



DHADING | STUDENTS EXCHANGE PROGRAM-2080

Program Details:

Program Name: Student Exchange Program-2080

Program Date: Jestha 10, 2080

Site: Macchindra Madhyamik School, Dhading

Participants:

Arika Jha, Shubhashree Malla - Grade 5

Paridhi Pant, Siddhartha Chaulagain, Grade 6

Aliza Shrestha, Shreedra Risal, Grade 7

Eshanee Manandhar, Rushav Paneru - Grade 8

Aakanchya Khadka, Pratik Dangol, Grade - 9

Sakshyam Karna, Sauharda Bajracharya, Grade – 10

Faculty members:

Reshika Joshi, Deputy Head of Middle School | Faculty- English Department

Saroj Tenga Rai, Faculty-Mathematics Department

By: Aarika Jha, Grade V “Yangra”

On Jestha 10th, the class representatives from grades 1 to 10 were given a chance to go to Dhading. We were all asked to gather at the high school block by 7:30 a.m. Once we were all together, we hopped onto a van, and our journey began. It took us a couple of hours, and by 9:30 am, we had reached Dhading. I could not contain my excitement; it was my first time visiting a school so different from mine.

Machhindra Madhyamik School was where we landed, and it was quite different from what I was used to. The infrastructure was not as developed, and something fascinating was that all the subjects were taught in Nepali. Despite these differences, I must say that it was still a wonderful experience, and I cherished every moment of it.

The best part of what I liked was that students were allowed to bring some money to school, and we could buy whatever snacks we wanted! It was like a mini-treat for all of us.

I cannot believe that students from Machhindra School also got the chance to visit our school. When they arrived at 9:15 am, I had the privilege of being Susmita's volunteer. What a great experience it turned out to be!

Our day ended with a return to Kathmandu, and we reached home around 6:15 p.m. I want to give a big shout-out to both Sifal School and Machhindra School for putting together this fantastic program. It was truly an eye-opener for me. This event taught me a valuable lesson: to find happiness in even the smallest things.

Overall, it was a day filled with joy, learning, and unforgettable memories that I will cherish for a long time to come.

By: Subhashree Malla, Grade V “Yangra”

On Sunday morning, Jestha 10 we all piled into the van with excitement bubbling in the air. Our journey was about to begin at 7:45 a.m. sharp. We could not wait to explore new places. As we hit the road, we were all chatting and laughing, eagerly looking out the window to spot interesting sights along the way.

After a couple of hours, we reached Machhindra Secondary School. They greeted us with such warmth and made us feel comfortable. Snacks were waiting for us, and our mentor, Susmita, was there, ready to guide us through the day.

At the school, we dived into our studies, and it was a fun experience learning everything in Nepali, except for the English class. The teachers were really nice and made the subjects engaging, while the students were friendly and even offered to help us with anything we needed.

When it was time for sixth grade, we took a break and enjoyed some more snacks. The atmosphere in the school was fantastic, and we all felt so comfortable and happy there.

As the clock struck 4:00 p.m., the school day came to an end. We captured precious memories, so we took loads of pictures together. Later, we gathered around with some tea and biscuits,

sharing our stories and experiences of the day. It was lovely to hear how everyone had their own unique experiences.

The entire trip was just amazing, and when it was finally time to say goodbye at 4:30 p.m., we were filled with a mix of emotions. I was grateful for the fantastic time we had but also a little sad that the day had come to an end. We all hopped back into the van, feeling closer than ever, and headed back home, already remembering the wonderful memories we had made together.

By: Paridhi Pant, Grade VI “Chamlang”

On 2nd July, 2023 we went to Machhindra Higher Secondary School. All the CR’s from grade 5 to 10 got this opportunity. I was really very excited to be there.

First, at 7:30 am we arrived at school. There we sat on the van and started our journey. On the way, we played games and enjoyed the scenario from the bus. Around 9:00 am we reached there. At first, our mentors were not there. For some time we sat in the canteen area. After some time, some students introduced us to our mentors. My mentor was absent, so Priya Shah was assigned as my mentor.

We visited the school area and when the bell rang I went to my class. First period was English. The teacher told us to introduce ourselves. I liked the class. We learned the chapter volleyball. The English teacher was mispronouncing some words. In the middle of the period we were called to have lunch. Some of the teachers were very strict and I got really scared. I didn’t understand the math subject properly. At the end we studied the local curriculum subject. After that we all were a little hungry so we had some tea and biscuits. We took a group photo with the teachers and again sat on the bus.

On the way back, our teachers asked us about our opinion. We reached the school premises and went back home. Honestly, it was a really good experience. I got to know how students are taught in government schools. I wish to go on a trip like this again.

By: Siddhartha Chaulagain, Grade VI “Kabru”

Our school had announced a program where some people from other schools came to our school and we also needed to go to that place and today I am going to share my experience with you.

We needed to reach our school at exactly 7:00. I reached but I found out that the bus was leaving at 7:30 so I needed to wait half an hour. After half an hour we hopped on the bus and We started our journey. On the way I found many beautiful places, even 1 haunted house but mostly beautiful places. When we reached it was bigger than I imagined it had a canteen and our lunch

was also delicious after a long time I also ate with my hands. The students were friendly. I made many friends. They also helped me a lot the class kind of dusty and teacher were also very difficult to adjust with when we went there at least teachers broke 1 pipe scolded for asking question hit with hand. With my math teacher, I thought I was going to faint. He was kind of scary. I was really scared and I also felt bad for the students. Most of them did not understand the things being taught. Except the teachers, others were nice. Students were really friendly.

In conclusion, I enjoyed the overall experience. The sweetest teacher there was the Nepali teacher. The Samajik sir was nice too. At the end when we left, everyone hugged us; we drank tea and headed home.

By: Aliza Shrestha, Grade VII “Nemjung”

Our school took us to Dhading as part of the Student Exchange Program. We went to Machhindra School, Dhading. We started our journey at 7:30. We reached Machhindra School at 8:45. We ate our lunch at 10:30.

The first class was science. I wasn't really in the class because I went to eat lunch. On the lunch break and snack break the students from Machhindra School would go outside the school and eat their lunch and snacks which was very amazing. The Nepali teacher was very kind to us during the day. I really loved her. The English teacher was very rude. He was hitting the students which I did not like. The English teacher was not good. We had a subject called local curriculum, where we got to study about the culture and tradition in Dhading. The Classrooms were nice. The bench was very small. We had to sit 4 people on one bench.

At last we had Hi-tea. We ate tea and cookies on Hi-tea. We shared our experience with the head of the school. The overall experience was very nice. I found so many differences between the city's school and the village school.

By: Shreedha Risal, Grade VII “Pumari”

We went to Machhindra Higher Secondary School on 2nd July, 2023. In this program, we went to Machhindranath School on the second of July in Khanikola, Dhading. We came to school in the morning and met my friends and siblings and we all went there to study. We went there to experience studying in Government schools. Once we arrived at the school we got out of our school van and went inside the school and met different students of that school and school staff. Then we went to the canteen and then we did a small orientation. Then we went to the class there were small benches and chairs that were joined. The seats were very dirty and four of the

students had to sit on the joint chairs by adjusting. We started different subjects like Mathematics, Science, English, and Nepali etc. The place was really fun and it was so fun all day. The view was also really nice from the school. The English of The English Teacher was not really good. The English Teacher beat up a lot of students. I met friends named Diya and Bikash who were our mentors. The Nepali teacher was very good and cool. The English Teacher was mispronouncing most of the words. I didn't really like the Math and English teacher. At the end of our journey we had tea and shared our experience. Then we got in our school van and returned back to school. I had a very fun day and the friends were very friendly and nice to me.

By: Eshanee Manandhar, Grade VIII “Gaurishankhar”

In the month of Jestha, 10 students from Dhading's Machhindranath Secondary School had come to our school for the student exchange program. The students who had come to our school had been guided by the CR's (class representative) of the specific grades. Since, I am the CR of grade 8, I too needed to guide one of the students, Pooja. So, as part of the student exchange problem, I needed to go to their school for a day as a student at their school. The date that we needed to go to their school was July 2, 2023 Sunday.

During the night of July 1, I started preparing my bag with the essentials I needed for the trip to Dhading. Since, Dhading was going to be extremely hot, I packed in sunscreen, mosquito patches, water bottle, snacks, copy, stationery items and also carried Rs 200 just in case. I woke up at 6 am and started getting ready for the trip. We, the students, were instructed to reach the school at 7:30 am. So, I left my house at 7 am and reached the school at 7:15am. There were not many students that time. However, as time passed, the students came. At 7:45 am after getting brief instructions about the event, we sat in the HIACE and started heading towards Dhading. The trip was not pleasant to be honest because the roads were bumpy, the air was humid and weather was cloudy as well. At 9:30 am, we entered the area of Dhading. The rural area was filled with many trees, had bumpy roads and small shops beside the roads. The location of the school we needed to go was not given to us properly, so we did have a hard time finding the school. Thankfully, we did find the school and went there at 9:30 am.

As soon as we entered the school, we were greeted by the Head Teacher of “Machhindranath Secondary School” who introduced us to the school rules, students etc. Then, we were sent to the cafeteria area where we were provided with a cup of tea and biscuit. While eating breakfast, the principal of the school came and gave us a welcome speech and warned us not to consume the water of this area as it consisted of bacteria which could harm our body. After drinking tea, we were introduced to our mentors who were the students we had to mentor. It was fun meeting them again. My mentor was Pooja and she introduced me to her friends, showed me around the

school area and also the class. The school was really huge, which was divided into high school, elementary school, campus, and hostel, so it was pretty huge indeed.

At 10:30 am, we went to our respective classes. The first class was Nepali. The teacher was really sweet. Rushav and I sat together in the class as I felt a bit uncomfortable while sitting with the other students. I also introduced myself in the class and got many positive feedbacks from the students from the class. Between the classes we were called for lunch. They had served us chicken, rice, vegetables, pulses and pickles. It tasted really good. My stomach was practically filled after eating the lunch since I had also added rice and chicken to eat. I was a bit sad hearing the routine as we had no classes like computer or science practical or any other extra-curricular activities. The classes before snacks were English, Nepali, Math and Science. It was definitely hard to understand what the teachers were teaching us since those subjects were in Nepali and usually for me, the subjects besides Nepali were taught in English. The English teacher was also not really good at teaching English. During snack time, we went to the cafeteria and got noodles for snacks. The noodles were too spicy despite the flavor. The students from the school also gave us icecream for us to eat. The classes after snacks were Social Studies, Moral etc. Those classes were quite boring. I could not understand most of the things that were being taught. During 4:00 pm, all the students went home and I bid my final goodbyes to my mentors and the classmates. They gave me different souvenirs as well. Before going back, we were served with a cup of tea and some biscuits. We also shared a bit of our experience of that day.

That day, I felt a bit different. I felt lucky that I was born in Kathmandu, a place which provided me with good education, good food, and a proper place to stay. The teachers in the school were also not that great while teaching the students. The classes were also really noisy. Even though there was a monitor in the class, the monitor himself was making noise. There were many students who mocked me. The teacher usually did not give attention to students and did not really interact with the students. There were no giving-opinions in the class by the students, not even the teachers which made the class boring and interactions which I think is necessary to make a good classroom environment. Overall, the experience was definitely different from what I have experienced while going to other schools. I also learnt that we should be grateful for what we have right now since some people don't even have a single thing we have. The experience was really good. I really want to thank Machhindranath Secondary School and Sifal School for providing us students this opportunity.

By: Rushav Paneru, Grade VIII “Gaurishankhar”

We arrived at school at 7:30 AM and waited for everyone to get there so we could finally start our journey. We departed towards our destination at 7:45 AM. The fun talks between friends and the songs which we played made our journey fun. We got there by 9:00 AM. We found the

school to be very different from our school. It was like I stepped into a whole new world. The school's infrastructure was very different from ours. Every subject was taught in Nepali. Surprisingly, even English was taught in Nepali. I was surprised how students would even understand it. It was overwhelming. After almost 2 classes, we ate a delicious lunch which I was craving since I had not eaten anything in the morning. I ate till my stomach could barely fit anything. We went back to our classes and started studying again.

The students were allowed to go out of the school's premises at lunch. They were allowed to buy food from outside, eat but we had to get back before the break ended. Since our stomach was already full and we were not feeling hungry, we ate only 2 plates of noodles and shared them. Me, Sauharda dai, Sakshyam dai, Prateek dai, and Siddhartha shared it amongst each other. We also bought some chocolates and went back to the school. I didn't understand a single word of what the teachers were teaching because they were in Nepali, and my Nepali vocabulary is bad. I also noticed that some of the students were notoriously scolding the teachers using offensive language. What was surprising to me was that the teacher was still inside the class and heard everything but did not say a single word. I asked my mentor, Aakash about this and he said, "Some students do it regularly so it's not that big of a deal for the teachers." I was shocked to hear this. The last class was very interesting to me and Eshanee. There was this teacher who taught students interesting techniques, like guessing age by using formulas which we had never heard about. He also accurately guessed our ages. I loved learning about it. The class ended soon and it was our time to part ways with new friends. We went to click pictures with all of the students. After that, we bid goodbye to everyone and headed over to the canteen. There we shared our experiences and had tea and some cookies. We headed to our van after that and bid final goodbyes to all and finally left for Kathmandu. The journey was very fun. We talked about our experiences and how we felt during the day. We were very tired and rested at our school for a while. Then, I arrived home. The overall day for me was entirely surprising. It felt like I stepped into another world and got back to my world in a day. I would like to thank the teachers for taking good care of us throughout the journey and for providing us the opportunity to go on and have this wonderful experience. Even in the outskirts of Kathmandu life was vastly different and I have learned to be more thankful for the things I have.

By: Aakanchhya Khadka, Grade IX "Saipal"

In July, 2023 we received the opportunity to be students of Machhindra Higher Secondary School as an inter-school exchange program. We began our journey from school around 7 am.

After the arrival of students in school premises we took the school van to Dhading around 7:30. The ride to Dhading was around one and half hours. We arrived at Dhading at 9:00 am. We were supposed to eat lunch after our arrival but due to delay we had our lunch between the first and

the second period. The first period was Samajik. We were taught about minerals and their uses. It has been a year since we have started socializing in Nepali and it has become a hard subject for many students but there I understood Samajik way better than in our school.

There were about 82 students in total and the students were divided into two sections, A and B. I was in section B. When I first saw the classes and students sitting in benches I was shocked there were about 4 to 5 students in a single bench. The room was cramped and there was a fan but it was not working.

The room was full of dust and on my bench there were so many unwanted drawings and vulgar words. There were wrappers stuffed in gaps of desk

By: Pratik Dangol, Grade IX “Saipal”

For the student exchange program, we went to Machhindra School at Dhading on Sunday 2nd July 2023. For this program already 12 students from Machhindra School had visited our school and we mentored them and now we got a chance to go to Dhading.

The day started gathering at Deerwalk complex at 7 O'clock. After we all gathered at school we left for Dhading. For the program, there were 12 students, two teachers, a photographer brother, and a driver brother. We reached Machhindra School at around 8:30 am. This was my first time out of the valley traveling so the trip was very interesting for me. There we were welcomed by a teacher.

Then we went to the canteen and spent some time there. As breakfast was late, we went around the school with the chairperson of the child club. Knowing about the child club was also new and interesting to me. But I could find a huge difference between my school and public school. Some common differences that I could notice were the quality and condition of classes, canteens, etc. Many classes were unused so they were very dirty and the desks I could find many inappropriate words and pictures. I could also see the difference between the teachers of my school and of the Machhindra School. First of all, to start with, the English teacher's English was not too good and his pronunciation was worse than mine. I felt like he was just trying to speak English in our presence. Not all teachers were qualified, I liked the way the samajik teacher taught us, he explained the content very perfectly with good origin. So, I liked his way of teaching a lot. Moreover, the science class was very funny. We went to the Chemistry lab where he taught in a very funny way. But his way of speaking was not too good in my opinion.

Moreover, grade 9 was divided into two sections of 40 students each which was surprising as 4-5 students were sitting at one desk which was kind of uncomfortable for students there. To talk

about my experience then it was very hard for me to study especially in math and science classes as the teachers used Nepali terms like Guna bhujja etc which I didn't understand a bit. For the day my mentor was Shruti Kumari who was very friendly to me and helped me the whole day.

After attending 7 classes it was time to return. After having snacks we gave some feedback to the head sir or principal and returned to our school. We reached Kathmandu at around 6'O clock. Overly this student exchange program gave me a chance to travel out of the valley. Not only that, it gave me a chance to visit public schools and observe the way of teaching there and make us realize how lucky we are to study in private schools in the city. But the Machhindra School was also good at its place and can be better if the government pays attention to the education sector.

By: Sakshyam Karna, Grade: X “Machapuchhre”

We reached school at 7:50 am and departed from DSS at 7:45am. We traveled for some time and reached Machhindra Secondary School at around 9:30 am. At first we were introduced to some of the teachers and our respective mentors showed us around the school. After that we had our first class which was science. We had to go eat lunch in the middle of the class as we had not eaten anything since we arrived there. After lunch we had more classes. The difference in the teaching styles is clearly visible. One of the main differences was the language change as the main language in DSS is English but here we had to read everything in Nepali. The number of chapters and the order they were taught in was also different as the terminal questions were issued by the municipality so they had to go according to that. There was also a huge difference in the classroom size and structure. I was accustomed to sitting in a class with twelve people while I had to sit with 40 plus students in this classroom.

The table and chairs also had vast differences. In DSS we have a different table and chair for everyone while in Machhindra School three to four people sit at a table. Even the size of the table was smaller vertically but it was tilted which made it so that it being shorter did not matter. Our books were also different in both publication and in language. Even though the differences were vast, studying in that classroom was really fun and informative. It was a new experience for me and their situation also made me accept and appreciate what I had as not everyone has a life like in the Kathmandu valley. Saroj Sir and Reshika ma'am also taught us mathematics and English respectively which was also fun as they also tried explaining things in a way everyone could understand. After a few classes we had our snacks and then we returned for our other classes. We also got to study accounts which were a new experience for me. It was very informative but I would still prefer computer over accounts. In spite of that, I got to learn many new things in the accounts class and it really broadened my knowledge about many things. After some classes we had tea and shared our experiences with our mentors and the principal of the school. Some of our descriptions were also recorded. After that we clicked photos and got on to

the vehicle on our way back to DSS. Overall experience was really fun, new in many ways and informative as well. It taught me how to appreciate my current life and taught me how important studying is especially when someone is getting as much facilities as we are. I feel like the exchange program was very fruitful and further programs like his in the future would help us broaden our knowledge in many new ways.

By: Sauharda Bajracharya, Grade X “Machapuchhre”

On Sunday, the 17th of Asar, Class Representatives from Grade V to Grade X went to Machchhindra Secondary School as a part of Inter School Visit Program. All of the students along with two teachers, Mr. Saroj Tenga Rai and Mrs. Reshika Joshi and creative support, Mr. Parikshit Maharjan gathered at around half past 7 on Deerwalk Complex for the program. When all of us initially met, it seemed like everyone was ready with joy and excitement on their faces.

Initially, we were looking to depart at 7: 30 A.M; however, it got delayed to 7: 45 A.M. In the van everyone was stoked and excited. I took out my AirPods and started listening to music on my phone, while others were talking. Due to the bad roads along with traffic jams, the ride took us a little more than an hour to reach Dhading.

After arriving in Dhading, Machchhindra High School was just a few blocks away, and soon we were on our way to school. The school was under construction, however, it had four main buildings, the first building was the Elementary school, the second Middle school and Lower High school (9 and 10), the third building was the dormitory, and the last building was the cafeteria. There was a large ground in the center; however, it was fenced off.

All of the students met with their respective mentors from the school and had breakfast at around 9: 15 am. After breakfast, all the students headed to their respective classrooms. In Grade X, there were only 39 students, majority of them being girls. Previously, the class had more than 160 students, however, many dropped out and many had to be removed from the school due to financial reasons.

The major difference between the school and our school was the education system. They had to study all the major subjects in Nepali, Science in Nepali, Mathematics in Nepali, Optional Mathematics in Nepali as well. At around 10: 15 am, we were called to have lunch, and after lunch, we headed back to our respective classes. The classes had a long bench instead of separate desks and benches back in our school. Our Mathematics teacher, Mr. Saroj Tenga Rai taught the class basic and fundamental concepts of Mathematics along with different formulations of laws. Likewise, our English teacher, Mrs. Reshika Joshi taught the class about Adjectives and basic concepts of English.

We had a lunch break at 1: 00 P.M; however, we did not eat since we were full. The students there were allowed to go outside the school premises to buy food for them. During lunch, all the students from all the classes gathered and we were discussing our experiences. After lunch, we studied Optional Mathematics, where we solved problems from Slope and Angle between Lines, which were very easy, however, studying it in Nepali was tough. We also studied Social Studies (Samajik Adhyayan) and Nepali where we just talked about our experiences and the major differences between Machchhindra Secondary School and Deerwalk Sifal School.

After Nepali class, the school was over and all the students headed home, however, our mentors stayed back with us. All of the students and teachers had snacks and were discussing our experiences. We bid goodbye to our mentors and the teachers at Machchhindra Secondary School and headed back to Kathmandu at around 4: 45 P.M. After we reached back to our school, all of the respective students headed to their homes. After heading home with our Mathematics teacher, I reached home at around 6 P.M.

By: Reshika Joshi, Deputy Head of Middle School | Faculty- English Department

On Sunday, 17 Asar, 2080, as part of the Inter School Visit program, students and teachers from Deerwalk Sifal School had the unique opportunity to visit Machchhindra Secondary School in Dhading. The purpose of the visit was to experience different ways of learning, gain insights into the educational practices at Machchhindra Secondary School, and foster inter-school collaboration.

The day began with the students gathering at Sifal School premises at 7:30 am. They were accompanied and guided by Mrs. Reshika Joshi, the Middle School Deputy Head, and Mr. Saroj Tenga Rai, High School Maths teacher. The group departed for Machchhindra Secondary School at 7:40 am, aiming to reach the destination by 9:15 am.

List of Participating Students:

S.N	Participating Student	Class	Mentor
1	Subhashree Malla		Shital Karki
2	Aarika Jha	5	Surasha Tamang

3	Siddhartha Chaulagain		Priya Shah
4	Paridhi Panta	6	Rakiba Khatun
5	Shridha Risal		Bikash Shah
6	Aliza Sherchan	7	Diya Bhandari
7	Eshanee Manandhar		Puja Kumari
8	Rushav Paneru	8	Aakash Shah
9	Pratik Dangol	9A	Shruti Kumari
10	Akasksha Khadka	9B	Sanjita Kunwar
11	Saksham Karna		Sandesh Parajuli
12	Sauharda Bajracharya	10	Priyanka Kunwar

The DSS team received a warm welcome from the staff and students at Machchhindra Secondary School. An introductory session provided an overview of the school's history, achievements, and its commitment to provide quality education. The students then had lunch at 9:30 am and had the opportunity to observe various aspects of the school.

Subsequently, the students were divided into groups and assigned to different classrooms. Each group was accompanied by a mentor from Machchhindra Secondary School to guide them through their observations. Regular classes commenced at 10:15 am, covering subjects such as mathematics, science, literature, and social studies. The DSS students observed teaching methodologies and engaged in interactive sessions.

Between 12:00 pm and 1:00 pm, there was a snack break, during which the DSS team joined the students and staff of Machchhindra Secondary School. This informal setting allowed for meaningful interactions between the two schools, fostering a sense of camaraderie and the exchange of ideas.

Teachers also got the opportunity to take classes as Mrs. Joshi took an English class, and Mr. Saroj Tenga Rai taught Mathematics to Grade 10 students.

The classes concluded at 4:00 pm, and from 4:10 pm to 4:30 pm, there was a tea break accompanied by a session for feedback and reflection. As the day drew to a close, both schools gathered to share their experiences and insights from the visit. Students and teachers from DSS expressed their gratitude for the warm hospitality and were impressed by the dedication and enthusiasm displayed by Machchhindra Secondary School's faculty and students.

The visit concluded with a farewell ceremony and a group photo. The DSS team departed from Machchhindra Secondary School with cherished memories and valuable insights into innovative educational practices.

The student exchange program to Machchhindra Secondary School was a resounding success, providing an excellent platform for sharing knowledge and experiences. The visit facilitated a meaningful exchange of ideas between DSS and Machchhindra Secondary School, fostering a spirit of collaboration and mutual learning. Both schools benefited greatly from the exposure to different teaching methodologies and educational practices, and the event strengthened the bond between the two institutions.

Glimpse the Student Exchange Program:



Introduction to the school.



Students' school tour



Lunch Time



Break Time



Interaction with new friends



Knowing each other



Students studying with Ms. Reshika



Curious about the new teacher