male.

Nirdesh Pangeni
V-C2

REALIZATION

When I was sad, I saw the world sad,
I asked to myself, what and why was that?
I realized when I looked at beggars,
asking for food, with tear and fear.

When I was happy, I saw the whole world happy,
I asked myself, what is happiness?
I realized when I looked at a small baby,
Laughing freely and cuddling as he wish.

So, at last, I realized that life is a lesson,
Which is far away from the fashion.
Life is a duty, not only a beauty.
Life is a challenge in which,
Sadness and happiness should be balanced.

Shraddha Kshetri
VI-B4



THE SAGA OF THE TINY TURTLE

Little turtle encountered a big rat,
But the rat was feeling quite flat.
Hungry and grumpy, the rat was mad,
But the turtle wasn't scared, not a bit, not a tad.

Then, the little turtle met a mermaid so grand,
She said, "You'll be my maid in my sea-queen land.
I'll keep you in a cage, all day, all year,
Turtle, turtle, don't you fear?"
Yet, the turtle didn't worry or care,
No fright in the little turtle's lair.

Next, the turtle faced a giant horse so tall,
With a power to curse, to make the turtle's life a fall.
"I'll curse your shell," the horse declared,
"So you can't rest, sleep, or be spared."
But the turtle, brave and aware,
Didn't tremble, didn't show a scare.

The turtle, clever and cool,
Used a magical wand, not for school.
Took the horse to a magical land,
With a wave, like magic, all was planned.



And so, the little turtle on its quest,
Encountered challenges, did its best.
Facing rats, mermaids, and a mighty horse,
The turtle triumphed with its special force.

Gresia Shrestha
VI-A2

IF I HAD THREE WISHES

Oh, I wish for a magical friend,
Granting wishes, just like Aladdin's genie blend.
Dear God, I pray for that special being,
I'd even give away my dresses, no disagreeing.

First wish, my pockets full of fireworks bright,
Bursting everywhere, a dazzling night.
Oh baby, nothing holding me back,
In a world of sparkle, joy in every track.

Next, off to visit the moon so high,
The genie shares stories, reaching the sky.
Told my mom, "I'll be back soon,"
Hoping she won't fret or swoon.

A garden serene, free from all strife,
Birds singing sweet, like Lord Krishna's wife.
Mute folks wandering without a care,
Oh God, no fear, just joy to share.

Remembered watching Aladdin, a magical show,
All through the night, as the dim lights glow.
Oh simple things, where have you gone?
Getting older, need something to rely on.



BEAUTY

The beauty of hills,
Gives me chills,
The scenery from this boat,
Makes me feel I am abroad.

This takes away my tiredness,
And wakes me up from sleepiness,
When I open my eyes,
I see the sun rise.

Taking away my sleepy head,
The scenery feels like heaven after death,
After picturesque break,
Then comes unwanted end of lake.

Eliza Shrestha
X-A2



बुबा र आमाको चाहना

एउटा सहरमा सम्राट र उसकी आमा बस्थे । सम्राट दुई वर्षको हुँदा नै उसको बुबाको मृत्यु भएको थियो । सम्राट र उसकी आमा भावुक भएर रोएका थिए । केही वर्षपछि सम्राटका लागि नयाँ बुबा खोज्ने कुरा भयो । उसकी आमालाई यो कुरा मन परेन । आमा रिसाएर सम्राटलाई लिएर गइन् ।

सम्राट कक्षा ६ मा पढ्थ्यो । ऊ पढाइमा धेरै कमजोर थियो । यो देखेर आमाले उसलाई धेरै सम्झाउनुभयो । छोरा मैले यति धेरै दुःख गरी तिमी राम्रो होला भनेर पढाइरहेकी छु । अब १०-१२ वर्ष त हो राम्ररी पढ्ने भनेर सम्झाउनुभयो । सम्राटले केही बोलेन र बाहिर गयो । अनि आएर किताब पढेजस्तो गर्थ्यो । उसलाई देखेर अब मेरो छोरोले केही गर्ने भयो भनेर आमा खुसी हुनुभयो र अरु मिहिनेत गरेर राम्रोसँग पढाउँछु भन्नुभयो ।

केही दिन बित्यो अनि सम्राटको परीक्षा आयो । छोरोले पढेछ भन्ने सोचेर अरूले छोराको बारेमा सोद्धा सम्राट मिहिनेती छ । ऊ धेरै पढ्छ भनेर भन्नुहुन्थ्यो । सम्राट आमा काममा जाँदासम्म पढेजस्तो गर्थ्यो गइसकेपछि साथीहरूसँग घुम्न जाने गर्थ्यो ।

परीक्षाको नतिजा आयो र आमाले नतिजा हेर्नुभयो । आमाले अहिले पनि अब राम्ररी पढ्नु भन्नुभयो । किनकि सम्राट फेल भएको रहेछ । आमा काम गर्न जानुभयो । त्यहाँ पनि आमालाई जिस्काइयो । आमा धेरै भावुक हुनुभयो र छिटो आउनुभयो । अब त छोरा पढ्दै होला भनेर आशा राख्नुभएको



थियो तर पनि छोरोले नपढेको देख्दा आमा एक्कासि खुब रुन थाल्नुभयो । उहाँको आवाज सुनेर बाहिरबाट छिमेकी अड्कल आउनुभयो ।

छिमेकी अड्कलले आएर मलाई सम्झाउनुभयो । आमाले यति मिहिनेत गरेर पढाउनुहुन्छ । तिमी असल र राम्रो मान्छे बन्छौ भनेर । हेर त तिमी नपढेको हुनाले आमा रुनुभयो । यो कुरा सुनेर सम्राटले आफ्नो गल्ती महसुस गर्नुभयो र आमालाई भन्यो, मलाई माफ गरिदिनुस् आमा, अबदेखि म सधैं पढ्छु र तुलो मान्छे बन्छु । यो सुनेर आमा खुसी हुनुभयो ।

कृतज्ञ पण्डित
कक्षा-७, सी३

जङ्गलमा पिकनिक

उठ न सविता ! आज विद्यालय नजाने ? सविताकी आमाले कराइन्, सविन उठेर दाँत माइन् पनि गइसक्यो तर तिमीले आँखा पनि खोलेकी छैनौ । त्यतिबेलासम्म सविन दाँत माभेर आइपुग्यो र लुगा लगाउँदै भन्यो, सविता दिदी ! छिटो उठनुहोस् न । तपाईंले बिर्सिनुभयो कि आज हामी विद्यालयबाट आएपछि जङ्गलमा पिकनिक गर्न जाने हो । तपाईं जाने हैन ? सविता जुस्के उठिन् र भनिन्, "ओहो ! मैले कस्तो बिर्सको । धन्यवाद सविन ।" उनी पनि हातमुख धोएर लुगा लगाउन गइन् । यी दुवै एउटै विद्यालयमा पढ्छन्, सविता ५ कक्षामा र सविन ४ कक्षामा । उनीहरू विद्यालय जान्छन् । दुवैजना विद्यालयबाट आएपछि उनीहरूका बुबाले भन्नुहुन्छ, तिमीहरूले गृहकार्य सकिहाल अनि तयार भएर तल आओ । अनि सविन भन्छ, तर बाबा आज हामीलाई गृहकार्य दिइएको छैन । हामी तयार भएर आइहालौं ? बाबा भन्नुहुन्छ, हुन्छ । तर, आ-आफ्नो सामान पनि लिइहाल । हामी साँभमा मात्र



फर्किने छाँ । आमा मिठामिठो खानेकुरा, मिठाई, तरकारी, फलफूल, मोबाइल आदि आफ्नो भोलामा हाल्छिन् । सबै जना पिकनिकका लागि निस्कन्छन् । उनीहरूले धेरै रमाइलो गर्छन् । त्यो रात सबैजना मजाले निदाउँछन् ।

पिहु भा
कक्षा-५, ए९

असल शिक्षकका गुणहरू

हामी एकदमै सजिलो भाषामा शिक्षक भन्नाले गुरु भन्ने बुझ्छौं । भनिन्छ नि, शिक्षक भनेको हाम्रा भगवान् हुन् । हाम्रो पहिलो शिक्षक भनेको हाम्रा अभिभावक हुन् भने विद्यालयमा आएर हामी शिक्षकलाई दोस्रो अभिभावक मान्छौं । विद्यालयमा शिक्षकहरू शिक्षक मात्र नभएर हाम्रा अभिभावक पनि हुन् । हामीले विद्यालयमा पढाउनेलाई मात्र शिक्षक भन्ने होइन किनभने शिक्षक भन्नाले विद्यालयमा पढाउनेबाहेक जसले हामीलाई नयाँनयाँ कुराहरू सिकाउनुहुन्छ, जसले हामीलाई माया गर्नुहुन्छ, हामीलाई अर्ती उपदेश दिनुहुन्छ उहाँहरू पनि हाम्रा लागि एक असल शिक्षक हुनुहुन्छ । त्यसैले शिक्षकलाई विभिन्न उपनाम राखेर जिस्काउने, कक्षामा पढाउँदा अपमान गर्ने जस्ता कामहरू नगरीकन हामीले उहाँहरूलाई मानसम्मान, इज्जत दिन जान्नुपर्छ ।

सजिलो भाषामा असल भन्नाले राम्रो गुण भएको भन्ने बुझिन्छ । असल शिक्षकका गुण भन्नाले राम्रो गुण भएको शिक्षक भन्ने बुझिन्छ । सबै शिक्षकहरू असल हुन्छन् भन्ने पनि हुँदैन र सबै खराब भन्ने पनि हुँदैन । जुन शिक्षक विद्यालयमा आएर विद्यार्थीलाई पढाउने, गृहकार्य दिने, विद्यार्थीलाई यातना दिने जस्ता काम गर्छन र आफ्नो भलाइ मात्र सोच्छन् त्यस्ता शिक्षकलाई असल शिक्षक मान्न सकिँदैन किनभने असल शिक्षकमा हुनुपर्ने गुण भनेको विद्यार्थीसँग मात्र नभएर सबैसँग राम्रो व्यवहार गर्ने, शिष्ट भाषाको प्रयोग गर्ने, आपत् परेका बेला सबैलाई मद्दत गर्ने, विद्यार्थीलाई गृहकार्य दिएपछि समयमै उठाएर सबै जाँच गर्ने, यदि कसैले गृहकार्य गरेको छैन भने किन नगरेको भनेर सोधखोज गर्ने, नियमित रूपमा गृहकार्य गर्न लगाउने खालको बानी बसाल्ने, कसैले कसैलाई यातना नदिने । आफ्नो विद्यार्थीमा भएको कमीकमजोरी पत्ता लगाउने र सही सुझाव दिने जस्ता कुराहरू पर्छन् । आफ्नो कर्तव्यको पालना गर्ने गर्नुपर्छ । सबै शिक्षकहरू एउटै हुन्छन् भन्ने पनि त हुँदैन नि । किनभने कहिलेकाहीँ परिस्थिति हेरेर पनि नियमको पालना गर्नुपर्छ ।

हामी सबै मान्छे न हौं । हामी सबैबाट गल्ती त भइहाल्छ तर आफ्नो गल्तीलाई स्विकार्न पनि जान्नुपर्छ । त्यो जोसुकै होस्



चाहे त्यो शिक्षक नै किन नहोस् । बेलाबेलामा हँसीमजाक गर्ने, सबैलाई खुसी बनाएर राख्नु पनि एक असल गुण हुन् । शिक्षक भनेको सबैको भलो चाहने हुनुपर्छ । सबैलाई समान व्यवहार गर्ने हुनुपर्छ । कसैले कसैलाई पनि भेदभाव गर्नुहुँदैन । चाहे त्यो कक्षामा होस् या कक्षाबाहिर । सकेसम्म सबैको कुरा सुनिदिने वा बुझिदिने हुनुपर्छ । कुनै शिक्षकहरू बाहिरबाट हेर्दा राम्रा देखिन्छन् तर मन भने एकैनासको हुँदैन । शिक्षकको मनमा भने असल विचार भएको हुन्छ । कहिलेकाहीँ आफ्नो कर्तव्य मात्र पूरा गरेर असल शिक्षक बन्न नसकिने पनि हुन सक्छ । त्यसैले आफूले सक्दो काम र योगदान गर्दै जानुपर्छ । कसैले मुखले मात्र म त एक असल शिक्षक बन्छु भनेर पनि हुँदैन । मुखले होइन, व्यवहारले देखाउनुपर्छ । यदि विद्यार्थीले असल शिक्षक पाए भने मात्र भविष्य उज्ज्वल हुँदै जान्छ । विद्यार्थीको भविष्य उज्ज्वल बनाउनमा शिक्षकको ठुलो भूमिका रहेको हुन्छ । त्यसैले सकेसम्म कसैले कसैलाई अपमान गर्ने गर्नुहुँदैन । सबैजना मिलेर अघि बढ्नुपर्छ । असल गुण भएका शिक्षकले आफ्नो विद्यार्थीको गल्तीलाई माफ गर्न जान्नुपर्छ । त्यसैले म त सबैलाई भन्ने गर्छु शिक्षकहरूलाई इज्जत दिने गर र शिक्षकले पनि आफ्नो विद्यार्थीको इज्जत गर्ने गर्नुपर्छ । यसलाई नै असल शिक्षकका गुणहरू मान्न सकिन्छ ।

सरिता गुरुङ

कक्षा-९०, सी५

हाम्रो मित्रता

मलाई अब याद छ त्यो दिन । पानी परिरहेको थियो । चट्याङ परिरहेको थियो । काला बादलहरूले गर्दा दिन पनि रात जस्तै भएको थियो । म त्यो दिन स्कुल गएकी थिइनँ । कोठाको झ्यालबाट भ्रमभ्रम परिरहेको पानीलाई हेर्दै उसको र मेरो बिग्रीँदै गएको सम्बन्धबारे सोच्दै थिएँ । ऊ, अर्थात् तेजस, मेरो अति मिल्ने साथी ।

कक्षा ९ मा हुँदा मेरो एक दिन पनि नराम्रो गरी बितेन । कारण थियो आयुष । ऊ मेरो एकदमै मिल्ने थियो थियो । कक्षाकोठामा सबै विषयको घन्टीमा हामी हाँस्दै र बोल्दै बस्थ्यौँ । हामी दुवै रमाइलो गर्न अति रुचाउँथ्यौँ । त्यसैले नै होला हाम्रो मित्रता यति गहिरो भएको । त्यस दिनेदेखि सब बदलिँदै थियो । हामी ९ कक्षा सकेर १० मा जाँदै थियौँ । हाम्रो सेक्सन पनि परिवर्तन हुँदै थियो । अब न दिनदिनै भेट्न पाइन्थ्यो न त कुरा गर्न नै । यी सबै कुरा मनमा खेलाउँदै म स्कुल गएँ । सूचनापाटीमा आफ्नो सेक्सन खोज्न के जाँदै थिएँ, अचानक कसैले मेरो काँधमा हात राख्यो । म भस्किँएँ । पछाडि फर्केर हेर्दा त त्यो अरु कोही नभएर आयुष थियो । “तँ, मलाई बेकारमा तर्साइस्, हेर् न तँलाई पाप लाग्छ ।” मैले जिस्कँदै भनँ, पहिले पहिले म जिस्कँदा ऊ पनि त्यसै गर्थ्यो, तर आज भने उसले हतास हुँदै भन्यो, “तँ ए२ मा परिछस् म ए१ मा, अब त हामी छुट्टिन्छौँ, के गर्ने के ? म सेक्सन परिपतन गर्रँ कि तँ गर्रँस् ?”

“ए ! अब के गर्ने भन न ?”

“मलाई के थाहा ? तैपनि जे भयो भयो । सेक्सन चेन्ज हुन्छ भन्ने कुरा हामीलाई पहिल्यै थाहा थियो त ।”

“त्यही त तँलाई त के नै छ र ? बि बलकमा परिहालिस् चिन्ता त मलाई हुन्छ ।” ऊ मसँग आफ्नो चिन्ता व्यक्त गर्दै थियो । घन्टी बज्यो ।

बेल लाग्यो, म गएँ ल । अनि तँ चिन्ता नगर, केही हुन्छ । सधैं भेटेर कुरा नगरे पनि मेसेन्जरमा त बोली हाल्छौँ नि ! मैले उसलाई सान्त्वना दिँदै हँसिलो अनुहार बनाएर बिदा मार्गै । मुहारमा मुस्कान भए तापनि म खुसी थिइनँ । छुट्टिएकोमा उसलाई जति पीडा भएको थियो मलाई पनि भइरहेको थियो । निराश हुँदै म आफ्नो सेक्सनतिर गएँ । मित्र छिरँ र अन्तिम सिटमा आफ्नो ब्याग राखेर बसेँ, हेड डाउन गर्दै ।

“हाइ !” कुनै अपरिचित आवाजले मलाई भस्ड्गै बनायो । म उठेँ र जवाफमा हेलो भनँ । ऊ तेजस थियो । म उसलाई कक्षा ९ देखि चिन्थेँ । कक्षा ९ मा त न म ऊसँग न त ऊ मसँग नै बोलेको थियो । तर आज अचानक आएर किन हाइ भन्यो भनी सोच्न थालेँ । उसले त मलाई गिज्याउँदै भन्यो, “ओ हो ! आयुष त अर्को बलकमा परेछ र तिमी यता । बिचरा ! आखिरमा छुट्टिहाल्यौ त ... !” अनि त के चाहिन्थ्यो र ? त्यसै



मेरो पारो तातिहेको थियो, उसले त आगोमा पेट्रोल खन्याउने काम गर्‍यो । त्यसैले मैले उसलाई कुट्न पुगेछु । कक्षाकोठाबाट बाहिर निस्किएँ । १० मिनेटपछि कक्षाकोठामा आउँदा तेजस मेरो बेन्चको साइडमा बसिरहेको थियो । मलाई देखेबित्तिकै उसले सरी यशस्वी, मेरो इन्टेन्सन तिमीलाई हर्ट गर्नु थिएन । यो देखेर मलाई केही ठिकै लाग्यो ।

इट्स ओके, मैले भनँ ।

“फ्रेन्ड्स ?” उसले सोध्यो ।

“ओके” भनँ मैले ।

यसरी हाम्रो भगडा सकियो र हामी साथी भयौँ ।

उसले मलाई एकदमै राम्रो व्यवहार देखाउँथ्यो । ऊसँग बस्दा मलाई कहिल्यै एकलोपनको महसुस भएन । त्यसैले हामीले हाम्रो यो साथीको सम्बन्धलाई घनिष्ट सम्बन्धसम्म पुऱ्यायौँ । मित्रता चलिरहेको थियो । दिन बितिरहेको थियो, तर अचानक केही दिनदेखि हाम्रो भगडा पर्न थाल्यो । हामी एकदमै रिसाउने खालका भयौँ । लामो भगडा गर्दै दिन बिताउन थाल्यौँ । हिजो भर्खर हाम्रो भगडा परेको थियो । इन्स्टाग्राममा पनि बोलेका छैनौँ । उसलाई छोडौँ कि के गरौँ भइरहेको थियो । अन्त्यमा जस्तो सम्बन्धमा पनि भगडा हुन्छ । तर एउटा सानो भगडाले नाता नै टुटाउनुहुन्न भन्ने सोचेर मैले हाम्रो नाता नटुटाउने फैसला गरेको थिएँ ।

आज १० वर्ष भइसक्यो मैले त्यो दिन लिएको फैसलाले हाम्रो सम्बन्ध अब कायम छ । ऊ अब मेरो घनिष्ट साथी हो र म पनि उसको घनिष्ट साथी ।

यशस्वी ज्ञवाली

कक्षा-१०, ए२

एकान्तपुरको एउटा सानो परिवार

हिमालय पर्वतको बँसीमा रहेको एउटा सानो गाउँमा बस्ती थियो । त्यहाँ रामप्रसाद र लक्ष्मीदेवी नामका श्रीमान् र श्रीमती बसोबास गर्थे । उनीहरू विष्णु भगवान्का दुला भक्त थिए । उनी सधैं विष्णु भगवान्को पूजा, आराधना, भजन र कीर्तनमा मग्न हुन्थे । उनीहरूले विवाह गरेको १० वर्ष हुँदा पनि एउटा सन्तान नहुँदा निकै चिन्तित थिए । घरमा दुःख हटाई सुखको प्रवेश होस् भन्ने उद्देश्यले उनीहरू रामपुर भन्ने गाउँमा हरिनारायण नामका पण्डितलाई भेट्न गए ।

पत्नी भन्छिन्, "पण्डितज्यू ! हामी निकै दुःखी छौं । कृपया हाम्रो दुःख हटाउन सहायता गर्नुहोस् ।"

हरिनारायण भन्छन्, "तपाईंहरू चिन्तित नहुनुहोस् । मैले तपाईंहरूको दुःख थाहा पाइसकेँ । म यसका लागि एउटा समाधान निकाल्ने छु, तर तपाईंहरूले मलाई भोलि भेट्न आउनुपर्छ ।"

श्रीमान् र श्रीमतीले पण्डितलाई प्रणाम गरे अनि त्यहाँबाट गए । भोलिपल्ट पण्डितको आश्रममा पुग्दा पण्डित हरिनारायणमा ध्यानमग्न भए, तर रामप्रसाद र लक्ष्मीदेवी आएको थाहा पाएपछि उनको निद्रा खुल्यो । हरिनारायण भन्छन्, "तपाईंहरू हिमालय पर्वतपछाडि एउटा गाउँमा जानुहोस् । त्यहाँ एउटा साधु बस्छन् । उनलाई आफ्नो समस्या सुनाउनुभयो भने उनले एउटा जडीबुटी दिन्छन् । त्यो जडीबुटी खाएपछि तपाईंहरूको अवश्य सन्तान हुनेछ ।"

हरिनारायणले भनेअनुसार रामप्रसाद र लक्ष्मीदेवी हिमालय पर्वतपछाडिको गाउँमा पुग्छन् र सोही साधुलाई भेट्छन् । साधुले उनीहरूलाई एउटा जडीबुटी दिन्छन् र लक्ष्मीदेवीले त्यो जडीबुटी खान्छिन् ।

अर्को दिन बिहान श्रीमती लक्ष्मीदेवीले रामप्रसादलाई भन्छिन्, "प्रिय ! आज राति मैले एउटा अनौठो सपना देखेँ ।"

रामप्रसाद सोध्छन्, "कस्तो सपना देख्यौ नि तिमीले ?"

—"सपनामा मैले आफ्नो हातमा एउटा बच्चालाई बोकेर दौडिरहेको थिएँ र मलाई हजारौं दानवले लखेटिरहेका थिए । उनीहरूले मलाई समात्नै आँटेको बेलामा मेरो आँखा खुल्यो ।" श्रीमान् त्यो कुरा सुनेर अत्यन्त डराउन पुग्छन् र लक्ष्मीदेवीलाई भन्छन्, "प्रिय, यो प्रेतात्माको तर्फबाट एउटा सन्देश हुन सक्छ ।"

करिब नौ महिनापछि लक्ष्मीदेवीको काखबाट एउटा छोरीको जन्म हुन्छ र उनीहरूले छोरीको नाम सीता राख्छन् । सीता सानैदेखि एकदमै क्रूर र भगडालु स्वभावकी थिइन् । एक दिन रामप्रसाद सहरबाट फर्कदै छन् । उनी सीतालाई देख्छन् । सीताले एउटा बिरालोलाई रुखमा बाँधेर नराम्ररी जिस्काउँदै रहेछिन् ।



त्यो देखेर रामप्रसाद रिसाउँछन् र सीतालाई सम्झाउने प्रयास गर्छन्, तर सीता भने आफ्नै बुबासँग भगडा गर्छिन् । त्यो कुरा रामप्रसादले लक्ष्मीदेवीलाई भनेपछि दुवैजना चिन्तित हुन थाल्छन् ।

अर्को दिन बिहान दुवैले नुहाइधुवाइ गरेर विष्णु भगवान्को आराधना गर्छन् । उनीहरूको घरमा सन्तान त जन्मियो, तर खुसी आएन । यही दुःखलाई हटाउन उनीहरूले विष्णु भगवान्सँग प्रार्थना गर्छन् । धेरै प्रयासपछि विष्णु भगवान्ले उनीहरूलाई भन्नुहुन्छ, "तिमीहरूले त्यो साधुलाई फेरि भेट र तिम्रो समस्या समाधान हुनेछ ।"

साधुलाई भेट्दा साधु भन्छन्, "तिमीहरू त्रिशूली नदीको किनारमा गएर तपस्या गर । तिमीहरूको समस्या समाधान हुन्छ ।"

साधुले भनेअनुसार गर्दा उनीहरूको घरमा खुसियाली छाउँछ । सीता पनि आस्तिक हुन्छिन् । ती दम्पतीले भगवान्प्रति अटुट आस्था राखी सुकर्म गर्दै जाँदा आफ्नो जीवनमा खुसी आउँछ भन्ने कुरा थाहा पाउँछन् ।

शुभम भण्डारी

कक्षा-१०, ए१

साथी

योविसा र रानी एउटा सानो गाउँमा सँगै हुकँदै आएका थिए । उनीहरू १३ वर्षका भएका छन् । दुवैजना एउटै विद्यालयमा पढ्थे, सँग बस्थे र सँगै खान्थे । उनीहरूको सहारा भने कोही पनि थिएनन् । गाउँलेहरूले उनीहरूको हेरचाह गर्थे । उनीहरू आफैँ मिहिनेत गरी आफ्नो खर्च आफैँ तिर्थे ।

दुवैजनाको राम्रो जोडी देखेर विद्यालयका सबैजना उनीहरूसँग लोभिनथे । रोविशा सबैभन्दा बदमास केटी थिइन् । योबिसा र रानीको जोडीदेखि ऊ एकदम जल्थी । जहिले पनि उनीहरूलाई एकअर्काबाट कसरी छुटाउने भन्दै सोचमा पर्थी । एक दिन रोबिशाले दुवैजनालाई छुटाउने प्रयास गरिन् । रोबिशाले दुवैको भोलामा एउटा चिठी राखिन् । ५ मिनेटपछि घन्टी लागेर दुवै साथी कक्षाकोठामा आइपुगे । किताबकापी निकाल्दा चिठी पनि देखे र दुवैजना आआफ्नो चिठी पढ्दा एकअर्कासँग भगडा गर्न थाले । गुरूशामाले दुवै जनालाई कक्षाकोठाबाट बाहिर निकालिदिनुभयो । रोबिशाचाहिँ एकदम गहिरो सोचमा परिन्, किनभने ऊ रानीजनासँग बाहिर गएका थिए । कसले त्यो चिठी हाम्रो भोलामा राखिदिएछ त ? यो कुरा पहिले शिक्षकलाई र पछि रानी भन्यो ।



त्यसपछि शिक्षकले यो कुरा सुनेर रोबिशालाई चर्को घाम लागेको ठाउँमा लगेर दिनभर बसाए । दुवै जनाले एकअर्कासँग माफी मागे र खुसी हुँदै घरतर्फ फर्किए ।

नेवाना महर्जन
कक्षा-७, बी१

जीवन एक सङ्घर्ष

"आमा ! म स्कुल गएँ है ।" सुनिताले भनी, "भरे आउँदा अलि ढिलो हुन सक्छ । म आज भाइलाई मसँगै लिएर आउँछु ।" यति भन्दै ऊ आफ्नो भोला बोकी र बाटो लागी ।

"ल, ल राम्ररी जानू ।" उसकी आमाले भन्नुभयो । दिउँसोतिर खाना खाएपछि सुनिताकी आमा बजार लाग्नुभयो । सडक काट्नलाग्दा अचानक एक सवारीसाधन आएर उनलाई लाग्यो । दुर्घटना देखेर नजिकका मानिसहरूले प्रहरीलाई जानकारी दिए । प्रहरी पनि एम्बुलेन्सका साथ छिट्टै त्यहाँ पुगे । अस्पताल लौँदै गर्दा बाटोमा आमाको निधन भएछ ।

सुनिताका बुबा खाजा खाएर अफिस फर्कँदा उनलाई प्रहरीले फोन गर्‍यो । आफ्नी श्रीमतीको मृत्युको खबर सुन्दा उनी अचम्मित भए र हतारमा अस्ताल पुगे । मरेकी श्रीमतीको हात समात्दै उनी रुन थाले । यसरी उनी साँभ त्यहाँ बसे र बेलुकी मात्र घर गए ।

३ बजे स्कुल छुट्टी हुन्थ्यो । आज पनि त्यसरी नै पढाइ सकियो र सुनिता आफ्नो भाइलाई लिन गई । त्यसपछि उनीहरू सँगै घर फर्किए । घर फर्कँदा त्यहाँ कोही पनि थिएनन् । उसले खाजा बनाई र भाइसँगै आफू पनि खाजा खाई ।

बेलुकीको ६ बजिसकेको थियो । त्यतिबेलासम्म पनि कोही घर नफर्कँदा ऊ चिन्तित हुन थाली । घरको ढोका बाहिर बसेर



ऊ यताउता हेर्न थाली । एकछिनपछि बुबा घर आइपुग्नुभयो । उनको आँखा रातो र सुन्निएको देखिन्थ्यो ।

–“बुबा हजुरलाई के भयो ?” सुनिताले डराएको मुख लगाएर सोधिन्–“आमा पनि अहिलेसम्म आउनुभएको छैन ।”

–“तिमी आमा यो संसारमा हुनुहुन्न ।” सुनिताको बुबाले आँखाभरि आँसु पारेर भन्नुभयो–“आज उसको गाडी दुर्घटनामा मृत्यु भयो ।”

यो खबर सुनेर सुनिता रून् थाली । उसलाई अँगात्दै बुवा पनि रून् थाल्नुभयो ।

भोलिपल्ट सबै आफन्तलाई मृत्युको खबर दिएर मलामीमा बो लाइयो । सबैजना दुःखी थिए र ती बच्चाहरूलाई मायालाग्दो गरी हेरेर । सुनिता त तुली भइसकेकी थिई र कुरा बुझ्न सक्ने भएकी थिई तर आरभ त सानै थियो । ऊ भर्खर विद्यालय जान थालेको थियो । आफ्नी आमाको मायाबिना त उसलाई निकै गाह्रो हुन्थ्यो ।

–“हेर बाबु ! मेरी छोरी अब हामीसँग छैन ।” सुनिताको मावली हजुरआमाले सुनिताको बुबालाई भन्नुभयो–“ आरभ अहिले सानै छ । उसले मृत्युको कुरा बुझ्न सकेको छैन । तिमी पनि घर

मा एकलै हुन्छौ । मैले भनेको मान, आरभलाई म हुर्काउँछु ।” सुनिताको बुबा केही नबोलेपछि उनले फेरि भनिन्, “मैले भने को मानेनौ भने पछुताउँछौ । आफ्नै छोरीको सन्तानलाई आफ्नै सन्तान सम्भेर मुटुमा राखेर हुर्काउँछु । बाबुलाई आर्थिक भार पनि कम हुन्छ ।”

यो कुरा सुन्दा उसको बेस्सरी मन दुख्यो र भन्थ्यो, “जीवन भने को सङ्घर्ष हो । म मेरा बच्चाहरूलाई यही कुरा सिकाउँछु । आज उनीहरूको आमा बित्तुभयो । भोलि केही अरु होला, तर उनीहरू मेरो मायाबाट पनि टाढा भए भने उनीहरूलाई के अर्थ लाग्छ ? आमाले छोडेर जानुभयो अब बुबाले पनि छोड्नुहुन्छ भनी सोच्लान् ।”

अब मावलीको हजुरआमा बोल्न खोज्दाखोज्दै चुप लागिन् ।
–“मेरा छोराछोरीले अब यो कुरा बुझ्नुपर्छ । मानिसको जीवनमा कहिले के हुन्छ कसलाई के थाहा ? तर सङ्घर्ष गर्दै अघि बढ्न सक्ने मानिस एक असल विजेता हो र म यही सिकाउने छु ।”

सबनम थिङ
कक्षा-९, ए२

मलाई मन पर्ने साहित्यकार

नेपालमा धेरै साहित्यकारहरू छन् । उनीहरूले लेखेका कथा, कविता, जीवनी जस्ता किताबहरूले कठिन समयलाई सजिलै गरी सामना गर्न सक्छौं । यिनी सबै साहित्यकारमध्ये मलाई मन पर्ने साहित्यकार भमककुमारी घिमिरे हुन् ।

उनको जीवन एकदमै कठिन थियो । उनी हिँडडुल गर्न सक्दैनथिन् । उनी बोल्न पनि सक्दिनथिन् । उनलाई घरैबाहिर गोठ जस्तो ठाउँमा राखिएको थियो । उनका दुवै आमा, बुबाले उनलाई आफ्नै घरको नर्कमा राखेका थिए ।

उनकी बहिनी पढिरहेको बेला उनलाई पनि असाध्यै पढ्ने इच्छा लाग्यो । उनकी बहिनी पढिरहेको बेलामा उनी पनि लेख्ने कोसिस गर्थिन् । उनले लेखेको पहिलो अक्षर 'क' थियो । उनले 'क' लेखेकी थिइन् । उनका आमा, बुबाले उनलाई पहिले किताब र कलम चाहिएला भन्दै आशा राखेका थिए, तर उनले कुटाइबाहेक केही पाइनन् ।

उनी एकदमै सिर्जनशील, जिज्ञासु र कल्पनाशील व्यक्ति थिइन् । उनलाई अरुले जे गर्नुभयो उनलाई पनि त्यही गर्न मन लाग्थ्यो । उनका लागि पहिलो किताब घर थियो । तल बस्ने दाइले उनलाई एउटा किताब दिनुभएको । उनी त्यो किताब दिनरात पढ्थिन् । उनले त्यो किताब पढ्दा उनलाई धेरै हौसला बढेको थियो । उनले उनको पहिलो कविता त्यस किताबपढेर लेखेकी थिइन् । उनले लेखेको कविता पत्रिकामा छापिएको थियो ।



उनको घरमा उनलाई भनेर धेरै मानिसहरू भेट्न आउँथे । त्यसपछि उनी धेरै कविता, कथा लेख्न थालिन् । उनी दिनरात कविता र कथा लेखनका बारेमा सोच्थिन् । उनले धेरै कविता र कथाहरूबाट पुरस्कृत भएका छौं । उनी अझै पनि कथा र कविता लेखेर साहित्य सिर्जनामा लागिरहेकी छिन् ।

सफलता श्रेष्ठ
कक्षा-७, ए४

मेरो जीवनको लक्ष्य

मानिस एक चेतनशील प्राणी हो । सबै मानिसको आआफ्नो जीवनको लक्ष्य हुन्छ जुन उनीहरूलाई पूरा गर्ने चाहना हुन्छ । सबै मानिसका लक्ष्य फरकफरक हुन्छन् । मेरो सोचाइमा लक्ष्य भनेको कुनै एउटा कुरा पाउने वा बन्न सक्ने चाहना हुने हो । हाम्रो जीवनमा पनि कुनै न कुनै लक्ष्य होला । मेरो जीवनको पनि एउटा लक्ष्य छ जो मलाई पूरा गर्ने चाहना छ ।

मेरो जीवनको मुख्य दुई लक्ष्य छन् । ती हुन्- डाक्टर बन्ने र देश विकास गर्ने । मेरो चाहना बाल्यकालदेखि नै यी दुई हुन् । डाक्टर बन्न मलाई मेरी आमाले प्रेरणा दिनुभएको छ । उहाँले मलाई सधैं भन्नुभएको छ कि मैले डाक्टर बनी अरुलाई सेवा र सहयोग पुऱ्याउनुपर्छ । अरुलाई सेवा गर्नु पनि एउटा धर्म हो । डाक्टर बन्नु भनेको मेरो सोचाइले त दुईओटा फाइदा छन् । ती हुन्-पहिलो फाइदा कुनै बिरामी मान्छेको रोग निको गरेर उसको जीवन बचाउनु हो । त्यो मान्छेलाई जीवनदान दिनु हो । जीवनदान दिएर तिनको परिवारलाई खुसी गर्ने हो । तिनीहरूलाई सहयोग गर्नु हो । तिनीहरूलाई खुसी पार्नु हो । अर्को फाइदा भनेको यो पनि हो कि डाक्टर बन्नाले राम्रै आयआर्जन पनि हुन्छ । आजभोलि यस विश्वमा धेरै रोगहरूले आक्रमण गरेका छन् । ती भाइरसहरूले गर्दा धेरै मानिसले आफ्नो ज्यान गुमाएका छन् । यस्तो समयमा सबैले खोज्ने भनेको चिकित्सकलाई नै हो । चिकित्सक वा डाक्टरहरू आफूले सकेसम्म प्रयास गरी रोगीको रोग निको पार्छन् । त्यसैले डाक्टरलाई भगवान् भनी सम्मान गर्छन् ।

मेरो अर्को लक्ष्य भनेको देश विकास गर्नु हो । हाम्रो देश नेपाल अरु देशभन्दा धेरै पछाडि पुगिसकेको छ । हाम्रो नेपाल पहिला धेरै बलियो देश भनेर पनि चिनिन्थ्यो तर केही समस्याहरूको उपाय नपाएर हामी धेरै पछि पुगिसकेका छौं । हाम्रो देशको सबैभन्दा ठुलो समस्या नै सरकार हो । यी घुस खाने मन्त्रीहरूले हाम्रो देशलाई धेरै पछाडि पुऱ्याइसके । मेरो सपना देश विकास गर्नु हो किनभने आजभोलि साना देशहरू जस्तै- श्रीलङ्का, बङ्गलादेशहरू धेरै आधुनिक र विकसित भइसके तर हाम्रो देश भन्भन् पछाडि गएको छ । आफ्नो देशको दुर्गति हेर्न कसलाई मन लाग्छ र ? देश विकास गर्न हामी पहिला हाम्रो घुस खाने सरकार बदल्नुपर्छ । जुनजुन क्षेत्रमा हामी पछाडि छौं त्यसैमा हामीले मिहिनेत गर्दै जानुपर्छ । जस्तै- नेपाल क्रिकेटमा धेरै पछाडि थियो तर खेलाडीहरूको मिहिनेतले यस वर्ष हामी एसिया कपमा समेत खेलन सक्यौं । यी मेरा लक्ष्यलाई म पूरा गर्न असाध्यै मिहिनेत गर्छु । आफ्नो डाक्टर बन्ने सपना पूरा गर्न म मेरो ज्यानसमेत त्याग्न तयार छु । यसरी प्रयास गर्दै जाने हो भने अवश्य लक्ष्यमा पुग्न सकिन्छ । मेरो डाक्टर बन्ने सपना मेरो मात्रै होइन, मेरी आमाको पनि सपना हो । मेरी आमाको सपना पूरा गर्न



एकप्रकारले मेरो कर्तव्य हो । म मात्रै होइन, सफलता पाउन सबैले मिहिनेत गर्नुपर्छ । एकदिन हजुर पनि हेर्नुहोला मैले मेरो देशको नाम कसरी उज्ज्वल गर्छु । कसरी सबैको अगाडि म नेपाली हुँ भनी गौरवका साथ भन्छु । ठुलाको आशीर्वाद र मेरो मिहिनेतले म पनि सफल बन्न सकूँ । कुनै पनि क्षेत्र वा कुरामा सफल हुन हामीले चाहिने भनेको हिम्मत र साहस हो ।

विप्लभी शाक्य

कक्षा-७, ए२

समयको महत्त्व

समय निकै महत्त्वपूर्ण हुन्छ । समय चौबिस घन्टाको हुन्छ । समयलाई हामीले कुनै कुरा वा वस्तुसँग जोख्न सक्दैनौं । समय भन्नाले हाम्रो जीवनको एक महत्त्वपूर्ण अङ्ग जस्तै हो । समयलाई हामीले न त रोक्न सक्छौं न त आफ्नो इच्छाले चलाउन नै सक्छौं । समय आफ्नै सुरमा चलिरहन्छ । हामीलाई रमाइला पलहरूमा समय गएको पत्तै हुँदैन र कहिले काहीँ समय कहिले जान्छ भनेर हामीहरू सोच्दै बस्छौं । समय हामीसँग हिँड्दैन हामी समयसँग हिँड्नुपर्छ । हामीले समय र हँदै हाम्रो गल्ती भएको छ भने त्यस गल्तीलाई सुधार्न कोसिस गर्नुपर्छ । एकचोटि समय गएपछि त्यो समय कहिल्यै फिर्ता आउन सक्दैन । हामीले समयको कदर गर्नुपर्छ । कुनै समय दुःखको हुन्छ त कुनै सुखको । समय निकै मूल्यवान हुन्छ । हामीले समयको कदर गर्न सिकेनौं भने समयले पनि हाम्रो कदर गर्दैन । एकचोटि गइसकेको समय फर्केर आउँदैन । त्यसैले हामीले जुन काम जुन समयमा गर्नुपर्छ, त्यही काम गर्नुपर्छ । हामीले चाहे त्यो सुखको समयमा होस् या दुःखको होस् । हामीले खुसीखुसी त्यस कार्यलाई गर्नुपर्छ या त्यस समयलाई अपनाएर हिँड्नुपर्छ । हामी बितेको समयमा फेरि फर्किन सक्दैनौं र भविष्यत् कालको समयमा के हुन्छ भनेर हामीलाई थाहा हुँदैन । त्यसैले हामीले वर्तमान समयमा रमाउन सक्नुपर्छ । समयको महत्त्व बुझी



हामीले हाम्रो जीवनलाई चलाउनुपर्छ । भनिन्छ नि, भविष्यमा के हुन्छ हामीलाई थाहा हुँदैन । त्यसो भए त्यो कुरालाई लिएर किन डराउने ? जस्तोसुकै परिस्थितिमा पनि हामीले नडराईकन सामना गर्ने हिम्मत गर्नुपर्छ । हामीले समयको महत्त्व बुझेर हाम्रो जीवनको गन्तव्य बुझ्न सक्छौं । समयले हामीलाई धेरै पाठ सिकाएको छ । हामीलाई समयले नै सिकाए अनुसार चल्नुपर्छ । समयको सदुपयोगले मानिसको जीवन सफल हुन्छ । समय निकै महत्त्वपूर्ण हुन्छ र समयलाई बुझेर हामीले हाम्रो जीवन चलाउनुपर्छ ।

एन्ना थापा मगर
कक्षा-७, ए२

लागुपदार्थ दुर्व्यसन

लागुपदार्थ दुर्व्यसन भनेको कुलत तथा लागुऔषधमा फस्नु हो । दश वर्ष पहिले युवाजमातहरू दुर्व्यसनमा फसेका थिए । लागुपदार्थ दुर्व्यसनले मानिसलाई नशामा फसाएको थियो । लागु पदार्थ दुर्व्यसन प्रयोग गर्न राम्रो मानिदैन । लागुऔषधको कारणले दिनदिनै महिला हिंसा, बलात्कार, घरेलु हिंसा, बेचबिखनजस्ता नराम्रा कार्यहरू बढ्दै गएको छ । भार तले नेपालमा दुर्व्यसनका समाजहरू पठाएको छ तर नेपालका सरकारहरूलाई कुनै चासो छैन । ती कलिला बालबालिकाहरू लागु पदार्थ दुर्व्यसनमा लागेका छन् । आमाबुबाले आफ्ना बालबालिकालाई समय नदिएपछि बालबालिकाहरू लागु पदार्थ दुर्व्यसनमा फसेका छन् त्यसैले हामीले आफ्ना बालबालिकालाई समय र संस्कार घरैदेखि दिनुपर्छ । बालबालिकाहरू भविष्यका कर्णधारहरू हुन् । त्यसैले बालबालिकाहरूलाई सानै देखि संस्कार र शिक्षा दिनुपर्छ । बालबालिकालाई हामीले सम्हाल्न र समय दिन जानुपर्छ । लागुऔषधको कारणले गर्दा मानिसहरूलाई विभिन्न प्रकारको रोग लाग्न सक्छ ।



मुटुसम्बन्धी रोग जस्ता अनेक प्रकारका रोग लाग्न सक्छ । लागुपदार्थ दुर्व्यसन हामीले प्रयोग गर्नुहुँदैन । लागुपदार्थ दुर्व्यसन कम गर्न हामीले जनचेतना फैलाउनुपर्छ । कसैले लागुपदार्थ सेवन गर्दै छ भने हामीले आफ्नो अग्रजहरू, टुला मानिसहरूलाई भन्नुपर्छ । आफ्ना साथीभाइ, इष्टमित्रहरूलाई सल्लाह दिनुपर्छ । त्यसो गर्नु भने लागु पदार्थ दुर्व्यसन कम हुँदै जान्छ ।

लागुपदार्थ दुर्व्यसन मानिसहरूले प्रयोग गर्दा आफ्नो इज्जत, सान र आफ्नो प्रशंसा गुमाउँदछ । लागुपदार्थ प्रयोग नगरेपछि आफ्नै स्वास्थ्यलाई फाइदा हुन्छ । लागु पदार्थ दुर्व्यसन प्रयोग गर्नुहुँदैन । लागुओषध प्रयोग गर्दा इज्जत आफ्नै जान्छ । घर परिवार र समाजले नराम्रो मान्छन् ।

स्वप्निल पौडेल
कक्षा-६, ए१

के वास्तवमा नै पढ्न जरूरी छैन त ?

'पढेर काम छैन । Bill Gates, Elon Musk जस्ता ती संसारमा सबैभन्दा बढी सफल र धनी व्यक्तिहरू त कलेज र स्कुल ड्रपआउट्स हुन् भने हामीले पढेर के नै हुन्छ र ? त्यसैले नपढे पनि सफल हुन सकिन्छ ।' भन्दै जीवनमा सफल हुनका निम्ति पढ्न जरूरी छैन भनी बेमतलबका तर्कहरू दिँदै आफ्नो कुरा साबित गर्न खोज्ने कैयौं विद्यार्थीहरू हाम्रो यस स्कुलमा पनि भेटिन्छन् तर के उनीहरूको तर्क उचित छ त ? मिहिनेत गरेर पढ्ने विद्यार्थीहरूलाई गिज्याउँदै 'पढेर काम छैन' भन्ने ती पढाइलाई मतलब नदिई लगातार ल् ल्याउने कै यौं विद्यार्थीहरूलाई हामी चिन्छौं । ग्याङ्गफाइट, भेप/हुक्का तान्नमा व्यस्त रही बाबाआमाका ती मिहिनेतको कमाइलाई जथाभावी खर्च गर्ने उनीहरूको भविष्य उज्ज्वल छ त ? उनीहरू आफ्ना बाबाआमाके पैसाले कति दिन पो रमाउलान् र ? एक न एक दिन त सकिएला नि ? कुनै न कुनै दिन त उनीहरूले आफैँ आफूमा भएको ज्ञान र सिपले कमाउनुपर्ने

अवस्था आउला नि ? त्यो अवस्थामा उनीहरूको के गति होला, आफैँ सोच्नुहोस् त ! अध्ययन गर्ने समयमा नराम्रा कार्य गर्दै हिँड्ने तिनीहरूसँग न त ज्ञान हुन्छ न त सिप नै । यसरी यो बेला कुलतमा चुर्लुम्म डुबी बसेका विद्यार्थीहरूले भविष्यमा कहिल्यै सफलताको शिखर चुम्न सक्दैनन् बरु त्यसको साटो अहिले उनीहरूले अपनाएका ती आत्मघाती व्यवहारका कारण पछि मज्जाले भुइँमा पछारिन पुग्ने छन् । यस्ता कुरामा फसेका ती अबोध व्यक्तिहरूलाई Bill Gates, Elon Musk अध्ययन नगरी सफल भएका छैनन् बरु उनीहरूद्वारा गरिएका सम्पूर्ण अध्ययनहरूको सही उपयोग गरेर भएका छन् भन्ने कुरा बुझ्न जरूरी छ । यसो भएमा सुधन सक्छ ।

बाँकी आफैँ सोध्नुहोस्, 'के वास्तवमा नै पढ्न जरूरी छैन त ?'

यशस्वी झवानी
कक्षा-१०, ए२



आवारा कुकुर

कुकुर घरपालुवा जनावर हो । हामी प्रायः सडकको छेउमा भेट्छौं किनभने तिनीहरूसँग न घर छ न मालिक, त्यसैले तिनीहरू गरिब अवस्थाको साथ सडकमा बस्न बाध्य छन् । कुकुरहरूलाई त्यागेपछि तिनीहरूको प्रभाव के हुन्छ भन्ने कुरा तपाईंलाई थाहा छ ? नेपालका ठुला सडकहरू जस्तै काठमाडौंमा भुस्याहा कुकुरको जनसङ्ख्या धेरै छ । धेरैजसो कुकुरहरू थुप्रै रोगहरू र आधारभूत स्वास्थ्य सुविधाबाट वञ्चित छन् । उनीहरूको त्यस्तो अवस्था देख्दा साह्रै नराम्रो लागेर आउँछ । मानिसहरू यति स्वार्थी हुन्छन् कि बाटोमा भुस्याहा कुकुर देख्दा ढुङ्गा हान्ने, पिट्ने र तुच्छ व्यवहार देखाइरहेका हुन्छन् । यस्तो देख्दा मलाई निकै नराम्रो लाग्छ । अबोध पशुलाई त्यस्तो गर्दा अलिकति पनि माया लाग्दैन र ? भुस्याहा कुकुरहरू फालेको फोहोर खाएर बाँच्छन् । कतिपय कुकुरहरू कुनै समय घरपालुवा थिए तर अब खाना र बस्नका लागि सडक, पार्कमा बसेका हुन्छन् । उनीहरूको यस्तो दिन आफ्नै मालिकहरूले बनाएका हुन् । जब कुकुर बुढो हुँदै जान्छ अनि मानिसले घरविहीन बनाइदिन्छन् । कुनै बेला त्यही कुकुर प्यारो हुने गर्थ्यो । अहिले उनीहरूको अवस्था दयनीय छ । हामी सबैले उनीहरूका बारेमा बुझिदिएर आफूले सकेको सहयोग गर्न पाए, उनीहरूको अवस्थामा सुधार हुन्थ्यो ।



तसर्थ, आवारा कुकुरहरूको उद्धार गर्न थोरै संस्था त छन्, तर सबै मानिसले आवारा कुकुरलाई माया गरे भने उनीहरूलाई राम्रो हुन्थ्यो । सरकारद्वारा यस समस्यालाई समाधान गरेमा देश सफा र विकसित हुन्थ्यो ।

भोनी राई
कक्षा-७, ए३

साइबर अपराध

साइबर अपराधले इन्टरनेट र तार्किक साधनहरूको प्रयोग गरेर मानिसहरूलाई धोका पुऱ्याउँछ । यसले अन्यायपूर्ण गतिविधिहरू जस्तै धोका, चोरी धनबाट छिन्नु र अन्य अपराधहरू गर्न सक्दछ । साइबर अपराधबाट बच्नका लागि कम्प्युटर सुरक्षा, सतर्कता र अन्य सुरक्षा उपायहरू अपनाउनुपर्छ । साइबर अपराधले नेपालमा पनि धेरै प्रकारका प्रभाव पार्छ । सबै जना साइबर अपराधका बारेमा जानकारीहरू पाउन सावधान हुनुपर्छ र आफ्नो नेटवर्क सुरक्षा र व्यक्तिगत जानकारीको सुरक्षा गर्नका लागि उपायहरू अपनाउनुपर्छ । दैनिक रूपमा पासवर्ड परिवर्तन गर्नुपर्छ, अन्य सुरक्षा गर्न सतर्क हुनुपर्छ । साइबर क्राइममा अपराधले अपराध गर्ने धेरै कारणहरू हुन सक्छन् । यी आपराधिक तत्वहरूले मानिसहरूलाई नराम्रो रूपमा हानि गर्न सक्दछ । साइबर अपराध गर्ने ह्याकरहरूले हाम्रो अनुमतिबिना हाम्रो व्यक्तिगत डाटा चोरी गरेर तपाईंसँग पैसा माग्नु सक्छन् । साइबर अपराध न्यूनीकरणका लागि सर कारले पनि कडा कदम चलाउनुपर्छ । साइबर अपराध यस्तो अपराध हो, जसलाई पत्ता लगाउन निकै गाह्रो छ । हामी सबैले अनलाइन सुविधाहरूलाई धेरै सावधानीपूर्वक प्रयोग गर्नुपर्छ ।



साइबर अपराध अहिले हाम्रो समाजका लागि ठुलो खतरा हुँदै दिनदिनै ठुलो खतरा बन्दै गएको छ । अहिले अनलाइन सुविधाको प्रयोग बढ्दै गएका व्यक्तिहरूले साइबर अपराधको सिकार बन्न थालेका छन् । साइबर अपराधले व्यक्तिगत तथा सार्वजनिक जीवनमा गम्भीर प्रभाव पार्दछ ।

हामी सबैले अनलाइनमा सुरक्षित रहनका लागि सावधानी तवरले गर्नका साथै अनलाइन सुरक्षा नियमलाई पालना गर्न सिक्नुपर्छ । यसरी नै हामीलाई अप्रत्याशित लिंकहरू अर्को

व्यक्तिले अनुरोध गरेको व्यक्तिगत जानकारीहरूको अपवाद र अन्य सङ्केतहरूसँग पनि सावधान हुन सिक्नुपर्छ । यसैले ने पालमा सबैले अनलाइनमा सुरक्षित रहनका लागि सावधानी हुन सुरक्षा नियमहरूलाई पालना गर्न सिक्नुपर्छ ।

आयुष्मा गुरुङ
कक्षा-९, बी२

नेपालमा पर्यटनको महत्त्व

नेपाल एक सुन्दर देश हो । नेपालमा धेरै प्राकृतिक सौन्दर्य पाइन्छ, नेपाल प्राकृतिक सौन्दर्य, जैविक, ऐतिहासिक, सामाजिक तथा संस्कृतिले भरिपूर्ण भएको देश हो । नेपाल सानो देश भए तापनि त्यसमा सुन्दरताको कमी छैन । नेपालको धर्म, संस्कृति, बहुधार्मिक, चालचलनले गर्दा नै नेपाल विश्वभरि चिनिएको हो । यस्तो अमूल्य प्राकृतिक तथा सांस्कृतिक सम्पदाका कारणले नेपाल पर्यटन उद्योगको विकासका लागि प्रशस्त सम्भावना रहेका छन् ।

बृहत् हिमालय पदमार्ग, प्राकृतिक सौन्दर्य, धार्मिकस्थलहरू, प्राचीन तथा ऐतिहासिक सम्पदा र कलाकृति, साहसिक पर्यटन, हावापानीमा विविधता र सांस्कृतिकमा विविधता यसका सम्भावना पदमार्गमध्ये एक हो । नेपालमा यसले सुदूरपूर्वको जिल्ला ताप्लेजुङदेखि सुदूरपश्चिमको दार्चुला जिल्लासम्मको भूभाग ओगटेको छ । यो पदमार्ग नेपालका हिमाली जिल्लाहरू हुँदै गएको छ । यो पदमार्गको मुख्य उद्देश्य पर्यटन प्रवर्द्धन, रोजगारी सिर्जना, अविकसित हिमाली जिल्लाको विकास र हिमाली क्षेत्रमा समुदायमा अवसर प्रदान गर्नु हो ।

नेपालका विभिन्न प्रकारका मनोरम प्राकृतिक दृश्य रहेका छन् । त्यस्तै, उत्तरी भागमा विश्व प्रसिद्ध हिमशिखरहरू अवस्थित छन् । ठाउँठाउँमा रहेका स्वच्छ पानीका तालतलैया, तीव्र प्रवाहमा बग्ने नदी, भरना, राष्ट्रिय निकुञ्ज, जङ्गली जीवजन्तु, मनोरम फाँट, उपत्यका आदि पर्यटकीय आकर्षणका केन्द्र हुन् ।

नेपाल पर्यटकीय दृष्टिकोणबाट प्रशस्त सम्भावना बोकेको देश हो । पर्यटनका क्षेत्रमा देखिएका यस्ता सम्भावनालाई अवसरमा बदलेर अगाडि बढ्न सकेको नेपाल एक पर्यटकीय गन्तव्यको क्षेत्र बन्न सक्छ ।

लुभानिया ताम्राकार
कक्षा-१०, बी४



पानीको महत्त्व

कुनै ठाउँमा निमेष नाम गरेको कटो बस्थ्यो । ऊ पानी खेलन खुब मन पराउँथ्यो । ऊ पानीविना पनि बाँच्न सकिन्छ भन्ने ठान्दथ्यो । खाना छँदै छ, पानी नै किन चाहियो र भन्दै ऊ जताततै पानी फालेर हिलो बनाउँथ्यो । उसलाई खाना, नाना र अन्य वस्तुजस्तै पानीको पनि जोहो गर्नुपर्ने कुरा थाहा थिएन ।

एक दिनको कुरा हो । ऊ घुम्न गयो । ऊ हिँड्दै धेरै टाढा पुग्यो । उसलाई ज्यादै थकाइ लाग्यो । साथै तिर्खा पनि । उसले पानी छ कि भनी यताउति हेर्यो । त्यहाँ पानी किन्न कुनै पसलहरू पनि थिएनन् । न त खोला न कुवा नै थियो त्यहाँ । ऊ तिर्खाले छटपटाउन थाल्यो ।

उसले केही पर एउटा रूखको छहारीमा एक जना मानिस देख्यो । शायद घाममा हिँडेर उसलाई धेरै गर्मी भएको थियो । निधारबाट पसिनाका धारा बग्दै थियो । टोपी फुकालेर पसिना पुछेपछि उसले भोलाबाट बोतल निकालेर घटघट पानी पिउन थाल्यो । निमेष टाढैबाट अत्तालिँदै करायो, "दाइ ! सबै पानी नपिउनुहोस् । अलिकति मेरा लागि बाँकी राख्नुहोस्।" उसले त्यस मानिस भएतिर पाइला बढायो । उसले स्याँस्याँ गर्दै आइरहेको निमेषतर्फ फर्केर हेर्यो । निमेषको ओठमुख सुकिसकेको थियो । ऊ निकै आत्तिको थियो । त्यस मानिसलाई निमेषप्रति दया लागेर आयो । उसले पानीको बोतल दिँदै भन्यो, "भाइ ! पानी पिउनुहोस् ।" पानी पिउन दिएकोमा निमेषले त्यस मानिसलाई आभार व्यक्त गर्यो । उसले पानीको महत्त्वबारे बल्ल बुझ्यो ।

प्रेङ्का के.सी.
कक्षा-४, बी२



टुलाको अर्ती नमान्दाको फल

कुनै गाउँमा नवीन नाम गरेको कटो बस्थ्यो । ऊ निकै चकचके थियो । ऊ कसैले भनेको मान्दैनथ्यो । ऊ घरदेखि टाढाटाढा खेलन जान्थ्यो र जनावरहरूलाई जिस्क्याउन मन पराउँथ्यो ।

आमाले नवीनलाई सम्झाउँदै भन्नुभयो, "बाबु ! पशुपन्छि पनि हामीजस्तै हुन् । यिनीहरूलाई माया पो गर्नुपर्छ । ढुङ्गा हान्ने, जिस्क्याउने काम गर्नु राम्रो होइन ।"

एक दिनको कुरा हो । आमाले नवीनलाई लिएर पशुपति जानुभयो।" त्यहाँ भक्तजनहरूको भीड थियो । मन्दिर वरिपरि बाँदरहरू हिँडिरहेका थिए । नवीन बाँदरहरूलाई जिस्क्याउन थाल्यो । आमाले रिसाउँदै भन्नुभयो, "हामी पशुपति आएका हौं, यहाँका बाँदर जिस्क्याउन होइन ।" यति भनेर आमा पूजाका लागि लाइनमा उभिनुभयो ।

मानिसले चढाएका फलफूल टिप्दै खाँदै गरेका बाँदरहरूलाई नवीनले ढुङ्गा टिप्दै हान्न थाल्यो । एउटा बाँदर निकै रिसायो र उसलाई चिथोरेर भाग्यो । ऊ आत्तियो । उसको अनुहार र हातहरूमा घाउ लाग्यो । उसले रँदै भन्यो, "म अबदेखि कहिल्यै जनावरहरूलाई गर्दिनँ ।" टुलाले भनेको नमानेकोमा उसलाई पछुतो भयो । हामीले पनि आफूभन्दा टुलाले भनेको कुरा मान्नुपर्छ।

अनुकुमारी महतो
कक्षा-४, सी२



“ज्ञानी बनौ”

आफ्ना नीति-नियम पालना गरौं
आमा, बुबागुरूलाई सम्मान गरौं
दयामाया गर्नुपर्छ सन्मार्गमा हिँड्नुपर्छ ।
राम्रोसँग पढ्नुपर्छ, माया सबैलाई गर्नुपर्छ ।

गौतम बुद्ध ज्ञानी र ज्ञानका गुरु
उनलाई हामीले मान्नुपर्छ गुरु
अरुको दुःखमा हौंस्नुहुन्न हामी
स्वाभिमानी भएर बाँच्नुपर्छ हामी ।

मोबाइल बढी चलाएमा हुन्छ है हानि
सञ्जालको दुस्प्रयोग गर्नुहुन्न है नानी
घरमा आमालाई बनाऔं है रानी
भगडाबिना सबैजना बनाँ है ज्ञानी ।

अश्री भट्टराई
कक्षा-७, ए१



आमा

कस्तो पवित्र छ है साथी यो शब्द आमा
उति नै पवित्र हुन्छ साथी उनको काम
मन पग्लिन्छ मेरो सुन्दा यो शब्द आमा
कति स्वच्छ छ है साथी यो शब्द आमा ।

आमा तिमी कहिले बिक्दैनौ कुनै मूल्यमा
चिन्न सक्छु तिमीलाई आए जुन रूपमा
आमा तिमी छौ दया र ममताकी खानी
चाहँदैनौ तिमीले कहिले मेरो हानि ।

कठिन कर्म गर्न पनि छ हाम्रो क्षमता
सबैले कहाँ पाउँछन् र आमाको ममता
आमाको ममताले छु म धेरै भाग्यमानी
ममता र माया पाएर नै छु म ज्ञानी ।

आमाको माया गर्न सिकौं है साथी
आमा नै हुन्छिन् सबैभन्दा माथि
आमाकै नजिक बसी समाऔं उनैको हात
कहिल्यै हुन नदेऊ उनलाई घात ।

तृष्णा थापा
कक्षा-७, ए२



चरी

मेरो घर सानो छ
उसको ज्यान राम्रो
चरा गर्छ चिरबिर
चरी गर्छ चिरबिर ।

राक्षस जान्छ नर्कमा
चरी जान्छे स्वर्गमा
कुकुर गर्छ भौ भौ
चरी गर्छ च्याउँ चाउँ ।

चरी उड्छ आकाशमा
कुकुर बस्छ खोरमा
चरीले बनाउँछ गुँड
असल मनलाई जोड ।

आयुष भट्ट
कक्षा-४, ए१



मेरो देश

देश मेरो नेपाल शान्त र स्वच्छ
जन्मिएका थिए यहाँ गौतम बुद्ध,
छ यहाँ सगरमाथा नीलाम्बरभैँ माथि
देशलाई गरौं अब हामी सलाम साथी ।

छ मेरो देश प्रकृतिमा धनी
त्यसैले त छ यहाँ प्रकृतिको खानी,
नेपाली हुँदा मलाई धेरै गौरव लाग्छ
वीर योद्धा देखेर सबै शत्रु भाग्छ ।

मान्छन् यहाँ धर्महरू हिन्दु र किराँत
छ यहाँ तराई, समथर र फाँट,
कला जस्तै मान्छे पनि यहाँ छन् धेरै
त्यसैले त छ धर्म थोरै होइन धेरै ।

छ मेरो देशमा जातीय विविधता
तर छ यहाँ विविधतामा एकता,
एकताको डोरीले बाँधेको छ सबैलाई
छ यहाँ हिमाल, पहाड र तराई ।

उत्तरमा हिमाल र दक्षिणमा तराई
नेपालको जय जयकार टुलो स्वरले कराई
जन्मेका छन् यहाँ धेरै वीर गोरखाली
त्यसैले त आऔं बनाँौ एकताबद्ध नेपाली ।

आदित्य लिम्बू
कक्षा-८, ए२



मातृभूमि

कति राम्रो छ यो नेपाल देश
जे गरे पनि राम्रै लाग्छ मलाई मेरो भेष,
नेपाल तिम्रो विकास अब कहिले हुन्छ
देशको अवस्था देख्दा धुस्धुरु मन रुन्छ ।

कस्तो थियो नेपाल कस्तो भयो हेर
अरु राष्ट्र जस्तै आफ्नो मातृभूमिलाई फेर
नेपाललाई महान् बनाउँछु म शिखर चुमेर
देश राम्रो हुँदैन नि धेरै विदेश घुमेर ।

कतिसम्म भ्रष्टाचार गर्न सक्छन् होला
जति धन लुटे पनि मर्ने पर्ने चोला,
अरुलाई दुःख दिई के नै पाउने हो र
यसो नगर भन्दाभन्दै थाकिसक्यो स्वर ।

नेपाललाई राम्रो बनाउन खोजेकै हो
युवायुवती विदेश गए नेपालमा बस्ने को ?
म बिन्ती गर्छु नजाऊ देश छाडी
कति जान्छन् नेपाली बाध्यताले खाडी ।

नेपालमा पनि केही गर्न सकिन्छ
एकदिन आउला जहाँ समयले नि पर्खिन्छ
नेपाललाई गोर्खालीले ज्यान दिई लडे
आज त्यही गोर्खाली विदेशीन बाध्य भए ।

युना सुनार
कक्षा-९, बी४



विद्यालयको पहिलो दिन

विद्यालयको पहिलो दिन, मुटुमा हुन्छ भयानक खोजी
नयाँ साथी, नयाँ पुस्तक र खाली गोजी ।

विद्यालयको पहिलो दिन, हुन्छ सबैतिर शमन
शमनकै कारण हुन्छ यो दिन मुटुमा अमर ।

विद्यालयको पहिलो दिन, हुन्छन् सबैजना एकजुट
सबैजना एक भए भने कद हुन्छ नौ फुट ।

विद्यालयको पहिलो दिन, अब घर फर्किन्छ
घरमा आमाको अगाडि भित्रको जानकारी भल्किन्छ ।

विनित दास
कक्षा-१०, ए१



मेरो देश

शान्तिको दीप बनेर
संसारसामु चिनियाँ,
नेपाली हौं हामी
नेपाली बनेरै चिनियाँ ।

सप्तरङ्गी फूलका थुँगा हौं हामी
जात फरक भए पनि पिउने एक मूलको पानी
सपना जस्तै सुन्दर छ
विपना जस्तै विशाल छ
हरेक ठाउँमा अडिग भए
विश्वसामु चिनिन्छ ।

हरियाली छ मेरो देश
प्रकृतिप्रेमी छ,
सुन्दर शान्त नेपाली हो
सप्तरङ्गी फुल जस्तै फुलेको छ ।

बचाउँछु मेरो देश भनेर
कैयौं मानिसहरू सहिद भए
आफ्नो ज्यान दाउमा लगाए
रगतको कैयौं खोला बगाए ।

सगरमाथा शिर हाम्रो
कसले सक्छ छुन
नेपाली हौं हामी
नेपाली नै हुन ।

हरेक नेपाली एकजुट हुन्छौं
देशलाई विश्वसामु चिनाउँछौं,
ढिँडो र सिरनो खद्दरखाडी यसैमा रमाउँछौं
बाँच्छौं र बचाउँछौं यो जन्मभूमि स्वर्गभै बनाउँछौं

अञ्जना शाही
कक्षा-८, सी३

मेरो देश

विभिन्न जातजातिले भरिपूर्ण देश मेरो
सप्तरङ्गी पहिरनले भरिपूर्ण देश मेरो ।
श्रमशील वीर गोरखालीको देश हाम्रो
मिहिनेत गर्ने विश्वास रगतमा छ हाम्रो ॥

समयभैँ कलकल बगेका नदीहरू
इन्द्रेणीभैँ रङ्गीन फूलबारीहरू ।
सगरमाथाको सुन्दर मुस्कानका भाका
हरियाहरिया सुन्दर पहाडका असल पाखा ॥

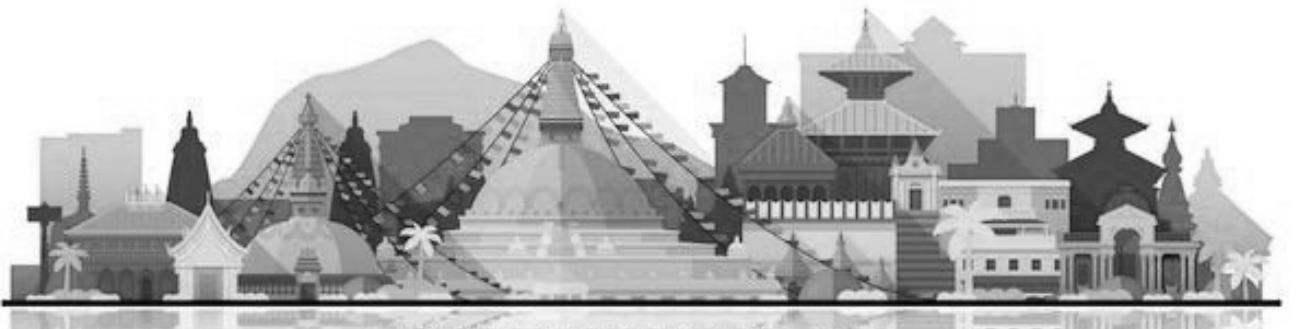
फूलैफूलको सुन्दर वातावरण भएको
तराईका फाँटहरूमा नेपाली रमाई बसेका ।
पूर्वबाट सूर्यले उज्यालो किरण दिने
पश्चिममा सूर्यले चन्द्रलाई भेटेर अस्ताउने ॥

स्वदेश नै प्यारो, नेपाल हो हामी सबैको
मातृभूमिमा श्रम पसिना बग्दछ हामी सबैको ।
हार्दिकता र शुभकामनाले भरिएको देश हाम्रो
राताराता लालीगुराँस भरिएको हाम्रो देश राम्रो ॥

शान्तिको देश भनेर विश्वभर चिनियाँ
गौतम बुद्धको चेतनाले संसारसामु चिनियाँ ।
राम्राराम्रा सपनाले भरिएको मेरो नेपाल
मिठा विपनाको थालनीले बनेको देश मेरो विशाल ॥

आकाशका ताराहरूभैँ चम्किने छ देश हाम्रो
स्वतन्त्रताले भरिएर असल बनाउँछौं देश हाम्रो ।
असल सङ्गीत लेखेर मर्छु अर्को युगको लागि
सबै बाधालाई हटाउने छु, मेरो देश बनेछ राम्रो ॥

कसिना श्रेष्ठ
कक्षा-८, ए१



मेरो साथी

साथी तिमी धन्य छौ
संसारकै प्यारो हौ ।
तिमी छौ है मायालु
छौ है तिमी दयालु ॥

प्यारो साथी पाएँ मैले
धोका दिन्नौ नि कहिले ?
भाग्यमानी छु म त
धोका दिन्नै है म त ॥

साथी तिमी राम्रो छौ
संसारकै प्यारो छौ ।
ज्ञानी साथी पाएँ मैले
साथ दिन्छु म त जहिले ॥

प्यारो मित्र तिमी हौ
खुसी भएँ म त लौ ।
राम्रो साथी तिमी हौ
प्यारो साथी तिमी हौ ॥

पैसाले रूप नफेर
पैसाले हामीलाई नहेर ।
प्यारी छौ तिमी ज्ञानी छौ
तिमी नै प्यारी राम्री छौ ॥

आयुष्मा दुलाल
कक्षा-५, सी२



मेरो स्कुल

चारैतिर हरियाली स्वच्छ स्कुल हाम्रो
सधैँभरी लाग्छ मलाई मेरै स्कुल राम्रो ।
खेलने चौर पौडी पोखरी कति तुलो ठाउँ
पढीलेखी ज्ञानी बन्न लिटिल एन्जल्स जाऊँ ।
दाइ,दिदी पढ्न भनी टाढाबाट आउँछन्
राम्रो बानी, धेरै पढी तुलो मान्छ बन्छन् ।
चारैतिर सफासुगधर स्वच्छ स्कुल हाम्रो
सधैँभरी लाग्छ मलाई मेरै स्कुल राम्रो ।

काव्या रिजाल
कक्षा-४, बी२

हामी नेपाली

स्वतन्त्र थियौं र छौं हामी
एकताबद्ध भएर बाँच्न सिकेका हौं ।
नेपालमा जन्मियौं हामी
नेपाली भनेर चिनियौं ॥

नेपाललाई चिनाउन राम्रो चन्द्र र सूर्य बोकी
सगरमाथाको आरोहण गर्नु ।
नैतिकता र आदर्शको बोली बोल्दै
विश्वलाई चेतनाको शिक्षा सिकायौं ॥

देशका निम्ति लडेर सहिदहरूले
आफ्नो कति रगत बगाए ।
आफ्नो देशलाई बचाउँछु
भनेर आफ्नो जीवन दाउमा लगाए ॥

शान्तिको दीप बनेर
संसारसामु बल्यौं ।
कुनै पनि रिसराग नराखी
देश बनाउन अगाडि बढ्यौं ॥

वीरपुर्खाका सन्तान हामी
अरुको सामु कहिल्यै भुकेनौं ।
दुस्मनसँग लडाइँ लड्दै काँगडा
टिस्टा नदीसम्म पुग्यौं ॥

सगरमाथा शिर हाम्रो कसले सक्छ छुन
गौरव गर्छौं नेपालको नेपाली नै हुन् ।
ढिँडो र सिस्नो खहरखाडी यसैमा रमाऔं
बाँचौं र बचाऔं यो जन्मभूमि स्वर्गभै बनाऔं ॥

अञ्जना शाही
कक्षा-८, सी३



आमा

आफ्नो ज्यान बाजी लगाई जन्म दिने आमा
आफ्ना सन्ततिका लागि जीवनदान दिने पनि आमा ।

आधा पेट खाइनखाई, जीवन बचाउने
छोराछोरीको खुसी देख्न सबै जोखिम उठाउने ।

घामपानी सबै सही कति दुःख गन्यौ
आफ्ना इच्छा सबै मारी भुमरीमा तिमी पन्यौ ।

घरको काम छोराछोरी, सबै तिम्रो जिम्मा
सबैलाई खुसी पार्ने, कस्तो छ तिम्रो कला ।

आमा भन्ने शब्द कस्तो सुन्दै कति राम्रो
आदरसत्कार गर्ने गरौं, भगवान् हुन् हाम्रो ।

आमा आमा तिमी आमा, धर्तीमाता जस्तै
सबैले माया गरौं संसारको सृष्टिकर्ता भन्दै ।

छोराछोरी परिवारजन, सबै खुसी राख्ने
जस्तो आपत् पर्दा पनि, मरिहत्ते गर्ने आमा ।

त्यसैले त आमा तिम्रो शक्ति अपरम्पार
भगवान् सम्झी सम्मान गरौं, हामी बारम्बार ।

एन्जल थापा
कक्षा-७, ए१



विश्वको रोग

यस विश्वमा छन् धेरै रोग
त्यसैले सबैतिर फैलिएको छ शोक
ती रोगले छन् मानिसहरू ग्रसित
त्यसैले सबैजना छन् भयमा त्रसित ।

ती रोगमध्ये छन् एक अन्धविश्वास
भारफुकमा सबै मानिसको विश्वास
जति विज्ञानको विकास भए पनि
अझै मानिसमा अचम्मको विश्वास ।

छन् विश्वमा अझै धेरै रोग
गर्नुपर्छ हामीले त्यसको बारे खोज
अघि बढ्दै अनुसन्धानमा हुनुपर्छ सरिक
त्यही भएर हामी बन्छौं एक सभ्य नागरिक ।

दीक्षान्त खड्का
कक्षा-१०, ए१



मनको वह

जस्तोसुकै समस्यामा
दियो साथ मेरो,
के दिने हो ? अगाडि पनि
मलाई त नसोधे नि हुन्छ
किनकि
दिन्छु साथ जिन्दगीभर
वाचा हो मेरो पनि ।

लागेको थिएन
यस्ता परममित्रहरू अहिल्यै पाउँछु
सोचेको थिइँन
कसैको साथ जिन्दगीभर निभाउँछु
हामीबिच कहिल्यै
दरार आउला भन्ने कल्पना गरिँन
तिमीहरूसँग बिताएका
ती अनमोल फलहरू कहिल्यै बिर्सन सकिदँन ।

भन्नलाई त हामी
साथीहरू मात्रै हौं
साथी भएर कहिल्यै
परिवारको कमी महसुस हुन दिएँन
जब म रुँथेँ,
रिसाउँथेँ,
एकलै हुन्थेँ,
तिमीहरूको साथले,
म हरेक परिस्थितिमा हास्थेँ ।

तिमीहरूसँगका पलहरू नै
मेरा जीवनका स्वर्ण पल हुन्
मेरो कामना,
भगवान्‌ले तिमीहरूलाई खुसी र सुखी दिऊन्
सुन्दर फुलहरूभैँ
जीवनमा सधैं फकिरहनू
हामी एकअर्काबाट टाढा भए पनि
मलाई कहिल्यै नबिर्सनू ।

हाम्रो मित्रता यसरी नै अमर रहोस्
भन्ने आशा गर्छु
भविष्यमा फेरि एकचोटि
यो अविस्मरणीय साथ सम्झिन चाहन्छु ।

आरोही यादव
कक्षा-७, ए९



आमा

मेरी आमा मेरी नायिका हुन्
उनी हरेक दिन कडा परिश्रम गर्छिन् ।
उनीले मलाई धेरै कुरा सिकाउँछिन्
उनले मलाई मार्गदर्शन गराउँछिन् ।

मेरी आमा मेरी साथी हुन्
उनी सधैं मेरो कुरा सुन्छिन् ।
उनी मेरो सुख र दुःख बाँड्छिन्
उनी मेरा हरेक पाइलामा साथ दिन्छिन् ।

मेरी आमा मेरी शिक्षिका हुन्
उनले मेरो हरेक गृहकार्यमा सहयोग गर्छिन्
उनले मलाई राम्रो कुरा सिक्न प्रोत्साहित गर्छिन्
उनले मेरा राम्रो कामको प्रशंसा गर्छिन् ।

मेरी आमा मेरी परी हुन्
उनले मलाई हरेक हानिबाट जोगाउँछिन्
म दुःखी हुँदा मलाई सान्त्वना दिन्छिन्
उनले मलाई आफ्नो अँगालोमा हाल्छिन् ।

मेरी आमा मेरो सबैथोक हुन्
उनीले मलाई अथाह माया गर्छिन्
उनको साथले मलाई खुसी र गर्व हुन्छ ।



पूर्विका श्रेष्ठ
कक्षा-६, सी१

हामी नेपाली र हाम्रो नेपाल

विश्वसामु चिनाएको इतिहास साक्षी छ,
देशको माटो जोगाएर रक्षा गर्नुछ ।
इतिहास देखाएर सधैं अघि बढ्नु छ,
देशको सीमा रक्षा गर्न अझै लड्नु छ ॥

देशको माया मुखमा होइन मनभरि हुनुपर्छ,
देशको सीमा मिच्दाखेरि सबैको मन रूनुपर्छ ।
देश रहे हामी हुन्छौं भन्ने भावना जगाऔं,
देश टुक्राउन खोज्नेलाई आजै भगाऔं ॥

रङ्गीचङ्गी फूलहरूको साभा हाम्रो फूलबारी,
मिलिजुली बस्छौं हाम्रो छ है एउटै छहारी ।
सबैलाई समेटेर एउटै माला गाँस्नु छ,
नेपाली हौं नेपाली भई सधैं बाँच्नु छ ॥

मेची-काली सुसाएर सधैं हामीलाई भन्दछन्,
को हो आफ्नो को हो पराई भन्ने गर्दछन् ।
सगरमाथाको उचाइजस्तै उच्च छ मेरो शिर,
बैरीसामु भुक्दिनँ हुँ म नेपाली वीर ॥

स्तुति के.सी.
कक्षा-९, ए३



मलाई मन पर्छ

आमाले पकाएको खाना
बुबाले किनिदिएको नाना
हजुरबाले सुनाएको कथा
विश्वको अग्लो चुचुरो सगरमाथा
अप्टयारो पर्दा सहयोगी साथी
काम राम्रो गर्दा स्याबास दिने दिदी
मिठोमसिनो बाँडी खाने बानी
आँखाकी नानी मेरी प्यारी बहिनी

कृष्टल ढकाल
कक्षा-४, सी२



बाल अधिकार

खान,लाउन,खेलन पाउनु हाम्रो अधिकार
स्वास्थ्य अनि शिक्षा पाउनु हाम्रो अधिकार
बालकलाई घरको काममा लगाउनु हुन्न
बालकको आँसु कहिल्यै बगाउनु हुन्न
बालक नै कारखानामा बन्छन् कामदार
ती सबैले पाउनुपर्छ बाल अधिकार
हाँस्दै, खेल्दै रमाउनु हाम्रो अधिकार
गाली होइन माया पाउनु बाल अधिकार

सोहन भण्डारी
कक्षा-४, सी२



हाम्रो वातावरण

वातावरण हामीले सधैं सफा राख्नुपर्छ
फोहोर भए वातावरण हामीलाई रोग लाग्छ ।
वातावरण सफा राख्नु हामी सबैको काम हो
सफा पारे वातावरण हामीलाई राम्रो हुन्छ ।
वरपर फोहोर फाले दुर्गन्ध फैलिन्छ
हावापानी दूषित भई रोग निम्त्याउँछ ।
बोटबिरुवा रोपेर वातावरण हराभरा बनाउँनुपर्छ
अनि मात्रै हाम्रो वातावरण सफा स्वच्छ हुन्छ ।
वातावरण सफा राख्न जनचेतना जगाउनुपर्छ
घरघर बस्तिबस्ति सबै सचेत हुनुपर्छ ।

अवनिज उपाध्याय
कक्षा-४, ख२



मेरो देश नेपाल

दक्षिण एशियामा छ मेरो देश नेपाल
चीन भारतले घेरेको छ मेरो देश नेपाल
जलस्रोतमा धनी छ मेरो देश नेपाल
सगरमाथाको देश हो मेरो देश नेपाल
गौतमबुद्ध, सीताको जन्मभूमी हो मेरो देश नेपाल
प्रकृतिको वरदान हो मेरो देश नेपाल
बहुजाति, बहुभाषी, बहु धार्मिक मेरो देश नेपाल
७७ जिल्ला, ७ प्रदेश रहेको मेरो देश नेपाल
म गर्व गर्छु नेपाली भएकोमा यहाँ
असल नागरिक भई देशलाई चिनाउने छु जहाँतहाँ ।

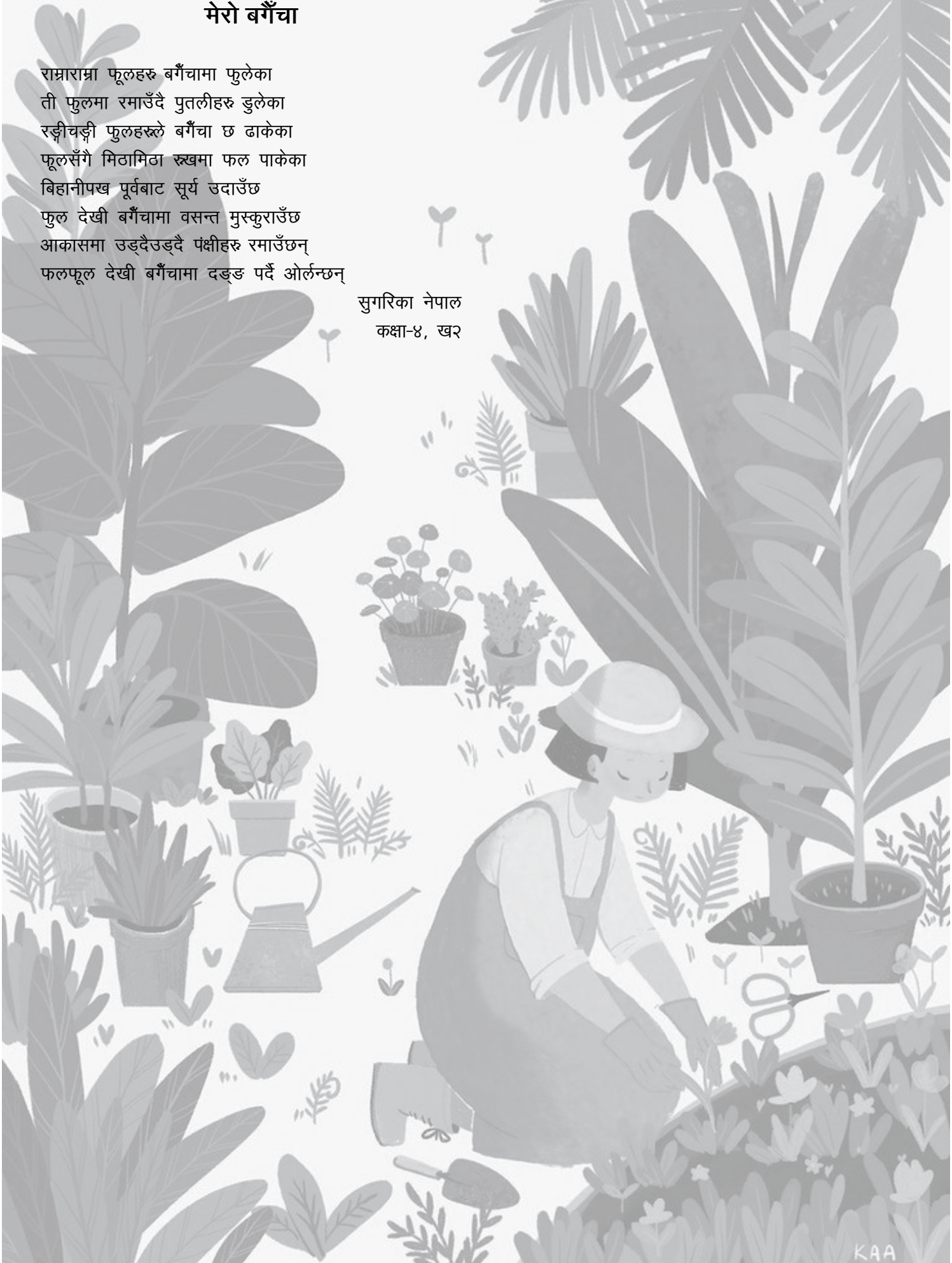
सृजित काफ्ले
कक्षा-४, घर



मेरो बगैँचा

राम्राराम्रा फूलहरु बगैँचामा फुलेका
ती फुलमा रमाउँदै पुतलीहरु डुलेका
रङ्गीचङ्गी फुलहरुले बगैँचा छ ढाकेका
फूलसँगै मिठामिठा रूखमा फल पाकेका
बिहानीपख पूर्वबाट सूर्य उदाउँछ
फुल देखी बगैँचामा वसन्त मुस्कुराउँछ
आकासमा उड्दैउड्दै पंक्षीहरु रमाउँछन्
फलफूल देखी बगैँचामा दङ्ङ पर्दै ओर्लन्छन्

सुगरिका नेपाल
कक्षा-४, ख२



44th LA Foundation Day & Saraswati Puja



Investiture Ceremony-2080





Winners of Creative Writing Competition-2080



Winners of Creative Writing, Drawing & Lawn-tennis Competition



Junior Division Dance & Quiz Competition-2080



Inter-House Dance Competition-2080



210th Bhanu Jayanti Celebration-2080

अभिनयात्मक कवितावाचन प्रतियोगिता



Aarshiya Rokka of LA bags the 1st Position In the Speech Competition Organized by Panorama Television



19th LA Inter School Swimming Championship-2080





Field trip of Class - I to III, Tiger Lily Petting Farm, Sirutar



Excursion to Kabilas Resort, Shaswot Dham, Lumbini and Tilaurakot



Educational Tour to Bandipur and Gorkha



Parents' Day Cultural Program-2080 Grade I-III







Parents' Day Cultural Program-2080 Grade IV-VI





Parents' Day Cultural Program-2080 Grade VII-IX







Hostel Night Celebration



Lunar habitat challenge 2.0 Moon Quake



Winners of Football Championship



Belt Test and Grading of Karate



Thanks giving and Best Wishes Program to SEE Batch 2080



Hiking at Dalchoki



Excursion to Bandipur & Gorkha



SEE BATCH-2080 WITH CLASS TEACHER



Class: X A1
Class Teacher: Mr. Mahesh Lal Yadav
SEE BATCH 2080



Class: X A2
Class Teacher: Mr. Santosh Chaudhary
SEE BATCH 2080

SEE BATCH-2080 WITH CLASS TEACHER



Class: X A3
Class Teacher: Mr. Ganga Nirala
SEE BATCH 2080



Class: X A4
Class Teacher: Purushottam Khanal
SEE BATCH 2080

SEE BATCH-2080 WITH CLASS TEACHER



Class: X B1
Class Teacher: Mr. Rohini Acharya
SEE BATCH 2080



Class: X B2
Class Teacher: Mr. Yubraj Shrestha
SEE BATCH 2080

SEE BATCH-2080 WITH CLASS TEACHER



Class: X B3
Class Teacher: Mr. Khagendra Bist
SEE BATCH 2080



Class: X B4
Class Teacher: Ms. Kiran Thapa
SEE BATCH 2080

SEE BATCH-2080 WITH CLASS TEACHER



LITTLE ANGELS'
SCHOOL

Class: X B5
Class Teacher: Ms. Sunita Maharjan
SEE BATCH 2080



LITTLE ANGELS'
SCHOOL

Class: X C1
Class Teacher: Mr. Badri Chauhan
SEE BATCH 2080

SEE BATCH-2080 WITH CLASS TEACHER



Class: X C5
Class Teacher: Mr. Matrika Lamsal
SEE BATCH 2080



Students During Their Guitar Classes

Merit Certificate Recipients



A Visit to National Museum Chhauni



Students During their ECA Classes



Students During their ECA Classes



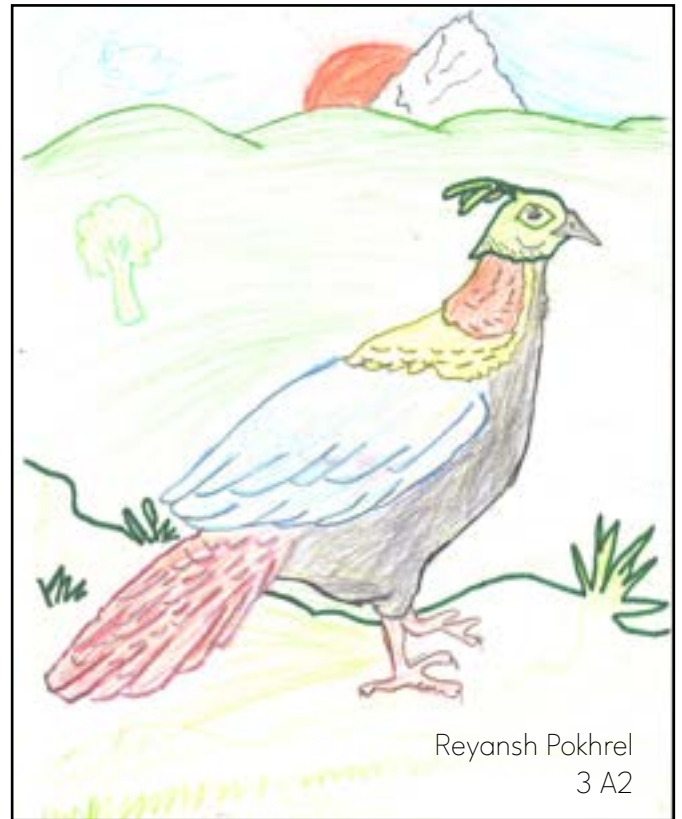
Students During their ECA Classes



Investiture Ceremony of Scout



Art Gallery



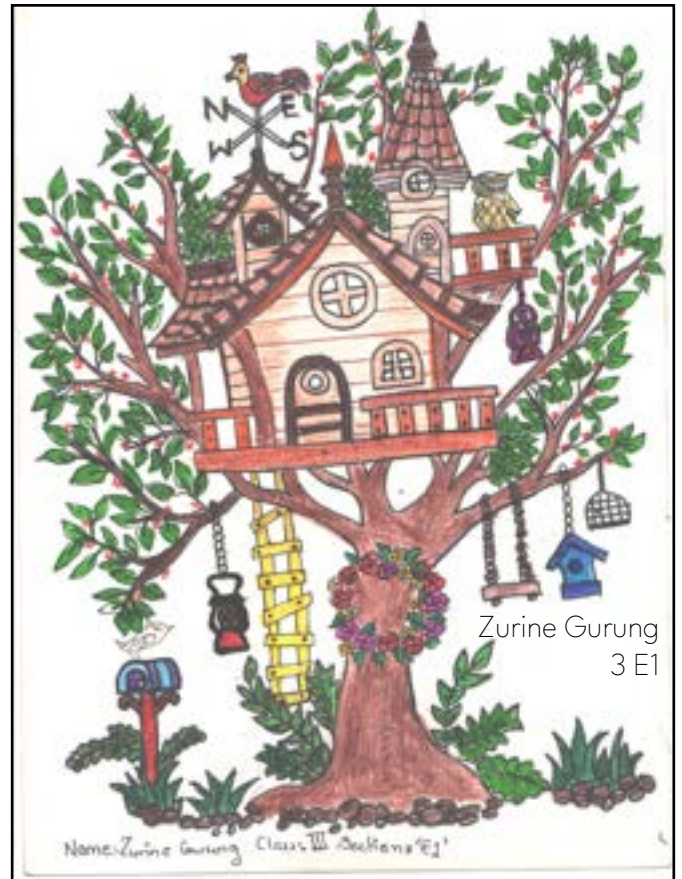
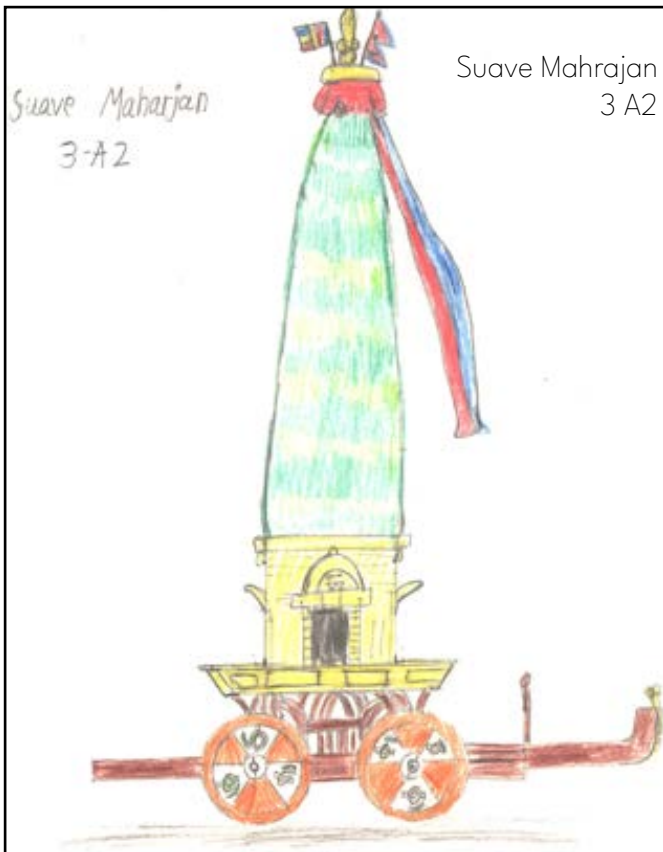


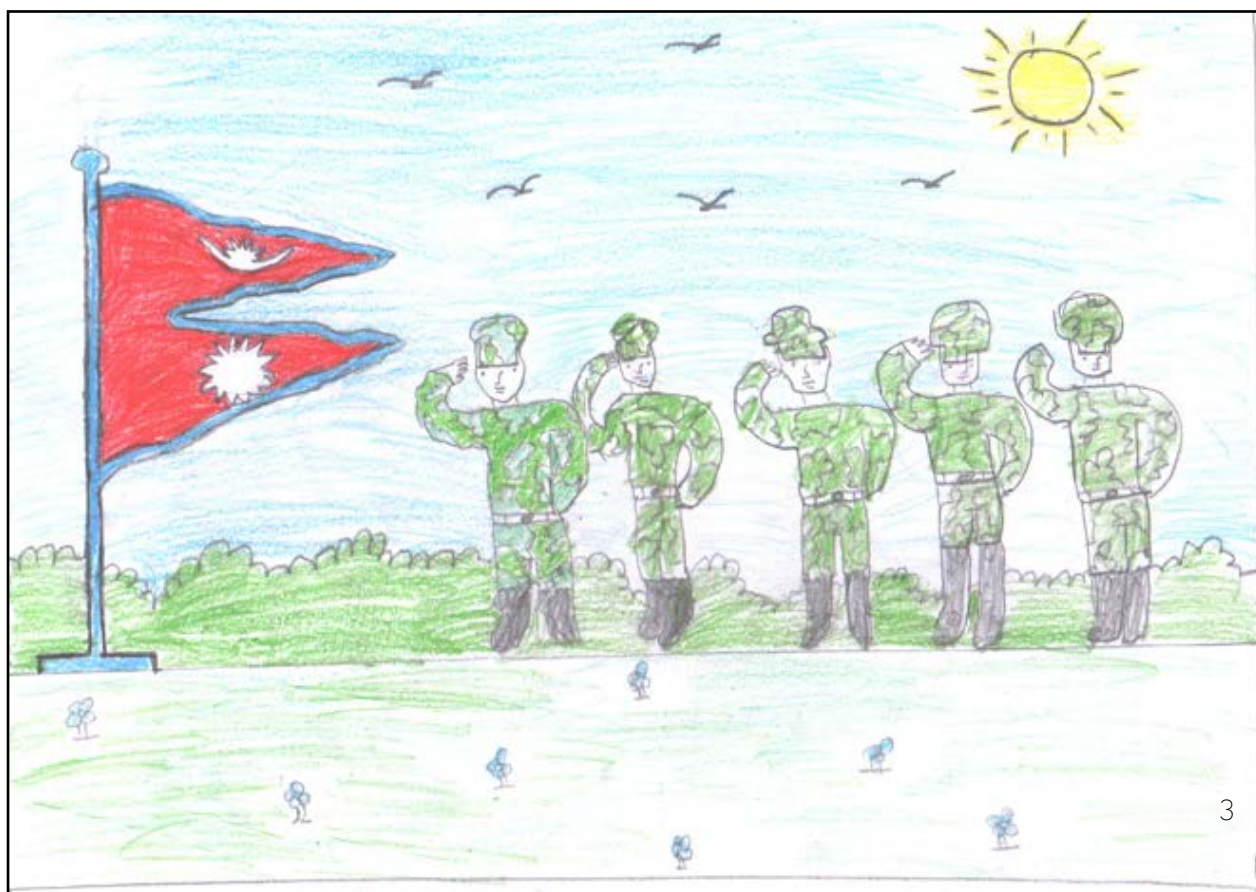
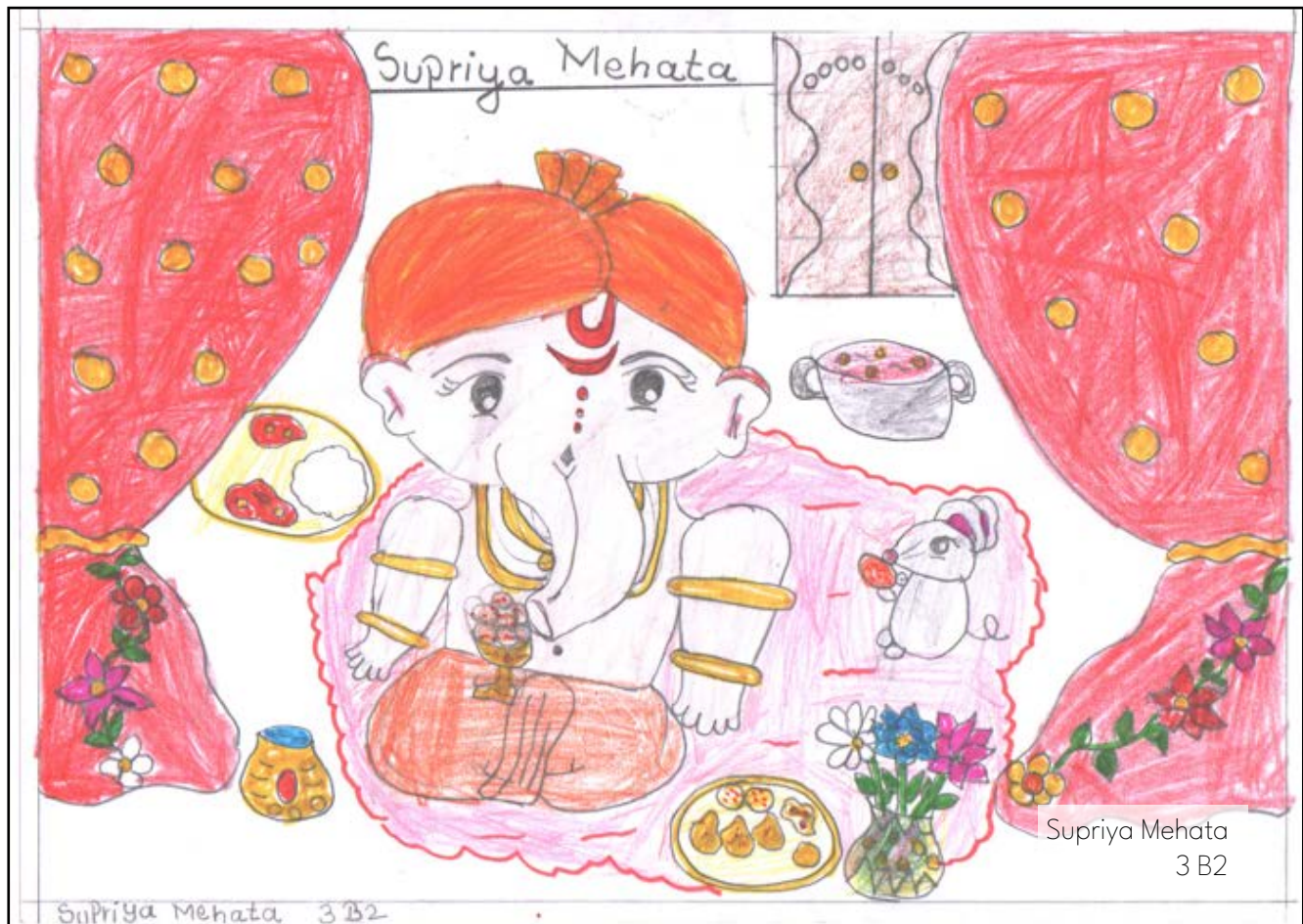
Agraz 5-A2

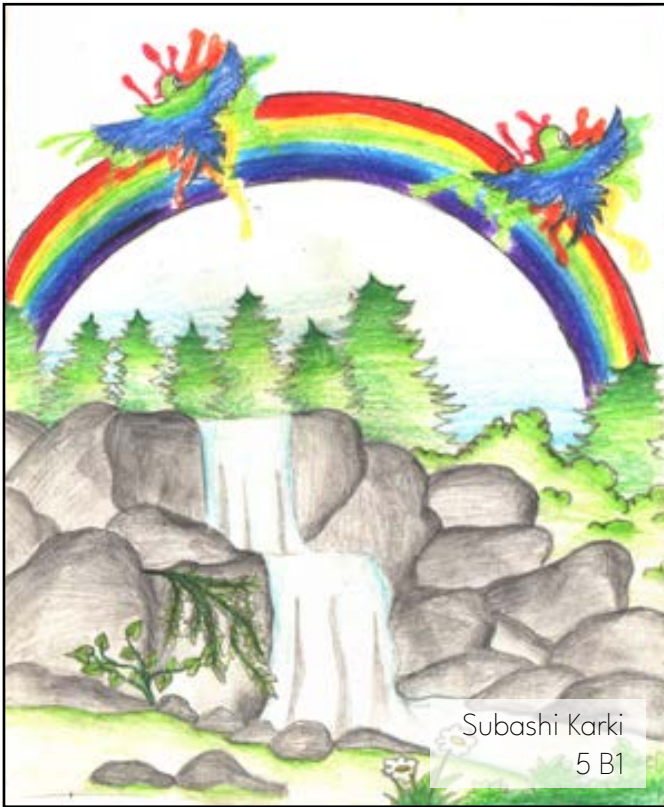
Agraz Karmacharya
5 A2



Ankur Bhandari
5 B2










Thanks Mom, Thanks Dad

Thank you, Mom
Thank you, Dad
Three small words,
so much to add.
For all your love
and your support a million words
would be too short.
The words, "I love you"
seem too few
to express the love
I have for you.




Name - Arshiya Rajkarnikar
Class - 2 Sec - B2

Ujja Mahajan
class 3
Sec A1


Water

Water, Water everywhere
but nobody takes care.
Water is salty and sweet
In the ocean, they meet.
Water is blue,
And beautiful to view.
River water is in full force,
The world's most important resource.



Save Earth

Save Water Save Life




My mother

I love my mother very much. She is 37 years old. Her name is Tanya Thapa. Her favourite colour is red. She loves me very much. I play with her. She play with me too. I eat with her. She sleeps early and wakes up early. She eats early too. She is a good mother. She cooks very very tasty egg curry. She works as a Vice Principal in a school. She works very hard. She is very beautiful and kind. She takes care of everyone at home. She helps me with my homework. So I love my mother very very very very much. ❤️

Name - Himashi Tanya Shukla
Class 2 Sec 2 Roll no 15

The flag of Nepal



Nepal, a country in the Himalayas, has a flag that's different and meaningful. The flag has three colours: red, blue and white represent the courage, peace, and independence of the Nepali people. What makes it unique is its shape. The red colour is special because it honours Nepal's brave Gurkha warriors and symbolizes the country's strength and sacrifices throughout history. On the top of red part, there are symbols of the moon and the sun. The moon, liked to the royal family, symbolizes hope, while the sun represent Nepal's commitment to be independent and fearless. For Nepalis the flag isn't just a piece of cloth it's a source of pride and identity, reminding them of their rich history and the unity among their different populations. The flag brings people together, to raise their language, ethnicity or region. In conclusion, Nepal's flag is a powerful symbol showing the courage, history and unity of its people.

Name - Priya Juv Shah 743

Name - Priyana KC Class - 2 Sec - 2B2
Butterflies

In gardens: green, so low and near.
 A caterpillar munches without fear.
 Eating leaves every day and night.
 Growing stronger, getting ready for flight.
 In a chrysalis, snug and tight.
 A change begins, oh, what a sight.
 Transforming slowly, day by day.
 Wings from where none were on display.
 Emerging bright in colours grand.
 A butterfly soars across the land.
 Flitting, floating in the air.
 Spreading joy everywhere.
 Each stage a wonder, a magical show.
 From caterpillar to wings that glow.
 Butterflies bring delight, it's true.
 Teaching change bring beauty again.

25/01/2023 Name Abhigya Bhattacharya
 Thursday Class 2
The cat and mice

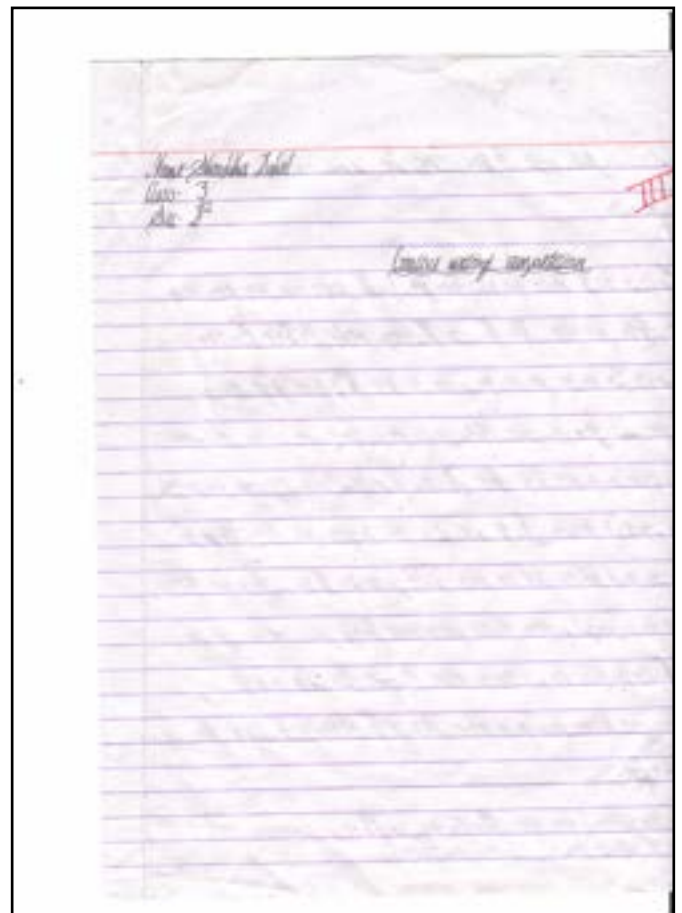
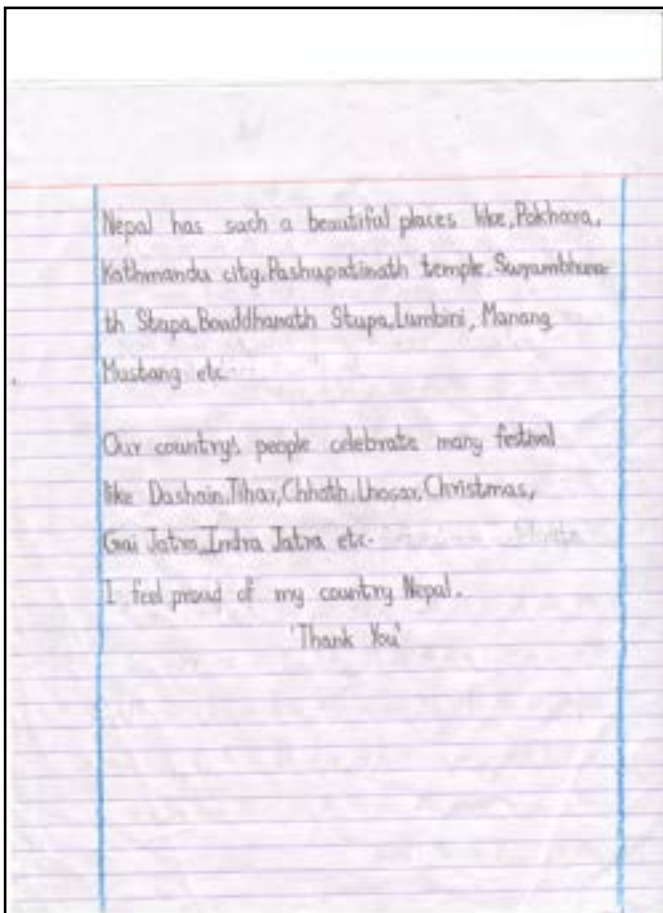
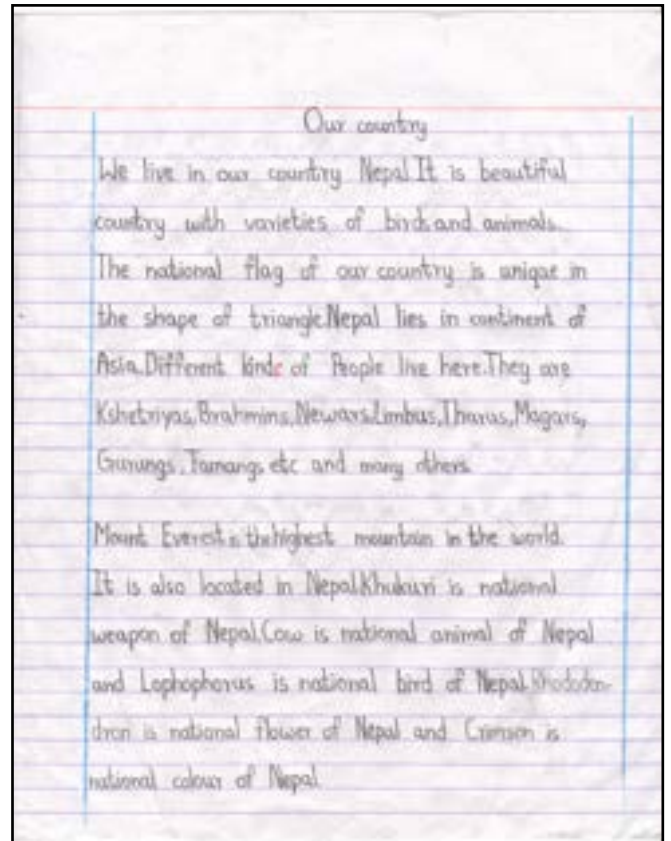
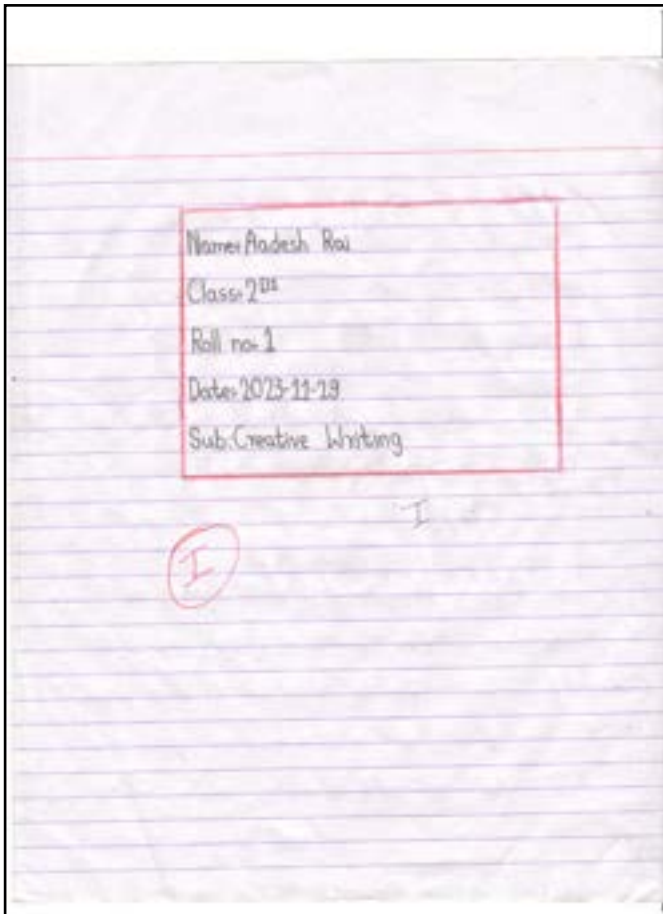
The title of the story is the cat and the mice.
 The story is in children's best story book. The writer of the story is 'Aesop'. In this story, there are two main characters, a host of mice and the cat. The mice had chosen a leader mouse who would control them. One day, a cat appeared and he would catch the mice and eat them whenever he got hungry. So the mice were afraid of the cat. One day, they had a meeting to discuss this problem. They all agreed to tie a bell around the neck of the cat. All mice agreed to the idea but none dared to do it.
 The moral of the story is we must see what we can do practically. Making a plan is easy but to apply it in practice is more difficult.

(II)

Name : Rhythm Sharma Sec: "C2"
 Class: "2" Roll no: 26
 Topic : Earthquake sites, my Tihar vacation Journey.
 Date : 29-11-2023

I visited my village in Solgan district. Close to Jajarkot and Rukum west. There was a big earthquake in November 3rd 2023 with big affect in these areas. Sadly 154 people died and many were hurt. When I went for a Tihar Festival the things weren't good. Lots of people had to stay outside of their damaged houses. The kids were cold and scary from earthquake. My family and I stay with my grandparents because our





Fun about Albert Einstein's brain

Knowledge: Physics

Albert Einstein said when he die no one will take out his body part but when he die Mr. Thomas Morley side Albert Einstein's brain because he want to research on it but he was arrested and part from the job because there was no permission to research on Albert Einstein's brain but the Albert Einstein's son give permission to research on the brain, the weight of the brain was less than the normal human and when he cut into 204 pieces there was more sheets than the normal people and there was one half part missing on Einstein's brain so that is a reason that Albert Einstein can do big mathematical questions and now also Albert Einstein's brain is in Walter museum.

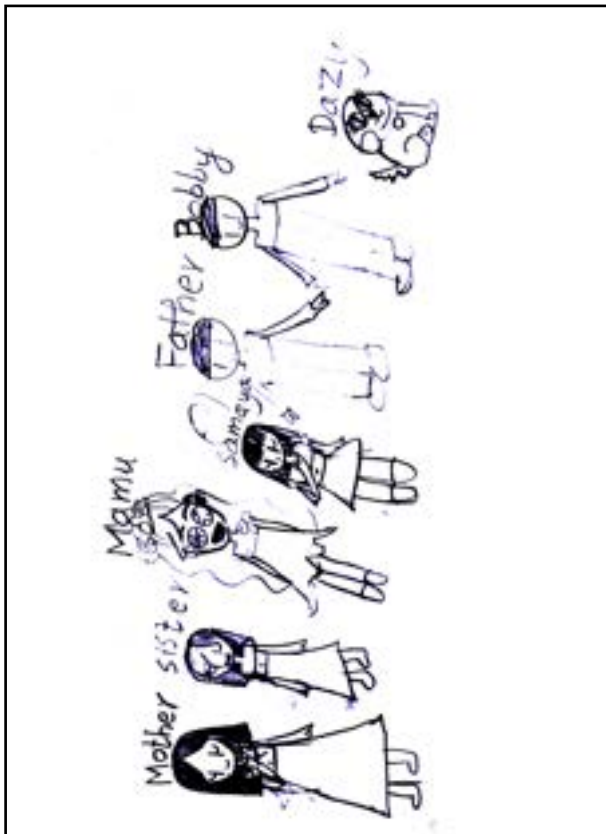
Albert Einstein was born on March 14 1879.
Albert Einstein died on 18 April 1955.

//

My Lovely family

I Love my family and
I Love my sister and
mother ^{the most} I also
Love my Little puppy
Her name is Dazy
She dazzles me with
her playfulness.

Samaya chaudhary
Class 2C!



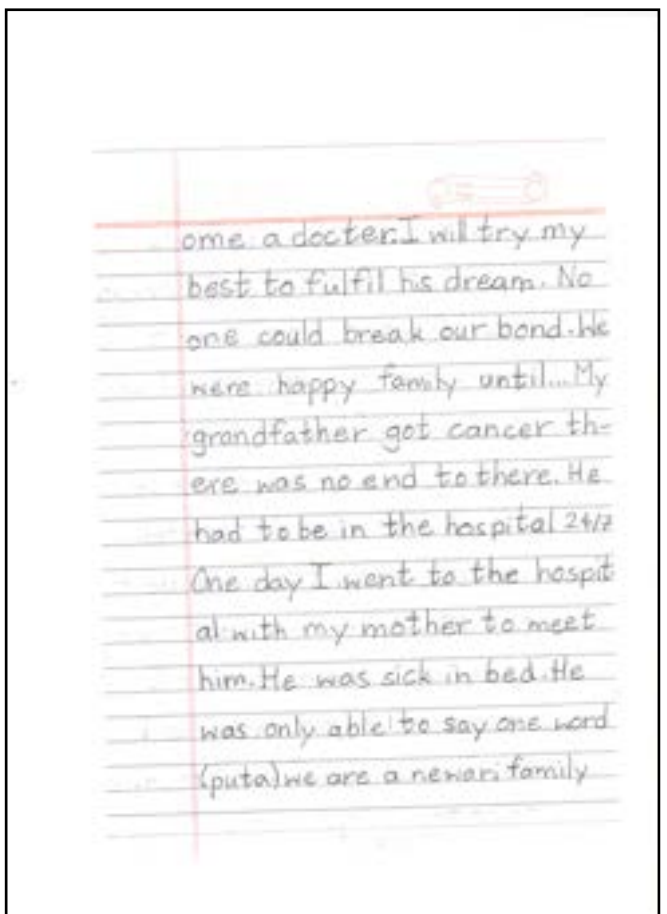
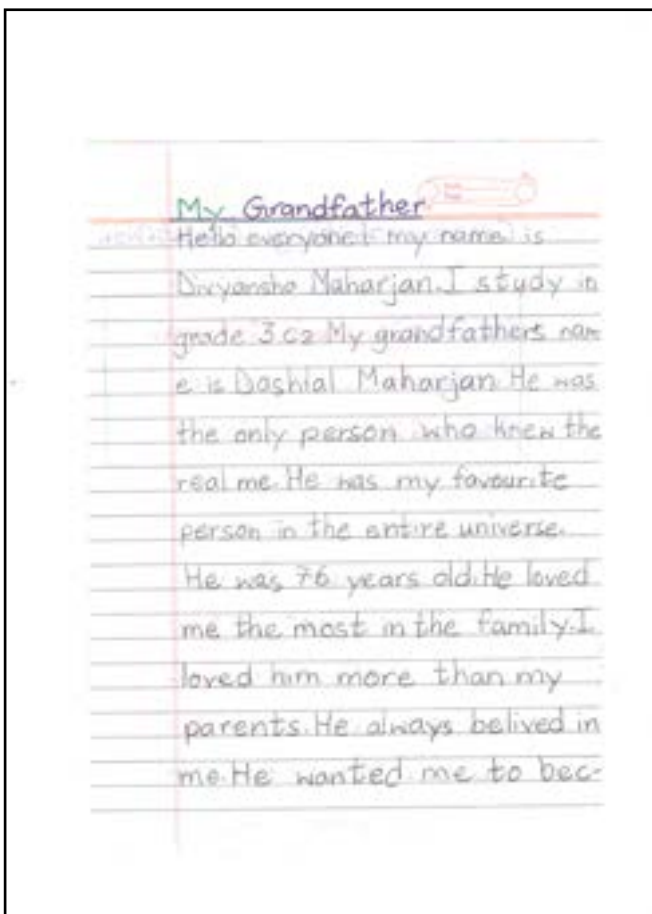
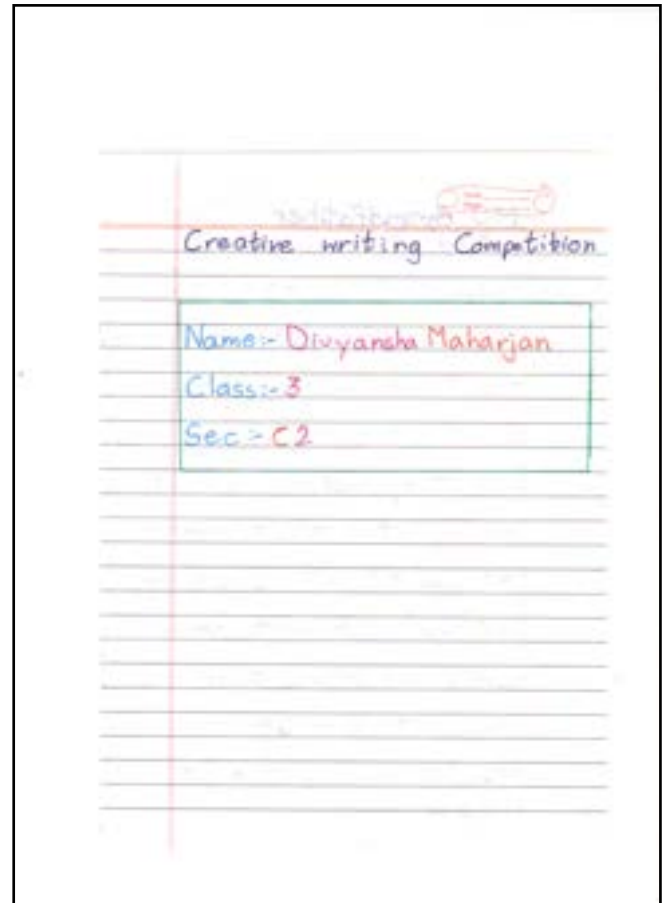
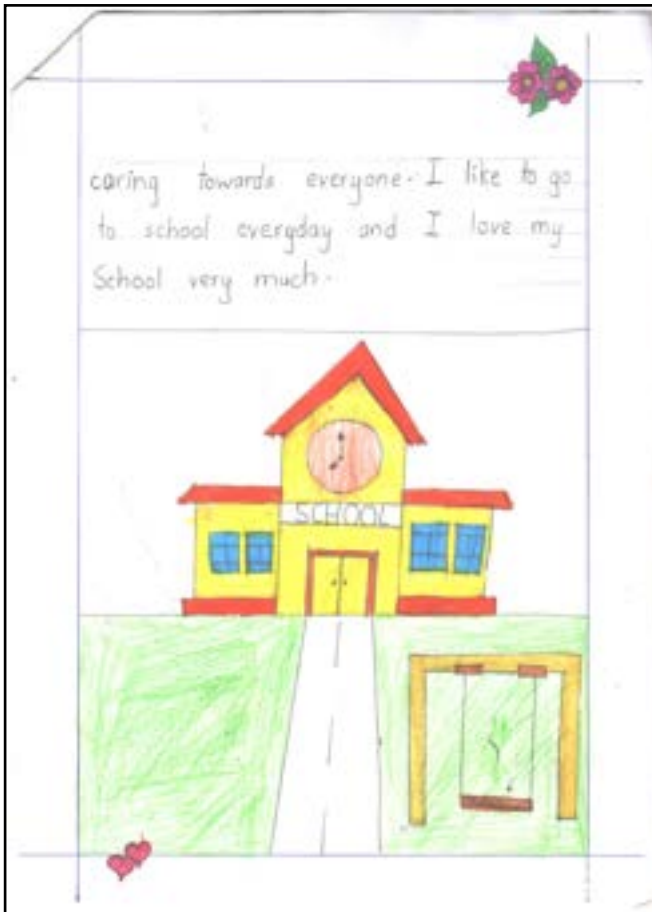
//

About my school

My school's name is Little Angels school. It is in Hattibari.

It is one of the best school in my town. My school has huge, airy and beautiful buildings. My school has a big playground where we can play outdoor games. Every Wednesday, we have fun day where we can play slide, swing, trampoline, see-saw etc. It also has a library where we can sit and read books. My school supports co-education where girls and boys study together. My school teachers are very kind and

Aaradhya Rajkarnikar
Class-2 B2




so puta means darling.

so puta means darling. I was so scared at that time. He passed away 2 years ago. I was 5 years old to understand what even was the meaning of cancer. I was playing and laughing at that time. After a few years I knew the meaning of all that happened at that time. I was heart broken. Now also I am mesmerised by our memories. I miss him so much I would do any thing to make him alive.

Thank You


The Butterfly

Once there was a pretty butterfly who was looking for a place to live. She saw a lovely lily flower and decided to rest on it, but it was too soft. So, she flew to a garden filled with jasmine, roses, and marigolds. She tried sitting on the jasmine but it was too hard. The marigold was normal but not comfy. Finally, she found a soft spot on a rose and decided to make it her home. She went to sleep on the petals and loved flying around the garden.



Name: Eva Chaudhary
Class: 3
S.E.O: 01

My mother



My mother is beautiful.
She love and care me.
She cooks tasty food.
My mother give birth to me.
She teach about all kinds of good knowledge.
She is very loving and hard working.
I love my mother very much.

Name:- Chhewang Tamang Roll no:- 6 Sec:- 1A1

Trees



Trees are very important in our life. They give us fruits, medicine and wood. Trees are useful for every living being. They give us oxygen to breathe. We should plant more and more trees.

Serao Kishi

Dance; My favourite hobby!


Hi Everyone, I am Bidisha Maharjan. I study in class 2, (B2). I have many hobbies like dance, singing, cycling, swimming and clay-craft. Out of these my favourite hobby is dancing. I like to dance and I feel very happy while dancing. In my school, there is dance class in every thursday. I am learning folk and modern dances and enjoy these classes very much. I also know that, dancing is one of the best exercises for us. I practice dance every day after finishing my school homework because I want to be a good dancer someday and become a dance teacher in future. I love to dance and enjoy it.

Thank you ... @

Name - Bidisha Maharjan.
[class- 2(B2)]

Name: Aarushi Limbu
Class: 2(B1)


Poem



My school, My school
classy and so cool.
Here, the teachers
are so nice. They
give knowledge and
advice. The school is
a next temple. where
rules are so simple,
We start our day with
a hearty pray, hearty pray.

Topic: Poem on Nature
Name: Siwani Bhujel
Grade: 2C1

Oh! wonderful nature,
You are so beautiful.
With green trees,
And humming bees.
The grass is so green,
And water is so clean.
Birds fly in the sky.
And mountains are so high.
The wandering butterfly flies
Makes my thoughts fly high and high.



My ^{Wow} Teddy Bear

No!


I have a little teddy bear
Who's always there for me
When I need someone to talk to
He listens quietly to me.

Love

He doesn't get mad or yell
or ever put me down,
He never gets jealous or envious
and never frown

He cannot walk by him self
So I take him along with me,
He enjoys all that I show him
and I know He's full of glee.


Bear
Still poem
Sauri Gurka



Names: Pradip Jung, Kanki Section: 2C2

Lion

Lions are the carnivores. Lions belong to the cat family. Lions live in jungle, grasslands and forests. It is a four-legged animal with strong body, large eyes and sharp teeth. During the night we can see that the eyes of the lion give a twinkling effect, and its sharp teeth help the lion.



Don't give up on your dreams

The future will bring positive and bright things
 Hope and courage
 With each new year
 will bring your dreams closer
 Do not look up to yesterday
 upon the clouds of the passed days,
 Fears of the past
 will not cast the sunlight.
 The world is great.
 Open up your heart.
 Always realise your potential.
 Don't ever give up on your dreams
 They are there for you to live
 you can and you will
 Dream it and live it
 their fears are not yours
 their choices are not yours
 Never give up on your dreams

Name: Niraj Jaisi
 Class: III - B4

Item on Families Name: Saanvi Parth Class: 2 or A2 Roll no: 244

Families are precious
 who cares about you,
 my family is special,
 and your family too!

Mother and fathers
 sister and brothers
 grandmas and grandpas
 and many others!

One family is big
 while another is small.
 some families have children
 and some have none at all!

Sometimes we are together
 sometimes far apart,
 the people I love,
 always fill the gap of my heart.

Magical Tree

In a forest so green and bright,
 Trees talk and laugh, what a sight!
 Whispers of joy fill the air,
 Friends in the forest, everywhere.

With smiles and fun, they tell,
 Tales of bravery, oh! so well.
 Happiness grows like flowers, you see
 In this magical and playful tree.

Name: Kiship, Jishi Roll No: Class 2 'A1'

Poem: My favorite hobby!

Hi Everyone, I am Bidisha Makarjan. I study in class 2(B2). I have many hobbies like dancing, singing, cycling, swimming and clay craft. Out of these, my favourite hobby is dancing. I like to dance and I feel very happy while dancing. In my school, there is dance class on every thursday, I am learning folk and modern dances and I enjoy these classes very much. I also know that, dancing is one of the best exercises for us. I practice dance every day - after finishing my school homework because I want to be a good dancer some day. And become a dance teacher in future. I love to dance and I enjoy it.

Thank you ... 😊

Name - Bidisha Makarjan.
Class - 2(B2)
Sub - Article

Angushi khani class-707

I am a little pencil

I am a little pencil
That is made of wood and lead
My hand is long and joined
My body is smooth and red.

Once, I was long and bold
But soon I will die
I like to write quite nicely
But my master does not try.

He treats me very duly
And of ten shaves my lead

Poem
Jungle

I went to a jungle :-
I found paper bundles.
There was a written:
You're dead; literally,
My face was so red
I just saw a running deer,
I was shaking with fear.
I had an adventure here,
But my bravery was quietly sitting there

hahana sec 171

Anggyi Shrestha
Class: 3, A1

Our Family

Mom, Dad, siblings.
They make a family.
We all are happy,
When we love our family.

I love my family
We all love our family.
And we all have a family.
It's great and always fun.

So, we are with our family
To love, care and share with our family,
I love my family and my family loves me.
Family is everything for us.

My younger brother's birthday

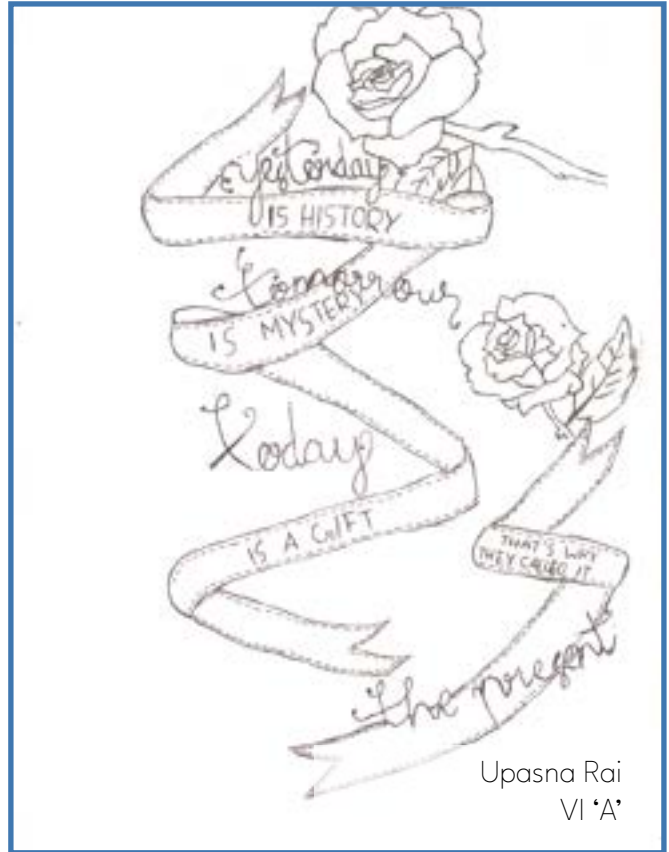
My younger brother's name is Nidish Shrestha. This year his birthday was just after Dashain in the month of Kartik. My cousin sister came to our house after I got to celebrate the birthday. Together we went to different places to visit but we had the most fun was at Kalyanda Funpark. When we entered the Funpark there we saw many slides, trampoline, carousel and many more. My younger brother and sister were shocked and excited seeing the big crowd, playground and rides. We played there for almost 2 hours. When we exited the park, we saw another outdoor park. Here was a spinning top and a spring wheel. My mother bought ticket for us and we played there too. After that we went to the passport stall to get passport. At the passport stall, I saw legs. My mother bought me a pack of legs which I shared with my brother and sister. After 4:30 we went back to house to celebrate my younger brother's birthday. We bought a cake and made from 'hotel'. It was a awesome red velvet cake, my favorite one. We wished him Happy Birthday and we ended up the day singing and dancing together. In this way we celebrated my younger brother's birthday.

Written by Nidish Shrestha 2021

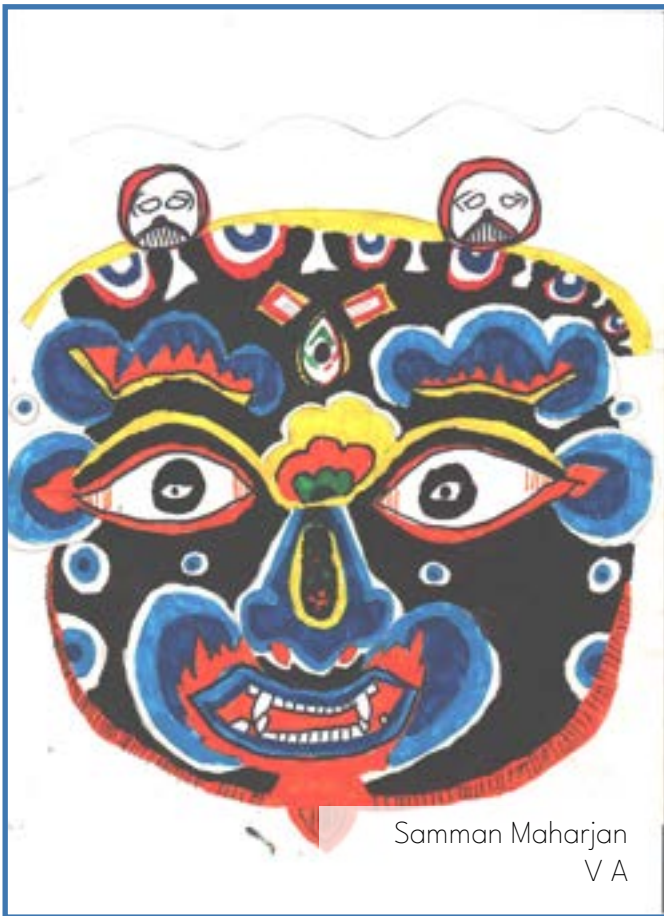




Aakriti Shrestha
VII B



Upasna Rai
VI 'A'



Samman Maharjan
V A



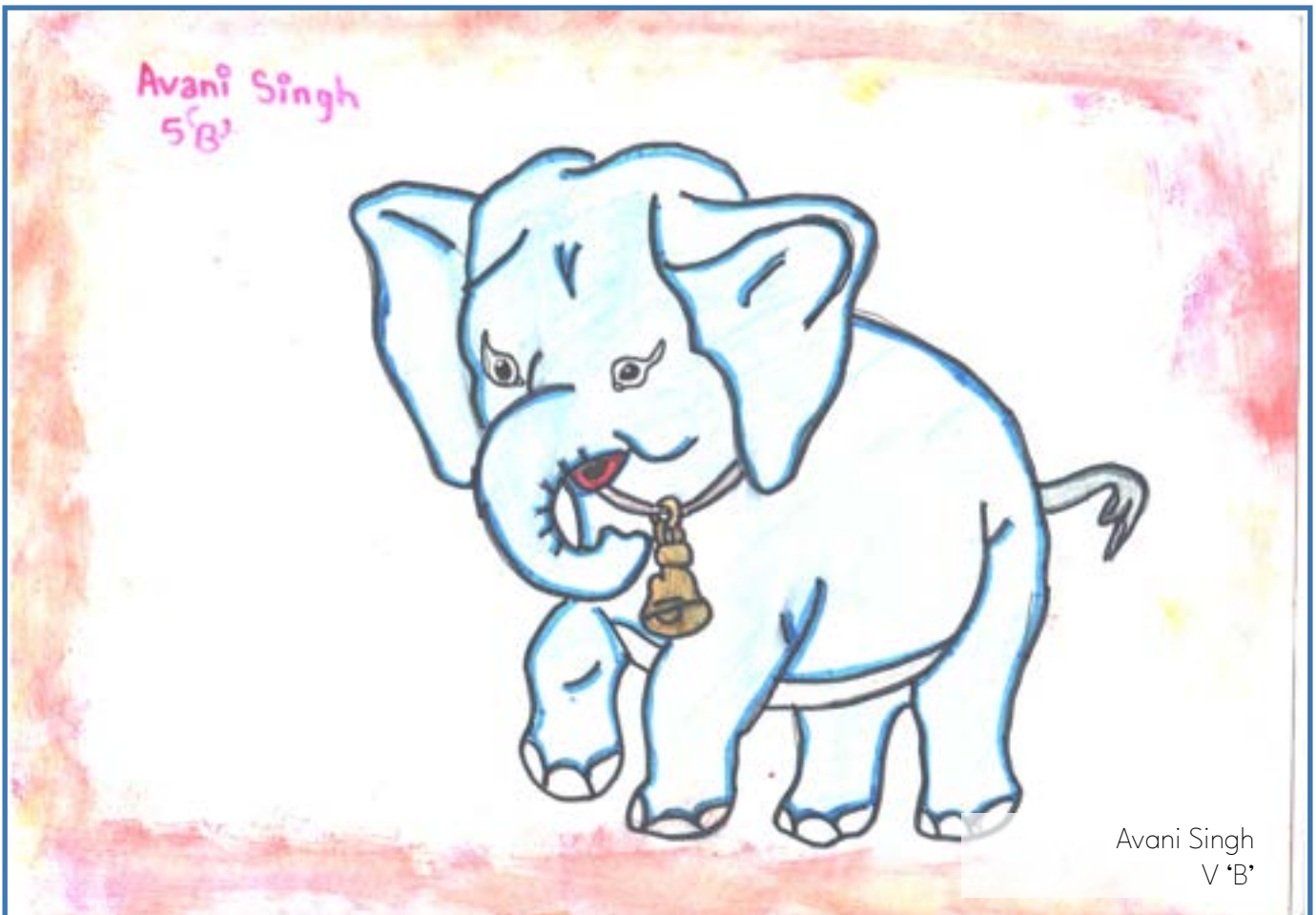
Kavya Pathak
VIII 'B'

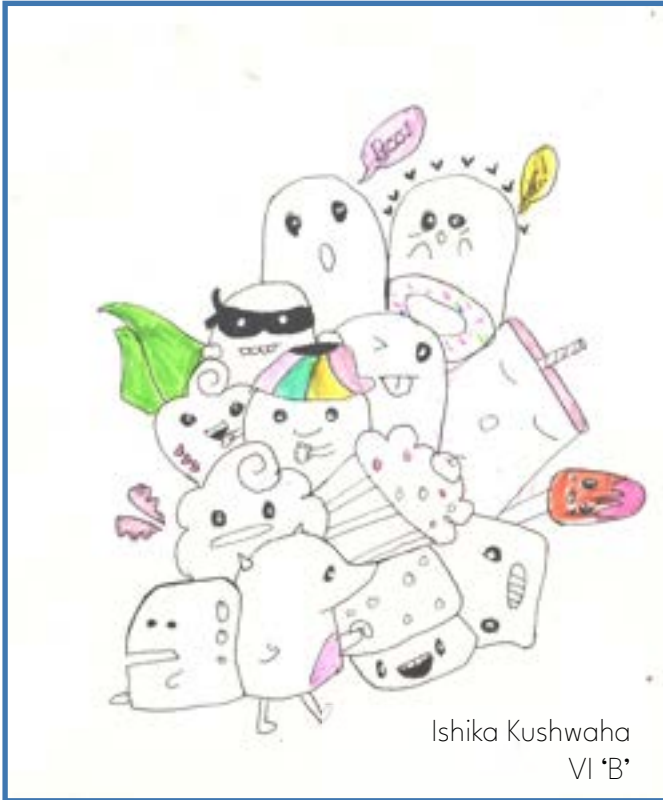


Aashna Pradhan
II 'B'



Lilitnina Chaudhary
II 'B'





Ishika Kushwaha
VI 'B'



Samuel Lama
VIII 'A'



Kripa Simkhada
VI 'A'

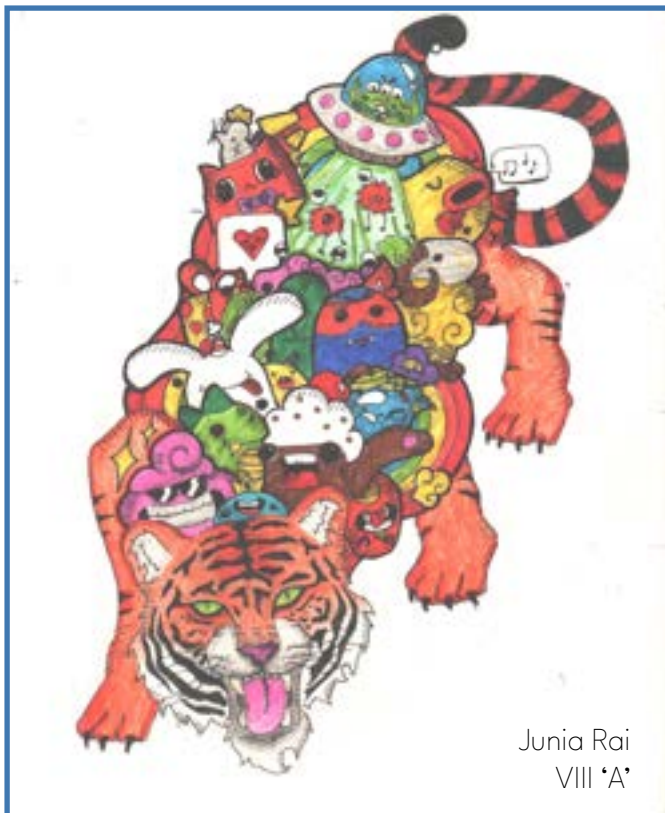


Pratigyo Mahato
VII 'B'





Harshika Nhuchhe
II 'B'



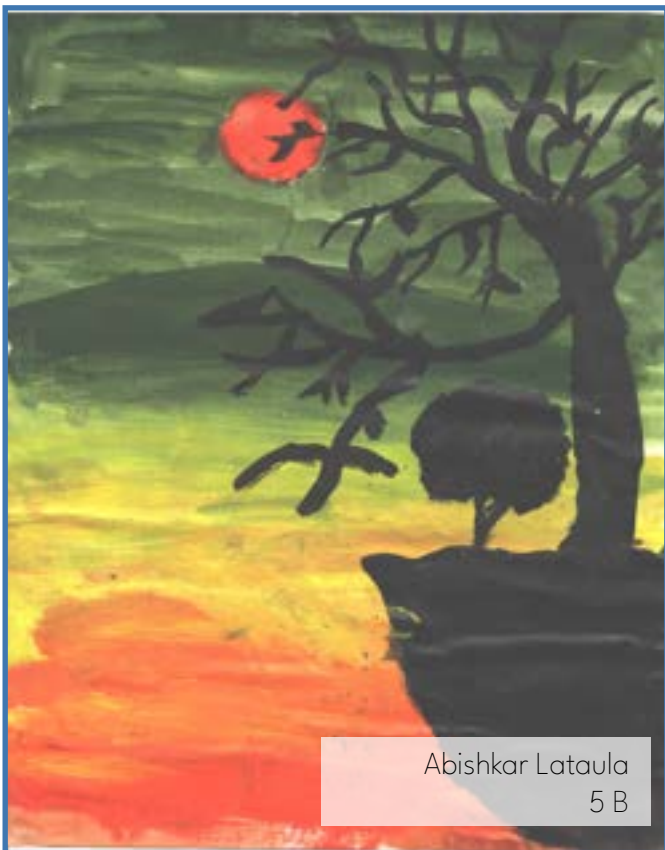
Junia Rai
VIII 'A'



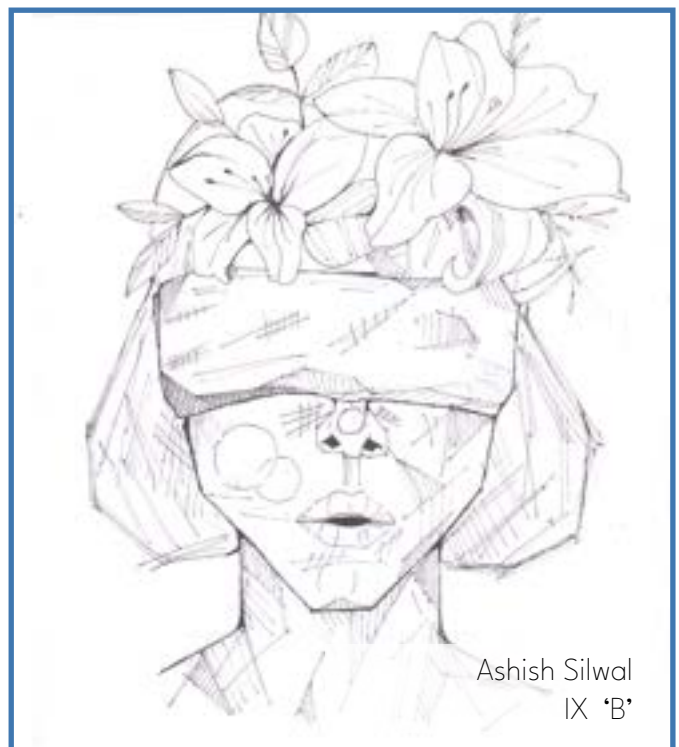
Samuel Lama
VIII 'A'



Aarvi Karmacharya
II 'B'



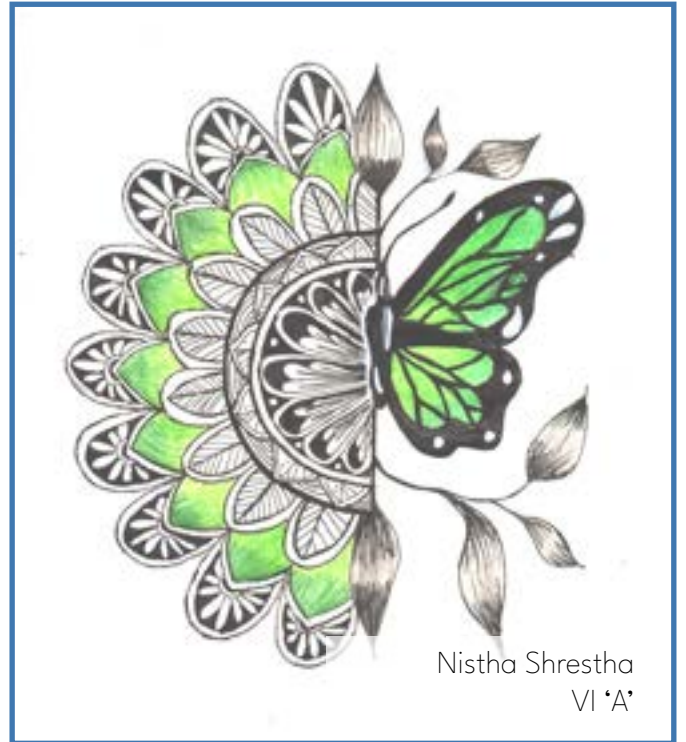
Abishkar Lataula
5 B



Ashish Silwal
IX 'B'



Aarav Shrestha
VI 'A'



Nistha Shrestha
VI 'A'



Midhyansh Shrestha
V 'B'



Evaan Sangat
II 'B'



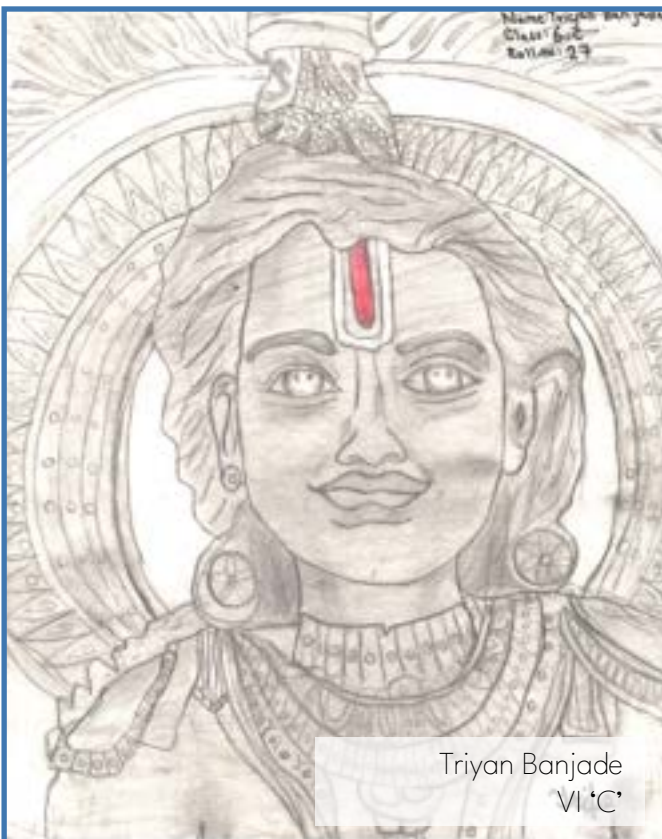
Prinsa Gautam
II 'B'



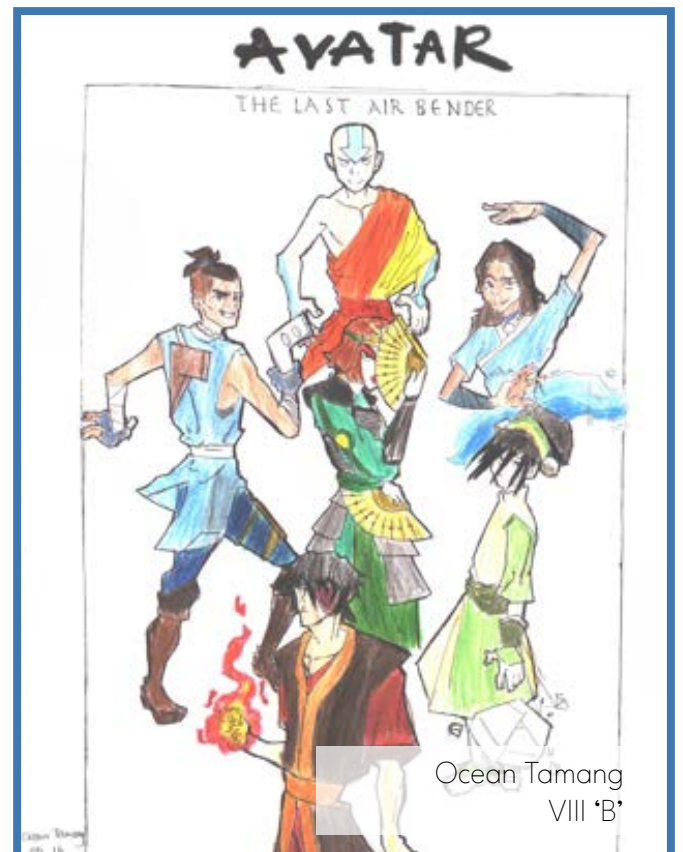
Bandana Mahato
IX 'A'



Shreeya RL Rana
IV 'A'



Triyan Banjade
VI 'C'



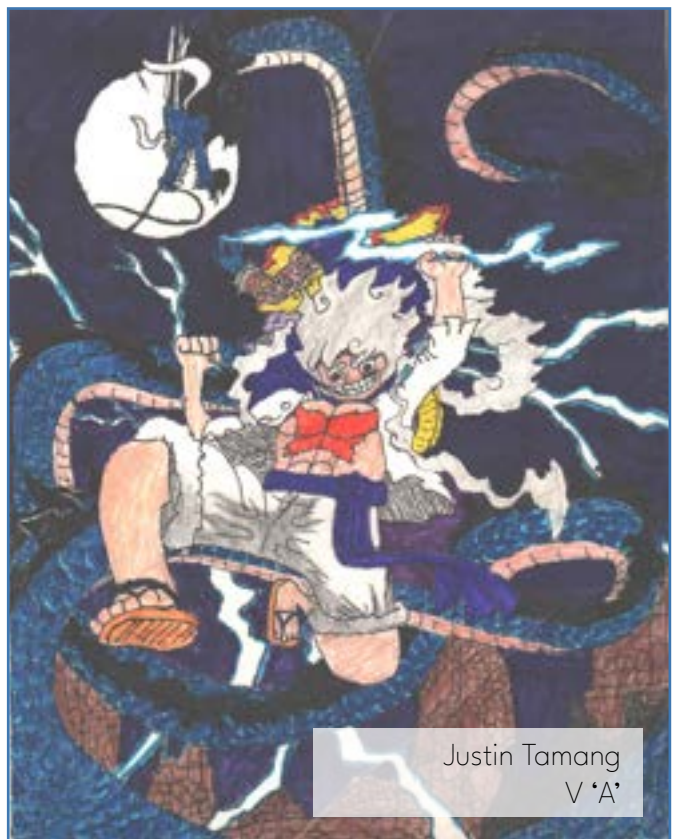
Ocean Tamang
VIII 'B'



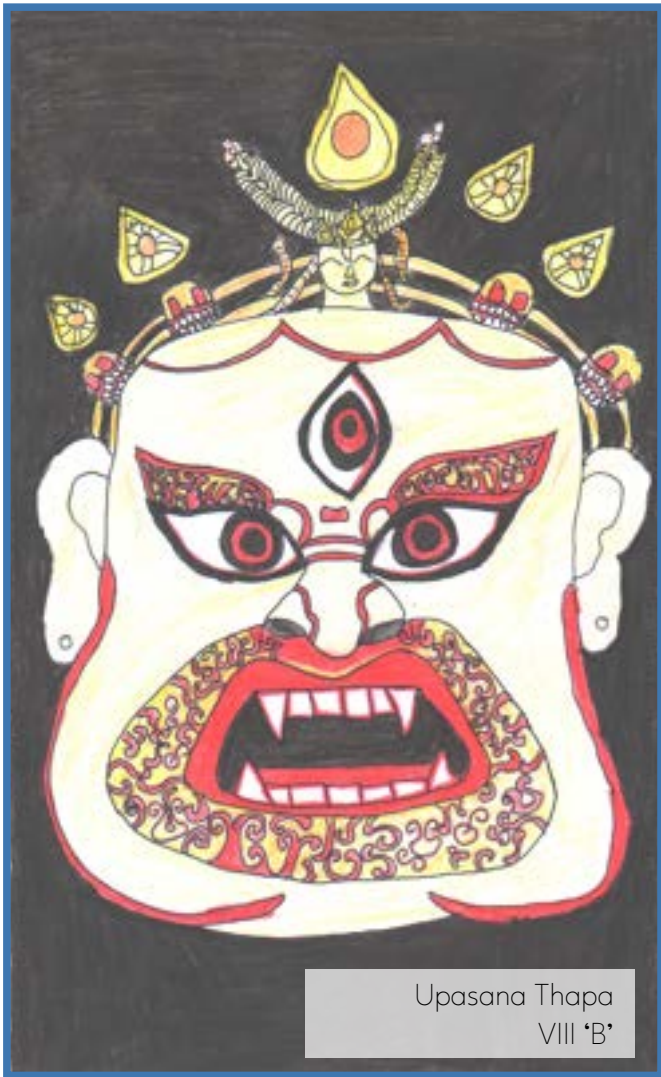
Somya Shrestha
VI 'C'



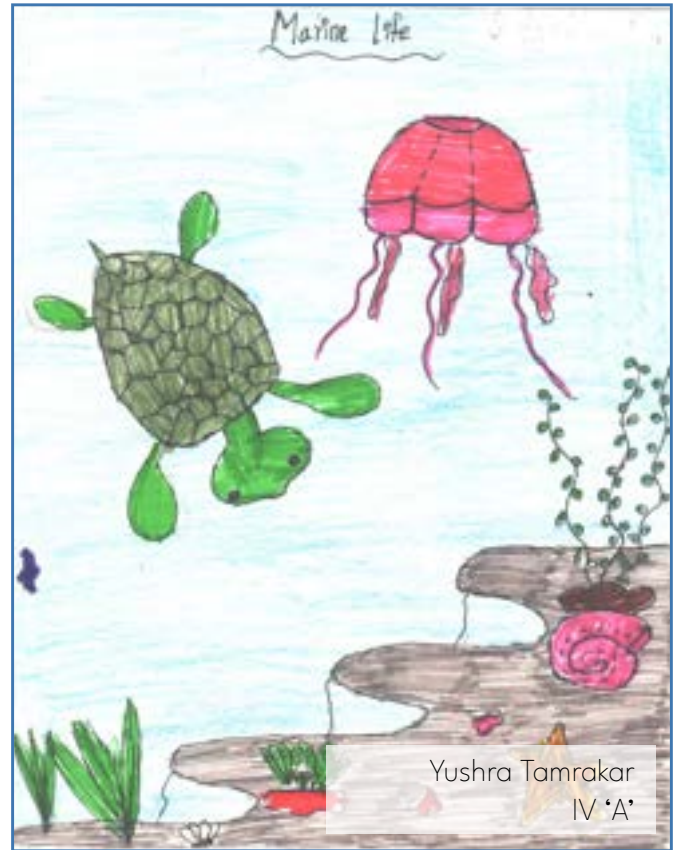
Uchit Awale
VI A



Justin Tamang
V 'A'



Upasana Thapa
VIII 'B'



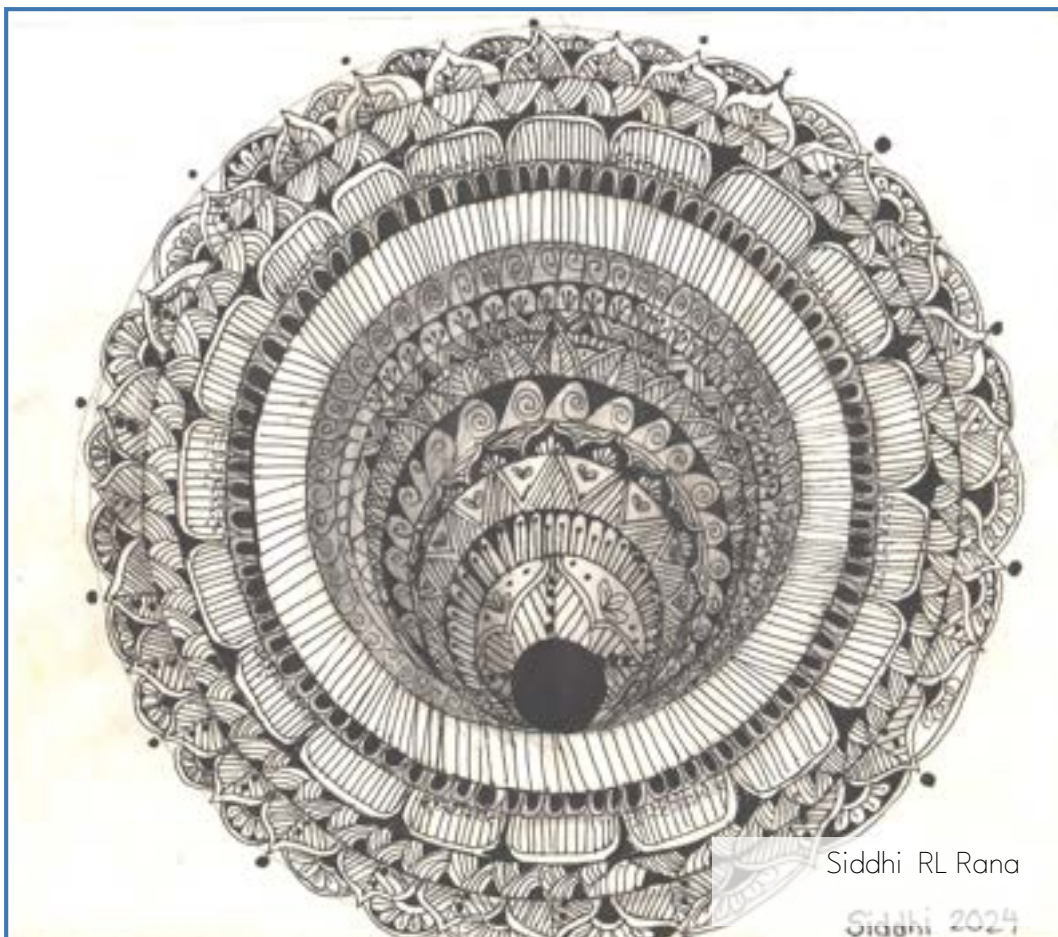
Yushra Tamrakar
IV 'A'

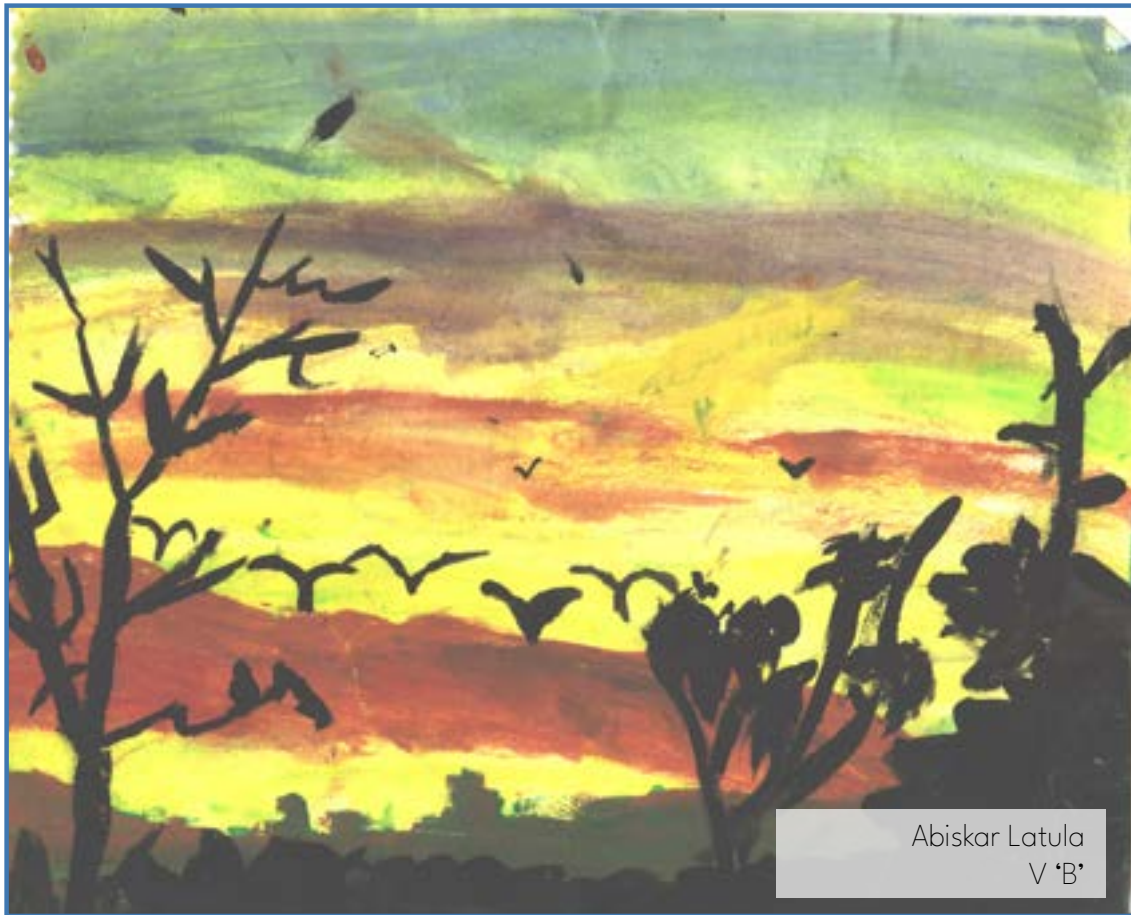


Somyaa Joshi
VIII 'A'



Garima K.C
VII 'A'

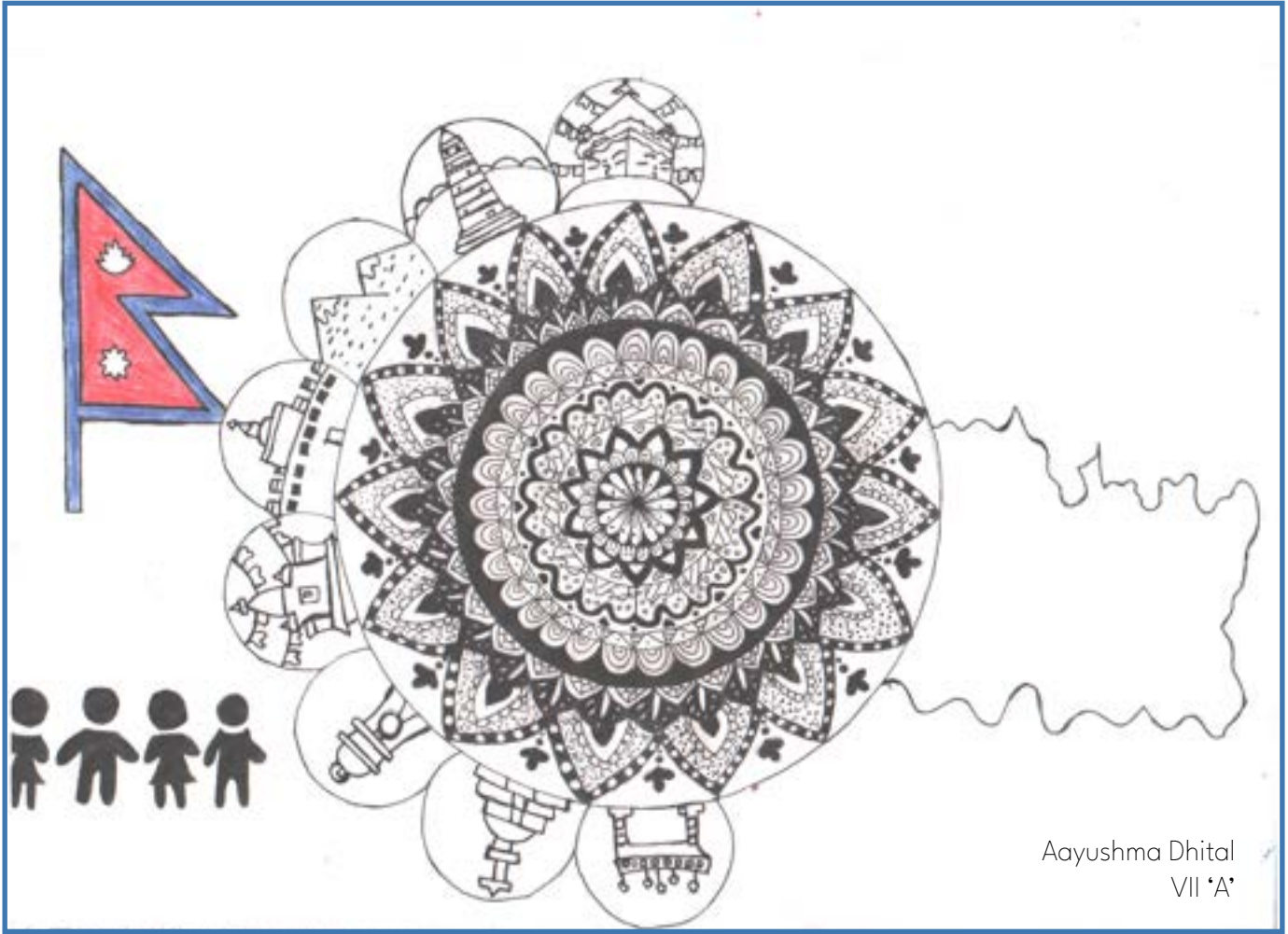




Abiskar Latula
V 'B'



Garima K.C
VII 'A'



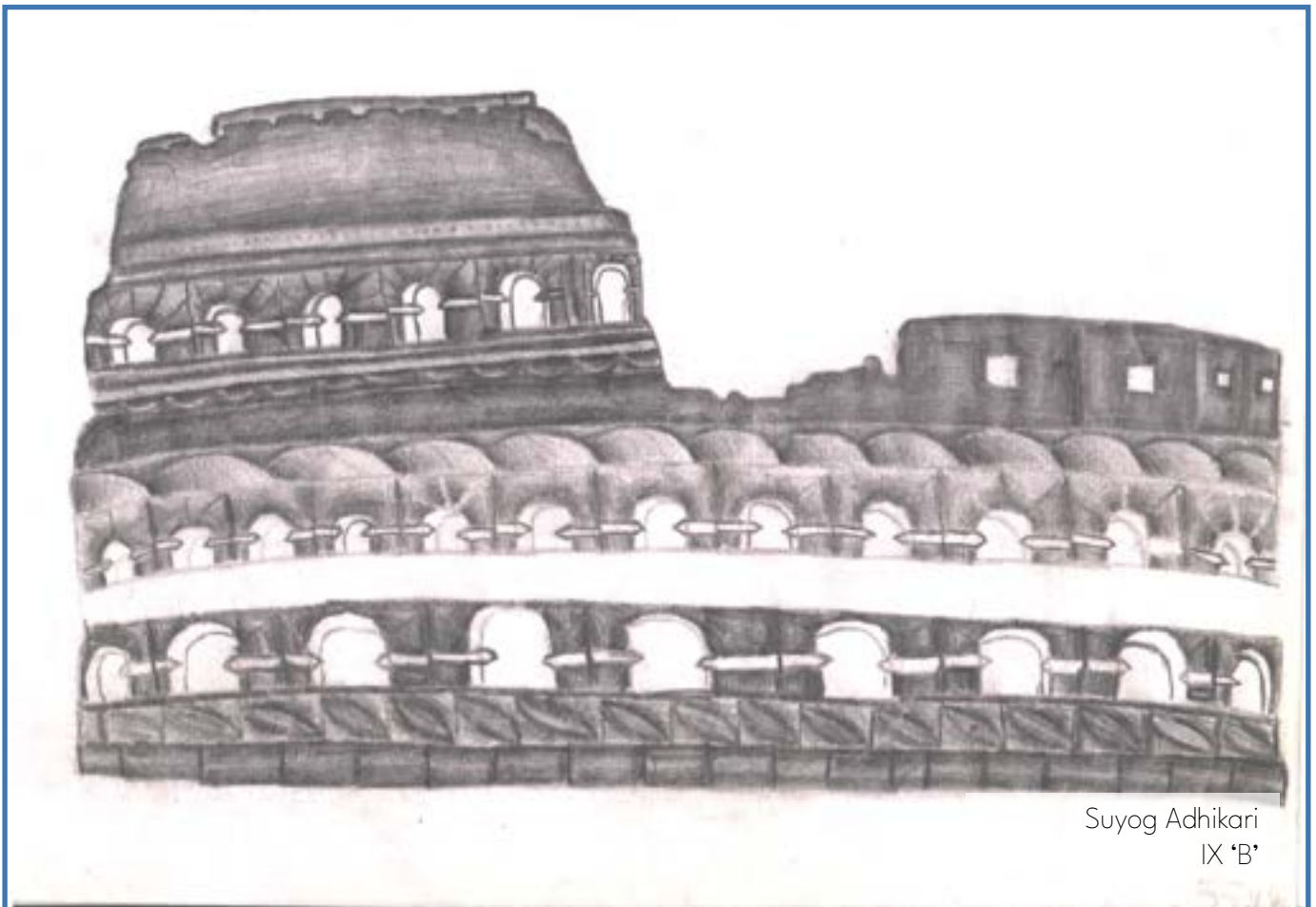
Aayushma Dhital
VII 'A'



Pratik Khatri
III A



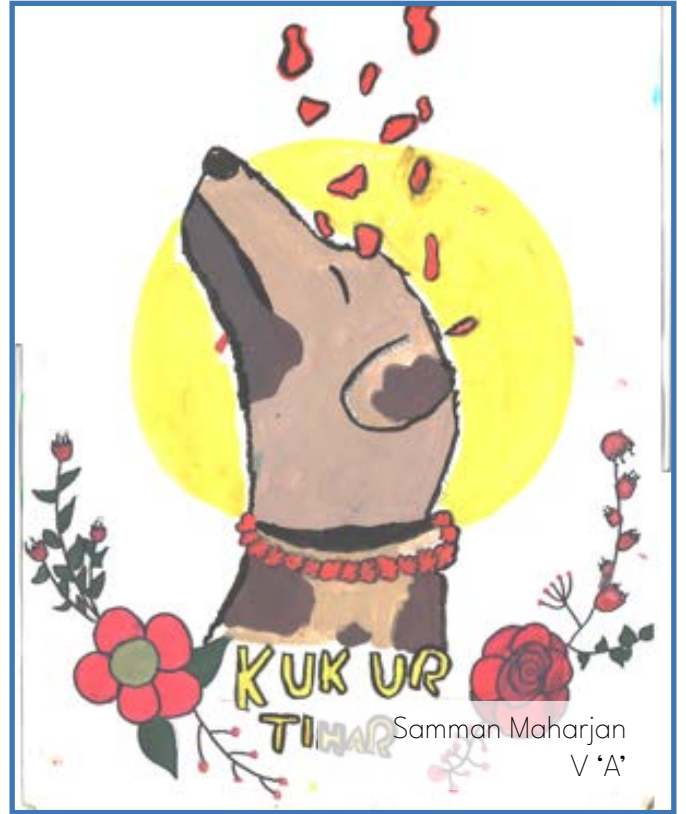
Avik Singh Thakuri
III 'A'







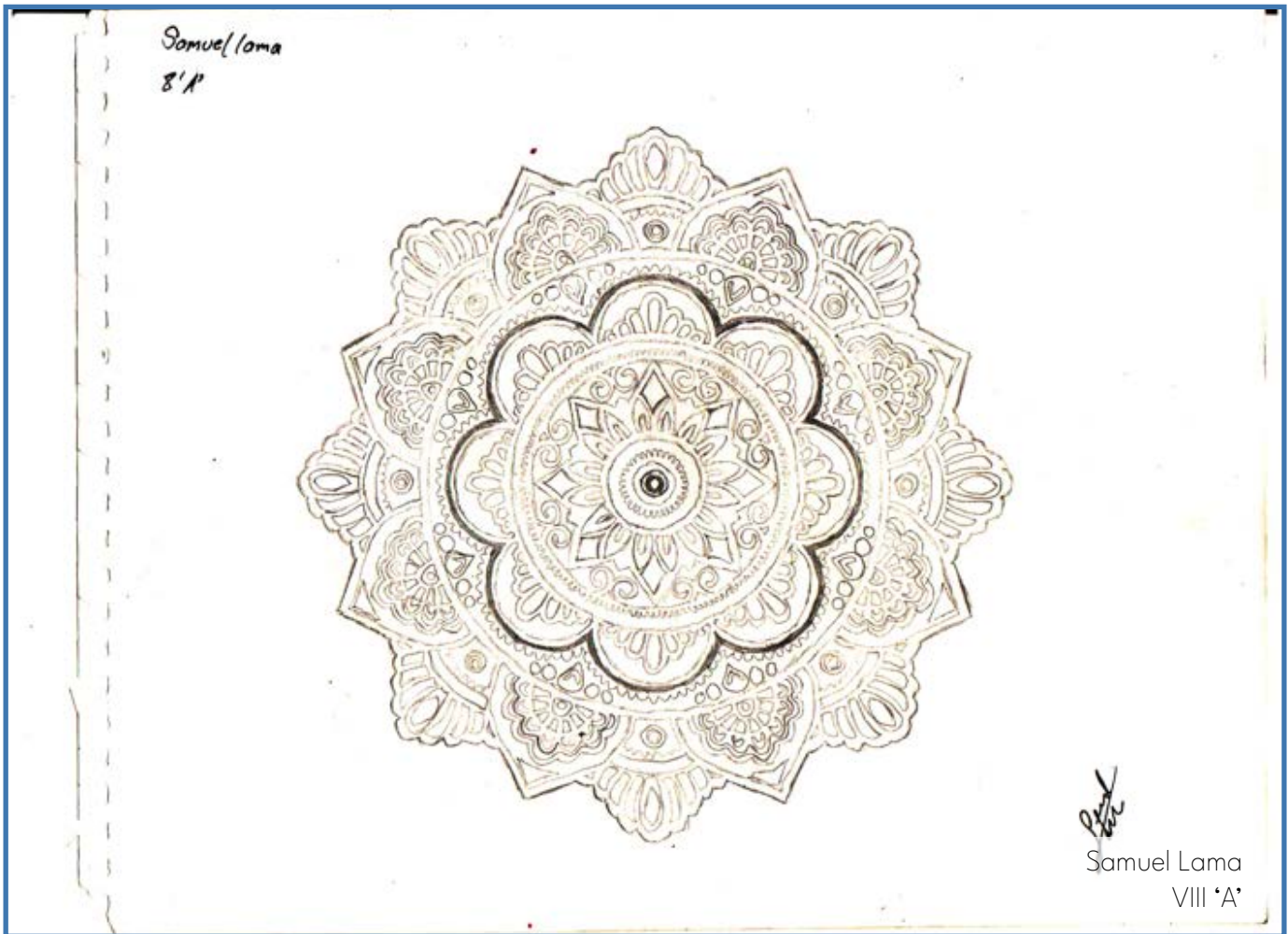
Jenil Shakya VI 'C'



KUKUR TINAR Samman Maharjan V 'A'



Sayujya Raut VI 'B'





Atithi Khanal
IV 'A'



Sarthak Limbu
IX 'A'



Anavi Shrestha
VI 'A'



Suprit Lama
VI A



Kavya Pathak VIII 'B'



Lakshya Man Shrestha
VI 'A'



Vedansh Gautam
II 'A'



Nuyang Rai
VI 'A'



Samman Maharjan
V A



Amulya Shrestha
VI 'B'



Kavya Pathak

210th Bhanu Jayanti



Celebration of Festivals



Childrens' Day



Classroom Activities



Environment Day



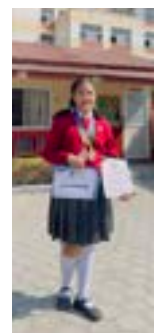
Healthy Competition



Outdoor Learning



Proud Moments of Award Ceremony



Science Demonstration Day



Yoga Day



Parents' Day 2080





SEE BATCH-2080 WITH CLASS TEACHER



Class: X A
Class Teacher: Mr. Nishan Gautam
SEE BATCH 2080



Class: X B
Class Teacher: Mr. Mani Raj Gurung
SEE BATCH 2080

My Mother

My mother is a very busy person. From morning to night, she works around the house, making sure that the house is clean. She takes care of the whole house and makes sure that we eat healthy food. After taking care of all the works, she even finds time to take care of the garden in the front lawn and the backyard of our house. She also takes care of our studies and is always there to help me and my brother, when we need support for our studies. I also help her in the house hold work. She guides me and teaches me good things. She stands by my side, when I need her the most. She makes me happy when I am sad. She is the best mom in the world and I love her.

- Aryaman Shrestha, I 'A'



Our School

The name of my school is Little Angels' School Day Boarding. It is in Hattiban. It has many buses and classrooms. It has good teachers. The environment is peaceful. My school has a big playground. We do many activities in the school. I have made many new friends in the school. My school is one of the best school and I love my school.

-Ayansh Tamrakar, I 'B'



My Bag

My mother brought a new bag for me. The bag is big in size. The color of the bag is pink and it is made of fiber. I keep my books and copies in my new bag. I carry it on my back, while walking on the road. I wash it regularly, so that it looks neat and clean. I love my bag.

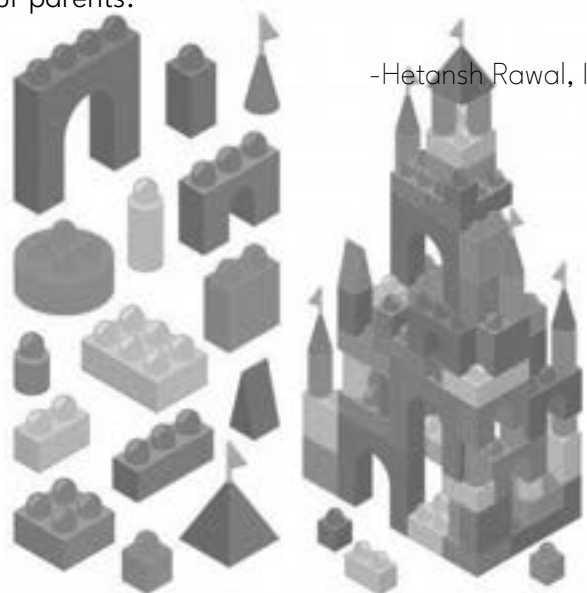
-Dipti Rai, I 'B'



My Favourite Toy is Building Block

Building Blocks is my favourite toy. Blocks come in different colours and shapes. I can make different figures from blocks. I love to play with my blocks. My blocks are made up of plastic and it is fun to play with. When I am alone, I play with my blocks and I make many things out of it. Playing with blocks make me think because I have to make different things with out of it. Once it is done, it gives me a lot of happiness seeing it. Blocks can be played anywhere, you don't need big space to play with blocks. You can play with your friends and you can also play with your parents.

-Hetansh Rawal, I 'B'





The Funniest Zoo Animal

Monkeys are the funniest zoo animals. They love to play tricks and make everyone laugh. You can see them swinging on the tree branches, jumping around and doing silly things. They play with each other, chase each other's tails and make funny faces. Sometimes, they mimic the people who are watching them, which is funny to see. They use their long arms and legs to swing from one tree to the next. Their playful nature keeps everyone entertained. Monkeys are also very smart. They love to eat fruits and nuts and it is funny to see them stuffing their cheeks full of food. Watching monkeys is

- Nivaan Maharjan, I 'A'

Losing My Teeth

I had my first wiggly tooth three months back. It hurt a little when I ate food. My father took me to a dentist.



The dentist took out my wiggly tooth carefully. I did not cry because I am a brave girl. Then, I went to my mother's office, she brought cake and ice cream for me. It was so yummy. The tooth fairy took my tooth and gave me colours and

story book. Now, I have a new tooth in my old tooth's place. I love my new tooth but miss my old one. We all need to brush our teeth to make them strong. I brush them, do you?

- Ojashwi Chitrakar Shah, I 'A'

My Best Friend

In our lives, we all have one best friend. I also have one best friend in my life who is very sweet and kind. Her name is Jeelen Karki. We met each other, when we both sat for the entrance test for our present school. We talked during the test for the first time and since then our friendship has grown and grown. At present, I know everything about her. I know her likes and dislikes. I know her favourite things. I know that her favourite color is pink. Her favourite food is Momo and she loves to drink coke. The best thing about her is her unconditional support for me. That's why she is my best friend.



- Samragyi Khadka, I 'A'

My Favourite Toy Car

My favourite toy is my car. It is red and blue in colour. It has four wheels. It has four windows and doors. It has four lights. It moves with a remote. My uncle gifted me this car on my birthday. I play this toy with my friends. I like it very much and I take good care of it. After I play with my car, I keep it properly so that nothing happens to my car.

-Sanab Chaudhary, I 'B'



Why I like to Read

Reading is my most favourite hobby. I like to read books because reading gives knowledge. I like to read all type of books. I have more than 90 books at home and I read a book every day at home. Reading books encourages me to learn new things. Books have interesting pictures, which makes reading so much fun. Everyone should read books.

-Saramsh Bhandari, 1 'B'



A Story about a Holiday

Oh No!!!
It's getting late, why am I still sleeping? Umm..... I need to go for poo or just for a pee. But, may be after a short sleep. Why are my parents not waking me up? Don't I need to brush my teeth, wash my face and eat my breakfast? No I still want to sleep. But I have to get ready for my school and I also have to catch my school bus at 8 am. How am I going to manage everything? Why am I still feeling so sleepy? Let me sleep for ten more minutes. Umm ...and there I went back to my room to

- Subhangi Nepal, 1 'A'



My Favourite Pet

I don't have a pet yet.
But I have a wish in my head
Which makes me to get a bed
For my puppy as my pet.

Puppy, puppy, my dear
I hope you come near
We will have fun everyday
And also enjoy in every way.

So, I wish, I had a puppy for my pet

- Subista Rajbhandary, 1 'B'



Myself

My name is Suryanshu Thapa. I am 7 years old. I live in Hattiban with my family members. My father is an army officer. His name is Rupak Kumar Thapa. He stays outside the valley and visits home after every two to three months. When he is at home, I feel good and happy because I get to spend time with him. When he is at home, he helps me with my work. He takes me for a long drive. He understands me very well. I know he works hard to fulfill my dream. He is my best friend who guides me through.

- Suryanshu Thapa, 1 'B'



My Mother Means the World to Me?



A person who means a world to me is my mother. She loves me a lot and takes care of me. She helps me out when I am in trouble. She always teaches me good things. She buys me toys, food, and clothes. She takes me to beautiful places. She makes me smile whenever I get angry or sad about something. I share everything with her. I want to make her happy and proud. I love my mother. She is the best mother in the world and she means a lot to me.

-Aarav Raj Singh Shrestha, II 'A'

Season

There are four seasons in a year. They are spring, summer, autumn and winter. All these seasons are special for us because they all bring with it, a certain freshness for us to enjoy. If one season goes then another season comes. One season remains for three months. Seasons are like a circle and cycle that has been going on and will go on and on, forever. Every season has its own unique weather condition and they are special in their own way.



However, spring is my favourite season. I love spring, since it is the most beautiful season amongst all. We see flowers blooming after the long winter sleep. Snow starts melting, giving way to greenery and colors everywhere. Everything comes alive during spring, unlike, winter which is cold. Spring brings with it warmth that make us feel so good. That's why spring is my favourite season. What about you?

-Aashna Pradhan, II 'B'

A Place I like to Visit

Chitwan National Park is the first national park of Nepal. It was established in 1973 as the Royal Chitwan National Park. In this park mainly three types of animals are found. They are rhino, elephant and tiger. This Park is also famous for one horn rhino.



Every year, many people visit this park. I usually visit Chitwan during winter vacation with my family members. During my visit, we stay in a hotel or in my relatives place. During that time, we make sure to go on a jungle safari, swimming and trekking. I like Chitwan very much and want to visit Chitwan every year.

- Aayushree Aryal, II 'B'

School Games

School sports are the best. In my school, we play different kinds of sports. We play sports like football, lawn tennis, basketball, karate and many more. My friends like to play karate, so do I. Karate is one of my favourite sport because we learn techniques to defend ourselves and to fight back, when needed. We all enjoy our school sports. Our Karate coach, whom we call guru, teach us different techniques and moves, so that we can be better in our moves. There are different forms of Karate but in our school the form that we learn is called Shito Ryu. My coach tells us that we have to become good and give our best in our games and only then we can represent our country in the world arena. That's why I give my best when we are practicing and one day, I want to represent my country in the world forum.



-Anvesha Shrestha, II 'A'

My Dream

I have a dream. My dream is to become a doctor or a minister of the country. I can make my dream come true by working hard, doing well in my studies, having a good behavior and by listening to my elders. Seeing dreams to be a successful person in life is very important. If I don't have dream, I will not be successful in life. And I want to become a doctor, when I grow up because they help and save the life of sick people, so, if I become a doctor in future, I will help and serve many sick people

My second choice is to become a minister because I want to improve hospitals and help poor people by providing them free checkup and medicine. I want to work for the poor, needy and sick people. Doing so, I will be helping my country and my people in times of need.

- Dipson Baniya, II 'B'



Who I want to be in the Future

I want to be an artist, when I grow up because I love painting. An artist is like a sea, filled with lots of feelings which they express through art. An artist creates beautiful images with colours and papers. They express emotions of anything that they come across, it can be nature, human beings or anything or even feelings that come into them. But for me, when I become an artist, I want to capture everything in my painting and through them, I want to show my feelings. I know that it is not easy to be an artist and I also know that I will have to learn many things to become a good artist but I am ready to work hard. I am ready to learn from teachers and friends and become a great artist one day.

- Prisha Dhakal, II 'A'



What If Toys Could Talk

If toys could talk, it would be awesome. I have many superhero toys that have amazing powers. If they could talk, they would be my friends. We would play together. We would fight with imaginary bad people and monsters. I would share my things and listen to their stories.

If toys could really talk, it would be the coolest thing ever. If my toy could talk, I would talk and talk with my toy. I would talk about my friends, the food that we had and what I did the whole day. I would also share about my teachers and how the class went by. But alas! My toy cannot talk, so I hug and feel good about it.

- Sakshyam Shrestha, II 'A'



.....

I enjoy reading books because I find everything about books very magical. I love reading them because the story of the book takes me to exciting places and introduces me to new friends and characters. I also love reading books especially the ones that have amazing pictures. Through pictures, I can imagine the story, the character and I just enjoy it. I learn new words through reading. I have a reading time at home and it is special because my whole family, we read together. I feel that books are like a treasure chest, full of adventure and fascinating stories and I know that I can use my imagination to enjoy them and no one can stop me from reading them.

- Sejun Ghimire, II 'A'

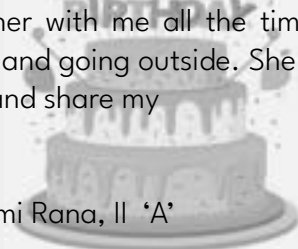


My Special Birthday

My birthday is the most special day of the year because I am made to feel extremely special on that day. Every day is special but my birthday is a special event for all of us. I receive, so many new dresses and I am flooded with gifts. Everyone makes me feel special on that day, their love for me doubles up, which makes me feel so good. I know all my birthdays have been very special but if I have to pick up one such birthday, which was more special than others, than it was my sixth birthday.

The birthday was extra special because I got my favourite toy on that day. Any guesses on what I got that day. I am sure it will be difficult for you all to guess. It was my favourite toy, which was packed so beautifully. I had not expected the toy but when I carefully unpacked the box, I was so happy that I gave a big cry. I saw my favourite toy, my penguin. It was big and it was in pink in color. I just could not believe it and I immediately named it Rosy and she is pretty. I keep her with me all the time like while sleeping, eating, and going outside. She is my friend; I play with her and share my

- Samriddhi Rajya Laxmi Rana, II 'A'



My Pet

I have a pet fish at my home. His name is Kaluwa. His body is black but fins and tail are orange in colour. Kaluwa belongs to shark species. I love to observe Kaluwa during my free time. Sometimes, I miss Kaluwa when I am at school. Every morning my mother feeds Kaluwa and takes care of it. I also make sure that I spend time with Kaluwa, as such after finishing my homework I give food to Kaluwa before bedtime. I love my pet Kaluwa very much and also want others to love and take care of their pets.

-Selima Maharjan, II 'A'



My Favourite Teacher: Chhatra Ma'am

I joined Little Angels' School in grade one, when I was five years old. On the first day of my school, I was very nervous and scared. I came to school with my parents and I met my class teacher Chhatra Shrestha ma'am. She held my hand, hugged me, and said, "Chhora please don't cry". This made me happy and very comfortable. She always treated me well and taught good manners. She always encouraged me to be better. I am very lucky to have the most amazing teacher like Chhatra ma'am. She is not just a teacher; she is a caring mother and best friend. At present also, she encourages and motivates me to participate in all school activities. She is my confidence booster. I will always love and respect her.

- Vedansh Gautam, II 'A'



Thank You Teacher

Thank you teacher
 You are so kind
 You give me joy
 And peace of mind
 You help me dream
 You give me hope
 You teach me so
 I will not mope
 You give me strength
 So I can see,
 A future that
 Belongs to me.
 A future that
 Looks really bright
 Thanks for showing
 Me the light



-Abhina Shrestha, 3 'A'

Why I love to Sing Song?

From the deepness
 of my heart.
 The question rises
 why do I love to sing?
 I like to sing
 because it's fun,
 my voice is nice
 and singing means everything to me



-Bhoomika Kadel, III 'A'

My Parents Means the World to Me

My parents means the world to me.. When my days are ruined my mum cheers me up and my father always takes care of me. They both work very hard for me. They spend so much on me and they make sure that I get everything. We even travelled to Korea, though it was an expensive trip but they did it for me. My parents will do anything for my happiness. That is why they mean the world to me. I love them a lot and I will also make sure that I am the best daughter in the world.

-Rijwana Giri, III 'A'



My New Friend

The name of my new friend is Rayhanna Karki. She is 8 years old. She is actually my cousin sister but we get along very well just like friends. She studies in St. Xaviers School in grade 3'A'. We do so many things together like playing games and she also loves playing football. She is very intelligent. Her favourite subject is English. She is very helpful. She always speaks the truth. She also helps me in my studies. We play together and I have learnt so many things from her. I am so happy to have her in my life.

-Subhashree Maharjan, III 'A'

School Games

The indoor and outdoor games that we play are called school games. In school, we play both indoor and outdoor games. Indoor games like Ludo, chess, carom board, Chinese checker are usually played in the break time. We play indoor games when it is very hot outside. We play them in the classrooms or in the corridor. The indoor games does not take too much space and it is easy to play anywhere. Outdoor games like football, lawn tennis, basketball etc. are played as part of ECA. We also play football during short breaks. Playing games help us in problem solving skills. It teaches us to play in team and also plan. Different games improve our knowledge about the games. Games also help us to be physically strong. I feel that rather than just sitting idle, we should play one or more games, to keep ourselves active.

Singh Thakuri, III 'A'



My Journey as a Lawn Tennis Player

Tennis originally was known as Lawn tennis, and formally still in Britain, because it was played on grass courts by Victorian gentleman and ladies. My journey as a player began when, one day my father brought for me a tennis racket and tennis ball. Initially, I

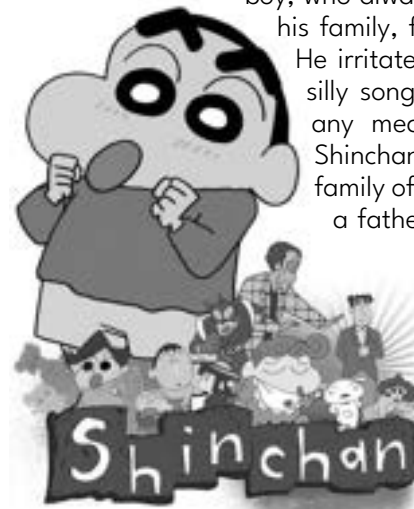


was in the basketball team and I played very well. However, on receiving the tennis racket and the ball, I got curious and excited so, I requested the school tennis coach, if I could try tennis. He obliged and very soon, I realized that my excitement for learning the sport had turned into a passion. Soon, I started training very hard, and also participated in the tournaments that came. I must say that I am good at it, since I have already won in the tournaments that I have participated. After playing all of this matches, I have learned the value of hard work, the art of controlling the game by being mindful, the art of mastering the skills and most importantly the value of having parents, who are extremely supportive and encourage me to play Tennis.

-Tavishi Rana, IV 'A'

A Cartoon Character that I Like

My favourite cartoon character is Shinchan. Yashito Usui a Japanese artist is the creator of the character Crayon Shinchan series. He also wrote the story about Sinchan a five year old boy. Shinchan is a mischievous boy, who always creates problem for his family, friends and neighbors. He irritates everyone by singing silly songs; which doesn't have any meaning attached to it. Shinchan comes from a small family of four members. He has a father, mother and a small sister. The name of his dog is Shiro and he loves his dog and his grandparents. Shinchan's favourite cartoon is Action Kamen which he believes to be true.



-Jasmin Pradhan, IV 'A'

Do I Want to be Famous?

I want to be famous because I don't want to live a life, where I go unnoticed. I want people to know me. I want to be someone in life. So, I've chosen to become a Youtuber. I created a YouTube channel, where I have posted videos, shorts reels etc. The name of my channel is Unesh Ronaldo. I am not the only one, who has created a channel, I have also noticed that my neighbor and my friends have created channels. So, we have a lot of fun creating YouTube contents. We also competed to see who would get more subscribers. After a considerable amount of time, I won the race and got more subscribers. At times, when no one subscribed, I felt like giving it up but I did not lose hope and today I am fine with the



number of subscribers that I have.

The best part about the whole thing is, I have made more new friends. New friends made while making YouTube shorts. They also enjoyed my videos and we chatted in the comments for a while. In the class, I was asking everyone to subscribe to my channel and some of them did and some did not. At present I am not using the phone, all because of my mum. She noticed that I was spending, so much time on my phone and she said no more using phone, so I stopped. However, during my session break, I am planning to use my phone and before that I have to give more time to my studies, since my exam is nearing and I have to get good marks.

-Unesh Magrati, 4 'A'

‘What if there was No Electricity?’

Close your eyes and imagine a life without electricity. You all must be thinking, what? A life without electricity. Impossible, will be your answer. Yes, impossible will be our answer. At present, we just have to look around, and we see functions and comforts that are entirely because of electricity. To think of a life without electricity is almost impossible today. We find ourselves completely helpless in a situation where there is no electricity. Our day starts and ends with it.

Electricity has made life easy for all of us. Look around and see how electricity has transformed the way normal household chores function thereby making our life easy. The use of electric run gadgets has not only made life easy but it has also changed the way, we plan things be it family gatherings and others. It has also made communication easy. We don't have to go out to know, what is happening in which part of the world, we just have to switch the TV and we get all the news. Electricity has also changed the way

we communicate with people. At present because of the invention and electricity charged mobile phones communicating has become so easy. We easily know the where about of our near and dear ones and especially during emergency, it is a blessing for us.

So having said so much about the positive aspect of electricity, I just want to add that life will not be the same in the absence of electricity. Our civilization has flourished so much because of it and we will see more development in the coming days. All thanks to electricity.

-Shreeya Rajya Laxmi Rana, IV 'A'



Do I Want to be Famous?

There are famous people all over the world. These people have worked hard, extremely hard to reach where they are now and at present they are reaping the benefit of their hard work. They are famous and known to everyone. So, I do want to be famous? Let me see the pros and cons of becoming famous and then I will decide.



Many times, famous people because of the work they have done or for their contribution towards the society, they are invited to events. Some of the events are lavish in terms of richness. Sometimes, because of the work they have done, filmmakers approach and ask them to act in movies. Many times they play their own role in the given movie

The bad side of being famous would be the pressure that comes from society and people at large. There are people who like you and people who don't. So, you have to be brave enough to face both.

So after going through both the pros and cons of becoming famous, I feel that it is not about just being famous but it is about doing good things and by doing so, if people recognize you, then it is perfectly ok.

-Abhina Shrestha, III 'A'

An Amazing Animal

The Japanese spider crab known as macrocherria kaemmpferi in Japanese is a specie of marine crab that lives in the water around Japan. It has the largest known legs pan of any arthropod. It grows to three main larval stages a long with a prezoeal stage to grow to its great size. The genus macrocheria contains multiple species.

I also want to add that there are many amazing and diverse animals each having a unique qualities living in this world. Our responsibility is to take care of them and save them

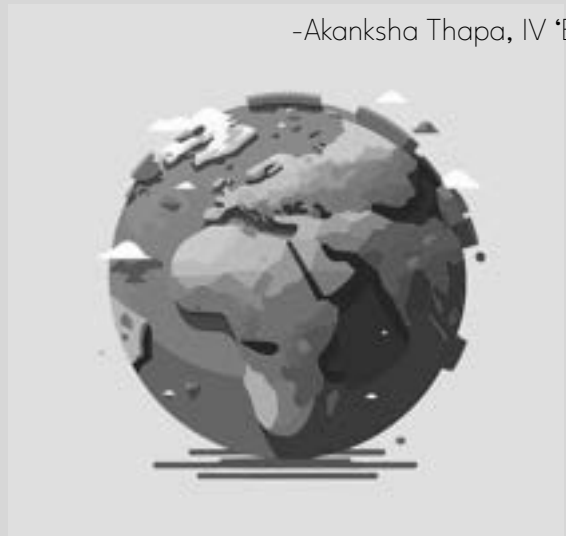


-Rubek Dura, IV 'B'

Earth

Earth is a planet powerful and strong,
 Many people live here happily with fun
 Trees and plants are growing super-fast,
 Trying their best not to be last
 Clouds are high in the sky
 Star is shining super bright
 Sun is giving heat and light
 Animals are sleeping at the night
 Mountains are big and very white
 Oh! Look what a beautiful sight

-Akanksha Thapa, IV 'B'



Pokemon

In the cartoon Pokémon, we can see many characters like Pikachu, Bulbasaur, Charmander, Serviper, Zangoose and many more. There is a boy, his name is Ash and his first Pokémon was Pikachu. He likes to roam around the cities and make new friends. Interesting fact about Pokemon is that they have battles and one such



battle was fought by Ash with his gym leader because he wanted to become the Pokemon master. There are many legendary Pokemon like; Arceus, Dialga, Palkia, Giratina and Pokémon like Moltres, Zapdos, Articuno are the rare Pokémons. Besides them, we also have the legendary Pokémon's like Groudon Kyogre.

I like Pokemons because I like the character of Ash. He is someone who is very brave. He fights all the battles bravely. His Pokémon also fights the battle along with him. They are both a very good team. Sometimes they fight with other strong Pokemons and they fight with all their strengths. They do not give up easily. In life, too, we should not give up easily. We should fight for what is right and move ahead in life with bravery.

-Kavish Khadka, IV 'B'

Creatures that Live in the Ocean

What is ocean? Oceans are big and vast bodies of water that contains lots of sea life. Some people also call them big swimming pools. The oceans can vary up to 2-6 thousand miles.

There are thousands of creatures living in the ocean. Names of oceans are Pacific Ocean, Atlantic Ocean, and Indian Ocean etc. The earth's oceans cover about 139 million square miles in total. As for the numbers of species living in the water, we can estimate that there may be hundreds or thousands to millions of marine species living in the oceans. The deepest part of the ocean is the 'Challenger deep'. There are different species in the different part of the ocean like shark, dolphin, starfish etc. the largest animal in the ocean is the blue whale. There are limit less possibilities



of different ocean creatures because we have only explored 5% of the ocean. I hope we find more ocean creatures.

At present more and more creatures in the ocean are facing threats from human beings. There are creatures who are on the verge of disappearing from the ocean and are fighting for survival. It is important for all of us to understand that all the creatures that are found in the ocean or above, have a right to live, have a right to survive. We, all have to think about them and realize that they are beautiful creatures and we need them to balance our eco system. So, we need to be more aware about it and work towards saving all of them.

-Sharad, Shrestha, V 'A'

My Mom and Dad are the Greatest?

When I think about the definition of strong people, the first people that come to my mind are my parents. They are the strongest parents that I know. I have one younger brother and we are not always appreciative about what my parents do for us. Our parents do so much for us but we are never grateful. But, no matter how ungrateful, we are to our parents, they never stop taking care of us. When we are sick they are there for us. When we need them be it at night or day, they are always there for us but still we do not appreciate them



I know and realize that at times, I am very hard on them but I miss them especially when I reach home after school. Coming to an empty home after school, I feel sad and miss them and wish they were home but they have to work and look after our business. They have to take care of me and my small brother, as such they

have to provide for both of us. They never take break from their responsibilities. Growing up, I didn't like having another kid in the house but now looking back I realize that I always had someone to play with and I love my younger brother. Another reason, why I feel my parents are strongest is because of the way they tackle situations. They face challenges that come their way with a smile and they move ahead. Though, they are so busy, they have never neglected us and has always been with us at times of need.

My parents are busy but still they have attended all our school programs. Till date, they have never missed our programs. They support us with anything and everything that we want to do. They encourage us to do whatever that makes us happy no matter what it is. They love us unconditionally and that is something that I will also do when I have kids of my own. I love my parents and that's why I think they are the greatest.

-Evan Maharjan, V 'B'

Laughing is the Best Medicine

One of the best thing in the world that brings cheer to our life is our laughter. Laughter is an output of our extreme emotion that comes after a humor. It can be a joke that you have shared with someone or vice versa. It can also be a funny situation involving you or someone else. Laughter is said to be a great cure for people suffering from depression and anxiety. If you always keep laughing and smiling, you add up to the happiness of people around you. People do not want to be sad or gloomy or be surrounded by people who are always sad.

At present people are really talking about the positive impact of laughing. It is said that laughing relieves you from stress. Not only this, when you laugh, you feel that a lot of tension has been released. Not only is this but the list of the positive benefit of laughing is long. So, when laughing can do so much for your health, why not laugh, be happy and make others happy.



- Rubisha Khadka, V 'B'

My Favourite Cartoon Character is "Roronoa Zoro"

Zoro is a character from the cartoon serial "One Piece". There are many characters in the serial but my favourite character is Zoro. He was born on November 11. Zoro's dream is to be the greatest sword's man. Zoro

uses three swords at once. Before Zoro joined Straw hat pirates, he was a pirate hunter. Zoro's bestfriend is Luffy. Zoro lost his parents, when he was 8 years old. Zoro has lost his fight against Mihawk. When he lost the fight he felt very bad but he did not give up.



The thing that I like most about Zoro is his positive attitude. His parents are dead but he is still strong and brave. He knows he is very

young but he fights against other people and he fights to win. He knows what he wants from life and he does not mind working towards it. He also respects his elders and he is a person who always keeps his promises. He helps people who needs his help and he is brave and strong and tomorrow when I grow up I want to be like him.

-Yubraj Mandal, V 'B'

The Real and Imagined World of Dinosaurs



Dinosaurs, creatures that once was said to have ruled the earth captures the imagination of generations. While the real world of dinosaurs can be seen through fossils and scientific discoveries, our imaginations on how we see them sometimes differ. However, scientific proof, allows us to think how they looked like. The magic that, we humans carry has allowed us to

view fiction in an exciting way. From movies like “The Jurassic Park” to many cartoons and story books we see and read, we find how writers have been imagining them, filming them and bringing them in front of us to visualize them more. We are given many information on this creature, however, it is for the person to entirely agree, be convinced if they existed in the particular way or to discard the whole thing. Moreover, the untold stories of the past is always a mystery to future generations. This puzzle allows us to connect with a time when earth was a different place for the creatures that evolved.

-Lakshan Pathak, 5 'B'

Green Washing

Climate change is the most pressing issue in today's world. As scientist urge governments and individuals to take drastic action to tackle the climate crisis, many companies want to show that they are playing there part too. However, not every business is as green as it claims. What is green washing and how do we find out which companies are hiding dirty secrets from consumers? Green washing is when companies try to look more environmentally friendly than they really are. In order to appear “green” they may make dishonest or misleading claims about their products that trick customers into supporting them, thinking that by doing so, they are also contributing towards protecting the planet.

Green washing is far more common than we think. From food brands like Nestle to car companies like Volkswagen, many businesses have been called out for green washing. It is important that we be on the lookout for these dishonest practices so that we can hold companies accountable. Question arises how do we spot Green washing? Fortunately, some governments and environmental groups are working to protect the public. Some have taken legal action against companies that green wash, such as Coca cola and McDonald's. Some government bodies, such as the European Union are planning to set stricter laws to regulate environmental pledges. This makes it harder for companies to make false claims.

As consumers, we have the power to stop green washing too. First and foremost, we can start by avoiding, buying products from companies we cannot trust and can choose to support more ethical businesses instead. To do so, we can look for credible labels or certifications on their products or websites. These certifications tell us about the products and practices of specific company. For example, you may have heard of the fair-trade label before, which guarantees us consumers that workers received fair payment while making the product and also ensuring that the product is sustainable.

When in doubt, we can also go online to find out more background information about the company

selling the product. We are a part of this world and it is the responsibility of everyone to take care of the environment. Let's create awareness about this practice and feel good that our environment is safe.

-Kripa Simkhada, VI 'A'

When I was Lost

I found myself in the middle of a crowd, panicking and wondering where I was. After a few seconds I snapped back to reality and realized I was lost. I started to think how and when did I get myself into this situation. Then I remembered that a minute ago, I was holding my mother's hand, while walking in the middle of the crowd, when I saw a balloon animal. I got so attracted to it that I accidentally let go of my mother's hand. And now, I was lost in a crowd because of my carelessness. I looked around and I just did not know what to do. I felt my heart rate increasing, my breath getting heavier with every second. I felt panic, rushing through my body. I was just a kid, stuck in an unfamiliar crowd full of adults and teenagers in an unfamiliar place. I was always a protected kid and for the first time, I had landed myself in a place with no one to protect me. I was always a tough kid and often told my mother that I could face crowds alone. Until now, when I realized that saying and really experiencing it, was two different things. I was lost in my thought when a young girl probably around sixteen years old was asking me, if I needed help or if I was lost. I nodded my head and told her, I was lost and couldn't find my mother. She noticed that, fear was written all over my face, I was panicking, so she gently



picked me up and went to an office, where lost kids were reported. I don't remember much about the office, since I was only 6 years old at that time. I remember, the guard asking my name. I told him my name. After a few moments, I could hear loud announcement being made

over the loudspeaker. I heard them calling my name and asking if my mother was around. I clearly remember the announcement which was “We have a six years old child with us. She says her name is Anushka Gurung. If her mother is listening to this announcement, please contact us”. After what felt like eternity of waiting, I finally saw a women crying and approaching towards me. The women was my mother. I never felt so happy and ran towards her and we hugged each other. I never felt so safe again in her arms.

-Anushka Gurung, VI ‘A’

How I Picture Myself in the Years to Come

Handsome, good looking and dashing are few words that people want to be described as, as they grow older and it is natural for people to feel that way, as they grow older. And if not all the qualities, people wish to have at least one of the qualities mentioned above.

However, I perceive myself to be different. My take on how I want to look in the years to come is different. How I picture myself in the coming years differ from many individuals. Everyone wants to become successful in their lives including me, but I also want to achieve something different from life. I want to help people who are in need of my help. I want to share ideas and teach people to be creative. I want to teach people to be skillful, so that the skills taught can give them something in return. In the years to come I want to grow up honest, humble, respectful, trust worthy and a selfless person. I am maverick and also innovative minded. So I want to work with innovative people and help them to do something different in life. So, in the years to come, I aspire to be involved with my society and people with a good purpose of making them better.

Coming to my studies I really want to do extremely well in my studies and become a doctor or a scientist to serve more people. Like, I mentioned above, in the years to come, I really want to achieve success

-Abhinab Pandey, VI ‘A’

Taylor Swift

Everyone has an idol, a person close to his or her heart. Someone, whom she looks up to. Someone who is her favourite amongst all. My favourite person is Taylor Swift. She is my favourite singer. Her actual name is Taylor Alison Swift. She was born on 13th December 1989. She grew up with an interest in singing. She started singing when she was as young as 17 years old. She grew up on a Christmas tree farm with her parents.



She has almost about 12 albums now. Some of the names of her albums are Red, Fearless, lover, Taylor Swift etc. Her first album was released in 2010; she named her first album after her name Taylor Swift. She is now 33 years old. She has sung around 120 songs. Some of her popular songs are: “You belong with me”, “Antihero”, “Blank space”, “Cruel Summer” to name a few. Her favourite colour is purple. Her lucky number is 13. She has over 53.8 million subscribers on YouTube. Her fans are called Swifties. I became interested in Taylor Swift because of her voice.

She is my icon and I love her because she is not just an icon and followed by so many people but she is an amazing person. She is a singer, song writer, a businesswomen, a social influencer and a philanthropist. She writes her own song. She has won Grammy awards, in fact she has 14 Grammy awards to her credit but beneath all that she is such a humble and good human being. She donates to the needy and helps her friends, who are in need of help. She also gives her voice to issues that matter most to her. She is very vocal about issues that she feels, need to be addressed. Besides being a great singer, she cares for her fan. She is kind, funny and pretty. Swift being a talented singer impressing, amazing and a successful singer. So not just a singer but many good things that’s why she is my icon and I idolize her

- Nistha Shrestha Kapali, VI ‘A’

Honesty

Open communication is the foundation of a healthy parent-child relationship and honesty forms its base. When parents are truthful with kids, they foster trust, understanding and a sense of security. Honesty creates an environment, where children feel comfortable expressing themselves, knowing that their concerns are met with sincerity.

Being truthful about life challenges, achievements and even mistakes allow parents to convey valuable life lessons to children. Children learn resilience and problem solving skills, when they face a lived situations and many times honesty, sets an example for integrity, encouraging children to embrace truthfulness in their own lives.

In an era, where misinformation abounds, honest parental guidance becomes a compass for navigating the complexities of the world. By fostering a culture of transparency parents empower their children with the tools to make informed decisions, promoting a bond build on trust, understanding and mutual respect.



-Pamila Joshi, 6 'A'

How I Picture Myself Four Years from Now

Everyone wonders "I wonder what I'll be in future". I am not really worried about how my life will turn out to be in ten years from now but I can definitely picture how I will look or will be in four years from now. I know I will be a little older, I'll be 16 years old. I will be in grade X. Since, I play Karate, I am sure by then I'll be brown belt holder. I will be big enough not that big but big enough



to help my parents in their chores and work.

Talking about my family members, my brother will be in bachelor 2nd year, my mom working as usual and my father also doing his own work. Coming back to me, I think I'll be better in my studies and since, I will be in grade X, I will be studying more. By that time, we will be in our new house, well settled.

In conclusion I'll be a better student and a better person. And to be better in four years from now, I will have to work from now. But I am a good person, so I just need to focus and continue with what I am.

-Sahashra Thapa, VI 'A'

My Travel Diary

I have travelled the length and breadth of Nepal. I have been to, as far as Baglung in the west and as far as Kakarbhitta in the east. I have travelled to many places of India, be it Mumbai, Kolkata, Meghalaya, Tripura, Agartala to name a few. Most of my travels centers on religious sites of that place. However, one thing that I have experienced in all the visits that I have had so far was my excitement to it. I have always looked forward to all the visits that I had so far. So, sharing some experiences of my travel with you all.

I have fond memories of my visit to Mumbai. We were a big group of 10 members and the purpose of the whole visit was to see Mumbai and to visit Shirdi, the place of Shirdi Sai Baba. We visited Siddhi Vinayak, the revered temple of Lord Ganesha. Went to see Bollywood actor Sharukh Khans place and had so much fun playing with water with my cousins in all the beaches that we visited. We travelled to Shirdi and though the place was hot, it was nice. We visited the temple and we also came across many Nepali speaking people, though they were not from Nepal. However, the best part of the whole travel was the fun that we all had in the theme park Imagica. Actually, we were supposed to go to Goa but in the last minute, we cancelled the trip and instead, my elders decided to go the park. The park was so amazing and I had never seen such an amazing park in my life. It was a never ending fun and never ending area. The area was that big. By the time we left it was dark and we came to know that we still had Snow Park and lots of rides left. Since, all of us were so tired, we decided to visit Snow Park during our next visit to Mumbai. I was disappointed, so were my cousins for not visiting Snow Park first but there is always a next time.

Like during this Dashain, I visited Janakpur and the famous Janaki temple. We also visited the famous Gadhimai temple of Bariyarpur in Bara district. After we completed these visit, my parents decided to travel east. We stayed in Itahari and from there we headed towards Kakarbhitta. After reaching Kakarbhitta, my parents decided to visit Darjeeling. However, they were not very sure but finally they decided and we were off



to Darjeeling. We booked a car and we first reached Siliguri. After reaching the place, we again booked a different vehicle and we finally started for Darjeeling. Darjeeling was something, which was so different. I had heard a lot about the natural beauty of Darjeeling but it was nothing to what I saw with my eyes. Breathtaking is one word that I will use to describe the place. We went to Batase and in front of me was the breathtaking Mt. Kanchanjunga, standing tall, beautiful and majestic. We took many pictures of it and with it. Soon after, we went around the town and explored the area. We had a very good lunch and after staying and exploring the area, we decided to return. By evening we were back to Siliguri. We stayed in a hotel and next day, we were back to Karbhitta. Very soon, we were back on road, enjoying the melody played in my car which reflected the memories that I had of all the places that I visited, especially Darjeeling.

Next time, I will come with more exciting travel news, so till then have patience.

Abhisri Chhetri, VI 'A'

What is good about Hard Work?

Hard work is the driving force behind achieving goals and making dreams a reality. It allows individual to develop their skill and overcome obstacles through determination and effort. It not only enables skill, development, personal growth etc., but a strong work ethic and ability to face challenges. The respect and recognition earned from hard work opens doors for new opportunities. Ultimately, hard work gives us recognition accomplishments, which is deeply satisfying. Hard work always pays leading to happy life. The work you did can be considered a hard work, whether you do it effortlessly or by thinking a lot. Hard work helps us know, that if we want something, we have to work hard for it. So here is a quote "If you have a dream to chase no one can stop you but you have to work hard for it". In the end, fruits of hard work can make a path of successful life where the rewards of one are acknowledged. There is no substitute to hard work. And in life if you want to achieve something you have to work hard.

-Rijan Budhathoki, VI 'A'



Positive Impact of Well-Organized & Respectful School Environment

according to me. For me a school has to be well organized. When a school is well organized, you will find everything in their rightful places, as such you will not waste time looking for them. In a well-organized school, everyone knows their responsibility very well creating less chaos in the day to day functioning of the school. When the school is well organized, class rooms will also follow the same, as such the students will know, where to keep their things and will not waste time looking for it. This will help them to focus more on their learning and exploring new ideas. The students will also take care to keep their classrooms clean. A tidy classroom and clear routines makes will make school days more enjoyable.

Now let's talk about respect, when we treat each other with kindness and understanding, it will create a positive atmosphere in the classroom and the whole school. In a respectful school, everyone's ideas will be valued and we can express ourselves without fear. Everyone feels included and valued. This makes coming to school each day something to look forward to!

The last feature that I have included is discipline. Discipline lays a crucial role in a well-organized and respectful school environment. In a disciplined school, students understand rules creating an atmosphere that maintains focus on being responsible and respecting everyone.

In conclusion, let's appreciate the order in our classrooms and the respect we show to each other. They make our school experience not only educational but also a place where we can grow as individuals and friends.

-Dean Sagar Panta, 6 'B'

Ronaldo: The Birth of a legend

Cristiano Ronaldo, a name synonymous with greatness in the world of football, was born on February 5, 1985, in Funchal, Madeira, Portugal. From playing street football as a young boy to becoming one of the greatest players of all time, Ronaldo's journey is extraordinary. Starting his professional career in Sporting CP in 2001, Ronaldo's significant achievements include numerous individual trophies during his time with Manchester United in the 2008/09 season. His rivalry with Lionel Messi during El Clasico matches between Real Madrid and Barcelona heightened his global recognition. He won multiple championships, including five Ballon d'Ors. Ronaldo's story teaches us that passion triumphs over money and to never give up."

-Samyam Ghimire, 6 'B'



My School Trip

Education is the sole pathway to acquire wisdom, essential for leading a good life. There are various ways to gain education—formal, informal, or other means. In modern society, we are fortunate to access superior education aided by modern technology, advanced information sources, good books, well-trained teachers, efficient management, a conducive environment, and more. These facilities and devoted services help children to understand and grow in accordance with the future needs of society or a nation.



Something, I deeply admire is the significance of widening our knowledge and understanding through field trips. Schools, as primary institutions for children of our age group, play a crucial role in organizing these trips. Little Angels Day Boarding School, known for its responsibility, fame, and development, meticulously plans the calendar to provide each class and student the opportunity for educational trips based on their levels and needs.

One such memorable trip lingers in my mind, as a fresh scent of bright flowers. We explored the rich heritage and history of our country, Nepal, by visiting the National Museum (Chauni Museum) and the Military Museum. The experience overwhelmed me with the rich history, offering glimpses into our fantastic past, unmatched arts and culture, and the sacrifices of our great ancestors and heroes of our country.

The museum, housed in a historical building constructed by General Bhimsen Thapa in the early 19th century, was initially named Chauni Silkhana, meaning "the stone house of arms and ammunition." Popularly known as Chhauni Museum, it was opened to the public by Rana Prime Minister Juddha Shamsheer. Besides its historical artifacts, the museum boasts an auditorium with a seating capacity of 142 participants, equipped with comfortable chairs, a podium, audio, and lighting facilities.

This trip proved to be truly fruitful one for me. All students and teachers not only learned but also thoroughly enjoyed the experience.

-Sudakshya Raj Lama, VI 'B'

Sustainable Energy: Strategy for the Future

Have we ever thought, how our future world will look like? We may imagine flying cars, or high rising building, however much of it, will depend on present situation of our world. As of today, we have used most of the available resources that we have and very soon resources will be scarce. As such people and countries are now moving towards sustainable energy.

At present, the world is facing acute air pollution, over crowdedness, resource depletion because of overuse of resources and if things are not prioritized, ignored by international organizations the result is going to be disastrous, as such everyone needs to work towards saving the environment, resources and our environment. However, we also have to understand that countries need to develop and for development, we need resources. But resources are depleting and if we finish what little resources is left, our future generation will suffer. So, countries are now resorting to sustainable energy. Countries are now looking for alternative energy like solar energy, wind energy, hydro energy, which are all different forms of natural energy. They are renewable and clean energy.

In Nepal, we have so many hydropower projects, Hydro power projects through which electricity is generated and at present, we also export electricity to our neighbouring country, India. Besides, water energy,



solar energy is also being tapped by countries for their development. We have countries like China, United States, Germany, Japan and India to name a few, who is working in this area.

Besides, there are so many countries in the world that has gone 100% renewable. They are Iceland, Rock Port, of Missouri a town in U.S, Kodiak Island in, Alaska to name a few. Very good example of solar energy and its impact can be seen through the solar project installed in Nuwakot. Through, solar panels energy is tapped, that energy is transmitted to Devighat Hydropower Station. From this station it is supplied to Kathmandu. So, countries need to work more in these areas and help in saving our resources for the future generations to see and understand those resources better.

-Aryan Jha, VI 'C'

Key to Success: Hard work

Success in life requires hard work and resilience. Despite obstacles and failures, the perseverance to try again and again is key to success. The beauty of hard work lies in the journey toward success, where each obstacle may lead to a step further towards achievement. Giving up means missing out on the success waiting at the end of the challenges. While an easy path may yield limited success, persistent hard work can bring about something even better. The results of hard work, may not always make everyone happy but are ultimately amazing and wonderful.

- Sambriddhi Paudel, VI 'C'



What my Family members taught me

It is said that our parents are our first teachers, and our home is our first school. Family members play a vital role in our life. From childhood until now, I have been taught only good and right things. They have guided me on how to walk, talk, greet others, and much more.

My father instilled in me the value of independence and standing up for myself. He affectionately calls me his super girl. My mother always advises me never to fear, when I haven't done anything wrong and never to take unnecessary stress. My brother always tells me how to ride a cycle and guides me to solve problems without any stress or tears.

My family consistently emphasizes helping those in need and being kind to everyone. They discourage arguments or fights, encouraging a peaceful atmosphere. Moreover, they teach me ways to overcome my fears and provides me unwavering support in every step. Their love and guidance are constant and with lots of love for me.

I consider myself incredibly fortunate to have such a loving and caring family members. My parents serves as my inspiration, and I aspire to make them proud by achieving success in my life. I genuinely feel like the luckiest person, blessed with a family that treats me like a queen. Spending time with them is never dull or

disheartening. My kindness and helpfulness towards others are a direct reflection of the values instilled by my family.

-Aayushma Dhital, 7 'A'

Langtang Valley Trek

This Dashain vacation, my family and I embarked on the Langtang Valley Trek—a delightful journey lasting 8 days and 7 nights. In the week leading up to our departure, I fell ill, prompting debates on whether to proceed or not. Ultimately, we decided to go, and it turned out to be a fantastic experience. Despite walking an average of six hours daily, the breath-taking river roaring alongside us provided motivation, when my feet felt ready to give up.



We encountered wild beehives, various mushrooms, and even a group of langurs. People stopped to capture pictures and videos of these rare sights. Conversations with fellow trekkers revealed inspiring stories, motivating me to strive for success.

The 2015 earthquake's impact on Langtang Valley was severe, with over 200 lives lost. Witnessing the landslide burying the old Langtang village brought tears as I thought of families losing homes and loved ones. Despite the stunning natural scenery, the lack of educational infrastructure stood out. During the trek, I found only one school, with most children sent to Kathmandu for better education, staying separated from their families.

While altitude sickness on me altered our original plan to reach Kyanjin-Ri, visiting the sacred place associated with Guru Rinpoche's journey to Tibet was culturally significant. Although plans deviated, the Langtang Valley Trek remains a truly memorable and enjoyable experience."

-Abhibyakti Tamang, 7 'A'

My Mother

My mother is the person who brought me to this world.
She was the one who taught me how to crawl.
She is the most precious thing in the world,
truly my real gold.

She is the dearest among all;
She has never ever let me fall.
When God created mothers, all as lovely as can be,
He made one special and saved her just for me.
No one can take her place in my heart.
I will never leave her apart.
She works day and night.
Just to make my future bright.

My mother is the greatest person I have ever known.
Her love towards me is always shown.
You make me feel loved
And always cheer me up.
You give me a tender smile to guide my way,
You're the sunshine to light my day.
Your love is always pure,
No trace of insecurity but a better cure.
You are an angel who held my hand.
Wiping away my tears and helping me understand.
When I need help, you are always with me;
Your strength and love have always guided me.

You are my life, the air that I breathe,
My soul, my happiness, all that I need.
Thank you mother for everything you did.
I promise that I will be a wonderful kid.

-Biruja Regmi VII 'A'



The Most Fun I've Had Recently

I can agree that all of us have had some fascinating and fun moments once or many times in our lifetime. For me, there is one such instance in my life that I can really say that I had so much fun and I really want to share about it. I remember very well that it was early autumn, and the biggest festival of Hindus, Dashain, was approaching. So, on the occasion of Dashain, we all decided to travel to Lumbini. Since our Dashain vacation had also started so we were all extremely happy to travel to Lumbini.

My parents had booked a jeep, so on the final day



of our travel, we boarded the jeep and we started our journey. On the way to Lumbini, we passed many places like Narayanghat, Ghaidhakot, Butwal and many more. Halfway through our journey, at Kurintar we came across the cable car gate that led to Manakamana temple and just a few meters distance from there, we stopped to have lunch in a hotel. After having lunch, we resumed our journey. The trip after having lunch was way more engaging and fun than before. My family and I listened to different songs, ate snacks, and talked with each other about various things. After spending the time like this, before we knew it, we had entered the district of Bhairahawa, and it was already getting dark. Suddenly an 8-hour journey, felt like just some minutes had passed by. Before reaching our hotel, we ate dinner. Subsequently, we reached our hotel and stayed there for the night.

After a good night sleep, we were on the road again for Lumbini. Before heading to Lumbini, we had a very good breakfast. Finally, we reached Lumbini. I was extremely excited and after reaching the place, we started visiting the monasteries that were constructed by different countries. We came across beautiful and breathtaking monasteries that were constructed by ruled by the people of Singapore, China, Vietnam, Korea and many more.

The place was so big that by the time we had finished visiting the West monastic zone, it was time for us to have our lunch. After lunch, we continued visiting the remaining main temples. I visited the main temple Maya Devi temple of Lumbini. We took a lot of pictures outside the temple. Inside the temple we saw Lord Buddha's preserved footsteps and the place where Maya Devi gave birth to Buddha. Outside the temple, in the sacred garden we saw the Ashok pillar, sacred pond and many more. Afterwards, we also visited the East monastic zone, we saw the Myanmar golden temple, Cambodian monastery, Royal Thai monastery, Sri Lankan monastery and many

more. We also bought some cookies in the Royal Thai monastery, as it was our last stop and, we were exhausted and hungry by then.

After visiting all these places, the journey finally came to an end. We had a lot of fun exploring, taking pictures, and learning new things about the beautiful place of Lumbini. It was indeed one of the most fun and memorable trips I've had so far.

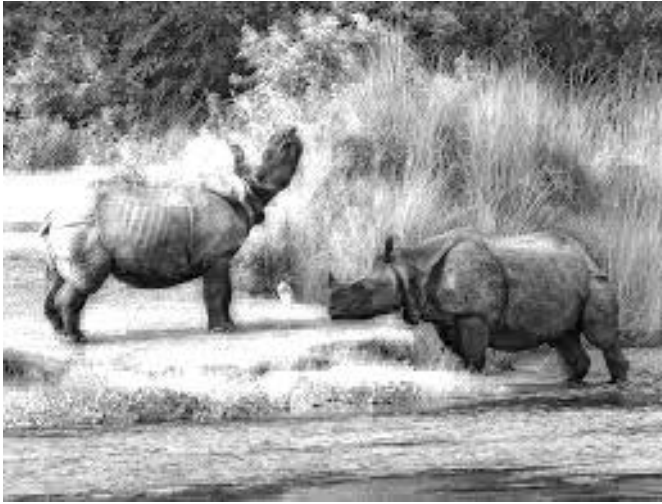
-Palasha Acharya, VII 'A'

Educational Tour to Chitwan

Educational tours are a great way to gain knowledge beyond the textbook and are also fun and entertaining. Similarly, our school arranged an educational tour to Chitwan during our winter vacation. On January 1st, 2024, we arrived at school at 5:15 AM. We had our breakfast, and at 6:30, we travelled to Chitwan by bus, which was a lot of fun. During the journey, we sang, danced, talked, and ate a lot of junk foods. Though I must mention that junk food is not allowed in the school. This time an exception was made to it. We reached Chitwan at noon and checked into our hotel and room. We stayed in Central Park. The ambience of the hotel was very good and even our rooms were good. We were allowed to share our rooms with our friends and that was the best part of it. Since we were very hungry, we quickly had our lunch at the resort before starting for CG Dham.

We all lined up to enter the Dham. We were given the entry ticket and were also informed not to lose the tickets. The Dham covered a big area. We saw statues, monuments, and temples. We had a lot of fun exploring the area. There were many things to see. Temples and idols. Besides us, there were many other people exploring the area. After staying there for a couple of hours, we were back to the hotel by 5 pm. After returning to the room, we started playing UNO and then we roamed around the resort. After sometime, the dinner was announced and we had our dinner. After the dinner, we had campfire followed by musical chairs. We had so much fun playing the musical chair. Finally, bed time was announced and we all went back to our room. Since we were all so tired, in no time we all slept.

On the second day of the trip, January 2nd, 2024, we woke up early in the morning and enjoyed breakfast before going for canoeing. I was looking forward to it. We were briefed about the canoeing and we were thoroughly instructed on how to behave in the canoe. The briefing was given in both the resort and the river bank that we had reached. Finally we reached the spot and soon we were informed that a wild elephant was lurking in the forest next to the river. The rangers



informed us that a team of rangers were looking for it. Once in the river, we all were very careful not to move. During the whole canoeing, we spotted many alligators.

After canoeing, we visited the elephant breeding center, where we got to see elephants and baby elephants. We gave money to the elephants. Soon after, we were back to the resort, had our lunch and got ready for our next adventure, which was a jungle safari in a jeep. During our safari, we came across many wild animals and birds. We saw lovebirds, elephants, rhinos, peacocks, deer, and many more. It was an exciting safari that went on for nearly 2 and half hours. Then we went to see the sunset, where we enjoyed a beautiful view and took a lot of pictures. Afterward, we went back to the resort, where we saw the Tharu dance. We also celebrated our friend's birthday.

On January 3rd, the final day of the trip, we woke up early, had breakfast, and prepared to make our way back to Kathmandu. During our journey to Kathmandu, we stopped at Barahsinghe to have lunch. After that, we were stuck in a bad traffic jam. We stopped at a place to buy food and soft drinks. Finally, we arrived at Kathmandu, reached school at 6 pm, where our parents were eagerly waiting for us. I was so happy to see my parents but also sad that the trip had ended. I had so much fun with my friends and I have also learnt so many things from this trip. Hope to have more such outdoor learning in the days to come.

-Garima K.C, 7 'A'

My Participation in an International Art Competition.

I participated in an art international competition from Japan when I was 9 years old. The competition featured various topics like my country, my family, and the earth. I chose 'my country' as my theme, portraying temples, symbols of festivals and religion, unity, diversity, and the natural beauty of my country in my artwork. As I was in category 2, I had the option to paint, sketch, or draw, and I chose painting. Completing the artwork in just 5 days was challenging. Few days later a message popped saying 'The result will be announced at zoom meeting tomorrow'. The anticipation grew as the results were to be announced in a Zoom meeting. I could not sleep that night. To my delight, I won in my category, making my family and me proud. Two days later, the organizers travelled from Japan to Nepal to personally deliver my certificate and prize, creating a cherished memory of happiness.

-Siddhi Rajya Laxmi Rana, VII 'A'



My first international trip to Dubai

The last day of my third unit test, when all of my stress were gone and I was free from exam, became more interesting and better, when my parents said that we were going to Dubai. I was bursting out of joy and happiness. I couldn't wait for the days to come. I was so excited. On the day of the trip. I woke up at 4:10 am, got fresh and got ready to leave for the airport. After all of us were ready, we immediately headed towards Tribhuvan international airport. We reached the airport at 5:00 am. After immigration, the only boring part



was the waiting part. We had to wait for 2 hours for our flight because there was some issues. But we did spend our time having breakfast and walking around the airport.

Finally, we boarded the plane and sat on our respective seats. The seats were comfortable and after 30 minutes, we finally took off for Dubai. It was a tiring journey. But along the way I saw beautiful and amazing view, ate delicious Arabic foods and slept for some hours because it was a whole 5 hours flight.

We reached Dubai, aka the high – tech futuristic country with wonderful deserts, oceans and cities. There were also many expensive cars. I saw large number of Mercedes Benz, Porsche and Tesla than what I was accustomed to. We stayed at the hotel known as Holiday Inn. The hotel was big and luxurious. The hotel was attached to Dubai festival city mall.

After getting settled, we went on adventure tour of Dubai's most mind –blowing and unrealistic places like museum of future, where we discovered many scientific things in all 4 chapters, miracle garden, where I walked around the garden of art, global village, which has stuffs of every country. We also explored Burj Khalifa the tallest skyscraper of the world. We went to the 125th floor of Burj Khalifa and from up, we looked down to see how the place looked like. We also went to the mall

and aquarium, which is attached to Burj Khalifa. Desert safari was something else. It was just too good.

I, enjoyed all the 8 days, visiting different places, eating delicious food and wearing different cultural dresses. It was a fun and a memorable journey. During these 8 days, I came to know a lot about the Arabic food and culture. I must add and also accept the fact that this Dubai trip was the best and the most enjoyable trip of my life.

-Daksha Jha, VII 'B'

Peer Pressure: A Bright Insight

“Peer Pressure is one of the unexplained topics. Most teenagers go through this just to fit in”. Peer Pressure or influence is when you do something because you want to feel accepted and valued by your friends. Peer Influence can be positive or negative. Positive peer pressure can lead to your betterment, while negative pressure can lead to trouble or different physical and mental harms or stress. Students aged 12 to 14 are most likely to be influenced easily by their friends.

There are two kinds of peer pressure - the good and the not-so-good kind. Good peer pressure brings out the goodness in you. They are about good friends, who think about your wellness. They are friends, who take care of your needs and work towards developing it. They are friends, who will not leave you when you are at pain. They will be with you. They will encourage you to do positive things, like joining a club, playing a sport, or studying together. It's all about making you a better person!

Talking about not so good peer pressure. We are talking about your friends, who are into bad habits and they force you to be a part of it. They indirectly pressurize you to follow their path. You have to face consequences, if you do not follow them. They do not think about your well-being and they can land you up in problem. .

So, what do we do? The right thing to do is to be surrounded by good friends. It is extremely important for everyone to understand that bad is bad no matter what. Even if, your best friend pressurizes you to do something bad, you need to muster up the courage and say no. Moreover, if life can be beautiful with people who genuinely care for you, why go after glitters that will fade in no time.

In the course of our life, we will meet so many people, some who are genuine and some who are not, so choose friends wisely: Hang out with friends who make good choices and share your values.

Never forget that being yourself and making wise decisions is cool. Despite the influence of your peers, you possess the ability to choose what's best for yourself!

-Tiara Koirala, 7 'B'



The Impact of Video Games: Beyond Entertainment

Video games have evolved from simple pixelated graphics to immersive, realistic experiences, becoming a dominant form of entertainment for people of all ages. While the primary purpose of video games is entertainment, their impact extends beyond mere enjoyment. This article explores the multifaceted impact of video games on individuals and society, delving into the positive and negative aspects of this ubiquitous form of interactive media.

Like all games, playing video games have many positive impact. It has cognitive benefit. Since, the game require players to solve complex problems, make strategic decisions, and think critically, it can enhance cognitive skills such as problem-solving, spatial awareness, and decision-making in the players. It will also lead to the development of motor skills. Since, the game requires the players to have good hand-eye coordination, multitask at times and also have to plan strategically, they develop all these skills while playing the game. Moreover, these past couple of years, we have been seeing some games being designed explicitly for educational purposes. These games engage players in learning activities, fostering knowledge acquisition in subjects ranging from history and science to mathematics and language skills. There by making them a better learner. Lastly, playing video games also foster teamwork, communication, and the development of interpersonal skills.” Along with all the above good points, playing the game also serve as a form of stress relief and escapism. Engaging in a virtual world allows players to temporarily disconnect from real-life stressors and unwind.”

However, playing video games also has its disadvantages. For instance the players getting addicted to it. This is one of the biggest challenges that the player’s face. They are so much into playing the game that their health is getting effected by it. In worse cases the players are so addicted that they have to be hospitalised and rehabilitated. It has also been found that because of the form of games that the players are playing, some of them resort to violence and aggression. They show aggressive behaviour towards their friends and family members. They also isolate themselves there by becoming isolated from everyone, which can be extremely harmful for them and the society at large. Some of the players even resort to virtual relationships

over real-world connections.

In conclusion, I just want to add that playing video game has both positive and negative impact on our mind and physical body. Wise are those players who recognise the positive impact of playing the game and are conscious enough to know when to stop.

-Ansul Nath VII 'B'

Friends

Friends, who does not have a friend. Everyone has a friend. Everyone has that friend with whom you share your feelings, your happiness and your sorrow. We all feel that our friend is the ultimate friend but sometimes, we are wrong because they do something, which casually makes us feel and understand that friends will not be with us forever. Many times, we do not know, if



our friends are fake or real. If you look deeply into the word friends, you will see that the word ends with the word "end". This applies to all those type of friends, who in the name of friendship play pranks on their friends not even realising the hurt they have caused to their friend. They fail to understand how they have physically and psychologically hurt their friend. You as a person, will not feel bad, when others say things to you but you expect your friend to stand with you always. And if such a person pulls you down in the name of prank, you will see the whole friendship crumbling in front of your eyes. I also want to add that all people that you come across are not your friends and all people that crosses your path are not your enemies. Yes, the world is made up of both good and not so good people and likewise this applies to your friends also. The sooner you know your friend the better for you.

-Simrik Maharjan, VII 'B'

THE BLACK DEATH

The 'Black Death' also commonly known as the 'Black Plague' was one of the most devastating events ever to happen in the history of mankind. Even today, it continues to be remembered as a pandemic that could have wiped off humanity from the face of the Earth. Considering the absence of advanced medical science along with bad hygienic practices and with a population of 380 million the possibility of a more devastating result cannot be overruled. However, historians believe that if the doctors of that time had not found a solution to the Black Death, it's safe to say that we wouldn't be here right now. In saying this we can now promptly thank the doctors of the 14th century for figuring out the cure for the pestilence and for saving humanity.

The Black Death had been brought by a group of merchant ships to the docks of Europe and Asia in the year 134. It was not just the merchants but also rats with fleas that entered Europe. They were historical pests for the people of that time, so, they had not yet realized that this time it wasn't just any ordinary infestation. The people thought of this spread of diseases and illnesses as a sign of scurvy (which at the time was quite normal for merchants at sea or sailors) or a small flu that comes with any infestation but this is exactly the reason, why the effect of Black Death was so profound.

As the plague started spreading, more and more people got sick, including merchants and sailors who unknowingly were actually spreading the disease and amplifying its severity. When the whole town or capital got completely sick did people finally realized, how truly life-threatening this 'mere infestation' was. This 'illness' or 'pestilence' was often characterized by fever, chills, headaches, vomiting, swollen and painful lymph nodes and the appearance of dark, purplish

spots on the skin which gave it its eventual name, the 'Black Death'. On the appearance of the dark spots on the skin, the patient would usually die within a few days, which basically meant that if you saw a dark patch of skin one day all you could do was to accept the fate, which was a grim way of looking at it but that was the reality and nothing could be done about it.

In no time the plague started spreading throughout most of Asia and Europe. Medical professionals started to brew up some kind of cure for it, using their knowledge and skills to at the least stop it from reaching them themselves. So, they thought of an idea to stop the foul air from reaching essential areas as such as the mouth and the nose. This is where the iconic plague doctor mask comes from. This was such a great and ingenious invention that most modern masks such as the normal clinical masks and gas masks follow the same idea, which is to block or act as a barrier between the wearer and the potentially harmful particles, air or droplets. This and the quarantining of all the sick people alongside different cures, that weren't actually that helpful, were the breakthrough that they needed to put an end to what was going to be the catastrophic collapse of humanity.



It was a very dangerous and scary period of time for everyone, even if they didn't know about it. Thankfully it did end but at the cost of many lives. The aftermath of the Black Death was a death toll of around 30-60% of the total population of Europe, many deaths from Asia and an estimated total of around 75-200 million deaths so, taking the population of the 'Whole World' at the time into consideration, which was around 380 million,

it definitely wiped off more than 20 - 50% of all humans. In a dark period of time, like the Black Death, there is always light and in this case the light may have been the plague doctors and their victory against the evil forces of the plague. With this victory came a greater and more deepened understanding of sanitation, health and the whole medical field overall. The invention of the plague doctor mask also comes to mind when remembering the advancements made during the plague as well as the discovery of many medicinal herbs and cures for the plague and for future diseases. All in all it was a good haul of great achievements by the medieval doctors though not enough to compensate for all the human casualties.

To sum up, the Black Death was a terrible pandemic that spread like a wildfire through Asia and Europe all thanks to the unsanitary life that the people were leading at that time as well as a great infestation of rats and fleas that were thought to be any other infestation. It is a lesson left for the generations to understand the seriousness of the pandemic and to ensure that it does not happen again.

-Suhangem Limbu, 7'B'

Discover Nature

Let's talk about the nature
 Now we can just see it in the picture
 But a picture with a broken frame
 We are the one responsible for playing this game

We destroyed in the name of discovery
 No one helped during the recovery
 Had provided us a shoulder to lean
 Now it's all a dream

Isn't it funny?
 How we are destroying the nature in the name of money
 It controlled peoples mind
 Without losing eyesight made them blind

Let's discover nature for real
 By not letting it disappear
 Cherish it for its beauty
 Let it have its purity

- Angel Shrestha, 8 'A'

Small Differences in Our Habits

We often focus on making big changes or taking huge and important leaps in our pursuit of personal growth and success. We set high reaching goals and work hard for big things that were completed but in the process we ignore the huge power of tiny habits that we often overlook. But it is this small, actions, when repeated regularly over the time becomes habit and they change our lives in extreme ways.

A habit is just a routine, but routines are complex. They require a certain amount of effort to keep repeating it, but they're also, so simple that we don't even think about them. Small changes do not happen overtime. For example, there are students, who come from school and the first thing they do on reaching home is to throw the bag. They do not even make a point to pick up their bag and check the routine. The next day, they start looking for the bag, make their school routine and in the process they gate late for the bus. They have missed their bus, so now the parents have to drop them. The parents also angry and the student is already late and gets scolded by the teacher. So, who was at fault? This small action could have been corrected if the student had made the habit of keeping his school bag in its designated place. If he or she had made the habit of arranging the books a day before. People have the habit of procrastinating works, as a result many times they fail to meet deadlines and they miss out on opportunities.

Remarkable things happen when regular changes are made to a routine that brings us down. A simple change here and there can lead to something big. Small changes don't happen overnight. You cannot expect to be a master at something in a single day. It takes time and discipline but there is nothing in this world that we cannot achieve, if we do sincerely work towards it.

-Neeha Gurung, VIII 'A'

**My Take on the Changing World:
 Brought by Technology**

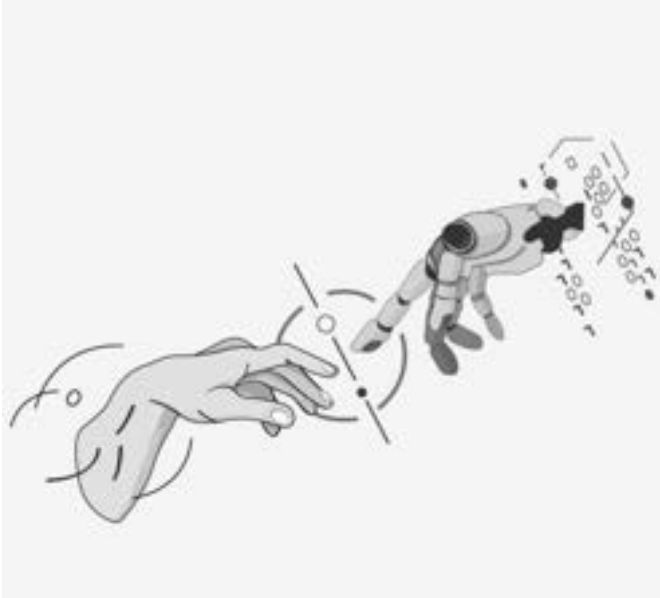
TV (TELEVISION) is a modern advanced technology that has been evolving since it was invented by John Logie Baird in 1939. It is very great to see all the changes that TV has gone through. From black and white version to a colored version. However, the coloured version looks so much better in comparison to the black and white TV. However, I am not here to talk about the good old days of TV. I am here to talk more about the evolving phenomena that we are seeing in the world of technology.

At present because of the technological advancement in the field of communication, and with the coming of internet, the world has seen a big change in the way, we communicated before and after the coming of internet.



Let's say the world will never be the same again. In the good old days, family members used to sit together in the living room and all of them used to watch television together. Watching TV was not just about having entertainment but it also brought the family members together. They would laugh and cry together.

However, at present we see even small children in their own rooms with their laptops and mobile and spending



more time alone than with their family members. But having said this we have so many programs running in our TV, which are exceptionally very good. By watching those important programs, we can develop our brain and learn a lot about the world. We can also watch cartoon but not too much as it may affect our eyesight and brain.

Like, I mentioned above we have different electronic gadgets like laptops, phones, computer and many more. All these advancement in electronic gadgets have made human life easier but it has also made people lazy. However, people should learn to be productive and manage life for good. The best thing about this changes in technology is its impact in the education sector. These technology are changing the way students are learning and the way teachers are facilitating the learning.

Hopefully, in the future all these technology will be more advanced. Recently heard a news about flying car and maybe in future we will hear about floating phone or TV which can be controlled by the mind. Since AI is very powerful and is becoming more and more advanced, we never know the future of our world. But the way the world is changing every minute, every second, we have to be ready for everything, we have to be ready for a world which will be run by AI.

-Shreeyashi Pandey, VIII 'A'

What is Important to Me?

The most important thing to me is to make my future and become a successful person. For now I am a student and studying is most important for me. There is a saying that "Push yourself because no one is going to do it for you". I always take this as inspiration and a motivation to push me. I feel that motivation and inspiration exist but you must also have the zeal to work.



Having 'FOCUS' in life is very important because life is full of ups and downs. We meet challenges on the way. However, we should never get tired of trying because sometimes we win and sometimes we lose. When we lose, we must never lose hope of winning again. We must gather the courage and come back a winner. In life we should fight for our dreams. We should never give up on what we want from life. However, we should always remain positive and surround ourselves with positive people. We should avoid things and people who pull us down.

I know that I have to make my present beautiful, if I want my future to be beautiful. I have to give my best today, so that I can be best tomorrow. I always believe that if opportunity doesn't knock on your door, you have to build a door, never wait for the opportunity to come to you, you should go for the opportunities. In a gentle way you can shake the world and the world will be yours.

- Prashna Khatri, VIII 'A'

Meeting Myself in the Future

Yesterday, I found something in the lab that changed my destiny. The lab used to be occupied by many scientists. Experiments were conducted but nobody knew the nature of experiments that were conducted in the lab. As time went by, the experiments in the lab stopped and slowly the slowly the people working in the lab left and in no time the lab got abandoned by everyone. No one in the place dared to go inside the lab. All types of stories floated in the area, as such people never went inside the lab. One day, it so happened that I was playing ball with my dog. I threw the ball and the ball went inside the lab. My dog went inside the lab looking for it. I waited for my dog to come but it took ages. Finally, I mustered all the courage and went looking for my dog. Initially, I was very scared, when I entered the lab. The lab gave a very eerie feeling. However, when I entered the lab, I was dumbstruck by the things that I saw inside the lab.

After entering the lab, I felt a sense of calmness surrounding me. My initial fear was now replaced by curiosity and I started exploring the lab. I no longer felt scared and within no time, I had started looking at every nook and corner of the room. Scattered all around the lab was experiments of different nature. I had never seen such big machines in my life. However, there happened to be a room right at the far end of the room that caught my curiosity. I moved towards the room. The room was locked, it had a big lock and the lock looked rusted. I really wanted to see what was inside the room, so I looked for something hard to break open the lock. I found a big hammer lying in one of the shelf, and with it I started hitting the lock. After several attempt, the lock broke and I just did not have the patience to wait to see what was inside. Finally, the door opened and I saw something at the center of the room that was covered by a white sheet. I quickly pulled the sheet and my eyes became wide opened. I saw a big machine in front of me. I did not know what it was, so I looked around to know what it was. I touched here and there and there was a red button which said press. Mustering all my courage, I pressed the red button and out came a note, which had information about the machine. I just could not belief, what I was reading and I read it again and again. The machine in front for me was a time machine.

First, I was shocked and then I grabbed myself with all the strength that I had and then I shouted realizing what I had found. I just could not belief my eyes and now I wanted to test the machine. I went inside it and after reading the instructions, in a fraction of seconds, I had travelled to the future. I open the door of the machine, and I am shocked. I see a different world in front of me. I see flying



cars and robots doing all the work. I wandered around for a while and explored the area but then I had a thought about my own future. Since, I was in the future, I wanted to see my own self. So how do I find myself, so, I searched for myself in the digital library, where there was a book that had the names, addresses and phone numbers of all the people. I found my name after vigorously looking for 5 hours. I also thought what I would say to my future self. However, I felt that my future self is aware about this, so I should have no problem meeting me. I was confident and called my future self. I called him and introduced myself. Hearing my voice I could feel that excitement in his voice. He told me that he was waiting for my call and really wanted to meet me. So, after giving him my location, he immediately came over. We both could not belief what we were seeing. We hugged each other and started talking about many things. We were so lost in our conversation that we forgot about the time. Finally, the machine started beeping and we both realized that I had to go back. I hugged my future self once more and walked towards my machine. I started the machine and in no time I found myself in the old lab. Though, I missed my future self, I was happy to back. I called my dog. I covered the machine and went back home a very happy and excited person. Because I was already planning on my next trip. Bye!

-Drishya Khadka, VIII 'B'

A Time That Was Just Not Fair

Compromising with my pain
 I tried, I tried to explain
 But to listen my words no one came
 So, with a heavy heart I walked in the rain
 I questioned myself again and again
 Was that my fault?
 Or it's just this cruel world

I finally accepted that it was not fair
 To blame me and not to care
 I have feelings too
 But no one understood the pain, I was going through
 They overloaded their expectations on me
 But my sacrifices to complete them no one wanted to see

Was there anyone?
 To wipe my tears
 To console me with my fears
 Everyone thought I was just fine
 But no one was there with me in my hard time
 No one was there to give me hope
 But there were many peoples to break my future scope

I may be a failure for them
 But now I realized
 That I can be a winner in my own eyes
 I learned to believe myself
 Now I learned to love myself

-Sambhavi Sophiya Shahi, VIII 'B'



Self-Esteem

Self-esteem, a psychological concept intertwined with one's sense of identity and worth, plays a pivotal role in shaping an individual's emotional and behavioral landscape. At its essence, self-esteem refers to the overall evaluation and perception a person holds about themselves. This evaluation is not static; it evolves over time through a complex interplay of internal forces, external forces and lived experiences.

The foundation of self-esteem often finds its roots in early childhood, where interaction with caregivers,

friends and social messages contribute significantly to the formation of one's self-perception. Positive affirmations, encouragement and a supportive environment can foster a healthy sense of self-worth, while a lack of validation or persistent criticism might erode it. As a person matures his or her self-esteem becomes a dynamic force, influenced by achievements, failures, societal expectations and the evolving understanding of their own strengths and weaknesses.

Furthermore, self-esteem extends its reach into various facets of life. It significantly impacts how an individual approaches challenges, sets and pursues goals, and navigates interpersonal relationships. A person with high self-esteem tends to exhibit resilience in the face of setbacks, pursues ambition with confidence and establishes healthier connections with others. On the other hand, low self-esteem can manifest as self-doubt, fear of failure and an unwillingness to embrace opportunities. Understanding and cultivating a positive self-esteem is not only crucial for an individual's well-being but also lays the foundation for a more empowered and harmonious society.

-Amos Shrestha, IX 'A'

How to Overcome Your Fear?

Fear is a natural part of life. There are people who fear height. There are people who are scared of darkness and many more. But, what is important is, we should not let fear take over us and hold us back from moving ahead. Embracing our fear is crucial for our personal growth.

How do we face fear? First, acknowledging the fear is extremely important. Understanding, what triggers the fear and feeling scared about it is important and remember that it's okay to feel scared. By identifying the source of fear, you gain power over it. Secondly, take small steps towards overcoming the fear. Facing your fears all at once, can be overwhelming. Gradually, expose yourself to what you fear, building confidence with each step. It is also important to seek and support



help from your family or teachers. Talking about your fears can provide valuable insights and encouragement. You're not alone in this journey.

Lastly, focus on being positive. Visualize success, set achievable goals and celebrate small victories. Positive thinking can re-shape your mindset and help you confront your fear with courage. Remember, fear is a challenge waiting to be conquered. Embrace it, take small steps, seek support and stay positive. Together, we can overcome fear that stands in our way. Being aware of your fear is smart. Overcoming it is a mark of success.

Let your dreams be bigger than your fear.

-Bandana Mahato, 9 'A'



Nobody Knows

No one can tell me
Nobody knows
Where the wind comes from
or where the wind goes?

No one can tell me
Nobody knows
Sun is better
or the warmth she blows?

No one can tell me
Nobody knows
Birth is better
or the death?

No one knows
No one knows and
Nobody knows!



-Pearlina Maharjan, 9 'A'

Self-Care

Self-care isn't selfish, it is essential. Remember, we should always prioritize our own well-being and fill our cup first. We only live once, so we should do things that gives us joy and happiness. People will always judge us, they will always try to put us down, so we should not let anyone pull us down or treat us badly. We know our worth and we know how special we are. We know how good we are no matter what people say about us. We should always think about reaching the top and in that journey, if we come across negative people, we should not hesitate to kick them out.

Most of the time, we spend our energy on helping people, who do not deserve our kindness and our love. There are people who think that they can do anything with us not

realizing that we are also human beings and we also get hurt by their actions. In the process, many times people go into a phase, where they can harm themselves. That's why for me self-care is extremely important. We should not wait for people's validation. We know we are best and we should stand up for our self, rather than pleasing others, we should please ourselves.

In conclusion, we should always, prioritize ourselves first before anyone and love ourselves before we love others. We should always think, that there is no other person like me in this whole universe. I am unique and I am what I am and people should accept me for who I am.

-Sambriddhi Manandhar, IX 'A'

The Transformative Power of Music on My Productivity

Music, with its melodious and harmonious tunes, possesses a unique ability to unlock a new world within our minds, a magical force capable of stirring up emotions which we never knew existed. Imagine a world, where, to-do lists and work seem to pile up endlessly, burdening us with the weight of responsibility. Amidst these moments, in the chaos of life, I discovered the transformative power of music. As the rhythms and melodies filled the air, I felt rejuvenated in a way that felt almost magical. Boring tasks became extraordinary, and the burdens of pressure and overwhelm turned into opportunities. The soundtrack of my life became a symphony of productivity.

One memorable instance stands out when music played a pivotal role in boosting my productivity. It was a quiet, dimly lit room, approaching midnight, and a looming pile of assignments that still awaited completion. I was without any motivation, feeling defeated and purposeless. Yet, a glimmer of determination remained. I gathered my

strength and decided to tackle the work. Whilst doing it, I lost more and more of my focus as time went on. The ongoing task was proving to be more of a challenge than I thought. That's when I turned to the music from my playlist, and something exceptional occurred. The soundtrack, the beats, the lyrics, the soulful tunes filled the room, creating an indescribable aura. A sense of comfort and focus came within me, renewing my determination to complete the daunting task that was in front of me. It felt as though music and I were in harmony, providing steady companionship throughout each beat and in no time, I realized that I had finished my work.



That day marked a turning point in my life. Procrastination and lack of motivation became mere obstacles with the power of music. Recognizing its remarkable impact on my productivity, I integrated it into my daily routine, where the diverse genres and melodies in my music collection provided different forms of motivation. Various musical styles, from contemporary beats to alternative sounds, provided the right inspiration for the task that I had on hand.

The influence of music on my productivity isn't only for entertainment; it's essential for maintaining focus and determination. Whether I'm writing an essay, cleaning the house, or simply studying, music moves me forward and keeps procrastination at bay.

In conclusion, my journey through the harmony of music and productivity has been nothing short of transformative. The rhythms and melodies that have filled my life have become the foundation of my accomplishments, motivating me to push through any challenges, stay on track, and work diligently. Through the harmonious existence, I've discovered that music is not just a form of art but a powerful force that resonates within me. It

has enriched my soul, teaching me that inspiration can be found in unexpected places and that it will never fail to accompany every productive moment in my life.

-Eyus Sendang, IX 'A'

Cause of a Huge Change in the World

The world is undergoing monumental changes driven by a myriad of interconnected factors. One pivotal catalyst is technological innovation. Throughout history, ground breaking inventions have reshaped societies and economies be it from the industrial revolution to the digital age. These advancements propel us into new eras, altering the way we live, work and the way we communicate.

Geopolitical dynamics also play a crucial role. Shifts in the power, alliances and international relations can trigger significant global transformations like wars, treaties. Diplomatic decisions have far reaching consequences shaping the geopolitical landscape and influencing the course of nations.

Environmental factors too are potent agents of change. Climate change, resource depletion and ecological shifts force societies to adapt and seek sustainable solutions. The impact of these environmental challenges extends beyond borders and boundaries, thereby necessitating international cooperation to address shared threats.

Social movements are another force driving substantial change. The collective voices of people advocating for civil rights, equality or environmental justice have historically ignited revolutions and prompted systemic transformations. Social media amplifies these movements, fostering global awareness and solidarity. In conclusion, the cause of huge changes in the world is intricate and intertwined. Technological innovation, geopolitical dynamics, social movements and economics shifts collectively shape the trajectory of our global reality. Understanding and navigating these forces are essential for comprehending the evolving nature of our world.

-Abhijit Karn, X 'A'



Why School Kids in Asia should be taught about Business?

Asia, being a vast continent, has rapidly developed its education system thereby imparting a very good education to many. However, one thing that is missing in most of the school is the knowledge about business. The topic on running a business is not taught in the school. I believe that young learners should be taught the ways of business from an early age. At present unemployment is on a rise. People with good academic record, struggle to find a decent job and are at the mercy of big business houses to hire them. If only this important aspect was included in the curriculum, the scenario would be different.

By teaching business at schools, we can potentially minimize the unemployment issue faced by many nations. When children are exposed to business education at a very young age, they start to explore different aspects of it and learn how to handle both success and failure at the same time. They will learn how to manage money and the decisions that come with it. Even if they earn a small amount of money as a part of learning, it will provide them with encouragement and motivation to study and explore further. Gradually, when they grow up rather than look for job they will venture into starting their own businesses, thereby, not only having their own business venture but also generating employment for others. This would go a long way in minimizing the unemployment issue that we have.

It is also important to recognize that in our daily lives, we engage so much in business transactions as such we need to understand how to navigate through them. Having knowledge about how business works, can help us from getting scammed or financial losses. Therefore, even if you are not a businessman, acquiring this knowledge can be beneficial in terms of saving money and making informed decisions.

In conclusion, including business education in the curriculum of schools in Asia can have numerous advantages. It will equip students with essential skills, encourages entrepreneurship, and provide them with the knowledge to make informed financial decisions. By empowering the younger generation with business education, we can contribute to the overall development and economic growth of the region.

-Kushal Waiba, 10 'A'

The Journey to Find Yourself

This is a path unknown, a journey to find yourself. Your path always doesn't have petals of rose. It is a winding road, consisting of thorns onward. Also a chance of self-discovery and inner growth. You might be afraid to move ahead, from comfort and safe place. But it is the only opportunity to find your way like a guiding star. To accept the person you are and to find what makes you whole. You have to leave behind and sacrifice some people you love.

This journey is of courage, determination and consistency. But it is also a journey of fear, nervousness and aversion. It is a chance to face, what's not always clear.



To find strength and carry on, to find your way before dawn. You will encounter love and pain along the way. But also a chance to heal and love again. To explore the world and find your way on solid ground. A journey of heart and soul.

So let us accept and welcome the journey ahead. With the strength to always move ahead. But find yourself along the way, to find your way back to home, people you love and your purpose of living each day.

- Aarju Badu, X 'A'



LIFE

Living life at fullest and aging is my aim.
 I know life is serious and not just a game.
 I know life's long and long distances to cover
 but with wrong distance I'm afraid I'll fall over.

Even though I fell countless times,
 I'll get up again not to fall.
 Life is not only rainbows it's also misery and pain.
 Listen to loved once, don't hear what others say
 Not living life at fullest is sun without sun ray

Only one life, go out with others and engage.
 How long are u going to scoop up in your little cage?
 Life may be thunderstorm, face it and don't run
 because after darkest nights there is brightest sun

Some born with silver spoon, some with no shoe
 Regardless of this be happy no matter what you do
 Grow old, live life, reach the moon reach the star
 don't look at others when you prefer the way you are

- Bishwas lama, 10 'A'



EMOTIONS

Emotions are feelings that play an important part in human life. We humans have many things going around us that directly or indirectly affect us. It is during such encounters that we cannot help but become emotional. As such emotions can really make our day or break our day.

People go through different emotional experiences every day, which gets reflected in the way, we behave with others. Sometimes looking at someone, we make a guess about the emotional status of that person but

then we come to know that we were wrong in identifying the person's emotional equation. Moreover, it is also important to realize that all people, who go through emotional phase do not show their emotions or they rarely have emotional outburst. So, we should not go with face value.

These days' people are going through a lot of hardship due to their emotions. The problems in our daily life drain our energy and make us feel overwhelmed with mixed emotions. Some people can handle emotions better than some, who cannot deal with it thereby causing them to have emotional breakdowns. Every individual has certain capacity and the ability to deal and handle these emotions. One way of handling emotions is by looking at the brighter side of any event that take place in our life. We have to be positive and appreciate the positive sides that emotions provide us with.

Emotions make us stronger, happy and many more. Different people react differently to experiences. Some of us are happy and content with small things. We do not need big things to make us happy. Whereas there are people, who need big events and validation to make them happy. It's all about perception and perspective of life. What you expect from life will decide your emotional well-being.

It is important to understand that our days are like Pendulum Clock because when the pendulum goes to right it reaches up to its height and again goes to left



likewise our bad days will also go and good days will come. We also have to understand that life is always going in full circle, sometimes good and sometimes there are obstacles. So the best thing that we can do is to take care of ourselves and go and chase happiness: work hard to achieve your goal but at the same time be ready to face sad days and problematic days. It is said the river have a good sound when it flows but when it is on its way it have to bang with many big or small stones and get slapped at many places but the river does not stop from flowing.

We all have to go with the flow and be ourselves. Emotions really play an important role in our life. Emotions can be positive or negative or good or bad so we have to know, which emotions is helping us to grow. We should avoid having emotional outburst and control our emotions. We all should have positive and good emotions that will lead us to good path, making us into good human being.

-Prasamsa Acharya, 10 'A'

Time

Times, the river that never rest,
Flows through life's eternal test.
A constant, unyielding stream it seems,
A vessel for our hopes and dreams.

It ticks away without a sound,
Measuring moments as they're found.
In its grasp, we all must reside,
As the world around us continues to glide.

With each sunrise and every moon,
Time waves a story, a precious tune.
It paints our lives in shades of past,
Moments too fleeting, too fast.



Yet in its passage, we find our grace,
Our chances to love and to embrace.
To learn, to grow, to redefine,
The essence of life, so truly divine.
Time, a gift, a fleeting friend,
Reminding us to cherish and attend.
To every second, every day,
In its boundless flow, we find our way.

So honor time, embrace its call,
For it's the most valuable gift of all.
In its ceaseless rhythm, we find our rhyme,
A journey through the tapestry of time.

-Sanir Maharjan, X 'A'

The Inevitable War

Throughout history, the borders of countries are always a point of contention. Be it their ally or enemy, a monarch is always greedy for others' resources. This is one such story of a land. The rumors of war had plagued the land of Clakugen. Their neighbor Exotor had been hunting for prey for a decade, and they were successful. Now, their next target was Clakugen. The minister of Clakugen was a peace loving person, who hated war and fighting. He was a pacifist, who gave justice to all. He did many great things; sacrificed himself for others and magnificently developed the country. He did what none could do and made justice and righteousness omnipresent throughout the country. In a way, he was perfect, which is why he was loved by all?



On hearing the news of the war and to avoid the miseries that follows with it, the minister immediately instructed his ambassadors to negotiate with Exotor with a treaty but to no avail. This led to a lot of civil unrest. Eventually, the minister went by himself and begged the King of Exotor but he was driven away. He also tried negotiating with the court members of Exotor but they were not in a position to help him. He desperately tried to find a solution; only to realize that the court members of Exotor were warmongers. They loved the art of killing. It was a solemn moment for him. He clenched his fist in righteous wrath, a feeling that he hadn't experienced for years. Feeling sad, he returned home and relayed the news to his people.

However, on hearing the events that transpired so far, the king of Clakugen summoned his minister and instructed him that it was time they mobilized the army. The minister again attempted to stop the king only to hear "You've had your way in times of peace but war is imminent now." The minister was mortified on hearing this; he couldn't comprehend where his life was moving towards. They soon had a meeting where plans of the war was discussed. But, the minister being a peace loving was still trying his best to avoid the war. However, before the minister could say anything, a messenger rushed into the room and informed them "Sire, villages in the west have been attacked!"

The king with a terrifying glance shouted, "Get ready to retaliate. We will claim victory!"

The minister had to finally accept the fact that they were being attacked but he was still at odds about the whole war. As the war went on, the minister sat in the palace seeing his friends dying. What pained and haunted him the most was his failure to accept the fact that the war was inevitable and he had tried his best to avoid it. He also felt that rather than looking for peace, he could have planned the whole war and could have saved the lives of his friends and his soldiers. Very soon, he came to be known as the Minister of No Words or Actions. After a year of the war, the minister looked miserable. His eyes were eternally red from crying every day. Meanwhile, his friends and the soldiers kept fighting, they got invigorated for vengeance seeing their friends dying; for it was an inevitable war which they had to fight if they wanted to keep their freedom. This was a bitter truth the minister had to accept.

Moral: Goodness can only come when your surrounding is good. When surrounded by evil, you have to choose between a lesser and a greater evil.

-Anit Jha, X 'A'

Whispers of the Forgotten Stars

In a quiet of the night, so far away,
Whispers of the forgotten stars come out to play.
They shimmer and they shine, so gentle and so bright,
Filling up the darkness, with their soft and glowing light.

Their stories are untold their journeys left behind,
but in the quiet whispers, secrets you will find.
They speak of ancient wonders, of worlds beyond our own,
In whispers of forgotten stars, a universe is shown.

In a realm, where time and space entwine,
Their whispers weave a tale, surreal and so divine.
They beckon us to wander, to dream and to explore,
In the whispers of forgotten stars, there's always something more.

Each twinkle in the night, a fragment of their lore,
Guiding us through the cosmos, to places we'll adore.
Embrace the cosmic symphony, let it ignite the spark,
For in the whispers of forgotten stars, we find the universe's heart

-Jiran Chhetri, X 'A'



Is This Love?

The thought of living a life is precious but
Nothing compared with the life when you're in love.
I noticed life was in black and white
until it was embellished with
Its remarkable colors.

What else could life bring?
Every new day brought many colours
that changed life into something
making it even more special
It is like you're in a new world, with only the two of you
and the rest of everything is just blur.
and prevents you from every situations.

Love makes people like they're
the only two pieces of the puzzle that has finally met,
that fit perfectly together and will never separate.
Sometimes love is so strong
we don't need words to express our thoughts.
As our eyes can tell everything.
Fate has brought the most precious felling.
Feeling words can't describe.
It is impossible to understand love,
but we do in our own way.
As we get that warm feeling in our hearts or those
butterflies in
our tummies.
Those emotions describe a word that is the most fragile.
Even though we can't see it most times, we feel it within
us.

-Prabisha Shrestha, 10 'B'



“Why Discipline Is Greater Than Motivation”

Before diving into this topic, let's discuss what discipline and motivation are, and why one is greater than the other. Discipline is one's ability to push himself/herself further to the right direction, even if they don't like what they are doing. It is not a feeling but a phenomena, which occurs itself if mastered for a long period of time. Whereas motivation is a type of adrenaline rush or a feeling with a temporary effect, created by your brain instructing you or pushing you towards a direction that you want to go through or achieve. This feeling comes and goes and many times, people struggle to reach the finishing point because they lack motivation. There are people who

struggle with lack of motivation or desire to push himself/herself further. They just stop doing what they intend to do. Discipline, on the other hand actively pushes you to do what you have to, regardless of your feelings. This is the reason, why discipline is more valuable

Now, coming to the point, why I feel that discipline is greater than motivation. The reason being a person who is discipline will be more committed towards achieving their goals. They have certain value system and they stick to it no matter what. They complete the task because they are self-regulated. They do not depend on external factors to complete or achieve their goals. They know that they have to do certain things and they will do it. Whereas, motivation driven individuals, always need some reason, which can be either an external reason or internal gain to work towards the goals. In the absence of those motivating factor, it becomes hard for them to achieve those goals. Therefore, there is a saying that “Discipline Will Take You to Places Where Motivation Can't”.

Lastly, I would like to add, discipline helps us to train our mind, body and enables us to focus on our goals and helps us complete our tasks, so it is extremely important to be discipline in life.

-Gunjan Gurung, X 'A'

A Canvas of Dreams

In the world of endless night,
Where stars are dreams, taking flight,
I paint the world, a beautiful sight,
A canvas of thought, pure and bright.

The world inside my mind spins,
A universe of tales and whims,
With stories where the journey begins,
In the wonderland where my heart sings.

A journey through a book, I find,
Each page a door to the endless mind,
Imagination's gift, one of a kind,
In the magic of words, I'm entwined.

The magic of a blank canvas calls,
To create, to dream, in its hallowed halls,
With colors of life, gently installs,
A world of wonders beyond four walls.

So, let us explore this inner creation,
A world of dreams, our imagination,
For in the depths of our fascination,
We find endless joy and inspiration.

-Subhanga Singh Basnet, X 'A'



Self-Worth

Self-Worth is critical to understand as it implies identifying and valuing oneself as a person they are. In my view, self-worth is your inner voice and how you perceive yourself. In today's society, people struggle with self-understanding, expressing their self and determining the source of their worth. Despite a widespread belief, self-acceptance does not depend on viewpoint of other people or what other people say about you, instead it is about focusing on discovering oneself.

A lot of people don't recognize their self-worth and end up being treated the wrong way. It gives them the wrong idea on life as life has no universal meaning and everyone has their own meaning of life. It also fills them up with guilt for no apparent reason. I believe, that accepting yourself and your outlook on life is about coming in terms with yourself and avoiding stress, anxiety or guilt for no apparent reason.

Self-esteem begins to take shape at an early age, with the environment growing up being a major influence. Trauma can also be a major cause of low self-esteem as it shapes your mind into thinking that you're not good enough, blaming yourself or even losing your inner self. It is also influenced by people around you. Some might push you down, while some might help you heal and grow. There might also be instances when people make you feel worthless. However, it is up to you to stand up and fight for your self-respect.

Self-worth is also about inner peace and harmony. It is about finding your inner self and progressing to believe in yourself and considering your self-respect more. It's about learning to love, lose, heal and grow with the sufferings of life. It's about enjoying every step you take while considering your mistakes and being a better version of yourself. It is all about accepting yourself for who you really are.

-Sudiksha Singh Basnet, X 'B'



Tihar

In the heart of Nepal, a festival so bright
Tihar's glow brings joy, dispelling the night.
In the land where mountains touch the sky,
Where Tihar's festivals lights reach high.

Kaag Tihar, being the Tihar's first day
Crows as messenger, we worship and pray.
Kukur Tihar, the day of dogs,
Showered with love, care, foods and hugs.

Then is the day of Goddess Laxmi and cow,
A house with rangoli and Deusi-Bhailo begins now.
The fourth day is Newar's New Year,
Then comes Bhaitika for siblings and peer.

Tihar's magic, a colourful bloom
In every heart, a sweet perfume.
A festival that bonds, pure and clear
Tihar's joy, forever dear.

-Shwetlana Maskey, X 'B'



Just a Random Thought

I was about to sleep, when I had a random thought about us. We all are humans right? So, why not act like one. In this generation being demonic is taken as a cool thing. If you are nice to people they think, you are trying to please them, so "pleaser" becomes your nick name. There are people who do not mind getting liked by others by bringing someone down. However, at the end of the day, truth prevails and ultimately people come to know the reality of the whole thing. I also don't understand why people think that being cold is cool. Why do they need constant validation for their negative actions? At present it is found that people who are nice and good are termed as pleaser and they are ostracized by their peer groups. In many cases they are

also taken advantage of. Many times they are hated by the so called cool people. So, is being good a new bad?

Talking about being taken advantage of. I think we all have been there. People whom we consider nice, have taken advantage of us. They are nothing but manipulative people, who want everything to go their way. At present most of the teenagers care so much about what others think about them. They constantly feel that everyone is there to judge, what they think and what they do. However, I feel that everyone is too self-observed to notice what they are doing. Nowadays, a person who knows everything is an embarrassment to himself and to his friends. A person who genuinely expresses his or her opinion is an embarrassment. However, we all grew up doing all this and it was normal to do all those things. After all "WE ALL ARE HUMANS" and it is normal to express our emotions and to be proud of who we are. I strongly feel that we should be humble and humanly enough to respect others and be nice to each other. We were all born to be a human not a monster, who feeds on human emotion. I am sure, when we were born our parents must've looked at us and wanted us to be a good member of the society. I know that whatever happens or has happened is because of a reason. However, I also understand that every day is a new lesson from god and an experience that we all must take to help us grow in our journey of life and grow into a wonderful person, no matter what.

Making My Favourite Food

Our world is filled with amazing foods. They represent people, culture and region of different parts of the world. Among the various foods, I have tasted, Sushi, is my favourite food. And today, I want to share the process of preparing this food. To make Sushi, we use dried seaweed, sticky rice, cucumber, carrot and prawn. First, we put the sticky rice on the dried sea weed. Then, we put cucumber and carrot in the middle of the sticky rice, we then roll it and cut it, into round pieces. Once this part is done, sliced prawns are placed on top of it. After this, we put all the pieces on the plate and serve it with soya sauce and wasabi. To eat sushi, chopsticks are used. The Sushi is dipped into the soya sauce and wasabi. Once inside the mouth, the sea weed breaks and we get to relish the flavor of the food. So, please enjoy making and eating it.

- Dravya Man Singh Rajbhandary, II 'B'

I enjoy Reading

I enjoy reading books because I find everything about books very magical. I love reading them because the story of the book takes me to exciting places and introduces me to new friends and characters. I also love reading books especially the ones that have amazing pictures. Through pictures, I can imagine the story, the character and I just enjoy it. I learn new words through reading. I have a reading time at home and it is special because my whole family, we read together. I feel that books are like a treasure chest, full of adventure and fascinating stories and I know that I can use my imagination to enjoy them and no one can stop me from reading them.

- Sejun Ghimire, 2 'A'



Grishna Acharya, 10 'B'



मेरी आमा

श्रव्यान महर्जन
कक्षा- १ (बी)

घरमा मेरी आमा छिन्,
मिटो खाना बनाउँछिन् ।
बदमासी गर्रैं भने गाली मलाई गर्छिन्,
गाली गरेपछि फेरि माया धेरै गर्छिन् ।
आमा मेरी राम्री,
सबैभन्दा माथि ।



मेरो बाबा

जेलिन कार्की
कक्षा- १ (ए)

काँधमाथि बोकी बोकी संसार देखायौ ।
तोते बोली बाबा बोल्न सिकायौ ।

ताराबाजी लै लै भन्दै खेलन सिकायौ ।
ताते ताते बामे सार्दै हिँड्न सिकायौ ।

रूँदा मेरो आँसु पुछी हाँस सिकायौ
हिँड्दा लड्दा फेरि उठी कुद्न सिकायौ ।

सानालाई माया अनि टुलालाई आदर
गर्नु भनी समाजको रीति सिकायौ ।

मेरो बाबा आज मलाई संसार देखायौ ।
मेरो बाबा आज मलाई संसार चिनायौ ।



मेरो मिल्ने साथी

हिमांशु बराल
कक्षा- १ (ए)

मेरो प्यारो मिल्ने साथी ।
मलाई सबैभन्दा तिमी जाती ।
सँगै पढाँ खेलौं मिलीजुली ।
भविष्य बनाऔं फिलीमिली ।
देख्न सुन्न नपरोस्
कहिल्यै भएको दुःखी
सधैंभरि हुनु तिमी खुसी ।



मेरी आमा

आर्बिन ज्वाली
कक्षा- १ (ए)

दुःख कष्ट गरी गरी
देखायौ मलाई संसार
गर्ने छैन कहिले पनि
तिमीलाई तिरस्कार

तिम्रो अपार महिमा
लेखेर कतै सकिन्न
आमा जस्तो माया प्रेम
लाखमा खोजेर पनि पाइन्न ।



मेरो विद्यालय

दिप्ती राई
कक्षा- १ (बी)

मेरो विद्यालयको नाम लिटिल एन्जल्स स्कुल हो । यो ललितपुर जिल्लाको हात्तीवनमा रहेको छ ।

मेरो विद्यालय धेरै ठुलो छ । विद्यालयको वरिपरि हरियाली रूख बिरूवा र विभिन्न प्रकारका फूलहरू रोपिएका छन् । त्यसैले मेरो विद्यालय धेरै सुन्दर र सफा देखिन्छ ।

मेरो विद्यालयमा कक्षा १ देखि उच्च शिक्षासम्म पढाइ हुन्छ । यहाँ अतिरिक्त क्रियाकलापमा फुटबल, कराते, भलिबल, टेनिस, उसु आदि खेल खेल्न पाइन्छ । यहाँ पौडी खेल्न पनि पाइन्छ । पौडी खेल्नका लागि दुईओटा पौडी पोखरी छन् । ठुलो पौडी पोखरी १० फिटसम्म गहिरो छ भने सानो चाहिँ धेरै गहिरो छैन । मेरो विद्यालयमा ठुलो फुटबल मैदानसँगै फुटसल, बास्केटबल, लनटेनिस आदि खेल्ने ठाउँ पनि छ ।

सबै शिक्षक-शिक्षिकाले विद्यार्थीलाई माया गरेर पढाउनुहुन्छ । त्यसैले मलाई विद्यालय जान धेरै रमाइलो लाग्छ । मलाई मेरो विद्यालय धेरै मनपर्छ ।



नेपालको राष्ट्रिय भण्डा

-वेदान्श गौतम

कक्षा- २ (ए)

सबै देशका आ-आफ्ना राष्ट्रिय भण्डा हुन्छन् । हाम्रो देश नेपालको राष्ट्रिय भण्डा अरु देशको भन्दा भिन्न छ । हाम्रो देशको भण्डा दुईओटा त्रिकोण मिलेर बनेको छ ।

नेपालको राष्ट्रिय भण्डा तीन रङ मिलेर बनेको छ । भण्डाको किनारामा रहेको नीलो रङ शान्ति र एकताको प्रतीक हो । त्यस्तै भण्डामा रहेको सिम्रिक रङले हामी नेपालीको वीरतालाई बुभाउँछ ।

हाम्रो राष्ट्रिय भण्डामा चन्द्र र सूर्य अङ्कित छन्, जसले आकाशमा सूर्य र चन्द्रमा रहँदासम्म नेपाल रहिरहने कुराको सङ्केत गर्दछ । हाम्रो राष्ट्रिय भण्डा हामी नेपालीको गौरव र पहिचान हो ।

जय चन्द्र सूर्य !

जय देश !



मेरो देश

दिया चापागाई

कक्षा- २ (ए)

मेरो देशको नाम नेपाल हो । यो एउटा सुन्दर र शान्त मुलुक हो । नेपाल धर्म, संस्कृति र कलाको धनी देश हो ।

यहाँ विभिन्न जातजाति, भाषा, धर्म र संस्कृति भएका मानिसहरू बसोबास गर्दछन् । नेपाल दुई देश (भारत र चीन)को बिचमा रहेको देश हो । नेपालको राजधानी काठमाडौँ हो । नेपालको राष्ट्रिय जनावर गाई हो ।

नेपाललाई हिमाल, पहाड र तराई गरी तीन क्षेत्रमा बाँडिएको छ । यहाँ ७७ जिल्लाहरू र सात प्रदेश छन् । नेपाललाई सगर माथा र गौतम बुद्धको देश भनेर पनि चिनिन्छ । मेरो देश नेपाल प्राकृतिक सुन्दरताले भरिएको देश हो । नेपाल एक कृषिप्रधान देश हो ।



राष्ट्रिय जनावर

आयुश्री अर्याल

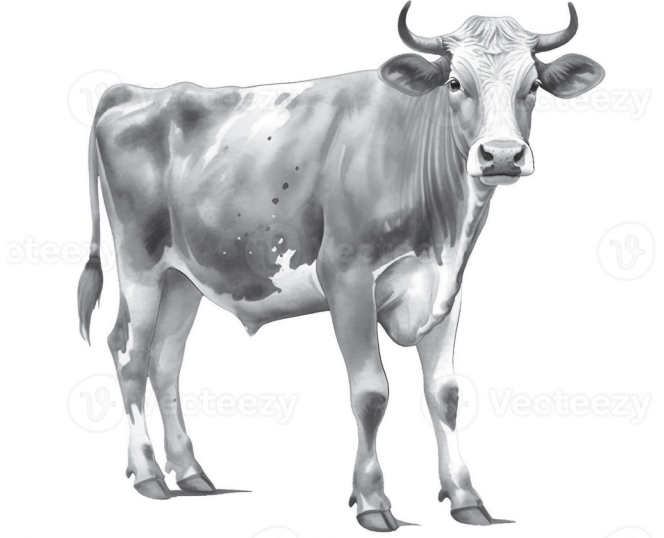
कक्षा- २ (बी)

हाम्रो राष्ट्रिय जनावर गाई हो । गाईको दुईओटा आँखा, दुईओटा कान, दुईओटा सिङ, चारओटा खुट्टा र एउटा लामो पुच्छर हुन्छ ।

गाई विभिन्न रङका हुन्छन् । जस्तै कालो, सेतो, खैरो आदि । गाईले हामीलाई दुध दिन्छ । गाईको दुध स्वादिलो र पोषिलो हुन्छ । गाईको दुधबाट दही, मही, घिउ, पनिर र विभिन्न प्रकारका मिठाईहरू बनाउन सकिन्छ । गाईलाई तिहारमा लक्ष्मीको रूपमा पूजा गरिन्छ । गाईको गोबरले घर लिप्न सकिन्छ ।

गाईको पिसाबलाई गहुँत भनिन्छ । यो शुभकार्य अथवा मान्छे मरेपछि जुठोमा अनि मान्छे जन्मेपछि सुत्केरोमा घर चोख्याउनमा प्रयोग गरिन्छ । गाई मरेपछि गाईको छालाबाट पेटी, भोला, जुत्ता बनाइन्छ ।

गाईले पराल, घाँस, कुँडो आदि खान्छ । गाई हाम्रो घरपालुवा जनावर हो ।



सरस्वती माता

जेस्लिन घिमिरे

कक्षा- ३ (ए)

सरस्वती माता मिली सब हामी
तिम्रै चरणमा पर्छौं
शिर भुकाई गरी प्रार्थना
विद्याको माग गर्छौं ।

हृदयले आज गर्ने आह्वान
हामी हौं तिम्रै सन्तान
अपरम्पार छ तिम्रो साम
तिम्रै कार्य शक्ति महान् ।



मोबाइल

जेम्स के.सी.
कक्षा- ३ (बी)

ट्रिड ट्रिड ट्रिड !
नाम मेरो मोबाइल हो
हेर्दा सानो र राम्रो देखिन्छु
के तिमीलाई म मनपर्छ ?
हेर त हेर
म फोटो पनि खिचन सक्छु
भाइ-बहिनीका लागि
मभिन्न खेल्ने कुरा पनि छन्,
विद्यार्थीका लागि
पढाइ सम्बन्धी सामग्री पनि छन्
यता बोलिएका कुरा
म अर्कोतिर पुन्याउन सक्छु
हेर त हेर
म कति सुन्दर छु
तर मेरो दुरुपयोग गर्नेसँग
म त्यत्तिकै दुष्ट पनि छु
हेर त हेर
नाम मेरो मोबाइल हो



पुस्तकालय

रियान जय दाहाल
कक्षा- ३ (बी)



पुस्तकहरूको सङ्ग्रह र संरक्षण गरिने ठाउँलाई पुस्तकालय भनिन्छ । त्यसैले सामान्य रूपमा पुस्तकालय भनेको पुस्तकको भण्डार गरिएको स्थान हो । जहाँ हामीले बसेर पुस्तक पढ्न सक्छौं । पुस्तकालयमा हामीले विभिन्न प्रकारका किताब, पत्रपत्रिका, नक्सा आदि पाउन सक्छौं ।

पुस्तकालयबाट हामीले किताब केही दिनका लागि घरमै लगेर पनि पढ्न सक्छौं । त्यो किताब केही दिनपछि फेरि फिर्ता लगेर दिनुपर्छ । अहिले विद्यालयमा पनि पुस्तकालय हुन्छन् । विद्यालयमा हुने पुस्तकालयमा चाहिँ विभिन्न तहका विद्यार्थीलाई काम लाग्ने खालका पुस्तक बढी हुन्छन् । पुस्तकालय भनेको पढ्ने ठाउँ हो । पढ्दा ठुलो आवाज निकालेर पढ्नु भने अरुलाई बाधा पुग्छ । त्यसैले पुस्तकालयमा शान्त भएर पढ्नुपर्छ ।

सबै उमेरका मानिसहरू पुस्तकालय गएर आफ्नो रुचिअनुसारका किताब पढ्न सक्छन् । हाल आएर पुराना र महत्त्वपूर्ण किताब तथा कागजातहरूलाई कम्प्युटरमा डिजिटल कपी बनाएर सुरक्षित राख्न थालिएको छ । नियमित पुस्तकालय जानु अत्यन्तै राम्रो बानी हो ।

लोकप्रिय खेल फुटबल

सर्जक पुलामी
कक्षा- ३ (बी)

फुटबल भनेको खुट्टा अर्थात् फुटले बललाई हानेर खेल्ने खेल हो । फुटबल खेलको सुरुवात बेलायतबाट भएको हो । फुटबल खेल एउटा टिमबाट ११ जना र अर्को टिमबाट ११ जना गरी कुल २२ जना मिलेर खेल्ने गरिन्छ । फुटबल खेलको समय चाहिँ ९० मिनेटको हुन्छ । पहिलो ४५ मिनेटपछि १५ मिनेट खेल रोकेर आराम गर्न दिइन्छ । त्यसलाई पहिलो हाफ भनिन्छ । त्यसपछि फेरि ४५ मिनेट खेल्नेछ । पछिल्लो आधा समयलाई दोस्रो हाफ भनिन्छ ।

पहिले एक खेलमा एउटा टिमका तीनजना खेलाडी मात्र परिवर्तन गर्न पाइन्थ्यो तर अहिले पाँच जनासम्म खेलाडी परिवर्तन गर्न पाइन्छ । यो खेल घाँसे मैदान वा कृत्रिम घाँसे मैदानमा खेल्ने गरिन्छ । स्ट्याण्डर्ड साइजको फुटबल मैदान ९० मिटर लम्बाइ र ४५ मिटर चौडाइको हुन्छ । अन्तर्राष्ट्रिय खेल मैदान चाहिँ एक सयदेखि ११० मिटरसम्म लम्बाइ र ६४ देखि ७५ मिटरसम्म चौडाइको हुन्छ ।

नेपालमा फुटबल खेल राणा शासनकाल अर्थात् वि.सं. १९७० को दशकबाट खेल्न थालिएको इतिहास छ । नेपालमा फुटबल खेल निकै लोकप्रिय खेल हो । नेपालमा मनाङ मर्स्याङ्दी, श्रीस्टार, फ्रेण्डस्, एनआरटीलगायत विभिन्न फुटबल क्लब छन् । त्यस्तै सेना र प्रहरीको पनि फुटबल टिम छ ।

अहिले विश्वमा सबैभन्दा धेरैले हेर्ने खेल पनि फुटबल नै हो । विश्व इतिहासमा महान् वा सर्वश्रेष्ठ खेलाडी भनेर पेलेलाई चिनिन्छ । अहिले फुटबलको महान् हस्ती भनेर क्रिस्चियानो रोनाल्डो र लियोनेल मेस्सीलाई चिनिन्छ । त्यस्तै एमबाप्ये पनि अहिलेका चर्चित खेलाडी हुन् ।

फुटबलको सबैभन्दा ठुलो प्रतियोगिता विश्वकप फुटबल हो । विश्वकप फुटबल हरेक चार वर्षमा आयोजना हुन्छ । विश्वकप फुटबलको २२औँ संस्करण सन् २०२२ मा एसियाली देश कतार मा भएको थियो । कतार विश्वकपको विजेता मेस्सीको टिम अर्जेन्टिना हो । २३औँ विश्वकप फुटबल चाहिँ २०२६ मा अमेरिका, क्यानडा र मेक्सिकोमा सम्पन्न हुँदैछ ।



पानी खेर नफालौं

स्तुपा पाख्रिन

कक्षा- ४ (ए)

पानी बिनाको संसार सोचन पनि सकिँदैन । किनकि सम्पूर्ण मानव, जगत्, वनस्पति, जनावर, चराचुरुङ्गी आदि पानी बिना बाँच्न सक्दैन । हामीलाई हरेक दिन जुनसुकै समयमा चाहिन्छ । हामी पिउन, खाना पकाउन, लुगा धुन, नुहाउन आदि पानीको प्रयोग गर्छौं । यसरी हामीलाई जतिबेला पनि पानी आवश्यक पर्ने भएकाले पानी अति नै महत्त्वपूर्ण छ ।

पानी गन्ध र रङ्गहीन तरल पदार्थ हो । यो पृथ्वीको प्राकृतिक देन हो । पानीका स्रोतहरू खोलानाला, कुवा, मूलको जरूवा पानी आदि हुन् । त्यस्तै हिमालको हिउँ पनि पानीको स्रोत हो । यसका रूपहरू परिवर्तन भइरहेका हुन्छन् । त्यसैले पानी एक ठाउँबाट अर्को ठाउँमा पुगिरहेको हुन्छ ।

आजकल हरेक व्यक्तिले पानीको दुरुपयोग गरिरहेका हुन्छन् । हरेक ठाउँमा पानीको खपत आवश्यकताभन्दा बढी भइरहेको छ । हामीले पानीको दुरुपयोग हुनबाट जोगाउनु पर्छ । पानीको स्रोतहरूलाई व्यवस्थापन गरी पानी खेर जान दिनु हुँदैन । पानी मानिसको जीवन हो ।



होली

अतिथि खनाल

कक्षा- ४ (ए)

होली पर्वलाई फागु पूर्णिमा पनि भनिन्छ । होली पर्व खासगरी नेपाली तथा भारतीयहरूले प्रत्येक वर्षको फागुन शुक्ल पूर्णिमाको दिन मनाउँछन् । यो पर्वको कथा हिन्दु धर्मको त्रेता युगसँग जोडिएको छ ।

यो चाडले वसन्त ऋतुको आगमनको शङ्खघोष पनि गर्दछ । होली रङ्गहरूको चाड हो । होलीको दिन मानिसहरूले एकअर्कामा विभिन्न प्रकारका रङ्गहरू हालेर मनाउँछन् । यसरी एकअर्कालाई रङ्गिन बनाउँदै मनाइने होली पर्वको पौराणिक कथा र इतिहास छ ।

साना साना बालबालिकादेखि वृद्धवृद्धासम्मका सबै मानिसहरू होलीमा रमाउँछन् । मान्छेहरू एकअर्कासित एक अद्वितीय सम्बन्ध स्थापित गर्दछन् ।



तिहार

आकांक्षा थापा
कक्षा- ४ (बी)

गयो दसैं आयो तिहार
भयो भिलीमिली
रमाइलो गछौं हामी
सबै मिलीजुली

कुकुर पूजा गाई पूजा
लक्ष्मी पूजा गर्ने
साथीभाइ जम्मा भई
देउसी-भैलो खेल्ने ।

रङ्गोली बनाउने
सेलरोटी खाने
नयाँ लुगा लगाएर
पिछ खेल्न जाने ।

भाइटिका मनाउँदा
उपहार पाइने रहर
आहा ! कति रमाइलो
हाम्रो चाड तिहार ॥



अनुशासन

रिआन शाक्य
कक्षा- ४ (बी)

अनुशासन मानिसमा हुनुपर्ने महत्त्वपूर्ण कुरा हो । अनुशासन भन्नाले आफ्नो घर परिवार, समाज, विद्यालय, देश जुनसुकै ठाउँमा रहँदा पनि पालना गर्नुपर्ने मर्यादा, नियम, कानून भन्ने बुझिन्छ ।

आफूभन्दा ठुलालाई आदर गर्नु, सानालाई माया गर्नु, विद्यालयका नियम पालना गर्नु, सबैसँग मिलेर बस्नु, समयमै काम पूरा गर्नु आदि अनुशासनका लक्षण हुन् । अनुशासनको पालना गर्नाले हामी हाम्रो जीवनमा सफल बन्न सक्छौं । सबैको प्रिय बन्न सक्छौं । अनुशासनकै कारणले आजको एक विद्यार्थी नै भोलि देशको राम्रो कर्णधार बन्न सक्छ ।

अनुशासनको पालना नगर्ने मानिस जतिसुकै सुन्दर भए पनि उसलाई अरूले राम्रो भन्दैनन् । ऊ बास्ना बिनाको फूलसरह हुन्छ । उसको जीवन पनि सजिलो हुँदैन । त्यसकारण हामीले अनुशासनको सधैं पालना गर्नुपर्छ ।



मेरो कोठा

रायन शिल्पकार
कक्षा- ४ (बी)

कोठा मेरो पहुँलो
खाट मेरो रातो
खाटमा तन्ना पहुँलो
सिरक मेरो सेतो
टेबल मेरो खैरो
कुर्सी मेरो कालो
दराज मेरो खैरो
ऐना कति राम्रो
भित्ते घडी मेरो सेतो
नोटिस बोर्ड मेरो रातो
आहा ! कति राम्रो
चिटिक्क सजिएको कोठा मेरो ।



हाम्रो धर्ती

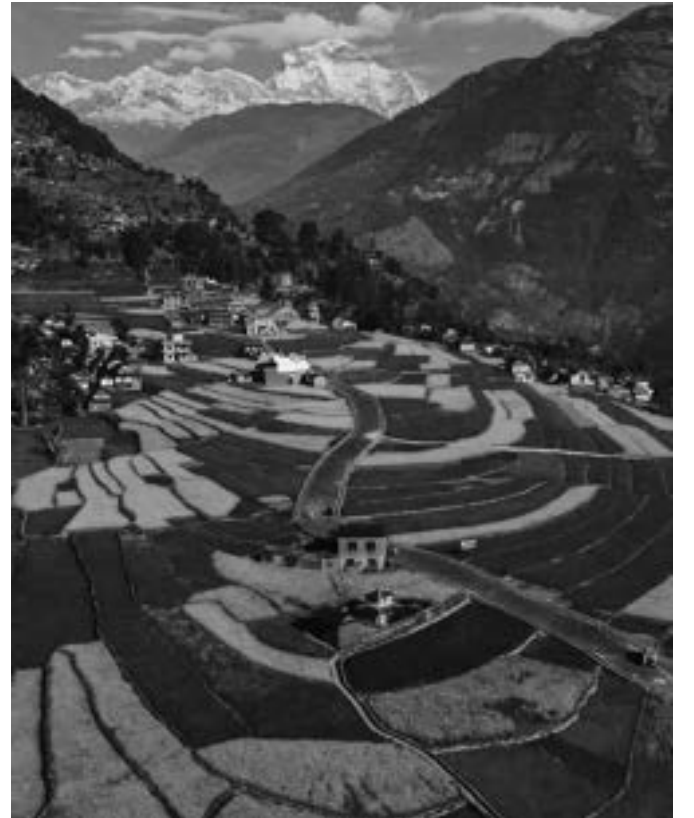
शरद श्रेष्ठ
कक्षा- ५ (ए)

माथि आकाश तल धर्ती कति राम्रो ठाउँ
यही हाम्रो जन्मभूमि पवित्र यो ठाउँ
शीतको थोपा टल्किन्छ बिहानीमा सधैं
सूर्य किरण भुल्किन्छ बिहानीमा सधैं ।

वसन्तमा फूल फुल्छ यही धर्ती माथि
अन्नबाली उब्जाउँछन् हाम्रा कृषक साथी
नयाँ-नयाँ पालुवाले हरियाली छायो
सबैका जीवनमा खुसियाली ल्यायो ।

कति राम्रो रचना हाम्रो धर्ती माथि
जुनकिरीको फिलिमिली हेरौं हामी साँभ
चन्द्रमाले पृथ्वीलाई फनफनी घुम्छ
प्रकृतिको यही नियम अटल हुन्छ

वातावरण स्वच्छ राखौं स्वर्ग भैं यो देश
कति राम्रो मिलेको छ हिमाल, पहाड, मधेस ।



पुस्तक

आराध्या ओम्फा
कक्षा- ६ (ए)

पुस्तक हो मेरो साथी
ज्ञान दिने मलाई
अज्ञानताको बाटो छाडी
सत्मार्गमा हिडाउँछ मलाई

थरी थरी रङ यसमा
थरी थरी चित्र
पुस्तकको कुरा पढ्दा
हुन्छ मन विचित्र

पुस्तकलाई सधैं म
राख्छु मेरो साथमा
पुस्तककै सहायताले
पुग्छु म शिखरमा

पुस्तककै ज्ञानले विद्वान बने धेरै
मूर्खलाई बाटो देखाउने पुस्तकको ज्ञान नै
पुस्तकबिना नचल्ने हाम्रो जिन्दगानी
पुस्तककै ज्ञानले छौं हामी धेरै ज्ञानी ।



नेपाल देश

अभिनव पाण्डे
कक्षा- ६ (ए)

नेपाल देशका फूल हामी
बास्ना मगमग छौं
फूलबारीलाई सिंगारेर
हराभरा पाछौं ।

कलकल बग्ने नदी
हाम्रो बढ्ने गति
चमचम गर्दै चम्किदिने
हामी घामका ज्योति ।

निरन्तर नदी जस्तै
हामी अघि बढ्छौं
जोस अनि जाँगरले
नेपाल देशलाई सजाउँछौं ।

लेक बेसी घुमी
हामी यसमै रमाउँछौं
संसारलाई प्रकृतिको
माया महत्त्व बुझाउँछौं ।



साना साना हातहरू

पामिला जोशी
कक्षा- ६ (ए)

साना साना हातहरू
आकाश छुन उडाउने छौं ।
साना साना पाइलाहरू
शिखर चुम्न लम्काउने छौं ।

जीवनका अप्ठयारा मोडहरू
हौसलाले बाट्ने छौं
हारहरूलाई जित्दै
चाहेको लक्ष्य चुम्ने छौं ।

साना साना हातहरू
आकाश छुन उडाउने छौं ।
सानो टुलो सोचहरूलाई
लक्ष्यसम्म पुऱ्याउनेछौं

ज्ञानको ज्योति जलाई,
संसारमा शान्ति फैलाउने छौं ।
युद्धहरूले होइन,
विचारले संसार जित्ने छौं ।

साना साना हातहरू
आकाश छुन उडाउने छौं ।
साना साना पाइलाहरू
शिखर चुम्न लम्काउने छौं ।



नेपालको प्राकृतिक सौन्दर्य

पलाशा आचार्य
कक्षा- ७ (ए)

दक्षिण एसियामा अवस्थित एउटा सानो राष्ट्र नेपाल प्राकृतिक सौन्दर्यले भरिपूर्ण देश हो । यहाँ खोलानाला, तालतलैया, नदी र पोखरीहरूदेखि हिमाल, पहाड र तराईको उर्बर जमिनसम्म पाइन्छ । भौगोलिक अवस्थाको आधारमा नेपाललाई हिमाल, पहाड र तराई तीन क्षेत्रमा विभाजन गरिएको छ । यी तीन फरक क्षेत्रमा हावापानी, बोटबिरुवा र पशुपन्छी पनि फरक फरक पाइन्छन् ।

नेपालको सबैभन्दा माथिल्लो भाग हिमाली भेग हो । यहाँ अग्ला अग्ला हिमालहरू छन् । ती अग्ला हिमालहरू वर्षेभरि सेताम्य हिउँले ढाकिएका हुन्छन् । यहाँ डाँफे, हिँउचितुवा, चौँरीगाई, च्याङ्ग्रा, मुनाल, भालु आदि वन्यजन्तु तथा पशुपन्छी पाइन्छन् । यहाँ प्रसिद्ध हिमनदी र हिमतालहरू पनि छन् । नेपालमा विश्वको सबैभन्दा अग्लो हिमाल सगरमाथासहित आठ हजार मिटरभन्दा अग्ला आठओटा हिमालहरू छन् । यहाँ देश-विदेशका पर्यटकहरू ती हिमालहरू आरोहण गर्न तथा हिमाली क्षेत्रमा ट्रेकिङका लागि आउँछन् ।

नेपालको सबैभन्दा बिचको भाग चाहिँ पहाडी भेग हो । यहाँ पतभर र वर्षभरि हरियो रहने जङ्गल, मनोरम तालतलैया र मनमोहक भरनाहरू छन् । यो भेग फलफुल र तरकारी खेतीका लागि प्रसिद्ध छ । यहाँ विभिन्न प्रकारका स्वादिष्ट



फलफुलहरू पाइन्छन् । यस भेग साहसिक पर्यटनका लागि पनि प्रसिद्ध छ । जस्तै: बन्जी जम्पिङ, प्याराग्लाइडिङ, जिपलाइन आदि । पहाडी भेगले नेपालको सबैभन्दा बढी ६८ प्रतिशत जमिन ओगटेको छ ।

नेपालको सबैभन्दा तल्लो भाग तराई भेग हो । यस समथर भूभाग खाद्यान्न उत्पादनका लागि प्रसिद्ध छ । त्यसैले तराईलाई नेपालको अन्न भण्डार पनि भनिन्छ । यो भेगमा चार कोशे भाडीजस्ता टुला टुला जङ्गल छन् । चितवन, पर्सा,

बर्दियालगायतका राष्ट्रिय निकुञ्ज यसै भेगमा पर्छ । यी राष्ट्रिय निकुञ्जहरूमा बाघ, गैंडा, मयुरजस्ता पशुपन्छी पाइन्छन् । यस भेगमा रहेका लुम्बिनी, जानकी मन्दिर जस्ता तीर्थस्थलहरूले हाम्रो देशका इतिहास झल्काउँछन् ।

हरिया वनजङ्गल, जलस्रोतलगायत विभिन्न प्राकृतिक स्रोत-साधन, विभिन्न प्रकारका जङ्गली जनावरले क्षेत्रफलको हिसाबमा सानै रहे पनि हाम्रो देश नेपाललाई विशाल बनाएको छ ।

विद्यार्थी जीवनमा अनुशासनको महत्त्व

गरिमा के.सी.

कक्षा- ७ (ए)

अनुशासन भनेको मानव जातिमा नभई नहुने गुण हो । देशको, समाजको र घरको नियम पालना गर्नु नै अनुशासन हो । हामी विद्यार्थीले विद्यालयको पनि नियम पालना गर्नुपर्छ । अनुशासन मानिसका लागि अति आवश्यक छ । अनुशासनको पालना गर्ने व्यक्तिले समाजमा उच्च पद प्राप्त गर्दछ । त्यसैले अनुशासन सबैले पालना गर्नुपर्ने कुरा हो ।

अनुशासन विद्यार्थी जीवनमा एकदमै महत्त्वपूर्ण छ । अनुशासनहीन विद्यार्थीको पढाइ राम्रो हुँदैन तर अनुशासित विद्यार्थीको पढाइ राम्रो हुन्छ । अनुशासित विद्यार्थीको भविष्य पनि उज्वल हुन्छ । अनुशासन नभएको विद्यार्थीले भविष्यमा पछुताउनु पर्छ । त्यसैले अनुशासन विद्यार्थी जीवनमा एकदमै महत्त्वपूर्ण छ ।

अनुशासनमा नरहने मानिस लगामबिनाको घोडाजस्तै हुन्छ । मानिसको जीवन जोखिमपूर्ण पनि हुन्छ । अनुशासनको बाटो मा हिँड्ने मानिसले जीवनमा सफलताको शिखर छुन सक्छन् । अनुशासनको पालनाबाट सबैको भलाइ हुन्छ । त्यसैले हामीले अनुशासनको पालना गर्नुपर्छ ।



मेरो देश मेरो गौरव

अभिव्यक्ति तामाङ

कक्षा- ७ (ए)

नेपाली भई जन्मनुमा गर्छु म गौरव
नेपालको नाम चम्काउन गर्ने छु म पौरख ।
हिमाल, पहाड, तराई सबै मिलेर बस्छन् यहाँ
थरी थरीका जातजाति मिली बस्छन् जहाँ ।
विश्वकै अग्ला हिउँचुली हाँस्छन् हामीतर्फ
नेपालमै छ बहुजाति, संस्कृति र धर्म ।
विभिन्नतामा एकता भन्ने हाम्रो सन्देश
प्राकृतिक सौन्दर्यका सबैभन्दा धनी मेरो देश ।



स्वास्थ्य नै धन हो

बिरुजा रेग्मी
कक्षा- ७ (ए)

हाम्रो जीवनको सबैभन्दा अमूल्य र महत्त्वपूर्ण कुरा भनेको स्वास्थ्य हो । स्वास्थ्य भनेको शारीरिक, मानसिक एवम् सामाजिक रूपले तन्दुरुस्त हुनु हो । हामीले धन गएमा फेरि कमाउन सक्छौं तर राम्रो स्वास्थ्य कहिल्यै पनि फेरि पाउन सक्दैनौं । समयसँगै मानिस धनी वा गरिब हुन सक्छ । त्यसै गरी समयसँगै मानिसको स्वास्थ्य पनि राम्रो वा नराम्रो हुन्छ । स्वास्थ्य राम्रो बनाउने कुरा हाम्रै हातमा हुन्छ । हामीले राम्रो बानी अपनायौं भने हाम्रो स्वास्थ्य राम्रो हुन्छ तर हाम्रो बानी नराम्रो भयो भने हाम्रो स्वास्थ्य पनि नराम्रो हुन्छ ।

यो संसारमा कुनै पनि मानिसले हाम्रो खुसी खोस्न सक्दैनन् । बरु रोग नै त्यस्तो शत्रु हो, जसले स्वास्थ्यमा नोक्सान पुऱ्याउँछ । जसले हामीलाई न सुत्न दिन्छ, न खान दिन्छ । जीवन नै नर्कजस्तो बनाइदिन्छ । त्यसैले हामी सबैले आफ्नो राम्रो स्वास्थ्य कायम राख्न विभिन्न उपायहरू अपनाउनुपर्छ । हामीले सन्तुलित भोजन खानुपर्छ । सकारात्मक सोचाइको विकास गर्नुपर्छ । धूम्रपान, मद्यपानजस्ता हानीकारक कुलतबाट टाढा बस्नुपर्छ । व्यक्तिगत तथा वातावरणीय सफाइ कायम राख्नुपर्छ । शारीरिक अभ्यास गर्ने बानी गर्नुपर्छ । विभिन्न रोगविरुद्ध खोप लगाउनु पर्दछ ।

हामीले हाम्रो जीवनको मुख्य धन स्वास्थ्यलाई जोगाउनुपर्छ । हामीसँग जतिसुकै धन भएपनि आफ्नो स्वास्थ्य ठिक छैन भने



धनको केही काम लाग्दैन तर शरीर स्वस्थ भएको अवस्थामा धन सम्पत्ति जीवनभर आर्जन गर्न सकिन्छ । स्वास्थ्य राम्रो छैन भने यसले हाम्रो आर्थिक अवस्था नै कमजोर बनाउन सक्छ । कतिपय भौतिक आवश्यकता पूरा गर्न धन चाहिन्छ । तर धन नै सबैथोक हो भनेर त्यसमै लाग्दा त्यसले हाम्रो जीवनको सबै रस खोसिदिन्छ ।

स्वस्थ शरीर भन्नाले मन, मस्तिष्क चुस्त र स्फूर्त भई राम्रो काम गर्न सक्ने क्षमता भएको शरीर भन्ने बुझिन्छ । शरीर स्वस्थ भएमा मात्र जीवनका हरेक दुःखको सामना गरी सफलता प्राप्त गर्न सकिन्छ । भनिन्छ, धन मात्र भएर हुँदैन, स्वस्थ मन पनि चाहिन्छ । त्यसैले मानिस स्वस्थ छ भने त्यो उसको सबैभन्दा ठुलो धन हो ।

मेरो जीवनको लक्ष्य

आयुष्मा धिताल
कक्षा- ७ (ए)

विभिन्न रोग लागेर वा गम्भीर दुर्घटनामा परेर मृत्युको मुखमा पुगेका मानिसहरूलाई पनि डाक्टरले बचाउन सक्छन् । डाक्टरहरूले मानिसहरूलाई आशा दिन्छन् । डाक्टर ज्यान बचाउने मानिस हुन् । त्यसैले डाक्टरलाई भगवान् पनि भन्ने गरेको पाइन्छ ।

मेरो जीवनको लक्ष्य पनि एक कुशल र सभ्य डाक्टर बन्नु हो । म कुशल डाक्टर बनेर आफ्ना सबै जिम्मेवारी पूरा गर्न चाहन्छु । म डाक्टर बनेपछि गरिबहरूलाई निःशुल्क सेवा दिनेछु । नेपालमा अझै पनि ग्रामीण क्षेत्रहरूको विकास भएको छैन । त्यहाँ राम्रा अस्पतालहरू छैनन् । यही कारण धेरै मानिसको अकालमा मृत्यु भइरहेको छ । त्यसैले त त्यस्ता



ठाउँहरूमा राम्रा राम्रा अस्पताल खोल्नेछु । म त्यो ठाउँको विकास गर्न एकदमै प्रयास गर्नेछु ।

म सबै मानिसको ज्यान बचाउने प्रयास गर्नेछु । म बिरामी मानिसहरू जुनसुकै अवस्थामा भए पनि जुनसुकै ठाउँमा भए पनि उनीहरूको सेवा गर्न कहिल्यै पछाडि हट्ने छैन । म जहिले पनि मानिसहरूसँग राम्ररी बोल्ने छु । ठुलो स्वरले कहिल्यै बोल्ने छैन र सबैको सम्मान गर्नेछु । म गरिबहरूको सेवा पनि गर्नेछु । म सरसफाईको बारेमा मानिसहरूमा

जनचेतना फैलाउने जस्ता अरु पनि राम्रा क्रियाकलापहरू गर्नेछु ।

मलाई मेरो लक्ष्य हासिल गर्न कठिन होला । जे सोचेको छु, ती कुराहरू पूरा गर्न कडा मिहिनेत गर्नुपर्छ होला तर म मेरो जीवनमा कहिल्यै पनि हार मान्ने छैन । लक्ष्य हासिल गरी सफल व्यक्ति बन्न म एकदमै प्रयास गर्नेछु । धेरै मिहिनेत गरेर आफ्नो लक्ष्य हासिल गर्नेछु । म मेरो जीवनमा सफल व्यक्ति बनेर आफ्नो परिवारलाई सधैं खुसी राख्नेछु ।

मेरो जीवनको लक्ष्य

सुहाङ्गेम लिम्बू

कक्षा- ७ (बी)

मलाई गणित र विज्ञान विषय धेरै मनपर्छ । विज्ञान विषय मेरो सानैदेखिको रुचिको विषय हो । यो संसार मा के भइरहेको छ ? यो ब्रह्माण्डमा के छ ? ग्रहहरू के हुन् ? यसलाई के ले अड्याइराखेको छ ? यसलाई के ले घुमाइरहेको छ ? यी ग्रहहरूमा के के छन् ? मलाई यस विषयमा एकदमै खुलदुली छ ।

मेरो यो खुलदुली मेटाउने विषय विज्ञान रहेछ । अनि त्यो खुलदुली मेटाउने काम वैज्ञानिकहरूले गर्दा रहेछन् । त्यसैले मेरो रुचिअनुसारको विषय विज्ञान रहेछ भने विज्ञान पढेर बन्ने वैज्ञानिक रहेछ । त्यसैले मेरो जीवनको लक्ष्य वैज्ञानिक बन्नु हो । म अहिले मेरो रुचिअनुसार विज्ञान विषयमा आफ्नो ध्यान अलि बढी केन्द्रित गर्दै गइरहेको छु ।

म वैज्ञानिक बन्न सक्ँ भने ग्रहहरू र ब्रह्माण्डको विषयमा अध्ययन गर्ने छु । त्यस सम्बन्धी अध्ययन र खोज, समयको अर्थ, ग्रहहरू, ब्रह्माण्डको सुरुदेखि पछिल्लो समयसम्मका विभिन्न तथ्यहरू पत्ता लगाएर विश्वमा नयाँ बहसको थालनी गर्ने मेरो चाहना छ । त्यसका लागि उपयुक्त थलो नासा रहेछ । अमेरिकाको यो संस्था नेसनल एरोनोटिक्स एण्ड स्पेस एडमिनिस्ट्रेसन (नासा) विज्ञानको क्षेत्रमा नयाँ खोज गर्न चाहने संसारभरका वैज्ञानिकको सपनाको संस्था हो । मलाई पनि त्यही संस्थसँग जोडिएर काम गर्ने चाहना छ । संसारमा सकारात्मक परिवर्तन ल्याउने मेरो चाहना छ ।

वि ग
ज्ञा णि
ब त

नेपालको प्राकृतिक सौन्दर्य

टियारा कोइराला
कक्षा- ७ (बी)

नेपाल दक्षिण एसियामा हिमालयको काखमा अवस्थित भौगोलिक विविधतायुक्त देश हो । प्राकृतिक सुन्दरताले हाम्रो देशको राष्ट्रिय गौरव बढाएको छ ।

विश्वको सर्वोच्च शिखर सगरमाथा हाम्रो देशमा अवस्थित छ । हाम्रो देशमा सगरमाथासँगै अरु पनि धेरै उच्च हिमाल छन् । विश्वमा रहेका ८,००० मिटरभन्दा अग्ला १४ ओटा हिमालहरूमध्ये ८ ओटा नेपालमा नै अवस्थित छन् । नेपालको पूर्वदेखि पश्चिमसम्मै उत्तरी भागमा हिमालहरू छन् । त्यसैले यहाँको भूभाग निकै भिरालो छ । बिचको भाग पहाडले भरिएको छ । यहाँको भूभाग चाहिँ हिमालको जस्तो धेरै भिरालो छैन । कहीं समथर त कहीं उपत्यका, अनि टार, बेसी, खोच आदि रहेका छन् ।

सबैभन्दा दक्षिणमा चाहिँ तराई छ । तराई मैदान क्षेत्र हो । यहाँ धेरै कृषि उत्पादन हुन्छ । खेतीयोग्य जमिन धेरै छन् । त्यसैले नेपालको तराईलाई अन्न भण्डार पनि भनिन्छ । विविधता, हरियाली, नदी, ताल, छहरा, झरना आदिले नेपालको सौन्दर्य बढाएको छ । हाम्रो देश नेपाल निकै सुन्दर र प्यारो छ ।



नेपालका चाडपर्वहरू

यास शेरपा
कक्षा- ७ (बी)

चाडपर्व भन्नाले कुनै खास दिन तथा तिथिमा विभिन्न जातजातिका तथा समुदायका मानिसहरूले विशेष पर्वको रूपमा मान्ने र विभिन्न देवदेवीहरूको पूजाआजा गरी भोज भतेर खाई नाचगान गरी रमाइलो गर्ने दिनलाई भनिन्छ ।

जात्रा भन्नाले साधारणतया हामी देवदेवीको रथयात्रा आदिलाई भन्दछौं । त्यस्तै, परम्परा भन्नाले धेरै समय अघिदेखि चलिआएका विभिन्न किसिमका रीतिथिति, प्रचलन तथा प्रथाहरू हुन् । नेपाल अनेकतामा एकताको अद्भुत सङ्गम भएको एउटा सुन्दर राष्ट्र हो । जहाँ अनेक धर्म, भाषाभाषी, जातजाति, सम्प्रदायका मानिसहरू एउटै मालामा विभिन्न फूल गोंसिएसरी रहेका छन् ।

यहाँका हरेक जाति, धर्म र सम्प्रदायको आ-आफ्नै सांस्कृतिक परम्परा छन्, जो विभिन्न चाडपर्वका रूपमा हाम्रो समाजमा चलनचल्तीमा रहेका छन् । यहाँ धेरै जातजाति र उपजातिहरू पनि रहेका छन् ।

मेरो देश मेरो गौरव

रोजिशा शिल्पकार
कक्षा- ७ (बी)

मेरो देशको नाम नेपाल हो । नेपाल दक्षिण एसियामा अवस्थित भूपरिवेष्ठित देश हो । नेपालको छिमेकमा दुई ठुला देश चीन र भारत छन् । उत्तरमा रहेको चीन नेपालभन्दा ६५ गुणा ठूलो छ भने भारत करिब २३ गुणा ठूलो छ । यी दुई देश विश्वमै सबैभन्दा बढी जनसङ्ख्या भएका देशहरू हुन् ।

नेपाल भौगोलिक रूपमा हिमाल, पहाड र तराई तीन भागमा विभाजित छ । नेपालको पूर्वदेखि पश्चिमसम्मै उत्तरमा हिमाल रहेको छ । त्यसैले नेपाललाई हिमालयको कोमल काखमा रहेको देश भनेर पनि चिनिन्छ ।

नेपालको सुन्दरताको वर्णन त जति गरे पनि पुग्दैन । त्यस्तै समृद्ध संस्कृति, परम्परा, कला र सभ्यताले पनि नेपाललाई चिनाएको छ । नेपाल प्राकृतिसँगै सांस्कृतिक सम्पदामा पनि धनी देशका रूपमा विश्वभर चिनीएको छ । नेपालका बहादुर छोरा-छोरीहरूले बनाएको नेपालले ठुलो र गौरवशाली इतिहास बोकेको छ ।



विद्यार्थीको जीवन

प्रतिज्ञा महतो
कक्षा- ७ (बी)



सधैं विद्यालय जाने हामी विद्यार्थी
पढी लेखी भविष्य राम्रो गर्ने हामी विद्यार्थी
भविष्यमा केही बन्ने सपना सजाएर पढ्ने हामी विद्यार्थी
राम्रो पढी देश विकसित बनाउने कल्पना गर्ने हामी विद्यार्थी ।

विद्यार्थीको जीवन हो कठिनाइको कुवा
निस्किएनौं भने अगाडि के हुन्छ होला
यही विद्यार्थीको जीवन, पढेर बन्ने ठुलो मानिस
आमाबुबाको सन्तान हुँ म बन्ने छु असल मानिस ।

दिनदिनै हुन्छ केही महत्त्वपूर्ण कार्य दिन
सबै कार्य सम्पन्न गरेर आउनुपर्छ भोली बिहान
विद्यार्थी बनेर सबै परीक्षामा सफल हुने
ठुलो भई इमान्दारीको नाम कमाउने ।

पछाडि के हुन्छ,
सोचिएन भने
वर्तमानमा हाम्रो जीवन कस्तो हुन्थ्यो होला
विश्वमा पढाइको योजना नभएको भए
समयमा विद्यालय पुगी
सबै कार्य पूरा गरी साँझ घर फर्की
समयमा सबै कार्यहरू पूरा गर्ने,
हामी हौं लिटिल एन्जल्सका असल र इमान्दार विद्यार्थी ।

प्राविधिक शिक्षाको महत्त्व

श्रीयसी पाण्डे
कक्षा- ८ (ए)

आजको युगलाई सूचना र प्रविधिको युग भनिन्छ । वर्तमान अवस्थामा हरेक क्षेत्रमा सूचना र प्रविधिको धेरै प्रयोग भएको पाइन्छ । शिक्षामा पनि यसको महत्त्व र आवश्यकता एकदमै धेरै छ । मानव जीवनमा शिक्षाको धेरै महत्त्व छ । त्यसमा पनि प्राविधिक शिक्षा भन्ने उपयोगी सावित भएको छ ।

प्रविधिको प्रयोग र प्रचलनले यस युगमा मानव जीवन सहज हुँदै गएको छ । शिक्षा आदान-प्रदान पनि प्रविधिको सहज बनाइदिएको छ । मानिसले धेरै क्षेत्रहरूमा प्रविधिको उपयोग गर्ने गरेका छन् । यसले आवश्यकताहरू पूरा गर्न पनि धेरै सजिलो भएको छ तर प्रविधिको प्रयोगले मानव जीवनमा फाइदासँगै धेरै बेफाइदा पनि सिर्जना गरेका छन् ।

अहिले शिक्षा प्राप्तिलाई प्रविधिको सबैभन्दा सजिलो बनाइदिएको छ । विभिन्न विद्यालय तथा विश्वविद्यालयका कोर्श अहिले अनलाइनमै पढ्न पाइन्छ । शिक्षा आदान-प्रदानका लागि प्रविधिको प्रयोग सबैभन्दा बढी कोभिड- १९ को समयमा भएको लकडाउनका बेला भएको थियो ।

अहिले स-साना बालबालिकादेखि ज्येष्ठ नागरिक सबैको हातहातमा मोबाइल फोनलगायत अन्य डिजिटल डिभाइस पुगेको छ । जसका कारण शिक्षा मात्रै होइन, देश-विदेशमा रहेका परिवारका सदस्य, आफन्त तथा साथीभाइसँग सजिलै कुराकानी गर्न सकिने भएको छ । विश्वभर कहाँ के भइरहेको छ भन्ने खबर तुरुन्तै थाहा पाउन सजिलो भएको छ ।

मेरो कर्तव्य

आयुष श्रेष्ठ
कक्षा- ८ (बी)

म जन्मिएको देश नेपाल हो । यो देश हामीलाई हाम्रो पुर्खाले दिएको नासो हो । यहाँका हिमाल, पहाड र तराईले ओगटेको १,४७,५९६ वर्ग किलोमिटरको भूभाग र यहाँका धरोहर पुर्खाबाट आर्जन गरिएको सम्पत्ति हो । त्यसैले पुर्खाले यो देशलाई जति राम्रो गरेर गए, त्योभन्दा राम्रो गर्नु मेरो कर्तव्य हो ।

यति पनि मैले गर्न सकिन भने पुर्खाले जे जस्तो अवस्थामा जे जे सुम्पेर गएका छन्, त्यत्तिकै अवस्थामा यो देशको संरक्षण गरेर राख्नु मेरो कर्तव्य हो । म यो देशको नागरिक भएकाले यो देशको विकासका लागि सोच र मस्तिष्क लगाउनु, शारीरिक श्रम गर्नु पनि मेरो कर्तव्य हो ।

देश राम्रो हुनका लागि जनताले देशको नीति, नियम तथा कानूनलाई हृदयदेखि स्वीकार गर्नुपर्छ । कानून मिच्ने,



वर्तमान युगमा इन्टरनेटको प्रयोगबाट आफूलाई चाहिने सूचना, तथ्याङ्क, ज्ञान जहाँबाट र जहिले पनि सहजै लिन सकिने अवस्था सिर्जना भएको छ । सूचना-प्रविधिको विकासले शिक्षा मात्र होइन, किनमेल र घुमफिरका लागि सहज भएको छ । प्रविधिको प्रयोग गरिरहँदा हामीले साइबर कानूनहरूको पनि पालना गर्नुपर्छ । साइबर अपराधहरू प्रविधिको प्रयोगबाटै हुन्छन् । त्यसैले कसैको कुनै पनि डिजिटल डिभाइस अनुमतिबिना चलाउनु हुँदैन र चलाउन दिनु पनि हुँदैन । त्यस्तै सामाजिक सञ्जालका आइडी, मोबाइलगायत आफ्नो डिजिटल डिभाइसको पासवर्ड कसैलाई पनि दिनु हुँदैन ।

प्रविधि अहिलेको युगमा नभई नहुने कुरा भएको छ । यसले सबै लाई धेरै सजिलो बनाएको छ । यस युगमा प्रविधिको अत्यन्तै महत्त्वपूर्ण भूमिका रहेको छ । प्रविधिको सही सदुपयोग गर्न जाने त्यहाँ सबैथोक छ । सही ढङ्गले प्रयोग गर्न नसकिए प्रविधिको मानिसको जीवन बर्बाद पर्छ ।



उल्लङ्घन गर्ने गर्दा देशको नीति नियम भताभुङ्ग हुन्छ । व्यक्तिवादी प्रवृत्तिले हानी हुन्छ । जसका कारण देशमा अशान्ति मच्चिन्छ । कोलाहल फैलन्छ र देश भद्रगोल हुन पुग्छ । त्यसैले म प्रतिज्ञा गर्छु कि म मेरो देशप्रति कर्तव्यनिष्ठ रहने छु ।

वैदेशिक रोजगार युवाको बाध्यता

मिलिशा पोखरेल

कक्षा- ८ (बी)

नेपाल विश्वका अति कम विकसित राष्ट्रको सूचीमा सूचीकृत राष्ट्र हो । यसले अत्यन्तै कम विकास भएको देश भन्ने बुझाउँछ । यद्यपि नेपाल विकासको पथमा अगाडि बढ्दै गरेको देश हो । त्यसैले केही वर्षभित्रै नेपाललाई अति कम विकसित राष्ट्रको सूचीबाट विकासशील राष्ट्रको सूचीमा पुऱ्याउने लक्ष्य लिइएको छ ।

नेपालमा विकास हुँदैछ तर विकासको गति ज्यादै कम छ । एकदमै ढिला विकास भइरहेको छ । छिमेकी मुलुक भारत र चीनको विकास नेपालको भन्दा धेरै तीव्र छ । त्यसैले यी दुई मुलुकको विकासको प्रभाव नेपालमा पनि पर्ने अपेक्षा गरिएको छ । तर विकासको गति ढिला भएकाले नेपालमा धेरै समस्या देखिएका छन् ।

नेपाल प्राकृतिक स्रोत-साधनको दृष्टिले अत्यन्तै धनी देश हो । जलस्रोतमा त नेपाल विश्वकै दोस्रो धनी देश हो तर ती क्षेत्रको विकास हुन सकेको छैन । नेपालमा उद्योगको पनि विकास हुन सकेको छैन । प्राकृतिक स्रोत-साधनलाई सही रूपमा उपयोग गरेर देशलाई विकासको पथमा अगाडि बढाउन सक्ने भनेकै दक्ष जनशक्तिले हो । तर हाम्रो देशको युवाहरू ठुलो सङ्ख्यामा रोजगारीका लागि अन्य देशतिर गइरहेका छन् । यो एउटा ठुलो समस्या हो ।

कुनै पनि व्यक्ति रोजगारीका लागि एक देशबाट अर्को देशमा जानु र त्यहाँ गएर काम गर्नुलाई वैदेशिक रोजगारी भनिन्छ । नेपालमा राम्रो रोजगारीको अवसर नभएका कारण धेरै नेपालीहरू वैदेशिक रोजगारीमा जान बाध्य भएका छन् । नेपालबाट हरेक दिन १,५०० भन्दा बढी युवा रोजगारीका लागि विदेशिने गरेका छन् । देशभित्र उद्योग धन्दाको विकास नहुँदा रोजगारीको अवसर सिर्जना हुन सकेको छैन । त्यसैले नेपाली युवा वैदेशिक रोजगारीमा जान बाध्य छन् ।

वैदेशिक रोजगारीमा जाने युवाहरू पनि श्रम गन्तव्य मुलुकमा एकदमै तल्लोस्तरको काम गर्न बाध्य छन् । अन्तर्राष्ट्रिय श्रम बजारमा सिप भएको दक्ष श्रमशक्तिको माग छ । तर नेपाली युवा धेरैमा त्यस्तो सिप छैन । त्यसैले वैदेशिक रोजगारीमा गएका नेपाली युवाहरू श्री डी अर्थात् डिफिकल्ट (कठिन), डर्टी (फोहोरी) र डेन्जरस (खतरनाक) काम गर्न बाध्य छन् । यद्यपि पछिल्लो समय केही नेपाली युवाले विदेशमा सिकेको सिप र ज्ञान नेपालमा पनि उपयोग गरेर उद्यमशीलताको विकास गर्न थालेका छन् । वैदेशिक रोजगारी र वैदेशिक रोजगारीबाट फर्केर स्वदेशमै केही गर्ने युवाहरूको चाहनाले गरिबी घटाउन सहयोग पुगेको छ । वैदेशिक रोजगारीले नेपालको विभिन्न देशहरूसँग सम्बन्ध पनि विस्तार भएको छ ।



देशप्रति मेरो कर्तव्य

सम्भावी सोफिया शाही
कक्षा- ८ (बी)

जुन देशको भूमिमा जन्म लिएँ
जुन देशको माटोको सुगन्ध लिएँ
जुन भूमिमा आफ्ना पाइला पहिलोपटक टेकेँ
जुन भूमिको चलन र संस्कृति देखेँ ।

जहाँको डाँडापाखाबिच हुकेँ रमाउँदै
हुकेँ त्यहाँका सुन्दर फूल समाउँदै
जहाँको ताजा चिसो पानी पिउँ
जहाँका मानिसले यति स्नेह दिए ।

जुन भूमिले मेरो बालपन यति हंसमुख बनायो
जुन भूमिमा हरेक व्यक्ति रमायो
छ, मलाई मेरो देश असाध्यै प्यारो
यसलाई छाडेर जान हुन्छ मलाई असाध्यै गाह्रो ।

अब यो देशको विकास र रक्षा गर्ने मेरो कर्तव्य हो ।
मैले गरिने भने अरु गछ को ?
यो सुन्दर भूमिलाई म अझै सुन्दर बनाउने छु
मेरो देशलाई संसारभर चिनाउने छु ।

यो मेरो देश हो भनेर गर्वका साथ भन्नु छ मलाई
यो देशप्रति समर्पण गर्छु आफूलाई
हरेक परिस्थितिमा बन्ने छु मेरो देशको ढाल
अनि गर्वका साथ भन्ने छु म हुँ नेपाली अनि यो हो मेरो
देश नेपाल ।

फुलबारी

प्रान्जल थापा मगर, कक्षा- ३ (ए)
मेरो घरको फुलबारी,
आहा ! कति राम्रो छ ।
फुलछ रङ्गीचङ्गी फूलहरू,
पहेँलो, रातो, निलो, हरियो ।
कहिले आउँछ पुतली,
कहिले आउँछ मौरी ।
फूलको रस चुसी,
हुन्छन् धेरै खुसी ।
मेरो घरको फुलबारी,
आहा ! कति राम्रो छ ।



महिला हिंसा

सेलेना महर्जन,
कक्षा ८ (बी)

महिला हिंसा हाम्रो देश नेपालमा मात्र नभई विश्वभरमा धेरै देशमा भइरहेको छ तर यो नराम्रो कार्य हो । यस्तो गलत काम कसैले पनि गर्नु हुँदैन । कुनै महिलाले यस्तो हिंसाको अनुभूत गरेमा उसले आवाज उठाउनु पर्दछ । आवाज उठाउन शिक्षाको धेरै महत्त्व हुन्छ । तलको कथा पढ्नुहोस् र शिक्षाको महत्त्व पनि बुझ्नुहोस् ।

एकादेशमा एउटा सानो गाउँ थियो । त्यो गाउँमा एउटी केटी बस्थी । उसको नाम रमिता थियो । ऊ सहरमा पढेर गाउँमा फर्केकी थिई । उनको विवाह गाउँको पढेलेखेको केटा रमेशसँग हुन लागेको थियो । आज उनीहरूले केही कुरा गर्न भेटघाट गरेका थिए । उनीहरूबिच कुराकानी भइरहेको बेला रमेशले भन्यो, 'बिहेपछि तिमीले आफ्नो काम छोड्नुपर्छ र घरको काम मात्र गर्नुपर्छ ।'

रमिता अचम्म परी तर उसको बाध्यताले मान्नु पर्‍यो । केही दिनपछि उनीहरूको धुमधामसँग बिहे भयो । रमिताले आफ्नो काम छोडी घरका कामहरू गर्नतर्फ लागिन् भने रमेश भने एकलै बाहिर काम गर्ने गर्थ्यो । केही वर्षपछि उनीहरूको एउटा सन्तान भयो । रमितालाई घरको काम र बच्चा दुवै सम्हाल्न धेरै गाह्रो भयो । रमेशलाई पनि घर र बच्चा दुवैको खर्च सम्हाल्न धेरै गाह्रो भयो । रमिता बेलुकी सबै काम सकेपछि आराम गरिरहेकी हुन्थिन् । रमेश घर आइपुग्ने समय त्यहीबेला हुन्थ्यो ।

केही समयसम्म त सबै ठिकठाक नै चलिरहेको थियो । तर अब रमेशलाई लाग्न थाल्यो कि रमिता कुनै काम गरिरहेकी छैनन् । सधैं आराम मात्र गरिरहेकी छिन् । म चाहिँ मरीमरी काम गरिरहेको छु । एकदिन ऊ रिसले मुर्मुुरियो । उसको



अनुहार रातो भयो र रमितामाथि हात उठाउन थाल्यो । यसरी हात उठाउने क्रम बढ्दै गयो ।

रमिता शिक्षित महिला थिइन् । नारी अधिकारबारे उनलाई राम्रोसँग जानकारी थियो । रमेशले नै बिहेपछि 'तिमी घर सम्हालेर बस' भनेको हुनाले उनी घर सम्हालेर बसेकी थिइन् । त्यसैले उनले आफूमाथि भएको हिंसाको आवाज उठाइन् । अन्ततः रमेशलाई महिला हिंसा गरेको अभियोगमा जेल पठाइयो ।

रमिताले आफ्नो दक्षताअनुसार सानोतिनो काम गर्न थालिन् । उनको एक मात्र अटोट थियो कि आफ्नो बच्चालाई सकेसम्म योग्य नागरिक बनाउँछु । ऊ आफ्नो खुट्टामा आफैँ उभिन सक्ने र सही निर्णय लिन सक्ने बनोस् । अरुको दवाबमा जिन्दगीको निर्णय गर्न नपरोस् । त्यसैअनुरूप उनी आफ्नो काम र बच्चाको लालन-पालन तथा शिक्षा-दीक्षामा ध्यान दिन थालिन् ।

हामी नेपाली

निम्शा लिम्बू
कक्षा- ९ (ए)

मधेसी होस् वा पहाडी लेकाली होस् वा हिमाली
चिनारी हाम्रो एउटै छ हामी सबै नेपाली ।

सयौं थरी भाषा छन् सयौं थरी जाति छन्
एउटा दुईटा होइन, सयौं प्यारा साथी छन्
सयौं गीत, नृत्य छन् सयौं धुन बाजा छन्
धर्ती आकाश साभा छन्

तराई हाम्रो आँगन हो, हिमाल हाम्रो छानो हो
हामी सबै समान छौं को ठूलो र को सानो ?
नेपाल हाम्रो घर हो, नेपाली हाम्रो थर हो ।
सबै सन्तान एकै हौं को नजिक र परको ?

मेरो जात नेपाली, तिम्रो जात नेपाली
नेपालकै गीत गाउँछौं आफ्नै भण्डा उचाली
गर्व गर्छौं सगरमाथा रारा र फेवाको पनि
एकअर्कामा सहयोगको भावना छ सेवा नै धर्म हो भनी ।



विद्यालयका यादहरू

आर्जु बडू
कक्षा- १० (ए)

बिहानै उठेर तयारी गरी
जान्छौं हामी विद्यालय पढ्न
साथीसँग भेट्ने बित्तिकै लाग्छ
कुराहरू र रमाइलो गर्न ।

भगडा र भनाभन भए
एकअर्कासँग माफी माग्ने
गुरुबा र गुरुआमाको पिटाइ
बदमासी गरी सँगै फस्ने ।

पढाइ, खेल र मनोरञ्जन
सबै गरी हुर्केको यो प्यारो घर
सानाबाट ठुलो कहिले भयौं ?
थाहा नपाइ बन्थो सपनाको महल ।

धेरै समय कट्यो यहाँ
दुःख र सुख सबै भोगी
अघि बन्नु छ जीवनको यात्रामा
मुटुभित्र विद्यालयका यादहरू बोकी ।



अधिकार र कर्तव्य

शाहनाज प्रवीन
कक्षा- १० (ए)

अधिकार पन्छी हो भने
कर्तव्यलाई आकाश लिन हो हामीले ।
अधिकार नपाउने धेरै छन् यहाँ
जसरी तसरी कर्तव्य निभाउनुपर्छ मानिसले ॥

अधिकारलाई पानामा लिन्छौं भने
कर्तव्यलाई कलममा लिनुपर्छ ।
देशको विनाश नहोस् भनी
जिम्मेवारी लिई लड्नुपर्छ ।

अधिकार सबैलाई बराबर नदिए
आखिर गल्ती कस्को ठान्ने ?
अन्जान ती बालबालिकाहरूलाई
कर्तव्य निभाउन कसरी सिकाउने ?

सिकौं कर्तव्य पालना गर्न
नखोजी अधिकार एकमा एक ।
अनि बल्ल हुन्छ विकास
देश बन्न सक्छ, सयौंमा एक ।



पर्यटन उद्योग

गृष्णा आचार्य
कक्षा- १० (ए)

विविधतायुक्त मुलुक नेपाल विश्वकै महत्त्वपूर्ण पर्यटकीय गन्तव्यका रूपमा चिनिँदै आएको छ । नेपालको प्राकृतिक, धार्मिक, ऐतिहासिक, सांस्कृतिक, वातावरणीय अनुकूलता र पर्यावरणीय विशेषताका कारण नेपालमा पर्यटन उद्योगको तुलो सम्भावना रहेको छ । नेपालको आर्थिक विकास र समृद्धिका लागि पनि पर्यटन उद्योगको विशेष महत्त्व देखिन्छ । नेपालको राष्ट्रिय अर्थतन्त्रमा पर्यटनको योगदान निकै न्यून रहेको भए पनि यो क्षेत्रको योगदानलाई तुलो आकार दिलाउन सकिने सम्भावना छ । पर्यटनमा विकासका लागि भइरहेका प्रयासहरूले सकारात्मक प्रतिफल दिने सङ्केत देखिएकाले नेपालमा पर्यटन उद्योग एक उत्कृष्ट स्रोतको रूपमा परिचालन हुन सक्ने आधार देखिन्छ । अर्थतन्त्रमा पर्यटनको प्रवर्द्धनमार्फत मुलुकको कुल गार्हस्थ उत्पादन, प्रतिव्यक्ति आय, राष्ट्रिय बचत, शोधनान्तर स्थिति, रोजगारीको दरलगायत विविध आयामलाई



परोक्ष प्रभाव पार्ने गरेको हुन्छ । तसर्थ पर्यटन विकासको महत्त्व आयको न्यायपूर्ण वितरणका लागि पनि उल्लेख्य रहेकाले अबका दिनमा यसको विकासमा ध्यान दिनुपर्ने आवश्यकता छ । नेपालको सन्दर्भमा पर्यटनको विकास अपेक्षाअनुरूप भएको छैन । बाह्य पर्यटकको नेपालमा आगमन र तिनीहरूको बसाइ धेरै न्यून रहने गरेको छ ।

भूकम्प

रशनी श्रेष्ठ

कक्षा- १० (ख)

कुनै कारणले पृथ्वीको सतह हल्लिनु वा थरथर काप्नु नै भूकम्प हो । चार म्याग्निच्युड स्केलभन्दा सानो भूकम्पले जमिन धेरै हल्लाउँदैन । त्यसैले त्यस्ता साना भूकम्प गएको हामीलाई थाहा पनि हुँदैन तर ठुला भूकम्पले भने धेरै जनधनको क्षति पुऱ्याउँछ । त्यसैले भूकम्पलाई एक खतरनाक प्राकृतिक प्रकोप पनि भन्न सकिन्छ ।

भूकम्प कहाँ र कतिबेला जान्छ भन्ने कुरा कसैले पनि भन्न सक्दैनन् । भूकम्पको कम्पन पृथ्वीको गर्भमा रहेको केन्द्रबिन्दूबाट जमिनको सतहसम्म आउन थोरै समय लाग्छ । अहिले वैज्ञानिकहरूले जमिनमुनिको केन्द्रबिन्दूमा कम्पन सुरु भएको पत्ता लगाउने प्रविधिको चाहिँ विकास गरेका छन् । जसका कारण भूकम्पको जानकारी केही सेकेण्ड अगाडि नै प्राप्त गर्न सकिन्छ । अहिले त्यो प्रविधिको सदुपयोग गर्दै विभिन्न विकसित देशमा भूकम्पको जानकारी दिन साइरन जडान गरेको पाइन्छ ।

हामी विद्यालय, कार्यालय, शौचालय जहाँ हुँदा पनि भूकम्प आउन सक्छ । अप्रत्यासित समयमा आउने भएकाले भूकम्पले ठुलो क्षति पुऱ्याउने गर्छ । ठुला भूकम्पले एकैपटकमा ठुलो क्षेत्रमा प्रभाव पार्न सक्छ । नेपालमा वि.सं. २०७२ सालमा आएको ठुलो भूकम्पका कारण हजारौँ मानिसको मृत्यु भयो भने हजारौँ

भौतिक संरचनामा पनि क्षति पुग्यो । भूकम्पले मानिस मार्दैन तर हामीले बनाएको भौतिक संरचना बलियो नहुँदा त्यस्ता संरचना भत्किएर मानिसको मृत्यु हुने हो । त्यसैले २०७२ सालको भूकम्पपछि मानिसहरूले अग्ला भवनहरू बनाउन छाडेका छन् । त्यस्तै भवन बनाउँदा जग बलियो बनाउने, भूकम्प प्रतिरोधी संरचना निर्माणमा ध्यान दिन थालेका छन् । भूकम्पका कारण पहाडी तथा हिमाली क्षेत्रमा पहिरो जाने गर्छ । २०७२ सालको भूकम्पका कारण गोरखा, रसुवा, सिन्धुपाल्चोकका विभिन्न स्थानमा पहिरो गएको थियो । भूकम्पले थिलथिलो बनाएको त्यस्ता जमिन मानव बसोबासका लागि



सुरक्षित हुँदैनन् । त्यसैले त्यस्ता ठाउँका बस्ती अन्यत्र सारिएका छन् । त्यसरी बस्ती नै सारिएको एक स्थान हो गोरखाको लाप्राक ।

भूकम्पले जनधनमा ठुलो क्षति पुऱ्याउने भएकाले मानिसहरू डराउने गरेका छन् । २०७२ सालको भूकम्पपछि धेरै मानिसमा भूकम्पको त्रासकै कारण विभिन्न किसिमका रोग पनि लागेको पाइन्छ । भूकम्पपछि देखिएका त्यस्ता समस्या समाधानका लागि काउन्सिलिङ निकै महत्त्वपूर्ण देखिएको छ । भूकम्पकै कारण कतिपय परिवारमा बालबालिका दुहुरा बन्न पुगेका छन् भने कतिपय आमा-बाबु छोराछोरी गुमाएर रिक्तो काख बस्नु परेको अवस्था छ ।

नेपाल भूकम्पीय दृष्टिकोणले जोखिमपूर्ण स्थानमा रहेको छ । त्यसैले बलियो भौतिक संरचना निर्माण, भूकम्प सम्बन्धी चेतनामूलक जानकारी दिने कामलाई सरकारले मुख्य प्राथमिकतामा राख्नुपर्छ । यति गर्न सकियो भने भूकम्पबाट हुने क्षति न्यून गर्न सकिन्छ ।

जोक्स

दुईओटा लामखुट्टे कुरा गर्दै-

- पहिलो : ओइ भन् त । मान्छेहरू हामीभन्दा कति गुणा साना हुन्छन् ?
 दोस्रो : कहाँ साना हुनु नि ? लाखौँ गुणा टुला हुन्छन् नि ।
 पहिलो : होइन, मान्छेहरू हामीभन्दा १० गुणा साना हुन्छन् ।
 दोस्रो : कसरी ?
 पहिलो : ए मूर्ख, तिनीहरू हामीभन्दा साना नभए हामी छिर्न नसक्ने भुलमा कसरी छिर्छन् त ?

आदेश राई
कक्षा-२, डी१

मेरो हजुरबुबा

मलाई धेरै माया गर्ने मेरो प्यारो हजुरबुबा हुनुहुन्छ । दिनभरि को थकाइ पनि मेरो मुहार हेरेपछि मेटिन्छ भन्नुहुन्छ । जति थाके पनि मसँग खेल्नुहुन्छ । मैले साइकल चलाउँदा पछि पछि म लड्छु कि भनी सँगै दौडिनुहुन्छ । मेरो प्यारो हजुरबुबा धेरै मायालु हुनुहुन्छ । मलाई सधैं विद्यालय पुऱ्याउनुहुन्छ । मेरो प्यारो हजुरबुबालाई म पनि धेरै माया गर्छु ।

रुद्रांश दाहाल
कक्षा-१, ए१



राष्ट्रिय चिह्न

हाम्रो राष्ट्रिय भन्डा रातो, निलो र सेतो रङ्गको छ । भन्डाको माथिको भागमा चन्द्रमा र तलको भागमा सूर्य अङ्कित छ । हाम्रो राष्ट्रिय जनावरको नाम गाई हो । हाम्रो राष्ट्रिय फूलको नाम लालीगुराँस हो । हाम्रो राष्ट्रिय चराको नाम डाँफे हो । हाम्रो राष्ट्रिय हतियारको नाम खुकुरी हो । हाम्रो राष्ट्रिय खेलको नाम डन्डिबियो हो । हाम्रो राष्ट्रिय रङ्गको नाम सिम्रिक हो ।

साधभिक अवाले
कक्षा-१, ए१



राम्रो मान्छे बनौं

ए नानी बाबु हो
एउटा कुरा सुन
सबैलाई सहयोग गर
राम्रो मान्छे बन ।

रिसाउनु कहिल्यै हुँदैन
तिमीलाई नै गर्छ हानि
बरु सबैलाई माया गर्ने
बसाउनु है बानी ।

सबै साथीभाइलाई
आफू जस्तै ठान
राम्रा कुराको सिकाऊ है
पाइने छ ज्ञान ।

आमाबुबाको कुरा
जहिल्यै मान्नुपर्छ
उहाँहरूको राम्रो बानी
तिमीतिर नै सर्छ ।

सानालाई माया गर
ठुलालाई आदर
मिहिनेती बनी सधैं
पूरा गर रहर ।

आज त छौ साना साना
भोलि ठुलो हुने छौ
राम्रो मान्छे बनेर
देशको मुहार फेर्ने छौ ।

गुन्जना राई
कक्षा-१, बीर

मेरो बानी

म सानी नानी
चुलबुले मेरो बानी
गृहकार्य गरेर
खेल्ल कुद्न जाने ।

आऊ खेलौं साथी हो
मिलीजुली हामी
नयाँ नयाँ ठाउँमा
घुम्न पनि जाने ।

फूलबारीतिर हेर
कति राम्री पुतली
डाँडाकाँडा वन सबै
जताततै हरियाली

आकाशतिर हेर्दा
पर्नलाग्यो पानी
घर फर्किन साथी हो
चाँडै चढौं गाडी ।

रिया बुढामगर
कक्षा-३, डीर



सबै कुरा

पुस्तकमा कति धेरै चित्र
फूलहरू फुलेका छन् भित्र
रङ्गीचङ्गी पुतली हेर
रस लिन्छन् फूलमा बसेर ।

जाति धेरै भाषा त्यति धेरै संस्कृति
हिमाल र पहाडमा कति राम्रा प्रकृति
तराई त अन्नको भण्डार हो
हामी त एकतामा बाँच्न सिक्ने हो ।

घडी भन्छ यता हेर घाम लाग्यो तातो
चरी भन्छ सुसेलेर गर्छ ढिकाजौंतो
माघ आए माघी फागुन आए होली
सबै जना असल मान्छे बन्ने छौं भोलि ।

आरभराज यादव
कक्षा-३, सी२



मेरी आमा

सुन पनि राम्रो छ
गुन पनि राम्रो छ
तर मलाई लाग्दैन
आमा जति राम्रो छ ।

भलमल हिमाल
फुलेको त्यो सिमल
सबैभन्दा राम्रो छ
आमा तिम्रो मुहार ।

फूल फुलेको बेलामा
सुगन्ध नि राम्रो छ
आमा तिम्री हाँसेको
त्योभन्दा नि राम्रो छ ।

जून हाँसेको बेलामा
आकाश कति राम्रो छ
आमा तिम्री हाँसेको
मलाई भनै राम्रो छ ।

स्रसिका ताम्राकार
कक्षा-३, डी२

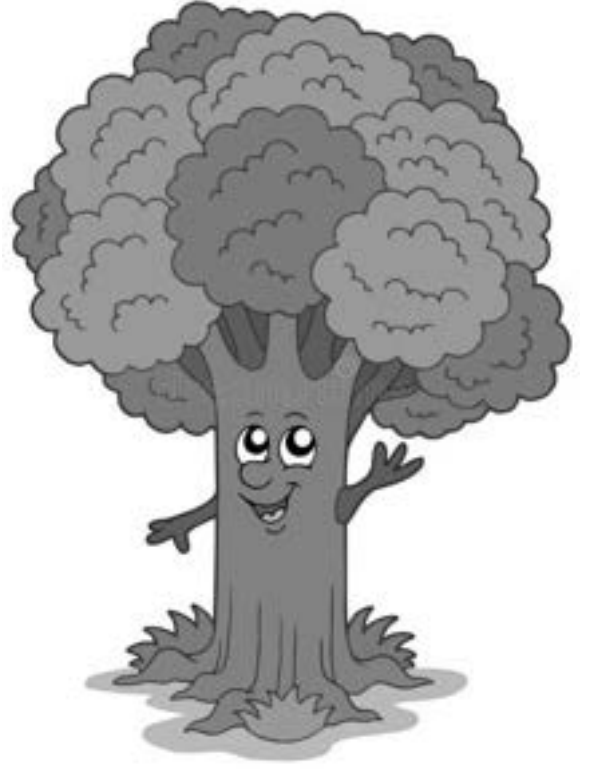


रुख

गहिरो नाता मेरो जमिनसँग
जरा जमिनमै जोडिएको
जिउ मेरो एकदमै ठुलो
हरियो कपालले सजिएको

आराम गर्न आउँछन् बटुवा
मेरै काखमा
आनन्दको महसुस गर्छन्
आफ्नै भाकैमा ।

काटे पनि काट मलाई
केही आवश्यकता पूरा गर्नलाई
सखाप हुने गरी नकाट मलाई
पछि आफैँ दुःख पाउनलाई ।



आरुषि लिम्बू
कक्षा-२, सी१

मेरो गाउँ

मेरो गाउँ मेरो ठाउँ मलाई लाग्छ रमाइलो
बिहानको मिरमिरेमा घाम लाग्दा घमाइलो ।

गाउँघरमा सबैजना मिलीजुली बसे
आजकालका मानिसहरू सहरतिर पसे ।

खेतीपाती दाउरा घाँस मिलेर गर्ने
खोलानाला चौरमा खेली, पँधेरीमा पानी भर्ने

चौतारीको वरपिपलमा सबै जम्मा हुन्छन्
एउटालाई समस्या परे मिली हल गर्छन् ।

कति राम्रा मान्छेहरू कस्ता राम्रा बानी
आपसमा सहयोग गर्छन् साँच्चैँ जानी जानी ।

बालबालिका खेल्ने पनि कति ठुलो ठाउँ
त्यही भएर मन पर्ने मलाई मेरो गाउँ ।



रिजन थापा
कक्षा-२, ए१

ज्ञानी बाबु म

सबैले भनेको मान्ने
ज्ञानी बाबु म
आमाबुबाको प्यारो छोरा
ज्ञानी बाबु म ।

बिहान सबैरै उठेर किताब
पढ्ने बानी मेरो
आमाको सानोसानो काम
सघाइदिने ज्ञानी बाबु म ।

बुबाको साथी म
आमाको साथी म
सबैको प्रिय साथी
ज्ञानी बाबु म ।

पढ्ने लेख्ने बानी
डुल्ने घुम्ने बानी
सबैसँग मिल्ने
ज्ञानी बाबु म ।

अग्रिम महर्जन
कक्षा-२, ए



मेरो सानो फूलबारी

मेरो सानो फूलबारी
फूल फुल्छन् थरी थरी
रातो निलो हरियो
फूलबारी नै भरियो ।

थरी थरी रङ्ग छन्
पुतली नि सँगै छन्
घरको शोभा बढायो
मन मेरो रमायो ।

गुलाब र लाहुरे
लालुपाते फुलेको
रस खान भँमरा
त्यतैतिर डुलेको ।

जल, मल गोडमेल
समयमा गर्नु छ
मगमग बतास
सुगन्ध छर्नु छ ।

श्रृयांशी दाहाल
कक्षा-२, बी१



जीवन विज्ञान

जीवन विज्ञानद्वारा सञ्चालित नव प्रतिभा विज्ञान विद्यार्थी वर्ग लक्षित एक प्रयोगात्मक शिक्षामुखी कार्यक्रम हो । विद्यार्थीको समग्र विकासका लागि नव प्रतिभा ध्यान विधि सुरु भयो । त्यसपछि जीवन विज्ञानका प्रशिक्षकबाट ध्यान र योगका कार्यक्रम सञ्चालन हुदै आएको छ ।

नव प्रतिभा विज्ञान देशभरिमा विद्यार्थीहरूको बौद्धिक, आध्यात्मिक र संवेगात्मक विकासका लागि सञ्चालित छ । हालसम्म ६६२ विद्यालयहरूमा नव प्रतिभा विज्ञान सञ्चालनमा रहेका छन् जसमा १,१३,६८५ विद्यार्थीहरूले प्रत्यक्ष लाभ लिएका छन् । यसबाहेक अनलाइनबाट ३०० कक्षाहरू सञ्चालन भइरहेका छन् भने जागरण एफ.एम. सुर्खेतबाट पनि नव प्रतिभाहरूले नव प्रतिभा कार्यक्रम सञ्चालनमा ल्याएका छन् । यसैगरी नव प्रतिभा विज्ञानका प्रशिक्षकसँगको सहकार्यमा यस लिटिल एञ्जल्स स्कुलमा ७ दिन नव प्रतिभा जीवन विज्ञान योग शिविर सञ्चालन गरिएको छ । जसबाट विद्यार्थीले आफूले लाभ प्राप्त गरेको अनुभूति गरेका छन् । विद्यार्थीले यस कार्यक्रमबाट निकै खुसी र शान्तिको अनुभव गरेको पाइएको छ ।

योग शिक्षा नव प्रतिभाहरूको लागि अत्यन्त प्रभावकारी भएको हामीले पाएका छौं । हामीले लिलिल एञ्जल्स स्कुलका कक्षा ४ देखि १० सम्मका ३०० जना सहभागी विद्यार्थीहरूको व्यवहार अवलोकन गर्दा अनि उनीहरूको सोचाइ र व्यवहारमा आएको परिवर्तनलाई हेर्दा एकदमै सकारात्मक पाइयो । पहिले अभिभावकहरूलाई व्यक्त गर्न नसक्ने भावनाहरू पनि अब व्यक्त गर्न सक्ने भएको, अल्छीपन हटेको र आत्मबल वृद्धि भएको, पढाइप्रति मन लाग्न थालेको अनि ध्यान र ज्ञानतिर मन तानिएको प्रतिक्रिया विद्यार्थीको रहेको छ । आफूमा लुकेको क्षमताहरूलाई चिनेर र तिनीहरूलाई जगाएर आत्मनिर्भर बन्न चाहेको जस्ता सकारात्मक परिवर्तनको अनुभव भएको पनि जान्न पाइयो । यसबाहेक अहङ्कारलाई हटाएर सकारात्मक र सिर्जनात्मक हुन पनि बल मिलेको थाहा भयो । यसबाट आजका विद्यार्थी र युवाहरूलाई नव प्रतिभा जीवन विज्ञान योग र ध्यानको आवश्यकता छ भन्ने देखिन्छ ।

योग विज्ञानबाट १५ वर्षदेखि ८० वर्षसम्मका युवायुवती तथा वृद्धवृद्धाले भौतिक रूपमा तथा अनलाइनद्वारा निःशुल्क सेवा प्राप्त गरिरहेका छन् । आफूलाई ज्ञान र ध्यानको माध्यमबाट ऊर्जाशील बनाइरहेका छन् । जीवन विज्ञान मानव स्वास्थ्यसित जोडिएको संस्था भएकाले यसको माध्यमबाट ज्ञान र ध्यानका साथै सही ऊर्जा प्राप्त गरेर आफ्नो पढाइका साथै कर्मक्षेत्रमा सुख र खुसीको अनुभव गर्दै सफल व्यक्तित्व प्राप्त हुनका साथै आत्मविश्वास बढाएर सार्थक जीवन प्राप्त गर्न सकिन्छ ।

जीवन विज्ञानमा ७ दिने चक्र, विराट चक्र विज्ञान र आफ्नो शरीरमा भएका ७ ओटै चक्रका ऊर्जालाई मनमस्तिष्कदेखि जागृत गराउँछन् । आफूलाई ऊर्जाशील बनाउन र शान्ति प्राप्त गर्न यस्ता साधना ज्यादै नै उपयोगी हुने विश्वास छ । हामी हरेकमा रहेका ऊर्जाहरूलाई सुख र खुसीमा रूपान्तरण हुनु नै पर्दछ । यसका लागि पनि योग र ध्यान नै त्यसको माध्यम हो । त्यसैले योग भनेकै जीवन हो । योग गरौं, स्वस्थ रहौं ।

शिवलाल गोपाली
कर्मचारी

गुरुआमा

क, ख, ग, घ १, २, ३, ४ पढ्न सिकायौ
अ, आ, इ, ई ए, बी, सी, डी भन्न सिकायौ ।
असल, खराब के हो भनी चिन्न सिकायौ
राम्रो मान्छे बन्नलाई बाटो देखायौ ।
आमा, मामा जति नै माया दिलायौ
सधैंभरि विद्यालय आउने गरायौ ।

श्रद्धा दाहाल
कक्षा-३, डी२



Inter- house Co-Curricular Activities – 2080

Junior Division (Classes – IV & V)

S.N	Events	Blue	Green	Red	Yellow	Date
1.	Dance	5	3	2	1	2080-06-17
2.	Singing	5	1	2	3	2080-03-20
3.	English Poem Writing	1	2	3	5	2080-08-11
4.	English Story Writing	5	3	2	1	2080-03-11
5.	English Essay Writing	1	2	5	3	2080-03-11
6.	Nepali Poem Writing	5	1	2	3	2080-03-11
7.	Nepali Story Writing	3	2	5	1	2080-03-11
8.	Nepali Essay Writing	5	2	3	1	2080-03-11
9.	Quiz	3	2	3	5	2080-02-30
	Total	33	16	27	23	

House	Point	Position
Blue	33	First
Red	27	Second
Yellow	23	Third
Green	16	Fourth

Inter- house Co-Curricular Activities – 2080

Middle Division (Classes – VI & VII)

S.N	Events	Blue	Green	Red	Yellow	Date
1.	Dance	5	3	2	1	2080-06-19
2.	Singing	5	3	2	1	2080-03-21
3.	English Poem Writing	5	1	3	2	2080-08-11
4.	English Story Writing	5	5	2	3	2080-03-11
5.	English Essay Writing	2	1	3	5	2080-03-11
6.	Nepali Poem Writing	2	1	3	5	2080-03-11
7.	Nepali Story Writing	5	2	3	1	2080-03-11
8.	Nepali Essay Writing	2	3	1	5	2080-03-11
9.	Quiz	1	2	3	5	2080-02-30
	Total	32	20	23	28	

House	Point	Position
Blue	32	First
Yellow	28	Second
Red	23	Third
Green	20	Fourth

Inter- house Co-Curricular Activities – 2080

Senior Division (Classes – VIII-X)

S.N	Events	Blue	Green	Red	Yellow	Date
1.	Dance	5	2	3	1	2080-06-19
2.	Singing	1	3	2	5	2080-03-22
3.	English Poem Writing	2	3	1	5	2080-08-11
4.	English Story Writing	1	3	5	2	2080-03-11
5.	English Essay Writing	3	1	5	2	2080-03-11
6.	Nepali Poem Writing	1	3	5	2	2080-03-11
7.	Nepali Story Writing	2	3	5	5	2080-03-11
8.	Nepali Essay Writing	1	2	3	5	2080-03-11
9.	Quiz	2	5	2	3	2080-02-32
	Total	18	25	31	30	

House	Point	Position
Red	31	First
Yellow	30	Second
Green	25	Third
Blue	18	Fourth

Performance of LAS in Inter – School Activities

Games

S.N	Activities	Tournament	Organizer	Category	Position	Participants
1.	Basketball	Gems Cup	Gems School	Boys	3 rd Position	
2.	Football	Fr. Memorial Cup	St. Xaviers Godawori	Under 11 years boys	3 rd Position	
3.	Futsal	Dr. Baburam Bhattraai Memorial Cup	V.S Niketan	Senior boys	Winner	
4.	Futsal	D.A.V Inter School	D.A.V School	Senior boys	2 nd Position	
5.	Football	Gems Football Cup	Gems School	Under 12 years boys	2 nd Position	
6.	Table Tennis	D.A.V Cup	D.A.V School	Girls Team Event	2 nd Position	
7.	Basketball	Under 18 years National Tournament				Lucky Maharjan Selected
8.	Basketball	Valley Public School Tournament	Valley Public School	Boys/Girls	Semi Finals	
9.	Basketball	Puspha Sadan Cup	Pusphs Sadan School	Boy/Girls	Semi Finals	
10.	Table Tennis	D.A.V Inter School	D.A.V School		Best Player	Jhapendra Khadha
11.	Table Tennis	Gems Cup	Gems School		Rising Player	Pranil Basnet
12.	Moon Quake	Moon Quake 2.0	Beyond Apogee Pvt. Ltd	Boys/Girls	Winners of Resilience Award	
13.	Speech Competition	Inter School Speech	Panorama Television	Boys/Girls	First and has won the title of Speaker Nepal as well as cheque of Rs.25000 from Alishan furniture.	Aarshiya Rokka

COUNSELOR'S CORNER

“Do I Need Counselling?”

The more common reasons people seek therapy include the following: feeling sad and angry all the time unable to feel interested in all the things they used to enjoy losing a loved one, either because of bereavement or to a relationship breakdown abusing drugs, alcohol, food, sex, or any other sort of addiction had something important to them, like a job or money, taken away experienced either physical, mental, or emotional abuse experienced a major trauma like a traffic accident, personal attack, or natural disaster suffering a personality disorder.

Reasons to see a counselor

But if none of the above apply to you, don't assume that now is not a good time for you to seek therapy. Not all reasons to seek a counselor or therapist are so cut and dried. Read on to discover important times when hiring a counselor or psychotherapist could be the best thing you could do for yourself.

1. You are in a constant state of overwhelm.

Life is not always easy and nobody has all of the answers, all of the time. Perhaps you've run out of strategies to deal with a life that increasingly feels out of control. Perhaps you aren't even sure exactly why you feel stressed every day, but you just know that the overwhelming sense is increasing. The good news is that therapy isn't just for those who feel sad, it's also great for stress and anxiety, and a counselor can help you figure out the reasons behind any unexplained overwhelm as well as help you make life choices that work better for you. Am I stressed or depressed about online quizzes?

2. You can't seem to stop making self-defeating choices.

Have you ever felt that no matter how many times you tell yourself that you 'won't do that again', when it comes to a certain damaging behavior, you can't seem to keep doing it? Whether it's choosing destructive romantic entanglements, risky behaviors like binge drinking, overspending, or unprotected sex, or lying to people you care about, there is nothing more frustrating than knowing you are making bad choices but feeling unable to stop. Damaging behaviors are often connected to deep-seated beliefs about ourselves that are secretly running the show. Therapy helps you not only recognize these core beliefs but also find ways to change them so that you are finally free to make better decisions.

3. You are stuck in a rut and it's making you frustrated.

Do I Need Counselling?

Sometimes in life, we just feel trapped, and like we are stuck in a loop that isn't terrible, but just isn't what we want. Perhaps you keep saying yes to things because your friends ask and you can't seem to say no, constantly take jobs you know will make you unhappy, or just can't seem to get out of debt no matter how hard you try. Therapy is wonderful for helping you get beneath what is going on and see the hidden reasons you are making choices that don't work for you. It can also help you find out who you are and what you want.

4. You just feel like nobody understands.

Feeling misunderstood can lead to constantly being left alienated and lonely. Therapy can help you realize what is behind your inability to connect with others if perhaps you are suffering a fear of intimacy, or why you are constantly surrounding yourself with people who can't understand you. And, of course, it's a therapist's job to understand you, so the very act of hiring a counselor begins to solve your problem.

5. Your emotions are increasingly out of control and disproportionate responses.

Do you find that you are flying into a blind rage over your kids not doing their homework? Feeling so despondent when your book club is cancelled you stay home for the rest of the day? Or bursting into tears when the cashier at the grocery store accidentally overcharges you? When an emotional response is not a match to what has triggered it, it's often because longstanding suppressed emotions are fighting to come to the surface and be dealt with. These big emotions are often the residue of experiences you have had in your past that you have not examined or healed. A counselor or psychotherapist creates a safe environment and a support system for you to begin to unpack and finally deal with these repressed emotions and experiences.

6. You have a feeling that the life you are leading and the person you are pretending to be isn't who you truly are or what you want to do.

Being authentic can be a real challenge in a world that increasingly dictates what we should be, do, and have to be happy. But real happiness only comes when we take the time to listen to ourselves, stop trying to impress others, and discover what we want for ourselves. This all sounds great but can be a real challenge – one that therapy can help us work out much more quickly.