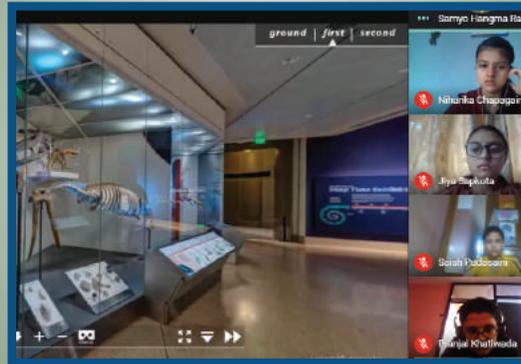
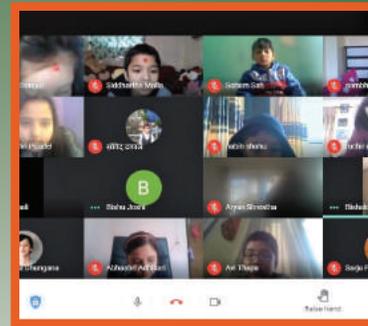


THE DEERWALKER

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SIFAL SECONDARY SCHOOL

Welcome!

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Dear Reader,

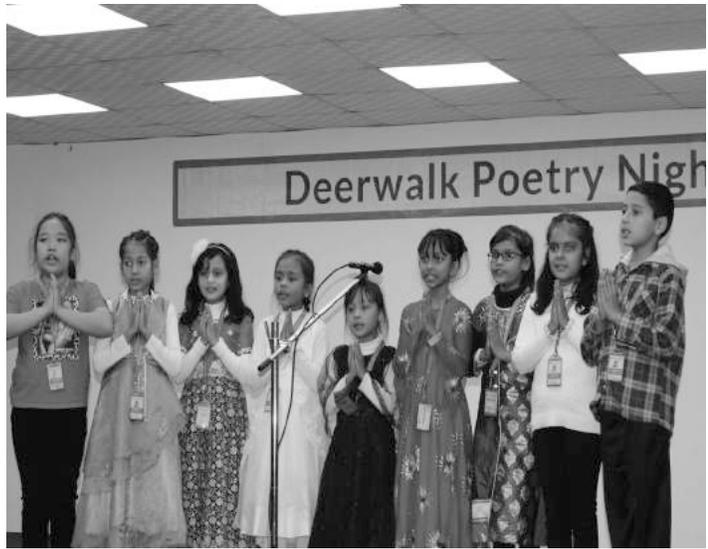
We welcome you to the seventh issue of our School Magazine "The Deerwalker" led by the students of Sifal Secondary School. "A good magazine is the one which creates its own sovereignty". The main goal of our magazine is to encourage our young writers to probe their full potential with a broad range of informative and inquisitive areas like poetry, creative writing, book and movie review, and many more. Our magazine consists of content that supports both growing readers and writers. These articles are edited by the members of The Deerwalker Club.

As said by Anni Albers, "Creating is the most intense excitement one can come to know". Sifal Secondary School founded by the Deerwalk Education Group focuses on the ability to assess and initiate things independently and encourages uniqueness in variety. We accept feedback and compliments from you. We really do hope that you enjoy it as much as we have enjoyed creating it.

Co-Editor in Chief,
Kajal Bastakoti

FEATURES

POETRY
EVENTS AND
ACTIVITIES AT DSS
SPORTS, TRAVEL
AND TOURISM,
ENTERTAINMENT



INTERESTING FACTS
AND FIGURES
SCIENCE AND
TECHNOLOGY
CREATIVE WRITING
AND OPINION

BOOK AND MOVIE
REVIEW
POLITICS AND
CURRENT AFFAIRS
SANSKRIT ARTICLES
COVID-19 ARTICLES



POETRY



हर्षित अग्रवाल
क्रमाङ्क २०३१०१०

हिमाल

हिमाल कस्तो हुन्छ
मलाई पनि हेर्नु छ
सानो हुन्छ कि ठूलो
मलाई पनि देख्नु छ
तिम्रो हिमालको कथा सुनेर

मलाई हिउँ छुन मन लाग्यो
कस्तो हुन्छ हिमाल तिम्रो
मलाई हेर्ने रहर छ
कस्तो हुन्छ हिमाल
त्यहाँ खेलन मन लाग्यो
मलाई छुन मन लाग्यो
मलाई हेर्ने मन लाग्यो ।

हाम्रो लाली गाई



प्रस्तुत चन्द्र बराल
क्रमाङ्क: २०३००२४

हेर्दाखेरि कति राम्री हाम्री लाली गाई
सधैंभरि दुध दिन्छे खुसीले रमाई ।

बिहान दिउँसो बेलुका दाम्लोले समाई
पराल, ढुटो, हरियो घाँस खान्छे रमाई ।

कहिले बस्छे गोठमा कहिले बारीमा
सधैंभरि पानी खान्छे ठूलो आरीमा ।

गाईको दुध अमृत समान गहुँत औषधी
घिउ खाँदा कति मिठो स्वाद बेसरी ।

सानो सानो बाछ्रो छ सेतो रङ्गको
आँगनमा उफ्रिँदा हुन्छ दङ्ग त्यो ।



आरिका भा
क्रमाङ्क: २०३०००३

मेरो सानो सपना

मेरा साना आँखामा
साना छन् सपना
उडेर आकाश छुने
यो पनि मेरा बहाना ।

साना भाइ बहिनीलाई
पठाउने मेरो रहर

कापी कलम किन्न
म त गए सहर ।

सबैलाई माया गर्ने
यो हो मेरो सपना
सुन्दर संसार बनाउने
छ भने मेरो चाहना ।



प्रशुभ अधिकारी
क्रमाङ्क २०३१०१२

सानो बाबु

सानो सानो बाबु
कति राम्रो बाबु
आऊ नाना लगाऊ
छिटो घुम्न जाऊँ
बजारमा गएर पापा किनी ल्याऊ
सबैजना मिलेर मिठो मिठो खाऊ ।



संविद ढकाल
क्रमाङ्क : २०२९०३१

माटो

माटोमै मेरो घर माटोमै खेल्लु म त
माटोमै जन्मै हुकै माटोमै पढ्लु म त ।१।

माटो हाम्रो जीवन हो, माटो हाम्रो धन हो
माटोमा नै गरौं श्रम यति बुझौं जन हो ।२।

माटोमै फल्ल तरकारी माटोमै फल्ल अन्न
त्यसैले त हाम्रो जीवन माटो बिना चलैन ।३।

माटोमै चल्छ, मोटरगाडी माटोमै चल्छ कार
केही काम नगरेमा धर्तीकै हुन्छौं भार ।४।

हरियाली डाँडापाखा माटोमा नै हुन्छन्
कलकल बग्ने खोलानाला माटोमा नै बग्छन् ।५।

माटोलाई हामीले कहिल्यै हेला नगरौं
जन्म्यौं हामी यहीं माटोमा यहीं माटोमै मरौं ।६।



अनुक्रमा पौडेल
क्रमाङ्क: २२०३१

किताब

प्रश्न त करोडौं तेर्सिएका हुन्छन्,
ती प्रश्नको जवाफ खोज्न म चारैतिर दौडिन्छु,
भौतारिन्छु, चिच्याउँछु, गुहार माग्छु
कोही मेरा यी जिज्ञासा पूरा गरिदिँदैनन्,
अन्त्यमा थकित देह
त्यो मौनताले छाएको दाउराको चितामा पुग्छ र
अन्तिममा चिसो, शीतल सासको सर्को तानेर
सदाका लागि आराम गर्छ ।
जीवन त बस्, एक किताब हो,
कहिले कुन पाना पल्टिएको हुन्छ त कहिले कुन,
भावना, सुख, दुःख र नयाँ सन्दर्भले भरिएको ।
कहिले यो किताबको पाना आफैँ च्यातिन्छ,
त कहिले मनमा उम्रिएको आफ्नै क्रोधले,
बस्, सम्हालेर राख्नु कि जलाएर खरानी बनाउनु ?
कहिले किताबभित्र एउटा पाना गुमिसिन्छ,
त कहिले कयौं पानाहरू आफैँ थिचिएर
दबिएका हुन्छन्,
व्यक्त गर्नु कि तिनमाथि ती कथालाई
कि गाँठो पार्न ?
प्रश्न त करोडौं तेर्सिएका हुन्छन्,
ती प्रश्नको जवाफ खोज्न म चारैतिर दौडिन्छु,
भौतारिन्छु, चिच्याउँछु, गुहार माग्छु
कोही मेरा यी जिज्ञासा पूरा गरिदिँदैनन्,
अन्त्यमा थकित देह
त्यो मौनताले छाएको दाउराको चितामा पुग्छ र
अन्तिममा चिसो, शीतल सासको सर्को तानेर
सदाका लागि आराम गर्छ ।



रेशु रानी सिंह
क्रमाङ्क: २०२८०२७

सगरमाथा

सगरमाथा शिर र हाम्रो नेपालीको सान
यसले नै बढाएको नेपालको नाम
सोलुखुम्बु जिल्लामा छ उत्तर दिशातिर
यसले छ घटाएको नेपालीको पिर ।

८,८४८ मिटर अग्लो छ है
चल गाह्रो भए पनि कोसिस गरौं है
देशको लागि गौरव हो उच्च हाम्रो हिमाल
यसले नै बनाएको नेपाललाई विशाल ।

देशविदेशका पर्यटक सगरमाथा चढ्छन्
सगरमाथाको देश भनी हाम्रै कदर गछन्
यो सुन्दर देशको हामीले इज्जत राख्नुपर्छ
देशको शिर उच्च राख्न कर्म गर्नुपर्छ ।



मानस्भी निरौला
क्रमाङ्क: २०२८०१७

कोरोना

चिनको बुहान सहरबाट कस्तो भाइरस आयो,
विश्वभरि महामारी फैलाउँदै गयो ।१।

एकबाट सय गन्दै करोडमै फैलायो,
आफन्त र छिमेकीमा डराउने बनायो ।२।

घरमै बस्नु भन्दछन् है यता उता सबै,
कोरोनाको डर हामीलाई लागेको छ खुबै ।३।

कुनै कुरा छोएपछि हात धुनुपर्छ,
हात मिलाए नजिक गएँ त्यही कोरोना सछ्छ ।४।

रुघाखोकी ज्वरो आउँछ टाउको पनि दुख्छ,
कोरोनाका लक्षण हुन् यी थाहा पाउनुपर्छ ।५।

बाहिर जाँदा सेनिटाइजर माक्सको प्रयोग गरौं,
यसबाट आफू बचाउँ अरूलाई नि बचाऊँ ।६।

कोरोना भाइरस



आकाङ्क्षा खड्का
क्रमाङ्क: २०२६००१

रोमाञ्चक यो रङ्गीन दुनियामा
खुसीको रमाइलो थियो चारैतिर ।
जब कोरोना आयो भाइरस बनी
त्राही त्राही बनायो बढायो सबैतिर ।१।

आफ्ना प्रियजनबाट पनि दूरी छुटाई
डर उत्पन्न गरी वीज छरिदियो ।
शङ्काको भुमरीमा विश्व उनीदियो
आफ्ना र पराइको दूरी बुनिदियो ।२।

चिनमा जन्मियो, हुर्कियो युरोपमा
गरिब धनी छुट्टाई राख्दैन समिपमा ।
छैन ओखती आजसम्म बनेको
आफै सचेत भै घरमा नै बस्ने हो ।३।

नगरौं कुनै पनि हेलचेक्क्याँइ कसैले
फेरि पछि नराम्ररी पछुताउनुपर्ला ।
साबुन पानीले हात धोई माक्स लगाउनु है
घरमै बसी कोरोनालाई संसारबाट भगाउनु है ।४।



मानवी रेग्मी
क्रमाङ्क: २०२६०११

कोरोना (कविता)

यो कोरोना रोग कस्तो आयो
संसारलाई ध्वस्त पाच्यो ।
गरिबलाई भन् गरिब बनायो
धेरैलाई बेरोजगार बनायो ॥

यो कस्तो रोग आयो
संसारलाई त्राही त्राही पाच्यो ।
मान्छेलाई घुँडा टेकायो
यसका सामु विज्ञान हाच्यो ॥

जन्म भयो चिनबाट
सब विश्वमा घर बनायो ।
स्कूल क्याम्पस बन्द भयो
आफ्नैसाँग टाढा बनायो ॥

चाडपर्वमा घरै बसायो
२०२० त्यत्तिकै गयो ।
अहो! कस्तो दिन आयो
ठुला साना सबलाई रुवायो ।



निहारिका चापागाईं
क्रमाङ्क: २०२४००८

आमा

आमा तिमी हुँदी रैछौ ममताकी खानी
दयालु र निर्मल हुन्छन् तिम्रा आनीबानी ।
तिमीले जन्मायौ मलाई नौ महिना खटेर
बुबासँग मिली मलाई हुर्कायौ डटेर ।१।

गलतीहरू गर्दा पनि तिमी सम्झाउँछ्यौ
असल कर्म गर भनी सधैं सिकाउँछ्यौ ।
तिम्रो माया मेरो लागि, सधैं छ अपार
भुल्ने छैन तिम्रो माया, मेरो जीवन भर ।२।

तिम्रो कोखमा लडीबुडी, गरी खेल्छु म त
तिम्रो हातको खाना मात्रै, मिठो मान्छु त ।
तिमी मेरी प्रथम शिक्षक, तिमी मेरी साथी
तिम्रो सहयोगले म त, पुगे यति माथि ।३।

आमा तिमी मेरो संसार, तिमी मेरो नाम
तिमी मेरो जीवन हौ, मेरो भगवान ।
दयालु छौ, संसारमा तिम्रो नाम ठुलो छ
तिमी घरकी लक्ष्मी हौ, मेरो सम्मान छ ।४।



सुप्रभ आचार्य
क्रमाङ्क: २०२६०२२

मेरो कर्तव्य

ठुलालाई आदर गर्छु
सानालाई माया
अधिकार र कर्तव्यलाई
राख्छु दायँ बायाँ ॥

ज्ञानी भइ पढ्छु खेल्छु
दुख कहिल्यै दिन्न
कर्तव्यलाई पूरा गर्छु
आफ्नो हक लिन ॥

सम्मान गर्छु आमाबालाई
सघाउँछु पनि
समयमै गर्छु काम
कर्तव्य हो भनी ॥

मेरो हक के हो भनी
मैले बुझेको छु
कर्तव्य नि थाहा पाछु
मनमा सुझेको छु ॥

कर्तव्यलाई पूरा गरी बन्छु
असल ज्ञानी
सबको माया पाई सधैं
बन्छु ज्ञानको धनी ॥



जिया सापकोटा
क्रमाङ्क: २०२४००५

दसैं

रमाइलो चाड दसैं टिकोटालो गर्ने ।
आफन्तलाई भेटेर आशीर्वाद लिने ।।
यसपालि त कोरोनाको कहर बढी भयो ।
दसैंको त यसपालि नाम मात्रै रह्यो ।।

मिठो खान राम्रो लाउन अहिले चाहिएन ।
कोरोनाको कारणले मामा भेट्न पाइएन ।।
जस्तो जस्तो जे जे छ है घरमा बसी खाउँ है ।
यस्तो बेला घरबाट बाहिर चाहिँ नजाउँ है ।।

नवदुर्गा पूजा गरी डर त्रास भगाउँ ।
परिवारसँग बसी टिकोटालो लगाउँ ।।
यसपालिको दसैं त भयो यस्तै यस्तै ।
कामना छ अर्को दसैं होस है पोहोरजस्तै ।।



अरुणेश मानन्धर
क्रमाङ्क: २०२२००२

मन

कहिले हाँस्ने,
कहिले पिरोलिने मन
भावनाले सम्झाउँदा
अनि
कराउँदा अवश्य महसुस हुन्छ ।
तर
थाहा छैन कुन कुनामा छ ?
कताकता छातीभित्रको रहभवन मुटुतिर छ ।
अनौठो मन भन्ने महसुस
अवश्य छ, तर चिरेर हेर्दा
खोइ कहाँ छ ?

यताउति डुली बस्छ ।
आफैसँग मलाई कल्पनामा भुलाउँछ ।
तर यथार्थमा रहस्य बनेर ।
यो मन कहाँ बिलाउँछ र ।



आभाष ठकाल
क्रमाङ्क: २११०१

जीवनपथ

धर्तीको गर्भमा बीजारोपणपछि एक टुसा पलाउँछ,
हुरी, घाम र पानीको ठुलो चपेटामा परी त्यो टुसाले जीवन त्याग्दछ ।
वातावरणको छलले लछ्छरपछ्छर पादै,
जीवनको पहिलो बाटामा उभिन पुग्दछ
अनि सुरु हुन्छ जीवनपथ ।

माटो, ढुङ्गा र घाँससँगै जीवन हुर्कन थाल्दछ,
हुर्किसकेको रुखभैँ जीवनले पालुवा छाड्दछ,
सुन्दरताको भुमरीमा जीवन हाम फाल्दछ,
ईष्या, लोभ जाग्न थाल्दछ,
क्रोध, मोहले पछ्याउन थाल्दछ ।

बिन्दछ जीवनको अर्को चरण
पथ उही पुरानो रहन्छ,
बदलिन्छ जीवन त्यही पलमा
आयु बिस्तारै घट्दै जान्छ ।

काँप्दछन् हात, चल्दैनन् पाउ
घाम मात्र हुन्छ, मिल्दैन छाउ,
न त सहारा हुन्छ, न त साथीको साथ नै
अनि प्रतीक्षा रहन्छ काल मात्रको ।



अधित उपाध्याय
क्रमाङ्क: २०२२००३

आखिर भिन्नता किन ?

यहाँ समानता छ भने आखिर भिन्नता भएको छ किन ?
पुरुषले स्त्रीको लुगा लगाउँदा जिस्काउँछौ किन ?
स्त्रीले पाइन्ट लगाए वाह !
र पुरुषले कुर्ता लगाए छक्का तिमी भन्छौ किन ?

स्त्रीको इच्छालाई हिम्मत र
पुरुषको इच्छालाई नराम्रो दृष्टिले तिमी हेर्छौ किन ?
स्त्रीले कपाल बोइज कट काट्छे भने
पुरुषले कपाल पाल्न पाउँदैन किन ?

पुरुष र स्त्री एक हुन् भने
आखिर यहाँ भिन्नता किन ?
स्त्रीले फुटबल खेल्न पाउँछे भने
नाच्ने पुरुषलाई तिमी होच्याउँछौ किन ?

यदि पुरुष र स्त्री एक हुन् भने
यहाँ छक्का शब्द आयो किन ?
यदि पुरुष र स्त्री एक हुन् भने
यहाँ छक्का शब्द आयो किन ?

Empty space

The hustle has made me someone else,
I am not the same as I used to be before.
I have forgotten to breathe the fresh air,
I have stopped living in the present.
But, it's too late now.



Kajal bastakoti
Roll no 21108

I am not the same me any more,
I have become a person with goals and ambitions.
Like everyone else,
We are no longer the person,
That we used to be.

Feelling the rays of sun,the trembling sky
Has far gone away.
Now we don't even know what's someone telling us,
Right at the moment.

The emptiness that I had buried long ago
Now has turned into a hollow space.
Now I have nowhere to run
I feel like it is time for me to embrace
and try to make it whole again.

Winter

It was hot and and warm,
Now, it's cold and snowy outside.
There were mangoes and watermelons in fame,
But now, we only hear orange as the name.



Jiya Sapkota
Roll no: 2024005

Sweaters, jackets, mufflers and what not?
Winter is fun! But, I miss going to pools,
Wearing clothes that reach till your neck.
Oh god! Winter is good but it's sometimes a wreck!

The snow clothes trees and plants
And for wearing clothes I get to hear rants!
Snowflakes touches my skin,
Always makes me want to grin!

And in a way winter is good too!
But it makes summer disappear in a shoo!
Festivals in winter always make me joyful!
Oh! Sometimes winter is beautiful.

Being kind to myself



Anukrama Paudel
Nilgiri, 22013

Winter; when everything was cold and blue
Blade in one hand, numbness in the other's hue.

Alone in the shower;

Never told you why I always borrowed your sharpener
Isn't it ironic?

I draw with silver and it turns red.

Here's an apology for all the broken promises and assurances;
Addiction, yeah it was addiction, which made me lose all my
senses. Wish people knew it was not for sympathy or attention,
I am sorry dear self for not giving you recognition.

I wish I could be above the stars, it's so hard when you love
making scars

To walk in the darkest nights with my head held up; I wish I
could stop.

Vintage textured leaves fell on the ground;
Euphonious music playing in the background

Saw my wrist, my scars;

I screamed with heartache, affliction

Little did I know being kind to myself was the only infusion.

Previous VS This year's Dashain

Dashain is the embodiment of happiness-
Children buying a new dress,
Family gathering after a long time,
And all of them with a big smile.

Tika and Jamara are important things.
'Cha Cha hui' on that swing!
And it's all about fun,
Every year we carry on.

But Dashain is not the same this year;
We wanted blessings but we are afraid of the corona.
Mask and Sanitizer are important things,
Yeah! Of course, we will miss that swing.

Back then gathering was fun yet now we yearn,
Before having fun we need to think first-
We can celebrate Dashain next year,
Let's wait until corona disappears.

Stay safe take care
Don't go outside because Corona is here!



Adhit Upadhyay
Mardi, 2022003

EVENTS & ACTIVITIES

My field trip to the National History Museum of Nepal



Agrim Rijal
Roll no: 2028005

Last year for the field visit, we had gone to the National History Museum. We went there on our school bus at around 9:30 am. I was very excited to visit and explore new things there. We saw many stuffed/preserved animals there. We saw many animals there such as tigers, cranes, crocodiles etc. Not only animals, but there were insects as well. They were kept safe and secured in glass boxes. The staff from the museum guided and explained to us about each and every animal and insect. Among them all, I loved the tiger's skin the most. The most astonishing thing was that the skin of the tiger was filled with particles in such a way that the tiger looked real, it felt surreal. We saw extinct animals also like dinosaurs. It took 3 hours to completely tour the museum. We played for some time. Then we went to the place where there were many drawings. Then we came back to school. It was the best field visit ever.



प्रतीक डड्ढोल
क्रमाङ्क: २०२६०१४

अनलाइन कक्षा र मेरो विद्यालय

आजको विश्व आँखाले नदेखिने सानो भाइरस कोरोनाबाट तहसनहस बनेको छ । यसकारणले गर्दा शिक्षा, स्वास्थ्य, व्यापार लगायत आर्थिक सामाजिक सम्पूर्ण कार्यहरू ठप्प रहेका छन् । लामो समयसम्म लकडाउन भएका कारणले गर्दा अन्य क्षेत्रहरूभन्दा शैक्षिक क्षेत्र त अझै ठप्प हुन पुग्यो । धेरै विद्यालयहरूले शैक्षिक क्षेत्रलाई अगाडि बढाउने उद्देश्यले अनलाइन कक्षा सुरुवात गरे तर हाम्रो देशको अव्यवस्थित नीतिका कारण सरकारले अनलाइन कक्षालाई बन्द गरिदियो । हाम्रो विद्यालयमात्र यस्तो विद्यालय बन्यो जसले सरकारले भनेका कुराहरूलाई वेवास्ता गर्दै विद्यार्थीहरूको शैक्षिक भविष्यलाई मध्यनजर गरी पठनपाठन कार्यलाई सुरुवात गर्‍यो । वैशाख १५ गते हाम्रो विद्यालयको वार्षिक पात्रोअनुसार विद्यालय सुचारु हुने दिन थियो । सोहीबमोजिम वैशाख १५ गतेदेखि नै हाम्रो विद्यालयले अनलाइन कक्षा सुरु गर्‍यो ।

विद्यालयले गरिको अनलाइन कक्षा भरपर्दो राम्रो छ । हामीले कक्षामा पढ्छौं र पढेका कुराहरूको पुनरावृत्तिका लागि शिक्षकहरूले हामीलाई गुगल कक्षामा गृहकार्य दिनुहुन्छ र परीक्षण गरेर अझ पनि दिनुहुन्छ तर सबै विद्यार्थीमा मेरै लागि पढ्ने हो भन्ने बुद्धि त कहाँ हुँदोरहेछ र ? कतिपय मेरा साथीहरू कक्षा लिने बहानामा ल्यापटप वा मोबाइलमा खेल्ने अथवा भिडियो हेरेर समय बर्बाद गर्ने गरेको हामीले थाहा पाएका छौं । गृहकार्य गर्ने निहुमा धेरै समयसम्म ल्यापटप अर्थात मोबाइलमा व्यस्त रहेर गृहकार्य नगरी कक्षामा उपस्थित भएका छन् । हाम्रा विद्यार्थी साथीहरूले यसो गर्ने भनेको आफ्नै भविष्य बर्बाद गर्ने हो । अनलाइन कक्षाका फाइदा र बेफाइदाहरू दुवै छन् । यसको फाइदाको कुरा गर्नेपर्दा विद्यालय जान नपाएर आफ्नो जीवन नै सङ्कटमा परेको स्थितिमा घरमै बसेर सिक्न पाउनु हो तर यसका बेफाइदाहरू पनि

धेरै छन् । इन्टरनेट जाने, बत्ती जाने, कहिलेकाहीं शिक्षकले नै बोलेको नसुनिने, कक्षामा जोडिन कठिन हुने, विद्यार्थीहरू पढ्ने बहानामा अधिकांश समय विद्युतीय उपकरणमा खेलेर बस्ने र पढाइमा ध्यान नदिने आदि हुन् तर विद्यार्थी स्वयंले आफ्नो भविष्यलाई ख्याल गरी ध्यान दिने हो भने भने यसका राम्रा पक्षहरू नै धेरै छन् ।

मेरो विचारमा अनलाइनमार्फत शिक्षा लिनभन्दा विद्यालय नै गएर प्रत्यक्षरूपमा शिक्षा लिँदा धेरै बुझिने र फाइदा हुने गर्छ । विद्यालय जाँदा गएर साथीहरूसँग पनि खेल पाइन्छ । खेलको माध्यमबाट पढ्न पाइन्छ । साथै विद्यालयमा पढ्दा धेरै घन्टीहरू पनि पढ्न पाइन्छ अनलाइनमार्फत शिक्षा लिँदा केही समय मात्र लिने हुँदा सबै कुराहरू सिक्न पनि कठिन हुने रहेछ तर आजको यस्तो कठिन परिस्थितिमा घरमै बसेर शिक्षा लिन पाउनु हामीले भाग्य ठान्नुपर्दछ । हामीले घरमै बसेर लिन पाएको यस्तो शिक्षालाई सही रूपमा लिएर अगाडि बढेमा पक्कै पनि यसले राम्रो गति लिनेछ । यस्तो कठिन परिस्थितिमा पनि विद्यालयले हामी विद्यार्थीहरूप्रति गरेको राम्रो प्रयासलाई धन्यवाद दिनुपर्छ ।



शुभम रेग्मी

क्रमाङ्क: २०२२०१४

विज्ञान छलफल

बितेको आइतबार हाम्रो कलेजले विज्ञान छलफल भन्ने कार्यक्रम आयोजना गरेको थियो । त्यस कार्यक्रममा सहभागी हुनका लागि सबैजना खुसी थियौं । त्यस कार्यक्रमको विषय कृत्रिम बुद्धिमत्ता थियो । त्यस कार्यक्रममा मैले धेरै कुराहरू सिक्न पाएँ । त्यस कार्यक्रममा अतिथिलाई निम्त्याइएको थियो । उहाँको नाम सुरेन्द्र विक्रम हो । मैले यस विषयमा त्यस कार्यक्रमबाट धेरै कुराहरू सिक्ने ।

यो २१ औं सताब्दीसम्म आइपुग्दा विभिन्न प्रविधिहरूको विकास भएको छ । कृत्रिम बुद्धिमत्ता (एआई) ले मानव इन्टेलिजेन्सको सिमुलेसनलाई मेसिनमा बुझाउँदछ जुन मानव जस्तो सोचन र उनीहरूका कार्यहरूको नक्कल गर्न प्रोग्राम गरिएको छ । यो प्रविधि कुनै पनि मेसिनमा पनि लागु गर्न सकिन्छ जसले मानव दिमागसँग सम्बन्धित गुणहरू प्रदर्शन गर्दछ, जस्तै: यसले शिक्षा र समस्याको समाधान गर्न मद्दत गर्दछ । हामीले कृत्रिम बुद्धिमत्ताबाट धेरै कुराहरू गर्न सक्छौं । कृत्रिम बुद्धिमत्ताका चार प्रकार छन् : प्रतिक्रियाशील मेसिन, सीमित मेमोरी, दिमागको सिद्धान्त र आत्म-जागरुकता । कृत्रिम बुद्धिमत्ताले सबै कम्प्युटर शिक्षाको लागि आधार बनाउँछ र यो सबै जटिल निर्णय लिनेको भविष्य हो ।

कृत्रिम बुद्धिमत्ता नाटकीय रूपमा अगाडि बढिरहेको छ । कृत्रिम बुद्धिमत्ताको आजको समाजमा विभिन्न अनुप्रयोगहरू छन् । यो आजको समयको लागि आवश्यक भइरहेको छ किनकि यसले स्वास्थ्यसेवा, मनोरन्जन, वित्त, शिक्षा, आदिजस्ता क्षेत्रका जटिल समस्याहरूको समाधान गर्न सक्दछ । एआईले हाम्रो दैनिक जीवनलाई बढी सहज र छिटो बनाउँदै छ । एआई मेसिनहरूले चेसजस्ता रणनीतिक खेलहरू खेल्न सक्छन्, जहाँ मेसिनले सम्भावित स्थानहरूको ठुलो सङ्ख्याको बारेमा सोचन आवश्यक छ । कृत्रिम बुद्धिमत्ताको रोबोटिक्समा एक उल्लेखनीय भूमिका छ । सामान्यतया सामान्य रोबोटहरूमा यस्तो प्रोग्राम गरिन्छ कि उनीहरूले दोहोरिने कार्य सम्पादन गर्न सक्दछन् तर एआईको सहयोगमा हामी बौद्धिक रोबोटहरू सिर्जना गर्न सक्दछौं, जसले पूर्वप्रोग्रामबिना नै उनीहरूका अनुभवहरूका साथ कार्यहरू गर्न सक्दछन् । एआई प्रविधि महत्त्वपूर्ण छ किनकि यसले मानव क्षमताहरू: समझ, तर्क, योजना, सञ्चार र धारणालाई सफ्टवेयरद्वारा बढी प्रभावकारिता र कम लागतमा गर्न सक्षम गर्दछ । यही कारणले गर्दा एआई एउटा राम्रो कुरा हो । यो मानवलाई ठुलो सफलता दिने प्रविधि हो भन्ने कुरा मैले त्यही कार्यक्रमबाट सिक्ने ।

SPORTS, TRAVEL & TOURISM, ENTERTAINMENT



Pratyush Lohani
Roll no: 2030025

My Tour to Chitwan

Last year during my winter vacation my parents and I had decided to go to Chitwan. I was very excited to go to Sauraha to ride an elephant and to go on a jungle safari. We departed to Chitwan early in the morning. Overall the tour was really amazing. My maternal uncle's house is also in Chitwan. My maternal aunt and cousin sister were waiting for us. We stayed there for a day.

Next day, we all decided to go to a fun park, Sauraha, and visit the CG temple. First we went to the fun park. I played many games there like slide, trampoline, monkey bars etc. We spent the whole day there. I really enjoyed the day. The next day we went to CG temple. There we saw many statues of various deities. When we returned from the CG temple we saw a motor boat at Narayani river. We ate snacks at the popular restaurant place, "Bhetghat Taas" which is situated at Narayanghat Bazar. The food there was really yummy. The next day we went to the Chitwan National Park. I enjoyed it a lot while riding the elephant and viewing the scenarios. The jungle safari was very amazing. I saw many animals and birds like rhinos, deers, elephants, crocodiles, peacocks, water ducks etc. The next day we returned to Kathmandu. I enjoyed spending my winter vacation in Chitwan.



Rushka Sapkota
Roll no: 2028028

My Visit to Kalinchowk

Kalinchowk Bhagwati temple is the most famous temple in the eastern hilly region of Nepal in Dolakha district. On 31st Jun 2019, my family and I went to Kalinchowk. We had lots of fun. On the first day, we stayed in the hotel room and we ate food and went to sleep. The next morning we went to a car for shopping. We bought some winter clothes and some winter accessories. After going shopping we went to visit

Kalinchowk town. That day it was already late so we went back to the hotel and ate food and went to bed. The next day we went to the Kalinchowk Bhagwati temple. We were very lucky because there was a small cafe and in the cafe, we met my mother's student who was working there. My family and I went and clicked some pictures. We were going to use the cable car but the cabal car was stuck in the middle with some

people on it. So we couldn't use the cable car. So my parents told me and my sister to stay with my grandparents in the cafe. It took them a few hours to get to the top of the mountain. My sister and I played in the snow and we ate in the café. After that, my sister and I slept for 1 hour. And we woke up and saw there was no snow around us. My shoes were filled with ice. I couldn't even walk because of the ice. My grandmother said to put water in our foot so we put some water on our foot and the ice melted. We again ate some food. My sister and I played in the plain grass and my parents came back. My sister was still hungry so my family ate food and I was playing on my mother's phone and we went back to the hotel. The next day my parents and my sister went shopping again. and we brought some clothes, chocolates etc. The next day we returned back to Kathmandu.



Biraj Bikram Shai
ID no:21106

The Internationals

The Internationals(TI) is an ESports event of DOTA 2. Dota 2 is a video game where there are ten players all together, seperated in two teams, each having five members. In this game two teams are spawned on opposite sides of each other and protects the Ancient because DOTA is actually Defend Of The Ancient. The developer of this game is Valve. This tournament has been held since 2013. SO, till now there has been six TI's till now and due to COVID 19 the TI for 2020 was not held. This game also teaches that comeback is real because team OG, winners of previous TI who had lost their hope after losing 1 out of 2 games in TI 9 had won the game with a real comeback against PSGGLGD. This event is well known and popular because of its prize pool because this game also has a big prize pool. The prize pool is set with 25% of revenue made from the game battle pass. The reasons that participate in this competition are North America, South America, South Asia, China , Europe, CSI.

Memories Of My Trip



Sadhvi Aryal
Roll no: 2028029

Previous year I had visited Chitwan and Lumbini. In the morning, we rented a van with six-teen seats and we waited for the van to arrive. When the van arrived, we got in and we headed to my maternal uncle's house to pick up my grandmother, my two maternal uncles and my one maternal aunt. Then we went towards my aunt's house then when we picked her and my father up. Then we headed towards Chitwan. It took a lot of time to get to the public bathroom, 15 minutes later we went back to the van. We finally reached Chitwan where my father rented two rooms in the hotel where we were going to stay during the night. One room was for the boys and the other room was for the girls. The next morning we had rice, dal,

meat for breakfast. Later when everyone finished their food we got into the van and proceeded to Lumbini. In Lumbini my sister and I saw many things. Firstly, we visited the place where Buddha was born. In the outdoors there was a big pool and indoors there was a path which led us to the statue of Buddha. To reach that place we had to stand in the line of crowd and waited for 20 minutes. Finally we got our turn, my grandmother worshipped the statue, after praying to god we departed. Finally after a long trip, we went back to our van and headed back to Chitwan. When we reached our hotel it was so late at night, we quickly ate dinner and later went to bed. Next morning we went to a place, where there were a number of elephants. My father asked me if I desired to ride an elephant. I was scared enough to deny at that point. My uncle, father, sister and brother rode on the elephant. At that time my mother, aunt and I headed to the boating area to experience more elephants in a different way. We also experienced watching a crocodile by the other side with its mouth opened. Later when we came back, there was a little shop near the water so my mother bought a small elephant statue. After such a beautiful trip we had, we went back home.



Sakshi Singh

Roll no: 2028031

My Stay at Janakpur

I went to Janakpur during my holidays. It was nice and beautiful there. My siblings and I played a lot and we also played cricket on the ground in front of our house. Then for some time, we watched T.V and we also did our homework. We were there for mother's day and we made gifts for our mother. It was a beautiful photo frame and we kept a picture of our mother and us. Then after a month, our online class started.



Karma Gurung

Roll no: 21109

Dark horses of the Premier League 2020/2021

Since the beginning of the season, there has been a major uproar in the world of English football. Top Clubs like Chelsea, Tottenham, Manchester City and Liverpool have all signed players to strengthen their squad whereas legendary clubs like Manchester United and Arsenal have been sticking their nose outside of the market and are being a bitter disappointment then Hillary Clinton's election. Out of the blue, some dark horses are creating storms in the premier league.

One of the main dark horses is Carlo Ancelotti's Everton. Having signed 2014 world cup's golden boy James Rodriguez which upgraded their midfield but even better with the signing of Allan from Napoli and Doucoure from relegated side Watford. Upfront with one of the major England prospects is 22 years old Dominic Calvert-Lewin. Since the start of the season, Calvert has scored 6 goals in 4 PL matches and 9 in all competitions. Having scored 13 goals last season, Dominic is set to breaking records in Everton. Everton also has players like Richarlison, Iwobi, and Pickford.

Leeds United has just got promoted into the premier league after 13 years but they nowhere look like they have “just recently been promoted.” This team under Marcelo Bielsa is terrorizing English clubs. On the first match day against champions Liverpool, Leeds battered Liverpool and it was the late penalty from Mohamed Salah that Liverpool was able to get away with a win. This week they played city and Pep Guardiola’s side could not get a win over Bielsa’s exciting Leeds thus ending the match as a draw. This team has made many signings to back the manager and it looks like they aren’t here to joke around.

Frankly enough, I have been a Manchester United fan since the rainy day in Moscow. Leeds United are our rivals alongside Liverpool. The derby between the two clubs is called the roses derby. In our last meeting in the 2019 preseason, we thrashed them back then.

A Visit to Dharan



Rushka Sapkota

Roll no: 2028028

On 6 Oct 2019, my family and I went to Dharan. We arrived in Dharan at 9:00. Everyone was asleep so we went to my uncle’s house and slept there. The next morning we went to our grandparents’ house. We had lots of fun there. My mother’s sister played with me and my big sister. Our uncle’s house and grandparents’ house were very near so my two sisters and I went to our uncle’s house again. After that my other two sisters also joined us. I was angry with my sisters because they were ignoring me and at last when I was going to complain to my parents. They told me to come here and shouted PRANK and I got angrier. After that, we did some exercise at 7: 00 o’clock, ate food and the next day we watched a movie named Kanchana 2. After that, I slept while watching the movie. The next morning I brushed my teeth and took a bath. After that, we again went to our grandparent’s house because it was Dashain. We celebrated it and went to one of my sisters’ houses. After that, we played and ate momo and went to bed. The next morning, we went to our uncle’s house and packed our bags and returned to Kathmandu.

History of sports



Kripa Humagain

ID :211110

Sport is kind of an activity involving physical exercise and ability in which an individual or team competes against another or others for enjoyment.

Talking about sports, according to some data, the documented history of sports goes back a minimum of 3,000 years. It is considered that wrestling and boxing are the first actual sport played with laws and regulations but we cannot

make sure that these are the first sports ever played because also according to other data, running was the first sport played using the simple model of human transport.

As we know that sport can be anything which includes physical practices, contests involving hitting, kicking, throwing a ball-like object, moreover as sports-related to hunting and throwing would even be expected to have been played in early times.

Additionally, there are some reports that state that the first recorded sport in history was spear throwing, which appeared in 70000 BC out of a requirement for ancient hunters to train their skills. Bowling was the primary renowned ball game, showing in Egypt in 3200 BC; later, there was Pitz, competed by the traditional Maya in 2500 BC, accompanied by Episkyros.

As there are lots of reports about the history of sports, we cannot declare that which was the first-ever played sport.



सुशान्त पोखरेल
क्रमाङ्क: २०३१०२१

हलेसीसम्मको मेरो यात्रा

मेरो नाम सुशान्त पोखरेल हो । म काठमाडौँ सिनामङ्गलमा बस्छु । मेरो घर खोटाङ जिल्लामा पर्छ । खोटाङ जिल्लामा पूर्वको पशुपतिनाथले चिनिने प्रसिद्ध हलेसी महादेवको मन्दिर छ । मैले अघिल्लो वर्ष त्यहाँ जाने अवसर पाएको थिएँ । म गाडीमा धुलिखेल हुँदै गएँ । काठमाडौँ बाहिर गएको त्यो मेरो पहिलो पटक थियो । म धेरै उत्साही थिएँ । बाटोमा मैले साना साना धेरै खोलाहरू र ठुलो नदी पनि देखेँ । त्यो मात्र होइन मैले दुधकोसी नदीको छेउमा बालुवा र ठुला ढुङ्गाहरू, हरियाली खेतबारी र ठुला ठुला रुखसहितको जङ्गल पनि देखेँ । करिब सात घन्टापछि हामी हलेसी पुग्यौँ । हलेसी साच्चै राम्रो रहेछ । त्यहाँ ठुला ठुला दुईवटा गुफा रहेछन् । गुफाभित्र

हलेसी महादेव, पार्वती माता, तथा अरू धेरै भगवानका मूर्ति पनि रहेछन् । त्यहाँ मैले पूजा गरें अनि अर्को गुफाभित्र छिरेपछि गुफाबाट आकाश देखिने प्वाल रहेछ । मलाई त्यो अनौठो लाग्यो । बाहिर निस्केपछि दुबै गुफालाई घुम्नका लागि वरिपरि सिँढी नै सिँढीको बाटो पनि रहेछ । त्यही बाटोबाट हलेसी महादेवको परिक्रमा गरी खुसी साथ म पूनः काठमाडौँ फर्केँ । मेरो हलेसी यात्रा साँच्चै रमाइलो र ज्ञानवर्धक पनि भयो ।

रमाइलो घुमघाम



ओजश्विनी लामा
क्रमाङ्क: २०२८०२२

फागुन महिनामा म, मेरा बाबा र मेरी आमा मुस्ताङ घुम्न गएका थियौँ । मुस्ताङ जाँदा हामी गाडीमा गएका थियौँ । हामी बिहान करिब सात बजे घरबाट निस्किएका थियौँ । बाटोमा हरिया डाँडाकाँडा, स्वस्थ, निलो देखिने र कलकल गर्दै बग्ने नदीहरूका रमाइला दृष्यहरूको अवलोकन गर्दै हामी मुस्ताङ पुग्यौँ । मुस्ताङ पुगेर हामीले सबैभन्दा पहिले मुक्तिनाथ मन्दिरको दर्शन गर्नुभयो । त्यसैगरी मुक्तिनाथ मन्दिरको वरपरबाट देखिने रमाइला हिमाली श्रृङ्खलाहरूको पनि अवलोकन गर्नुभयो । मुस्ताङ एक रमाइलो पर्यटकीय स्थल रहेछ । हामी त्यहाँ पुग्दा स्वदेश तथा विदेशका धेरै पर्यटकहरू त्यहाँको अवलोकन गर्न आएका थिए । हामी मुस्ताङको एउटा होटलमा बास बस्यौँ । उत्तरी भेग भएका कारणले गर्दा त्यहाँ अत्यन्त चिसो थियो तर पनि यहाँको सुन्दर दृश्य, चाँदी भैं टल्किने हिमाली दृश्यहरूले मनलाई मोहित बनाएको थियो । हामी त्यहाँ पाँच दिन

बस्यौं । हामी मुक्तिनाथको मन्दिर जाँदा घोडा चढेर गएका थियौं । घोडा चढ्दा मलाई निकै रमाइलो लागेको थियो । बाटोमा हामीले महादेवको दर्शन पनि गर्थौं । त्यसपछि हामी पोखरा फर्कियौं । पोखरामा हामीले तालबाराही मन्दिरको पनि दर्शन गर्थौं । त्यसपछि हामी बन्दीपुरबाट देखिने रमाइला दृष्यहरूको अवलोकन पनि गर्थौं र मनकामना मन्दिरको दर्शन पनि गर्थौं । करिब एक हप्ताको रमाइलो घुमघामपश्चात हामी घर फर्कियौं । घुमघामको समयमा देखिएका हरिया डाँडाकाँडा समथर फाँट, हिमाली दृष्यहरू र सांस्कृतिक महव बोकेका विभिन्न धार्मिक स्थलहरूले मलाई निकै प्रभावित पारेका थिए । त्यसैले मेरो यो घुमघाम निकै नै स्मरणीय रह्यो ।

मेरो रमाइलो यात्रा



कृष्मा थापा
क्रमाङ्क: २०२६००८

म कक्षा ४ हुँदा मेरा अभिभावकसँग यात्राको लागि गएकी थिएँ । त्यस समयमा हामी चितवन गएका थियौं । मेरो परीक्षा सकिसकेपछि घुम्न जाने भनेर मेरा अभिभावकले पहिल्यै भन्नुभएको थियो । सोहीबमोजिम हामीले यात्राको योजना बनायौं । बिहानको ६ बजे हामी यात्राका लागि घरबाट निस्किएका थियौं ।

हामी काठमाडौँबाट हरिया डाँडाकाँडाहरू, कलकल बग्ने त्रिसुली र नारायणी नदीको सुन्दर दृष्यहरूको अवलोकन गर्दै, नौबिसे, मुग्लिन हुँदै चितवन पुग्यौं । चितवन एकदमै रमाइलो ठाउँ रहेछ । जब हामी चितवन पुगेको थियौं, त्यसबेला बेलुकी भइसकेको थियो । हामी होटलमा पुग्यौं, हामी हातमुख धोयौं र साँझ हिँड्न गयौं । चितवन साँच्चिकै राम्रो थियो । साँझको पदयात्रामा धेरै मानिसहरू थिए । सडक धेरै सुन्दर थियो । प्रत्येक चोकमा पशुको एक मूर्ति थियो । त्यसपछि हामी होटल फर्क्यौं र हामी खाना खान गयौं । हामी वास्तवमै थकित थियौं । त्यसैले हामी चाँडै निदायौं । अर्को दिन हामी चाँडै उठ्यौं, तयार भयौं र बिहानको खाजामा गयौं । त्यसपछि हामी जङ्गल सफारीको लागि टिकट लिन गयौं । हामी जङ्गल सफारीको लागि गएका थियौं । जङ्गल वास्तवमै ठुलो थियो । जङ्गलमा हामीले धेरै जनावर र चरा देख्यौं । हामीले धेरै जनावर र चरा देख्यौं । हामी एक ठाउँमा गयौं । त्यहाँ हामीभन्दा केवल १ किलोमिटर अगाडि एक गैंडा थियो । गैंडा देखेर म छक्क परें । जङ्गल सफारीपछि हामी होटलमा गयौं र खाना खायौं ।

त्यसपछि हामी मेरो बुबाको मित्रको घरमा गयौं । त्यहाँ म मेरा भाइबहिनीहरूसँग खेलें । साँझ परेको थियो । हामी होटल फर्क्यौं । हिँड्न बाहिर निस्क्यौं । त्यो दिन नयाँ वर्षको पूर्वसन्ध्या थियो । यो साँच्चिकै सुन्दर थियो । हामी बेलुकाको खाना खायौं । अर्को दिन हाम्रो फर्कने समय थियो । चितवनका रमाइला र सुन्दर दृष्यहरू मनभरि सजाउँदै हामी काठमाडौँ फर्क्यौं ।

ज्लाटन इब्राहिमोविक: इतिहासकै एक उत्कृष्ट खेलाडी



सन्दर्भ सुवेदी
क्रमाङ्क: २११२१

फुटबल भन्नेबित्तिकै मेस्सी, पेले, म्याराडोना र रोनाल्डोको नाम अग्रपङ्क्तिमा आउँछन् तर फुटबल इतिहासमा अरू महान् खेलाडी पनि छन् जो अलि ओभरलुकिएका छन् र तीमध्येका एक हुन्, ज्लाटन इब्राहिमोविक । इब्राहिमोविकको जन्म सन् १९८१ अक्टोबर ३ मा स्विडेनको माल्मो सहरमा भएको थियो । उनी स्विडिस व्यावसायिक फुटबलर हुन् जोहाल ए.सी. मिलानका फर्वार्ड रहेका छन् ।

५६० भन्दा बढी गोलले सुसज्जित ज्लाटन फुटबल इतिहासकै उत्कृष्ट फर्वार्ड मानिन्छन् । चार दशकको फुटबलको अनुभव बटुलिसकेका ज्लाटनले हालसम्म ३१ वटा ट्रफी जितिसकेका छन् र ३९ वर्षको उमेरमा पनि 'सिरी ए' जित्ने होडमा छन् । उनी हाल 'सिरी ए' मा सबैभन्दा बढी गोल गर्ने खेलाडी हुन् र उनको टोली लीगको शीर्ष स्थानमा छ ।

ज्लाटन सन् १९९९ मा स्विडेनको माल्मो फुटबल क्लबबाट व्यावसायिक फुटबलमा प्रवेश गरे। जादुमयी प्रदर्शनले उनको चर्चा हुन थाल्यो र करिब दुई वर्षपछि उनी नेदरल्यान्डको आयाक्स फुटबल क्लबमा सामेल भए। त्यहाँ पनि उनको प्रदर्शन उत्कृष्ट रह्यो र करिब ३ वर्षपछि १ करोड ६० लाख युरोमा उनी युभेन्टस आए। युभेन्टसमा हुँदा उनले 'सिरी ए' उपाधि जितेका थिए। त्यसपछि उनी २ करोड २० लाख युरोमा इन्टर मिलन आए र फेरि 'सिरी ए' उपाधि जिते। तत्पश्चात् उनी ५ करोड ९० लाख युरोमा बार्सिलोना आए र बार्सिलोनामा हुँदा उनले फिफा क्लब विश्वकप उपाधि जिते। बार्सिलोनाका प्रशिक्षक पेप ग्वार्डिओलासँगको खटपटका कारणले उनी सन् २०१० मा ए.सी. मिलान आए र त्यहाँ उत्कृष्ट प्रदर्शन गरे। सन् २०१२ मा उनी पी. एस. जी. आए र त्यहाँ हुँदा पनि उनको प्रदर्शन निकै राम्रो थियो। तेक्वान्दो किकका साथ गोल हान्न उनी माहिर थिए। स्विडेनबाट खेल्दा सन् २०१२ नोभेम्बर १५ का दिन इङ्गल्यान्डविरुद्ध इतिहासकै उत्कृष्ट बाइसाइकल गोल गरे र त्यस वर्ष सोही गोलको कदर गर्दै उनलाई पुस्कस अवार्ड प्रदान गरियो। चार वर्ष पी. एस. जी. बाट खेलेपछि उनी ३५ वर्षको उमेरमा म्यानचेस्टर युनाइटेड आए र उपाधिको खडेरीलाई पाखा लगाउँदै ३ उपाधि जिते र सन् २०१८ मा एल. ए. ग्यालेक्सी आए। ३७ वर्षका ज्लाटनले अब सन्यास लिन्छन् भनेर एम. एल. एस. खेल्न आएका मानिसहरूलाई लाग्थ्यो तर मानिसहरूलाई गलत साबित गर्दै सन् २०२० मा उनी पुनः ए. सी. मिलान आए। ३९ वर्ष हुँदा पनि उनी उत्तिकै अब्बल खेलाडी हुन्। उनी ए. सी. मिलानका अरू खेलाडीको लागि प्रेरणा पनि हुन्। खेललाई उमेरले फरक पार्दैन भन्ने कुराको उनी सच्चा उदाहरण पनि हुन्।

राष्ट्रिय टोलीमा रहँदा पनि उनले निकै राम्रो प्रदर्शन गरे तर २०१६ को युरो कपमा हारेपछि उनले सन्यास लिए तर अझै उनी फर्किने हल्ला छ। उनीसँगै खेलेका पिलो युभेन्टसका प्रशिक्षक हुन् तर उनी अझै फुटबल खेलिरहेका छन्। उनको गोल गर्ने शैली र विशेष गरी उनको कुर मनोवृत्ति मन पराइन्छ। उनलाई घृणा गर्ने मानिसहरू एकदमै कम छन्। उनी फुटबल इतिहासकै एक महान् खेलाडी हुन्।

नेपालमा खेलकुदको अवस्था



सशुभ काफ्ले

क्रमाङ्क: २११३०

नेपालमा खेलकुदको उत्साह धेरै छ। भलिबल, फुटबल, क्रिकेट, बास्केटबलजस्ता खेलहरू यहाँ धेरै लोकप्रिय छन्। तर यहाँ जति उत्साह भए पनि नेपालमा खेलकुदको राम्रो वातावरण छैन। देशमा जोस छ, तर हामीसँग अवसरहरू छैनन्। हाम्रो देश प्रतिभाले भरिएको छ तर तिनीहरूले पर्याप्त सुविधाहरू पाइरहेका छैनन्।

खेलकुदको विकासले देशलाई परिवर्तन गर्न सक्दछ। ब्राजिल, बेलायत, अस्ट्रेलिया, भारतलगायतका देशहरू खेलकुद बाट चर्चित छन्। यदि हाम्रो देशमा खेलकुदको लागि राम्रो व्यवस्थापन भयो र राम्रा अवसरहरू पाए भने प्रतिभाहरू खोज्न पनि धेरै गाह्रो हुँदैन। अहिले नेपालमा खेलाडीहरूले राम्रो तलब पाएका छैनन्। दोस्रो पेसा खोजेर

जीवन चलाइरहेका छन्। यस्तो अवस्थामा हामी कसरी सुधारको आशा गर्न सक्छौं? युवाहरू विदेश जाने कारण पनि यही हो। यदि देशहरूले पर्याप्त अवसरहरू प्रदान गर्न सक्दैनन् भने एक व्यक्तिले अरू के नै गर्न सक्दछ?

यदि व्यवस्थापन राम्रो भयो भने खेलकुद एक आमदानीको राम्रो स्रोत हुन सक्छ। खेलहरूले अन्तर्राष्ट्रिय स्तरमा अन्य देशहरूसँगको सम्बन्ध सुधार गर्न पनि सक्दछन् र देशको अर्थतन्त्र पनि राम्रो हुन सक्छ। तर नेपालको स्थिति त्यति राम्रो छैन। चार वर्षपछि हाम्रो दशरथ रङ्गशाला, नेपालको एकमात्र अन्तर्राष्ट्रिय रङ्गशाला बल्ल निर्माण भयो। यस्तो गतिले गर्दा हामी निकै पछाडि छौं। अरू कुराजस्तै खेलकुदलाई पनि महत्त्व दिनुपर्दछ किनकि यसले विकासका लागि निकै ठूलो योगदान पुर्याउँदछ। खेलकुदले देशको अवस्था परिवर्तन गर्ने क्षमता राख्छ र हामीले यो अवसर गुमाउनुहुँदैन।

INTERESTING FACTS & FIGURES



Biplav Shrestha

Roll no: 2028010

14 Unique Facts About 14 Unique Animals

1. The heart of a shrimp is located in its head.
2. A snail can sleep for three years.
3. The fingerprints of a koala are so indistinguishable from humans that they have on occasion been confused at a crime scene.
4. Slugs have four noses.
5. Elephants are the only animal that can't jump.
6. A rhinoceros horn is made of hair.
7. It is possible to hypnotize a frog by placing it on its back and gently stroking its stomach.
8. It takes a sloth two weeks to digest its food.
9. Nearly three per cent of the ice in Antarctic glaciers is penguin urine.
10. A cow gives nearly 200,000 glasses of milk in a lifetime.
11. Bats always turn left when leaving a cave.
12. Giraffes have no vocal cords.
13. An ostrich's eye is bigger than its brain.
14. Around 50 percent of orangutans have fractured bones, due to falling out of trees on a regular basis.

Some Interesting Facts!



Nicky Mahato

Roll no: 2028019

1. North Korea and Cuba are the only places you can't buy Coca Cola.
2. The world's most densely populated island is the size of two soccer fields.
3. Indonesia is home to some of the shortest people in the world.
4. The longest place name on the planet is 85 letters long.
5. Four babies are born every second.
6. Japan is the world's most earthquake-prone country.
7. The world's largest man-made oyster reef was created in Maryland.
8. More than 52% of the world's population is under 30 years old.
9. There are 43 countries that still have a royal family.
10. All giant pandas in zoos around the world are on loan from China.



Crop circles

Crop circles are the strange patterns that mysteriously appear overnight in farmers' fields. They are most likely to appear in the United Kingdom, but can also be seen in other countries.

Lukash Ratna Kansakar
ID no:21111

This mysterious phenomenon has inspired many theories, books, fan groups and even movies.

Some believe that crop circles first appeared in 1966 near a small town of Tully, Australia. The farmer said that he had seen a flying saucer rise up from a swamp and flew across his field. When he went to get a closer look he saw flattened grass and reeds in a circular pattern. However, this story was referred more as a UFO report than a crop circle. The reported cases and the complexity of crop circles increased dramatically in the 1980s and 1990s. Each pattern was believed to contain some sort of message illustrating complex mathematical equations. In July 1996, another crop circle appeared in England across a highway from Stonehenge in Wiltshire, England. However, this was far more complex and spectacular than the previous one. It was even claimed that the circle was formed in less than an hour during daytime which made it even more interesting.

There is clear evidence that crop circles exist unlike other phenomena like ghosts and spirits. The real question is who or what makes them, and is it terrestrial or extraterrestrial.

There are a plethora of theories and explanations regarding the formation and origin of crop circles. Some believe it to be the work of a "mowing devil" legend. Others believe it was done by alien space crafts or time travellers. These explanations, however, are mildly convincing. A more logical explanation says that the mysterious patterns were created by Earth's energy fields or precise wind patterns.

Some Interesting Facts



Jyotsna Tako
Roll no: 2028051

1. Rabbits never close their eyes while sleeping.
2. Octopus are with three hearts.
3. The cockroach has white blood.
4. Elephant tusk, in reality, is their teeth.
5. Dolphins can survive till to fifty years.
6. Camels store their food in their hump and eat it later when they are hungry.
7. Peacock is the only bird that has colourful feathers.
8. Cactus is just the plant that is found in the desert.
9. Rat's teeth never stop growing.
10. Rhinoceros horn is made of hair.



साकृत सिग्देल
क्रमाङ्क: २०३००३५

नेपालको भन्डा

नेपालको भन्डा त्रिकोणीय आकारको छ। विश्वमा अरू सबै देशका भन्डा आयातकार छन्। आयातकार राष्ट्रिय भन्डा नभएको विश्वमा एकमात्र देश नेपाल हो। नेपालको भन्डा अरू देशको भन्डाभन्दा फरक छ। यो सिम्रिक रङको भुईँ र निलो किनारा भएको छ। माथिको त्रिकोणमा सेतो चन्द्रमा छ। तल्लो त्रिकोणमा सूर्य छ। यसले चन्द्र र सूर्य रहनुजेल नेपाल रहने कुरालाई जनाउँछ। रातो रङ विजय र बहादुरीको प्रतीक हो। भन्डा राष्ट्रको पहिचानका लागि प्रयोग गरिन्छ। मलाई नेपालको भन्डाको चित्र बनाउन सजिलो लाग्छ। मलाई मेरो देशको भन्डा प्यारो र राम्रो लाग्छ।



साम्राज्य बस्नेत
क्रमाङ्क: २०२९०४६

हात्ती

हात्ती एउटा ठुलो जनावर हो। जङ्गली हात्ती निकै डरलाग्दा र बलिया हुन्छन्। जङ्गली हात्तीले हाम्रा घरहरू भत्काउन पनि सक्छन्। हात्तीले फलफूल, अन्न पानी आदि खान्छ। हात्ती शाकाहारी जनावर हो। हात्ती समूहमा बस्छ। हात्ती ८० वर्षसम्म बाँच्न सक्छ। भाले हात्तीलाई मत्ता भनिन्छ। पोथी हात्तीलाई ढोई भनिन्छ। हात्तीका बच्चालाई छावा भनिन्छ। हात्ती ठुलो जनावर भए पनि यसले पौडी खेल्न सक्छ। यसको एउटा सुँड हुन्छ। हात्तीका दाहा पनि निस्केका हुन्छन्। यसका दाहा निकै मूल्यवान् हुन्छन्। हात्ती ठुलो आवाजले कराउँछ। हामी हात्तीलाई गणेश भगवान पनि मान्छौं। मलाई हात्ती चढ्न धेरै मन पर्छ।



विशाखा उपाध्याय
क्रमाङ्क: २०२९०९२

मुसा

मुसा सानो जनावर हो। यो शाकाहारी जनावर हो। बिरालाले यसलाई सिकार पनि बनाउँछ। मुसाले मकै, गहुँ, चामल आदि अन्नहरू खान्छ। मुसा ठुलो पनि हुन्छ र सानो पनि हुन्छ। मुसा सेता, काला र खैरा रङका हुन्छन्। मुसालाई घरमा पनि पालिन्छ। मुसाले पौडी खेल्न सक्छ। मुसा धेरै माथि चढ्न सक्छ। मुसा चञ्चल स्वभावको जनावर हो। मुसाले १ सालमा २००० बच्चाहरूलाई जन्म दिन सक्छ। मुसा पानीविना उँटभन्दा लामो समयसम्म बाँच्न सक्छ। मुसा ३ दिनसम्म पौडी खेल्न सक्छ। मुसाका दाँत १ सालमा ६ इन्च बढ्न सक्छन्।



सौहार्द ब्रजाचार्य
क्रमाङ्क: २०२५०१६

एसियाबारे तथ्यहरू

- एसिया विश्वको सबैभन्दा ठुलो महादेश हो ।
- अफ्रिका र एसियाको जनसङ्ख्या विश्वको करिब ९०५ हुन्छ ।
- साउदी अरेबियामा भएको अरबी मरुभूमि एसियाको सबैभन्दा ठुलो मरुभूमि हो ।
- सबैभन्दा थोरै धुम्रपान उपभोग गर्ने देश एसियामा नै छ ।
- विश्वको सबैभन्दा अग्लो मान्छे र सबैभन्दा अग्लो महिला दुबै एसियामा छन् ।
- सबैभन्दा असामान्य खेल, "बाखा समात्नु" एसियामा नै छ ।
- विश्वका १०८ उच्च पहाडहरू एसियामा नै छन् ।
- १० ओटा सबैभन्दा ठुला सहरहरू एसियामा नै छन् ।
- एसियाकै भारतको सोलापुरमा नवजात शिशुहरूलाई ५० फिटको टावरबाट फालिन्छन् ।
- एउटा सिङ्गे हात्ती नेपाल, एसियामा मात्र पाइन्छ ।
- सबैभन्दा असामान्य जन्मदिन भियतनाम, एसियामा मनाइन्छ ।
- एसियामा ५ बाट २ ओटा सबैभन्दा पुराना सभ्यता छन् ।
- एसियामा संसारको सबैभन्दा ठुलो टावर छ ।
- १० सबैभन्दा ठुला मलहरू एसियामा नै छन् ।

मानिसको जीवनमा जन्मदेखि मृत्युसम्मका संस्कारहरू

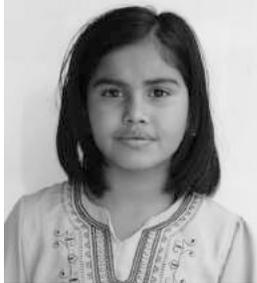


प्रिसा आचार्य
क्रमाङ्क: २०२८०५०

बच्चा जन्मेको छैटौँ दिनको दिन छैटी गरिन्छ । त्यस दिन साँझपख बत्ती बालेर बच्चाको पूजा गरिन्छ । यस्तो काम गरेमा बच्चा भाग्यमानी हुन्छ भन्ने विश्वास पनि रहिआएको छ । बच्चा जन्मेको एघार दिनमा न्वारन गरिन्छ । त्यस दिन बच्चाको नाम राख्ने काम हुन्छ । मानिस जन्मेको छैटौँ महिनामा पास्नी हुन्छ । त्यस दिन बच्चाले पहिलोपटक भात खान्छ । छोरी ठूली भएपछि गुन्यु चोलो लगाउनुपर्ने कारणले गुन्युचोली दिन्छन् र आशीर्वाद पनि दिन्छन् । छोरा अलि ठुलो भएपछि व्रतबन्ध गर्ने चलन छ । त्यस दिन जसको व्रतबन्ध हुन्छ उसले कपाल मुण्डन गरी जनै लगाउने काम हुन्छ र त्यसको लागि भव्य तरिकाले पूजा पनि गरिन्छ । केटाहरूले व्रतबन्ध नगर्दासम्म विवाह गर्नेहुँदैन भन्ने चलन पनि रहेको छ । जब केटाकेटी २० वर्षको उमेरभन्दा माथि लाग्छन् त्यसपछि विवाह गर्ने चलन छ । जब मानिस ८४ वर्षको हुन्छ त्यस पछि चौरासी पूजा गर्ने भन्ने चलन छ । ८४ पूजाको बेलामा मानिसले ८४ जना बाहुन, कलश, बत्तिलगायत सबै प्रकारका सामग्रीहरू ८४ वटा नै तयार गर्छन् र पूजा गरेर पैसामा जोखिने चलन पनि छ । जब मानिसको मृत्यु हुन्छ त्यसलाई अन्त्येष्टि पनि भनिन्छ । अन्त्येष्टि गरिसकेपछि उनीहरूका छोराछोरीले श्राद्ध कर्म गर्ने काम गर्छन् ।

SCIENCE & TECHNOLOGY

Robot



Reshu Rani Singh
Roll no: 2028027

Robot is a machine. Scientists are the people who make robots. Some people make robots for bad uses and most for good uses. In Japan, Japanese scientists are developing robots to help in different areas like cafes, offices etc. Robots can do different types of tasks. We can also make different types of robots. They are controlled by computers or the devices that are used to make robots. Some robots are chargeable and some don't require charge.

Computer



Samyam Rai
Roll no: 2028032

A computer is an electronic machine which helps to make work easy and faster. A computer is a machine which takes input from the user and gives output. The father of computers is Charles Babbage because in 1833 he invented all the parts that are used for the modern computer. It was only possible because of Lady Ada Lovelace who was the main brain behind the maths of the analytical engine. It was only 120 years later that the 'modern' computers were invented. Konrad Zuse was the first inventor of modern computers in the world in 1936 and named Z1.

He had created the Z2 as the first electro-mechanical computer in the world in 1939. A computer is very useful to everyone especially for office work because everything in the office is done using computers and if they don't use computers then they cannot work. If we have computers then we can do complex things in a simple manner. We can communicate, present, write, play videos and save. Also we can use this for entertainment purposes. Now we are able to study from home because of the computer.

A computer has many parts like: CPU, printer, monitor, speakers etc. And many people say that the CPU is the computer's mind. There are four types of Generations of Computer and they are First-generation, Second generation, Third generation, and the Fourth generation. The first generation of computers was based on the Vacuum Tube. The second generation of computer was based on transistors; the third generation of computer was based on Integrated Circuits (IC). And the last Fourth generation of computers was developed from 1971 and it is still being developed up to the present date. This generation of computers was based on microprocessors.

Currently we are using more advanced 4th generation computers which have been developed up to 8th generation.



Sumedha Adhikari

Roll no: 2028040

Water

Water is a liquid substance. It is a gift from nature to us just like fire and air. Water has three forms. It turns into vapour when boiled into ice under the pressure of cold, and is a liquid when normal. Water is a compound made up of two gases and they are hydrogen and oxygen. There are two parts of hydrogen and one part of oxygen in the water. Water has no particular shape, colour, or taste. It takes the shape of the vessel it is kept in.

Water is dispensable for us. We can live without food for a few days, but it is impossible to live without water. For this, another name of water is life in our country. To digest food also to keep the body fit, we must drink some quantity of water every day. About two-thirds of the surface of the earth is covered with water. Seawater is salty. We cannot drink it. Drinking water is found from the river, tanks wells etc. We dig tanks, wells and ponds. These are filled with water from inside the earth and by rains. Clouds gather in the sky in the rainy season and rain falls down in showers filling the tanks, rivers and ponds. There is very little rainfall in some places in India. Deep wells have to be dug for water.



Himani Bhattarai

Roll no: 2023017

Monster Blackhole and The Prediction of Milky Way Collision in The Future

Black holes are the cosmic bodies in space where gravity is extreme enough to prevent the escape of even the fastest moving particles. Monster black holes are the massive ones.

As per reports of 2019/20 published in journal astronomy and astrophysics, astronomers have discovered a monster black hole in space that has captured 6 galaxies in its gravitational web soon after the big bang. The filaments of the cosmic wave are like the spider's web which is over 300 times the size of the milky way. As per the reports it was formed by the collision of two black holes. This massive black hole's mass is about 40 billion times greater than the mass of the Sun. The scientist claimed it to be a deadly black hole as it has high solar mass and high gravitational force which can swallow all 6 galaxies that are captured in its gravitational web. Barbara Balmaverde, an astronomer at INAF in Torino, Italy. Most of the galaxies that are captured in the gravitational web of the massive black hole are the brighter ones.

In the northern part of Chile at the paranal space observatory during the summer of 2019, a team of astronomers were watching the movement of stars using n the Holmberg 15, a galaxy multi unit spectroscopic explorer on the biggest telescope in the world. While they were observing the stars they discovered that the stars were revolving around a massive black hole, Initially, the researchers measured its mass

indirectly, according to these calculations the massive hole was apparently 310 billion times more massive than the sun as it was not accurate they again calculated the mass using the Schwarzschild metric, this result stated that that the mass of the massive black hole is 40 billion times greater than the sun. The Schwarzschild metric is the only accurate mathematical measurement of the mass of the black hole. This black hole is able to say a lot of information about human life in the future.

Scientists have stated that after 4.5 billion years our galaxy may collide with Andromeda. The major evidence of this is now available for a pretty long time in the beginning of 20th century a astronomer named Vesto Melvin Slipher had stated a fact that "The space objects differ in the colour of their glow depending on their motion relative to earth",objects that have moved away from the earth shifted toward the red color, and the approaching objects showed blue color,and Andromeda has the color blue,For some decade the scientist could not figure out how the galaxy will explode but according to some research in the past it have predicted that "no matter how powerful the collision will be the sun other stars will survive as there will be a huge distance but there wouldn't be the existence of human in earth because the sun will become to turn into a red giant before the collision and about the humans they might have populated to other planets and will be able to observe the collision and other astronomical events. Later the andrometer galaxy would go beyond the milky way but after almost 100 million years it would make u turn and emerge with the milky way,as a result it would form an elliptical galaxy,scientists have even named the future galaxy as milkomeda."

Reference: October 19, 2019, Riddle, <https://youtu.be/7WtrAuNnXKI>



Rohan Uprey

Roll no: 2022016

Energy

Energy is defined as the ability or capacity of doing work. Energy can be found in various forms like light energy, heat energy, electrical energy, chemical energy, nuclear energy, kinetic energy, potential energy, etc.in our daily life, this source of energy is important to do our daily activities.

Different machines use this kind of source like cars, trains, airplanes, etc. There are two kinds of source of energy:

- **Renewable:**

The source of energy which can be replaced immediately if they are exhausted at their place of origin are called renewable sources of energy. The example of renewable sources of energy wind energy, tidal energy, solar energy, geothermal energy etc.

- **Non-renewable:**

Non-renewable sources of energy are found to be accumulated in nature over a very

long time and they cannot be quickly replaced when exhausted at their place of origin. The examples of non renewable sources of energy are nuclear energy petroleum, natural gas etc.

Major source of energy are:

1. Solar energy: The energy from which is converted into thermal or electrical energy is solar energy. Some uses of solar energy is to generate electricity, to use sun to dry cloth, to cook foods etc. Solar energy is also good for our environment because this solar energy does not produce greenhouse gas and also does not pollute water or air. It is also cheap because it can be renewable.
2. Fossil fuels: Plants and animals who died millions years ago and were covered on clay and sand because of high temperature and pressure inside the earth. Then it decomposed in the absence of oxygen. They got converted into coal and petroleum are called fossil fuel. Coals are the non renewable source of energy which are found deep inside earth there are four kinds of coal lignite, sub-bituminous, bituminous and anthracite. In Nepal only low quality coal is found till now in Dang District. petrol, diesel, kerosene etc are called petroleum. This petroleum product is found very deep from the earth crust.
3. Hydropower: In Nepal fast flowing rivers have been used as watermills known as pani ghatta in Nepali. This traditional technology is used to run different machines. Nowadays this technology is in more use. In this project, kinetic energy of fast flowing water is converted into electrical energy. In Nepal it is estimated that total hydropower capacity of nepal is 83000MW but, very less amount of hydropower electricity is produced around 1500 MW.v

Reference: Science book, 2070-2071 edition, Government Of Nepal



Sashwat Paudel

Roll no: 2022019

Neutron Stars

Stars are astronomical objects containing their gravity and maybe their own set of systems. Stars are a ball of gas, which is held together by its gravity. Constant nuclear fusion and fission are going on in the star, which in turn produces the light energy we use to see the star from the earth. If there were no nuclear fusion going on in the star, it would not be visible to us from the earth. The life of the star is determined by two of its factors being in balance. Its gravity, and the nuclear fusion going on

in the star. Mainly a star consists of two gases, hydrogen, and helium. Elements fuse and form a new element, having slightly different properties than the previous two. Hydrogen fuses into helium and this reaction creates the energy that pushes against gravity and keeps the star in a balanced state. The stability of the star is dependent upon these two things. But, not everything in the universe lives forever. Eventually, fusion creates heavier elements such as iron which cannot be fused to create energy. This breaks the stability of the star.

For stars like our sun, this will not be that big of a deal as the core of the star will change into a white dwarf, and nothing else significant will happen. This process gets interesting for massive stars which are way bigger than our sun, as the sun is classified as a medium star.

After the fusion stops in the star, there is a collapse, because of its immense gravity. We can say that it collapses into its mass. The pressure is so immense that everything gets squeezed to the smallest size. A rule in quantum mechanics says that electrons tend to resist each other. The electrons even can't resist the immense pressure and get squeezed with other electrons to form neutrons. Massive stars when they end their lifespan, they usually experience a supernova explosion. This explosion is caused by the particles of the now left core of the star trying to escape the collapse. This causes an extremely violent bang, which is the supernova.

What is left of the star is a neutron star.

Neutron stars are one of the most extreme things in the universe. Neutron stars are extreme as the universe gets. Neutron stars have a massive mass for its size. Its mass is around a million times the mass of the Earth but it is compressed to an object about 25 km in width. This is because the particles are immensely compact. Think of this, we are 99.999% space. If we were to be squeezed to the smallest size, we would merely be the size of a pinhead. How neutron stars get so dense is because all of their space is occupied by the particles. This makes the star much denser than anything in the whole universe. Neutron stars also have a very high gravity pull. A typical neutron star has a surface gravity of more than 100 billion times stronger than that of the earth's surface gravity. If something weighs 170 kg here on earth, it would weigh roughly 17 trillion kg in a neutron star. The surface temperature of the neutron star is said to be around 1 million kelvin. Compare that to our sun's temperature, which is a measly 6000 kelvin.

Neutron stars are one of the extremes of the universe and the truth is, we haven't even examined these extreme things closely. All of the information is based on the current understanding of the universe and the star. There may be more bizarre things that we can explore and understand soon.

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#NASA: Neutron Stars, 2007

#Research Interest - Neutron Stars | Max Planck Institute for Radio Astronomy

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#Neutron Stars: Definition & Facts



Rishi Elavya Adhikari

Roll no: 2031014

Earth

Earth is our home, is the third planet from the sun .The Earth is the only planet where we can get oxygen & water. Oxygen and water are very necessary for our life.

Earth is the fifth largest planet of our sun family. Our Earth is round in shape, it is round because of gravity force.

Gravity force is the force by which everything comes to earth.

On the surface of earth, there is water called ocean; there is land, mountains and forests. In our country Nepal, we have many mountains, fields and forests. We have many rivers also but in our country we do not have oceans. We have to save our environment.

The Earth moves round the sun everyday and every year. When the earth moves to the sun every day, it happens day and night . When the earth revolves around the sun it happens one year. Our earth was formed many years ago .It was born very hot. At that time there were no living things. After many years the hot earth became cool only after that there formed water from rain .After that some insects were born in water which became fish, lizards, dinosaurs, and monkeys and later on some monkeys evolved as humans. We have to save all living things, & the environment of the whole earth.



Ruhjen Jung Khadka

Roll no: 2031015

Solar System

Solar system is the sun and the group of eight planets and their moons that circle around the sun. The sun is the main source of light for all the planets. Our solar system has eight planets. They are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune.

Mercury is the smallest and the closest planet to the sun.

Venus is the second planet from the sun and it is the hottest and brightest planet in the solar system. Earth is the third planet in the solar system. Its surface is mostly covered with water, that's why it is called a blue planet. This is the only planet where life is found. It has one moon. Mars is the fourth planet also known as the red planet. It has two moons. Jupiter is the fifth and largest planet in the solar system. It has 67 moons. Saturn is the sixth and second largest planet. It is in yellow color. It has beautiful rings made up of ice and dust. Uranus is the seventh planet. It is covered with a thick layer of gas. Neptune is the eighth and coldest planet because it is very far away from the sun.



Himamsu Bal

Roll no: 2030013

Science

We go to school on the school bus. Others go on bikes, scooters, or cars. These vehicles are works of science. I take my online classes on an iPad. Some take their classes in mobile, laptop and computer. These are works of science. At home we use a fan, tv, radio, electricity, telephone, heaters, fridge and washing machine. Science and technology are an important part of our day to day life. Every day new technologies are coming up which are making our life easier and more comfortable.



Raj Manandhar

Roll no: 2030029

Science and Technology

In today's world there is technology everywhere. Science and technology have made our life easier. It takes less time and effort. With the help of science and technology, people have been able to reach the moon. We are able to surf the internet, attend online classes and much more. Science and technology are very useful for us.



Samriddhi Shahi

Roll no: 2030036

Science and Technology

Science can be defined as the record keeping of each and everything happening in the physical and natural world by observing and doing experiments. Technology can be defined as the practical use of the knowledge to solve the problems or to invent useful things.

Science and technology have become the most important part of humans in the present days as their use can be seen in each and every activity of the people. For example: the alarm clock that helps us to wake up in the morning to turn off the switch in the night to go to sleep. All the services we are using are the result of science and technology. The transportation facility we use, internet facility, communication facility, all the machines like washing machine, microwave oven, refrigerator, steamer, television, AC, fans and so on.

Because of science and technology, human beings are able to do almost any work within a short period of time in comparison to the ancient days. There are many benefits of science and technology to human beings and have led human civilization to achieve perfection in every aspect but the misuse of science and technology can have a dangerous impact in our lives so we must be wise in our actions to stay safe and happy.



Nitika Kapali

Roll no: 2029019

How are computers used today?

Today, computers make jobs easier and fast which otherwise are hard to do and take a lot of time to finish. For example, you can write a letter in a word processor, edit it anytime, spell check, print copies, and send it to someone across the world in seconds. All these activities would have taken some days, if not months, to do before. Also, these examples are a small fraction of what computers can do.

Nowadays, computers are used in business, communication, education, internet etc. There are many computer applications which are in usage to make any kind of job for example, teaching learning, solving difficult mathematical problems etc are possible in minutes.

Science and Technology



Samrajya J. Basnyat

Roll no: 2029046

Science and technology are an important part of our daily life. Science and technology have introduced us to the development of modern civilization. It has also made progress on the medical and agriculture fields. Without science and technology our life is difficult. Misuse of science and technology, may harm us. Science and technology make our work easy. Due to science and technology our way has been changed completely. Now we are studying through online class due to the invention of science and technology.

They play a great role in our life. They help us with our study. Science and technology bring the world closer. All of us are dependent on scientific inventions. Science and technology are getting day by day advanced. They have helped humans in different ways.



Simon Sangat

Roll no: 2022019

Should students be allowed to have cellphones in school?

A cell phone is a telecommunication device that uses radio waves over a networked area and is served through a cell site or base station at a fixed location, enabling calls to transmit wirelessly over a wide range, to a fixed landline or via the internet. Along with the advancement in technology, the cell phone has taken great importance in human lives. Mornings are not observed with the rising sun and chirping of birds, evenings are not spotted with sunsets and glittering stars and

moon in the sky. Rather, the cellphone is the first thing that we see after waking up and the last thing before sleep.

I agree that cellphones are of great importance in different aspects of human life. Students should not be allowed to bring cell phones in schools. As per today's scenario, all the people including students are living in a digital world; whether it be a child or a man we see most of them hanging over a cell phone most of the time. Smartphones were created so that human lives would be easier but they are serving as a distraction for all, the truth is that slowly humans are becoming slaves of their own creations. Cell phones create dependency on the students, which is not a good thing. Cell phones hinder the ability of students to socialize, it also takes people far from social involvement and closer to the digital world. Even though nowadays we cannot study without the internet, the use of these digital devices has a negative impact on our lives and the environment itself.

A school is a place where we come to learn through practical and theoretical assessments. As long as using cellphones to navigate the internet for better information is concerned, schools have computer labs that can be used for the same purpose. A digital school is an alternative way for every student in this pandemic stage but staying in front of the screen is also bad for the eyes. The blue rays from the screen damage the eye nerves which leads to eye diseases. Television, apps, video games, video calls, social media, virtual online classes are the methods of entertainment, communication, and education these days. The trend towards technology makes sense as it has its own benefits and it leads us to a much easier lifestyle but it also has its own drawbacks.

Cell phones are the most common means of distraction today, even children own their own personal cell phones and are ridiculously addicted to them. Cellphones are not only providing us with distractions and unproductiveness but also it has increased the rate of cyber-crimes like hacking, fishing, cyberbullying, etc. Cyberbullying can be harder to identify than other sources of bullying, making it difficult for teachers and parents to identify and stop when it's happening. These forms of cybercrime will immensely impact one's behavior and entire personality. The lesser use of cellphones leads to a happier, less dependent, and stress-free life. We all should practice social distancing from the electric-devices for at least some time each day. It is recommended to spend as much time as you can with nature.

Hence, students are not allowed to have cellphones in schools as it increases the screen time even more which again tends to distract the students from studies. It also makes the students' cell phone dependent which creates an obstacle in the path of socialization. Excessive use of cellphones in students has led to the rise of anti-social and immoral activities. Henceforth, I expect that everyone should minimize their use of cellphones and spend some time doing productive things that matter in life.

Why should you use DuckDuckGo instead of Google?



Apurva Adhikari

Roll No: 2022005

DuckDuckGo is a search engine created by Gabriel Weinberg on September 25, 2008. His main motive for creating this was to provide users with a search engine that is free from censorship and tracking. The main headquarters of DuckDuckGo is located in Paoli, Pennsylvania. With just around 100 employees, it is the multi-million dollar company with the least number of employees. As of a report in 2019, DuckDuckGo is worth 900 million dollars, while its competitor Google being almost 1 trillion dollars. In spite of

DuckDuckGo being safer, more accurate, and not being able to track users, Google is getting popular day by day whereas DuckDuckGo has remained at the same spot for many years.

Not including the tracking-free service it provides, it also gives us more accurate information than Google. Have you ever thought Google's answer highlighting is useful? Google highlights the answer and keeps it at the top of the page when you search it. DuckDuckGo implemented it first, Google later stole the idea but Google overdid it. The answer highlighting is useful for the answers which is a fact but Google does it for each and every question you search, it might be good for facts or anything which has only one answer but definitely not good for those topics which have multiple answers or for controversial topics. For example, if you search "What will be bitcoin worth in the future?", Google will highlight an answer that Google views as true, the answer might not be true because it is a future prediction and it might just not happen. Most of the people who search it stop researching after they read that answer and start believing it. On the other hand, DuckDuckGo shows the answer highlighting when it is a fact but gives you a series of results to choose from. Another thing Google is doing is manipulating searches, again for an example if you search "Is Google spying on me?", the amount of articles on the internet which says google is spying is a lot more than which says it is not, but the top searches on the google pages show you that it is not spying on you. From this, we can conclude that Google manipulates the results as it wants to and many people who search for it even don't see the second page of the result. This is how Google is deciding what normal people think and decide. On the other hand, DuckDuckGo filters the search on the words you are using and shows you the result that matches the best.

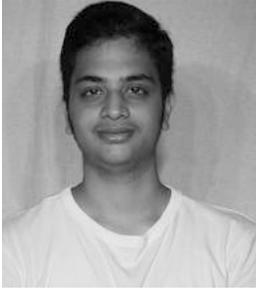
Aside from manipulating the search results and deciding what a normal person thinks, Google tracks each and everything a person does. Google has records of what a person thinks, what a person buys, where did that person go on vacation, everything stored on their server and they can use this information as they please. According to one of the biggest Cyber Security experts, Edward Snowden, who is also one of the wanted criminals in the United States, stated that the United States and United Kingdom partnership with Google and other big companies were planning to get data and information of each and every person on the Internet. That

is another reason to use DuckDuckGo. Edward Snowden himself recommended using DuckDuckGo instead of Google which is another reason to use DuckDuckGo. TOR or The Onion Router which is known for the privacy it gives to users on the internet also uses DuckDuckGo as its primary search engine which gives us the idea of how secure DuckDuckGo is. DuckDuckGo has its own browser like Google Chrome. DuckDuckGo's browser has many key features that Chrome doesn't have like Script Disabler which disables the unwanted scripts which run when a site opens, Block Trackers which stops the site to track your location.

DuckDuckGo provides most of the features that Google does. Like answer highlighting, it allows you to set the time of upload of the results and many more. DuckDuckGo also offers Dark Mode for people who prefer it. DuckDuckGo has a filter search option that Google doesn't, the filter search comes with three options "strict", "balanced", and "off". In strict mode, the results will have no adult or explicit content, the balanced search will show results including some having less explicit content, and off search will show each and everything related to your search on the internet. DuckDuckGo has many features that Google doesn't, like expanding URL, calculating loan, and many more. DuckDuckGo is also very easy to use. Anyone who can use Google can use DuckDuckGo. So, if DuckDuckGo is secure, provides better results, and is easy, why aren't people using DuckDuckGo? The answer is simple: when DuckDuckGo was released, Google had already taken most of the market and most of the people in this world don't care about their privacy and their information, they think that they have nothing to hide, so why should they be afraid? They simply don't know what a person can do with their full information in this modern-day and age. And also Google intentionally is blocking users from using DuckDuckGo. In 2018, DuckDuckGo had 1 billion searches that year and was getting a bit popular due to TOR using it. Google was afraid that they might have competition and did a lot of things against DuckDuckGo. Google even bought the domain "duck.com" which redirected users to Google. The owner and the CEO of DuckDuckGo Gabriel Weinberg tried to negotiate with Google and buy the domain but Google refused. After a lot of controversy against Google in the Cyber Security community, Google finally sold the domain. They are the reasons why DuckDuckGo is not that popular.

We have developed a habit over the years of saying "Google it" instead of saying "Search it on the internet". We have to understand that the internet is not limited to Google, there are other search engines as well. DuckDuckGo provides most of the things Google provides, I would say it would just be a change of interface if we were to exclude all the things I wrote. DuckDuckGo is more secure and gives more accurate information. So I recommend everyone to use DuckDuckGo instead of using Google.

Automation 101 with Python:



Utkrist Mani Neupane

Roll No: 21133

Just as the COVID-19 hit the world, we were introduced to e-learning with platforms like Zoom or Google Meet. It was not a big deal but things started turning out differently after the first 3 months of online learning when we were promoted to grade 12 and began the 12th-grade curriculum. We were required to join the classes at least 5 minutes prior to the class started for attendance and it became a problem for me.

I own a potato PC, it takes time to boot up and furthermore for Google Chrome to open and to get to my class. I would have to boot up my computer 20 minutes before the actual time and then just get it ready to join the class. While I did that for about two to three weeks, I started thinking about possible solutions to this as I couldn't always remember to turn my computer on beforehand. One day it hit me; What if I do something that makes my laptop ready to join the class automatically after I turn it on? In the beginning, I thought it would only be a plan then I thought about programming and its application to my problem. Well, then I did what any automation freak would do, I spent three to four days writing and debugging a script that would simplify a task that would just require 20 minutes of my time every day.

I used Python with Selenium, a framework that automates tasks in a browser and allows you to pass keyboard and mouse inputs as well. I hadn't used it before and it just became more exciting. The program I wrote takes the current time after I run the script and then compares it to the conditions I had defined for my classes with their respective timings. For example: If I have a class at 9:30 AM on Monday, I programmed the script to start the execution at 9:20 AM. It will then check the time in the conditions I had defined and when there was a match, it will perform actions and get to the main page of the meet link, turn off the Microphone and Camera and join in the class at exactly 9:24 and the program would close itself. I used it until the class schedule changed and then was just too lazy to reprogram it.

This was one of the interesting programs that I wrote. I am always keen to automate simple tasks that just take your time but still, you need to do it. The code still requires many improvements and you could even contribute to it.

You can check out the code by visiting:

<https://github.com/utkrixx/Google-Meet-automation-with-Python>

बिरुवा



आद्या श्री पौडेल
क्रमाङ्क: २०३१०२१

हरेक बिरुवामा धेरै भागहरू हुन्छन् । त्यसमध्ये दुईवटा भागहरू अति नै महत्त्वपूर्ण छन्, ती हुन जरा र जराभन्दा माथिका भाग, जराभन्दा माथि विभिन्न भागहरू हुन्छन् जसलाई डाँठ, पात, हाँगा र फूल भनेर छुट्याउन सकिन्छ । बिरुवाका डाँठले पात र हाँगाहरूलाई फैलाउन मदत गर्दछ । आकाशबाट परेको पानी अथवा हामीले हालेको पानी बिरुवाले लिन्छ । जरामा भएको पानी पातमा पुग्छ । त्यसपछि पातले पानीका थोपाहरूलाई जराको माध्यमबाट माटोमा पुऱ्याउँछ । जरालाई चाहिने अन्य कुरा माटोबाट प्राप्त गर्दछ । पातले सूर्यको किरणबाट चाहिने प्रकाश लिएर खाना बनाउँछ र त्यसलाई बिरुवाका हाँगा, फूल, फल सबै ठाउँमा पुऱ्याउँछ । बिरुवामा भएका हाँगाहरूमा पातहरू पनि हुन्छन् । त्यसमा फूलहरू पनि फुल्छन् । कतिपय बिरुवाहरूले नयाँ बिरुवा फूलबाट बनाउने हुन्छन् भने कतिपयले फलबाट बनाउँछन् । फल जमिनमा खसेपछि त्यसको बीउबाट अर्को नयाँ बिरुवा उम्रन्छ तर कतिपय बिरुवाहरूको फलले नयाँ बिरुवा बनाउँदैनन् । फूलबाट नै नयाँ बिरुवा बनाउँछन् । तिनीहरू भिन्न प्रकार र रङका हुन्छन् । जराले बिरुवालाई बलियोसँग माटोमा गाड्ने र बिरुवालाई अड्याउने काम गर्दछ ।



शाश्वत पौडेल
क्रमाङ्क : २०२२०१९

परमाणु बम

नाभिकीय अस्त्र वा परमाणु बम भनेको एक विस्फोटक पदार्थ हो । जसको विस्फोटक शक्तिको आधार नाभिकीय प्रतिक्रिया हुन्छ । नाभिकीय प्रतिक्रियाअन्तर्गत नाभिकीय सम्मिलन र नाभिकीय विखण्डन हुन्छन् । नाभिकीय प्रतिक्रियाअन्तर्गतका यी दुवै प्रक्रियाले विशाल ऊर्जा उत्पादन गर्छन् । उदाहरणका लागि सूर्य बलिरहनुको कारण नाभिकीय प्रतिक्रिया हो । सूर्यको सतहमा हरेक समय नाभिकीय प्रतिक्रिया भइरहेको हुन्छ । सूर्यले आफ्नो अपार ऊर्जा यही प्रक्रियाबाट पाउँछ ।

परमाणु बम विनाशकारी शक्तिको रूपमा प्रयोग हुन्छ । परमाणु बम अपार उर्जाको भण्डार नै हो । परमाणु बमलाई धेरै निर्दयी रूपमा प्रयोग गर्न सकिन्छ । ब्लास्ट वेभले मृत्यु, चोटपटक र भूगोल संरचनालाई क्षति पुऱ्याउँछ । परमाणु बमको सबैभन्दा डरलाग्दो हानी भनेको ब्लास्ट वरिपरिका क्षेत्रमा फैलिने विकिरण हो । यो विकिरणले मानिसको शरीरका अङ्गलाई क्षति पुऱ्याउँछ र अन्त्यमा मानिसले ढिलो र पीडादायी मृत्यु अनुभव गर्छ । हाल हामी बसिरहेको ठाउँ काठमाडौँमा मानौँ परमाणु बम विस्फोट भयो भने १,०८१९५ जनाले ज्यान गुमाउँछन् र ४,४३,९९८ जना घाइते हुन्छन् । २ कि. मि. को क्षेत्रभित्र भएका सबै चिज तत्काल मेटिने छन् । १२५ कि. मि.सम्म विस्फोटको तातो ऊर्जा आभास गर्न सकिन्छ । विस्फोटले तीव्र ताप उत्पादन गर्दछ । जसले गर्दा धेरै मानिस गम्भीर रूपमा घाइते हुन सक्छन् । १४ कि. मि.को क्षेत्रभित्र हानीकारक विकिरण फैलिन्छ । परमाणु बमको असर केवल यति मात्र होइन, विस्फोट भएको ठाउँ धेरै समयसम्मको लागि हानिकारक नै रहन्छ । यसको कारण भनेको विस्फोटले वितरण गरेका हानिकारक विकिरण नै हुन् ।

यी विकिरणको असर धेरै घातक साबित हुनसक्छन् । हानिकारक विकिरणबाट दूषित भएको कुनै पनि वस्तु हानिकारक हुन्छ । विस्फोट भएको क्षेत्रमा फालिएका फलफूल, तरकारीलगायत सबै दूषित हुन्छन् । व्यक्तिले दूषित वस्तु खाएमा टिमोर, क्यान्सरजस्ता रोग लाग्न सक्छन् । उदाहरणका लागि रेडियोएक्टिभ आयोडिन-१३१ को नाउँ लिऊँ । यो दूषित दुधको माध्यमबाट शरीरमा प्रवेश गर्न सक्छ र थाइराइड ग्रन्थीमा सङ्कलन हुन सक्छ ।

सन् १९४५ मा संयुक्तराज्य अमेरिकाले जापानको हिरोसिमा र नागासाकीमा दुई आणविक हतियार विस्फोट गरेको थियो । १२९०००-२२६००० मानिसले यो विस्फोटमा आफ्नो ज्यान गुमाए । यो विस्फोटबाट ज्यान गुमाएका मानिस सबै निर्दोष व्यक्ति थिए । यिनीहरूको त्यतिबेला भएको युद्धमा कुनै पनि संलग्नता थिएन ।

विस्फोटपछि पनि धेरै मानिसहरूले कुपोषण, विकिरण, बिरामी र गम्भीर घाइते भएका कारण ज्यान गुमाए । यो घटना करिब ७० वर्ष पुरानो हो । यो घटनापछि धेरै समयसम्म यो ठाउँ बस्न लायक थिएन । सन् १९४५ मा जापानका नागासाकीमा भगरिएका परमाणु बमले उत्पन्न गरेको बादल १८ कि मी माथिसम्म उडेको थियो । “Article 36 calls for an international treaty banning the use, production, stockpiling, transfer and financing of nuclear weapons.” यो त एक विस्फोटका कारणले भएको करामत हो । आज हामीसँग ७० वर्ष पहिला भएकाभन्दा धेरै शक्तिशाली विस्फोटक पदार्थ छन् । आज मानवसँग आफैलाई सखाप पार्ने आणविक पदार्थ छन् । विश्वका धेरै मुलुकसँग यस्ता र योभन्दा शक्तिशाली आणविक बमहरू छन् । आज विश्वका कुनै पनि शक्ति राष्ट्रहरूले यसको जिम्मेवारी लिएका छैनन् । यस्तै गल्ती हुन नदिन Article 36 ले एउटा सम्झौताको माग गरेको छ ।

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अनिल बन्जाडे

क्रमाङ्क: २११०३

ब्लकचेन टेक्नोलोजी

ब्लकचेन आजको समाजको बढ्दो प्रविधि हो । ब्लकचेनका सुरुवातकर्ता सतोसी नाकामोटो हुन् । बिटकोइन प्रयोग गरी लेनदेनको लागि सार्वजनिक लेजरको रूपमा नाकामोटोले पहिलो पटक ब्लकचेनको प्रयोग गरेका थिए । सतोसी नाकामोटोको यो अविष्कारले सबैलाई आकर्षण गर्‍यो र आजकल यो प्रविधि विभिन्न क्षेत्रमा प्रयोग हुन थालेको छ ।

ब्लकचेन भनेको के हो ?

ब्लकचेन टेक्नोलोजी एक संरचना हो, जसमा लेनदेनको रेकर्ड राखिन्छ । यसलाई ‘ब्लक’ अथवा ‘चेन’ भनेर पनि चिनिन्छ । यस प्रविधिमा पेयर-टु-पेयर नोडहरूमार्फत् जडित हुन्छन् । यो रेकर्ड राख्ने प्रविधिलाई ‘डिजिटल लेजर’ भनिन्छ । यसमा लेनदेनको काम डिजिटल हस्ताक्षरद्वारा अधिकृत हुन्छ जसले लेनदेनलाई प्रमाणित गर्दछ र यसलाई परिवर्तन गर्नबाट बचाउँछ । यो सञ्जालमा धेरै कम्प्युटरहरूका बिचमा साभेदारी गरिएको हुन्छ जसमा लेनदेनका रेकर्डहरू वास्तविक खरिदहरूको रेकर्ड राखिन्छ । यसमा डाटा देख्न सकिन्छ तर त्यो डाटा इनक्रिप्टेड हुन्छ । त्यसैले यो प्रविधि अति नै सुरक्षित छ ।

ब्लकचेन प्रविधि लोकप्रिय हुनुको कारण के हो ?

ब्लकचेन प्रविधि लोकप्रिय हुनुको मुख्य कारण भनेको यसले बैङ्किङ क्षेत्रलाई सुरक्षित बनाउँछ । तपाईंले आफ्नो परिवार वा साथीहरूलाई बैङ्किङबाट पैसा पठाउँदा त्यसैले ह्याकरले बिचबाट पैसा चोर्ने सम्भावना हुन सक्छ तर यो प्रविधिमा पैसा छिटो पठाउन सकिन्छ र यो सुरक्षित हुन्छ किनभने यसमा नोडहरू लागिरहेका हुन्छन् र यसबाट चोरी गर्न असम्भव हुन्छ किनभने त्यहाँ बहुमत हुनुपर्छ र कसैले पनि त्यहाँ बहुमत किनेर सम्भव छैन । कुनै कम्पनीले ५०५ सेयर किने पनि मान्छेको भरोसा उठेर त्यो अर्को दिन कोल्याप्स हुन सक्छ । यसलाई १००५ सुरक्षित भन्न मिल्दैन किनभने थोरै नोडहरू भएका ब्लकचेनहरू ह्याक भएका छन् ।

ब्लकचेन टेक्नोलोजीका स्तम्भहरू:

१) विकेन्द्रीकरण

ब्लकचेन प्रयोग गरिएको नेटवर्कमा यदि तपाईं आफ्नो साथीलाई पैसा पठाउन चाहनुहुन्छ भने तपाईं सिधै त्यसो गर्न सक्नुहुन्छ। यसमा हामीलाई तेस्रो पक्षको आवश्यकता पर्दैन। तपाईं आफ्नो पैसा कसैलाई पठाउन चाहनुहुन्छ भने बैङ्कबिना नै पठाउन सक्नुहुन्छ। ब्लकचेनको मुख्य अवधारणा भनेको नै विकेन्द्रीकरण हो।

२) पारदर्शिता

ब्लकचेन प्रयोग गरिएको नेटवर्कमा मान्छेको ठेगाना क्रिप्टोग्राफीमार्फत् इनक्रिप्ट गरिएको हुन्छ। मानिसहरूको सार्वजनिक ठेगानाद्वारा सबै काम गरिन्छ। पारदर्शिताको यो स्तर वित्तीय प्रणालीभित्र पहिले कहिल्यै अस्तित्वमा थिएन। सार्वजनिक ठेगाना थाहा छ भने हामी १०० वर्षअगाडिका पनि लेनदेन हेर्न सक्छौं र त्यो लेनदेन जसले पनि हेर्न सक्छ। त्यसैले ब्लकचेनमा इमानदारी आवश्यक छ।

३) अस्थिरता

ब्लकचेनको ब्लकमा एक पटक केही कुरा प्रवेश भएपछि त्यसलाई परिवर्तन गर्न सकिँदैन। यसमा कुनै पनि एउटा अङ्क मात्र परिवर्तन गरे पनि त्यो ब्लक अवरुद्ध हुन्छ। कुनै पनि एउटा ब्लकमा परिवर्तन भयो भने सबै नोड्सहरूमा त्यसको जानकारी हुन्छ। जसले गर्दा त्यो ब्लक नै हटाइन्छ।

ब्लकचेन विभिन्न क्षेत्रमा प्रयोग भइरहेको छ। ब्लकचेनको सबभन्दा प्रख्यात उदाहरण बिटकोइन (bitcoin) हो। ब्लकचेन संस्थापकहरू पनि ब्लकचेनको प्रविधि र प्रभावको स्तर विस्तार गर्न विभिन्न प्रयास गरिरहेका छन्। यसको बढ्दो प्रयोगले भविष्यमा यसले राज गर्ने सङ्केत देखिएको छ।

सन्दर्भ सामग्री:

मार, बेर्नार्ड (सन् २०१८), क्याम्ब्रिज, इङ्ल्यान्ड, फोर्ब्स।



आशिष सापकोटा

क्रमाङ्क: २११३५

विज्ञान, प्रविधि र इतिहास

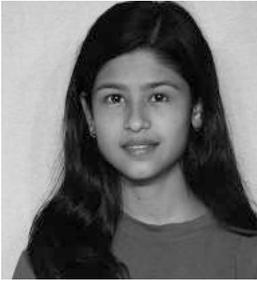
यस २१ औं शताब्दीमा विज्ञान र प्रविधिका बारेमा नसुनेका हामीमध्ये कोही छैन होला। सानो होस् या ठुलो कुनै न कुनै रूपमा हामीले गर्ने दैनिक काममा विज्ञानको प्रयोग भएको नै छ। यो रचना जुन म लेख्दै छु यस्तो सामान्य कामको लागि पनि विज्ञानले बनाएको कम्प्युटरको प्रयोग भएको छ। यसरी हामीले अनुमान लगाउन सक्छौं कि विज्ञान, वैज्ञानिक आविष्कार र प्रविधिले हाम्रो जीवनमा कति ठुलो भूमिका रचेको छ। तर के तपाईंहरूलाई थाहा छ, जाबो १० वर्षअगाडि विज्ञान, वैज्ञानिक आविष्कार र प्रविधिले हाम्रो जीवनमा ठुलो भूमिका खेलेको थिएन। अब तपाईंहरूको मनमा प्रश्न उठ्न सक्छ कि कसरी जाबो १० वर्षमा विज्ञान, वैज्ञानिक आविष्कार र प्रविधिले हाम्रो जीवनमा ठुलो भूमिका खेल्यो? त्यसको उत्तर हाम्रा पुर्खाबाट पाउन सकिन्छ।

यो विज्ञान र प्रविधिको जग हाम्रा पुर्खाले हामीलाई बनाइदिएका थिए त्यसैले हजारौं वर्षपछि दुङ्गे युगबाट रूपान्तरण भएर आज हामी विज्ञानको युगमा आएका छौं। तर म यस विषयमा चर्चा गर्न आएको होइन। इतिहासमा यसरी नै बिस्तारै विज्ञानको विकास हुँदै आएर यहाँसम्म आएको भनिएको छ तर मेरो विचारमा एउटा यस्तो समय थियो जुनमा मानिसको वैज्ञानिक प्रविधि अहिलेको भन्दा पनि आगाडिको थियो र इतिहासबाट ती पानाहरू च्यातिएका छन्। जसरी रामायणमा उल्लेख गरिएको छ कि रावण एक बुद्धिमान राजा हुन्छ जसले लङ्कालाई एउटा विज्ञानले विकसित देश बनाएको हुन्छ। जब राम र रावणबिच युद्ध हुन्छ तब रावण एउटा उड्ने रथमा सवार हुन्छ र त्यो वस्तुका बारेमा अहिले कुरा गर्ने हो भने त्यो अवश्य हवाइजहाज हो। यही कुरा मलाई अलि पचेन किनकि हवाइजहाजको आविष्कार १०० वर्षअगाडि मात्र भएको थियो र रामायण १००० वर्षभन्दा अगाडि लेखिएको थियो। यस्ता धेरै नै दिमाग हल्लाउने वास्तविक कुराहरू छन् र मेरो विचारमा हाम्रा बाजेबजैले जानी नजानी यस्ता वास्तविक कुराहरू गर्नभएको छ जुन चाहिँ अहिलेको विज्ञानले पनि बुझ्न सक्दैन तर ती कुरा सही हुन्छन्। यस्ता वास्तविक कुराहरूलाई हामी अन्धविश्वास भन्दै आएका छौं तर तीमध्ये धेरै कुराहरू सही छन्, जस्तै: हाम्रा पुर्खाले पिपलको रुखलाई ठाउँ ठाउँमा रोप्नु भन्थे, पिपलको चौतारी बनाउँथे र

अहिले बल्ल थाहा भयो कि पिपलको रुखबाट धेरै मात्रामा अक्सिजनको उत्पादन हुन्छ र थाकेका मानिस जब पिपलको रुखमुनि बस्छन् अक्सिजनको मात्रा धेरै हुनाको कारणले थकान चाँडै मेटिन्छ । यो कुरा हाम्रा पुर्खालाई कसरी थाहा भयो ? यसको उत्तर केवल यो हुन सक्छ कि हाम्रा पुर्खालाई उहाँहरूको पुर्खाले सिकाउनुभएको थियो र एक ऐतिहासिक समयमा मानिसले विज्ञान विषयमा धेरै कुरा हासिल गरेको थियो तर कुनै कारणले गर्दा इतिहासमा यस बारेमा केही उल्लेखित छैन । भन्नु हाम्रो परम्परा र धर्ममा यसको खुब प्रयोग भएको छ ।

अब प्रश्न तपाईंहरूलाई जान्छ कि साँच्चै यस्तो कुनै समय थियो या जुन कुराहरू हाम्रा पुर्खाले सिकाए ती सबै अन्धविश्वास हुन् ?

विज्ञान र प्रविधिबिनाको संसार



श्रुती पोखेल

क्रमाङ्क: २११०८

के तपाईं विज्ञान र प्रविधिबिनाको अहिलेको युग कल्पना गर्न सक्नुहुन्छ ? मेरो लागि त प्रविधिबिनाको संसार असम्भव नै छ र सयाद प्रायः सबैजसो मानिसको पनि यही नै सोच होला । अहिले २१ औं शताब्दीको युगमा सबैका हात-हातमा मोबाइल छन्, सबै विज्ञान र प्रविधिले लगाएको देनको गुनगान गर्दै आफ्नो जीवन कटाइहेका छन् । अहिलेका मानिसहरूलाई प्रविधिबिना बाँच्नु भनेको हावापानीबिना बाँच्नुसरह भइसकेको छ ।

अहिले बच्चादेखि बुढासम्म हरेक व्यक्ति प्रविधिमा निर्भर छन् । सनोतिनो काम गर्न पनि प्रविधिमा निर्भर हुने प्रायः हामी सबैको बानी नै भइसक्यो । त्यसैले प्रविधि र मानिसबिच

एक अटुट सम्बन्ध बनिसकेको छ तर यति भन्दाभन्दै पनि हामीले यो कुरालाई भने भुल्नुहुँदैन कि विज्ञान वा प्रविधिबिना पनि संसार चलेकै थियो । दुङ्गे युगमा यस्ता वैज्ञानिक आविष्कारहरू केही पनि थिएनन् तर पनि जीवन चलिरहेकै थियो, मानिसहरू बाँचिरहेकै थिए होला, आजको जस्तो सहज वातावरण थिएन होला, जीवन कष्टकर थियो होला, तर त्यो बेलामा विज्ञान नभए तापनि ज्ञान भने सबैमा थियो । यस प्रसङ्गलाई मैले रामायणको कथासँग जोड्न चाहें । हामी सबैले रामायण कथा कि त सुनेका छौं कि त हेरेका नै छौं । त्यसमा रावणले बनाएको वायुयान केवल कल्पना मात्र थियो, त्यो सिर्फ ज्ञान मात्र भयो । तर त्यही कुरालाई वैज्ञानिकहरूले असली जिन्दगीमा बनाए र त्यसलाई विज्ञानको प्रविधिको अर्को नाम बनाएर राखे । यो कुराको मुख्य तात्पर्य भनेको पहिले ज्ञान थियो त भने अहिले विज्ञान छ । पहिले पुर्खाहरूले केही पनि कुरा कल्पना मात्र गर्थे भने अहिले त्यही कुरा प्रत्यक्ष आफ्नो आँखाले देख्न पाउँछौं ।

यसरी नै बिस्तारै बिस्तारै नयाँ नयाँ चिजको आविष्कार हुँदै अहिलेको युगमा विज्ञानले विश्वलाई नै आफ्नो अधीनमा पारेको छ । मानिसहरू सबै नत्थी लगाएको गाईसरह भइसकेका छन् । तपाईंहामी बरु एक दिन खानापानीबिना बाँच्न सकौंला तर प्रविधिबिना बाँच्न सक्दैनौं । त्यसैले विज्ञान र प्रविधिले हाम्रो जीवन सहज बनाउनुका साथै धेरै जटिल पनि बनाइसकेको छ । उदाहरणका लागि अहिले विश्वमा शूक्ष्म परमाणुबाट बनेका यस्ता आणविक बमहरू छन् जसले विश्वलाई नै ध्वस्त बनाउन एक छिन पनि लाग्दैन । विज्ञानबाट बनेका यस्तै थुप्रै आविष्कारहरूको सही उपयोग नगर्दा यसले सबै मानव जातिको लागि अभिशापको रूप बनेर आउने भविष्य पनि हामीले देख्न सक्छौं ।

अतः विज्ञानको देनलाई कसैले पनि नकार्न सक्दैन । यतिसम्मको सहज जीवन प्रदान गर्नको लागि अवश्य पनि विज्ञानको ठुलो हात छ तर प्रविधिको दुरुपयोग गर्दाको घाटा निकै जटिल र सोचन नै नसक्ने भयानक किसिमको पनि हुन जान्छ । त्यसैले विज्ञान मानिसको लागि वरदान र अभिशाप दुवै हुन सक्छ । अन्त्यमा, प्रविधिको प्रयोग गर्नुपर्छ तर त्यसमाथि निर्भर भएर प्रविधिलाई नै आफ्नो जीवन चलाउन भने दिनुहुँदैन ।

CREATIVE WRITING & OPINION

Magic Words



Avneesha Maharjan
Roll No : 2031006

The magic words are “Please”, “I am sorry”, “May I”, “Excuse me” and “Thank You”. These words are called magic words because they create magic when we use them. We use magic words when we interact with others. Use of Magic words show our good manners to everyone. The magic word I like the most is ‘Thank You’. If we need to borrow anything from our friends, we say ‘May I’ and ‘Please’ which shows our good manners towards them. If we hurt others we say ‘Sorry’ and make our relationship good. The magic words really do magic. People feel more appreciated and happy when we use magic words.

Elsa



Avana Pokharel
Roll no : 2031005

Elsa is one of the characters in the cartoon movie ‘Frozen’. She is very beautiful. She has a very beautiful voice. Her hair style makes her look more beautiful. She is the snow queen. She is born with the power of ice and snow. As she grows, her power also gets stronger. She wears a long blue dress. I also would like to wear a dress like her.. She has a younger sister, Anna. Elsa loves her sister very much. I like Elsa very much and I want to be like her. The message from the movie is ‘Family is the greatest of all’.

My Favorite Cartoon Character



Eshana Oli
Roll no : 2031008

I love to watch cartoons. My favorite cartoon character is Shiva from Hindi cartoons. Shiva is a small boy like us. He is a brave and good boy. He always wears a red t-shirt and a pink watch. He has a magic cycle. Shiva can fly over the sky and also float on the water with the help of his cycle. Shiva always helps those who are in trouble. Shiva fights with bad people with the help of his cycle. Shiva has three friends named Reva, Aadi and Udi. They all are best friends. I wish I could have a magic cycle like Shiva has.



Bishrant Sitaula
Roll no : 2031007

Doraemon

Doraemon is my favorite cartoon character. Doraemon is white and blue in color. He is very small. He has come from the future (22nd Century) to help Nobita. He has god gifted power. He has many gadgets with him. He keeps all his gadgets in his pocket. He has a small light, big light, time machine, door anywhere and many other gadgets. I like his 'anywhere door' gadget because we can go anywhere with the help of this door. He helps Nobita and his friends. He also goes on adventures. He is scared of mice.



Hariom Dahal
Roll no : 2031009

My Tihar Vacation

I had a five days holiday in Tihar. I like Tihar festival because Tihar is a festival of lights. I enjoyed Tihar more than Dashain. I did many interesting things during my Tihar holiday. I flew a kite with my cousins. I ate delicious food. I prayed to the crow, dog, cow and Laxmi mata in Tihar. Bhai Tika was my best day because my little sister put a tika on my forehead. She gave me sweets and I gave her gifts.



Harshit Agrawal
Roll no: 2031010

Science

Science is a very interesting subject. Science tells how things work and react. My favorite subject is also Science. I enjoy reading Science at home too. Science is my favorite subject as it has much to explore. Science gives us knowledge about space, earth, animals and humans. Science allows us to ask questions and know about different things. Science is amazing.



Ishani Chhetri
Roll no: 2031011

Colors

There are so many colors like red, blue, yellow, black, purple, pink, etc. Among all these colors, I like purple color the most. When we mix red and blue, it becomes purple. Some of my belongings are also in purple color. I have slippers in purple color. I have a water bottle in purple color. I love to wear dresses in purple color. I have seen birds and fishes in purple color. Purple color is a gentle color. So, I like purple color very much.



Plants

Rishi Elavya Adhikari
Roll no: 2031014

Plants are living things. Plants are of different shapes and sizes. Plants cannot move from one place to another. Some plants are big and some are small. Small plants with weak stems are called herbs. They live for a few months. Some plants are medium in size and bushy with woody stems. They are called shrubs. They live for a few years. Some plants are tall and strong with woody branches. They are called trees. They live for many years. Some plants provide food for us. We

use plants as spices, medicines and many purposes. Some animals depend on plants for food. Plants prepare food themselves. They prepare food with the help of sunlight, carbon dioxide and water. Plants give us oxygen, fruits, and vegetables. We cannot imagine our world without plants.

Rose

Rose is a very beautiful flower. It is a shrub. It has a woody stem. It has small thorns. It has round and green colored leaves. Roses are red, pink, yellow and of many colors. When the flower blooms, it looks very beautiful. My grandmother grows rose plants in our small garden. She also loves roses just like me. Rose has been a symbol of love and beauty.



Sifal School's Events

Shubha Shree Malla
Roll no: 2030040

The name of my school is Sifal Secondary School which is located at Sifal. Our school organizes different types of events such as: Drama Night Event , Food Festival Event, Yoga Event, Hamro Palama, Sifal Nights, etc. Among them Sifal Night event is my best event where we can show our inner talents like: yoga, drama, dance, singing as well as other talents.

My school organizes a Sifal Night Event three times in a year which is the best part of my school where I can show my talent. But this year, we are unable to do all these events because of COVID-19. Due to this virus we are compelled to do our classes through online virtual classes. I miss all the events that we used to do in our school very much.



Shivansh Rajbhandari
Roll no: 2031018

My country 'Nepal'

The name of my country is Nepal. Nepal is a beautiful landlocked country. Kathmandu is the capital city of Nepal. Nepal is the birth place of Gautam Buddha. Nepal is divided into three regions: Mountain, Hilly and Terai. Nepal is famous for Mount Everest because it is the world's highest peak. Cow is the national animal of our country.

Little Singham



Somanshu Rajbhandari
Roll no : 2031019

Little Singham is my favorite cartoon character. His real name is Ajay. Little Singham is a police officer. He works in Mirchi Nagar police station. He is the youngest super cop in the police station. He has many friends but his best friends are Lattu and Babli. He also has a monkey friend and his name is Chikky. He saves Mirchi Nagar city and its people from villains and monsters. He also helps animals. His friends including Chikky help little Singham. He has the lion's power and when he is fighting with villains and monsters, he roars like the lion. He does the 'PANJAA ATTACK' like the lion which I like the most. My favorite episode is 'Kaal ka Badla'.

My Favourite Animal



Ojaswini Lama
Roll no: 2028022

My favourite animal is a puppy. Puppies are domestic animals. There are many types of puppies. They are German Shepherd, Bulldog, Poodle, Labrador Retriever, Beagle, Golden Retriever, Chihuahua, Dachshund, Siberian Husky, French Bulldog, Rottweiler, Greyhound, Great Dane, Maltese, Pembroke Welsh Corgi, Chinese Crested Dog, Shih Tzu, Dobermann, Cavalier King Charles Spaniel, Border Collie, Pomeranian, Bernese Mountain Dog, Bichon Frise, Irish Setter and etc. The weight of the baby dog is 1 pound. The weight of the female dog is 60-65. The weight of the male dog is 65-70. The female dog is also called a breed. My favourite dog is a Bichon Frise.



Science and Technology

We all know we are living in the time of science and technology. It has made life easy, simple and fast. In many areas the advancement of science and technology has made people's lives more advanced than the ancient time. The development of technology depends on the method of application of various scientific knowledge in the right direction.

Siddhartha Chaulagain
Roll no: 2029037

We need more techniques to grow and become a successful person in life. In order to promote the economy of any country and to improve the lives of people, the latest knowledge, technology, science and engineering are essential fundamental objects.



Our School

Besides studies, our school is the best in organizing various activities and events, sports week poetry, debate competitions and Deerwalk Sifal Night are the events that are conducted every year. I love the way our school helps in improving our performance in different ways.

Shatakshi Pandey
Roll no: 2030039

Taekwondo, Yoga classes, and Arts are also playing an important role in development of our personality. Every year, we participate in various events under Deerwalk Sifal Night program and sports week as well. These types of refreshing activities make us fresh and motivate us to perform better in the coming days. I would like to thank my school for all the efforts to improve our personality.



Laptop

Laptop is an electronic device. Laptop is a new version of the computer. It is also called a portable computer. It is very easy to use. It is made from new technology, like LCD or LED technology. I use my laptop for my online class. I watch cartoons on my laptop. I draw on my laptop. I write on my laptop. I send my homework on my laptop through the internet. Basically a laptop is made from different hardware

Sambhavya Pandey
Roll no: 2029030

components like RAM, ROM, modem, hard disc, keypad. I love to use my laptop. Laptop is an amazing gift of science to all of us. Laptop has made our life easy and simple. I take online classes on my laptop. It works very fast. It saves time and energy. It is used world wide. Nowadays, computers have become an important part of our lives. It can store any digital information like photos, videos, documents and many more.



Sambid Dhakal

Roll no: 2029031

My Favorite Festival

My favorite festival is Tihar. Many times we celebrate Tihar in Kartik. We celebrate Tihar for 5 days. The first day of Tihar is called Kag Tihar and that day we do Kag Pooja and we give delicious food to the crow. Second day of Tihar is called Kukur Tihar and that day we do kukur Puja and we give food to the dog. And the third day of Tihar is called Gai Tihar and Lakshmi puja. The same day in the morning we do Gai pooja and in the evening we do Lakshmi pooja. That day we also make the house colorful with colorful lights and we play Deusi Bhailo and have fun.

The fourth day of Tihar is called Govardhan and Mha pooja. That day we do ourselves Puja and we do Goru Pooja. Fifth day of Tihar is called Bhai tika. In Bhai tika, the sister puts the tika in the brother's head and the sister gives the delicious food and brother gives the gift to the sister And we wear colorful tika of seven colors.



Paniz Shrestha

Roll no: 2029021

My New Normal

Ater the start of the COVID-19/ Coronavirus, things have changed a lot in my/our life. My activities have changed in following ways.

School

After COVID-19, my friends and I have not gone to school. We have been taking online classes at home. Online classes are very helpful, and it is a new normal class for me. We can do a lot of activities online. We can communicate with our teachers and friends also. We send our homework from Google Classroom to our teachers. Even our exam paper can be submitted in Google forms or Google classroom.

Friends

Me and my school friends talk with each other in online classes. Because I can't meet them in person and play with them like in old school days, I made new friends in my community. When we play, we wear masks and we keep social distance. We play in a small group of four and we play in an open little place near my home inside our colony.

Sports/ Outdoor activities

Me and my father play badminton outside our house inside the colony. Me and my friends also play badminton sometimes. We play outside in small groups wearing masks. But like in previous years I didn't go swimming with my sister. Also, we didn't go to fun parks, whoopie land, zoos, parties and restaurants.

Home

I wash hands and use sanitizer often at home. Me and my sister wash our hands for 20 seconds after we come from outside. My father takes a bath in a separate bathroom behind our house after he comes outside from work. He then only enters the house. He never allows us to touch or hug him before he bathes. Anything that comes from outside is put on a table outside our house. Only after cleaning, those things are taken inside.

So, this is “my new normal”. I miss my school friends and teachers a lot. I hope you all are safe and staying at your home.



Nicky Mahato

Roll no: 2028019

Dashain

Dashain is a festival of Nepal. It is celebrated by the Hindus. The festival is 15 days long and the first, seventh, eighth, ninth, tenth and fifteenth days are the most important one. The first day of the festival is Ghathasthapana. We celebrate Dashain by putting a tika on our heads and a Tamara in our ears. We eat mutton in Dashain. Many children get new clothes in Dashain. The tenth day of the festival is the Bijaya Dashami. Kids love the festival because they get almost 1 month of holiday, eat delicious food, meet their cousins, and wear new clothes and they get money. People also play huge bamboo swings, cards, flying kites, etc. but now at the 2020 year, because of Corona Virus(Covid-19), there is lockdown so we can't go to our village to celebrate Dashain. and also we should not take a risk by going to our villages in this situation. We can stay at home and celebrate Dashain.



Ojaswini Lama

Roll no: 2028022

My Favorite Subject

My favorite subject is Science. I like science as it helps us to learn many things about Animals, Plants, Planets, Space, Disaster, Pollution, Matter and etc. My favorite topic is Invertebrate and vertebrate animals. We get a lot of Gernal Knowledge. We even do experiments sometimes in the Science lab. We go to the science lab and see many things. In the Science lab there is also a Skeleton. My favorite thing to do in the Science lab is to do some experiments. Our teacher of Science is Sapana Lama. She teaches us very nicely and understandably. Science even teaches us things that we don't know till now. I am really interested in Science. Science even teaches us things that we don't know till now. I am really interested in science.



Online Class

Bishakha Upadhyay
Roll no: 2029012

We are attending online class in this lockdown. I can see my friends online. I love online class. We cannot go to school but we can attend online class. I enjoy online class. We can learn different things in online class. We need electricity to attend the classes. We can submit our homework online. Nowadays we use electricity to attend business meetings, online classes, chat with friends and family, order food and many other things.



Importance of Science in our Daily Life

Shivanshu Kuikel
Roll no: 2029034

We are living in a scientific era. Science has changed our life altogether. It has entered every sphere of our life. It has made our life easier and more comfortable. Science is a systematic way of knowledge and living. Today from the morning to night, science is a regular part of our lives. Every day at dawn the alarm clock wakes us up. The newspaper we read is a gift of science. We go to school or office by different types of vehicles.

Every day we use a light fan, ac, refrigerator, washing machine, etc. which are the important discoveries of science. The telephone or mobile phone keeps us connected to the whole world. The daily life of a modern person is unthinkable without computers and the internet. For the betterment of his life, man has sent satellites to space. But we should use science only for the welfare of mankind.

Kitsune



Shuvee Lamichhane
Roll no: 2028037

The Japanese word Kitsune refers to the fox in their mythological writings. Foxes are a common subject of Japanese folklore. In English, kitsune refers to them in this context. Stories depict legendary foxes as intelligent beings and as possessing paranormal abilities that increase with their age and wisdom and have a strong connection to the spiritual realm. The Kitsunes' are part of several Eastern legends and are also present in Chinese, Korean and Indian folklore. In Japanese antiquity, rural life was very much a part of the daily life of the majority. This coexistence of nature allowed a rapprochement between human and foxes, giving rise to several legends about these remarkable animals. Most of the time, the kitsune's are seen as benevolent creatures, symbols of intelligence and cunningness, emphasizing the saying 'as smart as a fox'. According to legend, foxes are divided into two different classes: zenko are the messengers of the goddess Inari, a deity of Agriculture, fertility and good luck; they were also responsible for protecting the entrance to the Shinto temples. Kitsune's could transit between the human and the spirit world to communicate with the goddess, probably this stands for the fact that foxes live in underground burrows as the passage to the other world. There are also the yako who behaved maliciously and could afflict human beings by attacking poultry houses and destroying crops at night. Many kitsune's developed new skills as they grew older; they learned to speak like humans and even took on human form. In some legends, they were shaped like beautiful women. They wanted to marry men for good families or they wanted to marry even for real love. They kept their human form indefinitely for this reason. The ancient women with ambitious or lewd behavior were also nicknamed kitsune's. Kitsune could also take the form of spirits capable of possessing people or entering their dreams.

Reference:

See U in History / Mythology, February 27, 2020, <https://www.youtube.com/watch?v=fJFyixOOPmk>

My Country Nepal



Subhaya Shrestha
Roll no: 2028039

My country Nepal is a landlocked country in South Asia situated between two large neighboring countries, China and India. The area of my country is 1,47,181 square kilometers. Nepal is divided into three parts: Terai, Hilly, and Mountain region. Nepal is a federal democratic country. The president of my country is Ms. Bidya Bhandari. The Prime Minister of my country is Mr. KP Oli. My country Nepal is very rich in cultural heritage. From the mountain region to Terai, there are many ethnic groups like Sherpa, Limbu, Newar, Bhraman, Madhesi, Tharu, etc. There are multiple religious groups like Hindus, Buddhism, Christians, etc.

People in Nepal celebrate many national festivals like Dashain, Tihar, Losar, Maghi, Holi, etc. Nepal is famous for natural beauties, unique wonders and gifts of the world. My country is also famous for the icy and cold Himalayas, religious temples, places, rivers, lakes etc.

The highest peak of the world Mt. Everest attracts foreign tourists every year. The famous beautiful religious temples Pasupatinath, Buddhanilkantha, Boudha, Swoyambhu Nath, Nyatapole, Krishna Mandir, Manakamana, Dantakali, Pindeswari attract internal and external tourists. The famous places of Nepal are Kathmandu Valley, Pokhara, Chitwan, Lumbini, Manang, Mustang, Dharan, etc also attract the tourists. Lord Gautam Buddha, Maa Sita, Bhrikuti and many more historical legends were from Nepal who spread their knowledge all over the world. My country is famous for its beautiful green forest and it is called "Hariyo Ban Nepal ko Dhan". The national animal is the cow, the national flower is Rhododendron, the national bird is Lophophorus and the national color is red. Our national flag is unique and is triangular in shape with white, blue and red in color and with the symbol of Sun and Moon. There is lots of opportunity in Nepal for agriculture, hydropower, hotel and tourism and many more other sectors. I wish Nepal would have jobs for everyone and may Nepal be clean for tourists and peaceful to live with no disputes. At last but not the least, I am proud of being Nepali and love the culture of Nepal. We Nepali people respect each other and we co-operative. I do feel most of the people love the nation. I do hope that our country Nepal will be the best and most famous country in the world. When I grow up I want to serve my country with my gained knowledge.



Samyam Rai

Roll no: 2028032

Paper Craft

The collection of art forms utilizing paper or cards to create one, two or three measurable object . It can be folded, curved, bent, cut, glued and stitched to mould in different shapes and sizes. It is also known as origami. Paper crafts are known in most of the countries and those paper crafts have certain kinds of association with specific culture. There are various importances of paper craft such as it makes us creative, we can give shape to our imagination through paper. This small crafting exercise teaches us a lot of valuable skills.

Paper is inexpensive, easily available, than other things like lego blocks or other technology. Because of that it has a variety of uses. We can see that paper crafts are used in the education of children by making it in different shapes, puzzles, color and numbers. Nowadays we can see different paper crafts used for home decoration as well. Most importantly, it has become the source of earning as people are trading paper bags and other crafts not only within the country but also outside the country. I am also interested in paper craft and I have made many things with paper like paper boats, paper claws, paper planes, paper ninja stars, paper swords and more. At first I didn't know anything about it but now I know, instead of playing games on mobile

and watching unnecessary videos we should make paper craft. If one has interest to do it but don't know how to start then they can find the stepwise instructions in youtube and google.



Deelisha Maharjan
Roll no: 2022006

'Meaning Of Life'

What is the meaning of life? Does anyone have a proper and legit answer to this question? Nowadays, it seems fewer and fewer people are taking the responsibility for their life. They don't run their life but they allow life to run them because they don't take the responsibilities and risks. Their problems will be blamed on everyone and everything because they never take responsibility. Most importantly, they never learn to take the responsibility for their own life and how they feel. I want to ask a question; Does life occur for you or do you feel like life is hard and difficult to understand? Or do you live your life in the name of luck?

What if all the experiences and adventures were sent to you with merits for you, to make you stronger, to make you wiser and bolder, to make you faithful, to make you better? If it had been sent with the merits for you then will that be called the meaning of your life? Or you call it changes and the challenges faced in the meaning of your life. What if the challenges are sent to you to make you stronger, better, and what if the challenges are sent to you in the difficult times to appreciate the little things and do hard work? The way we feel about everything is our life. In truth, we all human beings know how to live our lives in our ways because we all decide to give what meaning to each and every moment in your lives. We are not going to live for the challenges and know about the challenges that will be coming in our life. But, we absolutely decide how to react and act upon the challenges that are coming in our life. There is no such thing as a reality in my opinion because there is only the version of you. If you think about any topic or event then your perceptions, your thoughts are so much different than other so many people. For example, two people may work on the same topic for the project but the way they think and the way they act for the project and share their thoughts and opinions are completely different. This is called interpretation. The meaning they give to their life is different from how they feel.

Bob Marley said, " Some feel the rain, but some get wet." Likewise, in our life, some people grudge it and try to work along with it but some people live their most of it, try to be their best version, and live their life freely. What others do is not of your concern. What do you do? What do you do to find the meaning of your life? What do you do to your life? Are you living your life for yourself or for the title of 'life'. It's you who is going to act for your life, to live your life with how much you can, and to be the version of yourself. It's your decision, how you live your life, and what meaning you give for your life and each and every moment of your life.

Education



Ojaswini Lama

Roll no: 2028022

The process of receiving or giving systematic instruction, especially at school or college is called education. Systematic instruction is done or acting according to a fixed plan or system. Education can be practical or theoretical. Education is the most important thing in our lives. Education is like a light in our life. We can do nothing without education. Education is a way of our life. Education is the key way to success in our life. We cannot imagine our life without educating. It develops confidence and helps to build the personality of a person. Our education decides what kind of person we will become in the future. Education helps in getting a job in a higher post. Education is a must for all to make a healthy and educated society. Education develops the people's minds to a great level and helps in removing all the differences in society. There is one way to all dreams which is a good education.

Dashain



Agrim Rijal

Roll no: 2028005

Dashain is the main festival of Nepali and Indian people. Nine days of Dashain is called Nava ratri. The first day of Dashain is called Ghatasthapana. In Ghatasthapana we plant jamara. Last day of Dashain is called Dashami. In Dashami we wear tika and jamara from our elders. They give us blessings from our elders. We also put tika and jamara to our younger ones and give them blessings. In Dashain we play cards. Our school also becomes a holiday for fifteen days, but this year of coronavirus which has spread all around the world came in Nepal also, so online classes have started from fifteenth Baishak and continued presently, that's why we only got ten days holiday in this year. In Dashain we fly kites and eat meat. In Dashain people sacrifice goats, buffaloes, pigs etc. In Dashain we also play swing called linge ping which is made of bamboo and rope. In Dashain people buy new clothes for themselves, their family and for their relatives. We eat many sweets and delicious foods in Dashain. We get a lot of money from our family and relatives on the tenth day of Dashain. Nowadays in my community, I can see many parents advising their children not to go outside, but children go out to play without wearing masks. And when returning they might get coronavirus.



Bikarsha Ojha

Roll no: 2022005

Did Donald Trump's wall-building plans ever go to be a real thing?

We all know the phrase, "WE NEED TO BUILD A WALL" given by Donald Trump specifically after he had entered the white house by beating Hillary Clinton and "Deez Nuts". It got phrased, memed not only by the United States but other Non-American Countries as well. Politically it was briefed on how the plans were going under and when the project would begin and would revolutionize Illegal Immigration in the USA.

Something was not right at all. Sources and researchers said that it would be "Practically impossible". Geographically, for the wall to stretch till both ends of the borders is equal to 2,000 miles, cutting through homes, mountains, rivers, etc. Such a demolition activity in that mass would be around 15-25 billion dollars. That is equal to the annual budget of NASA. But the wall will not go to repair itself, adding the budget for repairing a long 2000 mile of walls would be practically too expensive. And the main objective of what Donald Trump was to end "Illegal Immigration" was not going to cut out. But the main source of Illegal Immigration is Planes. We all know that "Planes can fly over walls". Most of the people who come via Passport Security can just overstay their visa and no one can do about it. There was a circular method of people living in Mexico to go to the USA without any border enforcement. But after undisclosed treaties and signings between both countries, people weren't allowed as the flow was jammed. This caused the population of Illegal Immigrants to be 248%. This proved Illegal Immigration was not a problem before, but border enforcement causes illegal immigration by keeping people in. Population Statistics also say that 1 out of every 30 people in the USA is an unauthorized citizen, so nothing is going to happen anyway. Also, studies from 2016 also say illegal immigrants have been at an all-time low (specifically 335,000-350,000) and the highest it had ever been was in around the 80s-90s (1,000,000+) which is highly unethical if we think about it. Looking from another perspective, the US is in debt, around 20-30 trillion dollars to be exact. So borrowing money from diplomatic countries is going to ruin the economy more. Or, big projects such as any space exploration project would be affected which would highly affect the space race between the developed countries. Reasonably, the upper house saw the Mexican economy doing very good, reasonably one of them being people selling handmade Mexican items and earning remittance for their country. The fact is the US wanted to be in power in the entire North America, so they had to cut off possible economic sources of Mexico without any social conflict. So, building a high wall to stop any immigration would've been the answer, but with more debt and less budget for building a high brick wall adding maintenance and stuff would not work out.

Source of Article: <https://www.youtube.com/watch?v=0wk6rswxQro>

Martin Luther King



Dip Rajbahak

Roll no: 2022008

Martin Luther King was born in Atlanta Georgia, USA on 15th January 1929 AD. His birth name was Micheal King which was named by his mother. He studied at T. Washington High School and he completed his college education at Morehouse College at a young age around fifteen. From Morehouse, Maartin got a degree in sociology and he even got theology from Crozer Seminary. After that he did a Ph.D. in Theology from Boston University. King's older sister is Christine King Farris and his younger brother was Alfred Daniel A.D. KING He became the

most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. He was both a Baptist minister and civil-rights activist. Now also people remember him because he had done lots of work just like he fought to overturn segregation laws and eliminate social and economic differences between black people and white people. He became trusted and the main leader in the Civil Rights Movement to end racial segregation and discrimination against black people in America during the 1950s to 1960s. In December 1955, he led a 382-days boycott of Montgomery's segregated public bus system. Since many blacks lived in poverty or around poverty, at least some could afford automobiles and public buses were essential to them for traveling. But in 1957 he was elected president of the Southern Christian Leadership Conference, an organization formed to provide new leadership for the growing civil rights movement. The ideals for this organization he took from Christianity, its operational techniques from Gandhi.

King and the Southern Christian Leadership Conference (SCLC) put into practice many of the principles of the Christian Left and applied the tactics of nonviolent protest with great success by strategically choosing the method of protest. But the place where they chose was carried out. There were often dramatic stand-offs with segregationist authorities, who sometimes turned violent. In 1964, mailed King an unknown letter came in which he interpreted as an attempt to commit suicide. Through his activism, he played a key role in ending the legal segregation of Africans-Americans citizens in the South and Other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. When he declared the poor and laborers have the ethical rights to get food, health, clothing, shelter, etc not only the government but also rich blacks Kluz Klan (a white supremacist organization) became angry. A racist assassinated him on 4th April 1968 AD by a single rifle shot which is believed in America that the dream of Martin Luther King has not died even after his martyrdom. He won the Nobel Peace Prize in 1964 and the Presidential Medal of Freedom in 1977 and last but not least the Congressional Gold Medal in 2004.

Why is AMD winning?



Dhiraj Chapagain
Roll no: 2022007

Advanced micro devices also are widely known as AMD is a global company that specializes in manufacturing products solely related to computer processing and graphic cards. Although the company produces products such as motherboard chipsets, flash memories, and a variety of consumer electronic supplies, it is most known for its computer processors and graphic cards. AMD is a rival to the world's most popular CPU processor manufacturing company intel and graphic card manufacturer Nvidia. AMD's most dominating factor is their price for their

performance.

Pricing is the most important factor for anyone out there and AMD provides value for the money. AMD's modern processors tend to offer more cores or threads than intel with utmost performance. While Intel releases their new lineup of the CPU, AMD comes with half its price, making customers satisfied with their hard-earned dollars. As of 2020 AMD's market share is skyrocketing with their 18.3 percent market dominance within 3 years. While Intel is dominating the market till now, I won't be surprised to see AMD at the top in the next few years. Gaming is also an important factor for most of the consumers out there because gaming processors and CPUs provide the most performance in terms of speed. Intel barely holds its place in the per-core performance having fewer cores and threads than AMD. Although this allows Intel to have snappy and efficient performance in the scenario of applications that require low core or threads, the vast majority of software and games tend to require a good amount of cores and threads. In the non-gaming category, AMD has a clear win in terms of performance and content producing software. AMD's outrageous amount of cores, threads, and cache in comparison to intel made its path wide enough to dominate the content creation industry. AMD's 16 core Ryzen 9 3950X for the general consumers has far more cores and threads than Intel's best and most powerful processor i9-10900k. Intel's high-end processors reach up to 18 cores and 36 threads with its retail price of \$980. Although it's Intel's 10 generation processor it is made up of its much older cascade lake-x technology making it far less capable than other processors out there in the market. AMD's general mainstream consumer processor Ryzen 9 3950X has far more performance uplift and features than intel's i9 for just \$700. This shows a clear picture of the overpriced intel's market dominance. Someone wise said that "Competition is always good for the consumer" and consumers are the ones making most of this war between two companies.

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Why Linux is Better

Linux is an operating system. It is a completely free Operating system first released on September 17, 1991, by Linus Torvalds. Linux is quite similar to other mainstream

Operating systems such as Windows and macOS. It has a graphical interface, it has the software you use in other OS. But although it has its similarities, It also happens to be a completely different one. Linux is an open-source Operating system. Open-source software is software with source code that anyone can modify to their needs. The code used to create Linux is available on the internet and can be modified by the user with appropriate skills. Linux has many distributions making it the most customizable and flexible OS out there. We users can choose core components and other graphical drivers ultimately making it more user supportive.

Linux is more secure and is less vulnerable than other operating systems. It's the process of package management and the concept of repositories make it more secure from attacks. When installed Linux anti-virus program is not necessary due to its secure environment. In this era as software evolves, it requires more hardware support to successfully run them but Linux, on the other hand, supports all the low-end to high-end range of systems. Linux is also the best OS for programmers. It supports all the programming languages such as (Python, C/C++, Java, Perl, Ruby). It also has its own command line named terminal. It also supports SHH which helps its users manage their servers quickly and easily. Its package manager brings a whole new dimension to installing programs and software. While other operating systems push their system updates when there's a fault in the system or an upgrade which ends up taking a significant amount of time. Linux on the other hand has more effective and faster updates to fix the problems of its users. The most important and noticed thing about Linux is its distributions. Linux has a variety of its operating systems catering for the different set of needs. This provides flexibility to the users to use what they want according to their necessity and requirement. There is Linux distribution for hackers, distribution for programmers, distribution for general users, and distribution for low-end system users. Basically, Linux is for everyone. Linux most importantly is free for everyone, however, this is not the case for any other operating system. If it is free and it saves money then it's definitely something good. Its community is full of programmers to help it create better community support. It doesn't require any customer service or a technician. Just an internet thread can solve most of the problems out there. With the huge majority of programmers using Linux, it becomes very easy to get help on the web and forums. Linux is also a great choice if you are looking for privacy. While windows are getting into controversy with the allegations of anonymizing data collected from every user, Linux doesn't collect any data of the user and also provides a lot of privacy options.

In a nutshell, Linux is the wisest option for any computer user out there. It has privacy support, great community, reliability, variety of distributions, security, and most importantly it's free for all.

Reference:

<https://itsfoss.com/linux-better-than-windows/>, itsfoss.com, 09/21/2020, Ankush Das

Tiny Core Linux: The Lightest Linux Kernel Distro that exists



Bikarsha Ojha

Roll no: 2022005

The Linux Kernel has many different types of OS known as distros. It can go from the heaviest of sizes such as Kubuntu (1.41 GB) to the lightest which can even be kept as USB sticks. The Linux Kernel is the third type of OS that is widely used after macOS and Windows. It is mostly used in servers as its open-source for everyone as much OS coding can be done. Some Distros are easy to use such as Ubuntu and Manjaro and hard ones such as Gentoo and Exherbo distros. But such can't be said for light-footed distros which support x86 within 1-2GB of ram

which is effectively accessible for older computers which don't have a beast of a PC. There are many types of Light Footed Linux Distros which mostly are accessible from a small flash drive and range sometimes under 500 MB. Distros such as Puppy Linux, Lubuntu, Vector Linux, etc. But on light-footed distros, Tiny Core Linux is the lightest Linux Distro that exists. Astoundingly, this small distro ranges from 11-106 MB which is quite surprisingly low to think about. It was created on January 5, 2020, and was recently updated on April 1, 2020. Proving it's not been outdated by the creators, The Main function of Tiny Core Linux is to stay portable where all of the data is stored in small files which also helps to save storage in the flash drive itself. Due to its major portability, it has a drawback too. It requires proper wifi establishment for file storing which can be disadvantageous for people who travel to less wifi-available places. But that doesn't mean it's completely useless. The selection of services can be selected in the installer. From services with different considerations, Tiny Core Linux has very cheap requirements compared to today's specifications for different applications. It only requires a Pentium II x86 processor which was developed around the '80s and just 43 MB of RAM. Which is easy to fulfill as most computers come with at least 1GB ram and an Intel Core 2 Duo. Not much of a problem from the hardware sector, but from the software side it's not much harder either. Whilst installing, much cannot be confusing as they are specifically mentioned. But Linux Distros are known for being hard. Popularly in Windows known as "CMD" or Command Prompt, Linux Distros uses "Terminal Prompts" where everything can be booted and is mostly used for downloading required apps, making some commands important for remembering and using in a certain basic way. But many Linux Distros including Tiny Core Linux help for proper server configuration as it is more server-friendly and open-source making it more configurable.

Overall, Tiny Core Linux unlike any other Linux is highly configurable in terms of setup and is very low on size(11-106MB) which makes it easy for backup purposes and for configuring small servers. It is easy for installation and is only difficult in terms of Command Input. In my opinion due to its portability and size, it is one of the best Linux Distros for low-end computers due to its low hardware requirements.

Terror Attack in Pakistan (2009)



Pranjal Khatiwada

Roll no: 2022013

Under the captaincy of MS Dhoni, it was Team India who was to travel to Pakistan for a Test series. Regarding the terrorist attack in Taj Hotel in 2008, The Board of Control for Cricket in India (BCCI) abandoned that tour due to the high risk for the players to play in Pakistan. After the cancellation of the Indian Tour, to overcome that serious loss, the Pakistan Cricket Board (PCB) talked to the Srilankan Board for organizing the test series. The Srilankan Board of that time, Arjun Ranatunga agreed on it saying that they were satisfied with the security in Pakistan. But there was something he never thought in his mind would happen.

The One- Day International (ODI) series starting on January 20 with the matches to be held on the ground of Karachi and Lahore. Srilanka successfully won the ODI series by 2-1 winning the 2nd and the 3rd ODI comprehensively. While in February, the 1st test of the series happened. For the first time in history, in that test both the captains hit innings of 200 or more in the same test match. Mahela Jayawardene captained the Srilankan team whereas Younis Khan captained the Pakistan Team. Also, this is only the second Test in history to see three batsmen hit double centuries in the same test match. The first test was completed smoothly, and the 2nd was to be played in Lahore. It was a perfect pitch for batting in that ground, where Thilan Samaraweera hit a double century, and following that Kumar Sangakkara and Tillakaratne Dilshan also completed their centuries. Day 2 of Pakistan's innings was also perfect for batting, they scored and handled that day carefully with just losing a wicket at the end of the day. But the unexpected thing was about to happen on Day 3 of the game. The Srilankan Team on the bus from their hotel in Lahore was leaving for the Gadaffi stadium. The bus was well surrounded by the Police vehicles from the front and at the back. The Umpire Simon Taufel, Ehsan Raja, and Peter Manuels with other match officials were also present. Nobody would have even thought an attack was about to happen. On Liberty street of Lahore, the Srilankan Team bus was attacked by a bunch of terrorists. The Bus driver Khalil heard some gun noises, but he thought as the team was going to play, the people were lighting crackers. But a guy with an AK-47 in his hand right in front of the bus and starts shooting. The team now knew what all that mess was about and they asked the driver to turn around but at the same time, the terrorist threw a hand grenade on the bus. Luckily, when that was about to explode, the bus had already gone through it. After hand grenades and guns were fired, the terrorists also attacked the bus with a rocket launcher, but again luckily the team survived. The Police were there and tried their best to counter the terrorists. In that fight between them, 6 police officers and 2 civilians lost their life. And also the five Srilankan players on that bus got injured. The players injured were: Kumar Sangakara, Ajantha Mendis, Chaminda Vas, Tillakaratne Dilshan, Thilan Samaraweera, and Tharanga ParamVetanna. The critically injured ones were Thilan Samaraweera and Tharanga ParamVetanna. The fourth umpire, Ehsan Raja, just

beside the team bus also got a gunshot in his stomach. The Umpire Simon Tauffel who was involved in that incident has described it thoroughly in his book “Finding the Gaps” where he explained how he survived after leaving the bus seat. Simon Tauffel also explained in his book that he was a superstitious guy, who never left his bus seat, but on that day, he switched his seats with the fourth umpire “Ehsan Raja” and that possibly saved his life there. Ehsan Raja got a shot in his shoulder and stomach. He said that if he hadn’t left that seat because of his superstition, the bullet was going to get him killed. Mahela Jayawardene, the Ex- Srilankan captain, also said that he had a bullet passed just by his ear and got into the seats, but was saved by some inches. The Stadium was not so far from the terrorist attack that happened, so the bus driver used his wit and took the bus straight to the ground. After the situation calmed down, the Srilankan players got out of the bus crying and thanked the bus driver Khalil for saving all of their lives. The players were safely treated and kept in the Gadaffi stadium. Later on, a chopper was dropped in the ground of Pakistan Airforce where they took the players of both the teams to the hotel, and then the Srilankan players were safely transported to Colombo.

After some time the Srilankan President Mahinda Rajapaksa sent their sports minister to Lahore and then they got to know that the whole operation was carried out by a terrorist group called Lashkar e jhangvi. That group’s main intention was to attack the bus, which they did, and kidnap a player so that they could ask for the things they wanted, thankfully that didn’t happen. That terrorist attack that happened was a big failure for Pakistani Intelligence and a very careless security provision. The disputes between the countries didn’t occur, the country leaders shared their gratitude whereas the Srilankan Captain “Mahela Jayawardena” and other players told that they owed their life to the bus driver “Khalil” for showing such huge courage in that horrible time. The bus driver used his presence of mind brilliantly and was called a big hero for his brave work.

The osu! player who was too good for the osu community



Praseon Man Shrestha

Roll no: 2022015

Osu! is an aim and rhythm-based game developed by Dean Herbert published on September 17th, 2007. White Cat is a German osu player who is currently the #1 player on the global rankings leaderboard. He is well known for his high-performance points and plays an insane skill in a comparatively short total playtime. He has a really dark history in osu and still has some stigma around him.

White Cat was banned from osu in 2016 for multi-accounting and account boosting. After they unban many people believed that he was hacking. He tried to prove that he was legit by streaming his plays on twitch but it didn’t get much attention and even if people watched it, the streaming quality was really low and had high latency. The majority of the people were still skeptical

of his plays and believed that he was hacking. But he again live-streamed on twitch showing his plates. In the live stream, there was a game glitch in which the game score and the score screen scores were different. People didn't know that it was a game glitch at the time and accused him of hacking.

After the live stream failed he finally uploaded a youtube video titled "Proof I'm legit" which attracted more negative attention. After all these efforts White Cat decided to stay silent and play on a server that he was unbanned on. Finally, after 3 years, osu was on an unbanning spree and White Cat was finally unbanned. He again started streaming with much better quality. After his account was unbanned, he started making insane plays in that account skyrocketing his ranks. The most important part was that he had gained the trust of the osu community.

He now has a youtube account which he posts on consistently. He also lives streams on twitch consistently. He has maintained his #1 rank on osu of 100 days. He is really active in the osu community currently and frequently participates in online games and tournaments. The story of White Cat teaches that even if we are in a really bad situation, we should never lose hope and always try and improve.

Game of The Year 2020



Sabin Shrestha
Roll no: 2022017

There are 4 major games that are famous in 2020. They are Among Us, Minecraft, Untitled Goose, and Valorant.

Among us is a multi-player space mafia game created by inner sloth. The goal of the crewmates is to identify the impostors, eliminate them, and complete tasks around the map; the impostors' goal is to covertly sabotage and kill the crewmates before they complete all of their tasks. The crewmates can vote out imposters. It received an influx of popularity in 2020 due to many well-known Twitch streamers and YouTubers playing it. There are three maps in among us the Skeld, Mira HQ, and Polus.

Minecraft is a sandbox game created by Mojang. The original creator of Minecraft was Notch. Players explore a blocky world with infinite terrain, and may discover and extract raw materials, craft tools, and items, and build structures or earthworks. The game modes include survival mode, hardcore, adventure, and creative mode. Many times Minecraft is known as the game of the decade. There are a java and bedrock version of Minecraft. There are millions of seeds in Minecraft.

Untitled Goose is a game created by an Australian developer. It was released for Microsoft Windows, macOS, Nintendo Switch, PlayStation 4, and Xbox One. The main goal of the game is to bother people and disturb them. There are objectives to clear in this game. There are several hidden optional objectives. 100,000 copies were sold within its first two weeks of release on the Nintendo Switch. Valorant is an FPS

game created by riot games. It is the most streamed topic in twitch. It is set in the near future. The game modes of these games are Unrated, Spike Rush, Competitive and Deathmatch. Valorant was released in 2019 and became famous in 2020.

Coco Chanel



Sonishma Basnet

Roll no: 2022021

Coco Chanel or Gabrielle Chanel, founder of the luxury fashion brand Chanel and fashion designer was born on August 19, 1883, in Saumur, to a peddler father and a modest seamstress mother. After the death of her mother at 12, she grew up in an orphanage with her sisters. She learned sewing from her aunt at the age of 18 and began her career in 1903 in a workshop that made trousseaux and layettes. From 1907, attracted by the stage, Coco Chanel sang in the cafes of Vichy. She keeps her nickname from that time, “Coco” because she

sang “Qui Que a Vu Coco Sur le Trocadéro?”, it was an allusion to the French word for kept woman. Coco started her career as a mistress. She was the mistress of Etienne Balsan, who will introduce her into social life. She introduced Coco to luxury and fashion. Her second lover Arthur “Boy” Capel was a great influence in her life. She started her designer journey by designing hats. Her simple and sophisticated hats are very popular. He also lent her enough to open a milliner’s salon.

Between 1913 and 1915, they opened shops in Deauville and Biarritz, cities of exile for high society during the war. In her store in Biarritz, Coco Chanel set up her first real fashion house where she designed her first creations. The shortage of fabric due to the war led the designer for creating designs of lingerie and it was a success. At the end of the war, her business was prosperous and employed around 300 workers. Her lover, Boy Capel died in 1919. In 1921, Coco Chanel acquired two new buildings on rue Cambon, next to the headquarters of the house. The same year, she became the first designer to launch her perfume, the famous Chanel N.55.

Coco started gaining a lot of success after the creation of a little black dress. Black was a color usually reserved for funerals back in the time. Also at the time female dress code was too limited and so was fashion. And because the length and necklines varied it gave elegance and exposure breaking the rules of the society and giving a new pathway for fashion. Coco’s perfumes were equally famous. Her profit from Chanel N.5 made her one of the richest women of the time.

Coco was and still is one of the most influential designers and women. She used her voice for women’s empowerment and did not let the boundaries of society limit her. Her trying new things and experimenting with fabrics and new styles are what made her so successful in her field. Despite starting his career as a mistress and having such great connections she remained unmarried for her whole life. Her shares and inheritance were given to her nephew whom she raised after the death of her sister

and his two daughters. Her legacy was continued in the Chanel industry by Karl Lagerfeld, one of another great designers. She died on Sunday, 10 January 1971, at the Hotel Ritz, where she had resided for more than 30 years. She announced her final words to her maid which were: "You see, this is how you die."

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LGBTQ+ Society

LGBTQ+ Society is a group of people with sexuality other than male and female. LGBTQ+ stands for Lesbians, Gays, Bisexual, Transgender, Queer, and others. The term LGBT was first used in 1988 as a replacement for gay people as it did not cover all aspects and others were added on later. LGBTQ history is an umbrella term that captures the stories of the strength and struggle of diverse individuals, cultures, and communities that have been considered non-normative.

Lesbians are the term generally used for women who are attracted to females; gays are males who are attracted to males. Bisexuals are those who are attracted to both genders, and transgenders are those who changed their gender by surgical procedures. Queers are those who are questioning their sexuality and haven't figured out yet. It may also refer to anyone who is non-heterosexual or non-cisgender. LGBTQ society is denoted by a rainbow-colored flag. Each sexuality has a different color and other colors in general. Their pink color means sexuality, red is life, orange is healing, yellow is sunlight, green is nature, turquoise is magic or art, indigo is serenity or harmony and violet is spirit. The rainbow flag was first used as a symbol of the gay community by San Francisco artist Gilbert Baker in 1978. The different colors are often associated with "diversity" in the gay community.

Although people in society are being accepted to some extent there are still may violence and discrimination towards them. Among people who experienced sexual orientation- or gender-identity-based discrimination in the past year: 68.5 percent reported that discrimination at least somewhat negatively affected their psychological well-being. 43.7 percent reported that discrimination negatively impacted their physical well-being. 47.7 percent reported that discrimination negatively impacted their spiritual well-being. 38.5 percent reported discrimination negatively impacted their school environment. 52.8 percent reported that discrimination negatively impacted their work environment. 56.6 report it negatively impacted their neighborhood and community environment.

LGBTQ+ people who don't experience overt discrimination, such as being fired from a job, may still find that the threat of it shapes their lives in subtle but profound ways. Survey findings and related interviews show that LGBTQ+ people hide personal

relationships, delay health care, change the way they dress, and take other steps to alter their lives because they could be discriminated against. These people are given unfair treatment even on educational platforms. They are bullied by their friends for their sexuality or are discriminated against by their teachers due to which they fear to come out.



Joya Shrestha

Roll no: 2024006

PMPL (PUBG Mobile Professional league)

As you all know Pubg is one of the most played games in the world. More than 100 million people have downloaded Pubg. Pubg was released in December 2017. Brendan Greene is the creator of pubg. The full form of PUBG is Player Unknown Battle Ground. In Pubg we play many tournaments where there will be best players. Tournament means in a sport or game a series of contests between a number of competitors, competing for an overall prize. PMPL is also a tournament. To play the PMPL we have to win, scrims, T3 (Tier 3), T2 (Tier 2), T1 (Tier 1) and after that we can play PMPL. Every year PMPL is done. We recently had PMPL season 2. PMPL happens in different regions like Southeast Asia, South Asia, North America and South America. From Nepal, we had 8 teams which played in the PMPL. Watching all those matches was really fun. PMPL Season 2 is a PUBG Mobile Professional league showcasing teams from seven regions. The whole event is live streamed on the PUBG Mobile Esports' official YouTube channel. PMPL Season 2 has introduced a new point system to balance between placement and kills scored throughout the tournament. Every individual team will get to participate in 16 matches during a week with 48 overall matches and all the teams are divided into groups (A B C D E). In PMPL, there are 3 weeks and 1 week for finals. Every day there are 5 matches individually. And in the third week all those teams who reached in Top 10 plays for finals. Finally, those who are selected play all those matches and those teams who reached in top 3 are qualified for PMGC. PMGC means PUBG Mobile Global Championship. And from our country Nepal, 2 teams are qualified for PMGC. Those 2 Nepali PUBG teams Abrupt Slayers & DRS are qualified and they are travelling to take part in the biggest PUBG mobile tournament "PMGC" in Dubai representing Nepal.



Anushka Basnet

Roll no: 2023002

What's happening in Thailand?

Thailand: a beautiful country situated in southeast Asia which has been home to white elephants. Thailand has been widely popular for its natural beauty, food, people, and also its entertainment sectors. This "peaceful" country has been slowly ruined since 2014 due to military dictatorship. In recent weeks, student-led protests that have been continuing across Thailand since July have increased. Ever since the 22nd of May, 2020,

Thailand was forced to live under the junta government. This government system has been torturing silencing Thai people for 6 long years. Speaking up against this government-led many Thais to be attacked, beaten, and even vanished. Students of Thailand as small as 14-year-old started pro-democracy rallies in February of 2020 and now this has evolved to a massive rally held every day in 55 out of 77 districts every day actively. These ongoing 2020 Thai protests are a series of protests against the government of Prayut Chan-o-cha. This includes demands for reform of the Thai monarchy. The monarch of Thailand, King Vajiralongkorn has been criticized by protesters for spending much of his time in Germany. He is known among Thai people as a careless monarch. He has not contributed much towards Therefore a petition was held in Thailand to dethrone him. The petition even attracted a whopping number of 130,000 signatures before the site was blocked.

Protesters are also demanding a new election and the resignation of Prime Minister Prayuth Chan-Ocha. This rally and protest have now become a huge issue in Thailand. Police even used water cannons, tear gas, and waterborne irritants to stop the huge rally. But it was unstoppable. Dissolution of the pro-democracy Future Forward Party, Political corruption scandals, Distrust in the 2019 general election and the current political system, competitive authoritarianism and illiberal democracy, Legal inequality, LGBT discrimination, Economic impact of COVID-19 pandemic, Human rights abuses, etc are some of the reasons for the protest in Thailand. This protest has even been carried out in some other regions like HongKong. According to the policy, the king has nothing much power but can make slight changes in the government but since the king took the throne in 2016, he made major changes, taking control of the fortune of the palace and moving two army units under his command. This made the Thai citizens raged in fear. Protesters say that Thailand wants the cruel parliament to be dissolved, the constitution rewritten and an end to the harassment they are facing. They also have a list of 10 demands for the monarchy, including throwing out a defamation law that shields the powerful royal family from criticism. There have been many big protests like this before in Thailand but this one is different, in the past, the protest movements had been because of financial and political clout but this time Thai youth really want fair behavior from the government. Since speaking the truth in Thailand may cost their lives and those of people they dear, Thailand needs help and support from the global citizens to spread their words and let their voices be heard. The world needs to know what really is happening in Thailand.

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Darika Bamrungchok/ what's happening in Thailand
<https://globalvoices.org/2020/09/08/whats-happening-in-thailand-youth-activists-rally-to-protect-democracy-freedom-of-speech/>

Thailand blocks Change.org as a petition against king gains traction
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BTS - From Nobodies to Legends



Bipana Shrestha

Roll no: 2023003

BTS is a South Korean boy band that began formation in 2010 and debuted in 2013 under Big Hit Entertainment. There are 7 members RM, Jin, Suga, J-Hope, Jimin, V, and Jungkook. BTS stands for the Korean expression Bangtan Sonyeondan and literally meaning "Bulletproof Boy Scouts". "Bangtan" means to be resistant to bullets, so it means to block stereotypes, criticism, and expectations that rain on adolescents like bullets to preserve the values and ideals of today's adolescents. BTS fan base is considered one of the most devoted in all of popular

music. The band members coined the phrase "BTS A.R.M.Y" to refer to their fans. When they debuted even the camera operators didn't know their name because they were new. They always hoped that people would recognize them by their faces not by the name tag. They have been struggling since day one. They used to share one room and had a low budget, cut from the broadcast. They were told that they will not make it because their company was too small. But they gave it there all from the start by writing and composing for each album and practicing for 15-16 hours a day. They were falsely accused of plagiarism, chart manipulation, and being copycats. They were criticized by the public, by their peers and as their reach expanded, multiple death threats surfaced. Many attempts were made to deter their success. The hashtag #plagiarismboys trended number 1. There were attacks before the cheers subsided. Sometimes they felt that working hard wasn't everything. They felt like dreams, passion and efforts were meaningless but they persisted. BTS released their debut album 2 Cool 4 Skool in the year 2013. Their first US Billboard 200 entries were The Most Beautiful Moment in Life, Part 2 (2015), The Most Beautiful Moment in Life, Young Forever (2016), and Wings (2016) helped establish BTS' reputation as a socially conscious band. Wings became their first album to sell a million copies in South Korea. The group is the first Korean act to top the Billboard 200 with their album Love Yourself: Tear (2018) and have since hit the top of the US charts with their album Love Yourself: Answer (2018), Map of the Soul: Persona (2019) and Map of the Soul: 7 (2020), which makes BTS the fastest group since the Beatles to earn four number one albums in less than two years. BTS is one of the best-selling artists in South Korean history and holds the best-selling album in South Korea with Map of the Soul: 7. BTS was the second best-selling artist of 2018 worldwide according to the IFPI's Global Artist Chart, as well as the only non-English speaking artist to enter the chart. The group has won Top Social Artist three years in a row and also the Top Duo/Group at the 26th Billboard Music Awards. BTS ranked number 4th on Billboard's Top Social Artist of the 2010s and is the highest group on the list. Billboard ranked BTS at #45 on their Top Touring Artists of the 2010s list, being the highest-ranked Asian as well as the only non-English speaking act on the list. The establishment of their Love Myself anti-violence campaign in partnership with UNICEF, BTS addressed the United Nations 73rd and 75th General Assemblies and became the youngest ever recipients of Order of Cultural Merit from President of South Korea due to their commendable effort in spreading Korean culture and

language. BTS made the time magazines the most influential list. When they had their first AX concert there were 2000 people who showed up and now there are 22 to 23 more times more people. 20% of the army is male while the majority of 76% were female. 24% of them were 10 to 19 years old, 26% were 20 years old, 19% were 30 years old and 27% were 40 to 49 years old. BTS' mission is to protect and heal others and help people with their music. BTS taught us, the army, to love ourselves. From flying the streets for their free concerts to selling out stadiums around the world. They turned a struggling agency into one of the most profitable companies in South Korea. They were just the boys with many dreams. They were only dreaming but now they became a dream of someone. They were nobodies who became legends.

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Remoon Gorkhali

Roll no: 2023008

God Mercury

Mercury is one of the 12 Dii Consentes (12 supreme gods among the gods consisting of 6 gods and 6 goddesses) in Roman religion and mythology within the ancient Roman pantheon (A pantheon is the particular set of all gods of any individual polytheistic religion, mythology, or tradition.). He is said to be the god of financial, gain, commerce, eloquence, messages, communication, travelers, boundaries, luck, trickery, and thieves and he also is said to serve as a guide to souls to the underworld.

He is said to be the son of Maia (the mother of the god named Hermes) who is the daughter of Atlas (the titan who is said to carry the heavens and the skies on his

shoulders) and the son of Jupiter(said to be the supreme deity and the king of the sky) mercury and Hermes from greek religion have a lot in common they both are the gods of trade and are the messenger of god and humans. Mercury is depicted as carrying a short staff with entwined serpents which are called a caduceus which coincidentally happens to be depicted in greek mythology with Hermes as well. Mercury was awarded the staff from Apollo which later turned into the caduceus.

Mercury was one of the most clever gods he was so clever that he almost succeeded in stealing fifty oxen from apollo the sun god at the tender age of one he also made an instrument with a turtle shell at the age of one he leaped far from his mother and on the way found a turtle shell which he made holes in and hang strings on it. He also as I said was almost able to steal fifty oxen from the sun god he ran around Olympus when his mother was asleep and saw the herd of oxen which he made them follow him with leaves on their hooves as to not have any marks on the ground to follow then he ate two of the fifty oxen and then returned to his sleeping mother as so that he would not be found out and so that he could have another feast tomorrow but he was quickly found out about by Apollo he could not find it at first but then he remembered that Jupiters son was appointed the god of thieves and that it must have been him. To apologize to Apollo, Mercury gave him the instrument made by him with a turtle shell. Happy by the gift apollo in return gifted mercury with a pair of winged sandals and a wing hat with a wand which supposedly brought two arguing bodies to stop they're arguing he took the gifts but he was a spectacle of the wand's power but then he found two snakes arguing so he used the wand the snake's head stopped arguing and had started to entwine themselves on the wand which mercury liked so much that he kept them there for the rest of their lives.

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Impact of Cinema in Life



Muskan Singh

Roll no: 2023006

Cinema is an important part of entertainment in human's life. It has an enormous impact on people all around the world. It has brought many emotions, facts, reality, and different sides of society in human life. It had many changes and improvements until recently. But Cinema is a significant part of the entertainment industry for a long period.

Whereas it also assists to regenerate the thinking and thoughts related to different aspects of people. It is very advantageous in different ways as well, but nowadays it generates a negative

impact on the people and the community. But it depends on us to take the positive thing and ignore the negative things from the cinema.

Anyways Cinema consists of many advantages if we accept its positive aspects. Actually, cinema is the reality of society. And it helps to know what our society is and helps to experience us with the reality of society. It assists us to portray us with the aspects of society that we may have ignored and helped us to know how to deal with those problems.

It also helps us to be socialized people. It helps us interact with unknown people and be friendly and talkative. Usually, we see that through cinema people get influenced and motivated to live their dreams and get success after failure. And we see that a casual conversation starts among unknown people, and of course it is an interesting talk, which helps to create bonds between people.

It also helps to innovate creativity in people and intensify their imagination power. Cinema assists to show the concept of the writer and provide a meaningful message in the heart of the audience, and if the people consider the positive aspects of it then surely they would be benefited through it to a great extent. Cinema also helps us to know about the living style and the problems that a person faces in their life, although gets success despite these situations. For example, the last movie, I watched at the Cinema was Chhapaak, the movie Deepika Padukone which had a really important message.

Chhapaak is a brave story of a woman's grit and indomitable spirit. It is an impervious movie with a delicate, but powerful, grasp of a horrifying crime against the women, and indeed it's an important story to be experienced. In this movie, it shows the Acid violence which is often done against women who tried to refuse to do what the men said, or refuses to pay dowry. And Chhapaak is based on a true story of Laxmi, it shows how she came up from the darkness of her life which happened due to the acid violence, and struggled to grow up as a successful woman.

This concept makes people wonder how in today's society these types of violence are horrifying for a person and how they struggle to normalize in society. It also shows that we should boycott these people who do such crimes that affect a person for their entire life. This also has motivated those people who have faced these types of situations and it also improves the condition of society in these cases as the people also get aware of this concept and they will not let it go easily.

Thus, we can say that the story and its concept in cinema really has a massive impact on people and society. And it also brings us closer to the happenings and incidents in society and helps to experience the different aspects of society. But anyway we say that if there is a positive side of anything, then there is a negative side as well.

Cinema might be advantageous but it had negatively affected different aspects of society. Cinema portrays the different genders' roles, cultures, and communities

vividly. Whereas these things have a negative impact on a particular group of people.

Whereas sometimes in the cinema there are some frightening and upsetting sequences which generate anxiety in children and adolescents. Usually, the stories of cinema in sex, violence, drug abuse, adult themes, and offensive language enhances the children and adolescents negatively. It harms young minds globally. So through the facts presented above, we got acknowledged that we should only consider the positive aspects of cinema and ignore the negative impacts. Then only we can benefit from it.

Sergeant Thomas Derrick



Bipana Shrestha

Roll no: 2023003

Without waiting for permission I take my platoon. I scrambled ahead of all the men, scaling a cliff face. I pushed through the thick, green, wet foliage and rested the barrel of my rifle in the vee of a drowning palm tree. Peering through the foggy sights I saw the shadowy movements of Japanese soldiers across the Ridge. I observed that some of my men had come under heavy fire. I pushed forward, throwing more grenades into the enemy field. As the rain poured down, I went closer to enemy lines, amid the horrors of war, culminating in me witnessing the death of many soldiers. Feeling like my whole world is going to end in minutes and getting flashbacks of what I used to do and how I used to enjoy being with my friends and family members. The flashbacks continue not knowing if I'm gonna survive or die like many other soldiers, not knowing if I will be able to see my family or friends ever again, not knowing what is going to happen after all this. I went ahead destroying as much as I could, fighting what gave me so much strength and destroying another three enemy posts, that I didn't even notice. As I progressed through the heavy fire, I heard someone called for help, and I turned my head I saw a soldier who came with us shot in both of his legs, not able to walk and calling for help I didn't know what to do I didn't know if I should stop and help or should I continue fighting. But finally, I decided to help and went to where the soldier was looking around so I didn't endanger myself as well that I slowly went to the soldier and saw him asking for my help, I helped him stand up. I could see the pain that he was suffering, but his endurance kept him going until we placed him in a safe place and he was able to use his first aid supplies. I pressed forward to the enemy line to continue fighting with my platoon. I and my men continued to push through the thick jungle where we waited to see what would happen. All of a sudden there was a bruised up machine gunfire. The attack came and my men kept pushing forward trying to overcome the gunshots. However, the rain started to pour down and this made it difficult. It was at this moment that I used all my courage and determination to destroy our enemy. But this was in vain. We were captured by our enemy. I was awarded the Victoria Cross and this made me feel like an Australian I have done my duty to my country. (This is just my take on what sergeant Thomas Derrick might have felt during the war.)

P.S: Tom Derrick was an Australian soldier and a recipient of the Victoria Cross. In November 1943, during the Second World War, Derrick was awarded the Victoria Cross for his assault on a heavily defended Japanese position at Sattelberg, New Guinea. During the engagement, he scaled a cliff face while under heavy fire and silenced seven machine-gun posts, before leading his platoon in a charge that destroyed a further three.



Simone Shree Pathak

Roll no: 2023012

Pros and Cons of Using the Internet

In this era of technology, everyone uses the internet. It has been a part of our daily lifestyle for years. It has even reached the point where people cannot live without the internet. Especially, in this pandemic Internet has been playing a very important role in people's lifestyles. The Internet serves as a medium for the purpose of connecting us with the world. The Internet is globally used. Though it is not clear about the number of people using the internet because different websites give different results; it is safe to say that more than half of the world population uses the internet. However, in my opinion, this will also not remain constant. In only a matter of time, the whole world will start using the internet. The Internet is not exactly good or bad. The Internet has many advantages along with disadvantages. Like any other thing, the Internet also consists of advantages and disadvantages.

I would like to start with the advantages. The Internet is very useful in daily life. It connects one with the world. Many people are also attached to the internet. It also makes our life convenient in many ways. The Internet can help one with anything. Normally, people use the Internet to entertain themselves. We have a lot of applications and social media which entertain us. That is all thanks to the internet. However, that is not the only thing that people do on the Internet. People use the internet for studying, for convenience, and also for work-related purposes. The Internet is very useful for the students since they can take help from it for their assignments. It makes things convenient for them. Not only for the students the internet is also convenient for doing daily tasks, for example paying the bills. The technology has upgraded so much within the past decades, that now we can pay the bills through the help of the internet. It is not only limited to paying the bills but through the internet, we can buy or sell things from home. We can also communicate with our friends on the internet. The internet has made the world like a global village.

However, the internet also has drawbacks. Like I mentioned before some people are obsessed with the internet. In some cases, it was so overwhelming that they had to receive help. Of course, I am not saying that this happens to everyone but it is better to remain cautious. The Internet also reduces one's skills. For example, previously I had mentioned that the internet helps students in studies which are nice, But if the students only rely on the Internet for their assignments they will not be capable of

solving the questions themselves. This would result in them being incapable of doing their own assignments. The internet also has other flaws. If people only rely on the internet for convenience people will start getting lazy which certainly isn't a good thing. And it is also not safe to say that the internet is friendly to everyone. There are also a lot of crimes done on the internet. There are cases, where people are influenced by the internet which makes them commit crimes. There is also online bullying, body shaming, and other things done on the internet which is not in the least good. There are also other things that the internet is ruining for example a family. Because of the internet, a lot of families don't have time for each other. It creates a gap between them. And as time flies, the gap becomes wider; for that reason, we should be cautious of not letting the internet ruin family relationships.

Therefore, the internet has a huge impact on a person's life. Although, we cannot label it as good or bad; it also depends on us that we don't let it influence our lifestyle. The internet is very advantageous and can make our lives better with convenience. However, we should maintain a boundary between us and the internet for our sake.



Estella Shrestha
Roll no: 2023013

BTS- Teamwork Makes The Dreamwork

Bangtan Soenyondan or Bangtan Boys commonly known as BTS are 7 member boy bands originating from South Korea. At present they are one of the most successful boy groups in the musical industry. They have gained fans not only nationally but internationally over the years. This group is signed under one of the biggest companies of South Korea "BigHit labels". There are 7 members in the group consisting of Kim Namjoon (RM), Kim Seokjin (jin), Min Yoongi(Suga, August D), Jung Hoseok(JHope), Park Jimin(Jimin), Kim Taehyung (V), and Jeon Jungkook(Jungkook). These seven boys started from nothing and now are one of the top Social artists in the world. This group debuted back in 2013, they were ready to form in 2010 but debuted only in 2013. They were the only group signed under BigHit Labels. At that time, the big hit was just a rookie company. They did have a proper budget for the group. BTS stayed in a small apartment back in days to save money. Kim Taehyung (V) also said that they were so poor that they were scolded while they had meals in big amounts. Jungkook the Maknae(youngest member) of the group was only 15 when they debuted, the oldest member Jin was 20 at the time. They had to go through severe training all day and night and were hated by many people. The reason why they got so much hate, in the beginning, was that they were told that they wanted to become the next BigBang(the then most popular K-pop boy group) and years later they even surpassed BigBang. They debuted on June 13, 2013, with the song No More Dreams. In 2014 their budget got so low that they were in the face of getting disbanded but they did not lose hope and faced the crisis. They had to perform on Inkigayo(one of the most famous music show awards in SouthKorea) wearing only \$15 worth of clothes where

other groups performed with good expensive clothes. But they still didn't lose hope. In 2015, they dropped two songs named "I need you girl" and "Save me", this was when they started getting fame. They got many fans from these songs and their budget increased. In later years they dropped more songs which were really hit. The other reason why they got so many fans rapidly was because of their Love Yourself campaign and their speech at UNICEF in 2017. They have hidden stories behind each of their songs and every song was the continuation of the previous songs' story. Their album Wings and Love Yourself were a major hit in 2018 which was when they started getting famous. Now they have broken so many records and are liked by so many people. Their song Dynamite broke the record of the most viewed MV in 24 hours with more than 100 million views. Their fandom A.R.M.Y which stands for Adorable Representatives MC of Youth is one of the most loyal fans anyone can ever have. They have always supported BTS. There are many Sasaengs (crazy stalkers) who have done many harsh things to BTS but the ARMY has always supported them. This fandom is also known for being pretty crazy and me being a part of the fandom can totally agree with that. Bang Hyun-Sik also known as BANG PD (CEO OF BIGHIT LABELS) plays an important role in BTS' growth. NOW BTS has become the top influencer and is multi-millionaires they even made Big Hit labels one of the most successful companies in South Korea and also helped BANG HYUN-SIK to become a close Billionaire. They contribute 3.6 billion dollars GDP to the government of South Korea annually which is a huge accomplishment. And they are still growing. They have proved that determination is all it takes to become successful in your path.



Arunesh Manandhar

Roll no: 2022002

Humans Being The Cause

Trees are amazing, we literally breathe in the air they are creating, they clean up our pollution, they store and purify water, give us medicine that cures our diseases, food that feeds us. We are sorry that we burn them down, cut them down with horrific machines at a rate of forty football fields per minute; the answer to this statement is for the money. We are those human beings who are one to cut these trees to produce papers and advertise, "Save trees, save a life" on them. Climate change is the major impact of the degradation we have been doing. Environmental refugees are one of the problems discussed widely nowadays. Flood, refugees, etc are common refugees' news we often hear. There are currently between 25 to 30 million environmental refugees throughout the world. The 2010 Pakistan flood affected around 18 million, it is one of the effects that environmental degradation caused. And, it's shameful that we quote this destruction as progress.

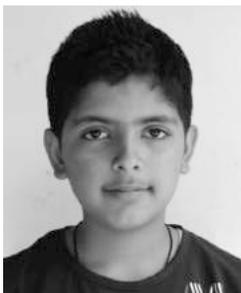
"We are afraid to breathe the air because we do not know what chemical it contains" quoted Cullis Suzuki during a UN conference which silenced the whole delegates from different countries. This quotation was not any diplomatic speech written by a ghostwriter, it is a truth that we are aware of for since long. We are citizens of a beautifully god crafted country where a little pollution matters a lot. It is the

degradation which is killing our precious animals and it is the same factor which is responsible to rare out our precious herbs.

Weather extremities are a common issue nowadays, winters are colder than before and summers are extremely hotter. The past decade was the hottest 10 years the world has never experienced, with 2010 producing an average temperature of 14.63 degrees celsius. Carbon Monoxide production rate has been increasing rapidly; the cause for this effect is the industrialization in different developed countries and unmanaged waste management systems in developing countries. We buy many non-biodegradable substances and are not conscious of recycling them. Developed countries claim to be one of the cleanest countries and are not aware that they are the worst in this business. Suzuki warns these ones with the quote, "If you don't know how to fix it, please, stop breaking it".

We poisoned the ocean so much that we cannot swim in them, this is what I call cracking jokes on ourselves. But most of all are mindset because we had the nerve to cause destruction. We are to interview thousands of homeless people in Bangladesh to know how we have destroyed our planet, while we were in our pit house nestle, their homes were literally washed away but need their feed due to rising sea levels. We are not even shameful to us saying the kids of Beijings who were forced to wear pollution masks just to go to schools. And here in Nepal, it is a daily kit to put in our bags a couple of dozens of masks to survive. Truth can be denied but cannot be avoided. That is what we have been doing for a long time.

We human beings are just with a mouth to shout at something wrong, why we do not shout to ourselves for the wrongs we have been doing. Why do not we work on our wrong deeds to correct them? We are talented animals but our works prove whether we are wise or not. We are pathfinders of the future generation. We must look at the root and not the branches of government and not the politicians run by this generation. It is up to us to take care of this beautifully crafted planet. It is our only home. To save nature is to save us because whether we are fighting for racism or poverty or any type of inequality, it won't matter in the least because if we do not all work together to save the environment, we will be equally extinct.



Samip Aryal

Roll no: 2024018

Why I find Tihar interesting!

Tihar is one of the important festivals celebrated all around the world. It is also known as Deepawali. It is celebrated by the Hindus. It lasts for five day including kaag tihar, kukur tihar, gai tihar and laxmi puja, govardhan puja and mha puja, and bhai tika. It is celebrated in the month of Kartik in Nepali calendar and in October or early November in English calendar. In this festival we worship laxmi, crow, dog and cow. We also decorate our house with colorful lights, diyo and make rangoli.

The first day of tihar is kaag tihar. On this day, we worship crow by giving them various foods. They are worshiped because they are messengers of death where people put out foods for the black-coloured bird (crow). Crow is regarded as the messenger of Lord Yama, so we worship them every year. Next day is known as kukur tihar. On this day, we worship dogs by giving them various foods. It is celebrated to thank the loyalty, service and companionship of dogs to humans.

The third day of tihar is gai tihar and laxmi puja. On this day, cows are worshipped during the day and goddess laxmi in the night. Cows are worshiped on this day because cows are considered sacred. They are also worshiped because they give milk and people make many milk products. This day is considered the most important day in tihar because we welcome goddess laxmi to our homes and in evenings young girls go out to play bhailo by singing and dancing. The fourth day we worship ox because oxes provide manual labor, especially important for an agricultural country like Nepal and hindus also celebrate govardhan puja and newari people celebrate mha puja because the fourth day is considered the first day of Nepal sambat calendar. And on this day young boys go to play deusi bhailo by singing and dancing.

The fifth and the last day is bhai tika. On this day, brothers and sisters mark their special bond by worshipping each other. On this day sisters create a protective barrier of holy water and blessed oil around their brothers. A special made flower is placed around the brother's neck as that flower is known for its long life. The tika placed on the forehead of the brother consists of seven different colors. The tika is also placed on the sister's forehead by the brother. At the end, the brothers bow down to the feet of their sisters with their forehead. The brothers receive a variety of cooked food such as sel roti, fruits and packaged food while the sisters receive dakshina or other gifts such as clothing.

Because of these factors and various things that we do in tihar, I find tihar interesting. We also have a public holiday on this day and I also like the fact that sisters worship their brother for a long life. So I find tihar interesting than other festivals.

Character Sketch:



Niharika Chapagain

Roll no: 2024008

The Ghost of Christmas Yet to Come:

The Ghost of Christmas Yet to Come is a supernatural character from the novel "A Christmas Carol" written by Charles Dickens. In the story, there are three spirits and among all, it is the last spirit to visit Ebenezer Scrooge on Christmas Eve. The Ghost of Christmas Yet to Come is a murky, vague, and silent figure. It represents the future. It is covered in a black robe and doesn't have any distinct body of its own. Its appearance symbolizes that the future is uncertain and unpredictable. The future can be decided by the present action. If our present action is good then, the future is bound to be a nice one. The Ghost of

Christmas Yet to Come also represents the fear of death in one's mind. In the story, the third spirit tests Scrooge and tries to teach him a lesson by showing Scrooge's death in the future. The mean Scrooge realized that due to his deeds in the present, no one cared for him in the future even after his death. Seeing his own death Scrooge changes for good. The Ghost of Christmas Yet to Come, at last, gives a strong message about correcting our present and making our present a fruitful one to make our future better and more joyful.



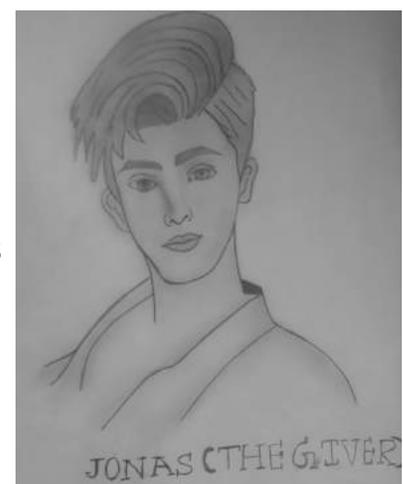
Winnie Foster:

Winnie Foster is the protagonist of the novel "Tuck Everlasting". Winnie is from a wealthy family and her parents are overprotective of her and she feels constrained in the premises of her house. She is a ten-year-old girl who wants to fly like a bird independently. She manages to get away from her home in search of freedom, and independence but encounters Tucks, a family of immortals on her way. When she runs from her home, she ventures towards the woods of her family breaking the rules of her house. She longs freedom and wants to face the world on her own terms. As she runs from her home she encounters many thrilling adventures and gets to know about many secrets of the Tucks. At the end of the story, she gives a strong message to the reader by not drinking the spring water which could make her immortal. She gives a message that "Life is moving, growing, changing and it is a wheel which continues on and on and dying is also a part of the wheel, right there next to being born." She respects nature and its processes. She chooses mortality over immortality and leaves behind a good lesson through her actions.



Jonas:

Jonas is a protagonist from the novel "The Giver". Jonas is a twelve-year-old boy who lives in what was an attempt to make a utopian society in the story. Jonas doesn't have a specific interest in any assignments like his friends do and he didn't have any idea which assignment he would get. Jonas was selected to be "The Receiver of Memory" which was the most honored and respectful assignment but challenging too. He was selected for the assignment because of his intelligence, courage, wisdom, and ability to see beyond which others couldn't. Jonas was different from others. Jonas regards himself as an average child but as he was assigned the task, and as he starts to receive memories, he immerses himself in those memories. He experiences new sensations and colors that no one could but the thing that frustrated him was he couldn't make his friends feel the things he



felt. He was frustrated due to the questions of his friends. But due to his training, he was extremely sensitive and passionate about his work as the Giver. He is very determined and commits to a task fully willing to risk his life. He is a hardworking young boy who is more mature than his age due to the memories he got but sometimes he is unable to control his emotions. Jonas symbolizes bravery because he decides to leave the community knowing that people will not be able to handle the new feelings and emotions coming to them suddenly. Jonas learns and teaches many things through adventures and experiences in the story.

Meg Murry:

Meg Murry is a thirteen-year-old protagonist from the novel "A Wrinkle in Time." Meg is blessed with unusual intelligence in Maths by her father but the teachers in her school don't seem to appreciate her, instead they are stuck with her few disciplinary issues. Meg has a plain appearance. She has brown curly hair, pale skin with braces and glasses. She is simple in her clothing and feels she is not as beautiful as her mother. She is herself not confident about her looks and describes herself as a repulsive looking. She gets bullied by her classmate in her school, but this is not the main source of unhappiness which surrounds her daily. She is unhappy due to the fact that her father who was a scientist had disappeared many years ago and no one knew what happened to him. Meg lacks self-esteem but when she travels around the universe with her brother, her friend Calvin and three superbeings Mrs. Whatsit, Mrs. Who and Mrs. Which to save her father who was trapped on planet Camazotz, her self-esteem increases and she realizes that she is beautiful. Meg teaches us to love ourselves and believe in ourselves. She also teaches us that love is the most powerful and sacred thing in the universe. She represents a resilient character throughout the story.



Best and worst moments during pandemic



Angel Dhimal

Roll no: 2024004

We all know today's condition of the world. It's a very difficult situation for all of us, our workplaces, schools, hotels, airports are all closed for months which has created a great loss for everyone. These situations for sure created many people to starve, face poverty, and many more difficult situations all over the world. These pandemics created a tough time for the people, country and the world. This is the most dangerous pandemic till today's date faced by the people of this generation. And the cause of this pandemic is Coronavirus (Covid-19).

It is a communicable virus which has been said to be caused by bats or some sort of animals. Its vaccines have still not been discovered. This pandemic has already been around for nearly 8 months. For the first time, we faced the worst thing called

lockdown.

Everything all around the world was shut down. From December 2019, this pandemic started in a horrific way. Few countries such as Italy, America initially didn't take it seriously and the result was an alarming number of corona cases and death cases. In Nepal, from Chaitra 8th, the lockdown was imposed for several weeks. To me, it was the scariest period of time. Everywhere there was only fear but at that time there were not many corona cases in Nepal but back then there were high chances of Nepal getting infected by the virus. After five to six months the hotels or other work places opened but everything is still not back to normal.

Now I would like to write about my best moments during this pandemic. Though this period of time was very awful, we did many fun things in our village but in some corner of our heart there was some kind of fear, unhappiness. But still we had some best moments, like my whole family and I went to our village, Rautahat. We left Kathmandu in Chaitra and we have spent nearly 4 months there. My whole family like my other brothers, uncle, aunty and all other came there too. That moment was also very best because we had not met each other for 2 years. We had time to spend our days or some months together. There were not many best moments but I still have some moments like when we celebrated my brother's birthday together with our family where we had a lot of fun. I had also gone to Birgunj during that time with my sister. In our village, there is also a local vehicle called auto or danfe. It was very much fun to ride that. We had traveled many short distance places by using that vehicle. It was a very enjoyable time. We went to different temples like Gadi mai temple, Kankali temple etc. The most memorable day for me was when my little brother walked his first step. It was a very beautiful moment.

The worst moments during a pandemic.

The pandemic was itself the worst thing of all. Everyone was sad and unhappy. The worst moments were when we got to hear that in our neighbourhood someone was infected. This news scared us very much. We all didn't come out of our house nearly for 1 week until everything was back to normal. It was not the end. My sister and I used to go for a morning walk and one day we went to another village roaming around and that night we got to hear that there was a corona infected person in the nearby village. I was scared because we went roaming around and went to our relative's house as well in that village. That infected person was taken away to isolation. We got scolded by our family members. We were dying from fear but we didn't come through any symptoms but other people, I knew faced those kinds of symptoms. From that time onwards, we never went to that village. The worst moment was also when my brother was sick. He cried because of pain.

I think everyone has faced the worst moments during the pandemic. We all had to face many problems during the pandemic. But we must not lose our hope. We must face the problems and be brave in these hard situations. At last I would like to conclude by saying stay safe and stay healthy.



Sunabi Pokharel

Roll no: 2024024

Would you prefer to live in a society like in the novel, 'The Giver'? Why/Why not?

The Giver is a wonderful novel written by Lois Lowry. The novel shows the concept of trying to create a utopian society. The story tries to create a perfect society and it, later on, turns out to be a dystopian society. The story focuses on the idea that there is no proper definition of an ideal society and sometimes it is good to be imperfect. The novel features Jonas, a 12-year-old boy, as the main character. He lives with his family in an isolated community where uniqueness is not appreciated. The community tries to bring sameness which removes all their feelings and emotions too. The story is very interesting, and the more you keep on reading, the more interesting it will turn out to be. One of the questions I believe that will cross everybody's mind while reading this novel is that would you prefer to live in a society like in the novel or not?

In a way, it is somewhat good to be in the society that Jonas lives in. There are few benefits of it too. The society gives assignments and jobs to all the people so it eradicates poverty and unemployment. As all the people suffer from colour blindness, no racial discrimination can take place. Extreme hot and cold weather is controlled. So, in a way, it is good to live in such a society. But still, I don't think I would choose to live in that society. I feel that the society where Jonas and his family are living is quite weird. Everybody in the community follows the rules but the rules are weird too. The rules are stringent, and if anybody doesn't obey the rules, they are released. Everything is chosen by the government. The family, occupation, and house, literally everything is controlled by the government. They cannot even choose their spouse and children. I think that they are trying to create a perfect society. If this is how a perfect society would look like I don't think I would want a perfect society like this in a real life because it is like a torture to the citizens there. Also, the society decides the children's future by the time they are 12 years old with which I am completely dissatisfied. I mean even an 18-year-old is not able to decide what to do in the future and how can one expect a 12-year-old to decide his/her future? And in the novel, the children are not able to choose their job. They are given jobs by the government. You cannot force a person to do a certain job. Though we have certain aims, it keeps on changing until you know what you can excel at. It varies according to the person's interests. A 12-year-old is not able to differentiate between wrong and right correctly and their future is already decided by that time. No, that is not acceptable. They still have a childish mind at that age. A person's interest should matter as well, right? In this society, some women are given the task of birthmothers. The birthmothers each give birth to three babies and the babies are sent to other couples. The birthmothers are given proper care until three years and after three births they would work as labourers for the rest of their adult lives, until the day they enter the house of old. This is so not done! You have to keep the baby in the womb for 9 months, give the baby to another family and then work as a labourer for the rest of the life. And birthmothers are not respected in society. I don't think this is a good thing at all. A

mother keeps a child in her womb for 9 months and then you are not allowed to keep them with you! That is such a merciless rule. Why can't a mother keep her own child with herself? Nobody can love the child more than their own mother. If that child is sent to another house, they can get love but I feel it would be very much less in comparison to the birth mother's love. You are not allowed to do anything of your own will. All the citizens in the community have colour blindness. If you live in that society, life would be so dull. Everything looks the same. We are able to see all the colours. Then, we can decide which colour looks good on what and more. We know the apple is red, the banana is yellow, and the sky is blue. We find it very beautiful but in that society, the colours are not visible. Society doesn't allow any emotional feelings towards anybody. They are forced to share their dreams with their family and if the parents find out that their child established an emotion towards someone, the child is given a pill to remove the feeling; particularly towards the opposite sex. I don't think it is a good idea. It is not bad to like someone and have feelings for them. We should have the right to appreciate and like someone. And sharing the dream is more unacceptable. Our privacy should be respected and should be secured.

Lastly, the society tries to bring the concept of sameness which I completely hate. I believe that everyone has different talents and they should be respected for their uniqueness. Nobody is allowed to speak for their betterment. They have to follow every single rule of the government whether it be bad or good. They are not even allowed to raise their voice for the benefit of the citizens. Whatever the government says should be right and they have to follow it at any cost. This is not acceptable to me. I don't think anybody would love to live in such a community where we are not allowed to raise our voice for our betterment and where uniqueness is not accepted. So, I wouldn't prefer to live in a society like in the novel, 'The Giver'.



Krituka Sapkota
Roll no: 2024007

My Passion

Everyone has different kinds of favourite things. It may be based on their interest and passion. Some people like art, video games, sports, crafts, and many more. Their interests tell a lot about their personality and thinking. For example : The people who like art may have a creative mindset whereas people interested in sports may have a competitive mindset. Our passion is what leads us to a certain profession or job.

I mostly like to express myself through my interests. One of my favourite things is photography. Photography is also considered as an art form. There are many creative ideas that we can put into taking pictures. I am more into nature photography. I like to take pictures of the things that reflect the beauty of nature. I take pictures of the natural beauty when I visit new places. We can express our thoughts from photography. Different people have different styles and views on photography. I like taking photos in my free time and editing them too. I am learning editing as well. I use an app called Lightroom to edit the photos. It is a photo editing

app with lots of features. People also have different styles of editing the photos. I personally like simple edits. I have a collection of photos that I clicked on my phone. Photography is what keeps me busy most of the time during this pandemic. I will keep my passion for photography alive.

If one keeps their interests and passion alive, they can even make a living out of it. So, we should keep on trying new things and find our interests. If we have some interests, we should keep it alive so that we can have a job that meets our interest. We have to work hard to achieve something from our passion.



Nishan Shrestha
Roll no: 2024010

The Magical Hat

Real magic doesn't exist, the only thing that exists is science. And magic also exists in a fictional story. This story starts from a kid named Louis. He lived in a small village. In his village everyone used to believe in superstition. But Louis was different. He used to believe in science even though he didn't know much about today's technology. Louis belonged to a low class family. They were poor. Louis's father used to work in a factory as a labour.

One day Louis found out that there was a cave in the nearby mountain. He went there with his friends Harry, Andrea and Ferran. When they went inside the cave they found four tunnels. They were confused which tunnel they should go for. Finally they decided that each will go to a different tunnel. Harry went to tunnel number 1, Andrea went to tunnel number 2, Ferran went to tunnel number 3 and Louis went to tunnel number 4. They decided that if they found something unusual they would say a code in a loud voice 'Gather'. Well Harry, Andrea and Ferran didn't find anything unusual but Louis did find something. It was a black hat. Louis thought it was not unusual. He took the hat because he wanted to wear a hat since childhood but his family couldn't afford it.

When he wore the hat it was alright. He looked cool in the hat. One day when he washed the hat, suddenly a wish box came out of the hat. First Louis didn't believe so he ignored it. When he went home he tried one more time and wished to get a lottery and be rich and went back to sleep. The next morning his dad came dancing and said that they have won a 10million dollar lottery. Louis was shocked. He found out that the hat was magical.

Louis was happy. He could do anything he wanted but instead of that he wished nobody to be poor. He wished that everyone would get good food, clothes and education because he knew what it was like to not have these things!



Aarav B.C

Roll no: 2024001

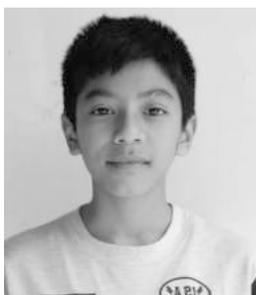
Why do I like Tihar more than Dashain?

I personally enjoy Tihar more than Dashain, although many people like Dashain festival the most. It's not that I hate Dashain. I like Tihar more than Dashain for many reasons. There are so many interesting and fun things to do in Tihar compared to Dashain.

In Tihar, we light candles, we make rangolis, light up our house, make rotis, put bhai tika, worship crows, cows, dogs as well as our vehicles. We also play Deusi Bhailo. Like these there are many things that make Tihar more enjoyable than Dashain.

Tihar is also known as festival of lights and primarily goddess Laxmi is worshipped; the goddess of wealth. Tihar is celebrated for 5 days. The first day of Tihar is Kaag Tihar where we worship Crows. We offer food to crows. Crows are believed to be the messenger of death. The second day of Tihar is Kukur Tihar. On this day, dogs are worshipped. The third day of Tihar is Gai Tihar, where we worship cows. Cow is also the national animal of Nepal and is also treated as a god by Hindus. The fourth day of Tihar is called Calleja where ox is worshiped. The ox is seen as an analogue to the cow in Hinduism, as the ox provides manual labour, especially important for the agricultural country like Nepal. The last and the fifth day of Tihar is Bhai tika. This is a very important occasion of Tihar. On this day, sisters put tika to their brothers. It is said that on this day sisters protect their brothers from Yamraj who is believed to be the god of death. Bhai tika makes the bond unbreakable between brothers and sisters.

On the third and fourth day people play Deusi Bhailo. Bhailo is played on third and Deusi is played on the fourth day of Tihar. As per the rule, Bhailo is played by girls and Deusi is played by boys but there are no restrictions; anyone can play on any day. People also light fire crackers. There are varieties of fire crackers. And they cost depending on the type of fire cracker. People eat rotis and decorate houses with lights and diyos. Overall, Tihar is full of lights and colour and I really love it!



Sauharda Bajracharya

Roll no: 2025016

Is death something to be afraid about or is it a part of nature? How do you look at death and What do you think happens after you die? (Pre-reading activity of Tuck Everlasting)

Death should not be feared instead it should be taken as a part of Nature. Death is just a part of life. The world is not permanent, everything in the Universe will one day perish, it could be a matter of billions of years. Death is just like a

wheel, it just goes round and round. But, have you ever thought of what happens after we die? People say, once you die you'll reincarnate as another being and if lucky, better than a human! People sometimes assume, for instance, The founder of Ferrari, Enzo Ferrari passed away in August 1988, then in October German Football player, Mesut Özil was born and they look very similar, so is this a coincidence or reincarnation? I personally don't think this is reincarnation, it can just be a coincidence. But it depends on people's thoughts, I may have a different answer and you may have a different one. Upon someone's death, we bury or burn the dead body. A research conducted about, "What happens after death" talks that our body decays and our soul goes somewhere! This also depends on religious theories, like in Hindu religion they believe Yamraj takes you after Death, in Buddhism they believe you reincarnate and in Christianity, the Bible tells that you either go to Heaven or Hell and it depends on the deeds you've done and the God you've worshipped!. I am both Hindu and Buddhist but I believe that our soul roams around and our body decays. As I said, it depends on people's thoughts and their religion. The Universe will end one day, we all will die one day and no one is or will be immortal.

Life and Death



Manaswi Sapkota
Roll no: 2025008

Life and death are two different things. Life is when you're born and when you continue to live to the fullest whereas death is that part when we die. Yet, these two very different things are two sides of the same coin. If you're born you're bound to die, it's just a question of when, where, and how?

What is death? Many people see death as something to be feared, to be dreaded, and some even come to the conclusion of the death being "unnatural", whereas some people see death as something natural and something bound to happen. According to the Buddhists view death is a delusion, when we die it's believed that we get reincarnated. Now, the question is; is death necessary? Well, death is necessary. If we could live forever we would wish for death and again immortality causes all sorts of problems like overpopulation, lack of food, a monotonous life etc. Therefore, death should be appreciated and taken as a blessing, like life.

Now, what is life? Well, life is something that most people take as a blessing and no one really thinks of it as a curse, unlike death. People see death as a curse and life as a blessing. As I said before death should be taken as a blessing too due to various reasons. Life is just a cycle, you're born, you live your life to the fullest, you die. It's not unnatural for people to die. If someone accepts life but refuses to accept death they are refusing to accept nature itself, as dying is also a part of the wheel, right next to being born. We can't just pick one and leave the rest. Being a part of the whole; life and death is a blessing. We can't have a living without dying.

People are so occupied with their lives that one day they even forget they have to die. They're so attached to the world's possessions, that they can't face death when the time comes. So we all should be prepared for death. By saying be prepared for death I'm not saying that you should be thinking of death in every moment of your life, by saying be prepared for death, I'm trying to say that one shouldn't get too attached to the world.

In the end, I would like to conclude this article by saying, accepting both life and death leads us to many successful things in life. An individual may be alive one moment and dead the next, this demonstrates the importance of life and the mystery of death. Death is the "great unknown," and that's why it's scary. Accepting death makes us mentally stronger. So, I think that accepting death is accepting nature and taking both life and death as a blessing.

Literary journal of Winnie



Aayusi Shrestha

Roll no: 2025002

Hello, my name is Winnie Foster. I am a ten-year-old girl who feels that I need to spread my wings. I am also the protagonist of the novel, 'Tuck Everlasting.' Being the only child, I always feel as if I am being supervised every single minute. I have been warned of the dangers in the world, so I am a little afraid but I am not totally scared. I live in Tregap village. My family is also the oldest family in Tregap. I am from a wealthy, and respected family. One day, I ran away into the woods. Not far into the woods, I saw a boy drinking water from a fountain and

he introduced himself as Jesse Tuck. He also told me that he was 104 years old and told me not to drink the spring water. Soon after, his brother Miles and his mother Mae took me away with them; forcefully! But they turn out to be good people. His whole family had drunk the spring water under the oak tree. A mysterious man in a yellow suit tried to take me away and also found out the Tucks' secret. Now, the secret was that the spring water makes you immortal and stops your age the very moment you drink it. So when Jesse told me he was 104 years old he was correct. Unexpectedly, the man in the yellow suit was hit hard by the stock of the gun by Mae Tuck. He had to be killed for his foolishness and his dangerous viewpoint.

I had to decide to either join the Tucks on their long lasting journey or pretend that I didn't hear about the spring water at all. The Tucks explained to me that whoever drinks the spring water they will be immortal and also that the Tucks had discovered it by accident. I was the only person the Tucks granted this information and trusted me that I will keep the information safe. It's unimaginable if this information falls into the wrong hands. At last, I had an option to drink the spring water and become immortal but I chose not to drink it and poured the water on a toad. I chose death over immortality.



Simona Sirish
Roll no: 2025017

My experience of, ' Study from home.'

Hi! My name is Simona Sirish. I am in grade 7. As we all know corona is a virus which is spreading all over the world and which is way too dangerous and has killed millions of people. Because of it, no one was allowed to go outside and schools and offices remained closed. But for the schools, the government has given advice on online classes which are going on. And till now students have learnt a great deal from it. The students have learnt how to use Docs, Google slide, G-mail and much more! Now, let's talk about my experience.

Because of the technology, we are able to take online classes. I have learnt a lot about apps and technology nowadays. Also, I got to know how to make presentations through Google slide and more than that it is fun to learn in online classes but not as much as in school! In school, there were 8 classes which we needed to attend but now we take 3 classes only. Our class starts from 9:00 am, and ends at 1:30 pm. There is a half hour break after each class. In online classes there are many problems as well. Like, laptop problems, power cut in areas, micro-phone problems, video problems, internet problems and many more technical problems. Because of these problems, we can't join classes. Sometimes due to microphone, camera problems teachers can't see our faces or hear us. And also sometimes due to internet problems. In spite of all, it's still fun to take online classes and we can and are able to meet or see and talk with our classmates. Sometimes, my classmates and I use Google Meet to talk with each other and we also use hangouts. When we find some difficulties in doing home-work, we meet together virtually and solve them. Also, sometimes it is too difficult to hear or understand what the teacher is saying due to internet problems. But still it's a great honor to use online classes where we can learn and use more apps and know about them. But still I hope that the school opens as soon as possible so that we can learn at school.



Aakanchhya Khadka
Roll no: 2026001

What do you think about death? Do you think there is life after death? (Pre-reading activity of A Christmas Carol)

There is a saying that anything that is born has to die one day; it is the law of the universe. It is a true saying that if anything is born it has to die one day; whether planet or or plants, human or animal. Death is an important part of life. No one can stop death. It is the cycle of the earth. If insects, caterpillars do not die or transform there will be no plant left. Similarly, if lions and tigers don't die there will be no herbivorous left on the earth. Even the sun will explode one day according to science. There is a famous line in a book named Charlotte's Web written by EB White "We're born, we live a while and we die." It indicates the cycle of life. After we are born we have to die. It is

the cycle of the universe that nature has made control of death in such a way that nothing could, will or can should stop it. So, we have to do great things to make our upcoming generation proud of us until we die. We should learn from our mistakes in the past, live our life to the fullest in the present and in our future when we die, everyone remembers us for our good work and not for our vices.

There might be life after death who knows! Also, there is a famous saying, "history repeats itself" so it might mean things only change and what we say death might only be a transformation.



Suprabh Acharya
Roll no: 2026022

Symbolism of the three Spirits. (A Christmas Carol)

The three spirits in the novel have a significant message to give. Without these spirits, the novel is nonexistent. The first among the three spirits; 'The ghost of Christmas Past' symbolically stands as the act of our past which cannot be changed. This becomes clear when the ghost of Christmas Past replies Scrooge after taking him to his early days, 'These are but shadows of the things that have been, they have no consciousness of us.' This means that our past cannot be undone and hence we should be careful in our present to make sure that our past is always a delightful one so that while recalling our past we would be proud of our earlier days.

The second spirit, 'The ghost of Christmas Present', serves as the central symbol of the Christmas ideal--generosity, kindness, and celebration. The spirit gives a powerful message to live our life to the fullest in the present because if we can make the best out of our present then our life will be full of happiness. Of course, the spirit also gives the message to be helpful, generous and to live in merriment. Appearing on a throne made of food, the spirit raises thoughts of prosperity, satisfaction, and fun. With a life span of just one day, the spirit gives us a message not to worry about death and to accept death as it is. It gives a powerful message that before one faces death one must live life joyfully helping others in need and spreading peace and love. When that happens one can face death happily just like the spirit faced it.

The third spirit, 'The ghost of Christmas yet to come' symbolizes our future and it represents the fear of death. As the third spirit is covered in black robe and without any distinct body of its own, it symbolizes that the future is uncertain and unpredictable. It is our present action that determines the future. If our present is a fulfilling one then our future is bound to be a better one. In the novel, Scrooge is able to change his future which the ghost of Christmas yet to come had shown because later he corrected his path in the present after all the three spirits visited him.

Overall, the three spirits symbolize our state of mind.



Pradnesh Singh Basnet
Roll no: 2026023

The Ghost of Christmas Present. (A Christmas Carol)

Among the three spirits, Ghost of Christmas past, Ghost of Christmas present, and Ghost of Christmas yet to come, I would choose the ghost of Christmas past. Why would I not like to choose Ghost of Christmas present is because we already know what is happening in the present and if I picked Ghost of Christmas yet to come, then the spirit would reveal the future and it will be more like a spoiler. One cannot enjoy the future if it's known.

Now, the reason I chose Ghost of Christmas Past is because the spirit of Christmas Past gives us good memories of old times that we may have forgotten. We may also get to know about the old history of humanity. We may also get to know about how Christmas started and how people in the past celebrated Christmas. People have been saying that spirits do not exist and many people believe that as well. The presence of spirits is not going to be a good thing. It's going to scare everyone. I don't believe in spirits or ghosts but if there would be one I would get really scared and I could also find it interesting.



Kristina Rai
Roll no: 2026009

Literary Journal of Matilda

Hi, I am Matilda. I am from the Wormwood family. I live in a small village in Buckinghamshire. I really love my dad and mom but they don't love me as I love them. I don't like the way they treat me. And they don't allow me to do my dream works. They want me to learn and walk in the wrong path whereas I want to walk in the right path. I am surprised that they don't want me to read books. So I have done lots of pranks on my parents so they can learn a lesson. My first prank was gluing my father's hat which was quite fun. He had the worst embarrassing moments. And I did many other pranks like hiding my friend's parrot in the chimney to simulate a burglar ghost, and secretly bleaching my father's hair to get revenge from my parents. But my father had the rude and neglectful manners towards me. I did all these because I thought they would improve, which they never did!

I have a lot of varieties of books and I love to read books and learn new things in my life. I heard that, I started to read books by the time I was six months old. But my parents didn't let me read and study. So I begged my parents to send me to school and finally I was sent to school. It was amazing and I met my new friends and I had an amazing time with my teacher Miss Honey. Miss Honey was a really a darling and was too kind and sweet. So I liked her. I loved everything about my school except our horrible principal Miss Trunchbull.

Miss Trunchbull is such a horrendous principal. Every student and teacher would be scared of her. She beats children and hurts them. Miss Trunchbull was not happy that I was becoming good at study and whenever Miss honey used to talk to my parents about me being good at study, Miss Trunchbull would stop her. One day Miss Honey came to my home. I was so happy but my dad and mom didn't even invite her inside. My dad didn't like talking to her and was irritated so he made her leave my house.

But I loved Miss Honey. She was totally like a mother; caring, loving and sweet. So we both loved each other. One day, I went to visit Miss honey's house. It was in a poor condition and I realized she had such a struggle in her life. I also came to know how Miss Trunchbull had been harassing her. So with my telekinesis power I gave at last justice to Miss Honey and she got her house back.

One day my parents decided to leave the town because they knew they would get caught earning dirty money and the police were after them. But I planned to stay with Miss Honey forever and I convinced my parents as well. Since then, I have had an amazing life with Miss Honey because I never got cared for like this before. Now I am living a very happy and gorgeous life with my Miss Honey.



Pratik Dangol

Roll no: 2026014

My Favourite Novel

One of my favourite novels which I have read is James and the Giant peach. This novel is written by Roald Dahl in 1961 AD and illustrated by Quentin Blake. This book is a fictional story which is very interesting to read. I have read this book as my term novel book in class 4. And after reading this book we had seen its movie too. The thing I like about this book is the author's imagination of characters and the story itself.

The novel is about a boy named James whose parents were dead and he goes to live with his horrible aunts. They used to treat James very badly; more like a servant. A magical spell goes on in a tree and the peach becomes very huge. And James goes inside it, he finds centipedes, silkworms, earthworm, spider, glowworm and grasshopper inside the peach which were huge and were able to talk to him. One day that peach rolled down the hill and it just went into the sea and floated there for sometime. They in a magical way catch seagulls and their adventure begins. It's their marvellous journey to New York City. All the creatures later in the story got jobs such as in silk factories, in shoe factories, and some in selling makeups! James later lived in that giant peach's seed and called it home. He becomes famous because of his adventures.

I personally think this book is very good for children. Some parts are very funny and the thing is this novel is full of adventures. I have also learned many things from the character James. I have learned to be brave and honest. His parents were dead and

he went to live with his horrible aunts, they treated him in a terrible manner and yet he was good to them. They used to call him with nicknames and told him to do lots of work but James never lost his hope and later in the novel he becomes a famous celebrity. James and the giant peach movie is also very exciting to watch. I really recommend this book to others for reading.

Getting over the difficulties of life



Suphiyana Ghimire
Roll no: 2026024

Life! What is it that makes it so important when it brings so many difficulties? I think that life is just a short period of time that we all value the most compared with anything else that is precious to us. And we keep saying life is tough! But we can't even blame ourselves for that because if in life there are no difficulties, what is there to solve in life? To put a good example, in front of juniors we say things like "we all have difficulties so we should try getting over them" loud and wild but inside we all wish that if only our life were a little better we could be the world's most perfect person.

Today, I just wanted to ask myself and everyone out there "Have we ever actually tried to get over the difficulties of life except for complaining and wishing to have a better life next time?" My answer is no! But I am trying to get over it, so I do have some advice. First, we should have self confidence because when you can't trust yourself no one can trust you, second never give up no matter how hard the way to your success is, third look up to everyone near you who have helped you, fourth calm yourself and even if the road to your success is full of prickly plant and stones think to yourself that there is a road made by stairs and imagine that you are already achieving your goal on top of your difficulties getting over each of them .

Now, once you reach your goal look back at the things you have done! You will think that the work you have done which was as hard as hell to you at that time is now as easy as breathing in! You will also have a feeling of boredom and you will wish for more challenges but at that time you must say to yourself "This is it, I should enjoy this success and I know there is a next challenge full of difficulties waiting for me and for which I am ready. But now I should rest only to accomplish the next big challenge."

Character Sketch:

James:

James is the main character in the novel James and the Giant Peach. James lived near the sea with his parents, but one day his parents were killed by a rhinoceros who had escaped from the London zoo. After that James moved in with his two aunts,



Prasiddhi Dangol
Roll no: 2027017

Aunt Sponge and Aunt Spiker, who were very cruel to him. They never allowed him to leave their house and garden. James was incredibly lonely and wished to spend time with children his own age. One day James meets an Old Man who gives him magic green pills and tells James that if he follows the instructions, something wonderful will happen to him. Unfortunately, James trips over while walking back to the house, and the magical green objects get absorbed by the ground. Something wonderful starts happening to the old peach tree in the garden and a giant peach grows and grows and grows. One night, James sneaks out of the house to see the peach and notices a small entrance into the gigantic fruit. He climbs through this tunnel and ends up in a place full of huge, talking, creatures who were a : a Centipede, Earthworm, Spider, Grasshopper, Glow-worm, Ladybug, and Silkworm. With James in their company, these creatures free the peach from the tree and set it rolling through the countryside, ending its journey in the Atlantic Ocean. In the adventures that follow, James repeatedly devises plans that save him and his companions from peril. He was an optimistic character who never lost hope and was very brave throughout this journey. Through his character we can learn to be brave, optimistic, honest and humble.

Louis:

Louis is the protagonist and a trumpeter swan who was born mute, unable to make a single sound. He was frightened at how this made him different from all the other swans and distressed at how much he felt he was missing out. Fortunately, his parents were supportive so they were worried and he decided to instead focus on how he could communicate. He was a very intelligent and a clever bird, being adept at learning to read and write and demonstrating math skills. He communicates with humans by using chalk and a board which hangs around his neck. He falls in love with a female swan named Serena and becomes resolved to grab her attention. After convincing Sam to modify his toes using a razor which will allow him to properly pay, he becomes renowned for his excellent trumpet playing. He is also able to use the trumpet to communicate with other swans. Louis has a good heart and helps those in need when he can. Louis was also a very brave character throughout the journey. We can learn to be determined, hopeful, brave, helpful, humble and goal oriented like Louis.

Sadako:

Sadako Sasaki is a spirited and ambitious eleven-year-old girl with a passion for running free. Sadako was only a year old when the nuclear bomb was dropped on Hiroshima nine years previously (at the end of World War II), but still she swears she remembers the heat and light of the blast as clearly as if it were yesterday. Sadako's enthusiasm for celebrating life is sometimes mistaken by her mother and father as disrespect for the past. She longs to join the racing team at her junior high school next year, though as she begins running small races against her friends at school, she finds herself growing dizzy and faints rather quickly. Sadako is soon brought to the hospital where she is diagnosed with leukemia, an effect of the radiation from the nuclear bomb that still lingers throughout Hiroshima. As Sadako struggles in the

hospital, her friend Chizuko instructs her in the art of folding paper cranes, and Chizuko gives Sadako hope by telling her about the tale that anyone who folds one thousand cranes is granted their wish. Sadako's wish is to be healthy again and return home to her family. As Sadako's illness worsens, she is comforted by her family, her friends, and others in the hospital including a boy named Kenji, whose passing shows her the freedom death can offer for those who are truly ill, and her kind caretaker nurse Yasunaga. Though Sadako eventually perishes, she comes to accept the freedom death represents, and her illness is the outcome of a tremendous act of violence. Through her character we can learn to be courageous, helpful and hopeful.



Bisu Maharjan

Roll no: 2027005

Literary journal of Fern until she gives Wilbur to the Zuckermans.

Hello, everyone my name is Fern. I live in a village in the United States and today I am going to tell you about Wilbur until I gave him to the Zuckermans. It was morning when my mother was making breakfast in the kitchen. In the early night eight pigs were born then I saw my father taking an axe and heading towards the hoghouse where the pigs were born. Then I asked my mother, "why was dad taking the axe and heading towards the hoghouse?" She answered that a runt pig was born last night. After hearing that I ran towards him and tried to stop him. After talking to him at last, he said to me that he will bring the runt pig and that I shall take care of it. I was in the kitchen, dad came with the pig as he promised. He went to the washroom to get his hands cleaned. The pig was white but it looked pink because of the light. I kissed my father and my mother. I also fed him some milk. Then afterwards my brother came out of his room with a wooden rifle in his hand. He said, "Hey Pop is that a pig in Fern's hand? Can I have one too?" Then dad said only early risers get them. Fern woke up early so she deserves it. The school bus came and my father gave us two donuts and told us to hurry up. Later, in the classroom I was thinking about the name for the pig and I had got an idea of keeping it Wilbur. My teacher asked me, "What is the capital of Pennsylvania?" I replied, "Wilbur" and everyone laughed. In the evening, I came home. I again fed him a bottle of milk. He looked adorable. The days passed by and one day my mother said now I think we should keep Wilbur outside. Dad kept Wilbur in a box of straw. I thought he could catch a cold and I told that to my father. He said to me, "See in the evening what he does." I saw that he dug himself under a straw and stayed nice and warm. When I went to school he would see the bus until it took a turn and disappeared. In the evening we would go for a walk, sometimes he would get tired and I would keep him in my perambulator and sometimes he would sleep next to my doll. One day my father said that it was time to sell the pig as it was big enough. "His name is Wilbur," I said and I don't want to give him away. Then he said, "Why don't we sell him to the Zuckerman's in 6 dollars? They live nearby and you can go visit Wilbur there." The Zuckerman's bought Wilbur. I was sad but I could meet him, so I agreed!



The Witch and the Prince

Eshanee Manandhar

Hello! I am Brent. I know all of you are probably thinking that I am a human who can easily talk, walk etc. Yes, I am a human but; in the past. I was a man; a prince who was cursed by an evil witch from an unknown city named Paraster. It is really far away and no one can survive from that place because of deadly witches. Ok now, I will tell you my story.

Roll no: 2027007

I was born as the prince in a kingdom. Suddenly a witch came and told my father that she wanted to marry her daughter with me. After hearing that news, I refused the marriage and the witch became angry and returned. After some months my father died. That same day the witch came back and again asked the same question. I refused again. Then the evil witch turned me into a cloth. The cloth was blue and purple in colour and was galaxy themed with bright shooting stars coming down.

After some days a little girl saw me and took me to a tailor to sew me up as a mask probably because of the covid-19 pandemic. She wore me every single day and went outside. One day the little girl lost me. I got lost in a heavy wind and reached the city Paraster.

I finally met the princess who the witch was forcing me to marry with. She was really pretty and gorgeous. I recognized that I should have not refused the witch. The wind blew me again and I got carried away in the wind. The princess followed me because she liked me. She wanted to see how I was made. She caught me and showed me to her mother. The witch instantly recognized me. The witch casted a spell on me and finally I became a human again. The witch again asked the same question. This time I did not refuse. The witch was really happy hearing my answer. From the next day everything had changed for me. The evil witches turned good and the city Paraster has become one of the happiest cities in the world.



Aaradhya Prasai

Roll no: 2027001

I miss my school

School is the temple of our knowledge. The teacher is our God. We get the first education from home and the second education from school. We are like blind people without education. Education is our wealth. Education is our life. It is through education that we can identify the good and the bad. Only education can invent something new in the world. Education is an ongoing process, from birth to death, so education is life for us. Though we can get education from anywhere but still school is a common place from where people get educated.

Yes, school reminds me about a lot today. My beloved school, Deerwalk Sifal School, has been shut down, physically due to a worldwide coronavirus pandemic. I have not been able to go to school for about 6 months. I still don't know when it will open. I remember the environment around my school where we played, jumped, learnt, had fun with our friends and from where we were moving towards our bright future, sometimes holding hands, sometimes hugging and sitting in the classroom and then the way my teachers taught.

I also miss the teachers very much because I felt that learning was very good as I talked directly to the teachers in the school and took all the subjects seriously. Of course, even now it is not bad, but attending school and studying in the class is another pleasure. The activities of those days at school were so much fun. While at school, the school organized a lot of events for us. Like Deerwalk Sifal Night and different activities. In these programs, we always got a chance to show our talents.

Parents were also invited to such events. It was very encouraging when we presented the program in front of our parents. Our parents were also very happy to see our program. In the programs we used to showcase drama, dance, singing, taekwondo, yoga, painting as well as poetry reading. I have also shown my talent through this sort of program. I have danced and sung in this program. It was very fun. The school also gave us a handwriting competition. Through these programs, we had fun as well as we learned a lot. Also, through excursions we had visited nurseries, museums, temples, etc. It was always exciting.

The good thing is , even in the online class these days, we did a virtual tour. The school had organized several sports activities making us participate in sports as well. The winner also receives a medal and a certificate. I have also received many medals and certificates, the school has also brought swimming from time to time. In one of the programs, the pictures we made were kept in the Hyatt Hotel. It was an art exhibition. In this way, my school encourages us to study better and move forward as it conducts various activities along with learning new things..

Due to the closure of our school today, we are away from such programs. That's why I miss school so much.



Tanishq Shakya
Roll no: 2027020

Doctor and Nurses in the pandemic

There are many hospitals around the world. The people who work in the hospital are called Doctors, Nurses, Allied health professionals and other hospital staff. But the doctors and nurses have more work to do when it comes to dealing with patients.

Doctors and Nurses are very hard working people. Even in

this pandemic they worked very hard; day and night and tried to cure all the patients affected by COVID-19. Many doctors and nurses have given their lives helping the suffered people. Doctors and nurses are trying their best they can do in this pandemic. It is very hard to be a doctor or a nurse.

The roles of doctors and nurses have changed over the years but doctors still study the patient's problem and try to make them fine. Nurses also help and ensure that the treatments would be successful.

In this pandemic many people have recovered because of the hard work of the doctors and nurses. This COVID-19 has made the work of doctors and nurses harder. The Doctors and Nurses request us to stay at home and if we are going out to wear a mask and carry a sanitizer. If we follow what they are saying then it would be easy for us and for them as well. We all should respect doctors and nurses for their service during this pandemic.



Prasiddha Shrestha
Roll no: 2027016

Why I think Nepal is not a developed country!

I think Nepal is not a developed country because only 74.17 percent of people work in Nepal and the 20 percent of the population works in foreign countries. Most of the people are working in foreign countries or will work in foreign countries because they think that life is easier there and it's not hard to find an easy business or a job. Whether educated or uneducated people prefer to work abroad and think less about their own home country. People also go to foreign countries to earn other currencies that have more value in Nepal. The next thing could be that Nepal is surrounded by India and China which makes Nepal a landlocked country. So we can only import or export from air or land because we don't have access to sea. Also many people in Nepal still are uneducated which makes a development task very difficult. Because of these reasons, I think Nepal is still not developed and we cannot even imagine the difference between Nepal and America.



Nishant Mahato
Roll no: 2025010

Settling in Other Planets

Ever wondered, how it would be to live on other planets rather than earth? May be, we all have thought of it once in our lifetime and also dreamed of living on Mars, the moon and other planets. It's not impossible to live on another planet or settle there. But not every planet is liveable. If we try to settle in Jupiter then it's impossible to settle there because there's a big tornado every second getting in that place. It's not impossible, however, to settle humans on Mars according to

some similarities Earth and Mars have shown.

A planet only becomes liveable if there is gas, water, land and much important atmosphere. If any of these things are missing then the planet is not suitable for us humans. Without those things on a planet, it's super hard for us to settle there, it's only good for some research and all. But as seen in the movies, going into different planets and living there, it's possible but it needs a lot of time. Discovering something new or inventing something different will need a lot of patience and time. The habitat for microorganisms is also necessary to have a liveable planet. Research on that planet and getting to know its history would be great help if you want to settle on that particular planet.

From all the chances of living on another planet, Mars has the highest possibility that humans can settle there. Also, the possibility of life on Mars is a subject that has most interest in people. But till now no proof has been found of past life or present life on Mars. Although some researchers show that the surface of Mars had some liquid and was also a habitat for microorganisms. Right now, Mars has similarities to earth because it has shown distant origins of life like early earth did. Mars has a cold climate and lacks tectonic plates.

Thinking about life on other planets and settling in them needs a huge science and many rockets. Mercury, Venus, Mars, etc. There are a lot of planets but why choose Mars? Because of some similarities it has with earth. Exoplanets near the earth may be now harmful but later on it can eventually grow life on them. It's not impossible because earth once also didn't have life in it. Development occurs slowly and needs a lot of patience for it. Maybe in the next upcoming years, we start to see different lives on Mars which are completely different from earth like some species we never dreamed of and thought about. It would be a miracle for us.

Maybe one day Elon Musk will come with a plan and create something that helps every individual to explore. It will be something everyone dreamed of. Such news will keep the world moving because it's an invention only dreamed of; a stair to the moon, a lift to Mars, etc. We are the things we dream but maybe in the upcoming days scientists finally come up with their invention they were preparing for years. It would be a blessing to humans.



Rushina Tamang
Roll no: 2025014

Can medical science in the future make us immortal?

Science has progressed tremendously in the past 100 years. People have been living longer than the people in the past. Nowadays, people have been living till 80 or 90. But being immortal is a very big thing. There is a possibility of people being immortal in the distant future by looking at the pace of our science. Maybe, who knows in the distant future, people may be living for more than a 1000 years. And nothing could ever harm them or kill them. Maybe in the distant future, our

science might advance so much that technologies would be beyond our imagination.

Being immortal is known as a fantasy in our world. There are many books and stories about this topic. And I, myself have read stories about people being immortal. Being immortal is a huge thing. It means to be alive forever and never die. But our fantasies could come true. Maybe in the distant future people can become immortal. Maybe the science we have right now may advance so much that it might create a new phrase such as immortalization. I think immortalization is possible. Because we don't know what may come in the future. We can't predict the future. And looking at our science that is improving rapidly every day, anything can happen in the upcoming centuries of this world.

Even if science makes such a creation, I would not have become immortal because I prefer a normal human life where I could die happily. Being immortal means to be alive. And if I do become alive forever, I will have to keep on working for the rest of my life. And I don't want to take the responsibility of work and be stressed my whole life. Death is a part of being human. And I don't think immortalization should be our priority. Even though it might sound fun but it might have unseen consequences.

And with the advantages of immortality, disadvantages will also come with it. When the people are immortal, the population won't decrease. It will keep on growing. After that the world will get over populated which will just make it harder. And people will start taking advantage of this power and will start doing things like robbing, killing, kidnapping, and blackmailing and many more. Because they know that nothing one can harm them or death is now avoidable. Death wouldn't be a word anymore. And that would be the worst case scenario for this world. War then might become more common.

In conclusion, I think immortalization is possible in the distant future. But it can be a problem as well. And I also think immortalization shouldn't be our priority because death is a part of being human and every part should combine together to make a whole. And without death, humanity will be gone.



Sanskriti Singh Thakuri
Roll no: 2025015

What would you do if you ever come to know about spring water which makes you immortal? How would you handle the truth? (Tuck Everlasting)

If I ever come to know about spring water which makes me immortal, I would act like the Tucks family. The reason behind me choosing to act like Tucks is because we can't go against nature. Once we are born here we must die! It's the part of life and we must accept it. We can't deny it, can we?. No, we can't! And, not everyone on this earth is kind. We have seen people do many crimes and after bad people find

out about the spring water, everyone would rush there and drink it and those bad people would do many crimes but they would easily escape. Because no matter what we do, they become immortal and I think, Immortality is a curse. It's the rule of nature that everyone has to die after they are born in this world. Well, You are only immortal right? But not your friends, family etc. Then, You will turn sad. Everyone is scared of death! Even me, but I know, I must die once I'm here. Let's think about it this way, in our bodies we have cells, these cells all billions and trillions of them are there in our body for a purpose. Once the purpose is finished or the task is fulfilled it dies and then new fresh cells take its place. We are like these cells, on this planet for a specific time to perform a set of specific duties and on completion of the same we die. Now in our body if a cell decides not to die and become immortal we call it cancer. You suffer from pain; a lot! So, either way immortality is bad. As we all know, in Nepal and in other countries people believe in witches. If we are immortal then people may think we are a witch while the reality is that we are just human beings. People may not let you live in the society, who knows maybe you'll be homeless but you can't do anything about it! We also know, there is no right education in Nepal, many people, mostly in remote areas, might treat immortals as witches. That is why I wouldn't think it is right to drink the spring water like in the novel because the person who drinks it might then live a difficult life.

Gender discrimination



Diya Shrestha

ID No:22032

Gender discrimination is one of the most cross-cutting issues. It is one of the serious crimes which should be eradicated. It's the 21st century, the world is changing and people are leading towards the modern period but some traditional practices are still in existence which should have been extinct in past years.

Gender discrimination refers to the unfair treatment of an individual by a group of people on the basis of sex. It is also known as sexual discrimination. Mainly in rural areas, people want sons instead of daughters. This kind of activity or behavior mainly affects the woman and the children. In a developing country like Nepal, gender discrimination is mainly held in uneducated families. People in rural areas do gender discrimination as their tradition as it was brought up by their ancestors and passed from one generation to another.

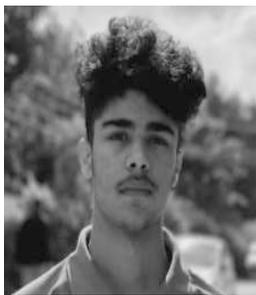
This unequal treatment is happening in society and rural areas due to a lack of education. Education is one of the most important keys to eradicate this problem. We can see differences in people who are educated and those who are not. People who are not educated in this century plagiarize their ancestors and do the same. There is also a right called equality between son and daughter but still, it has not come into use in rural areas because of education. There are many victims of gender discrimination in this modern era. Why can't women go as far as men? Why can't men

be the housekeeper and women do the work? Why? Some women want to raise their voice against it but they are put down due to social norms and values. So, every child in the family should be educated for a safe future.

Many organizations are established against gender discrimination which helps a woman to get their rights and raise their voice against it. They also provide training to women for self-defense, teach them work which will help in the upgrowth of women and lead them to the modern period. Somehow, it has helped many women to raise their voices. Students and teachers can also do campaigns in rural areas and provide them information about sex education, gender discrimination, untouchability, etc.

It is one of the important problems which should be deactivated soon. Each day women are suffering due to this problem. Everybody should be educated in the world and there should be equality between son and daughter. So, if people are properly educated and if their thoughts can be cultivated then the problem can be solved.

HOW WILL THE WORLD END??



Rakshit Dahal
ID No: 2022023

Will the world truly end? Will the human race be extinct? These are the questions that have been asked by humans for centuries now. The death of people is petrifying, and to imagine the world come to an end is of unsound mind to many. But at the same time, many have given it a good thought and have come up with astounding theories on how the world might come to an end. From scientific researches to various mythologies or even the inquisitive human mind, there are thousands of predictions regarding the doom of humanity.

Similarly, few of the theories have managed to persuade me to the fullest. I believe that the foremost reason for the world to cease is the major climate changes occurring in the world right now. It's been a long time that the human race has been in denial about their actions causing immense anguish to the motherland of all our earth. The exceptionalists share the thought that humans can handle any complexities and believe not worrying about such problems. This in my opinion is one of the dumbest things I've heard. If you believe that the earth will be fine even after we've denied, abused, and exploited her, you're wrong. The authors sketch a scenario whereby 2050 more than half of the world's population faces 20 days a year of lethal heat, crop yields globally drop by a fifth, the Amazon ecosystem collapses, the Arctic is ice-free in summer, and sea levels have risen by 0.5 meters. In the worst-case scenario, the scale of destruction is beyond our capacity to model, with a high likelihood of human civilization coming to an end. The UN report says: "Unless we change the way we manage our land, in the next 30 years we may leave a billion or more vulnerable poor people with little choice but to fight or flee." So if we don't act soon we might not even be here to do something about it.

Nuclear wars might be the other reason for the downfall of the world. A nuclear detonation from today's most menacing lethal weapons could easily cause the fatality rate of 90% in the blast zone stretching out to a radius zone 4 kilometers and cause severe damages to reach approximately 6 times time as far. The UK, China, France, North Korea, India, Pakistan, and Israel all these countries possess lethal nuclear weapons. The USA and Russia have an inventory for almost 7000 warheads. The wars that took place a long time before (World War 1 and World War 2) have caused huge impairments and to imagine a war today with the weapons modified and new nuclear inventions is imagining the doom of humanity. It isn't just the death rate we need to worry about but it's the nuclear winter. The dust and clouds formed from the wars are gonna obstruct the sun causing the temperature to massively drop. The temperature could drop by 8 degrees celsius resulting in not being able to grow food, chaos, and violence ensured. Thousands of these weapons could be released in minutes and the most perilous part is that this all could happen just because of a miscommunication or an accident.

The final idea I would like to write down is mass insanity or mass hysteria or the common term mass madness. The name given to this phenomenon pretty much indicates what it means. Like the name, this is a phenomenon in which a huge number of people show similar abnormal physical and psychological traits. While physical health in many countries is taking a huge leap, mental health in the world grows worse every day. The World Health Organization estimates that about 500 million people worldwide suffer from a psychological disorder. It is predicted that suicide is going to be one of the leading causes of death in future years. So, I guess it's now or never we can save our motherland before it's too late. Let's invest more in solving actual problems than investing in wars and defense.

Death: The discussion that ends with life



Aashrab Khanal

ID No: 2022001

The word "Death" as we know today originated from the Anglo-Saxon word "Deep" which means the total cessation of life or the state of being dead. Statistically speaking, every day more than 1,50,000 humans die each day. The phenomenon of death can be medically explained pretty nicely. But how have philosophers over time answered the mysteries of death and how has a mere life process like death shape our society?

We know that death has been a pretty hot topic in our human history as every culture and religion has come up with its own way of describing death and explaining the path after it. But to almost all of us, death is not a fascination but it is a form of terror. If it reaches an extreme form then a psychiatrist will label it as "Thanatophobia". But there is one way of eradicating this fear which is by the means of a belief system as a religion. Almost every religious writing concludes the existence of an afterlife or reincarnation. The idea of god and heaven helps to

reduce the fear of death. The hope of an afterlife is what convinces a person to use a suicide vest and the idea of reincarnation is what makes one child special among the others.

The philosophical ideas of death have evolved through time and today's ideas are purely based on major scientific evidence. If we venture into the ancient philosophical world, we should without any doubt view the arguments of Socrates. Socrates who himself was sentenced to death believed that no human should fear death. At the end of his trial, Socrates gave a speech to the jury who sentenced him to death saying he did not fear death. In that speech, he said that there was no need to fear death because after death you are either going to an afterlife or you are entering a dreamless sleep. Socrates declared that he would be willing to die multiple times if death would give him an opportunity to converse with other great minds like Homer, Orpheus, and Hesiod. He also said that a dreamless sleep would also be good as he would enjoy the rest. Another Greek philosopher named Epicurus who lived about a hundred years after Socrates stated that death is non-existent for a human as he cannot experience it. He believed that there must be an awareness of experience. The thing that should be feared is not death but the entity that causes death.

Death is something very vague to conclude and it gives rise to other problems relating to the consciousness of a being. Everyone has their own argument, loaded by their field of knowledge but at last left vague as always. As Leo Tolstoy said, "Spiritual activity, education, civilization, culture, the idea are all vague, indefinite concepts, under the banner of which it is quite convenient to use words that have a still less clear meaning and therefore can easily be plugged into any theory."

Creativity



Arya Tharu

ID No:2022006

Creativity is the use of imagination or original ideas to create something. It can be expressed through drawing, writing, singing, or even doing something. Creativity is different to everyone, but everyone is creative in their own ways. Sometimes, in order to be creative, you need to think outside of the box and begin to think of something that is new and different than what is normally out there.

Creativity is in every sector; in everything we call. Nowadays creativity and innovation are the driving force of the economy, usually in the form of digital and mobile applications and devices. Creativity has given us all the things. iPhone, iPad, tablet PCs, smartphones and millions of applications that help the people to cook a nice meal, pay his bills online. Also, it provides incredible flexibility and utility to the users, improving their way of life and quality of life, and at the same time generating new jobs and money. They also provide a platform on which small businesses, utilizing the benefits of the new technologies and the new digital

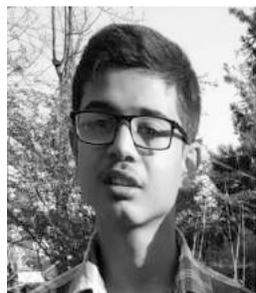
marketplace.

Creativity is one of the fundamental ways to trigger self-actualization and motivation. When one is creative, he feels good about himself, he feels and is productive, his blood rushes through his veins and his mind is on fire. He is creating something new; he is full of energy and confidence which provides a vast motivation to ones and gets another level of excitement to see the result. High self confidence and belief in oneself, lots of motivation leads to achieve everything you want in your life.

Furthermore, we can learn creativity. Naturally, we all are creative and as we grow up, we learn to be uncreative. Creativity begins with a foundation of knowledge, learning a discipline, and mastering a way of thinking. You can learn to be creative by experimenting, exploring, questioning assumptions, using imagination and combining information. Learning to be creative is akin to learning a sport. It requires practice to develop the right muscles and a supportive environment in which to flourish.

Therefore, creativity and innovation are not just food for the mind and the needs of us humans. Creativity and innovation are what the whole world is living today. Creativity can help us solve problems in our personal lives as well as in our business lives and can help a company overcome hard times. More importantly, creativity is what makes us better, what makes us open our minds and makes us see things differently and act differently.

Daily life of Marooima



Ansel Dhungana

ID No:2022018

The room was dark, only illuminated by the light coming from the monitor screen. The door was closed ,so the vigorous tapping on the keyboard could not be heard from the outside but it was very audible inside the room.

“It’s 3:00 A.M. already... huh?”

Marooima had returned from work around 6:00 P.M. As soon as he had entered his apartment, he had thrown his clothes on the bed. He, then, had prepared cup noodles and finished it, all in five minutes. He was on the computer since ,only getting up to fill the bottle of water and to go to the toilet. Even the clothes were still on the bed.

His work had made very little progress. He had already decided on the title of the 15th volume, the half wood-elf Godkin, but did not know how to progress the tale. He had planned to finish the novels within 17 volumes. There were still things to do about Platinum Dragon Lord (PDL), Argland Council State, and the City-State Alliance. All that would take around two volumes with all new characters and locations and everything. So, he had decided to finish the story of the subjugation of the Elf

Kingdom and the war on the Slaine Theocracy in the same volume but that was proving to be difficult.

He was typing and deleting content almost every five minutes. This was the second time he had deleted what he had typed since looking at the time. Just this session, he had deleted whatever he wrote more than 50 times.

Marooima got startled from the ringing sound that his phone, lying on the table, produced. "So it's time.", he thought as he turned off the alarm he had set for 3:15. It was his bedtime. He got off the chair. It was a black Secretlab Titan 2020 series. He had replaced his old office chair with this one because the old one had started creaking whenever he made slight movements when he sat on it. He collected the clothes he had thrown on the bed and dumped them on the chair he had just gotten off of.

He turned the lights on. It revealed spacious with only a closet, a bed, a table, on which his desktop sat, and his newly bought chair in the name of furniture. The walls were colored bright turquoise, and a carpet colored governor blue covered the floor. They combined made the room look pretty cool and the AC actually made the room cool.

The door was in the corner of the room. Along the wall that consisted of the door was his bed perpendicular to the wall. Below the bed was a closet and to the left of the closet was the table and chair where he spent most of his time. The AC that was blowing cool air in the room was situated above the table. Marooima was against the idea of screwing the AC into the wall right above his Rs. 2,50,000 desktop. He had stated his objection to the electrician but the electrician had told him this was the only spot possible so, he had no choice but to count on the fact that the electrician was not incompetent and had done her work properly. He was still unsure whether what she said was true or not.

With that thought in mind, Marooima opened the closet doors and took out his blanket. He spread it over his bed. His blanket was dull grey in color. Then, he closed the closet door. He turned the lights off and dove under the blanket.

"No progress today either."

Marooima sighed as he said that. It had been almost 3 weeks since he had made any proper progress. He had started questioning his capabilities as an author. He had called his editor, Lief Magos, a week ago but he received the same advice he always had.

"Your mind is never truly empty so you should write whatever comes to your mind. Among the things you will write at least one thing will always be intriguing because you are an amazing author." Marooima recalled the words his editor had told him. After volume 11 was published, he was introduced to his current editor. That was

what he got whenever he asked for unspecific advice. Marooima would have asked for a new editor already if not for the advice he got for specific things he asked. When he had heard those words, he was annoyed at himself for asking something so vague. Imagine you were walking down the street and a stranger asked you what he should do. You wouldn't know what to answer, right? That was the level of vagueness with which he had asked for advice.

Still, he had written whatever came to his mind but nothing felt intriguing. He wondered if he would even be able to complete Volume 15 considering the rate he was progressing with. With the unease he felt in his heart, he slowly drifted to sleep.



आभा डड्गोल

क्रमाङ्क: २०३१००४

आफ्नो बारेमा

मेरो नाम आभा डड्गोल हो । म छ वर्षकी भएँ । म तिलगङ्गामा बस्छु । म कक्षा एकमा पढ्छु । म सिफल माध्यमिक विद्यालयमा पढ्छु । मलाई पढ्न र लेख्न मन लाग्छ । मलाई साइकल चढ्न मन पर्छ । मलाई फलफूल धेरै खान मन पर्छ । मेरो भाइसँग म धेरै खेल्छु ।



हरिओम दाहाल

क्रमाङ्क: २०३१००९

हाम्रो देश

हाम्रो देशको नाम नेपाल हो । नेपालमा बस्ने म एक नेपाली हुँ । विश्वको अग्लो हिमाल सगरमाथा मेरो देश नेपालमा छ । मैले बोल्ने भाषा नेपाली हो । नेपालको राष्ट्रिय फूल लालीगुराँस हो । नेपालको राजधानी काठमाडौँ हो । म काठमाडौँको चाबहिल भन्ने ठाउँमा बस्छु । मेरो देश स्वर्गभन्दा राम्रो छ ।



अभनिशा महर्जन

क्रमाङ्क: २०३१००६

कोरोना

कोरोना अर्थात् कोभिड १९ यस्तो रोग हो जसको कुनै औषधी आएको छैन । यो रोगका कारण संसारमा धेरै जनाले आफ्नो ज्यान गुमाइसके भने कति सङ्कमित भएर बसेका छन् । यो रोगबाट बच्ने एउटै उपाय हो सामाजिक दूरी कायम गर्ने, साबुन पानीले हात धुने अनि माक्सको प्रयोग गर्ने । कोरोनाको कारणले गर्दा हामीले पनि विद्यालय गएर पढ्न पाएका छैनौं । साथीहरूसँग खेल्न पाएका छैनौं । हामी सबैले घरमा नै बसेर अनलाइन कक्षा पढ्नु परेको छ । कोरोनाको औषधी हो, हामी सबै घरमा नै बसौं आफू पनि बचाऔं र अरूलाई पनि बचाऔं ।



वन

पृथ्वीको ठूलो भाग पानीले ढाकेको छ । त्यसपछिको ठूलो भाग जमिनले ढाकेको छ । जमिनले ढाकेको भागमा हामी बस्छौं । यसै जमिनले ढाकेका केही भागमा पहाडहरू छन् भने केही भागमा विभिन्न किसिमका रुखहरू पाइन्छन् । धेरै रुखहरू भएको ठाउँलाई जङ्गल भनिन्छ ।

ऋषि इलभ्य अधिकारी
क्रमाङ्क : २०३१०१४

जङ्गल दुई प्रकारका हुन्छन् । पहिलो प्राकृतिक, दोस्रो मानिसले नै रोपेर बनाएको जङ्गल । जङ्गल राम्रो ठाउँ हो । जङ्गलले वातावरणलाई सफा राख्छ । जङ्गलबाट हामी अक्सिजन पाउछौं । जङ्गलबाट हामी काठ, दाउरा पाउछौं । जडिबुटी पनि पाउछौं, जुन हामी औषधीको रूपमा प्रयोग गर्छौं । जनावर र चराहरूको वासस्थान जङ्गल हो । जङ्गलबाट हामीलाई धेरै फाइदा हुन्छ । हामी सबै मिलेर जङ्गल जोगाउनुपर्छ । हामी सबैजना मिलेर रुख रोप्नुपर्छ । रुख हाम्रो जीवन हो । जनावरहरूले पनि जङ्गलबाट खानेकुरा पाउँछन् । त्यसकारण रुखहरू काट्नुहुँदैन । रुख रोपौं वन जोगाऔं ।



महादेव

महादेव शक्तिशाली देवता हुन् । उहाँकी श्रीमतीको नाम पार्वती हो । उहाँ पार्वतीसँग कैलाशमा बस्नुहुन्छ । उहाँको टाउकोमा चन्द्रमा हुन्छ । उहाँको गलामा सर्प हुन्छ । उहाँ रिसाउँदा उहाँको तेस्रो आँखा खुल्छ । उहाँ ताण्डव पनि गर्नुहुन्छ । उहाँले बाघको छाला लगाउनुहुन्छ । उहाँको लामो कपाल छ । उहाँ त्रिशूल र डमरु समात्नुहुन्छ । उहाँको वाहन साँढे हो । हामी शिवलिङ्गलाई महादेवको रूपमा पूजा गर्छौं । श्री पशुपतिनाथ मन्दिर भगवान महादेवको मन्दिर हो । उहाँलाई विशेष गरेर सोमवारको दिन पूजा गरिन्छ ।

सर्वाणी मानन्धर
क्रमाङ्क: २०३१०१७



पिज्जा

पिज्जा मलाई मन पर्ने खानेकुरा हो । यो एउटा इटालियन खानेकुरा हो । पिज्जा संसारभर नै पाइने प्रख्यात खानेकुरा हो । यो बच्चाहरूलाई तथा सबै किसिमका उमेरका मानिसहरूलाई मन पर्छ । मेरी आमाले मेरो लागि घरमा पिज्जा बनाउनुहुन्छ । कहिलेकाहीँ म स्कुलमा खाजामा पनि पिज्जा लान्छु र साथीहरूसँगै मिलेर हामी पिज्जा खान्छौं । मलाई पिज्जा धेरै मन पर्छ । मेरो घरमा सबैलाई पिज्जा मन पर्छ । पिज्जा खान पाउँदा म धेरै खुसी हुन्छु ।

समृद्धि शाही
क्रमाङ्क: २०३००३६



मेरो मन पर्ने विषय

हामी विद्यालयमा विभिन्न विषयहरू पढ्छौं । मलाई सबैभन्दा मन पर्ने विषय गणित हो । गणितमा हामीले अङ्क, हिसाब, चित्र कोर्ने आदि कुराहरू सिक्छौं । यस विषयलाई हामीले नेपाली र अङ्ग्रेजी दुबै भाषामा पढ्न सक्छौं । यो विषय हामीले शिशु कक्षाबाट नै सुरु गरेका हुन्छौं । यस गणित विषयमा हामीले जोड, गुणन, भाग, घटाउ आदि अभ्यासहरू गर्छौं । गणितमा सिकेका कुराहरू हाम्रो जीवनमा हामीलाई धेरै काम लाग्छ ।

मेधांश राना
क्रमाङ्क: २०३००१८

खेलाउने गुडिया



आरुषी प्रसाई
क्रमाङ्क: २०३१००३

छ वर्षकी रीता र आमा एकदिन बजार गए । रीताकी आमासँग जम्मा २० रुपियाँ मात्र थियो । रीताले बजारमा खेलाउने गुडिया देखिन् । उनलाई त्यो गुडिया निकै मन पयो । "मलाई त्यो खेलाउने गुडिया दिनुहोस् न" रीताले भनिन् । आमाले छोरीसँग "मसँग पैसा छैन यो गुडिया किन्न मलाई पैसा नपुग्ने भयो" भनेर उनले छोरीलाई घरतिर लगिन् । आमाले त्यसो भनेपछि रीता चुप लागेर फर्किदा रीताले खुत्रुके बेच्यै गरेको देखिन् । खुत्रुके देखेर मनमनै सोचन थालिन् 'कहिलेकाँही कसैले दिएको पैसा जम्मा गरेर धेरै भएपछि गुडिया किन्छु' भन्ने सोचेर आमासँग त्यो खुत्रुके किन्न पुग्ने पैसा छ ? भनेर सोधिन् । आमाले पनि छ भनेर खुत्रुके किनिदिनुभयो । अब रीताले अलि अलि गरेर पैसा खुत्रुकेमा राखिन् । खुत्रुके पनि भरिन । खुत्रुके भरिएपछि त्यहाँको पैसा भिकेर उनले मन परेको खेलाउने गुडिया किनेर ल्याइन् । त्यसपछि त्यो गुडियासँग रमाउँदै रीता खेलन थालिन् ।



सम्भावी मैनाली
क्रमाङ्क: २०३००८

कुकुर

कुकुर घरपालुवा जनावर हो । कुकुरका चारवटा खुट्टा, दुईवटा आँखा, दुईवटा कान र एउटा नाक अनि पुच्छर हुन्छ । कुकुरले घरको हेरचाह गर्छ । कुकुरलाई हामी तिहारमा पूजा गर्छौं । कुकुरले हाम्रो घरको सुरक्षा गर्छ । कुकुरले दुधभात, मासुभात खान्छ । यसले हड्डी पनि टोक्छ । कुकुरले नचिनेका मानिसलाई घरमा आउन दिँदैन । मेरो घरमा पनि एउटा कुकुर छ । त्यसको नाम डल्लु हो । डल्लु कालो र खैरो रङ्गको छ । डल्लुले मासु, दुध, माम खान्छ । म डल्लूसँग खेल्छु । कुकुरले नाकले सुँघेर धेरै कुरा पत्ता लगाउँछ । मलाई कुकुर धेरै मन पर्छ ।



आयान राई
क्रमाङ्क: २०३०००६

प्रहरी

प्रहरी एक महत्त्वपूर्ण पेसा हो । हामीलाई प्रहरी धेरै काम लाग्छन् । प्रहरीले हामीलाई सुरक्षा दिन्छन् । प्रहरीले अपराधीलाई समात्छन् । प्रहरीलाई हामीले आदर गर्नुपर्छ । प्रहरीले समाजमा शान्ति र सुरक्षा ल्याउन सहयोग गर्छन् । ट्राफिक प्रहरीले हामीलाई ट्राफिक नियम पालना गर्न सहयोग गर्छन् । जसले हामीलाई दुर्घटनाबाट जोगाउँछ । कहिलेकाँही कुकुरले पनि प्रहरीलाई अपराधी समात्न सहयोग गर्छ । हामीलाई सेवा दिनकै लागि प्रहरीले रातदिन काम गर्छन् । मलाई प्रहरी धेरै राम्रो लाग्छ । हामीले प्रहरीलाई सम्मान र सहयोग गर्नुपर्छ ।



शुभश्री मल्ल
क्रमाङ्क: २०३००४०

यसपालिको दसैं

दसैं हामी नेपालीहरूको महान् चाड हो । दसैं हामी १५ दिनसम्म मनाउँछौं । दसैं १५ दिनसम्म मनाउने भए पनि यसपालिको दसैंमा घटस्थापना, सप्तमी, अष्टमी, नवमी, दशमी र पूर्णिमालाई दसैंको विशेष दिन मानिन्छ । घटस्थापनाको दिन बुबा र मा मिलेर जमरा राख्यौं अनि प्रत्येक दिन मैले जमरामा सफा पानी राख्दै गएँ । स्कूलमा दसैं बिदा भए लगत्तै मा बुटवल मामाघर आएँ । अष्टमीको दिनमा पूजा घरमा बलि दिने चलनसँगै कुभिन्डो फललाई बलि दिएर रगतको रूपमा रातो रङ दलेको देखेर मलाई खुबै रमाइलो लाग्यो । टीकाको दिन मैले हजुरबुबा, हजुरआमा, माइजू, दिज्यू, दाइहरूसँग टीका र जमरा लगाई आशीर्वाद ग्रहण गरें । मिठा मिठा खानेकुरा खाएँ । विशेष कारणले मेरो बुबा र मामु काठमाडौंमा नै बस्नु परे पनि मैले मामाघरमा दसैं रमाइलोसँग मनाएँ । मैले दसैंमा दक्षिणा स्वरूप पाएको केही रकम असहायलाई सहयोग गर्नेछु ।



प्रत्युष लोहनी
क्रमाङ्क: २०३००२५

मेरो बाबा

मेरो बाबाको नाम पुरुषोत्तम लोहनी हो । उहाँ वकिल हुनुहुन्छ । वकिलको काम कानुनी कागजपत्र तयार गर्ने, अदालतमा बहस गर्ने र पीडितलाई न्याय दिलाउने हो । मेरो बाबाको रुचि नयाँ नयाँ किताबहरू पढ्नु, परिवारसँग घुम्नु र चेस खेल्नु हो । मेरो बाबा मेरो एक असल साथी हो । उहाँले मलाई गृहकार्य गर्न सहयोग गर्नुहुन्छ । उहाँ मसँगै खेल्नुहुन्छ । मेरो बाबाले मलाई ठूलालाई आदर, सत्कार र सानालाई माया गर्नुपर्छ भन्नुका साथै अन्य कुराहरू पनि सिकाउनुहुन्छ । उहाँले मेरा हरेक इच्छाहरू पूरा गरिदिनुहुन्छ । मेरो बाबा मेरो असल मार्गनिर्देशक पनि हुनुहुन्छ ।



सुभञ्जन गौतम
क्रमाङ्क: २०२९०४३

मेरो देश

मेरो देशको नाम नेपाल हो । नेपाल सुन्दर, शान्त र सानो देश हो । नेपाल जलस्रोतको पनि दोस्रो धनी देश हो । यहाँ धेरै मठ, मन्दिरहरू छन् । यहाँ खोलानाला र पहाडहरू प्रशस्त छन् । संसारको सबैभन्दा अग्लो हिमाल सगरमाथा मेरो देशमा नै छ । यहाँ विभिन्न जातजातिका मानिसहरू बसोबास गर्दछन् । यहाँ विभिन्न संस्कृति र चाडपर्वहरू मनाइन्छन् । मलाई मेरो देश धेरै प्यारो लाग्छ ।



निभा श्रेष्ठ
क्रमाङ्क: २०२९०२०

बिरालाका परिवार

मेरो घर पछाडि एउटा टहरो छ । त्यस टहरोको छानामाथि बिरालाहरू बस्दछन् । बिरालोसँग उनका बच्चाहरू मिलेर बस्दछन् । आमा बिरालो आफ्ना स-साना बच्चाहरूलाई दिनभरि छानामा खेलाउँदै बसेको हुन्छ । उनीहरू खेलेको देखेर मलाई पनि खेल्न मन लाग्छ । उनीहरू खानेकुरा पनि बाँडेर खान्छन् । हामीले पनि यस्तै गर्नुपर्छ भन्ने मलाई लाग्छ । हिजो साँझदेखि बिरालाको परिवार रोएको सुनेर मैले बिहानै उठेर हेरेँ । बिरालाको एक सदस्य हराएको रहेछ त्यो देखेर मलाई धेरै नरमाइलो लाग्यो । बिरालोको परिवारमा परेको दुःख देखेर मलाई पनि रुन मन लाग्यो । मैले पनि त्यस बिरालोको सदस्य छिट्टै फेला परोस् भनेर कामना गरेकी छु ।



ऋषव कार्की
क्रमाङ्क : २०२९०२७

किसान

किसान भनेको खेतबारीमा काम गर्ने मानिस हो । किसानले अन्न, फलफूल, तरकारी, सागपात आदि उब्जाउँछन् । किसानले धान फलाउका लागि पहिला दल राख्छन् । त्यसपछि बिउ उमारेर अनि त्यसलाई खाली भएको हिलो खेतमा रोपेर धान फलाउँछन् । त्यसै गरी गहुँ, मकै तथा अन्य अन्नहरू पनि फलाउँछन् । किसानलाई खेतबारीमा काम गर्न धेरै गाह्रो हुन्छ तर किसानहरू मिहिनेती हुन्छन् र खेतबारीमा अन्न फलफूल आदि उब्जाउँछन् । किसानले खेतबारीमा खानेकुरा फलाएकै कारण हामीले खानेकुरा खान पाएका छौं । किसानले गर्मी, जाडो, पानी परेको मौसममा पनि आफ्नो काम गरिरहेका हुन्छन् । वर्षेभरि आफ्नो काम मिहिनेतसाथ गरेर नै हामीले खानेकुरा प्राप्त गरिरहेका छौं । त्यसैले हामीले किसानलाई सम्मान गर्नुपर्छ र खानेकुराको पनि सम्मान गरेर हामीले खाने कुरा कहिल्यै खेर फाल्नुहुँदैन ।



प्राप्ति गिरी

क्रमाङ्क: २०२९०२३

गाई

गाई घरपालुवा तथा शाकाहारी जनावर हो । गाईले दुध दिन्छ । दुधबाट दही, मोही, घिउ आदि बनाउन सकिन्छ । दुध बच्चा र बुढाबुढी सबैका निम्ति पोसिलो खानेकुरा हो । दुध हामीले दैनिक जीवनमा प्रयोग गर्ने पौष्टिक पदार्थ हो । दुधले हाम्रो स्वास्थ्यमा निकै फाइदा पुऱ्याउनुका साथै मस्तिष्कलाई पनि फाइदा गर्छ । गाईको दुध धेरै कारणले पनि प्रसिद्ध छ । दैनिक रूपमा एक गिलास दुध पिउनाले मस्तिष्कलाई धेरै फाइदा हुन्छ ।



पासाड डोमा शेर्पा

क्रमाङ्क : २०२९०२२

रुख

रुख हामीलाई चाहिने कुरा हो । रुखको प्राणीहरूको जीवनमा धेरै महत्त्व रहेको हुन्छ । रुखबाट हामीले फलफूल, दाउरा, औषधी, आदि प्राप्त गर्दछौं । रुखबाट काठ पनि पाइन्छ । पशुपन्छी र जनावरका लागि पनि रुख धेरै महत्त्वपूर्ण कुरा हो । पशुपन्छीहरूले रुखमा नै आफ्ना गुँडहरू बनाएर बसेका हुन्छन् । जनावरहरू पनि धेरै रुखहरू भएको ठाउँ जङ्गलमा बस्दछन् । रुखका फाइदै फाइदा छन् । रुखले सास फेर्नको लागि स्वच्छ हावा दिन्छ । रुखबाट नै हामीले अक्सिजन प्राप्त गर्दछौं । रुखबाट नै धेरै कारखानाहरू चलेका छन् जहाँ कलम, टेबुल, खाट, कुर्सी, ढोका, भ्याल आदि बनाइन्छ । रुख हामीले खाली जग्गा जमिन भएको ठाउँमा रोप्नुपर्छ । रुख रोप्यौं भने पहिरो जाँदैन । रुखले हाम्रो वरिपरिको वातावरण हरियाली बनाउँछ र हामीलाई पनि रुख हेर्दा आनन्द आउँछ ।

मेरो विद्यालय



शिवांशु कुइँकेल

क्रमाङ्क : २०२९०३४

मेरो नाम शिवांशु कुइँकेल हो । म सिफल सेकेन्डरी स्कूलमा कक्षा तीनमा पढ्छु । मेरो विद्यालय सिफलमा अवस्थित छ । मेरो कक्षामा धेरैजना विद्यार्थीहरू छन् । हामी कक्षामा अङ्ग्रेजी, नेपाली, विज्ञान, संस्कृत आदि विषयहरू पढ्छौं । हामीले महिनामा एउटा अङ्ग्रेजी र नेपालीका थप अन्य पुस्तकहरू पनि पढ्नुपर्छ, जसमा प्रायजसो हामी कथाहरू पढ्छौं । हामीले महिनामा एउटा कुनै एक विषयमा लेख वा रचना पनि लेख्नुपर्छ । हामीले लेखेका लेख वा रचनाहरू डियरवाकर, विद्यार्थीहरूको कुनोका साथै फेसबुक र पत्रिकामा पनि छापिन्छन् । मलाई नेपाली विषय बिन्दु गुरुआमाले पढाउनुहुन्छ । उहाँले धेरै राम्रो र रमाइलोसँग पढाउनुहुन्छ । मलाई मेरो विद्यालय धेरै मन पर्छ ।



इप्सा ब्रजाचार्य

क्रमाङ्क: २०२९०१४

समय

समय बलवान छ । यसलाई हामीले सम्मान गर्नुपर्छ । हामीले हरेक कामहरू समय हेरेर गर्नुपर्छ । समयमा पढ्नु, खेल्नु अनि सुत्नुपर्छ । समयमा खानु र घुम्नु पनि पर्दछ । समयमा हरेक काम गर्नु भने हामी भविष्यमा ठुलो मानिस बन्न सक्छौं । समय सबैभन्दा ठुलो र शक्तिशाली हुन्छ । समयमा हामीले गर्नु पर्ने काम गरेनौं भने पछि हामीलाई धेरै पछुतो हुन्छ । समयमा काम गर्ने बानी सानैदेखि सिक्नुपर्छ । यस कुरा हामीलाई पछिसम्म पनि काम लाग्छ । समयमा काम गरेनौं भने हामी जिन्दगीमा सधैं पछि पर्छौं । यसकारण हामीले समयलाई चिन्न र बुझ्न सक्नुपर्छ अनि समयमा नै सबै काम गर्न जान्नुपर्छ ।

हिमाल



श्रेयसा डड्ढोल

क्रमाङ्क: २०२९०३६

हाम्रो देश नेपाल प्रकृतिले भरिपूर्ण देश हो । यहाँ धेरै नदीनाला, ताल, जङ्गल र हिमालहरू छन् । मलाई मेरो देशको प्राकृतिक सौन्दर्य निकै राम्रो लाग्छ । नेपालको उत्तरी भेगमा पूर्वदेखि पश्चिमसम्म हिउँले भरिएका हिमाली शृङ्खला छन् ।

नेपालमा विश्वप्रसिद्ध हिमालहरू पनि छन् । नेपालका प्रसिद्ध हिमालहरू सगरमाथा, कञ्चनजङ्घा, अन्नपूर्ण, मनास्लु, माछापुच्छ्रे, धौलागिरि आदि हुन् । तीमध्ये संसारकै सबैभन्दा ठुलो र अग्लो हिमाल सगरमाथा पनि हाम्रो देश नेपालमा नै छ । यो हिमालको उचाइ ८८४८ मिटर छ । नेपाललाई विश्वको छाता पनि भनिन्छ । हाम्रो देशमा रहेका हिमालहरूले हाम्रो देशको शोभा बढाएका छन् । हाम्रो देशमा भएका हिमालहरू

पनि हाम्रा प्राकृतिक सम्पत्ति नै हुन् । हाम्रो देशमा धेरै पर्यटकहरू हिमाल चढ्न आउँछन् र रमाउँछन् । पर्यटकहरू हिमाल चढ्दा फ्याँक्ने विभिन्न सिलिन्डर तथा फोहोरका कारण यसको शोभा पनि हराउँदै गएको छ ।

अहिलेको समयमा हाम्रो देशमा पर्यटकहरू पनि कम हुँदै गएका छन् । हिमालको सुन्दरता हराउँदै गए हाम्रो देशको सुन्दरता पनि हराउँछ । त्यसैले हामीले हाम्रा हिमालहरूको संरक्षण गर्नुपर्छ ।

हाम्रो वातावरण



साल्भिया कपाली

क्रमाङ्क: २०२९०२९

वातावरण भन्नाले हाम्रो वरिपरिको क्षेत्रलाई जनाउँछ । स्वस्थ जीवन जिउन वातावरण स्वच्छ हुनुपर्दछ । वातावरणमा पाइने धुलो, धुवाँ र अन्य चिजहरूको मिश्रणले वातावरण प्रदूषित हुन्छ । यो हाम्रो स्वास्थ्यको लागि धेरै हानिकारक हुन्छ । हामी आफैँले आफ्ना घर, विद्यालय सधैं सफा राख्नुपर्छ । वातावरणलाई सफा र सन्तुलित राख्ने काम बोटबिरुवाले गर्छन् । बोटबिरुवाले स्वच्छ हावा हामीलाई दिन्छन् । बाँच्नको लागि सबै प्राणीहरूलाई हावाको आवश्यकता पर्दछ । बोटबिरुवाहरूले कार्बनडाइअक्साइड ग्याँस आफूले लिएर हामीलाई अक्सिजन दिन्छन् । त्यसैले हामीले वनको संरक्षण गर्नुपर्दछ । वन जोगाउनका लागि हामीले खाली ठाउँमा बोटबिरुवाहरू रोप्नु पर्दछ । खोलाका छेउ, सडक छेउ, आदि क्षेत्रमा वृक्षरोपण गर्नुपर्दछ । हामीले वरपरका बोटबिरुवाहरू संरक्षण गर्नुपर्दछ । बोटबिरुवाहरू हाम्रा साथी पनि हुन् ।

दसैं



सिद्धार्थ चौलागाईं

क्रमाङ्क: २०२९०३७

दसैं हिन्दु धर्मावलम्बीहरूले मनाउने महत्त्वपूर्ण चाड हो । यस चाडमा दुर्गा देवीको पूजा गरिन्छ । निधारमा रातो टीका र शिरमा जमरा लगाइन्छ । आफ्ना मान्यजन र आफूभन्दा ठुला व्यक्तिबाट टीका, जमरा र आशीर्वाद लिइन्छ । यो चाड दस दिनसम्म रमाइलो गरी मनाइन्छ । यस चाडमा टाढा टाढा भएका मानिसहरू पनि आफ्नो घर सम्भेर आउँछन् । जसमा धेरै दिन बिदा पनि हुन्छ । दसैंमा घर, आँगन, बाटो, चोक सबै सफा गरिन्छ । घर घरमा मिठा खानेकुराहरू पकाइन्छ । खसी काटेर रमाइलो गरिन्छ । हामी दसैंमा मामाघर पनि जान्छौं । चङ्गा पनि उडाउँछौं । यो चाडमा सबैतिर रमाइलो र खुसीयाली छाउँछ । त्यसैले मलाई यो चाड निकै रमाइलो लाग्छ ।



सम्भाव्य पाण्डे

क्रमाङ्क: २०२९०३०

मेरो घर

मेरो घर काठमाडौँ सीतापाइलामा छ । मेरो घर तीन तलाको छ । मेरो घरमा १३ वटा कोठा छन् । मेरो घरमा हजुरबुबा, हजुरआमा, काकाकाकी र भाइबहिनी पनि छन् । मलाई मेरो घर निकै मन पर्छ । घरको रङ गुलाबी छ भने मेरो कोठाको रङ आकाशे छ । घरमा एउटा बैठक कोठा पनि छ । एउटा पूजा कोठा पनि छ । अरू सुत्ने कोठा पनि छन् । घरमा एउटा मेरो पढ्ने कोठा पनि छ । मैले त्यहाँ मेरा किताब, कापी र कलमहरू मिलाएर राखेको छु । घर नजिकै एउटा करेसाबारी पनि छ । त्यहाँ तरकारी र फलफूल रोपिएको छ । घरमा एउटा कुकुर पनि पालेका छौँ । कुकुरको नाम लक्की हो ।



सिद्धार्थ मल्ल

क्रमाङ्क २०२९०३८

पानी

पानी मानिसको लागि नभई नहुने चिज हो । पानी सबै प्राणीको लागि आवश्यक हुन्छ । पानीविना प्राणी र वनस्पति कोही पनि बाँच्न सक्दैनन् । पानी विभिन्न काममा प्रयोग गरिन्छ । खाना पकाउन, बिजुली निकाल्न, सामान सफा गर्न, सबै कामको लागि प्रयोग गरिन्छ । बोटबिरुवा र जनावरहरूलाई पनि पानीको आवश्यकता पर्छ । पानीको कुनै रङ हुँदैन । यो जुन भाँडोमा राख्यो त्यस्तै आकार बन्छ । पानी विभिन्न अवस्थानुसार ठोस, तरल र ग्यास हुन्छ । पानीको जन्म समुद्रबाट हुन्छ ।

पानी

पानी हाम्रो जीवनको महत्त्वपूर्ण चिज हो । पानी जीवन हो, पानी नै सर्वस्व हो । पानी छैन त यस धर्तीमा रहेका कुनै पनि वनस्पति तथा प्राणीको अस्तित्व छैन । मानिसलाई मात्र होइन जनावर र पशुपक्षीहरूलाई पनि पानी चाहिन्छ । पानीका मुहानहरू भनेका समुद्र, खोलानाला, झरना, ताल, पोखरी, नदी आदि हुन् । हामीलाई सरसफाई गर्न, खेतबारीमा सिंचाइ गर्न, घरपालुवा जनावरहरूलाई खुवाउन, उनीहरूलाई सफा गर्न, घर भवनहरू निर्माण गर्न, उद्योग कलकारखानाहरू चलाउन, खाना पकाउन र पिउनका लागि पानी चाहिन्छ । पानी भएन भने सबै प्राणीहरू मर्छन् । पहिले खोलानालामा पानी बग्थ्यो अनि सफा र हेर्न मन लाग्ने सुन्दर देखिन्थ्यो । पानीमा माछा, हाँस, भ्यागुता जस्ता प्राणीहरू बस्थे । खोलानालाको पानी पनि पानीकै रूपमा प्रयोग गरिन्थ्यो तर अहिले मानिसहरू पानीमा ढल मिसाउँछन्, फोहर फाल्छन् । सफा पानी फोहोर र घिन लाग्ने भएको छ । अहिले माछा, हाँस गँगटाजस्ता पानीमा बस्ने प्राणीहरू पनि पाइँदैनन् । पहिले निलो देखिने खोला अहिले खैरो देखिन्छ । मानिस बुद्धिमानी प्राणीले नै पानीलाई यति फोहोर बनायो भने अन्य जीवजन्तुहरूको त के कुरा गर्नु ? यसरी पानी फोहोर हुँदै गयो भने मानिस लगायत अन्य प्राणीहरूको पनि जीवन कष्टकर बन्दछ । त्यसैले पानी सफा गरौँ भन्ने अभियानमा सबै जुट्नुपर्दछ मुखले मात्र होइन व्यवहारमा प्रयोग गर्नुपर्दछ । स्वस्थ वातावरण स्वस्थ जीवन भन्ने अभिप्रायलाई पूरा गर्नको लागि सबै मिलेर पानी सफा गर्नुपर्छ ।



इभा अधिकारी

क्रमाङ्क: २०२८०१३

समयको महत्त्व



शुभया श्रेष्ठ

क्रमाङ्क: २०२५०३९

हाम्रो जीवनमा समयको धेरै महत्त्व छ। हामीले समयको सही सदुपयोग गर्नुपर्छ। हामी सधैं समय हेरेर हाम्रा सबै कामहरू गर्दछौं। हामी बिहान उठेदेखि लिएर सुत्ने समयसम्म सबै काम समय हेरेर गर्दछौं। हाम्रो विद्यार्थी जीवनमा शिक्षा आर्जन नगरी खेलमा समय बिताउनेहरू पछि पछुताउनुपर्छ। त्यसैले हरेक समयको आफ्नै महत्त्व छ। समयको महत्त्व बुझ्ने मानिसहरूले जीवनमा धेरै प्रगति गर्दछ। हामीले समयको दुरुपयोग गर्नुहुँदैन। जुन समयमा जुन काम गर्नुपर्ने हो त्यस समयमा त्यही काम गर्नु नै समयको सही सदुपयोग गर्नु हो। हामी विद्यार्थीहरूले समयलाई बुझेर आफ्नो काम समयमा गर्नुपर्ने हुन्छ। हामीले अहिलेदेखि नै समयलाई बुझेर ठिक समयमा पढ्ने लेख्ने बानी बसाल्नुपर्दछ। समय धेरै बलवान् हुन्छ। समय एउटा बलियो शक्ति पनि हो। समयको महत्त्व बुझेर आफ्ना सबै काम समयमा गर्ने मानिस जीवनमा सफल हुन्छ। हामी विद्यार्थीले सधैं समयमा विद्यालय जानुपर्छ, समयमा पढ्नुपर्छ र समयमा नै सबै काम गर्नुपर्छ यो नै समयको सही सदुपयोग गर्नु हो। हामीले समयलाई बुझेनाँ भने समयले पनि हामीलाई पखँदैन। समय खोलाजस्तै हुन्छ। समय आउँछ जान्छ तर कसैलाई पखँदैन।

पशुपतिनाथ मन्दिर



विप्लव श्रेष्ठ

क्रमाङ्क: २०२५०१०

पशुपतिनाथ मन्दिर नेपालको बागमती अञ्चलमा पर्ने काठमाडौं उपत्यकाभित्रको काठमाडौं सहरमा छ। यो मन्दिर काठमाडौंमा बग्ने बागमती नदीको पश्चिम किनारमा रहेको छ। पशुपतिनाथ मन्दिर निकै ठुलो छ। यस मन्दिरको वरिपरि अरू थुप्रै देवीदेवताका मन्दिरहरू पनि छन्। यस मन्दिरको आफ्नो छुट्टै आँगन छ। यस मन्दिरको आँगनभित्र छिर्ने मूल ढोका पश्चिम दिशामा छ। पशुपतिनाथको मन्दिरको आगनभित्र हिन्दु धर्म मान्ने मानिसबाहेक अरू धर्म मान्ने मानिसहरू छिर्न पाउँदैनन्। हिन्दुहरूका लागि यस मन्दिरको निकै ठुलो महिमा छ। पशुपतिनाथको मन्दिरमा चारओटा ठुला ढोका छन्। ती चारओटा ढोका चाँदीका हुन्। ती ढोकाहरूमा राम्रा-राम्रा बुटाहरू मिलाई-मिलाई कोपिएका छन्। यस मन्दिरका भित्ताहरू राम्रा मूर्ति र विभिन्न किसिमका बुटाहरूले

सिँगारिएका छन्। यसको गजुर सुनको छ। ठाउँठाउँमा बुटाहरू कुदेर प्यागोडा शैलीमा निर्माण गरिएको यो मन्दिर एकदम राम्रो र सुन्दर देखिन्छ। पशुपतिनाथको मन्दिर नेपाली हिन्दुहरूको लागि मात्र होइन, विश्वभरिकै हिन्दुहरूको लागि पुण्य तीर्थ मानिएको छ। यो मन्दिर हाम्रो देशमा मात्र नभएर विश्वमा नै प्रख्यात छ। यो मन्दिरले विश्वमा हाम्रो देशको नाम रोशन गर्ने काम गरेको छ। यो मन्दिर वास्तुकलाको एक उत्कृष्ट नमुनाका रूपमा पनि देख्न सकिन्छ। टाढाबाट भए पनि यस मन्दिरको अवलोकन गर्ने विदेशी प्रयटकहरू यसलाई देखेर खुसी हुन्छन्। यो मन्दिर धार्मिक दृष्टिले मात्र नभई कलात्मक सुन्दरताका दृष्टिले पनि दर्शनीय स्थल बन्न पुगेको छ। त्यसैले यस मन्दिरको महिमा र नाम ठुलो छ।

देशभक्ति



प्रबल दवाडी

क्रमाङ्क: २०२५०२४

कुनै पनि मानिसले आफू जन्मेको देशप्रति गर्ने माया, ममता वा श्रद्धाको भावनालाई देशभक्ति भनिन्छ। आफ्नो देशको उन्नतिको लागि मन, वचन र कर्मले लाग्नु नै देशभक्ति हो। देशभक्तिलाई राष्ट्रप्रेम पनि भनिन्छ। मानव जीवनमा देशभक्तिको ठुलो महत्त्व छ। देशभक्तहरू बाचुन्जेल देशको सेवा गर्छन् र आवश्यक परे आफ्नो ज्यानको बलिदान पनि गर्छन्।

देशभक्ति देश र देशवासीको लागि गर्नु पर्ने एक पवित्र कर्तव्य हो। जन्मदिने आमा र जन्मिएको ठाउँ स्वर्गभन्दा ठुला हुन्छन् भनिएको छ। जसरी हामी आफूलाई जन्म दिने आमाप्रति भक्तिभाव प्रकट गर्छौं। त्यस्तै भक्तिभाव र माया आफ्नो देशप्रति देखाउनु हाम्रो परम कर्तव्य हो।

देशभक्तिको भाव प्रकट गर्ने विभिन्न तरिका छन् । विद्यार्थीहरूले राम्ररी पढलेख गरी ठुलो भएर राष्ट्रिय जिम्मेवारी वहन गर्नु पनि देशभक्ति हो । हरेक मानिसले आफ्नो कामप्रति इमानदार भएर सेवा गर्नु पनि देशभक्ति हो । देशभक्तिको भावना अपार छ ।



संयम राई

क्रमाङ्क: २०२५०३२

खेलकुद

खेलकुद भनेको एक शारीरिक प्रक्रिया हो । जसमा खेल्ने र कुद्ने काम हुन्छ । मानिसको जीवनमा खेलकुदको धेरै ठुलो महत्त्व रहेको छ । खेलकुदले हामीलाई शारीरिक र मानसिक रूपमा तन्दुरुस्त बनाउँछ । खेलकुद खेल्नाले हामी फुर्तिला हुन्छौं । खेलकुदअन्तर्गत फुटबल, बास्केटबल, लुडो, क्रिकेट, कपर्दी, डोरी तान्ने, ब्याडमिन्टन आदि पर्दछन् ।

खेलकुद हाम्रो जीवनमा नभई नहुने कुरा हो । यसले हाम्रो जिउ र दिमागलाई ताजा बनाउँछ । खेलकुद राम्रो स्वास्थ्यको लागि पनि अत्यन्त आवश्यक रहेको छ । खेलकुदले हाम्रो रक्त सञ्चालनमा सहयोग पुर्याउँछ । खेल्दा साथीहरूसँग सरसल्लाह गर्नुपर्छ जसले गर्दा हामीलाई खेलमा जित हासिल गर्न ठुलो सघाउ पुर्याउँछ । खेलले हामीलाई संसारमा चिनाउन पनि सघाउ पुर्याउँछ । खेलकुदबाट आम्दानी पनि राम्रो हुन्छ । मेरो बाबाले भन्नुहुन्थ्यो, “बैकुण्ठ मानन्धर राम्रोसँग दौडने व्यक्ति हुन् । उनले धेरै पुरस्कार पनि पाएका छन् र हाम्रो देशलाई विश्वसामु चिनाएका छन् ।” बाबाले राजु शाक्यको बारेमा पनि भन्नुभएको थियो, “उनीचाहिँ नेपाली फुटबलको क्याप्टेन हुन् भने पारस खड्का राम्रा क्रिकेटर हुन् । त्यसै गरी सन्दिप लामिछाने पनि राम्रा क्रिकेट खेल्ने खेलाडी हुन् ।” विद्यालयमा हामी धेरै खेलहरू खेल्छौं जसले हामीलाई रमाइलो पनि बनाउँछ र दिमागलाई ताजा बनाउँछ । हाम्रो शरीरलाई स्वस्थ राख्न पनि ठुलो सघाउ पुर्याएको छ । त्यसैले हाम्रो शरीरलाई फुर्तिलो, स्वस्थ र दिमागलाई ताजा बनाउनको लागि नियमित शारीरिक व्यायाम पनि गरौं र खेल्ने काम पनि गरौं ।

बालापन र सफलताको द्वार



प्रसिद्धी डड्ढोल

क्रमाङ्क: २०२७०१७

बालापन एउटा यस्तो उमेर हो, जहाँ हाम्रो एक महत्त्वपूर्ण काम हुन्छ त्यो हो पढाइ । यदि हामीले बालापनको उमेरदेखि परिश्रम गरेमा हाम्रो भविष्य उज्वल बन्छ र हामी सफल बन्छौं । यदि हामीले त्यो उमेरदेखि परिश्रम गरेनौं भने हाम्रो भविष्य उज्वल र सफल बन्न सक्दैन । हामीलाई यति त थाहा छ कि सफलताको द्वार तब खुल्छ, जब हामी परिश्रम गछौं । त्यसैले हामी आजको बाल विद्यार्थी उमेरदेखि परिश्रम गर्नुपर्दछ र परिश्रम मै विश्वास राख्नुपर्दछ । सफल हुन हामीले परिश्रम मात्र गरेर हुँदैन, सफलताको लागि बानी व्यवहार पनि राम्रो हुनुपर्दछ । हामीले गर्न सक्ने धेरै राम्रा बानी व्यवहार छन्, ती हुन : आफूभन्दा ठुलाको आदर सम्मान गर्ने, आफूभन्दा सानालाई माया गर्ने, आफूभन्दा

ठुलाले भनेको मान्ने, गरिब तथा विपन्न वर्गको सहयोग गर्ने, आफ्ना बुबा आमालाई ससाना काममा सहयोग गर्ने आदि हुन् । हामीले यस्ता बानी व्यवहारको विकास गरेमा सबैका लागि प्यारो बन्न सक्छौं । सफल बन्नको लागि हामीले यो काम गर्छु त्यो काम गर्दिन भनेर कुनै पनि कामलाई सानो-ठुलो ठानेर छाँड्नुहुँदैन, गर्न सक्ने जुनसुकै काम पनि हामीले अगाडि सरेर गर्नुपर्दछ । सफल हुनको लागि बुद्धिको पनि उत्तिकै आवश्यकता पर्दछ । आफूले गर्न लागेको कामलाई बुद्धिको प्रयोग गरेर उचित समयमा पूरा गर्नुपर्दछ । यी सबै काम गर्न हाम्रो शरीर स्वस्थ पनि हुनु आवश्यक छ । जब हामी स्वस्थ र निरोगी हुन्छौं तब हामीले जुनसुकै कामहरू समयमा पूरा गर्न सक्छौं । त्यसैले हामीले आफ्नो स्वास्थ्यमा पनि ध्यान दिनु जरूरी छ । यसको लागि उचित सरसफाइमा ध्यान दिने र पोसिलो खानेकुरा खाने गर्नुपर्दछ । त्यसैले हामी भोलिका दिनमा सफल हुनको लागि काम गर्ने इच्छाशक्ति, आफ्नो स्वास्थ्य, परिश्रम, बुद्धिको प्रयोग आदि कुरामा ख्याल गर्नुपर्दछ ।

सम्पदा



इसानी मानन्धर

क्रमाङ्क: २०२७००७

सम्पदा भन्नाले कुनै धार्मिक स्थल, देवालय, हिमालय, जङ्गल, पहाड, नदीनाला, भरना, चाडपर्व, गीत, सङ्गीत, नाँचगान, जात्रा, भेषभूषा, इतिहास बोकेको ठाँउ र वस्तु आदि बुझिन्छ। हरेक राष्ट्रका आ-आफ्ना सम्पदा हुन्छन् जसलाई राष्ट्रिय सम्पदा भनिन्छ। नेपालभित्र पाइने सम्पदा नेपालका राष्ट्रिय सम्पदा हुन्। सम्पदाहरू सरल भाषामा दुई प्रकारका छन्।

क . प्राकृतिक सम्पदा

ख . सांस्कृतिक सम्पदा

प्राकृतिक सम्पदा

कुनै मानिसबाट नभई प्रकृतिबाट सिर्जना भएका सम्पदालाई प्राकृतिक सम्पदा भनिन्छ। हिमाल, पहाड, नदी, भरना, वनजङ्गल, ढुङ्गा, ताल आदि प्राकृतिक सम्पदा हुन्। जुन मानिसले नभई प्रकृतिले निर्माण गरेका हुन्। हामीले नदी नालाबाट पानी, वनजङ्गलबाट काठ दाउरा, जडीबुटी आदि उपयोग गरिरहेका छौं। प्रकृतिबाट हामीले धेरै अमूल्य उपहार पाएका छौं। त्यसैले हामीले यस प्राकृतिक सम्पदाको सदुपयोग र संरक्षण गर्नुपर्छ। प्राकृतिक सम्पदाको हामीले दुरुपयोग गरेमा समय समयमा प्राकृतिक विपत्ति पनि भोग्नु पर्ने हुन्छ। वनजङ्गल मासेमा बाढी पहिरो जान्छ। खेतीयोग्य जमिनमा कलकारखाना खोल्दा खाद्यको अभाव हुन्छ। त्यसैले यसको हामीले संरक्षण गर्नुपर्छ।

सांस्कृतिक सम्पदा

प्रकृतिबाट नभई मानिसबाट निर्माण भएका सम्पदालाई सांस्कृतिक सम्पदा भनिन्छ। देवालय, दरबार, मन्दिर, मस्जिद, इतिहास बोकेको ठाँउ, लोकगीत, नृत्य, चाडपर्व आदि सांस्कृतिक सम्पदा हुन्। हरेक राष्ट्रका आ-आफ्ना सांस्कृतिक सम्पदा हुन्छन्। दसैं तिहार, पशुपतिनाथ मन्दिर, स्वयम्भू, लुम्बिनी धरहरा, घण्टाघर, होली आदि नेपालका सांस्कृतिक सम्पदा हुन्। यसले हाम्रो राष्ट्रको परिचय दिने भएकोले यस्तो सम्पदाको हामीले संरक्षण गर्नुपर्छ। यस्ता सम्पदाहरूले हाम्रा पुर्खाहरूको रहनसहन, भेषभूषा, बोलीचाली, योगदान पनि झल्काउँछन्। राष्ट्रिय सम्पदाले हाम्रो राष्ट्रलाई अरू राष्ट्रमा छुट्टै पहिचान गराउँछ। राष्ट्रिय सम्पदाको सदुपयोग र संरक्षण गर्नाले राष्ट्रको विकासमा पनि सहयोग पुऱ्याउँछ। तसर्थ हामी सबैले सम्पदाको संरक्षणमा जुट्नुपर्छ।

कथा: धोकाको महसुस



रुसीना तामाङ

क्रमाङ्क: २०२५०१४

सुभेषको प्रतीक्षामा बसेकी मैले टाढैबाट सुभेषलाई देखें। मैले टाढैबाट मेरो साथी

सुभेषलाई बोलाएँ तर उसले मेरो आवाज सुनेन। मैले तिमी त बहिरो भयो कि क्या हो भनेर उसलाई जिस्क्याउँदै भनँ। त्यतिबेला म सुभेषको नजिकै थिएँ तर यसमासमेत केही पनि नबोली मबाट टाढा गयो। जतिबेला पनि सँगै रहने साथी मबाट टाढा जाँदा मलाई आश्चर्य लाग्यो। त्यसपछि म कक्षामा गएँ। कक्षामा जाँदा सुभेषको भोला र मेरो भोला अलगअलग ठाउँमा थियो। उसको भोला त अर्कै साथीसँग राखिएको थियो र सुभेष पनि सरासर गएर त्यही बस्यो। हामी कक्षामा पहिलोपटक टाढा बसेर पढेका थियौं। यसरी आफ्नो अत्यन्त नजिकको साथी टाढा भएको देख्दा मेरो मुटु चसक्क चस्किएको थियो। कक्षामा शिक्षकले पढाउँदा पनि के भन्नुभयो, के पढाउनुभयो,

कसरी पढाउनुभयो भन्ने कुराको मैले पत्तो नै पाइँनँ । यो दिन कक्षा कसरी सकियो ? कति बेला सकियो भन्ने कुराको पनि मलाई याद नै भएन । धन्न कापीमा सारेका कुरा भने मैले सही नै लेखेकी रहेछु । त्यसैले गृहकार्य गर्न पनि केही सहज भयो । सुभेष हरेक दिन मबाट टाढा हुँदै थियो । यस कुराले मलाई अति नै रिस उठाएको थियो । यसको बारेमा मैले बुबालाई भनँ । बुबाले “ तिमीहरूबिच केही त भएन ? ” भनेर सोध्नुभयो । मैले बुबालाई “ थाहा छैन भनेर टारिदिँ ” तर त्यतिबेला मेरा आँखाबाट आँसु बगिसकेको थियो किनकि सानै कक्षादेखि सँगै स्कुल जाने, सँगै खेल्ने, सँगै पढ्ने साथी एकाएक मबाट छुट्टिँदा मलाई पीडाले सहिनसक्नु बनाएको थियो । म घुँक्क घुँक्क गरेर बाबाको काखमा रुन थालेछु । पछि बाबाले मलाई सम्झाउनुभयो र भन्नुभयो, “ एउटा साथी रिसाएर के भयो त ? अर्को साथी बनाउन । यदि सुभेष तिमीसंग बोल्न चाहँदैन र उसले बोल्न मन गर्दैन भने तिमी पनि नबोल । बोल्न नचाहने र नखोज्नेसँग बोल्न अगाडि सरेर कुनै फाइदा छैन । यो पढ्ने उमेर हो । पढ्ने बेलामा यसरी नचाहिने कुरा खेलाएर बस्यौ भने तिम्रो पढाइ पनि बिग्रन्छ । त्यसैले शुभेषजस्तै तिमीले अरू धेरै साथीहरू बनाउन सक्छौ । ”

बाबाको सल्लाहबमोजिम मैले रमेशलाई नयाँ साथी बनाएँ । सगैँ पढ्ने, खेल्ने, बस्ने गर्दा मलाई शुभेषभन्दा रमेश मन पर्न थाल्यो । मैले शुभेषको साथ बिसिँदै गएकी थिएँ । एक दिन रमेश र म खेल्दै थियौँ । अचानक शुभेष मेरो नजिक आयो । उसले भन्यो, “ मलाई माफ गर । मैले धेरै ठुलो भुल गरें । मलाई हरिले तिमीले मेरो बारेमा भनेको भनी नभनेका नानाथरी कुरा भन्यो । मलाई त्यही कुरामा विश्वास लाग्यो । पछि मैले उसैबाट हाम्रो साथ छुटाउन यो सब खेल खेलेको कुरा थाहा पाएँ । मैले सत्य कुरा के हो ? भनेर नबुझी तिम्रो चित्त दुखाएँ । ” शुभेषले फेरि भन्यो, “ के तिमी फेरि मेरो साथी बन्न सक्छौ ? ” शुभेषको यस कुराले मलाई खुसी लाग्यो । मैले सत्य कुरा नबुझी यस्तो कुरामा विश्वास गर्ने हो त ? भनेर शुभेषलाई माफ गरिदिँ ।

साथीलाई चिठी

सिफल, काठमाडौं
७ असोज २०७७

प्यारी साथी सुस्मिता,
सुमधुर सम्झना ।

यहाँ म लगायत सबैजना सञ्चै छौँ र त्यहाँ पनि सबै आरामै हुनुहोला भन्ने कामना गर्दछु । लामो समय भयो हामीले एक अर्कालाई चिठी लेखेका छैनौँ । फोनमा कुरा गर्दा त्यति लामो कुरा नहुने र मनमा लागेका सबै कुरा पूरा गर्न नपाइने हुँदा पत्र कोर्दै छु । आज म परिवारले आयोजना गरेको वनभोज कार्यक्रममा गएको र त्यहाँ बिताएका रमाइला पलहरूको वर्णन गर्दै छु ।



संस्कृति सिंह ठकुरी
क्रमाङ्क: २०२५०१५

सुस्मिता, २०७६ फागुन ७ का दिनमा हामी आफ्ना नातेदार सहित ४० जनाको समूहमा

वनभोज गएका थियौँ । वनभोजस्थल प्राकृतिक दृष्टिले सुन्दरस्थल नगरकोट तोकिएको थियो । अघिल्लो दिनमा नै हामीले वनभोजका लागि चाहिने सामान किनिसकेका थियौँ । बाबा र काकाले गाडीको व्यवस्था पनि गरिसक्नुभएको रहेछ । बिहानको ७ बजे सबैजना जयवागेश्वरी चोकमा भेला भयौँ र नगरकोटका लागि प्रस्थान गर्नुभयो । गाडीमा गाउँदै, नाच्दै, रमाइलो गर्दै करिब ८:३० मा हामी नगरकोटमा पुग्यौँ । त्यहाँ पुग्दा हामीलाई भोक लागिसकेको कारणले बिहानको खाजा खायौँ र त्यहाँको रमणीय स्थलको अवलोकन गर्न निस्कियौँ । त्यहाँबाट देखिने सगरमाथाको हिमाली दृश्य र हरिया वनजङ्गलको दृश्यले हामीलाई स्वर्गीय आभाष भएको थियो । हाम्रा अभिभावकले हामीलाई त्यहाँ रहेका रमणीय स्थलको अवलोकन गराउनुभयो र हामीलाई धेरै कुरा सिकाउनुभयो । मैले त्यहाँको रमणीय स्थलहरूको वर्णन शब्दहरूमा व्यक्त गर्न सकिदैनँ ।

केही समय घुमेर फर्किएपश्चात हामीले मिठा मिठा परिकारहरू खायौँ । सबैजना भेला भएर गीत गाउँ र रमाइला गीतहरू बजाएर नाच्यौँ । रमाइलो गर्दागर्दै समय बितेको पत्तै भएनछ । घामका किरणहरूले डाँडा काट्न लागेका

रहेछन् । त्यसपछि हामीले सूर्यास्त पनि हेर्ने मौका पायौं । यसले एकदम रमाइलो अनुभूति गराएको थियो । तिमी पनि त्यहाँ भएको भए अबै कति रमाइलो हुन्थ्यो होला भनी मैले त्यतिबेला तिमीलाई सम्झेकी थिएँ । केही समय सूर्यास्तको सुन्दर दृश्यावलोकन गरिसकेपछि सबैजना मिलेर सामान ठिक पाऱ्यौं र गाडीमा लग्यौं । त्यसपछि सबै जना गाडीमा बस्यौं र गीत गाउँदै रमाइलो गर्दै फर्क्यौं ।

लेखादेखै चिठी पनि लामो भइसकेछ । तिमी पनि यस्तै रमाइलो ठाउँमा घुमेको भए पत्रमा लेखेर पठाउनेछौं भन्ने आशा गरेकी छु । अहिलेलाई बिदा चाहन्छु ।

तिमीलाई हरपल सम्झिरहने
संस्कृति ठकुरी

कथा: १० वर्षको दोस्ती १० मिनेटमै चैटा



सुनबी पोखल

क्रमाङ्क: २०२४०२४

विद्यालय जीवनमा हामीले भिन्न स्वभावका मित्रहरू भेट्यौं । कोही अत्यन्तै असल थिए भने कोही सबैले भनेको मान्ने थिए । कोही भने खराब बानी व्यवहार भएका थिए । सुमिता पनि सधैं विद्यालय जान्थिन् । उनी एक असल र ज्ञानी विद्यार्थी थिइन् । उनका धेरै साथीहरू त थिएनन् तर एक जना मिल्ने साथी भने थिई । साथीको नाम सुशीला थियो । उनीहरू एक अर्कासँग असाध्यै मिल्थे । कक्षा ५ मा भेटेर साथी बनेका सुमिता र सुशीलाको मित्रता अत्यन्तै गहिरो थियो । उनीहरूको मित्रता १० वर्षसम्म राम्ररी नै चलिरहेको थियो तर त्यो १० वर्षको मित्रतालाई टुट्न १० मिनेट पनि लागेन ।

त्यो घटना घटेको पनि ७ वर्ष बितेछ । अहिले सुमिता वरिष्ठ उपरीक्षक भएकी छिन् । उनी काठमाडौंकी सबैभन्दा ठुली प्रहरी अधिकृत बनेकी छिन् । उनको मिहिनत र परिश्रमले नै आज उनी यस ठाउँसम्म आएकी छिन् । 'शुभ प्रभात म्याडम ।' भन्दै एउटा हवल्दारले सुमितालाई अभिवादन गर्‍यो । 'सबै जनालाई शुभ प्रभात ।' सुमिताले भनिन्, 'म्याडम! आज त हामीले एकदमै ठुलो गुन्डाको टोलीलाई पकड्यौं नि । लागुपदार्थ बेचिराका रहेछन् । दुईटा केटा रहेछन् अनि एउटी केटी रहिछे । भाग्नै लागेका थिए मैले पकडिहालें ।' हवल्दार रामेले भन्यो । 'ओहो! रामे धेरै राम्रो काम गरेछौ । काठमाडौंमा केटाहरूले लागुपदार्थ बेचेको त सुनेकी थिएँ । केटी नि भेटिन थालेछन् । को पो रहिछे त हौ त्यस्ती केटी ?' सुमिताले भनिन् । 'ऊ म्याडम त्यो जेल नम्बर २८मा केटाहरू छन् अनि ३५ मा केटी छे ।' रामेले भन्यो । सुमिता सुरुमा केटाहरू भएको जेलमा जान्छिन् । ती केटाहरू सुतिसकेका रहेछन् । जिउ पनि सुकिसकेको रहेछ । सायद लागुपदार्थकै कारणले होला । 'थुक्क! पैसाका लागि गरेका होलान् । बरु कुनै सानोतिनो काम गरेर कमाएको भए अहिले आफ्नो परिवार र आफ्नो नाक त काटिएको हुँदैनथ्यो नि ।' सुमिताले मनमनै सोचिन् । त्यसपछि केटी चाहिँ को रहिछे भनेर उनी जेल नम्बर ३५ मा जान्छिन् । त्यहाँ जुन दृश्य उनले देखिन् त्यो दृश्यले उनलाई आफ्नो विगतका दिनहरूमा लग्यो । त्यस जेलमा उनले अरू कोही नभएर आफ्नै मिल्ने साथी सुशीलालाई देखिन् ।

सुमिता र उनकी मिल्ने साथी सुशीला पार्टी गर्न एउटा रेस्टुरेन्ट गएका थिए । सुमिताले कफी मगाएकी थिइन् र सुशीलाले कोक मगाएकी थिइन् । 'वेटर! शौचालय कहाँ छ?' सुमिताले सोधेकी थिइन् । वेटरले शौचालय जाने बाटो देखाउँछ र शौचालयबाट फर्किँदा सुमिताले एउटा अपत्यारिलो दृश्य नियाल्न पुगेकी थिइन् । उनलाई त्यो सबै सपनाजस्तो लागेको थियो । दृष्टिभ्रम भए जस्तो पनि लागेको थियो तर त्यो सपना थिएन । उनकै अगाडि उनकी १० वर्षदेखि सँगै पढेकी साथीले उनको कफीमा लागुपदार्थ हाल्दै थिइन् । योभन्दा पीडादायी कुरा अरू केही पनि हुन सक्दैनथ्यो । त्यसपछि सुमिताले आफ्नो पाइला अघि सारिन् । सुशीलाले सुमिता आएको देखिन् र अत्तलाई 'यो त चिनी हो । अरू केही पनि हैन । मलाई नराम्रो नसोच 'भन्छिन् । यो सुनेर सुमिताले सुशीलालाई एक भापड हान्दै 'कति भुट बोल्न सक्छेस् है तँ । तँलाई त मैले मेरी दिदीभन्दा माथि सम्झेकी थिएँ तर तँले मलाई लागुपदार्थ खुवाउन खोजिस् । तँजस्तो साथी हुनुभन्दा त नभएकै बेस' भनिन् । यो कुरा उनले सानो स्वरमा तरतरी आँसु बगाउँदै भनेकी थिइन् । खराब साथी नै भए पनि उनले सुशीलालाई फसाउन चाहेकी थिइन् । 'हेर! मेरो कुरा सुन । तँ कसरी यस्तो काममा लागिस् मलाई थाहा छैन तर तँ यो कामबाट छिटै निक्लिहाल । यो नै तेरो लागि सबै भन्दा राम्रो हुन्छ ।' भन्दै सुमिता त्यो पसलबाट निक्लिन्छिन् ।

७ वर्षपछि आफ्नी साथीलाई भेट्दा अरू त खुसी हुन्थे तर सुमितालाई कदापि खुसी लागेको थिएन । उनी साथी भेटेकाले निराश थिएनन् तर साथीलाई भेटेको ठाउँ र अवस्था ठिक थिएन । चुरोटले ओठ कालो भएकी र लागुपदार्थले जिउ सुकेकी सुशीला काम्दै थिइन् । सुमिताले केही बोल्न सकिनन् । सुशीलाले पनि सुमितालाई देखिन् तर उनले पनि केही बोल्न सकिनन् । लाजले उनको नजर तल थियो । बाल्यकालको साथीलाई जेलमा देख्दा उनलाई राम्रो लागेन । हुन त दुवै जना जेलमा नै थिए तर फरक यति मात्र थियो कि एउटी जेलबाहिर थिइन् भने अर्की जेलभित्र । सुशीलालाई एकदमै असहज भैसकेको थियो । उनलाई बल्ल आफ्नो गल्तीको महसुस भयो । यदि उनले सुमिताले भनेको मानेर लागुपदार्थको सेवन गर्न छाडेको भए अहिले उनले यो दिन देख्नुपर्दैनथ्यो । आफ्नो परिवारको पनि नाक काट्नुपर्दैनथ्यो । सुमिता त्यहाँबाट केही नबोली जान्छिन् । सुशीला मनमनै पश्चात्ताप गरेर बस्छिन् ।

कथा: दहेज प्रथा



साइस पुडासैनी
क्रमाङ्क: २०२४०१६

“हे भगवान ! कस्तो दुर्गति देख्नुपऱ्यो ? के सोचेका थियौं ? आज यो के भयो ?”
सुनिताकी आमा छोरीको मृत शरीर नजिकै बसी बिलाप गर्दै थिइन् ।

रातो विवाहको साडीमा लपेटिएकी सुनिता यादवको मृत शरीर जो आइतवार उनको अभिभावकको घरको आँगनमा राखिएको थियो । देख्दा दर्शकहरूलाई जीवित र शान्तमयजस्तो देखिन्थ्यो । “दहेजले गरिब आइमाईको जीवन लियो । डाक्टरले यो गर्नुहुँदै नथ्यो,” उनीहरूले गनगनाइरहेको सुने । विरगन्जको हरपतगन्ज निवासी एउटी आमा फूलदेवी विश्वास गर्छिन् कि उनको छोरीको स्वर्गमा स्थान सुनिश्चित गर्न विशेष मृत्युको अनुष्ठान महत्त्वपूर्ण छ ।

उनका डाक्टर पति सच्चिमानन्द यादवले कुटपिट गरी तातो फलामले जलाइएकी सुनितालाई केही दिन अघि काठमाडौं लगिएको थियो । त्रिभुवन विश्वविद्यालय शिक्षण अस्पतालमा उपचारका क्रममा उनले अन्तिम सास फेरे की थिइन् ।

सुनिताका भाइ जयप्रकाश यादव मौन देखिन्छन् । उनी आफ्नी दिदीको लागि पर्याप्त समय दिन सकेनन् । दाइजोको माग बढ्दै गयो जुन पूरा हुन सकेन । “तिनीहरूले उनलाई मारिदिए,” उनले विलाप गरे ।

विवाह सोह्र वर्ष अघि भएको थियो तर सच्चिदानन्द र उनको परिवार सुनितालाई घरमा राख्न चाहेनन् । “हाम्रो ठाउँमा यो पारिवारिक मर्यादाको कुरा हो । “यदि उसको विवाह नभएको भए समाजमा हामीलाई हेला गरि एको हुन्थ्यो,” भाइले भने । “हामीले उनीहरूको चाहनाअनुसार दाइजो दिने निर्णय गर्यौं र अन्तमा दुई वर्ष पछि उनीहरूले दिदीलाई घरमा लगे,” उनले थपे ।

सुनिताको घरमा उनलाई आफ्ना पति र सासुससुराले देखी सहँदैनथे । विवाहको दोस्रो दिनदेखि उनलाई पर्याप्त दहेज नल्याएको कारण उनको घरमा यातना दिइयो । “दहेज धेरै मागेका थिए तर हामी उसको माग पूरा गर्न सकेनौं,” जयप्रकाशले भने ।

जय प्रकाशकाअनुसार यसअघि पनि उनका परिवारले सुनितालाई जिउँदै जलाएर मार्न खोजेका थिए जुन कुरा जिल्ला प्रशासन कार्यालय पर्सामा दर्ता भएको थियो तर उक्त मुद्दा गाउँका केही बुढापाकाहरू बसेको बैठकपछि समाधान भयो ।

“हाम्री दिदीसँग विवाह भएको दुई वर्षपछि भिनाजुले भारतको बिहारकी अर्की केटीसँग बिहे गरे जो दाइजोका लागि थियो । मेरी दिदीले कहिल्यै उनको घरमा खुसी पाइन् ।” शोक सहेका भाइले विलाप गरे ।

“ परिवारले सुनिताको भविष्यलाई ध्यानमा राखी बहुविवाहको कुनै केस दर्ता गरेन । सच्चिदानन्दले सुनितालाई

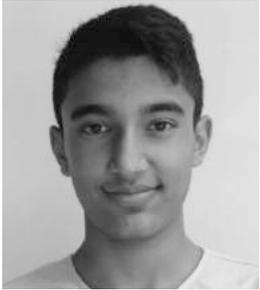
यातना मात्र दिएनन् । उनले सुनितालाई उनीमार्फत उनको नागरिकता प्रमाणपत्र पनि लिन दिएनन् किनभने उनी लामो समयसम्म उनको अधिकारबाट वञ्चित भए । ऊ पहिले नै विवाहित थियो, उनको नागरिकता हाम्रो बुबाको नामबाट बनाउन सकिँदैन । अन्ततः विवाहको १ वर्षपछि कुनै प्रकारले उनको नागरिकता प्रमाणपत्र बनाइयो, ” ती भाइले सम्झन्छन् ।

उनका अनुसार, सच्चिमानन्दको परिवारले सुनितालाई दिएको यातना बेकार थियो तर यस चोटपटकमा उनको मृत्यु भयो । “उनी अहिले शान्त हुनै पर्छ” उनले आँसु झार्दै भने ।

सुनिताका लागि उनका बुबाआमाले उनका सासु ससुरालाई दाइजो दिन दुई लाख रूपैयाँ खर्च गरे । थप दाइजोका रूपमा अस्पतालमा कार्यरत सच्चिमानन्दले नयाँ मारुती कार र केही नगदी नयाँ स्वास्थ्य क्लिनिक सुरु गर्न खोजे । जब त्यो सब नगद र कार सुनिताका माइती पक्षबाट दिन नसक्ने अवस्था आयो त्यसपछि अनेक यातना दिई हत्या गरे ।

“उनको विवाहमा खर्च गरेको पैसा सुनिताको शिक्षा र सशक्तीकरणको लागि प्रयोग गरिएको भए यो स्थिति आउने थिएन तर,हामीले यस्तो कुरा सोचिएन ।” सुनिताका बुबाले टाउको समाउँदै भने ।

लिसा



आर्यन ठगुन्ना

क्रमाङ्क : २०२२०१९

लिसा किताबहरू पढ्न मन पराउँथिन् । हरेक दिन उनी पार्क वा खोला किनारजस्ता स्थानमा हिँडेर पढ्ने गर्थिन् । उनलाई लेखक वा किताबको विधाले खासै फरक पर्दैनथ्यो । पुस्तक पढ्न पाए पुग्थ्यो । “पखुनुस् पखुनुस ! लिसाको यो बानीको बारेमा निष्कर्षमा नपुग्नुहोस् । लिसाको यो बानी असल हो कि खराब भन्ने कुरा निर्णय गर्ने अधिकार म हजुरलाई दिन्छु तर अलि धीरता राख्नुस् ।”

आइतबारको दिन दिउँसोको शान्त समय थियो । लिसा आफ्ना प्यारा पुस्तकहरूसँग केही शान्तमय पल बिताउन पार्कमा जाँदै थिइन् तर राम्रो मौसम भएकाले त्यस स्थानमा अलिक भिड थियो । उनी किताब पढ्न सही स्थानको खोजीमा पार्कसँग सँगैको जङ्गलमा

छिर्निन् । हिँड्नलाई बाटो नभएको कारण जङ्गलमा मानिसको आवतजावत थिएन । लिसाको लागि यो ठाउँ उत्तम थियो । जङ्गल बाक्लो थियो, त्यसैले घामको किरण पस्न सक्दैनथ्यो । बस्ने स्थानको खोजीमा लिसा एक पुरानो भवनको अगाडि पुगिन् । जब तपाईं जङ्गलको बिचमा पुरानो भवनको अगाडि आउनुहुन्छ सबैभन्दा समझदार कुरा यसबाट टाढा जानु हो तर हामी सबैलाई थाहा छ कि यी कथाहरूका पात्रहरूको एक समस्या हुन्छ । जता खतरा बढी हुन्छ त्यहाँ यिनको ध्यान बढी जान्छ । त्यसैले कुनै पनि अन्य कथाबाट अन्य चरित्रहरूजस्तै लिसा भवनभित्र प्रवेश गर्ने निर्णय गरी ।

भवनभित्र के छ ? भनेर पत्ता लगाएपछि लिसाको मन खुसीले भरिन्छ । अब सोच्नलाई तपाईंको व्यस्त तालिकाबाट एक क्षण छुट्याऔं । किताब पढ्न मन पराउने केटी, केही देख्दा खुसी हुन्छिन् । के हुन सक्छ ? त्यो भवनमा । किताब ? किताब त किताब तर एउटा मात्रै हैन, पुरै पुस्तकालय । धेरै समय खेर नगरी लिसा एउटा किताब समात्तिन्छन् । किन हो किन यो किताबले उनलाई आफूतिर बोलाउँदै छ जस्तो लाग्छ । हुन त यो पुरै अवस्था शङ्कास्पद छ तर लिसाको ध्यान भने किताबमा मात्रै छ । किताब त्यति मोटो पनि छैन तर लिसालाई किताब पढ्न अरू किताबभन्दा समय लाग्छ । उनी किताबका हरेक अक्षर, शब्द, वाक्य बिस्तारै पढ्छिन् । पुस्तकका हरेक शब्दको आनन्द लिँदै । उनलाई समय, भोक वा प्यासको कुनै पत्तो नै हुँदैन । कुनै बहानाले पढ्न रोक्दैन । उनी पुस्तकमा रमाइरहेकी छिन् । समयको कुनै पत्तो छैन । लिसाको आँखा र हात दुवैले किताबलाई च्यापेका छन् । लिसाको दिमागमा एक मात्र कुरा चलिरहेको छ, “मलाई यो पुस्तक सक्काउनुछ” । लिसा पढ्छिन् । आफ्नो शरीरमा भए जतिको बलबुता किताबमा लगाउँछिन् । पत्तो नपाई किताब सकिन्छ । लिसा उठिन्छन् ।

लिसा भवनको ढोका बाहिर जान्छन् । गहिरो निद्राबाट एकाएक उठेर हिँडेजस्तै । लिसा आफ्नो घरको बाटो लाग्छन् । उनलाई आफ्नो वरिपरि के छ ? केही अतोपत्तोसमेत छैन र भन्न पनि केही छैन । उनलाई आफ्नो घरको बाटोले तानिरहेको छ, मानौं चुम्बकले फलामलाई तान्दै छ । लिसाको वरिपरि पोस्टरहरू छन् । मान्छे हराएको पोस्टर । हातमा किताब भएकी केटी हराएको खबर दिने पोस्टर ।

तिहार अनि ऊ



सोनिष्मा बस्नेत

क्रमाङ्क : २०२२०२१

तिहार नजिकिँदै थियो । सबैको घरमा रमाइलो र खुसियाली छाउँदै थियो । भिलिमिली बत्तीले सबैको घर उज्यालो बनाउँदै थियो । ढोका ढोकामा फूलको माला भुन्ड्याइएको थियो । लक्ष्मी भित्राउने आशामा सबैले घर निकै सफा गर्दै थिए । आँगनमा दैलोमा रातो माटोले लिपेर लक्ष्मीलाई भित्र आउन पाइला बनाउँदै थिए । बच्चा युवायुवतीहरू रङ्गोली बनाउँदै थिए । व्यापार व्यवसाय पनि बढ्दै थियो । मानिसहरू नयाँनयाँ सामान किन्दै थिए । लुगादेखि फलफूल सबैलाई राम्रो हुँदै थियो । सबै जना परिवारसँग निस्किएँदै किनमेल गर्दै रमाउँदै थिए ।

यस्तैमा थिई ऊ । ऊ जसलाई तिहारको केही रमभ्रम थिएन । भर्खर १४ वर्षकी उसलाई

न तिहारमा खुसी आयो न दसैंमा । ऊ सबैको रमभ्रमबिच दुई पैसा कमाएर आफ्नो परिवारको पेट पाल्न खोज्थी । सानैमा बुबाआमा गुमाएकी उसको काँधमा तीन भाइबहिनीको जिम्मेवारी थियो। ऊ बाटोबाटो धाएर मान्छे हरूलाई बेलुन बेच्दै थिई । दुई पैसा कमाउनलाई मान्छेको हेला र तिरस्कार सबै सहेर चुपचाप आफ्नो काम गर्थी । अरू सबै यताउता सामान किन्न सक्ने मानिसहरू बिस रुपैयाँको बेलुन महङ्गो भयो भन्थे । तिहारमा सबैको घर सजिएको बेला उसँग आफ्नो परिवारको पेट पाल्न र बस्ने ठाँउको व्यवस्था गर्न पनि गारो थियो । हरेक चाडपर्व उसका लागि फिका हुन्थे । उसका लागि कुन ठुलो चाड र कुन सानो कुनै लेखाजोखा नै थिएन । चाडपर्वमा ऊ खुसी हुन्थी त केवल केही बेलुन बेचन पाइन्छ कि भन्ने आशामा ।

सप्तरङ्गी टीकासित उसको सम्बन्ध नै थिएन । उसको सम्बन्ध थियो त केवल बेलुनसँग मात्र । तिहारले उसको छाक टार्दैनथ्यो तर बेलुनले छाक टार्थ्यो । त्यसैले तिहार अनि ऊ विपरीत थिए ।

मनोविज्ञान र यसबाट असर हुने हामी व्यक्ति



आश्रया बाँस्कोटा

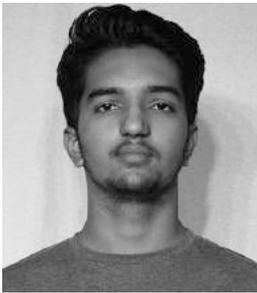
क्रमाङ्क: २११०४

भित्री मनमा धेरै कुराहरू लुकेका छन् । गहिराइमा गयो भने सुख र दुःख दुवैको मिश्रण भेटिन्छ । दुःख नभएको भए सुख के हो भन्ने कुरा थाहा नै हुँदैनथ्यो । एकलोपन, लोभ, ईर्ष्या, द्वेष, करुणा, माया सबै मनभित्रै हुन्छन् । मानिसको मनमा भएका यी गुणहरूको संयोजनले व्यक्तिलाई एक अर्काबाट छुट्याउँछ । कुनै मानिसमा द्वेष, लोभ, लालच धेरै हुन्छ भने कोही मानिसमा करुणा, इमानदारी धेरै हुन्छ । हाम्रो दिमागको एउटा भागमा अचेत (बेहोस) हुन्छ । मनोविज्ञानअनुसार अचेत दिमागमा हाम्रा यादहरू (राम्रा होउन् या नराम्रा) प्रेरणा, सफलता, सोचाइहरू बसेका हुन्छन् । हाम्रो अर्को दिमागको भागलाई सचेत दिमाग भनिन्छ, जहाँ हामीले अहिले भइरहेका घटनामा तर्क लगाउन सक्छौं ।

दिमागलाई अनेकौं कुराले खल्बल्याइरहेको हुन्छ । यस्तै एउटा पात्र छन्, केशव । केशवको मनमा धेरै कुराले बास गरेको छ । केशव एक इमानदार र असल युवक हुन् जसको मनमा विगतको अलि नराम्रो अनुभवका कारण उत्पन्न नकारात्मक सोचले चोट परेको छ । ती विगतमा भएका नराम्रा अनुभवहरूले गर्दा केशवको मनोविज्ञानमा ठुलो चोट पुऱ्यायो । उनले केही वर्ष कसैसित बोलचाल गरेनन्, कहीं पनि गएनन् र घरैभित्र मात्र बसिराखे जसले उनको समस्या भनै बढायो । उनको मनको समस्याले शारीरिक समस्या पनि उत्पन्न भयो । अन्त्यमा केही उपाय नलागेर केशवको परिवारजनले डाक्टरकहाँ लैजानुपुऱ्यो । त्यहाँ डाक्टरले उनको समस्याबारे बुझी राम्रो परामर्श दिएर औषधी उपचार गरे । यही उदाहरणबाट थाहा हुन्छ कि मानिसको मन कति महत्त्वपूर्ण छ । केही नराम्रा अनुभवले पनि मानिसको मनलाई खोक्रो बनाउन सक्दा रहेछन् ।

मनोविज्ञान भनेको यति मात्र हैन । आफ्नो मनमा भएको भावनालाई ननिकाली भित्रिभित्रै बस्ने र कसैलाई आफ्नो कुरा नभन्ने गर्नाले पनि आफ्नो मनोविज्ञानमा धेरै असर पार्छ । आफ्नो मनमा चलिरहेको कुरालाई नभनी बसिराख्नु पनि ठिक हैन । यदि मैले आफ्नै कुरा गर्ने हो भने साना साना कुरामा पनि मेरो मन दुख्छ । अन्य मानिसले जानी जानी मेरो मन नदुखाए पनि मेरो मनमा उत्तिकै चोट पछि अनि मेरो आँखाबाट आँसु झर्छ । म मेरी हजुरआमाको उदाहरण लिन्छु । मेरी हजुरआमाले म र मेरी दिदीमा धेरै फरक गर्नुहुन्छ । सबैभन्दा सानी नातिनी भएकाले भनै माया प्राप्त गर्नुको साटो मैले म र मेरी दिदीबिचको फरक प्राप्त गरिरहेकी हुन्छु । विद्यालयमा मेरा साथीहरूका हजुरआमाहरूले माया गरेको, सामान ल्याइदिएको कुरा सुन्दा मलाई राम्रो पनि लाग्थ्यो तर आफ्नो परिस्थिति हेर्दा रुन पनि मन लाग्थ्यो । आफ्ना आमाबुबाबाट पर्याप्त माया पाए पनि हजुरआमाको माया मैले कहिल्यै पनि पाइँन भनेर सोच्छु । अहिले पनि मेरी हजुरआमा त्यही व्यवहार गर्नुहुन्छ । कहिलेकाहीँ म धेरै रिसाउँछु र मेरी हजुरआमासँग पनि कहिलेकाहीँ मेरो झगडा हुन्छ । मेरा हजुरबुबा म सानो हुँदै बित्नुभएको थियो । भनै बुबापट्टिका हजुरआमा र हजुरबुबा त म तीन वर्ष नपुग्दै बित्नुभएको थियो । एउटा मात्र हजुरआमाले माया गर्नुहोस् भन्ने मेरो आशा थियो । मेरा हजुरबुबाका मसँग भएका तस्बिरहरू हेर्दा मेरो आँखाबाट आँसु झर्छ र मेरो मनमा प्रश्न उठ्छ कि यदि मेरो हजुरबुबा हुनुभएको भए यस्तो गर्नुहुन्थ्यो र हजुरआमाको माया नपाए पनि हजुरबुबाको त पाउँथेँ भन्ने लाग्छ । मेरो कुरा सानो भए तापनि कति मानिसहरूलाई यस्तै साना साना कुराले असर पारेका छन् । कसै न कसैले यस्तै परिस्थितिको अनुभव गरेका होलान् र मेरो कुरा सुन्दा सानो लाग्ला तर कसैको पनि समस्या सानो वा ठुलो हुँदैन । त्यो व्यक्ति व्यक्तिबिच फरक पछि ।

यसरी मनोविज्ञानले सबै मानिसको जीवनमा महत्त्वपूर्ण भूमिका खेल्दछ र कसैले पनि यसलाई हाँसोका रूपमा लिनुहुन्न ।



गिर्वाण पौड्याल
क्रमाङ्क: २९९०७

सेतो भात: नेपालीहरूको जीवन बर्बाद

बिहान र बेलुका थालमा दाल, भात र तरकारी पस्केर खाने लगभग सबै नेपालीको चलन छ । एउटा धार्मिक कर्मसरहको यो परम्परा के हाम्रो स्वास्थ्यका लागि ठिक छ ? कि अब यो नयाँ युगमा सेतो भातले नेपालीहरूको बर्बाद निम्त्याउँछ ?

नेपालीहरूले बिहान बेलुकै भात किन खान्छन् भन्ने उत्तर खोज्न हामीले हाम्रा पुर्खातिर हेर्नुपर्छ । नेपालमा पहिला पहिला धेरैजसो जनशक्ति किसान थिए । दिउँसभर पोल्ने टन्टलापुर घाममा शारीरिक श्रम गर्नुपरेको कारणले टन्न शक्ति दिने खाना खानुपर्थ्यो । सेतो चामलमा निकै कार्बोहाइड्रेट हुन्छ तर अरू पोषक तत्त्व तथा खनिजहरू हुँदैनन् । यसरी निकै शक्ति दिने तथा रगतमा सुगरको तथा ग्लुकोजको मात्रा बढाउने भएकाले

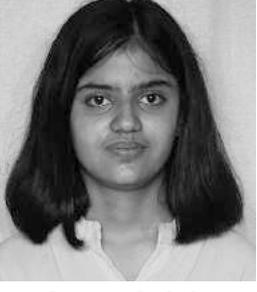
शारीरिक श्रम गर्नेले सेतो चामलको भात खान्थे । अहिलेको जमानामा धेरैजसो नेपालीहरू त्यतिको शारीरिक श्रम गर्दैनन् । यसरी भातबाट पाएको शक्ति हाम्रो शरीरभरि राम्ररी फैलन सक्दैन । यसले गर्दा धेरै सेतो चामलको भात खाएमा विभिन्न रोगहरू लाग्न सक्छन् । यस्तो अवशिष्ट शक्ति र ग्लुकोजले मुटुका रोगहरू निम्त्याउन सक्छन् । स्वास्थ्यमा हानी ल्याउने अर्को ठुलो कुरा भनेको मधुमेय रोग हो ।

चामल पनि धेरै प्रकारका हुन्छन् । सेतो चामलमा माथि भनिएजस्तै पोषक तत्त्वको कमी हुन्छ र धेरैजसो कार्बोहाइड्रेटले बनेको हुन्छ । खैरो चामल भने सबै पोषक तत्त्वहरू भएको सन्तुलित खाना हो । यसो भन्दैमा जहिले पनि भात खानैपर्छ भन्ने पनि हुन्न । दाल, भात, तरकारीको सट्टा अरू धेरै सन्तुलित खाना साथसाथै शरीरको लागि राम्रो हुने खाना हुन्छन् । बिहान-बेलुका भात खाने परम्परा होस् अब परम्पराले रूपमा छोड्ने बेला आइसक्यो । आधुनिक युगसँग अघि बढेर हाम्रो स्वस्थ शरीरलाई फाइदा हुने खाना खाऔँ, जिद्दी गरेर परम्पराको नाममा आफ्नै शरीर बिग्रने गरी दिनदैनै भात नखाऔँ ।

सन्दर्भ सामग्री:

सुन क्या, स्पिएगेलमन डि, भान डाम र. एम. (२०१०), ह्वाइट राइस, ब्राउन राइस एन्ड द रिस्क अफ टापाइ-२ डायबिटीज ।

महिला हिंसा र रोकथामका उपाय



सिन्जा घिमिरे

क्रमाङ्क: २११२५

महिला र पुरुष दुवै भगवान्का सृष्टि भए पनि दुवैलाई गरिने व्यवहारमा भने भिन्नता देखिन्छ। आजको समाजमा जति अवसर पुरुषले पाएका छन्, त्यति नै अवसर महिलाले पाएका छन् भन्न मुस्किल छ। महिला पुरुष समान हुन् भनिए तापनि उनीहरूप्रति गरिने व्यवहारबाट प्रस्ट हुन्छ कि पुरुषभन्दा महिला पिछ्छडिएका नै छन्। आजको युगमा आइपुग्दा धेरै सामाजिक, सैद्धान्तिक विचारहरूको विकास भए पनि महिला हिंसा भने हटेको छैन। प्रजातान्त्रिक समाजको स्थापना भइसक्दा पनि महिलामाथि हुने हिंसात्मक क्रियाकलापमा कुनै कमी आएको देखिँदैन।

महिला हिंसा आजको विश्वको प्रमुख विषय बनेको छ। नारीलाई विश्वको सृष्टिकर्ता माने पनि उनीहरूमाथि हिंसा हुने गर्दछ। महिला हिंसाको मुख्य कारण भनेको अशिक्षा हो। शिक्षा मानिसको आधारभूत पक्ष भए पनि अझै पनि विश्वका विभिन्न कुनामा बसोबास गर्ने मानिसले शिक्षा हासिल गर्न सकेका छैनन्। उनीहरू त्यही पुरानो र साँघुरो विचार लिएर अघि बढिरहेका छन्। जुन चेतनाको विकास उनीहरूमा हुनुपर्ने हो, त्यो नभएकाले उनीहरूले के सही, के गलत भनेर छुट्याउन सकेका छैनन्। महिलालाई सधैं पुरुषभन्दा कमजोर हुन्छन् भन्ने गरिन्छ। उनीहरूको शारीरिक बोनोट हेरेर हो अथवा पहिला-पहिलादेखिको विचार हो तर महिलालाई पुरुषभन्दा कमजोर मानिन्छ। यही विचारका कारण नै आज महिला पछि परेका छन्। उनीहरूमाथि हुने हिंसामा कुनै कमी आएको छैन।

हामीले पत्रपत्रिका, समाचार आदिका माध्यमबाट थाहा पाइरहन्छौं कि दिनदिनै महिलामाथि कुनै न कुनै किसिमको नराम्रो घटना हुने गर्दछ। मानिस यति निर्दयी छ कि एउटी सानी बालिकालाई नै बुबाले बलात्कार गर्दासमेत सहरे बस्छ। अझ थाहा नै नभएको जस्तो गरी तर्करा हिँड्न खोज्छ। हाम्रो समाजले महिलालाई हेर्ने दृष्टि नै फरक छ। जुन छोरोलाई जन्म दिन आमाले लाखौं कष्ट गर्छिन् त्यही छोरा ठुलो भएर आमारूपी नारीको बलात्कार गर्दा यो समाज केही बोल्न सक्दैन। त्यति मात्रै नभएर उनीहरूमाथि हुने कुटपिटविरुद्ध पनि बोल्ने आँट कसैले गर्न सक्दैनन्, अझ गर्न चाहँदैनन्।

नेपालमा पनि हामीले महिला हिंसाका थुप्रै समाचारहरू सुनिरहेका हुन्छौं। चेलीबेटी बेचबिखन, बलात्कार, घरेलु हिंसा, कुटपिट आदि जस्ता घटनाको पनि नेपाली समाजमा कुनै कमी छैन। महिलालाई विभिन्न देशहरूका वेश्यालयमा बेच्ने दलालहरू खुलेआम घुमिरहँदा पनि नेपाल सरकारले केही गर्न सकेको छैन। त्यति मात्र नभएर पूरा देशलाई नै जगाएको निर्मला हत्याकाण्डको घटना पनि आजसम्म सुल्झिएको छैन। एक १४ वर्षकी बालिका बलात्कार गरेर सत्तामा बस्ने ती भ्रष्ट नेताहरूलाई सजाय दिने कानून नेपालमा नभएकै कारण आज महिला सुरक्षित महसुस गरी हिँड्न पाइरहेका छैनन्। दिनदिनै १० वटाभन्दा बढी महिला हिंसाका विषयहरू महिला आयोगमा आउने गर्छन्। महिलामाथि बोक्सीको आरोप लगाई कुटने प्रवृत्ति, घरेलु हिंसा, भेदभाव आदिजस्ता नकारात्मक सामाजिक विषयले महिला अधिकारमाथि आँला तेर्स्याइदिएका छन्। महिलाहरू आफ्नै समाजमा पनि सुरक्षित भएर हिँड्न पाइरहेका छैनन्। उनीहरू घरदेखि कार्यालयसम्म पनि सयौं चोटि सोचेर हिँड्नुपर्छ। नारीमाथि कुनै आदर नभएको यस्तो समाज कसरी विकसित हुन्छ? कसरी सभ्य हुन्छ?

नेपोलियन बोनापर्टले भनेका थिए, “मलाई शिक्षित आमा देऊ, म तिमीलाई शिक्षित राष्ट्र दिन्छु।” तर यहाँ त्यही आमाको इज्जत लुटिन्छ। आमालाई देवी मान्ने समाजमा आमामाथि हिंसा हुँदा त्यसको विरुद्ध बोल्ने कोही हुँदैनन्। महिला सशक्तीकरणको मुद्दा उठिरहेको भए पनि यसले समाजमा खासै प्रभाव पारेको छैन। नेपालको लिखित संविधानमा महिला अधिकारको विषय उठाए पनि अझै पनि धेरै महिलाहरू हिंसाको सिकार हुन पुगेका छन्। उनीहरूले अझै पनि न्याय पाएका छैनन्। नेपालमा महिलाको साक्षरता दर कम छ। त्यसैले पनि होला नारी सशक्तीकरण खासै प्रभावशाली भएको छैन। जम्मा ५८ प्रतिशत नेपाली महिला शिक्षित छन्। बाँकी अझै पनि अन्धकारमै जीवित छन्। उनीहरूले थुप्रै सामाजिक अवहेलना सहनुपरेको छ।

महिला हिंसाको विषय चर्किन थालेपछि यसको रोकथामका निम्ति थुप्रै क्रियाकलापहरू भइसकेका छन्। जर्मन नारीवादी नेतृ क्लारा जेटकिनले हरेक मार्च ८ का दिन नारी दिवस मनाउने परम्पराको सुरुवात गरिन्। उनले

राजनैतिक पार्टीमा महिलाको औपचारिक भूमिका हुनुपर्ने भन्दै नारीको अस्तित्वको निम्ति आफ्नो जीवन समर्पण गरिन् । त्यति मात्रै नभएर मिसेल ओबामा, इसाबेल पेरोन, एन्जेलो मार्केल आदिजस्ता विश्वका थुप्रै महिलाहरू आज अरू महिलाहरूका निम्ति प्रेरणाका स्रोत बन्न पुगेका छन् । त्यसै गरी नेपालमा पनि महिला हिंसा रोकथामका निम्ति थुप्रै क्रियाकलाप भएको देखिन्छ । विभिन्न राष्ट्रिय तथा अन्तर्राष्ट्रिय सङ्घसंस्थाले महिलाहरूलाई अझ हौसला दिने काम गरेका छन् । त्यति मात्र नभएर उनीहरू महिला हिंसा रोकौं अभियानमा पनि लागि परिरहेका छन् । महिला अधिकारका विषयलाई पनि अझ बढी महत्त्व दिन थालिएको छ ।

यसरी महिला हिंसासम्बन्धी थुप्रै कार्यक्रमहरूको सञ्चालनले यसमा केही परिवर्तन आए पनि पूर्ण रूपमा निर्मूल भने भएको छैन । अझ पनि थुप्रै त्रुटिहरू सच्याउनुपर्ने देखिन्छ । समाजमा महिला र पुरुष दुवैको भूमिका हुनु जरुरी छ । अनि मात्र देशको चौतर्फी विकास सम्भव छ । यसका लागि सर्वप्रथम महिला र पुरुष दुवैलाई समान व्यवहार गरिनुपर्छ । यसर्थ महिला हिंसाको अन्त्य गर्न सके समृद्ध नेपालको कल्पना गर्न सकिन्छ र सुखी नेपालीको भविष्य सुनिश्चित गर्न सकिन्छ ।

BOOK & MOVIE REVIEW



Rushka Sapkota

Roll no:2028028

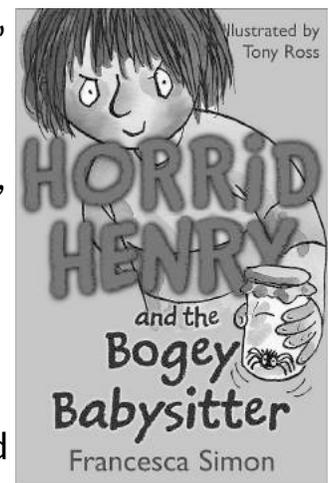
Book Review: Horrid Henry and the Babysitter

The Author of the book: Francesca Simon

Illustration: Tony Ross

Plot: Horrid Henry hated babysitters. He always made sure they never came back. But one day it was a normal day until mommy was searching for a new babysitter because papa and mommy were going to dinner. Mommy was very angry because she didn't find any babysitter and no one wanted to come back.

Horrid Henry was very smart that when Crabby Chris came he poured the juice in her pants. When Tetchy Teess came he flooded the bathroom. Mommy said I found one. "What?" Said, Henry. "Who?" Said, dad. Rabbit Rebecca. "What not her" shouted Henry. Ding Dong rang the doorbell. "NOOOO!" Shouted Henry "NOOO don't open the door" said, Henry. "Why? Hi, Who are you, are you Rabbit Rebecca?" Yay, she arrived and said, Perfect Peter. "Nooooo" said Henry. Okay, honey here is she, Rebecca. Rebecca shouted "WHERE IS THE FOOD?" "Bedtime is at nine o'clock", dad shouted. "Bye honey" said, mom and dad. Henry started watching the TV while Rebecca was sneaking food in the kitchen. ZAP The TV is minnow said, Rebecca. Here you go, Rebecca, some food said Peter I like this show I will watch it with you said, Peter. "GO to bed" shouted Rebecca. Henry started dancing in front of the TV. Peter said it's not like that it's like this LALALALA. They both started dancing. "I SAID GO TO BEDDD!" shouted Rebecca. Henry screamed "Ahhhhh" and Peter and Henry went to bed. "Henry, it's me Peter" said Peter "you are horrid henry do something you always get them get her to." I will said Henry. I will surely get her and she will never come here again. "IDEA I need a spider", said Henry. Henry hanged the toy spider in the ceiling. Henry said now Peter, you shout help! Okay said Peter "help." Louder said henry. "Help" Henry stood on Peter's foot Peter shouted "HELP!!!" "WHAT is going up there", shouted Rebecca. There is a spider, said peter. AHHHHH! I hate spiders. Henry bravely came and said, I will take it out, he brought a ladder and took it out and put it in a jar. Henry asked Rebecca if she wanted a spider on her hand. "Ahh" shouted Rebecca. She locked herself in the bathroom. Now I can watch TV, said henry. Henry's parents came and he went upstairs. And unlocked Rebecca she ran downstairs. Dad said did you do this mess in the living room? "AHHHH" shouted Rebecca and never came to Horrid Henry's House.



Conclusion: Horrid Henry was successful in chasing away the babysitter.

Recommendation: Yes, I recommend this book because it's very interesting and exciting.



Riddhis Sharma
Roll no: 2025012

Movie Review of the Movie Harry Potter and the Chamber of Secrets

Title: Harry Potter and the Chamber of Secrets

Writer: J.K Rowling

Director: Chris Columbus

Characters: Daniel Radcliffe as Harry Potter, Emma Charlotte Duerra Watson as Hermione Granger , Rupert Grint as Ron Weasley, Richard Harris as Professor Albus Dumbledore, Kenneth Branagh as Gilderoy Lockhart, Tom Felton as Draco Malfoy, Bonnie Wright as Ginny Weasley, Jason Isaacs as Lucius Malfoy, Alan Rickman as Professor Severus Snape, Robbie Coltrane as Rubeus Hagrid, Toby Jones as Rubeus Hagrid, Fiona Shaw as Petunia Evans Dursley, Professor Minerva McGonagall, Christian Coulson as Lord Voldemort, Harry Melling as Dudley Dursley, Mark Williams as Arthur Weasley, John Cleese as Nearly Headless Nick, Warwick Davis as Professor Filius Flitwick, Chris Rankin as Percy Weasley, Matthew Lewis as Neville Longbottom, Oliver Phelps as George Weasley, David Bradley as Argus Filch, Sean Biggerstaff as Oliver Wood, Vincent Crabbe, James Phelps as Fred Weasley and Josh Herdman as Gregory Goyle.

Setting: The setting in the movie starts from a house in London, where Harry sees his old photos of his friends. Then Harry goes to the living area through the corridor where Mrs Dursley was preparing a cake for the guests. Next the setting takes place in Harry's room where Dobby the house elf jumps on Harry's bed. Then the setting takes place in Harry's room where Harry gets locked and has bars in his windows. Weasley's house is also a setting where Harry meets Mrs Weasley for the second time. The important setting takes place in the platform 9 3/4 where Harry misses the train. The majority of the setting takes place in the Hogwarts. The Dining area in Hogwarts is the next setting where Ron gets scolded from a hater because he had stolen his father's car. The classrooms in Hogwarts are important settings as well where different classes of magic are taken.

Plot: Harry Potter was a child of a muggle born woman and a wizard. He lived with his only living family, the Dursleys. Harry Potter was watching his old photos. Then he was called to the living area by the Dursleys to explain the plan and there they told Harry to pretend he did not exist in front of the guests. When he returns to his room Harry finds an elf jumping on his bed. He was surprised and asked who he was and the answer was; Dobby the elf. He said horrible things will happen in Hogwarts school this year. Then in the corridor Dobby magically lifts the cake and throws it on the guest, so as a punishment Harry was not going to go to Hogwarts. Then Ron and his friends came and saved Harry. Next in the platform Ron and Harry missed the train so they went to Hogwarts in Ron's father's car. Their points are deducted in school for showing magic in public. Then they learn about mandragora. They learn to stop the animals in the art of defense against the dark in the class. As a punishment for showing magic to muggles Harry had to stay in detention. Then a note written

out of blood says that the chamber made by Salazar Slytherin has been opened and the heir of Slytherin ordered the monster to kill the mudbloods. The beast lurks in the corridors and petrifies the mudbloods. Then as a safety major students were not allowed to go out of the dormitories after 6 pm. At last the beast took Ginny Weasley to the chamber and left a note that her skeleton will lie in the chamber forever. Then Harry and Ron went to the scared teacher to give the information they knew but he was leaving. Harry and Ron Weasley went to the old unused girls' bathroom where Harry found the mark of a snake which was a symbol for Salazar Slytherin's creation. Harry said something in partial tongue and the entrance to the chamber was opened. Then Harry and Ron went in and the teacher too. Down in the chamber they found a snake's skin. The teacher tried to remove the memory using Ron's wand but his memory was erased because the wand was damaged. Harry finally found Ginny and found the heir of Slytherin was Tom Marvolo Riddle known as Lord Voldemort in the present time. Voldemort there was just 1/7 part of his soul. Harry defeated Tom and they came out with the help of the headmaster's Phoenix. In the headmaster's room Lucius Malfoy showed up with Dobby and Harry freed the elf from Mr. Malfoy's slavery.

My favourite part: My favorite part was when Harry spoke a partial tongue in front of everyone and told the snake to leave his friend.

What should have been done to make the movie better?

I think the movie would have been better had Harry met Tom Marvolo Riddle (Dark lord Voldemort) in his real form rather than the form of his teen age.



Kriti Nepal

ID no: 2023016

Down to earth with Zac Efron

"The climate emergency is a race we are losing, but it is a race we can win". Exactly like the quote mentioned reminding something about the reality of our world, Down to earth is a docu series that follows the rising combination of environmentalism and travel.

Documentary films explain factual materials for education or entertainment that is equally entertaining as it is informative.

This newest travel documentary series featuring Zac Efron as he begins on an inspiring journey around the world with wellness expert and entrepreneur Darin Olien focus to discover healthy and sustainable ways to live. Travelling to Iceland, France, Sardinia and London, they examine deep into the main essentials for survival food, water and energy as they explore that sustainability is not a saying but a way of life for the world.

"The Earth will always be here; we just might not be able to live on it for too long." Zac expresses his views as he undertakes his journey to find the solutions for the

climate crisis and also concludes on ways how each individual human being can cause improvement in the planet. Zac Efron and Darin Olien engage in heartfelt connections with the local experts of each country they visit to know how their unique cultures help in the sustainability of survival. The duo come across measures of renewable alternative energies, wildlife conservation, controlled and reduced pollution as well as personal nutrition.

Zac and Darin meet top eco-innovators on this hunt of new perspectives on very old problems who makes us question many of our activities as humans on this planet. "We must start rethinking how we consume everything from food to power" says Zac when he finds that we are doing the exact opposite of what needs to be done.

"Change has to start somewhere and maybe it's time we all change." is one of my favorite dialogues from this documentary and it proves to be very accurate in every way possible. There were several parts that showed how amazingly the technologies can be used for not only us but for our future generations. So much to learn and gain information about our mother earth and we are so far behind.

Down to earth; when I heard the title, I didn't expect it to be similar to Journey to the interior of the earth but it was far above my expectations and it turned out to be worth the watch. I would highly recommend this documentary for students like us as well as all individuals at it is one of the great materials for educational and informative experience.

The documentary has much bigger goals than just entertainment but provides a long lasting change in the world. Change is an inside job; we need to open our minds and find solutions or we don't survive. With extraordinary techniques that surprises us, Down to Earth gives us a huge message that we are responsible for our survival.

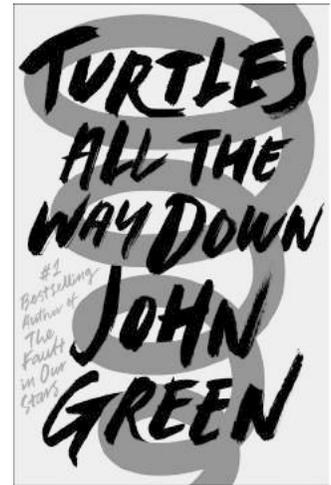
Turtles all the way down - John Green

Turtles all the way down is a splendid novel by the author John Green released on October 10, 2017 being number one in the New York best sellers despite being his first published book since 'Fault in our stars' in 2012. The title is very suitable for the book as turtles all the way down means infinite regress whereas our main character has something similar going on with her thoughts. The genre of this book is young adult fiction whereas the themes might be mental illness, friendship etc.

Our main character or the protagonist is Aza, a sixteen year old teenager suffering from mental illness anxiety and OCD and always thinks about whether she is real or fictional. Aza is a character who is always in her own thoughts which she calls her thought spiral. Aza has a fear of human microbiome and she had always had a small cut in her finger since she was little which she had cut to see whether she was real or fictional. Aza can be relatable to most of the youths today as most of them are also suffering from anxiety. However this was one of the few books that I have read that

didn't have any particular antagonist.

The plot begins by introducing the readers to our main character Aza Holmes, a sixteen year old teenager who then introduces us (the readers) to her mental illness anxiety and OCD. Aza is always fearing about her infection of the human microbiome and always lost in her own thoughts which she calls the thought spiral. Aza has two friends who always accompany her; the artistic friend Mychal Turner and her best friend Daisy Ramirez who also writes the fanfiction of star wars. The plot takes upfall after Daisy finds out that Russell Pickets; a billionaire has gone missing the day before a police raid at his home for fraud and bribery and the prize money to find him was \$100,000 whereas he was Dad of Aza's childhood friend; Davis. Daisy and Aza go to the pickets state to find out more about Mr. Picket but get caught by the security guard and are taken to Davis. Davis gives them \$100,000 to stop investigating more and forget about that matter and Aza and Daisy split the money in half. Then after some days Aza and Davis start dating each other whereas Daisy also starts to date Mychal. As time passes by, Aza realizes that she is finding it more difficult to deal with her anxiety and her spine tightens most of the time and she is not having a normal relationship with Davis. One day Aza reads Daisy's fanfiction which she had never read before and finds out that Daisy was using it to make a character and giving it the characteristic of Aza and making her look like a bad guy. This leads to an argument between the two best friends and worsens their friendship which leads to the car accident of Aza as she drives after the heated argument. Aza spends many weeks in the hospital but her anxiety kept on increasing then she passed out by drinking a hand sanitizer. Whereas after this incident Aza and Daisy's friendship starts to get better and they set out to explore an underground art exhibition inside an unfinished drainage tunnel system run by the Pickets. This leads them to solve the mystery of Mr. Pickets missing and finding out that he had run to the very place they were. Aza tells Davis about her findings and then eventually the police find the body of Mr. Pickets. After finding out of losing their father and his entire fortune given to his pet Tuatara Davis and his brother Noah decide to move to Colorado and attend school and rent a house. Davis and Aza say their final goodbyes to each other and the story ends.



My favorite part in the book was when Aza tries to overcome her anxiety by dating Davis whereas the part that I disliked the most is when Daisy made a character similar to Aza and made her look like the bad guy and used it as a medium to remove her frustrations of Aza .

I would like to recommend this book as I found it's plot very interesting and worth reading. Also the characters were portrayed very well in the book with each character having a different sort of characteristic. However I found the language structure a bit difficult to read but this book is surely worth a read.

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Manip Maharjan

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Show review - Attack on Titan

Attack on Titan is an anime and manga series which was released on April 7, 2013. Attack on Titan takes place in a world where massive beasts called titans appeared a hundred years ago and almost drove the entirety of humanity to extinction. To combat the titan the remaining humans went to hiding inside the safety of the walls. Titans are senseless beings who carve for humans and consume them for pleasure rather than for food. Attack on Titan follows a young boy named Eren Jaeger whose mother was devoured by Titan when titans breached through the massive walls that protected the human and vowed to eradicate every single titan for their heinous deeds and the atrocities they committed.

Like any other anime series, the title gives away what this series is all about. The series follows a boy named Eren Jaeger whose dream is to discover the world that is beyond the wall. The build-up of this character is magnificent. The author has given the main character such drive and persistence that we could learn a thing or two. Eren was orphaned by a titan at a young age and drives him to kill every single titan that crosses his path. Though he is driven by hatred he finds a way to persist and make friends along the way.

This anime has brought up a huge amount of fans over the decade thanks to its breathtaking animations and the buildup of this show it's what you call almost perfect. The sensation of watching this show is almost unparalleled. The animation and the meticulous world-building of the show are indeed astonishing. The main character of this show has such determination and a will to be a savior who can help others makes the series even more interesting to watch. The reason for the mainstream success of this anime is the slow-paced world build up and the drive of the characters to save others.

This series is really different from other cliché anime series because of the unpredictableness of the plot. The thing that hooked me up to this show is the first few episodes, the presentation of the world at the beginning of the show has managed to keep people absorbed into the show. Many shows fail to generate interest in the first few episodes which leads to the downfall of the show. But that's not the case in this show. After you watch like the first two or three episodes you almost get glued to your chair because of the fascinating plot of the show. What this show has that other shows don't is the logic in the show. Like for example in other anime shows the character gets flung into the sky and poof nothing happens then a scratch. But that's not the case here in this show. This show has mixed in some realism in a fictional story which in contrast makes much more sense and is much more logical. Also, this show has a good amount of screen time for every character and you feel kinda connected to the characters. Also, this series has built up so much hype on the weight of one season to another and is really complimenting the one

season to another.

This anime though being like seven years into airing is still going strong and is still able to be in the limelight and a thing to talk about even after the end of season three and is still being able to keep the hype for the audience for season four. To sum up, this anime is one the best anime of the decade and has been able to create the same sensation of watching episode one to the last episode.

Fullmetal Alchemist : Brotherhood - REVIEW



Ashwot Acharya
ID No: 2022021

Fullmetal Alchemist : Brotherhood is a very well brushed and perfectly executed masterpiece . The plot is one of the most interesting, fascinating pieces of art in anime history.

Alchemy is bound by the law of equivalent exchange, something the two younger brothers found out the hard way, by attempting a human transmutation, in which they had to pay a terrible price , one losing his body and the other using his arm. The story follows

a Journey of these two brothers trying to gain their bodies back. The two brothers must ask themselves if what they are doing will make them human again.

The anime aired from the spring of 2009 till July of 2010. Even though this anime is 10 years old the animation is top notch to that point it being par to the animation of 2020. This 64 episode masterpiece is a combination of action, magic, fantasy and adventure. It's not very long but it gives the viewers enough time to be emotionally attached to the character . This anime creates a feeling of bond with the viewers which makes it feel as If we were the main character of the story . The incredible plot twists , adventure filled with sorrow , happiness , desire etc makes the anime above average.



The voice acting on point with zero complains. The character development in this anime is rather fast but even then the characters don't lack , which create this amazing fast paced and super entraining anime.

If I were to rate it I would give it a 10 out of 10 rating as a masterpiece and highly recommend it to those who haven't watched it. The manga of this anime is equally fantastic so if you are a manga reader I would still recommend it. This anime is rated 9.22 in myanimelist.net making it the top anime of all times so far.

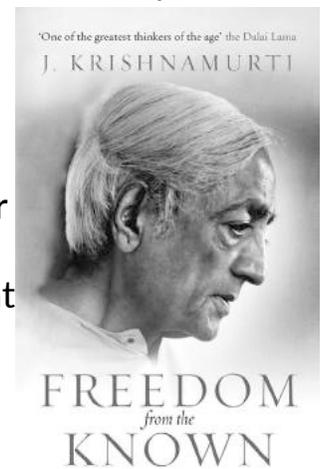


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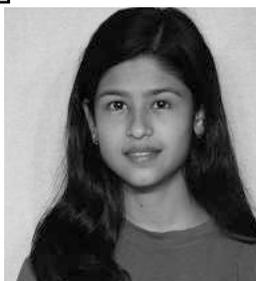
Freedom from the Known

Freedom from the Known is a book by Jiddu Krishnamurti published in 1969. J. Krishnamurti was a public speaker, author, and philosopher. During his lifetime he wrote many books like *At the Feet of the Master*, *The First and Last Freedom*, *Commentaries on Living*, *Freedom from the Known*, *Krishnamurti's Notebook*, *Krishnamurti's Journal*, and *Krishnamurti to Himself*. Most of his books were related to psychological revolution, human relationships, nature of mind, and radical change in society.

Freedom from the Known is one of his most popular books and is liked by readers from all over the globe. The book talks about being free from the norms of society. The author asks us to be free from whatever that has been known to us in the world through the assistance of religion, society, ideologies of others, and be constantly aware of our self and our thoughts. It tells about how we all want to change but still follow the same rules of the society that were made ages ago. The author quotes that "In the constant battle which we call living, we try to set a code of conduct according to society in which we are brought up, whether it a communist society or a so-called free society, we accept a standard of behavior as part of ore tradition as Buddhist, Hindu, Muslim, etc. We look to someone to tell us what is right and what is wrong, and in following this pattern our conduct and our thinking becomes mechanical and our response becomes automatic."



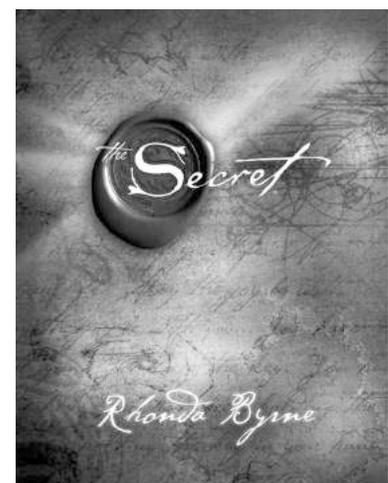
It is a must-read book that questions our thought and idea of society and changes our ideology about the rules and norms of our society. I recommend this book to everyone who is searching for a book that has a philosophical aspect to it.



Shruti Pokhrel
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THE SECRET RHONDA BYRNE

"The Secret is the law of attraction! Everything that's coming into your life you are attracting into your life. And it's attracted to you by virtue of the images you're holding in your mind. It's what you're thinking. Whatever is going on in your mind you are attracting to you."
– Rhonda Byrne



Born in Melbourne, Australia in 1945, Rhonda Byrne is an Australian television writer and producer. She is the creator behind **The Secret**, a ground-breaking documentary movie that changed millions of lives igniting a global movement and revealing the great mystery of the universe. The following year Rhonda's book **A secret** was released which still remains one of the longest-running bestsellers of this century and has been translated into fifty dialects. She has written several sequels to the book: **The Power** in 2009, **The Magic** in 2010, **Hero** in 2013, and **How the Secret Changed My Life** in 2016. In 2007, Byrne was listed among Time Magazine's list of hundred people who influence the world.

The Secret is a self-help book which is based on pseudo-scientific theory called the 'Law of Attraction' through a process of "Like attracts Like". According to the secret, our thoughts and feelings work like a magnet attracting a corresponding energy to ourselves. It means as we think and feel, our thoughts vibrate in a corresponding frequency and resonate with the universe that attracts back to us events and circumstances on that same frequency. Whatever thoughts you send out into the Universe, it will attract similar energies before returning like a boomerang. For instance, if you think and feel positive, you will attract back positive events and circumstances and vice versa. The core message of the book is that we all have the power to determine our own destiny and our own reality.

Throughout the first chapter, Byrne claims that law of attraction is supported by quantum physics, where the consensus is that the mind is powerful enough to create anything - including the universe itself. She explains that a single negative thought is so powerful for bad things to happen and suggests the reader that the first step to a better life is changing your attitude because 'ATTITUDE IS EVERYTHING'. She goes on describing the applications of the law of attraction and the great personalities in history who had realized its power. Later, she changes the focus by introducing the concept of "Ask, Believe, Receive" on the basis of which the secret works.

#ASK

You must be clear and specific while asking for what you want. When you aren't clear and specific, the frequency may attract mixed results and if you ask over and over again, it shows that you are doubting your own order.

#BELIEVE

According to Byrne, believing is the most difficult as well as really important step. Before you receive, it's important to believe your wish or your order is already coming the moment you ask. Once you believe, you may leave it to the universe, it can work things out on its own. Some wishes take longer to manifest just because people don't believe in themselves.

#RECEIVE

In prior to receiving something, you must feel good about it so that the universe keeps on getting positive vibes and energy until your order finally materializes.

Byrne then cites the concept of visualization and says that many of the great

inventors in history relied on visualization as it is a tool that helps one to focus on believing and receiving instead of doubting its ways. She even talks about the spiritual side of The Secret and argues that since we are made up of energy and energy cannot be destroyed but can be changed from one form to another, it makes us sense to believe the true essence “has always been, always will be and never not be”.

Some of the best quotes in the book are mentioned below:

Decide what you want to be, do, and have, think the thoughts of it, emit the frequency, and your vision will become your life.

There is a truth deep down inside of you that has been waiting for you to discover it, and that Truth is this: you deserve all good things life has to offer.

If you have an intuitive or instinctive feeling, follow it, and you will find that the Universe is magnetically moving you to receive what you asked for.

You have the ability to give so much to the world by emitting feelings of love and well-being, despite what is happening around you.

The reason visualization is so powerful is because as you create pictures in your mind of seeing yourself with what it is you want, you are generating thoughts and feelings of having it now.

The secret law of attraction simply says a person obtains whatever s/he wants out of life simply by believing that they will receive it. People who agree with the Law of Attraction believe that the universe has positive and negative energies flowing in certain patterns and wavelengths. When a person starts having positive thoughts, they will be able to tap into positive wave lengths and when their mind becomes filled with negative notions they are tuning into negative forms of energy. That’s how the law of attraction works. On a serious note, the secret law of attraction might not always work simply because there are other factors that determine the outcome and circumstances in a person’s life. So not everything that happens in one’s life is based on what they think or believe but the secret law of attraction might help one to achieve and believe in themselves which is the real source of happiness that all desire and deserve to have.

Therefore, I personally think that it is one of the best self-help books that one could ever read. The way Rhonda Byrne has expressed her views regarding law of attraction is just phenomenal. This book deserves a place in everyone’s bookshelf and once you read it you’ll start realizing all the things she has mentioned throughout the book making it an interesting and informative read.

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विश्रान्त सिटौला
क्रमाङ्क: २०३१००७

ए चरी ए चरी

मैले ए चरी ए चरी ! भन्ने कविता पढेँ । त्यस पाठमा चराहरू कसरी कराउँदा रहेछन् भन्ने कुरा मैले थाहा पाएँ । भाले कुखुरा 'कुखुरी काँ' गरेर कराउँदो रहेछ । भँगेरा 'चिर् चिर्' गरेर कराउँदो रहेछ । काग 'काँ काँ' गरेर कराउँदो रहेछ । ढुकुर 'ढुकुर कुर' गरेर कराउँदो रहेछ । कोइली चरी 'कुक्कु' गरेर कराउँदो रहेछ । परेवा 'मक घुर' गरेर कराउँदो रहेछ । मलाई ए चरी ए चरी ! भन्ने कविता पढ्दा निकै रमाइलो लाग्यो । मैले यस किताबमा चराहरूका चित्रहरू पनि देखेँ र उनीहरूका आवाज पनि चिनेँ ।



शिवांश राजभण्डारी
क्रमाङ्क: २०३१०१८

गुडियाको बिहे

मेरो नाम शिवांश राजभण्डारी हो । आज म **गुडियाको बिहे** कविताको बारेमा लेख्दैछु । गुडियाको बिहे भन्ने कविता मलाई धेरै राम्रो लाग्यो यो कविता मैले भदौ महिनामा मासिक पुस्तकको रूपमा पढेको थिएँ । यस कवितामा गुडिया एकदमै राम्री र चिट्क परेकी हुन्छिन् । गुडियाले शिरदेखि पाउसम्म गहना लगाएकी हुन्छिन् । उनी भुम्का, बाला र चुराले सजिएकी हुन्छिन् । गुडियाले हातमा हिरा मोतीका औँठी लगाएकी हुन्छिन् । उनले सिताराले भरेको सुनबुट्टे जुत्ता लगाएकी हुन्छिन् । गुडियालाई लिन जन्तीहरू आउँछन् । दौतरीहरू आएर बस्छन् । यो कविता मलाई धेरै राम्रो लाग्यो र यो किताब पढ्न मज्जा पनि आयो ।



श्रीवाणी दुङ्गेल
क्रमाङ्क: २०२८०५४

जन्मदिनको उपहार: पुस्तक समीक्षा

विषय प्रवेश

जन्मदिनको उपहार कथाका लेखक विनय कसजू हुन् । किताबमा राम्रा राम्रा चित्रहरू बनाउने काम देवेन्द्र पाण्डे 'देवेन' ले गरेका हुन् । यो किताबलाई **रुम टु रिड** भन्ने संस्थाले प्रकाशन गरेको हो । कथामा माया नाम गरेकी कछुवाको कथा छ ।

कथावस्तु

जन्मदिनको उपहार माया नाम गरेकी कछुवा नानीको हो । उनी विद्यालयमा सधैं अबेर पुग्छिन् । त्यसैले समयमै पुग्न एउटा साइकल पाए हुन्थ्यो भनी उनी चिताउँछिन् । यो

कुरा आफ्ना गुरुआमा र साथीहरूलाई सुनाउँछिन् र कतै पाइन्छ कि भनेर पनि सोधिन्छ । उनकी आमाले किनिदिन्छु त भनेकी थिइन् तर कछुवाले चढ्ने साइकल कहाँ किन्न पाइन्छ ? त्यो भने उनलाई थाहा थिएन । उनको जन्मदिनमा उनले आफ्नी गुरुआमा र साथीहरूबाट एउटा उपहार पाउँछिन्, तर त्यो साइकल भने होइन । मायाको लागि साइकल त मिलेन तर उनलाई चार पाङ्गा भएको जुत्ता मिल्यो त्यो उपहार पाएर उनी धेरै खुसी भइन् । अब म समयमा विद्यालय पुग्छु भनेर खुसीको आँसु झारिन् ।



जन्मदिन को उपहार

Author: Vinaykumar Kasju
Illustrator: Devendra Pandey

Level 3

परिवेश

कथामा मायाको तालवारिको घर, तालपारिको विद्यालय, स्कूल जाँदा आउँदाको बाटो, उनको घरको कोठालगायतका ठाउँहरू स्थलगत परिवेशका रूपमा आएका छन् । मायाले जन्मदिनको उपहारमा चार पाङ्गे जुत्ता पाउँछिन् । अब उनी विद्यालय चाडो पुग्नेछिन् । यी कुराहरू कथामा

अवस्थागत परिवेशका रूपमा आएका छन् । यी कुराहरू लगभग एक वर्षको समयमा भएको अनुमान गर्न सकिन्छ ।

निष्कर्ष

किताबमा जम्मा ३२ पाना रहेका छन् । यो जन्मदिनको उपहार भन्ने कथाले जिन्दगीमा सफल हुनु राम्रो कुरा हो र आफूलाई चाहिने कुरा माग्नुपर्छ । जन्मदिन सबैको हुन्छ । त्यसमा हामी धेरै रमाइलो गर्दछौं र धेरै उपहारहरू पनि पाउँछौं अनि मिठो केक पनि खान खान्छौं । जन्मदिन भन्दैमा फजुल खर्च पनि गर्नुहुँदैन भन्ने कुरा यस कथाले सिकाएको छ ।



तनिष्क शाक्य

क्रमाङ्क: २०२७०२०

तुलारामको चर्तिकला: पुस्तक समीक्षा

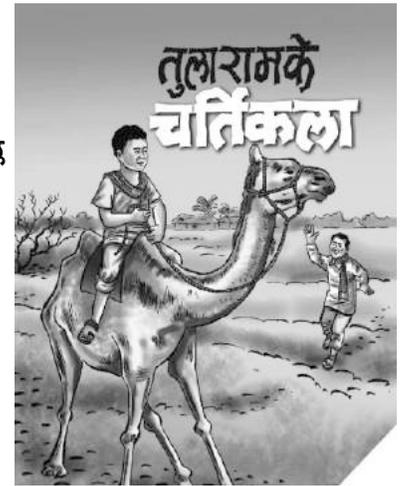
विषय प्रवेश:

तुलारामको चर्तिकला एउटा बाल चित्रकथा हो । यसका लेखक कृष्ण सर्वहारी हुन् । कथामा राम्रा राम्रा चित्र बनाउने काम देवेन्द्र पाण्डे 'देवेन' ले गरेका छन् । सम्पादन भने शान्तदास मानन्धरले गरेका हुन् । यो किताब 'रूम टु रिड'ले प्रकाशन गरेको हो । कथामा मान्छेको चरित्रलाई देखाउने काम गरिएको छ ।

कथावस्तु:

तुलारामका मामा धेरै नै लोभी थिए । तुलारामले एक दिन आफ्ना मामालाई एउटा घोडा देखाएर भने, "यो घोडाले चाँदीका सिक्का दिन्छ ।" तुलारामका लोभी मामाले भने, "भान्जा मलाई यो घोडा देऊ र तिमीलाई जे चाहिन्छ, त्यो तिमी लग ।" तुलारामले हुन्छ भन्यो र आफ्नो घर फर्कियो । मामाले घोडा किनेर घर लग्यो ।

भोलिपल्ट मामाले त्यो घोडाले चाँदीको सिक्का नदिएको रिसमा घोडालाई मारिदियो । फेरि तुलारामले एउटा खरायो आफ्नो घरमा ल्यायो र आफ्ना मामालाई देखायो र पहिलेजस्तै भन्यो र उसका मामाले फेरि त्यो खरायो लियो । खरायोलाई आफ्नो घरमा खाना पकाई राख भनेर पठायो । तुलारामको मामाघर फर्कँदा खाना नपाकेको कारणले उसले आफ्नी बुढीलाई पनि मारिदियो । अर्को दिन मामा भान्जा तुलारामको घर गयो । तिमीले फटाहा काम गरेको भनेर तुलारामलाई बोरामा बाधेर नदीतिर लिएर गयो । बाटामा तुलारामका मामालाई दिसाले च्यापेर भाडीमा जाँदा तुलाराम बेसरी करायो । बाटामा हिडेका बटुवाले त्यो आवाज सुने । भान्जाले आफ्ना कुरामा मनाएर बटुवालाई बोराभित्र राख्यो र तुलारामको मामाले आफ्ना भान्जा भनेर नदीमा फाल्यो । फर्कँदा एउटा ऊँटमा चढिरहेको आफ्ना भान्जा देखेर मामा छक्क पच्यो । तुलारामको मामाले कसरी यस्तो भयो भनेर सोचिरहेको बेलामा तुलारामले आफ्ना मामालाई सबै कुरा सिकाउन झुट बोल्थ्यो र आफ्ना मामालाई नदीमा फाल्यो । पछि मामाले मैले गल्ती गरेको कुरा भान्जासामु स्वीकार गरे ।

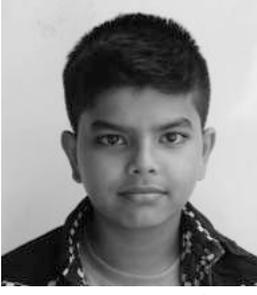


परिवेश:

कथामा भान्जा तुलारामको घर, मामाको घर, बाटो नजिकैको भाडी, नदीको किनार, भान्जाको घर जाने बाटो, नदीलगायतका ठाउँहरू स्थलगत परिवेशका रूपमा आएका छन् । भान्जा तुलारामले ठग मामालाई सबै कुरा सिकाउन कहिले घोडा त कहिले खरायो बेचेको कुरा कथामा आएको छ । भान्जालाई मारन लागेका मामालाई पछि बोरामा हालेर भान्जाले नदीमा फाल्छन् । मामाले आफूले गल्ती गरेको स्विकार्छन् । यिनै कुराहरू कथामा अवस्थागत परिवेशका रूपमा आएका छन् । सबै कुराहरू लगभग चार महिलादेखि पाँच महिनाको समायावधिमा भएको अनुमान गर्न सकिन्छ ।

निष्कर्ष:

कथामा सुन्दर कथावस्तुको रचना गरिएको छ । राम्रा राम्रा चित्रले कथा पढ्न भनै मज्जा आउँछ । मान्छेका कस्ता कस्ता रूप हुन्छन् भन्ने कुरा कथाले देखाउन पनि खोजेको छ । त्यसैले पनि म यो किताब पढ्न सिफारिस गर्दछु ।



सुप्रभ आचार्य
क्रमाङ्क: २०२६०२२

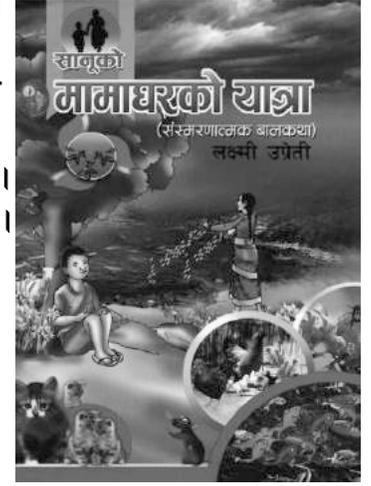
सानूको मामाघरको यात्रा: पुस्तक समीक्षा

विषयप्रवेश:

सानूको मामाघरको यात्रा भन्ने पुस्तक लक्ष्मी उप्रेतीद्वारा रचित एक संस्मरणात्मक बालकथा हो। लक्ष्मी उप्रेती बाल साहित्यको क्षेत्रमा स्थापित नाम हो। यस कथामा सानूको मामाघरको यात्राको बारेमा बालबालिकाले बुझ्ने भाषामा वर्णन गरिएको छ। यो कथा बनिता प्रकाशनले प्रकाशित गरेको हो। यो कथाको सुरुवात सानु भन्ने पात्रको कक्षा चारको परीक्षापछि भएको विद्यालय छुट्टीमा मामाघर जाने कुराबाट भएको छ। यस कथामा सानु मामाघर गएको, मामाघरमा रमाइलो गरेको, बजार घुम्न गएको, आफ्ना हजुरबुबा हजुरआमासँग रमाउँदै उहाँहरूलाई सघाएका कुराहरू राम्ररी वर्णन गरिएको छ।

कथावस्तु:

नेपालको पूर्वमा पर्ने मोरङ जिल्लाको विराटनगरमा सानू नाम गरेकी एउटा चार कक्षामा पढ्ने बालिका बस्दथिन्। उनी पढाइमा असाध्यै मेहनती थिइन्। एकदिन उनी आफ्नो कक्षाको परीक्षा सकाएर मोरङ जिल्लामा पर्ने रजनी गाँउमा भएको आफ्नो मामाघर जाने भइन्। उसको मामाघर उनी बस्ने ठाँउबाट बस चढेर करिब दुई घन्टा जति यात्रा गरेपछि आधा घन्टा हिंडनुपर्छ। उनको मामाघरमा रिक्सा पनि चल्दैन। उनको मामाघरमा मानिसहरू सामान ओसार पसार गर्नका लागि गोरूगाढा चलाउँछन्। कोही भने मोटरसाइकल र साइकलमा पनि हिंड्ने गर्दछन्। सानू आफ्नो मामाघर आमासँग बस चढेर जाँदा उसलाई बाटोमा धेरै रमाइलो लाग्यो। उनले बसबाट कर्सिया, नयाँबजार, कटहरी, बेतौनी, बबियाजस्ता ठाँउहरू पनि देखिन्। लगभग दुई घन्टाको बसको यात्रा गरेपछि सानू आफ्नो मामाघर जाने बाटोको आमतोला पुगिन् र आमाले मामाघर आइपुग्यो भन्दा छक्क परिन्। सानू र उसकी आमालाई लिन मामाघरबाट गोरूगाडा आएको थियो। सानू त्यही गोरूगाडामा चढेर मामाघर पुगिन् र मामाघरमा मामा, माइजू हजुरआमालाई भेटिन्। सानूले मामाघरमा माइजूले बनाउनु भएको भुटेको मकै, भटमास र साधेको गुन्दुक गुन्द्रीमा बसेर आनन्द मान्दै खाइन् र खुसी पनि भइन्।



मामाघर गएको दास्रो दिन सानूले मामाघरको वरिपरि घुमीघुमी हेरिन्। उनले आफ्नो मामाघरमा हाँस, कुखुरा, परेवा, गाईवस्तु, बाखापाठा पनि देखिन्। उनले बाखाको पाठो, कुखुराको चल्लालाई पनि देखिन्। सानूले मामाघरमा बिरालो र बिरालाले सिकार गरेर ल्याएको मुसो पनि देखिन् अनि आफूले सिकार गरेर ल्याएको मुसोलाई अरू कुराजस्तै कुखुरा हाँसहरूबाट बचाउँदै आफ्ना छाउरा छाउरीलाई खुवाएको देखिन् तर सानूले बिरालाले आफ्ना बच्चासँगै त्यो मुसालाई नखाएर छाउरा छाउरीले खाइसकेपछि खाएको देखेर अचम्ममा परिन् र यो किन यसो गरेको भनी आफ्नी हजुरआमालाई सोधिन् अनि हजुरआमाले पनि बिरालाले आफ्नो बच्चालाई कसरी सिकार गर्न सिकाउँछ, कसरी ढाडे बिरालो र अन्य शत्रुबाट आफ्ना बच्चा बचाउँछ, किन बिरालाले आफ्ना बच्चाको गुण दिनै पिच्छे फरक फरक स्थानमा सार्छ, किन बिरालोले आफ्ना बच्चालाई मुखले च्यापेर हिड्छ भन्ने बारेमा थाहा दिइन्। यो सबै थाहा पाएपछि सानूले आफ्नो हजुरआमाबाट पशुले आफ्ना बच्चा ठूला भएपछि छोडेर हिंड्ने तर मानिसले पुस्तौँपुस्ता पनि सँगै जीवन बिताउने कुरा थाहा पाइन्। उनले हजुरआमाबाट पशु र मानिसमा के फरक छ भन्ने बारेमा पनि थाहा पाइन् र मानिसले सबैका लागि हितकर काम गर्नुपर्छ, राम्रो काम गरेर असल मानिस बन्नुपर्छ भन्ने कुरा पनि थाहा पाइन्।

अर्को दिन सानू हातमुख धोएर घरबाहिर गइन्। उनले आफ्नो हजुरबुबा गोठमा गएर गाई दुहेको देखिन् र हजुर बुबाले त्यो दुध तताएर उनलाई खान दिनुभयो। त्यसपछि उनी आफ्नी हजुरआमासँग माछापुखरी भएको ठाँउमा गइन्। त्यसपछि उनीहरूले माछाहरूलाई चारा हाले र घरतिर गए। बाटामा उनीहरूले माहुरीको घर देखे सानूले हजुरआमालाई यो के हो ? भनेर सोधिन्। हजुरआमाले त्यो माहुरीको घर हो भनेर बताउनुभयो। माहुरीले उसलाई दुःख दिएमा मात्र यसले अरूलाई टोक्ने कुरा बताउनुभयो। सानूले खेतमा गएको बेला केराको घारी पनि देखिन् र केरा पनि एक पटक फलेपछि फेरि नफल्ने कुरा बताउनुभयो। त्यसपछि उनीहरू घरतिर आए।

मामाघर गएको चौथो दिन सानू आफ्नो घर जाने दिन थियो । उनकी आमाले उनलाई लुगा लगाई दिएर बस्नुभयो । आज माइजू र हजुरआमा भएर खाना पकाउनुभयो । सानुको मामाको पनि शनिबार भएर घरमै हुनुहुन्थ्यो । उनीहरूले खाना खाए र बाहिर निस्किए अनि हजुरआमाले टीका भएको थाली लिएर आउनुभयो । हजुरबुबाले सानुलाई राम्ररी पढ्नु भन्नुभयो । छिमेकीहरू र आफन्तले सानुलाई फेरि आउन भन्नुभयो । सानूको आमालाई हजुर आमाले कोसेलीको भोला दिनुभयो र मामाले उनीहरूलाई गाडामा घर लग्नुभयो। सानूको चार दिनको मामाघरको यात्रा रमाइलो भयो ।

परिवेश:

यस सानूको मामाघर भन्ने पुस्तकमा सानुको आफ्नो घर, मामाघर, घर जाने बाटो, बस, बसपार्क, गाडा र मामाघरको आँगन, छिमेकीको घर, गाईगोठ, माछापोखरी, केराको बारी, माहुरीको घर स्थलगत परिवेशका रूपमा आएका छन् भने यी स्थलहरूमा सानु र सानुकी आमा मामाघर गएको, मामाघरबाट गोरूगाडा सानूहरूलाई लिन आएको, मामाघरमा माइजूले मकैभटमास खुवाएको, मामाघरमा बिरालोले आफ्ना बच्चालाई सिकार गर्न सिकाएको, सानू र हजुरआमा गाईगोठ गएको, माछापोखरीमा सानूले दाना खुवाएको, गाईगोठमा हजुरबुबाले गाई दुहेको, खेतमा माइजूलगायत अरूले काम गरेको, खेतमा तोरी, गहुँ, जौ लहलह भुलेको, सानू मामाघरबाट आफ्नो घर जान ठिक परेको, हजुरआमा, हजुरबुबा, मामा, माइजूले टीका लगाई दिएर आशीर्वाद दिएको, छिमेकीहरूले पनि आफ्ना घरबाट उनीहरूलाई फेरि आउनु भनेको र मामाले उनीहरूलाई बस पार्कसम्म लगिदिएको कुरा अवस्थागत परिवेशका रूपमा आएका छन् । उल्लिखित अवस्थागत परिवेशको विश्लेषण गर्दा लगभग पाँच दिनको अवधिमा घटेको अनुमान गर्न सकिन्छ ।

निष्कर्ष:

यस कथामा सहरको परिवेशमा हुर्किएका बालबालिकालाई गाउँको परिवेश, दैनिक गरिने क्रियाकलाप, त्यहाँको दिनचर्याका बारेमा जानकारी दिन सरल भाषाको प्रयोग गरी कथाको माध्यमबाट गाउँले परिवेशको वर्णन गरिएको छ । कथालाई रोचक र चाखलाग्दो बनाउन कथाकारले पशुपंक्षी, अन्य प्राणी, अन्नबाली फलफूलका कुरासमेत जोडिएको छ । म सबैलाई यो पुस्तक पढ्न सिफारिस पनि गर्दछु ।



जिया सापकोटा

क्रमाङ्क: २०२४००५

यार्चा: पुस्तक समीक्षा

१. विषय प्रवेश

किताबको नाम: यार्चा

लेखक: अनन्त वाग्ले

चित्राङ्कन: कृष्णगोपाल श्रेष्ठ

प्रकाशक: काठमाडौँ पब्लिकेसन

पात्रहरू: मोतीसिला (दिदी, मोती, छोरी, नातिनी) लाले (छोरा, भाइ, नाति) हजुरआमा, हजुरबुबा, मोतीका साथीहरू र यार्चा खोज्न जाने मानिसहरू ।

२. कथावस्तु:

मोती विद्यालय जान हतारिँदै थिइन् । हिजो रातभरि सातु खाएर बिहान पोकाहरू मिलाउँदा मिलाउँदै उनलाई ढिलो भयो । छिटो छिटो विद्यालय जाँदा त उनको कक्षामा कोही पनि थिएनन् । खोज्दा खोज्दै बल्ल थाहा भयो कि साथीहरू त सूचनापाटीमा पो रहेछन् । सूचनापाटीमा के त्यस्तो रहेछ भनेर हेर्दा, यसपालि विद्यालयले यार्चा टिप्न जाने बिदा नै दिएनछ । विद्यालयमा सबै जनाको निकै नै चित्त दुख्यो । घरमा मोती निरास हुँदै गइन् । मोतीले भनेर ९-१० कक्षाका विद्यार्थीले पनि सहमति जनाए र भोलिपल्ट विद्यालय जाँदा सबै विद्यार्थीका आमाबुबाको सहमति लिएर विद्यालयले बिदा दिने भयो । यो कुरा सुनेर सबै जना खुसी भए । त्यसै दिन मोतीले पोकापन्तुरा बाधेर दिन बिताई ।

बिहानै मोती र उसको भाइ लाले मिलेर आफ्नी हजुरआमा र हजुरबुबालाई जाने कुरो गरेर घरबाट निस्किए । कसैको हात खाली थिएन । सबैले पोका पन्तुरा बोकेर गएका थिए । सबैले आफूलाई चाहिने कुरा बोकेका थिए । मानिसहरू मात्र नभई, खच्चडहरूलाई पनि सामान बोकाएर गएका थिए । कसैकसैसँग त ककुर, बिरालो र कुखुरासमेत थिए । एउटी महिलाले त आफ्नो शिशुलाई कुखुरा हाल्ने जालीमा राखेर लगेकी थिइन् । मोतीले यति बेला आफ्नो अर्को सानो भाइलाई पनि याद गरिन् । लालेको जुत्ता पनि सानो भएछ । मोतीका बुबाले केही हुँदैन

भनेर सान्त्वना दिए । एक रात हिडेपछि उनीहरू लेकमा आइपुगे । सामानहरू ओसार्दा ओसार्दै रात परेको थियो । सबैले पुग्नासाथ खाना खाए तर लाले र मोतीले चाहिँ गीत गाउँदै आफ्नी आमाले पकाएको हेरे । उनीहरूको पढाइ नबिग्रीस भनेर पाटनमै पढाउने व्यवस्था गरिएको पनि रहेछ । मोतीले त्यो रात सुत्दा यार्चाको सपना देखिन् । सपनामा यार्चाले बोलिरहेको थियो । यार्चाले आफ्नो जीवनको बारेमा बतायो । कसरी एक किरा जीवनबुटी बन्छ । यार्चाले आफ्नो कुरा भन्दै गर्दा मोती ध्यान दिएर सुनिरहन्छे । पाटन पुग्दा मोतीले दुई जना एकअर्कालाई आँखा भिम्काइरहेको देख्छे र सोच्छे, 'मलाई पनि ठुलो भएपछि भिम्काउन मन लाग्छ होला है ?' यो सोचेर लजाउँछे । लेकमै आएका कालीबहादुर काका निकै थला पर्छन् र उनको निधन पनि हुन्छ र त्यसै रात मोतीकी काकी बस्ने ठाउँमा चोरी हुन्छ र ती काकीले मोती र लालेलाई शङ्का गर्छिन्, मोती र लाले निकै रिसाउँछन् र उनीहरूले नै अन्त्यमा त्यो चोर फेला पार्छन् । चोरी भएकै केही दिनपछि लालेलाई बिसन्चो हुन्छ । मोती र उसका आमाबुबालाई छटपटी हुन्छ । उनीहरू निकै अतालिनन्छन् । अन्त्यमा घरकै वातावरण राम्रो भनेर उनीहरू घर जान्छन्, र घरमा गएको दुई चार दिनमै लाले लाई ठिक पनि हुन्छ ।



३. परिवेश:

उपन्यासमा मोतीको विद्यालय, विद्यालयको सूचनापाटी, उसको घर, यार्चा टिप्न जाँदाका विभिन्न ठाउँहरू जस्तै : सानो गोरेटो, लेक, चौतारा, चौर, यार्चा टिप्ने ठाउँ, हिमालको फेदी, हिमाली भेग, यार्चा टिप्ने ठाउँको साना पढ्ने ठाउँहरू स्थलगत परिवेशका रूपमा आएका छन् । यो कथा मोती विद्यालय जाने बेलाको हडबडीबाट सुरु हुन्छ । मोतीले आफ्नो विद्यालयबाट यार्चा टिप्न जाने छुट्टी पाएपछि मोती र उसको परिवार र अन्य गाउँका मानिसहरूसँगै यार्चा टिप्न गएका छन् । कथामा उल्लिखित घटनाहरू अवस्थागत परिवेशका रूपमा आएका छन् । उल्लिखित अवस्थागत परिवेशको विश्लेषण गर्दा यो कथामा यार्चा टिप्ने स्थल जाँदा जाँदै दुईतिन दिन लागेको थियो । उनीहरूले त्यहाँ लगभग १५ दिनसम्म यार्चा टिपे । मोतीको भाइ बिरामी भएका कारण उनीहरू छिट्टै घर फर्किए । त्यसैले लगभग एक महिनाको समयवधि कालगत परिवेशका रूपमा आएको अनुमान गर्न सकिन्छ ।

४. निष्कर्ष:

यो उपन्यास हिमाली भेगमा विशेष गरेर यार्चा टिप्नेहरूको सङ्घर्षको कथा हो । उपन्यासले यार्चाका बारेमा पनि ज्ञान दिने काम गरेको छ । साथै नेपालको सुदुर पश्चिमका पहाडी जिल्लामा बस्ने मानिसहरूको जीवनयापन कति पीडादायी रहेछ भन्ने कुराको जानकारी उपन्यासले दिएको छ । यो किताब सानो र ठुलो दुबैले पढ्न सक्ने किताब छ किनभने यस किताबमा प्रयोग भएका शब्दहरू सरल, सरस र सबैले बुझ्न सक्ने रहेका छन् त्यसैले पनि यो किताब म अरूलाई पढ्नका लागि सिफारिस गर्न चाहन्छु ।



कृति नेपाल

क्रमाङ्क: २०२३०१६

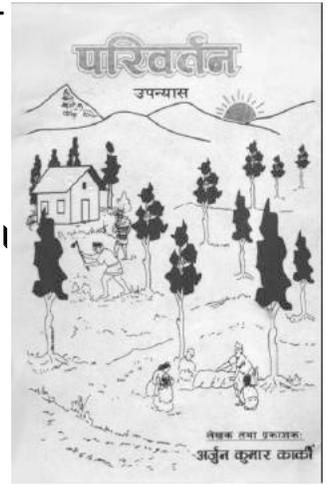
परिवर्तन: पुस्तक समीक्षा

परिवर्तनको अर्थ रूप फेरिनु वा बदलिनु हो । परिवर्तन दुई प्रकारको आउन सक्छ : सकारात्मक वा नकारात्मक । परिवर्तन पुस्तकमा पनि दुवै खालको परिवर्तन देखिएको छ । यो पुस्तकका लेखक अर्जुनकुमार कार्की हुन् । उनले परिवर्तन उपन्यासमा समाजमा घटिरहेका समस्या, मानिसको मनमा आउने सकारात्मक र नकारात्मक परिवर्तन अनि आफूले राम्रो काम गरे निधनपछि पनि हाम्रो राम्रो कामलाई सम्भिनन्छन् भन्ने कुरा यस उपन्यासमा देखाउन खोजिएको छ । यसको शीर्षक परिवर्तन यो पुस्तकलाई सुहाउँदो छ, किनभने यो पुस्तकमा परिवर्तन ल्याउन खोजिएको छ र परिवर्तन आएको पनि छ ।

कथावस्तु:

यो उपन्यासको कथावस्तु धनवीरको घर र उसको परिवारबाट सुरु भएको छ । उसको परिवारमा जम्मा ५ जना सदस्य छन् : धनवीर, उसकी श्रीमती माया, उसका दुई छोराहरू चन्द्र र हरि अनि एक छोरी गोमा । धनवीर बिरामी भएकाले बारीमा राम्रो खेती हुने बेला भए पनि धनवीरको खेती भने रित्तै हुन्छ । केही उब्जनी र आमदानी हुँदैन । यति भएपछि धनवीरको घर गाउँभरि चर्चाको विषय बन्छ ।

केही वर्षपछि धनवीरको छोरा चन्द्र मुना नाम गरेकी एउटी केटीसँग प्रेममा गाँसिन्छ । यो कुरा धनवीरको कानमा पुग्न धेरै बेर लाग्दैन । धनवीरले चन्द्र र मुनाको विवाह गर्ने निर्णय गर्छ । विवाहको केही दिनपछि चन्द्रले सहरमा शिक्षकको जागिर पाउँछ । ऊ घर फर्किने समयमा एउटा ज्यामी र उसको साहुबिच कामको ज्यालाको विषयमा भनाभन चलिरहेको रहेछ । साहु गलत हुँदा पनि कसैले ज्यामीको साथ दिएनन् र उल्टै ज्यामीलाई जेलमा पठाइदिए । यो देखेर चन्द्रलाई नराम्रो लाग्यो र ऊ घर फर्किन थाल्यो । घर फर्केपछि उसले यस्तो गरिबी, अशिक्षा र तिरष्कार हटाउने बाचा गरी सुत्यो । उसले भोलिबाट धेरै चेतना फैलाउने कोसिस गर्‍यो तर कसैले उसका कुरा सुनेनन् । एकदिन चन्द्र विद्यालय जान घरबाट निस्क्यो । त्यतिखेर उसले श्यामलाई रक्सी खाएर मातेको देख्यो । श्यामलाई उसले सम्झाउन खोज्दा उल्टै श्यामले दुई भापड हानेकोले चन्द्र आफ्नो बाटो लाग्यो । बेलुका घर फर्केपछि मुनाले श्यामको निधन भएको बताई । चन्द्र र अरू गाउँलेहरू अन्तिम संस्कार गरेर फर्किँदा उसको भेट एउटा समाजसेवीसँग हुन्छ । समाजसेवीले उसलाई परिवर्तन ल्याउनु छ भने आफ्नो घरबाट सुरु गर्नुपर्छ । आफ्नो घरमा काम गर्न राखेको नोकरहरूलाई स्वावलम्बी बनाउनुपर्छ भन्ने कुरा सिकाउँछ । त्यसपछि चन्द्रले उसका मित्रहरूसँग मिलेर गाउँका गरिबहरूलाई आफैँ अरूको घरमा काम नगरिकन तालिमबाट पैसा कमाउन सक्ने बनाए । सबैतिर ज्ञानको ज्योति छर्दै गए । यो कुरा कर्ण र अरू ठुलाबडा मानिसहरूलाई मन परेन । उनीहरूले चन्द्रलाई पक्रेर पुलिस थाना लगी थुन्न भनेर गृह मन्त्रीकोसमेत सहारा लिए । केही दिनपछि भीम र चन्द्रको मित लगाइयो र उनीहरूको परि वारमा पनि एक अर्काको घर आउजाऊ हुन्थ्यो । केही समयपछि भीमले यो अभियानबाट बिदा लियो । त्यसपछि ऊ चन्द्रकी श्रीमती मुनातर्फ आकर्षित हुन थाल्यो । उसले केही दिनपछि मुनालाई गर्भवतीसमेत बनायो । त्यसपछि उनीहरूले कागजमा हस्ताक्षर गरेर विवाह गरे । यो कुरा चन्द्रलाई थाहा थिएन । त्यसपछि एक दिन भीमको घरको बार कसैले लात्तीले हानेर भाच्च लागेको रहेछ । त्यसपछि भीमले त्यो देखेर को हो त्यो भनेर करायो । त्यो सुनेर त्यो बारमा लात हानिरहेको जड्याहा भीमतिर कुद्न थाल्यो । यो देखेर भीमले खुकुरी भिकेर त्यो मान्छेको हत्या गरिदियो तर त्यो मान्छे पुलिस रहेछ । पुलिससँग मिलेर भीमले उसको घर सर्ने दिन चन्द्रलाई बोलायो र पुलिसले चन्द्रलाई लगेर कुटेपछि उसको निधन भयो । चन्द्रको निधन पछि धेरै गाउँलेहरू दुखी भए तर उसको साथी किशोरले उसको काम र उसले ल्याउन खोजेको परिवर्तन सबैले मिलेर ल्याउने र चन्द्रलाई कहिले नबिर्सिने अनि उसले गरेका काम संसारमा ऊ नभए पनि सदा रहिरहने कुरा यस उपन्यासमा देखाइएको छ ।



पात्र :

यस उपन्यासको मुख्य पात्र चन्द्र हो । चन्द्र भनेको धनवीरको जेठो छोरा हो । उसले आफ्नो गाउँमा भइरहेको अशिक्षा, गरिबी, धनीले गरिबमाथि गरेको हेला, यी सबै कुरामा परिवर्तन ल्याउन खोज्यो र आफ्नो ज्यानसमेत जोखिममा हुँदा पनि आफ्नो ज्ञानको ज्योति छर्नबाट पछि परेन । अहिले हाम्रो समाजमा चन्द्रजस्तो मानिस धेरै छैनन् । हामी पनि चन्द्रजस्तै बन्नुपर्छ र आफ्नो समाजमा सकारात्मक परिवर्तन ल्याउनुपर्छ ।

मेरो दृष्टिकोण र आलोचनात्मक विश्लेषण :

यो पुस्तक पठनयोग्य छ तर मलाई यसको अन्त्यसँग चित्त बुझेको छैन । यदि म यो पुस्तकको लेखक भएको भए म चन्द्रको निधन हुन दिन्नथेँ । म यसको अन्त्य भीम र मुनालाई उनीहरूको गल्तीको प्रायश्चित् भएको र चन्द्र एउटा ठुलो समाजसेवीको रूपमा देशभरिका सबै मानिसले चिन्ने बनाएर उपन्यासको अन्त्य गर्थे होला ।

पुस्तक सिफारिस:

म यो पुस्तक सिफारिस गर्न चाहन्छु किनभने परिवर्तन उपन्यासका लेखक अर्जुनकुमार कार्कीले यो उपन्यास धेरै सरल तथा स्पष्ट भाषामा लेखेका छन् । यो पुस्तक सरल छ । यो पुस्तक बालबालिकाले मात्र नभएर सबैले एक पटक पढ्नै पर्ने खालको छ । यस उपन्यासले अहिले समाजमा घटिरहेका समस्या र मानिसको मनमा आउने परिवर्तनलाई समेट्दै आफूले ल्याउनै पर्ने सकारात्मक परिवर्तनको शिक्षालाई अगाडि सारिएको छ । यस उपन्यासका पात्रहरू पनि छुट्टै चरित्र अनि व्यवहार भएका छन् । यसैकारण पुस्तक पढ्दा रमाइलो हुन्छ ।



मुस्कान सिंह

क्रमाङ्क : २०२३००५

गौरी शोककाव्य: पुस्तक समीक्षा

गौरी एउटा शोककाव्य हो। यो शोककाव्य माधवप्रसाद घिमिरेद्वारा रचिएको हो। उनले यो काव्य आफ्नी पत्नी गौरीको सम्भनामा २००४ सालमा रचना गरेका हुन्। पत्नीको निधन भएपछि उनको घर निराशाले भरियो। उनमा विचारको कुनै श्रृङ्खला नै थिएन। त्यसबेला उनले आफ्नो मनको बह यो शोक काव्यमा पोखे।

गौरी काव्यले कविका धेरै सम्भनाहरू फर्काएर ल्याउँछ। यस पुस्तकमा रहेका हरेक श्लोकले गहिरो अर्थ बुझाएका छन्। माधव घिमिरेले लेखेको यो काव्य उनकी पत्नीको जीवन र मृत्युको बारेमा लेखिएको असाधारण कथा हो। उनले आफ्नी पत्नीको मृत्यु भएपछि नै यो काव्यको रचना गरेका थिए। एउटा शोकले ग्रस्त कहानी, निर्दोष प्रेम र अबोध बालापनले मेरा आँखा रसाए। काव्य पढ्दै जाँदा नेपाली साहित्यमा लेखिएको सबैभन्दा सुन्दर र लयबद्ध कविता गौरीभन्दा अर्को छैन कि जस्तो मलाई लाग्यो। यो काव्य कविकी प्रियाको मृत्युको विलाप हो। यसमा रहेका हरेक पदहरू लयबद्ध र सुन्दर छन्। अझ महत्त्वपूर्ण कुरा यी अभिव्यक्तिहरू यत्तिको प्रामाणिक हुन्छन् कि यसले तुरुन्तै मुटु छुन्छ। यसले पाठकका आँखा ओसिलो पार्छ।

यो काव्यको पहिलो कविता “के लेख्नु मैले प्यो”मा कविले आफ्नो आँसुमा चिप्लिएको कलमले लेखेको छन्। अचानक आफ्नी पत्नीको मृत्युको खबर सुनेर आफ्नो होस् सम्हाल्न नसकेका माधवप्रसाद घिमिरेले यो पहिलो कवितामा उनलाई आफ्नो वरिपरिको जगत् र वातावरणमा कस्तो फरकपन देखेको उल्लेख छ। त्यसपछि उनको कविता, “हे नारायण के भयो” यसमा आफ्नी पत्नी हुँदा कस्तो वातावरण थियो र अहिले कस्तो भएको छ भन्ने कुरालाई तुलना गरेका छन्। पहिला घरमा खुसीयाली र शान्ति हुने गर्थ्यो तर अहिले निराशा, अज्ञान, अभाव र दुःखले सबैलाई ग्रस्त पारेको छ। त्यसै गरी काव्यको दोस्रो कविता, “एउटा सत्य कथा म भन्छु” यसमा कविले उनी र उनकी पत्नी हुँदा कस्तो उज्यालो, उमङ्गले भरिएको समय हुन्थ्यो। उनकी पत्नीको मुस्कुराहटले उनको दिनमा उज्यालो छरिदिन्थ्यो। उनको हृदयमा हजारौं ध्वनि पनि सुनिन्थ्यो तर त्यो रात विष्णुमतीको तटमा भगवानको यस्तो खेल भयो कि एकै छिनमा नै सबै खुसी हराएर गयो।

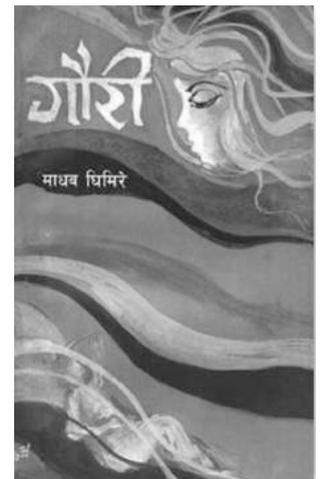
तेस्रो कविता “बिर्सी बिर्सिसकिन्न”मा उनकी पत्नी बितिसकेपछि एउटा पनि आँसुको थोपा आँखाबाट निस्किएन किनकि ती आँसुले उनको दुःख कम गर्न सक्दैनथ्यो। जीवनभर साथ दिने वचन दिएर पत्नीले उनलाई एकलै छोडेर गइन्। त्यसै गरी चौथो र पाँचौं सर्गमा कविले उनको जीवनबाट सारा खुसीयाली र उज्यालो गएर अन्धकारको बाटोतर्फ लागेका छन्। उनी आफ्नो आँसु पुछेर दुःख बिर्साउन सकेका छैनन्। उनको घरमा बत्ती बल्दैन किनकि उनकी पत्नी गएपछि उनले आफूसँगै उज्यालो र खुसी दुवै लगेकी छिन्।

यसै गरी काव्यको छैटौं, सातौं र आठौं सर्गमा कविले उनकी पत्नी मृत्युको नजिक पुगेपछि त्यहाँ कस्ती होलिन्, के गर्दैछिन्, कस्तो मुलुकमा छिन्, कस्तो ठाउँ छ, उनले त्यहाँ पनि शान्ति र सन्तोष पाएकी छन् कि छैनन्, कवि यी कुराहरूले चिन्तित छन्। कविले आफ्नी पत्नीलाई कुनै लीलाले कहिलेकाहीं भुइँमा ओर्लेर आफूसँग भेट्न आउन अनुरोध गर्छन्। भनिन्छ, एकचोटी साथ छुटेपछि कहिले पनि पाउन सकिँदैन सायद यो सत्य हो। यसरी यस काव्यमा रहेका हरेक कविताले धेरै गहिरो कुरा सिकाएका छन्।

यस काव्यका मलाई मन परेका श्लोकहरू निम्न छन् :

छैनन् आज उनी म रुन्छु, नहुँला भोली म मेरा रुनन्,
पृथ्वी मर्दछ पर्सि यो, पिलपिले ताराहरू ती रुनन्।
सारा निष्ठुर नाशको पछि यहाँ आएर को रुन्छ हे,
नाशैलाई छ सिर्जना सब भने रोएर के हुन्छ हे।

प्रस्तुत श्लोकअनुसार हरेक मान्छेलाई एक न एक दिन यस संसारबाट जानैपर्छ। यो बिछोडले गर्दा हामीले आफूलाई निराशावादी बनाउनुहुँदैन, किनकि भनिन्छ विनाशले नै



सिर्जनाको आरम्भ हुन्छ । यस कविताले उनकी पत्नीको मृत्युमा गहिरो शोक देखाएको छ । कविले गौरीलाई गौरीकाव्य लेखेर अमर बनाए । कवि कान्तिपुरबाट फर्केर आफ्नो घर पुग्दा उनले विष्णुमति नदीको किनारमा आफ्नी श्रीमतीको मृत शरीर देखे र गौरी काव्यको जन्म भयो ।

यो एक हृदय छुने काव्य हो। गौरीकाव्य भावना र पीडाले भरिएको छ । मलाई यो कविता साँच्चै मनप्यो र विशेष गरी कवितातर्फ रुचि राख्नेहरूलाई म यो पुस्तक सिफारिस गर्न चाहन्छु ।

नरेन्द्र दाइ: उपन्यास समीक्षा



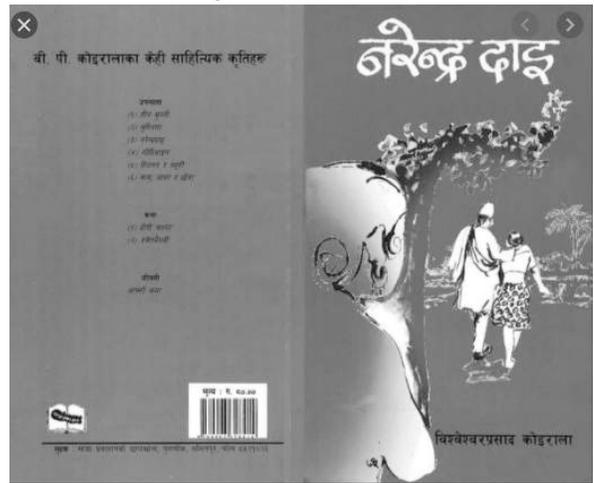
धीरज चापागाईं

क्रमाङ्क : २०२३०१७

नरेन्द्र दाइ विश्वेश्वरप्रसाद कोइरालाद्वारा लिखित एक मनोवैज्ञानिक उपन्यास हो । यो उपन्यास सन् १९७० मा साभा प्रकाशनद्वारा प्रकाशित भएको थियो । विश्वेश्वरप्रसाद कोइराला सन् १९१४ (२१ जुलाई १९८२) नेपाली साहित्यका बहुआयामिक प्रतिभा, विशिष्ट राजनेता अनि नेपाली साहित्यका साधक हुन् । कोइराला नेपाली साहित्य जगतमा कथा-उपन्यासमा आधुनिकता ल्याउने साहित्यकारमध्ये एक हुन् । उनका यिनै आधुनिक कथा-उपन्यासमध्ये **नरेन्द्र दाइ** पनि एक हो । मानिस सामाजिक प्राणी हो । समाजका बाधा अनि समस्याहरू पनि हाम्रै कारणले गर्दा उत्पन्न हुन्छन् । व्यक्तिका इच्छा अनि भावनालाई कुण्ठित नपारी स्वतन्त्र छोडिनुपर्छ । यही समाज अनि मानिसका कुण्ठाहरूको बारेमा रचना गरिएको उपन्यास हो **नरेन्द्र दाइ** ।

नरेन्द्र दाइ उपन्यासले नरेन्द्र दाइ र उनका जीवनका घटनाहरूलाई र नरेन्द्र दाइलाई नजिकबाट नियालेको छ । यसले नरेन्द्र दाइ र उनकी श्रीमती गौरीबिच बिहेको धेरै वर्षपछि पनि जन्मन नसकेको सन्तानका बारेमा अनेक अड्कलबाजी काटिएका छन् भने आशङ्का पनि गरिएका छन् । उपन्यासमा जस्ता घटनाहरू हाम्रो समाजमा घटी नै रहन्छन् तर समाजको बन्धनले हामीलाई सधैं बाँधेर राखेको हुन्छ ।

यस उपन्यासका मुख्य पात्रहरू नरेन्द्र दाइ, गौरी, मुनरिया हुन् । सान्नानी भने यस उपन्यासकी सहायक पात्र हुन् । गाउँका अन्य मान्छेहरू पनि यस उपन्यासका गौण पात्र हुन् । उपन्यासमा कथाको सुरुवात नरेन्द्र दाइलाई गाउँका सबैले चिनेको, मानेको सम्मानित व्यक्तिको रूपमा देखाइएको छ । गाउँका केटाकेटीहरू भने नरेन्द्र दाइसँग सारै डराउँछन् । खासमा यसको कारण नरेन्द्र दाइको पहिरन अनि उनको जिउडाल अर्थात् उनको बाहिरी आवरण हो । भित्रबाट भने उनी सारै मिजासिला अनि नम्र व्यवहारका छन् । कथाकी सहायक पात्र मुनरिया एक गरिब परिवारकी छोरी हुन् । उनी आफ्ना बुवासँग त्यही गाउँको एउटा सानो घरमा बस्छिन् । उनको गरिबीको कारणले गर्दा नै नरेन्द्र दाइको घरमा काम गर्न बसेकी छे । नरेन्द्रको गाउँमा एउटा राम्रो छवि छ । उसँग प्रशस्त पैसा छ अनि गाउँमा सबैले उसलाई मान्ने गरेका छन् । नरेन्द्र दाइको पहिले नै विवाह भैसके पनि उनी आफ्नो सम्बन्धसँग खुसी छैनन् । गौरी र नरेन्द्र दाइबिचको सम्बन्धमा धेरै दरारहरू छन् । नरेन्द्र दाइ बाहिरबाट संसारलाई खुसी देखिए पनि भित्रबाट आफ्नै सम्बन्धबाट सन्तुष्ट छैनन् । उनले आफ्नै घरमा काम गर्न आउने मुनारियालाई अत्यन्तै मन पराउँथे । मुनारिया हाम्रो समाजले दिएको तल्लो जातमा पर्ने भएकाले उसलाई गाउँमा सबैले हेप्ने गर्थे । नरेन्द्र दाइको समाजमा ठुलो नाम अनि सान थियो । मुनरिया तल्लो जात भएकै कारणले नरेन्द्र दाइले मुनारियासँगको अबैध सम्बन्ध खुलासा गर्न सकेका थिएनन् । यस कुरालाई बढावा दिँदै लेखकले आजभन्दा ३०-४० वर्ष अघि हुने हेला अनि जातीय सङ्घर्ष देखाउन खोजेका छन् । पहिले अहिलेभन्दा दुई गुणा बढी हेला अनि अत्याचार हुने गर्थ्यो । उपन्यासकारले तत्कालीन नेपाली समाज र सम्भ्रान्त वर्गको वास्तविक चित्रण यस उपन्यासमा गरेका छन् । नरेन्द्र दाइका भावनाहरू भित्रभित्रै मनमा भरिँदै गइरहेका थिए । यो कुरा न त उनले गौरीलाई



सुनाउन सक्थे न त समाजलाई नै । उनलाई यही कुराले हरेक दिन सताउँथ्यो । नरेन्द्र दाइको परिवारले पनि गौरी र नरेन्द्र दाइको सम्बन्धमा मलम लगाउन थुप्रै प्रयासहरू गरे तर हरेक पटक असफल भए । एक दिनको कुरा हो, मुनारियाले एक सार्की दाइलाई पानी दिइरहेकी हुन्छिन् । त्यही बेला कप्तानी आमा आएर मुनारियालाई भए नभएका शब्दहरूले गाली गर्छिन् । यो उपन्यासको चरमोत्कर्ष भाग हो । यस्तो छुवाछुतको भावना गाउँमा सबैमा थियो । त्यसैले गर्दा पनि मुनारियाले धेरै हेला सहनुपरेको थियो । नरेन्द्र दाइलाई मुनारियासँगको सम्बन्धमा परिवारप्रति घृणा जागेको छ । उनलाई यो गाउँमा पढ्नै बस्ने मन थिएन । मुनारियाको मायाले भए पनि उनलाई छुवाछुत गर्नुहुँदैन भन्ने भावनाको विकास भएको थियो । उनमा गाउँमा कसैमा नआएको चेतना आएको थियो । त्यसको भोलिपल्ट नै नरेन्द्र दाइ गाउँ छोडेर जाने विचार गरे । नरेन्द्र दाइसँगसँगै मुनारिया पनि गाउँ छोडेर सहर जान्छे । एकदिन अचानक वाचकले सहरमा मुनारियालाई देख्छन् । अब वाचकलाई थाहा हुन्छ कि नरेन्द्र दाइलाई क्षयरोग भएर गाउँ फर्किसकेका थिए । मुनारिया भने सहरमा दुःखको जीवन बिताइरहेकी थिइन् । त्यहाँ वाचकलाई मुनारियाको हालत देखेर धेरै दया लागेर आएको थियो । केही वर्षपछि, वाचकले थाहा पाउँछन् कि १९९० को भूकम्पमा परी गौरीको पनि निधन भयो । यसरी उपन्यासको अन्त्यमा नरेन्द्र दाइ मात्र बाँकी हुन्छन् । उनीसँग न त मुनारिया हुन्छे न त गौरी नै । यसरी उपन्यासको अन्त्य हुन्छ ।

उपन्यासकार विश्वेश्वरप्रसाद कोइरालाले हामीलाई यस उपन्यासको माध्यमबाट समाजमा विद्यमान छुवाछुतजस्ता विभेदको अन्य गर्न सुझाएका छन् । प्रेमले जातलाई नभएर आत्मालाई स्वीकार्छ भन्ने कुरा पनि यहाँ देखाएका छन् । एउटा सानो परिवेशमा संरचित यस उपन्यासले हामीलाई धेरै कुरामा सचेत गराएको छ । हाम्रो समाजले हामीलाई यौनका बारेमा वर्जित गर्दै आएको छ । यसकै कारणले धेरै मानिसका समस्या अनि भावनाहरू मन भित्र दबिएका छन् भन्ने कुरा उपन्यासले प्रस्तुत गराएको छ ।

पुस्तक समीक्षा: आकामे गा किल



आस्वत आचार्य

क्रमाङ्क: २०२२०२१

आकामे गा किल (Akame ga kill) वास्तवमै एक राम्रो प्लट गरिएको एनिमे हो । यसमा चरित्र निर्माण र कथा रेखा शानदार छ । यद्यपि अन्त थोरै अप्रत्याशित भए पनि म खुसीसाथ कसैलाई सिफारिस गर्न सक्दछु । मैले अझै भन्नुपर्छ कि यो सबैका लागि होइन । यो प्रायः दर्शकमा निर्भर गर्दछ । यदि तपाईं कार्य मन पराउने व्यक्ति हुनुहुन्छ भने यसमा साहसिक कार्य, कल्पना र थ्रिलर सबै छ । कला एनिमेसनको यो कार्यले मलाई अर्को दृष्टिकोण प्रदान गर्‍यो ।

यो भ्रष्ट शाहीविरुद्ध विद्रोह गर्ने व्यक्तिहरूको समूह (Night Raid) वरिपरि घुम्छ । यो पनि महाशक्तिहरू मिल्यो यदि तपाईं यसमा हुनुहुन्छ र समग्रमा शानदार एनिमेसन छ ।

अनपेक्षित अन्त्य केही अलि दुःखको कुरा थियो यस बाहेक यसले तपाईंलाई नयाँ स्वाद र एनिमेसनको लागि भिन्न दृष्टिकोण प्रदान गर्दछ ।

यद्यपि एनिमेसन एकदम राम्रो थियो तथापि मलाई यस्तो लाग्यो कि यसमा केही चिजको अभाव छ । पहिलो कुरा यो हो कि यदि एनिमेसन सभ्य थियो भने यो भ्रगडा गर्ने एनिमेसनहरूसँग अझ राम्रो हुन सक्थ्यो, उदाहरणका लागि “एक पन्च म्यान” पहिलो सत्रमा एनिमेसन (saitama vs the earthlings) । यदि हामीले “आकामे गा किल” मा एनिमेसनको त्यो स्तर प्राप्त गर्ने हो भने यो पक्कै पनि चाखलाग्दो हुने थियो, यद्यपि एनिमेसन अझै अचम्मको छ । दोस्रो चिज प्लट र चरित्र विकासमा छ । यो एनिमेमा चरित्र विकास सभ्य छ तर धेरै साना वर्णनहरू भएकाले यसलाई थोरै थोरै सुस्त पारिदिनुपर्दछ र ती सबैले दर्शकलाई भावनात्मक रूपमा जोड्न सक्ने थिए ।

यो वास्तवमा सत्य हो कि हामी एकल एनिमेमा सबै राम्रा सुविधाहरू फेला पार्न सक्दैनौं, जसले एनिमेलाई रोचक बनाउँदैन । प्रत्येक एनिमे एक अर्काका लागि अद्वितीय छन् । यही कारणले समीक्षालाई पढ्न रोचक बनाउँदछ, र यसैले गर्दा हामी थप एनिमे र मञ्जसको खोजी गरिरहन्छौं ।

POLITICS & CURRENT AFFAIRS



Karma Gurung
API XII, 21109

Toxic Feminism

The word feminism has come a long way from protecting the rights of women suffering discrimination and inequality but now feminism is being mixed with other categories besides fighting for gender equality otherwise known as toxic feminism. This part of feminism is so toxic that I shall go to the extent of calling it disgusting. Gender equality going movements are always inspirational and positive but trying to use feminism as a tool to hurt males and humiliating them is wrong. This

has been affecting feminists all over the world. Why get offended when a man sits spreading his legs? Why get offended when men wear shirts with women in them? Why condemn a man if he doesn't give his seat to you? The toxic feminism is the virus affecting feminism, and this virus will get offended if a man does anything. If a guy looks at a pretty woman, toxic feminists would get offended claiming he is a rapist, sexist, and sexual harasser without even considering the feelings of the pretty woman. Toxic feminist has begun mudding the word feminism so much that celebrities don't claim themselves, feminists, anymore. For example the lead female character of Harry Potter, Emma Watson. Emma Watson is a feminist who actually stands for gender equality, she also launched the HeForShe campaign where males and females both come together to fight for gender equality. During a photoshoot for a vanity fair, Emma exposes some parts of the breast which enraged toxic feminists everywhere. She was criticized for sexualizing herself and was called a hypocrite. Take a minute and just imagine the world right now. So, you want women to come out of the shadows and feel free to express themselves but you're getting offended when she expresses herself in a very sexualizing manner?

Toxic feminists tend to get offended by everything they disagree on but when it's something they prefer, they don't bother to even raise a question. For example, Cardi B's newest song WAP which literally sexualizes women to the utmost level possible on Youtube. How come Emma Watson gets criticized for sexualizing herself whereas Cardi B and Megan Thee Stallion get praises for the same thing only worse.

One toxic feminist may bring about the history of how females were discriminated against amongst men but aren't we pass that? If we keep on blaming, the world will no longer remain in peace, in your way you may be right but what you think isn't always right. I want equal rights and opportunities for all genders but not by looking down on one. There are females in the middle east and underdeveloped countries who do not have a lot of rights as we do, living very difficult and saddening lives but instead we tend to focus on things like manspreading. Isn't feminism meant to be

gender equality? How can genders be equal if one is getting discriminated against? aren't you all going against what you stood for?. I wish to live in a world where gender will no longer be an issue. A world we can accomplish if we all focused on the uplifting woman and taking care of men and accepting all genders.

कहाँ गयो त न्याय



अनुष्का बस्नेत
क्रमाङ्क : २०२३००२

नेपालमा बलात्कार हुने सङ्ख्या दिनप्रतिदिन निकै बढ्दै गइरहेको छ । बलात्कार एउटा जघन्य अपराध हो । नेपालको कानूनअनुसार कसैको मन्जुरीविना करकाप, डर, धम्की वा बल प्रयोग गरी जबरजस्ती गरिने यौन क्रियालाई बलात्कार भनिन्छ । त्यसै गरी उमेर नपुगेका बालिकालाई ललाइफर्काई, मन्जुरी लिई वा नलिई गरिने यौनकार्यलाई पनि बलात्कार नै मानिन्छ ।

वि सं २०७५ साउन ११ मा कञ्चनपुरकी १३ वर्षीया बालिका निर्मला पन्त

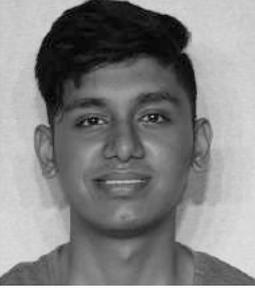
बलात्कारको सिकार भई मृत अवस्थामा फेला परिन् । सञ्चार माध्यमदेखि लिएर

संसदमासमेत यो घटनाले चर्चा पायो तर दुई वर्ष बितिसक्दासमेत दोषी फेला परेन ।

यसै बिचमा कैयौँ अनुसन्धान भए कैयौँ प्रहरी प्रमुख फेरिए पनि निर्मलाले न्याय पाएकी छैनन् । यो अपराध हुनु र भइसकेपछि पनि प्रहरीले अपराधी पक्राउ गर्न नसकेको कुराले नेपालको कानूनमाथि प्रशस्त प्रश्न चिन्ह खडा भएका छन् । यति मात्र होइन, कुनै पनि महिला जातिका लागि नेपाल पनि असुरक्षित देश नै हो भनेर बुझ्न सकिन्छ । १३ वर्षीया पन्त आफ्नी साथी रोशनी बमको घरबाट फर्कँदा यो घटना घटेको सञ्चार माध्यमबाट थाहा भयो । १३ वर्षीया पन्तको शरीर उखु बारीमा भेटिएको थियो । पीडित पक्षका अनुसार निज पन्तको मृत शरीर भेटिनेबित्तिकै प्रहरीले पन्तको शरीरभरि पानी खन्याए । यसो गर्नाले पन्तको शरीरबाट अपराधीको डि.एन.ए अलिकति मेटियो । विविध जानकारी अनुसार कसैले कसैको बलात्कार गरेको छ भने अपराधी को डि. एन.ए पीडितको शरीरभरि हुन्छ । त्यही डि. एन.ए बाट दोषी पक्राउ गर्न सकिन्छ तर पन्तको कुरा गर्ने हो भने शरीरमा पानी खन्याइयो । गहिरिएर सोच्ने हो भने अपराधीहरूलाई उच्च तहबाटै संरक्षण छ कि भन्ने आशङ्का पनि नभएका होइनन् । यस्ता कैयौँ घटना गुपचुपमा रहेका छन् भने कतिपय दबाबमा परेर बाहिर आएका छैनन् । निर्मला प्रकरणमा त्यसपछि पनि दोषी भेटाउने धेरै अवसरहरू थिए तर दोषीलाई आजसम्म समात्न सकिएन । यसमा कानूनको लापरवाही सजिलै देख्न सकिन्छ ।

नेपाल मात्रै नभई विश्वमा नै यस्ता धेरै घटना छन् । निर्मला पन्तसँग भएजस्ता घटना अरूसँग हुँदैनन् भन्ने होइन । निर्मलापछि पनि यस्ता घटना थुप्रै भए तर नेपालको गृह प्रशासन तथा तत्सम्बन्धी निकाय कानमा तेल हालेर बसेका छन् । यस्ता आपराधिक घटना दिनप्रतिदिन बढ्दै गइरहेका छन् र पनि सरकार बेखबर नै छ । यो निकै दुःख लाग्दो कुरा हो । बलात्कारीलाई चाँडोभन्दा चाँडो पक्रन सकेमा मृत तथा पीडित आत्माले पक्कै पनि शान्ति पाउँथ्यो तर यहाँ त अपराधीलाई लुकाउने काम भइरहेको छ । प्राप्त पछिल्लो जानकारीअनुसार लकडाउनको समयमा मात्रै १४५ बलात्कारका भएका घटना बाहिर आएका छन् । छिमेकी मुलुक भारतमा पनि बलात्कारका घटना दैनिक बढ्दै गएका छन् । नेपाल र छिमेकी मुलुक भारतमासमेत यस प्रकारका घृणित कार्य बढ्नु भनेको महिलाहरू असुरक्षित नै हुनु हो । यस्ता प्रकारका घटनाबाट आखिर कहिले पाउने त न्याय ? आखिर कहाँ गयो त न्याय ?

के नेपालमा राजतन्त्र फेरि आउन आवश्यक छ त ?



निर्देशजङ्ग पाण्डे

क्रमाङ्क: २१११४

यो कुरामा पहिला सुरुमा म दुधभात नै बस्छु किनकि यो कुरा बुढापाका र अशिक्षितकै हातमा छोडिदिनुपर्ला । युवाहरूको कुरा कसले नै सुनेको छ र ? अतः यो देशको हालत स्विटजरल्यान्डभन्दा बनेका छन् त हाम्रा बुढापाका र आशिक्षितहरूले । साथै मजस्ता युवाहरू देशद्रोही बनेका छन्, त्यसैले मैले राजतन्त्रका राम्रा र नराम्रा दुवै पक्ष लेखेको छु । कृपया मेरो मूल्याङ्कनमा राम्रो नभन्दिनुस् है ! देशद्रोही बनेर आएका युवा हामी, अहिले हामी नै भ्रष्ट र मुर्ख भएका छौं । अब विषयमा गएर म सोध्न चाहन्छु, राजतन्त्र फेरि आउनु आवश्यक छ त ? तर देशद्रोहीको कुरा एक पटक सुनिदिनुस्, बिन्ती छ मेरो ।

वि. सं. २०६३ सम्म नेपाल मात्रै विश्वमा हिन्दू राज्य थियो तर जनआन्दोलनबाट जनताको निर्णयानुसार नेपाल गणतान्त्रिक राष्ट्रमा फेरियो । फेरि यसलाई हिन्दू राज्यमा फेरेर उचित मान्न सकिन्छ त ? वि. सं. २०७२ मा नेपालले पहिलो स्थिर गणतान्त्रिक संविधान बनाएको छ । यसलाई विश्वले राम्रो उदाहरण मानेको छ । एउटा संविधानलाई स्थिर रूपले काम गर्न हामीले इतिहासमा कहिले दिएका छौं ? एकपछि अर्को अस्थायी राजनीतिक परिवर्तनले गर्दा हाम्रो देशमा विकास सुस्तरी भएको छ ।

यी वाक्यहरूले म राजावादीको विरोधीजस्तो देखिउँला । म फेरि पनि भन्छु, म कसैको समर्थन वा विरोधमा बोलेको होइन । अतः म देशद्रोही भएर जननी जन्मभूमिश्च स्वर्गादपि गरियसीको मूल मन्त्र फुक्छु तर म यति भन्न सक्छु कि राजा भयो भनेचाहिँ सीमाको माया भएर, देशको जल, जमिन, पहाड, घर र व्यवसाय बच्न सक्छ । फेरि यो भन्नाले गणतन्त्रको साथ नदिएको हैन मैले, तर यति भन्न सक्छु कि गणतन्त्रले भ्रष्टाचार त बढायो बढायो साथै देशको नामोनिसान पनि मटाउँदै छ । तर राजा भयो भने त देशको सीमाको सुरक्षा हुन्छ ।

अब तपाईंको हातमा छ यो कुरालाई कस्तो रूपमा लिनुहुन्छ भन्ने । जय नेपाल ! अनि देशद्रोहीको कुरा सुनिदिनु भएकोमा धन्यवाद ! देशमा प्रजातन्त्र छ तर राजनीतिको बारे बोल्थो भने शान्त मान्छेको रौद्र रूप निस्कन्छ ।

SANSKRIT ARTICALS



संविद् ढकालः

अनुक्रमाङ्कः २०२९०३१

मम परिचयः

मम नाम संविद् ढकालः अस्ति । अहम् अष्टवर्षीयः बालकः अस्मि । मम मातुः नामः लक्ष्मी तिवारी अस्ति । मम पितुः नामः डिल्लीरामः ढकालः अस्ति । मम गृहं स्याद्जाजनपदस्य लामाचौरस्थाने अस्ति । अहम् अधुना ठिमीनगरे वसामि । मम प्रियरङ्गः हरितः अस्ति । मम प्रियसखा सम्भाव्यः पाण्डे अस्ति । मम प्रियविषयः गणितोऽस्ति । मम ग्रामः सुन्दरः अस्ति । मम गृहस्य समीपे विशालक्रीडाङ्गणं वर्तते । अवकाशसमये तत्र गत्वा अहं खेलामि । मम विद्यालयस्य सिफल-माध्यमिक-विद्यालयः अस्ति । तत्र अहम् तृतीयकक्षायां पठामि ।



श्रेयसा डड्ढोलः

अनुक्रमाङ्कः २०२९०३६

मम परिचयः

मम नाम श्रेयसा डड्ढोलः वर्तते । अहं सप्तवर्षीया बाला अस्मि । मम गृहं नरदेवीस्थाने अस्ति । मम विद्यालयस्य नाम सिफलमाध्यमिकविद्यालयः वर्तते । तत्र अहं तृतीयकक्षायाः 'कञ्चनजङ्घा' इति नामके वर्गे पठामि । मम कक्षायां द्वाविंशतिः छात्राः सन्ति । मम कक्षायाः कक्षाशिक्षिका हामा राजभण्डारी अस्ति । मम प्रियसखी यशस्वी वर्तते । तया सह अहं प्रायशः क्रीडामि ।



नितिका कपाली

अनुक्रमाङ्कः २०२९०१९

मम परिचयः

मम नाम नितिका कपाली अस्ति । मम गृहं जयवागेश्वरी स्थाने अस्ति । मम मातुः नाम बैजन्ती कार्की अस्ति । मम पितुः नाम निरन्जनः कपाली अस्ति । मम विद्यालयस्य नाम सिफल माध्यमिक विद्यालयः अस्ति । तत्र अहं तृतीयकक्षायाम् अध्ययनं करोमि ।



संयमः राई

अनुक्रमाङ्कः २०२८०३२

मम परिचयः

मम नाम संयम राई वर्तते । मम गृहं काष्ठमण्डपस्य जयवागेश्वरी स्थाने अवस्थितम् अस्ति । मम मातुः नाम तारा राई वर्तते । मम पितुः नाम शिवः राई अस्ति । मम एका भगिनी वर्तते । तस्याः नाम सायोमि राई अस्ति । मम मातुलः गृहं चाबहिलस्थाने अस्ति । अहं सिफलमाध्यमिकविद्यालयस्य चतुर्थकक्षायां पठामि । मम विद्यालयः सिफलस्थाने वर्तते ।



आकाङ्क्षा खड्का
अनुक्रमाङ्कः २०२६००१

मम दिनचर्या

मम नाम आकाङ्क्षा खड्का अस्ति । अहम् पष्ठकक्षायाः छात्रा अस्मि । अहं प्रातः षष्ठवादनं उत्तिष्ठामि । ततः मुखं प्रक्षाल्य दन्तधावनं करोमि । ततः चायपानं कृत्वा अष्टवादनपर्यन्तं पुस्तकं पठामि । तत्पश्चाद् अवशिष्टं गृहकार्यं करोमि । पादोनववादनसमये भोजनं कृत्वा अन्तर्जालमाध्यमेन पठनाय स्वप्रकोष्ठे वसामि । साधैकवादनसमये जाते कक्षायाः समाप्तिर्जायते ततः अहं किञ्चित्कालपर्यन्तं खेलामि । पश्चाद् गृहकार्यं कृत्वा पुस्तकं पठामि । पठनानन्तरं भोजनं करोमि किञ्चित् कालपश्चाद् मात्रा पित्रा सह क्रीडित्वा अहं शयनं करोमि ।



सयमः अधिकारी
अनुक्रमाङ्कः २०२६०२७

मम दिनचर्या

मम नाम सयम अधिकारी अस्ति । अहं सिफलमाध्यमिकविद्यालयस्य षष्ठमकक्षायां पठामि । अधुना कोरोनानामकजीवाणुना आक्रान्तः एषः समयः । अतः ममापि दिनचर्या सामान्यम् एव वर्तते । प्रायशः अहं षष्ठवादनसमये उत्तिष्ठामि । ततः दन्तधावनं मुखप्रक्षालनं कृत्वा प्रातराशं करोमि । तत्पश्चाद् गृहकार्यं कृत्वा पठनाय वसामि । किञ्चित्कालपर्यन्तं पठित्वा भोजनं खादामि । ततः अहं एकवादनसमयपर्यन्तं शिक्षकशिक्षिकाभिः सह पठनाय स्वप्रकोष्ठे वसामि । पठनानन्तरं दूरदर्शनं पश्यामि ततः किञ्चित् समयं गृहकार्यं कर्तुं स्वप्रकोष्ठे गच्छामि । ततः गृहकार्यस्य समाप्त्यनन्तरं मित्रैः सह खेलामि । ततः किञ्चित् समयं पठित्वा दूरदर्शनं पश्यामि । तदनन्तरं सर्वैः साकं भोजनं कृत्वा शयनार्थं स्वप्रकोष्ठे गच्छामि ।

पशवः



निहारिका चापागाई
अनुक्रमाङ्कः २०२४००८

संसारे अनेकपशूनाम् अस्तित्वम् अस्ति तेषां पशूनां मध्ये केचन जलवासिनः । केचन स्थलवासिनः तथा केचन जले स्थले च वसन्ति । विशेषतः ते स्वभोजनं स्व एव न रचयन्ति । अतः ते पशून् पादपान् भक्षयन्ति । अतः द्विप्रकारकाः पशवः वर्तन्ते । केचन शाकभक्षकाः केचन मांसकभक्षकाः । शाकभक्षकाः तरुपुष्पवृक्षादिनां पत्राणि शाखाः पादपान् खादन्ति । मांसभक्षकाः पशून् मारयित्वा मांसं भक्षयन्ति । पशूनाम् आकार प्रकारे अपि विविधता वर्तते । केचन पशवः विशालाः केचन लघवः सन्ति । केचन पशवः सङ्गे वसन्ति । केचन एकचराः सन्ति । केचन पशवः उड्डयनकक समर्थाः, विविधेषु पशुषु मध्ये द्वौ प्रमुखौ वर्गौ स्तः । एकः अस्थिमन्तः अपरश्च अनस्थिमन्तः । कर्कटाः, वृश्चिकाः, प्रवालः, कीटः, षट्पदाः, शम्बूकाश्च अनस्थिमन्तः सन्ति । अस्थिमन्तु पञ्चवर्गाः सन्ति । ते मत्स्याः, मण्डूकादयाः, सर्पादयाः, पक्षिणाः, कशिणाश्च ।



सुनवी पोखरेलः
अनुक्रमाङ्कः २०२४०२४

धेनुः

अस्माकं देशस्य राष्ट्रियः पशुः धेनुः अस्ति । सा सर्वोत्कृष्टा अपि वर्तते । धेनुः अस्मभ्यं स्वादुःदुग्धं ददाति । धेनोः दुग्धेन दधि निर्मायते । दध्ना घृतम् भवति । दध्ना नवनीतं उद्भवति । धेनोः गोमयम् अतीव पवित्रं मन्यते । गोमयेन मृत्तिकायाः उर्वराशक्तिः वर्धते । धेनुः घासतृणे खादति । गोवत्साः एव पश्चाद् वृषभाः भवन्ति । वृषभाः हलेन कर्षन्ति । वैदिकसनातनधर्माबलम्बिनः धेनुं लक्ष्मीरूपेण मानयन्ति । तस्मात्कारणात् कार्तिककृष्णपक्षस्य औशीतिथौ लक्ष्मीरूपेण पूजयन्ति । तस्याः कार्यं दृष्ट्वा बहु-उपकारी पशुं कथयितुं शक्यते । अतः मह्यं अपि धेनुः रोचते । वयं धेनोः संरक्षणं कुर्मः ।

COVID-19 ARTICLES

About CoronaVirus



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In December 2019, the Chinese authorities notified the world that a virus was spreading throughout their communities. In the following months, it spreaded to other countries with cases doubling within days. This virus is the Severe Acute Respiratory Syndrome that causes the disease called Covid- 19 and that everyone simply calls Coronavirus. What actually happens when it infects a human and what should we all do?

A virus is really just a hole around genetic material and a few proteins, arguably not even a living thing. It can only make more of itself by entering a living cell. Corona may spread via surfaces, but it's still uncertain how long it can survive on its main way of spreading seems to be droplet infection. When people cough or if you touch someone who's ill and then your face says rubbing your eyes or nose, the virus starts its journey here and then hitches a ride as a stowaway deeper into the body. Its destinations are the intestines, the spleen, or the lungs where it can have the most dramatic effect. Even just a few coronaviruses can cause quite a dramatic situation. The lungs are lined with billions of epithelial cells. These are the border cells of your body lining your organs and mucosa waiting to be, Infected. Corona connects to a specific receptor on its victim's membranes to inject its genetic material. The cell ignorant of what's happening executes the new instructions, which are pretty simple to copy and reassemble. It fills up with more and more copies of the original virus until it reaches a critical point and receives one final order of self-destructing. The cells sort of melts away, releasing new corona particles ready to attack more cells. The number of infected cells grows exponentially. After about 10 days, millions of body cells are infected and billions of viruses swarm the lungs. The virus has not caused too much damage yet, but Corona is now going to release a real beast on you. Your own immune system, the immune system while there to protect you can actually be pretty dangerous to yourself and needs tight regulation. And as immune cells pour into the lungs to fight the virus. Corona infects some of them and creates confusion. Cells have neither eyes nor ears. They communicate mostly via tiny information proteins called cytokines. Nearly every important immune reaction is controlled by them. Corona causes infected immune cells to overreact and yell bloody murder. In a sense, it puts the immune system into a fighting frenzy and sends way more soldiers than it should. Wasting its resources and causing damage to kinds of cells in particular wreak havoc. First NEUTRA files, which are great at killing stuff, including ourselves as they arrive in their thousands. They start pumping out enzymes that destroy as many friends as enemies. The other important type of cells that go into a frenzy are killer T cells, which usually order infected cells to commit controlled suicide. Confused as they are, they start ordering healthy cells to kill themselves until more and more

immune cells arrive. The more damage they do and the more healthy lung tissue they kill. This might get so bad that it can cause permanent, irreversible damage that leads to lifelong disabilities. In most cases, the immune system slowly regains control. It kills the infected cells, intercepts the viruses, trying to infect new ones and cleans up the battlefield. Recovery begins. The majority of people infected by Corona will get through it with relatively mild symptoms, but many cases become severe or even critical. We don't know the percentage because not all cases have been identified, but it's safe to say that there is a lot more than with the flu in more severe cases. Millions of epithelial cells have died and with them the lung's protective lining is gone. That means that the alveoli tiny air sacs via which breathing occurs can be infected by bacteria that aren't usually a big problem. Patients get pneumonia, respiration becomes hard or even fails, and patients need ventilators to survive. The immune system has fought at full capacity for weeks and made millions of antiviral weapons. And as thousands of bacteria rapidly multiply, it is overwhelmed. They enter the blood and overrun the body.

If this happens, death is very likely. The coronavirus is often compared to the flu, but actually, it's much more dangerous. While the exact death rate is hard to pin down during an ongoing pandemic, we know for sure that it's much more contagious and spreads faster than the flu. There are two futures for a pandemic like Corona fast and slow. Which future we will see depends on how we all react to it. In the early days of the outbreak, a fast pandemic will be horrible and cost many lives. A slow pandemic will not be remembered by the history books. The worst-case scenario for a fast pandemic begins with a very rapid rate of infection because there are no countermeasures in place to slow it down.

Why is this so bad in a fast pandemic? Many people get sick at the same time. If the numbers get too large, healthcare systems become unable to handle it. There aren't enough resources like medical staff or equipment. ventilators left to help everybody. People will die untreated. And as more health care workers get sick themselves, the capacity of health care systems falls even further. If this becomes the case, then horrible decisions will have to be made about who gets to live and who doesn't. The number of deaths rises significantly in such a scenario to avoid this world. That means all of us need to do what it can to turn this into a slow pandemic. A pandemic is slowed down by the right responses, especially in the early phase, so that everyone who gets sick can get treatment. And there is no crunch point with overwhelmed hospitals since we don't have a vaccine for Corona. We have to socially engineer our behavior to act like a social vaccine. This simply means two things not getting infected and not infecting others. Although it sounds trivial, the very best thing you can do is to wash your hands. Soap is actually a powerful tool. The Coronavirus is encased in what is basically a layer of fat. Soap breaks that fat apart and leaves it unable to infect you. It also makes your hands slippery and with the mechanical motions of washing. Viruses are ripped away to do it properly. Wash your hands as if you've just cut up some had onions and want to put in your contacts. Next, the next thing is social distancing, which is not a nice experience, but a nice thing to do. This means no hugging, no handshakes. If you can stay at home, stay at home to

protect those who need to be out for society to function from doctors to cashiers or police officers, you depend on all of them. They all depend on you to not get sick. On a larger level, there are quarantines, which can mean different things from travel restrictions or actual orders to stay at home. Quarantines are not great to experience and certainly not popular, but they buy us, and especially the researchers working on medication and vaccination crucial time. So if you are put under quarantine, you should understand why and respect it. None of this is fun, but looking at the big picture, it is a really small price to pay. The question of how pandemics end depends on how they start. If they start fast with a steep slope, they end badly. If they start slow with a not so steep slope, they end okay. And in this day and age, it really is in all of our hands, literally and figuratively. A huge thanks to the experts who helped us on short notice with this video, especially our World in Data. The online publication for research and data on the world's largest problems and how to make progress solving them. Check out their site. It also includes a constantly updated page on the Corona pandemic.

Coronavirus



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Coronavirus is also called as covid-19. Coronavirus first started in China (Wuhan city). Coronavirus is affecting and killing people day by day. While going outside we should wear masks, Gloves and keep washing and sanitizing our hands. We should not touch our mouth, eye and nose. Covid-19 made pandemic all over the world. More than 20 million people all over the world are infected by this virus. Nearly 1 million people died all over the world. America, European countries, India and Nepal are mostly affected by this virus. This virus ruins people's lives all over the world. Sectors like education, trade, health, tourism etc are severely affected.



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