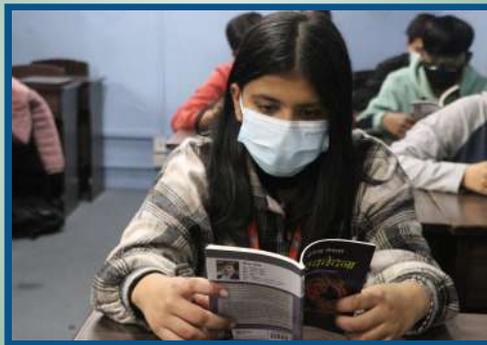


THE DEERWALKER

VOL. 4 ISS. 2 NO.10 2078



SIFAL SCHOOL

Welcome!

Dear Reader,

It is with great pride that we welcome you to the 10th edition of our school magazine "The Deerwalker". Our magazine is a collection of unique articles written by us the students of Sifal School. The main goal of The Deerwalker is to probe and nurture young minds, engage them in different topics with a broad range of informative and inquisitive areas like poetry, creative writing, book and movie review, and many more along with that we also aim to provide a platform for exposure of their talents. Our magazine is filled with knowledge that is guaranteed to inspire both writers and readers.

The articles are assembled by the members of The Deerwalker Club. We as a team have put our heart and soul into The Deerwalker going through every article word by word. The magazine has brought us together as a team and is proof that with teamwork and the right mindset everything is possible.

As said by Carl Jung, "With Creativity and Imagination, Impossible is just a word." With Deerwalker;

young and eager minds express themselves freely in any topic they are interested in which not only develops their language skills but also allows them to develop valuable skills like creativity and confidence along the way. Deerwalker is also a platform for writing enthusiasts to expose and exhibit their talents to the world. Sifal School founded by the Deerwalk Education Group focuses on the ability to assess and initiate things independently and encourages uniqueness in variety. I strongly urge all our readers to go through the magazine and read all the articles.

We hope that you find this magazine appealing with the creativity and talent of our optimistic writers who have worked to make this magazine what it is today. We accept feedback and compliments from you. We really do hope that you enjoy it as much as we have enjoyed creating it.



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The Deerwalker is an independent magazine. The views expressed by the writers do not necessarily represent the views of the magazine.

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POETRY



सर्वाणी मानन्धर
क्रमाङ्क: ३२०१६

मेरी आमा

गर्छु म उनलाई माया
उनी मेरी ममता कि छाया
राम्रो लाग्छ उनलाई निलो
मेरो खुसी उनलाई ठुलो
रोप्नुहुन्छ बारीमा तरकारी
लगाउनुहुन्छ राम्रो सारी
पकाउनुहुन्छ मिठो खाना
दिनुहुन्छ राम्रो नाना ।



अजन्य पराजुली
क्रमाङ्क: ३३०३१

म को हुँ ?

म त सानो बाबु हुँ
आमाबाबाको ज्ञानी छोरा हुँ
गुरु गुरुआमाको आज्ञाकारी छात्र हुँ
सानालाई माया गर्ने दाइ हुँ
ठुलालाई सम्मान गर्ने भाइ हुँ
म त सबैलाई माया सम्मान गर्ने
असल अनि प्यारो बाबु हुँ ।



इशानी क्षेत्री
क्रमाङ्क: ३२०१०

दसैं आयो

दसैं आयो नयाँ लुगा लगाई
मिठो खाना खाने हो ।
मामाघर गएर
टीका लगाउने हो ।
साथीभाइ सबैसित मिलेर
पिड खेल्ने हो ।
चङ्गा पनि उडाएर
रमाइलो गर्ने हो ।
आफूभन्दा ठूलाबाट
आशीर्वाद लिने हो ।
सबैसित मिलिजुली
घुम्न जाने हो ।



सादगी कोइराला
क्रमाङ्क: ३१०२६

दसैं

वरिपरि रङ्गीचङ्गी फूल फुलेको
खेतभरि पर्हेलै धानको बाला भुलेको ।
दसैं आउँदा कति मज्जा
स्कूल पनि हुन्छ बिदा ।
मिठो मिठो खान पाइने
राम्रो लुगा लगाएर घुम्न पाइने ।
आकाशमा चारैतिर चङ्गा उडेको
सबैजना मिलेर पिड खेलेको ।
कति राम्रो सयपत्री फूल फुलेको
रातो टीका जमराले कति सुहाएको ।
आहा ! हेर ! दसैं आयो
मनभरी रमाइलो छाियो ।



संयम राई
क्रमाङ्क: २९०२८

समय

चलिरहन्छ आफ्नै सुरमा
सुन्दैन यो कसैको कुरामा
समय तिमी न छिटो न ढिलो
तिम्रो हुन्छ न आदि न अन्त
देख्न सक्दैनौं कसैले यसलाई
तर अनुभव गर्छन् सबैले यसलाई
समयले पखँदैँन कसैलाई
गति दिन्छ यसले आफैँलाई
समयसँग चलन सकेमा
हुन्छ प्रगति योसँगै बाँचेमा
समय छ आफैँमा बलवान
सकदैन यसलाई कसैले बदल्न
यसलाई बुझी काम गर्न सके
उन्नति हुनेछ सबैको पक्कै ।

धर्ती



शिवांशु कुइकेल
क्रमाङ्क: ३००३१

बालीनाली जसको हामी
रङ्गी चङ्गी छ यहाँ दामी
तोरीको फूल वसन्त कोइली
गाउँछ भमरा न केही बोली
शीतको थोपा टल्किन्छ बिहान
जीवन भोलि जान्छ चिहान
जति उडे चरा आकाश
हुन्छ पछि जहाँकै आश
जसमा छन् समुद्र र गङ्गा
हिड्न नपरोस् भोकै र नाङ्गा
कञ्चन जल, जङ्गलको फल

अनेकौं समस्याको एउटै हल
विमान, जहाज र खुसीको भवन
सुरक्षित रहोस नारीको यौवन
मौसम चिसो, हावा मिठो
नहोस् पहाड र हिमाल रिक्तो
रूप तिम्रो अनेकौं हेच्यो
हाम्रो आधार तिमी नै भयौ
हावा र आँधी हुरी बतास
धेरै पुरानो छ तिम्रो इतिहास
रहेछ ठुलै तिम्रो सङ्ग्रहालय
तिम्रै काखमा सेता हिमालय ।



लिभाना कर्माचार्य
क्रमाङ्क: ३००१३

कोपिला

कोपिला ए कोपिला
ठुला भई आउनु
मलाई नै फूलको
वारीमा लगी सजाउन
ठुलो भएर पछि
रडैरडको भई आउनु
मलाई पनि आफू
सँगसँगै घुमाउनु
कोपिला ए कोपिला
वासना बनी आउनु
वासना बनी वरिपरि
खुसियाली छाउनु
हामीजस्तै ठुला
ठुला भै आउनु
संसारमा रड छरी
हामीसँगै रमाउन ।

पुतली

हेर हेर पुतली उड्यो माथिमाथि
मलाई पनि तिमीसँग उड्न मन छ साथी ।
रोज्दै रोज्दै चुस्ने फूल एकपछि अर्को
दिनभरि मिहिनेत गछ्यौं नमानेर भर्को ।
रङ्गीचङ्गी बगैँचालाई अभै सुन्दर पारी
हरुहरु उड्छौ तिमी सारा फूलवारी ।



युरेका अधिकारी
क्रमाङ्क: २९०४९
प्यारो नेपाल

सुन्दर, शान्त र विशाल
हरिया पहाड अनि अग्ला हिमाल
हाम्रो प्यारो नेपाल
अन्नको भण्डार, उर्वर तराई
अनेकन् जाति तर कोही छैन पराई
प्रकृतिको उपहार, नदी, नाला, भरना
बगाउँछन् पसिना मिहिनेती किसान
फरक - फरक रीतिरिवाज,
फरक - फरक चलन,
छैन कुनै भेदभाव, कति राम्रो मिलन
गौतम बुद्धको जन्मथलो,
पुण्यभूमि हाम्रो देश
मन सबैको एउटै तर
फरक फरक भाषा र भेष
वीर गोर्खालीको इतिहास विश्वमा फैलिएको,
संसारकै अग्लो शिखर सगरमाथा टलटल टल्किएको
म नेपाली भन्न पाउँदा मन खुसीले भरिन्छ
यो देशको शिर उच्च राख्ने काम गर्न मन छ
किनकी यो हो हाम्रो प्यारो नेपाल
हाम्रो प्यारो नेपाल ।



शुभश्री मल्ल
क्रमाङ्क: ३१०३०



प्रिसा आचार्य
क्रमाङ्क: २९०४०

नेपाल

नेपाल हाम्रो देश
अनि हामी नेपाली
राम्रो हाम्रो देश
उस्तै राम्रो भेष
नेपाल हाम्रो प्यारो छ
पवित्र र जताततै हरियाली छ
पहाडहरू मुसुमुसु हाँस्छन्
डाँफे र मुनाल नाच्छन्
हिमाल अटल छन्
सबैमा नेपाली बस्छन्
हिमालय दुख परेको बेलामा पहाड र तराईले हेर्छन्
पहाडलाई दुख परेको बेलामा हिमाल तराईले बेर्छन्
र तराईलाई दुख परेको बेलामा पहाड र हिमाली घेर्छन्
अनेक जात जाति र भाषा भाषी मिलेर बस्छन्
खोला र नाला गीत गाउँछन्
सिँचाइ गरी अन्न फलाउँछन्
बुद्धले पाइला टेकेको देश
विश्वमा चिनिएको देश
पशुपतिनाथले रक्षा गरेको
त्यसैले मलाई मन परेको
पर्यटकहरू यहाँ रमाउँछन्
धेरै भन्दा धेरै घुम्न आउँछन्
नेपाल सानो छ तर हाम्रो प्यारो देश हुनेछ ।



अनुश्री आचार्य
क्रमाङ्क: २८००३

आदर्श हुन् गुरु

गुरु हुन् ज्ञानका खानी ज्ञान बाँड्छन् बराबर
गुरु माता पिता हाम्रा आभा छर्छन् निरन्तर
बाटो आफ्नो विराएमा सही मार्ग हिडाउँछन्
समाती हातका औला अक्षरमा डुलाउँछन् ॥१॥

आफ्नो भविष्यका रेखा आफैँ कोर्न सिकाउँछन्
जसरी वृक्षले आफ्नो खाना आफैँ बनाउँछन्
गुरु मन्त्र सधैं जप्दा ज्ञान मिल्ने अलौकिक
उज्यालो घाम लागेभैं बन्छन् मानिस नैतिक ॥२॥

गुरुको दिव्य वाणीले आत्मज्ञान पलाउँछ
एक बीज उमारेर लाखौँ लाख फलाउँछ
गुरु सूर्य भए तारा चम्किदिन्छन् निरन्तर
आफ्नो आनन्दका लागि बन्नु छ आत्म निर्भर ॥३॥

खुला आकाशमा सूर्य चम्केजस्तै सधैंभरि
उज्यालो मात्र देखिन्छ अन्धकार सबै हरि
सङ्गो पानी हुँदा मात्रै खोला देखिन्छ निर्मल
गुरु सच्चा भए मात्र बन्छ भविष्य उज्वल ॥४॥

डोऱ्याएर सही बाटो हिडाउने सबै गुरु
गुरु माता पिता मेरा ज्ञान बाँड्ने सबै गुरु
शिरमाथि बसालेर श्रद्धा सम्मानले गरूँ
कोटी कोटी नमस्कार मेरा आदर्श हुन् गुरु ॥५॥



प्रशिद्धी डङ्गेल
क्रमाङ्क: २८००९

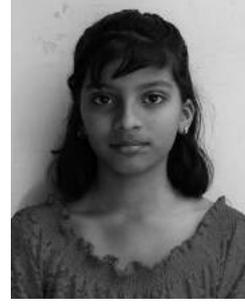
खोला

सलल सलल बगिरहने
ए पावन खोला
तिमी कहिल्यै रोकिदैनौ
अद्भूत छ तिम्रो कला ।

तिम्रा ती सुमधुर सङ्गीतले
सधैं मलाई डाक्छ
तिम्रो छेउ बसेर सधैं
नाचन मन लाग्छ ।

जब म भेट्छु तिम्रीलाई
आफैभित्र हराउँछु
छाल भरना र ताल देख्दा
म भन् भन् रमाउँछु ।

प्राणीको जीवनको
तिमी हौ सबथोक
अनि पृथ्वीको गहना
म सधैं खुसी हुन्छु
तिम्रो बयान सुन्दामा ।



मान्सी सिंह
क्रमाङ्क: २७००८

चाडपर्व

चाडहरू मनाउनुपर्छ
किनकि
ती हाम्रा संस्कृति हुन्
चाडपर्वलाई नबनाउनु विकृति
किनकि

ती हाम्रा पहिचान हुन् ।

पर्व जात र धर्मअनुसार
फरक हुन्छन्
जुन हामीले मनाउनुपर्छ
तिनीहरू धेरै महत्त्वपूर्ण छन्
हामीले तिनको सम्मान गर्नुपर्छ ।

चाडपर्वहरू धेरै रमाइला छन्
ती हाम्रा मुटु हुन्
धेरै खर्च गरेर होइन
सद्भावले मनाउनुपर्छ ।

महोत्सव र गौरवशाली सम्पदा मनाउनु
संस्कृतिको सम्मान गर्नु हो
बचाउनुपर्छ संस्कृति र परम्पराहरू ।
तिनीहरू नै हाम्रा गौरव हुन् ।



सुप्रभ आचार्य
क्रमाङ्क: २७०१४

कृषक

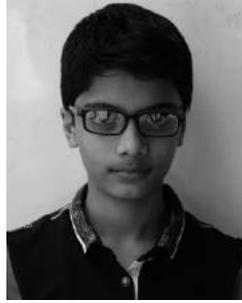
बिहान उठी खेतबारीमा
हिलो मैले खेल्ने उनी
हातभरि ठेला उठाई
सधैं दुःख भेल्ने उनी ।

खेतबारीमा लहलह
फलाउने धानबाली
गोठभरि गाईगोरु
कति राम्रा भाले माली ।

फलफूल फलाउने
मेहेनत गरी
बाह्रै महिना अन्नबाली
भित्रिने सधैंभरि ।

कोदो, मकै, गहुँसँगै
तरकारी नि फलाउने
भाले माले गाई गोरु
जङ्गलमा चराउने ।

म्याम्या बाखा खोरभित्र
बाँबाँ बाच्छी पनि सँगै
प्राणदाता कृषकलाई
माया गरौँ सबले सधैं ।



रविराज सिंह
क्रमाङ्क: २७०१०

प्रकृति

रुखहरूको दृश्य छ राम्रो
जललाई ढोग्ने काम छ हाम्रो
प्रकृतिले नै सुन्दरता ल्यायो
प्रकृतिले नै धर्ती बनायो ।

पानीले हामीलाई जीवन दिन्छ
पानी नै हाम्रो सबै धन हो
प्रकृतिले नै हामीलाई बनायो
प्रकृतिले नै हामीलाई घटायो ।

घडीले हामीलाई समय देखाउँछ
प्रकृतिले हामीलाई बाटो देखाउँछ
प्रकृतिले नै सबै दिन्छ
धर्तीले हामीलाई वास दिन्छ ।

प्रकृतिले नै सुवास दिन्छ
प्रकृतिले नै वास दिन्छ
बनाए प्रकृति सुन्दर रूप हो
वास्ता नगरे त्यही नै कुरूप हो ।

अहिले प्रकृतिलाई हामीले मायौँ
प्रकृतिलाई हामीले खायौँ ।
अब प्रकृतिले नै हामीलाई मार्छ
प्रकृतिले नै हामीलाई खान्छ

प्रकृतिलाई हामीले सुरक्षा गरौँ
प्रकृतिलाई हामीले सुन्दर बनाऔँ
किनकि यसले हामीलाई बचाउँछ
सुन्दर प्रकृतिले जीवन सुन्दर बनाउँछ ।



सयम अधिकारी
क्रमाङ्क: २७०११

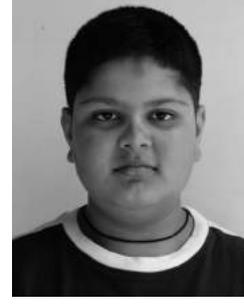
हाम्रो देश

देश हाम्रो प्रकृतिको सुन्दरतामा राम्रो
त्यही सुन्दरतालाई रक्षा गर्ने काम हाम्रो
प्रकृतिको हिमालमा मनिसहरू चर्दै
हराउँछन् सबैजना घुम्दै मख्ख पर्दै ।

भगवानको सेवा गर्नु हाम्रो पनि कर्म
देशको सेवा गर्नु हाम्रो अर्को मुख्य धर्म
एक दिन मछ्छ मानिस प्रकृतिसँग
प्रकृतिलाई हेर्दा हामी सबै हुन्छौं दङ्ग ।

नेपालको काखमा मानिस बस्छन् घर बनाई
धेरै जसो चाडहरूमा खेल्छौं हामी रमाई
प्रकृतिको जोवन भनी कसले भन्न सक्छ
हाम्रा लागि प्रकृति नै प्रिय वस्तु लाग्छ ।

सूर्य फुटे जीवन गए देश नेपाल बस्छ
जब हाम्रो रातो रगत यस धर्तीमा खस्छ
आफ्नो लागि मात्र होइन देशको लागि बाँचौं
सारा मुस्कान फिजाएर देशकै लागि हाँसौं ।



ऋद्धिशा शर्मा
क्रमाङ्क: २६००६

नेपाल

नेपाल मेरो देश छ महान्
सुन्दर छन् नेपालका जहान
साना नदी र ठुला हिमाल
सौन्दर्यको प्रतीक नेपाल ।

सीता र बुद्ध धेरै महान्
यिनै हुन् हाम्रो देशका सान
आकाश धर्ती पाताल राम्रो
पवित्र देश छ हाम्रो राम्रो ।

नेपालको धुवाँ र पानी नराम्रो
तर जन्मभूमि हो यो हाम्रो
सान हो हाम्रो सगरमाथा
धेरै छन् हाम्रा महान् गाथा ।

७ प्रदेश र ७७ जिल्ला
गौरव हो हाम्रो नेपालको गोर्खा
मातृभूमि हो हाम्रो छया
देश हो सबैथोक गरौं है माया ।

हर्दम यो देश छ है सानो
हुनु नपरोस् अर्काको अचानो
उन्नति गर्ने लिनु है लक्ष्य
विकासमा लागे हुने छ अवश्य ।



जिया सापकोटा
क्रमाङ्क: २५००३

‘तिमी’

‘तिमी’ आफूलाई सभ्य ठान्छौ,
‘तिमी’ आफूलाई भव्य ठान्छौ ।
तिमी परवर्तन तिमी नै सङ्कुचन
तिमी बिरामी तिमी नै डाक्टर ?

परिवर्तन खोज्ने तिमी महापुरुष ?
आफूभन्दा ठुलो देख्न नसक्ने तिम्रा आँखा ,
पुग्न थाले माथि भने गछ्रौँ जालभेल र लगाउँछौ पाखा
बराबर भनी नारी र पुरुष हाल्छौ मिठा भाका ।

तिमी ‘गरिब’ भनेर जसलाई नाम दिन्छौ,
उद्धारको नाममा एक रूपियाँको सिक्का फेक्छौ ।
विचरा !

त्यही एक सिक्का देखेर ऊ खुसी हुन्छ,
तिमी त्यही सिक्काले दानी हुन्छौ ।
तिमी त्यही एक सिक्काले समाजसेवी बन्छौ ,
तिमी त्यही एक सिक्काले नेता बन्छौ ।

आधुनिक हुने सुरमा तिमी कहाँ हराएका छौ ?
स्वेदशको धेरै मायाले विदेशी भएका छौ ।
धाएका छौ सहर चालेका छौ गाउँ,
चुनाव जितेपछि बिसिन्छौ आफ्नै ठाउँ ।



सुलभ महर्जन
क्रमाङ्क: २५०१७

अल्पविराम

वर्षौँ पछि निर्मल आकाशमा
लाग्यो चोखो घाम
स्वच्छ सुन्दर वातावरणमा
रमाए स्वतन्त्र पन्छीका लाम ।

रोकियो सारा संसारको गति
रोकिए तीव्र गतिका सबै काम
अति व्यस्त मानव जीवन दिनचर्यामा
लाग्यो अल्पविराम, लाग्यो अल्पविराम ।

मानवलाई ठुलो पाठ सिकाएर गयो
रोएन कहिल्यै न त आत्तियो
जरा गाड्यो एकनासले
न त मात्तियो ।

भत्कायो सबको घर
भत्कायो सबै परिवार
आफू त पुग्यो धेरै टाढा
हामीलाई बनायो न वार न पार ।



सर्जन वाइबा
क्रमाङ्क: २४००९

आभाष

अँध्यारोमा खोजी हिँड्थे उज्यालो प्रकाश,
अधैर्य मनलाई थामी हिँडको म जिउँदो लास ।
न गुमाउन सक्छु न त पाउन सक्छु केही,
भएन कहिले केही टुङ्गो जीवन नै अँधेरी ।

प्रश्न त थियो तर उत्तर खोज्ने हिम्मत भएन,
आफै हराएको महसुस थियो तर कतै भेटिइँन ।
चाहना थिए असीमित तर बाटो एउटा
गन्तव्य धेरै टाढा थिएन तर यात्रा अनिश्चित ।

सिसा होइन धातु नै हो
टुक्रिएछ कतिबेला
पानी होइन बगेछ थोपा थोपा
पग्लेछ बादल, रसाएछन् आकाशका आँखा ।

सम्भे हावालाई बनेछु बतास
परे घनचक्करमा जीवन नै हतास
म ओभ्हेल भई विलाउँदा
फेरि किरण बनेछु ।

हावामा मेरो आभाष र भर्रीमा मेरो आँसु
इन्द्रेणी भई सप्तरङ्गी खुसी भर्नेछु हासो
पर्खनु है तिमी ताराजस्तै बनी सहारा
हुनेछ धेरै कठिन तर बोक्ने छु अभिभारा ।



अंशु निरौला
क्रमाङ्क: २३००९

छाया

प्रकृतिको मजा लिई
मौनतामा बसिरहँ,
कसैले बोलायो मलाई,
फर्केर हेर्दा आफ्नो छायाँ देखें ।

चकित भएँ म
आत्तिन थालें,
छायासँग भाग्दा
फेरि उसलाई मेरै छेउमा पाएँ ।

तिमी को ?
आश्चर्य चकित भई सोधें,
केही बोलेन ऊ
आफू डरले काँपिरहेको पाएँ ।

छाया अँध्यारोमा बिलिन भई
उज्यालोमा आउँछ भन्ने कुरा जानें,
अँध्यारोदेखि डराउने म
अब त्यसकै खोजीमा हिँड्न थालें ।

पूर्णिमाको चन्द्रमा मन पराउने म
अब औँसीको रात कुरिरहँ,
छायाको त्रासमा सधैं
अँध्यारो रातको पर्खाइमा बसेँ ।

उज्यालोदेखि भाग्ने छाया
र मान्छेहरूमा समानता देखें,
सुखमा साथी, दुःखमा पराई,
जिन्दगीको रीत बुझ्दै गएँ ।

भाग्दै थिएँ यी सब पीडाबाट
एक पल आँखा बन्द गर्दा लडें,
धन्यवाद दिन्छु त्यो छाया र ती मान्छेहरूलाई
कसैको आश नगरी उठ्न पनि सिकें ।



सोनिशमा बस्नेत
क्रमाङ्क: २३०५९

एक सैनिक

एक सैनिक
छाडेर घरबार
गएछ लड्नलाई
देश र देशवासीका लागि ।

ऊ लड्छ, गल्छ, उठ्छ अनि
आफनाको सुरक्षाको लागि
पछि सदैँन ज्यानै दिन पनि ।

सात डाँडापारि
परको ठाउँमा बसिरहेछ
गर्दै शत्रुसँग युद्ध
र अधि सदैँ
रणभूमिमा देशको अभिमान
आफ्नो काँधमा बोकिरहेछ ।

पुरुष वा महिला
बच्चा न बुढो
ऊ जो भए पनि केवल
केवल एक कर्तव्य उसको,
एकमात्र जिम्मेवारी,
देशलाई भुक्न नदिने
देशवासीलाई सुरक्षा दिने ।

उसले बगाउँछ
रगत र पसिनाको खोला रणभूमिमा
मार्छ र मर्छ त्यही रणभूमिमा
उसले सुन्दैन त्यसबेला
उसकी आमाको गुहार
र साना बच्चाको पुकार
मेटिए पनि उसको
श्रीमतीको सिन्दुर
ऊ देशको सेवा गरिरहन्छ
ऊ अमर भइजान्छ ।

एक सैनिक हो ऊ,
र छ उसको कथा यस्तो
छ गरेको उसले अनेक
हामी र हाम्राका लागि
र मरेको छ ऊ
देश र देशवासीका लागि ।



गृष्मा उप्रेती
क्रमाङ्क: २३०५२

अनौठो हाम्रो सम्बन्ध

मेरो जीवनको कालो वादलमा चन्द्रमा बनेर आइदिने तिमी,
मेरा हरेक आशलाई पनि मनभित्रैबाट जगाइदिने तिमी,
दुःखमा नरुन सिकाउने अनि खुसीमा रमाउने तिमी,
मेरो हाँसो नै नआउने चुटुकिलामा पनि मज्जाले हाँसिदिने तिमी,
त्यो सानो मनमा मलाई सधैंभरिका लागि वास बस्न दिने तिमी

घमाइलो दिनको आकाशभैँ सफा तिम्रो मन,
समुद्रमा आइरहने छालजस्तै मनमा बगिरहने यो अनौठो तरङ्ग,
कहिले आकाशमा चरीजस्तै उड्न खोज्ने त कैले आफैँमा हराइर
हने म, खै किन ? आज हाम्रा तितामिठा यादहरूको सम्झना
गर्दै छु, र फेरि पनि रमाइला नरमाइला पल सँगै बिताउने
आशामा छु ।



प्रान्जल खतिवडा
क्रमाङ्क: २३०३०

मेरो गाउँ

मेरो गाउँ, मेरो घर, मेरो घरबारी
फलेका छन् बारीमा तरकारी थरीथरी,
घरको आँगनमा छ एउटा तुलसीको बोट
दसैँमा गाउँ जाँदा हजुरबा, हजुरआमाले दिनुहुन्छ टनै पैसाको नोट ।

रुखका हाँगामा चिर्बिराइहेका ती चराहरू
आकाशमा भतभत पोल्ने, रातो गोलो देखिने सूर्य,
हजुरआमाका फुटेका गोडाहरू,
अभै याद आउँछ मलाई
दाउरा काटिरहेका हजुरबा,
दुध दुहिरहेकी हजुरआमा
के गर्नुहुन्छ होला अहिले ? कसलाई के था बा !

त्यो सानो घरको कुनातिर रहेको अगेनो,
त्यो खोलामा खेलिरहेका साना बच्चाहरूको कागजको नाउ,
अर्को घरमा बस्ने कुकुर गर्थो भौ भौ,
भगवान म गाउँ कहिले जाऊँ ?

चार वर्ष भइसक्यो गाउँ नगएको,
त्यो सानो घरमा अर्कै सुगन्ध सुँघ्दै निदाएको,
त्यो मोबाइलबिना परिवारसँगै कुरा गरेको र खाना खाएको,
धेरै सम्झना आउँछ गाउँ, ती खेतबारी, पहाडहरू र धानका लहरको ।

यसपालि दसैँमा गाउँ जान पाइएला कि कसो !
नेपालजस्तो सानो मुलुकको मेरो सुन्दर गाउँ,
सबै बुझ्छन् त्यसलाई धादिङ्ग भन्ने ठाउँ
यो जिन्दगीमा मरेर पुनर्जन्म भयो भने त्यहीं जन्मन पाऊँ ।



ओजस्वी गुरुड
क्रमाङ्क: २३०२९

सपना

मलाई लाग्छ
सपना सागरको गहिराइ, आशा र
विश्वासको
एक मौन हावा हो ।

सपना वा वास्तविकता ?
हामीलाई जस्तो होस्,
हाम्रो सपना मान्य छ ।
जिन्दगीलाई सपना नबनाऔं,
हामी सपनालाई जीवन बनाऔं ।

सपना आफैँले काम गर्दैन,
जबसम्म तपाईं आफैँले गर्नुहुन्न ।
सपना एउटा इच्छा हो,
जुन हाम्रो मनले बनाउँछ ।
जब म सपना साकार पार्नका लागि
दौडन्छु,
तब सफलता मेरो पछि पछि दौडिन्छ ।



असीम पौडेल
क्रमाङ्क: २३०१३

चरा

चराको सुमधुर आवाज कसलाई पो सुन्न मन पर्दैन होला ?
त्यो सुमधुर चिरिबिरी सुन्न मन पर्छ जसलाई पनि ।
ती चराहरूको ध्वनिबाट दिन सुरु हुँदा
सारै सन्तोष हुन्छ,
मन प्रफुल्ल हुन्छ र दिन राम्रो बन्छ ।

चराको संसारमा ठुलो भूमिका हुन्छ,
चराबिना संसार धेरै सुन्य हुन्छ,
चराले किरा खाएर संसारमा सन्तुलन मिलाउँछ,
त्यसैले हाम्रो संसारलाई बचाउँछ ।

चराको उडानले हामीलाई अभ्र राम्रो बन्न सिकाउँछ,
चराको मेहेनतले हामीलाई परिश्रमी हुन सिकाउँछ ।
चरालाई कतै कैद गरेर राख्नुहुन्न
यसले उसलाई मरेजस्तै हुन्छ ।



तत्सम गौतम
क्रमाङ्क: २३०४५

कमिला

बिहानदेखि बेलुकासम्म घुम्थौं,
एकजुट भएर सबैतिर पुग्यौं,
खानाको खोजीमा कता कता पुगेनौं ?
आँधी र वर्षामा हामी कहिले पछि हटेनौं ।

समाज बनाएर हामी बस्छौं
मिलिजुली सबै काम गछौं
हामी कसैको भर पर्दैनौं
कसैलाई सहयोग गर्न हामी पछि हट्दैनौं ।

हामीमा कुनै भेदभाव छैन,
हाम्रो जातमा कोही ठुलो र सानो छैन,
परिश्रम त हाम्रो नसामा छ,
हाम्रो अमृत हाम्रो परिश्रममा छ ।

जति ठक्कर खाए पनि हामी पछि हट्दैनौं,
सानो छु भन्ने डरले हाम्रो विश्वास कहिले खाँदैन,
हाम्रो लक्ष्य ठुलो होस् या सानो,
हाम्रो विश्वासले हामीलाई पछि पर्न दिँदैन ।



अनुक्रमा पौडेल
क्रमाङ्क: २२०३१

घरबारविहीन बालक

पुस्तक बोक्ने ती कलिला हातहरू आज,
सलबलाए कन्टेनरका फोहोरहरू माभ
होटेलमा दिनभरि जुठो भाँडा माभदै
दुई चार पैसा कोही माग्छन् आँसु खसाल्दै ।

फुटेका छन् हात गोडा बग्छ रगत छरछरी
औषधी के कहाँ पाउने ? घाउ जिउभरि,
एक बोरा ओढ्न दिने, अर्को ओछ्याउने
साहु रुखो बोली बोल्छन् कहाँ माया पाउने ?

कति यस्तो जीवन भोग्न बाध्य हुन्छन् हेर,
कहीं दिनहुँ पुलाउ र दुधभात जान्छ खेर,
बालदिवस, बाल वर्ष यसै देशमा हुन्छ,
सडक कुना सानो नानी कहाँलाई रुन्छ ।

कसले बुझ्ने यिनको बोली, कसले गर्ने माया ?
ईश्वर पनि छलिदिन्छ, सायद आफ्नो छायाँ,
विडम्बना हो कि हेरौं, विवशता बुझौं
यो समस्या सुल्झाउन अन्तर्मनमा गुनौं ।



इशान उपाध्याय
क्रमाङ्क: २२००८

जीवन

जीवन एउटा अटुट यात्रा, हिँड्ने प्रयास गर्दै छु,
नागबेली, घुम्ती, गल्ली, बाटा भिड्ने प्रयास गर्दै छु ।
भोगाइ रूपी पाठभित्र घुमाउरा छन् प्रश्नचित्र
हर प्रश्नका उत्तरमा ज्ञानगङ्गा भन विचित्र ।

पाठशाला त्यो के पढाउला, जीवन भोगाइ जे सिकाउँछ,
जीवनको एक भोगाइमै डिग्री पदवी फिका हुन्छ ।
त्यसैले त आजभोलि भोगाइलाई गुरु देख्छु
आफ्नै मन पाण्डव कैले त्यसैलाई कुरु देख्छु ।

आज सारा तर्कलाई मनको कुना थाती राखी
मस्तिष्कको मानवभन्दा आत्मदेवलाई साक्षी राखी ।
जीवनका हर भोगाइको ज्ञान, जफत प्रयास यो गर्दछ ।
हिलोविच कमल बन्न, फगत प्रयास यो गर्दछ ।



अधित उपाध्याय

क्रमाङ्क: २२००३

मैले सबथोक देखिराछु

सूर्य उदाए पनि अस्ताए पनि
मेरा लागि संसार अँध्यारो छ ।
न त म आकाशको निलो रङ्गमा डुब्न सक्छु,
न त हरिया वनजङ्गलमा म लुक्न सक्छु
मेरा लागि रङ्ग एउटा मात्र छ,
मेरो संसार कालो छ,
मेरो संसार अँध्यारो छ ॥

छोरी गुमाएका परिवारको पीडा,
रगतमा लत्पतिएर मारिएका चेलीहरूको पीडा,
भोकै पेट छटपटिएका गरिबहरूको पीडा अरूले नदेख्लान्,
तर आँखा नदेख्ने म, यो पीडा छर्लङ्ग देखिराछु,
मलाई अन्धो नभन्नुस् हजुर ! म दृष्टिवाला भाछु,
मैले देशको परिस्थिति छर्लङ्ग देखिराछु ।

मैले सडकमा ठुला ठुला पोखरी देखिराछु
पृथ्वी विनाश भएको देखिराछु
निर्दोष पशुपन्छी लुप्त हुँदै गाको देखिराछु,
अरूले नदेख्लान् यी समस्याहरू,
तर
आँखा नदेख्ने मैले यो देशको समस्या छर्लङ्ग देखिराछु
म दृष्टिवाला भाछु ।

यहाँ बलात्कार खेलका लागि गर्छन्,
तेजाव रमाइलाका लागि फाल्छन्,
गरिबको लागि छुट्याइएको दानले आफ्नो पेट पाल्छन्,
पैसाका लागि आफ्नो इज्जत फाल्छन् ।

म ज्योतिविहीन छु तर देख्छु सबै कुरा,
हजुर, सबैको मनमा प्रश्न आयो होला, कसरी देखेँ त
मैले ?

महोदय,
पीडा र समस्या मान्छेले आँखाले हैन, मनले देख्दा
रहेछन्,
कालो अँध्यारो संसारमा पीडाको कल्पना गर्दै,
मेरो अन्तरात्मा धुरुधुरु रोइराछ ।

कसरी नदेखूँ यी पीडाहरूलाई ?
जब,
भूकम्पमा जनताको नाममा आएको राहत लुकाको
देखिराछु
समाजसेवाको नाममा डलर पचाउने समाजसेवी
देखिराछु
औषधी, मास्क, भ्याक्सिनको काला बजारी देखिराछु
गरिब जनता भटाभट मर्दा ठट्टा गर्ने नेतृत्व देखिराछु ।

अफसोस !
अन्धो त म हैन,
देशको समस्या नदेख्ने जनता भाछन्,
अस्पतालमा हेलचेर्क्याई गर्ने डाक्टर भाछन्,
भोकमरीले मरेका गरिब नदेख्ने नेता भाछन्
आँखाअगाडिको बलात्कारी नदेख्ने प्रहरी भाछन् ॥

अन्धो त म हैन हजुर !
म त आँखा देख्न लाछु,
मैले देशको परिस्थिति छर्लङ्ग देखिराछु
मैले देशको परिस्थिति छर्लङ्ग देखिराछु ॥



विनय रिजाल
क्रमाङ्क: २२०२०

चेतावनी

जूनलाई साक्षी राखेर
त्यो मरुभूमिमा
उर्वरताविहीन शब्दहरूसँग
हिँडिरहेछन् शब्दप्रेमीहरू ।

क्यालेन्डरको मितिसँगै
घटिरहेछ आयु,
बढिरहेछ शब्दसंसारमा
उपलब्धिहीन शब्दहरू ।

कुनै फकिर र शब्दप्रेमीको
जीवन बिलकुल समान्तर छन्,
किनकि
दुबैको जिन्दगीमा कहिल्यै फल्दैनन्
फल सहितका बोटहरू ।

मरुभूमिका अग्रिम यात्रीहरू
डाकिरहेछन् आगन्तुक यात्रीलाई,
नलम्क यो यात्रामा तिमी,
आत्मिक रूपमा पूर्ण भएर
भौतिक रूपमा शून्य हुनलाई !



Smriti Shrestha
Roll No. : 29043

Star

Twinkling all over the sky,
I wonder why?
Like a diamond, shiny and bright.
All night, I fell for you.
You are the beauty behind the sky.
When the shiny sun is gone
Then you show your diamond light.
Twinkle, twinkle, all night.
You give me a sign at night.
The sky is nothing without you
There are thousands of you
I like it a lot.
Shooting in the sky
make my dream come true.
At night you show me the way.
All the night, I see you
Seeing you makes me sleep well.
Whenever I see you,
I imagine of the people
Whom I lost.
Sometimes I even feel like crying
By seeing you.
You make me feel happy and sad
But you are the one which I liked.

Cat



Avi Thapa

Roll No. : 30008

Oh, my cat, why are you so fat?
Please do not chase the little rat.
You always sit on the mat and play,
With my cricket ball and bat.

I know, you love to drink milk
Your hair is brown and silk.
Sometimes, you play with the rabbit
Yes, I like my cat's every little habit!

Oh, my silly cat, why are you so fat?
You look cute when you wear my hat
Sometimes you are mischievous, but how can I hate?
Because everyone knows that you are my lovely pet.



Aashutosh Basnet

Roll No. : 31005

A Farmer

I know a farmer who lives down the street
He goes to the farm outside his house of concrete
He enters the farm and alas his cow is gone
He thinks 'Should he sit and mourn?'
Now he went to plough some crops
But water was gone, his day is rough .

Little Garden



Nitika Kapali

Roll No. : 30016

We have a little garden
A garden of our own,
Here are the seeds
I'll plant it there.
The little birds that live there,
Always wake me up at dawn.
The sun will shine,
The rain will fall,
The seeds will spread,
And grow up tall.
We have a little garden
I will plant it with care



Eugene Gurung

Roll No. : 29039

I Love My Mom and Dad

More than anything in the world,
I love my mother and father,
More than any other,
They are my motivation and inspiration.

My mother is a kind woman
My dad is a strict man
I have learned a lot from them
Because I want to be like them.

They taught me morals and values,
They are helping me reach my goal.
And all things, I learned from them,
Will stay till I am old.

That's why I love my parents,
More than anything in the world.

Dashain



Aneechka Kaushik

Roll No. : 29006

Dashain is mostly celebrated in Nepal.
All Terai, Pahad and Himal.
Dashain is our biggest festival.
It is our grandest carnival.
Goddess Durga is worshipped for nine days.
People wear new clothes, visit relatives and enjoy
themselves in many ways.
This is the festival of showering love and blessings.
This is the festival that brings happiness and unity among
people.
There is no festival like this.
It signifies the victory of truth.
During Dashain, people fly kites and swing.
We see yellow barley leaves swinging in the field,
And birds fly in the sky by flapping their wings.



Safal Raj Ghimire

Roll No. : 29026

Day and Night

I love day and night,
Day Time is full of light and hopes
When night comes, it always goes.
All the sky from blue to black, it's like
there is no light
As the star comes up, the moon smiles
and shows itself
When the cloud begins to relax, the sun
goes down to take a rest
Again, the sun rises with the new hopes

The moon hides and it can't cope
I love you in the morning
when the dew lies on the grass
I love you in the afternoon
when the sky turns blue
I love you in the twilight,
when the day ends slightly
I love you in the dark of night
When everything is quiet
It's natural, I love you day and night.



Prisha Acharya

Roll No. : 29040

Tree

Hello, tree!
You grow day and night.
You are bigger and bigger,
You make the flood stop for us.

You are big and small in size.
On your branches, birds sing a song on the early day
You provide us water, oxygen and other things
You are our life, you give us everything, how will we pay?

You have big-big roots it absorbs water
You have tiny and big leaves green and blissful.
You make us happy
Without you, the forest doesn't look beautiful

You give us shadow
You spray natural fresh smell
Thank you tree you are great!
Who cuts the tree, to them I hate!

Living with Regrets?

Between the green ground and blue looking sky
She lay there letting out an unheard cry
She wonders how she came to this point
She denies the very incident that made her reach this point

She knows she can never redeem what she had lost
She just wanted to change things she couldn't
If she knew what would happen
She wouldn't have dared leave that shelter.



Manaswi Sapkota

Roll No. : 26004

If she knew what would happen
She would've left things behind
She would've let go of her grudge
She would've fixed many things yet, she couldn't

She still wanted to believe it was a dream
But the cruel world wouldn't let her
She wanted to keep on living
Yet, that didn't seem possible

She finally faces the truth she wasn't alive any longer
She looks at her frozen body one last time
She says with a bitter smile
I hope you make my life long the next time.



Aarav B.C

Roll No. : 25001

Growing Older

Growing older is nothing more than a curse
Everything grows older from a human to an
animal

After all we are nothing more than a mere
creature In the eyes of nature.

Growing older is the law of the nature
We cannot escape it how much we try
Eventually death awaits us
And we move on to the afterlife.

Our body becomes weak and ugly
We start missing our life
We start regretting our decisions
We start missing our loved ones
We start missing our beautiness
It feels like we lost everything

We start getting ashamed of our body
Everyone starts calling us old
Our daughters and sons get sick of us
Eventually we end up in an old age
home.

We start losing our hopes on life
We want to die
We want to leave everything and
move on to afterlife
After all, growing older is nothing more
than a curse.

Events And Activities



मनिषा गुरुड
क्रमाङ्क: २२०३०
डी एस एस टक

सिफल चोकमा रहेको डियरवाक सिफल स्कूलले डि एस एस टक कार्यक्रम सञ्चालन गर्दै आइरहेको छ । डि एस एस टक यस्तो कार्यक्रम हो, जहाँ प्रत्येक हप्ता पालैपालो विद्यार्थीहरूले बोल्नुपर्ने हुन्छ । कुनै समयमा आफूले मन लागेको विषयमा त कहिले छुट्याइएको विषयमा आफ्नो धारणा प्रस्तुत गर्नुपर्ने हुन्छ । र प्रत्येक हप्ता एक जना विजेता बनिसकेपछि फेरि विजेता विद्यार्थीहरूबिच प्रतिस्पर्धा हुन्छ । जसको कारण विद्यार्थीहरूमा प्रतिस्पर्धा गर्न सक्ने खुबीको विकास र प्रतिस्पर्धात्मक धारणाबाट सोच्न सक्ने बानीको विकास पनि हुन्छ । विद्यार्थी भनेको काँचो माटोजस्तै हो, जसलाई जस्तो आकार दियो, त्यस्तै बन्न जान्छ । यदि विद्यार्थी जीवनमै सकारात्मक कुराहरूको प्रभाव उनीहरूमा पर्न थाल्यो भने उनीहरूको जीवन सुख र खुसीले भरिन्छ । अर्को कुरा, विद्यार्थी भनेको जीवनको सबैभन्दा महत्त्वपूर्ण समय हो, जहाँ हामीले जीवनमा काम लाग्ने र निकै महत्त्वपूर्ण कुराहरू सिक्न सक्छौं ।

हामी कतिपय विद्यार्थीहरूलाई लेख्न आउने तर बोल्न नआउने, मान्छेहरूको अगाडि बोल्नु परे मुटु काम्ने र आफ्नो डरलाई हटाउन नसक्ने हुन्छ । जुन विद्यार्थीका लागि पक्कै नै नकारात्मक प्रभाव पार्ने कुरा हो । जुन विद्यार्थीले लेख्न सक्छ तर मान्छेहरूको माझमा बोल्न सक्दैन भने त्यसको कुनै अर्थ रहँदैन । त्यसैले विद्यार्थी जीवनको सबैभन्दा महत्त्वपूर्ण कुरालाई मध्यनजर गर्दै विद्यार्थीहरूको उज्ज्वल भविष्यका लागि भनेर डियरवाक सिफल स्कूलले यो कार्यक्रम सुरुवात गरेको हो, जसमा हामी सम्पूर्ण विद्यार्थीहरू आभारी छौं किनकि यस्ता कार्यक्रमहरूले धेरै मान्छेहरूको माझमा बोल्न सक्ने बनाउनुका साथै सोच्न सक्ने शक्तिलाई पनि निकै फराकिलो बनाइदिन्छ । आफूले बोल्ने विषयको अनुसन्धान गर्दै गर्दा धेरै कुराहरू थाहा हुन्छ । यतिमात्र नभएर यसले विद्यार्थीहरूको सोचलाई सकारात्मक बाटोतर्फ पनि लगाउने काम गर्छ, जुन कुरा विद्यार्थीहरूका लागि निकै फलदायी हुन्छ ।

विद्यार्थीहरूलाई किताबी ज्ञान मात्र नभएर प्रयोगात्मक शिक्षाको पनि आवश्यकता धेरै हुन्छ र यस डी एस एस टकले त्यसको पूर्ति गरेको छ । त्यसैले यस कार्यक्रममार्फत् विद्यार्थीहरूको प्रगति भएको छ । विशेष गरी यस कार्यक्रममा विद्यार्थीहरूको सोच्न सक्ने क्षमता वृद्धि हुनका साथै त्यसलाई अरू मानिसहरूको बिचमा पनि प्रस्तुत गर्न सक्ने आत्मबल पनि बढ्ने हुनाले निकै महत्त्वपूर्ण कार्यक्रम हो र यसले धेरै विद्यार्थीहरूको जीवनमा पनि सकारात्मक प्रभाव पारेको छ । जुन सबै शिक्षक, विद्यार्थी र विद्यालयकै लागि गर्वको विषय हो ।

Sports, Travel and Tourism

घुमघाम



सौर्य श्रेष्ठ
क्रमाङ्क: ३२०२६

शनिबारको दिन थियो । बिदाको दिन भएर म अलि ढिलो उठें । आमाले उठाउनु भएपछि मात्र म हतार हतार उठेको थिएँ । बुबाले तौदह घुमाउन लैजान गाडी सफा गर्दै हुनुहुन्थ्यो । बिहानको खाना खाएर हामी घुम्न निस्कियोँ । बाटोमा हामी रमाइलो गफ गर्दै गयोँ । तौदह पुग्दा पानी परेको थियो । त्यसैले हामी एउटा रेष्टुरेन्टमा विश्राम गर्‍योँ । रेष्टुरेन्टमा हामीले खाजा खायौँ । खाजा खाईसकेपछि पानी पर्न पनि कम भएको थियो । त्यसपछि हामी टिकट लिएर तौदह पोखरीतिर घुम्न गयोँ । हामीले पोखरीको माछालाई दाना खुवायौँ । हामी पोखरीको वरपर मज्जाले घुम्‍योँ र आनन्द लियोँ । घुम्दाघुम्दै साँभ्र पनि पच्यो अनि हामी गाडी चढेर घरतिर लाग्यौँ । बाटोमा हामीले एउटा मन्दिरको दर्शन गर्‍योँ । शनिबारको दिन परिवारसँगको घुमघाम निकै रमाइलो भयो ।

दसैं बिदा



सोमांशु राजभण्डारी
क्रमाङ्क: ३२०१८

म दसैंभन्दा एकदिन अगाडि हेटौँडा गएको थिएँ । भोलिपल्ट मेरी दिदीको बिहे थियो र त्यही दिन घटस्थापना पनि थियो । हजुरबुबाले जमरा रोप्नुभयो । भोलिपल्ट बाबा र म मिलेर घर सफा गर्‍योँ । महासप्तमीमा बुबाले फूलपाती भित्र्याउनुभयो । महाअष्टमीमा बाबाले दुईवटा बोका काट्नुभयो । कुलदेवताको पूजा गर्नुभयो । त्यसपछि हामी दुर्गा मन्दिर गयोँ । पूजा सकेपछि केराको पातमा खाना खायौँ । महानवमीमा हामीले भालेलाई दुर्गामाताको मन्दिरमा लगेर बलि दियोँ । नवमीमा नेपालभरि दुर्गा मन्दिरमा बलि दिइन्छ । विजयादशमीमा हामीले पिड खेल्यौँ र म त्यही दिन हेटौँडाबाट काठमाडौँ आएँ । बाटामा मैले खोलामा मुख पनि धोएँ । मैले भरनामा सेल्फी खिचेँ । हामी काठमाडौँ पुगेपछि मामाघर गयोँ । मेरो मामाघर गोकर्ण हो । मामाघरको हजुरबुबाले मलाई टीका लगाइदिनुभयो र दक्षिणा पनि दिनुभयो । म बाबा आमासँग पनौती गएँ । पनौतीमा हजुरआमा र मामाले टीका लगाइदिनुभयो र दक्षिणा दिनुभयो । दसैं घटस्थापना देखि सुरु हुन्छ र पूर्णिमामा सिद्धिन्छ ।

सिन्धुलीको बसाई : मेरो अनुभव



आरम्भ ढकाल
क्रमाङ्क: ३००४६

मेरो घर सिन्धुली हो । मेरो घरमा दादा मामु, बाबा र म बस्दछौं । दुई वर्ष अगाडि अमेरिका बस्ने मेरो सानो हजुर दिदीले कान्छी छोरी सिम्रन लिएर सिन्धुली आउनुभयो तर बाबा र म चाहिँ काठमाडौँमा बस्दै थियौं । म ललितपुरको इभोलुसन सेकेण्डरी स्कुलमा पढ्दै थिएँ तर मार्च २१ मा नेपालमा कोभिड १९ भन्ने एक प्रकारको कडा किसिमको रोग देखियो । यस कारणले गर्दा उपत्यकाका सबै विद्यालयहरू बन्द भए । त्यसपछि मामु, बाबासँग म सिन्धुली आएँ । म सिन्धुली जाँदा धेरै खुसी भएँ । सिन्धुलीमा दादा मामू र मेरी सानी बहिनी सिम्रन बस्दथे । बहिनी सिम्रन सानी राम्री, हिङ्गन नजान्ने, बोल्न नजान्ने थिइन् तर मसँग खेल चल मन गर्थिन् । म उनीसँग खेल्दथेँ । खेल्दा रमाइलो हुन्थ्यो । उनी र मसँगै खाने हिँड्ने घुम्ने र बोल्न गर्दथिन् । नानी सानी हुँदा बोल्न र हिङ्गन सकिदन्थी अनि बिस्तारै सबै बुझ्न थाली । नानीले पहिला आफूलाई फुच्ची भन्थी । मैले नानीलाई धेरै कुराहरू सिकाएँ । मैले विद्यालयका साथीहरूसँग भेट्न पाइँ । म सिन्धुलीमा बस्दा साथीहरूसँग रमाइलो गरें ।

वैशाखमा माथि घरको हजुर आमा बित्नुभयो । यस वर्ष हामीले कुनै चाडपर्व मनाएनौं । समग्रमा यो बसाई र अनुभव साह्रै अविस्मरणीय रह्यो ।

लुडो



सम्भाव्य पाण्डे
क्रमाङ्क: ३००२७

मलाई घरभित्र खेल्ने खेलमा लुडो असाध्यै मन पर्छ । यो खेलमा २ देखि ४ जनासम्म खेल मिल्छ । यो खेल जोसँग पनि खेल्न मिल्छ । यसमा चारवटा र डका पहेला चारवटा गोटी, राता चारवटा, हरिया चारवटा त्यस्तै निला चार वटा गरी जम्मा १६ वटा गोटी हुन्छन् । यसमा एउटा डाइस हुन्छ । यो डाइसमा १,२,३,४,५,६ लेखिएको साङ्केतिक नम्बर हुन्छन् । यसरी डाइसलाई चालेर खेल सुरु हुन्छ । यो खेलमा जुन खेलाडीले पहिला सबै गोटी घरभित्र छिराउँछ, ऊ नै बिजे ता हुन्छ । यो खेल खेल्दा धेरै रमाइलो पनि हुन्छ । एकले अर्कोको गोटी काट्न पनि मिल्छ । यो लुडो खेलमा सर्प सिँढी पनि हुन्छ, त्यो पनि खेल्न एकदम रमाइलो हुन्छ । यसमा भने २, ३ वा ४ जना नै खेल्न मिल्छ तर यसमा एउटा-एउटा गोटी लिएर खेल्नुपर्छ । यो त भन रमाइलो हुन्छ । आफ्नो गोटी सिँढीको तल पुग्यो भने त्यो गोटी माथि चढ्छ । तर सर्पको मुखमा आफ्नो गोटी पुग्यो भने त्यो गोटी तल सर्पको पुच्छरमा आइपुग्छ । मलाई यो लुडो खेल धेरै मन पर्छ । म त प्रायः जसो यो खेल घरमा खेलिरहन्छु ।



श्रीवाणी दुल्लेल

क्रमाङ्क: २९०४४

मेरो दसैं

मेरो दसैं साँच्चि नै रमाइलो भयो । म गत वर्ष गाउँ जान सकेकी थिइनँ र यो वर्ष जान पाउँदा निकै खुसी थिएँ । म हजुरआमाको घर जाँदै थिएँ । म जाँदै गर्दा, मलाई धेरै असहज महसुस भयो किनभने मैले भ्यालपट्टिको सिट पाइनँ । म दुःखसुख गरी गाउँ पुगें । त्यहाँ धेरै रमाइलो थियो । मेरा बुबाका भाइहरूको घर, मेरी फुपूको घर भएकाले सबै जनासँग भेट गर्न पाउनु मेरा लागि निकै नै खुसीको कुरा थियो । दसमा टीका लगाएर हामी दाजुभाइ र दिदीबहिनी मिलेर पैसा गन्दाको क्षण अझ रमाइलो थियो किनकि मैले दाजुभाइ र दिदीबहिनीहरूले भन्दा धेरै दक्षिणा पनि पाएँछु । त्यसपछि हामी इटहरी पुग्यौँ । म एक रात मेरी सानिमाको घरमा बिताएँ । यो धरानमा थियो र मैले धरानको बारेमा धेरै कुराहरू थाहा पाएँ । दोस्रो दिन म मेरी हजुरबुबाको भाइको घरमा गएँ । मेरा मामामाइजूको घर पनि टीका र आशीर्वादका लागि पुगें । म मेरो मामाको घरमा जान पाएकाले निकै रमाएँ । कोभिड पछिको दसैं भएर पनि होला यसपालिको दसैं निकै रमाइलो भयो ।



कृष्मा थापा

क्रमाङ्क: २७००५

रमाइलो यात्राको सम्झना

अहिले लकडाउनको समयमा हामी बाहिर जान सकेका छैनौँ । कोरोना कालभन्दा अगाडि हामी आफ्ना परिवारका सदस्यसँग धेरै ठाउँमा घुम्न गएका थियौँ । मलाई अहिले बाहिर गएको पलको सम्झना झलझली आउँछ । कक्षा ६ पनि लकडाउनले गर्दा घरैमा बित्यो तर दसैंको बेलामा त्यस्तो लकडाउन थिएन । म मेरो मामाघर नगएको पनि लगभग ४ वर्ष भइसकेको थियो । मलाई मामाघर जाने रहर लागेको थियो । हामीले दसैंको पहिलो दिनमा सबै टीका लगाएर भ्यायौँ र अर्को दिन बिहानै ४ बजे निस्क्यौँ । उज्यालो भइसकेको थिएन । मेरो निद्रा नपुगेको हुनाले म त्यहीं निदाएँ । मेरो गाडीमा त्यति हिँड्ने बानी नभएको हुनाले मेरो टाउको धेरै दुख्न थाल्यो । खाली पेट भएर पनि होला । मलाई लगातार उल्टी आउन थाल्यो । बाबाले गाडीलाई छेउ लगाएर एकछिन् रोकनुभयो । म सुत्न खोजें तर मलाई गाह्रो भएकोले निन्द्रै लागेन । करिब २ बजिसकेको थियो । मलाई धेरै भोक लागिसकेको थियो । बाबाले नजिकै खाने ठाउँमा रोकनुभयो । हामीले त्यहाँ खाना खायौँ । खाएपछि मलाई अलि सन्चो लाग्यो । सबैजनाले खाइसकेपछि हामी यात्रालाई निरन्तरता दियौँ । म र मेरो भाइलाई खाना खाइसकेपछि सन्चो भयो तर त्यहाँबाट आमालाई गाह्रो हुन थाल्यो । भापा आउन अझै धेरै समय बाकी थियो । मलाई मामाघर हेर्न साह्रै उत्साह लागिरहेको थियो । मैले मामाघरको आमा बुबासँग भेट नभएको पनि धेरै भइसकेको थियो ।

यात्रा असाध्यै रमाइलो भइरहेको थियो। मलाई भने चाहिँ मामाघर कतिखेर आउँछ, जस्तै भइरहेको थियो । हामी बिराटनगर पुग्न लागेको बेला थकान मार्न भनेर एकछिन् गाडी रोकेर बाहिर निस्कियोँ । त्यहाँको हावा तातो थियो । हामीले मुख धोयोँ । पानी पियोँ, एकछिन त्यहीँ बस्योँ, र अगाडि बढ्योँ । अब भापा आउन धेरै समय बाँकि थिएन। जति नजिकै आयो मेरो उत्साह त्यति नै बढ्दै थियो । हामी लगभग १ घन्टामा मामाघर पुग्योँ । मलाई धेरै खुसी लागेको थियो । मलाई अहिले पनि त्यस रमाइलो यात्रा सम्भरेर खुसी लाग्छ । मलाई अहिले पनि याद छ । म अति नै उत्साहित थिए । यसपालि लकडाउन खुल्छ कि खुल्दैन तर खुल्यो भने यस्तो रमाइलो यात्रा फेरि गर्न चाहन्छु ।



मुस्कान सिंह

क्रमाङ्क: २४००३

आइपिएल : २०२१

इन्डियन प्रिमियर लिग आइपिएल भारतमा क्रिकेट प्रवर्द्धन गर्ने र युवा खेलाडीहरूको मनोबल बढाउने उद्देश्यले स्थापना गरिएको प्रतियोगिता हो । यस प्रतियोगिताका विभिन्न क्लबमा भारतीय तथा अन्य विदेशी खेलाडीहरू पनि आबद्ध भई निरन्तर रूपमा खेल्दै आइरहेका छन् । आइपिएल सन् २०२१ सुरुवात अप्रिल ९ देखि सुरु भएको थियो। सुरुवाती खेलमा मुम्बई र आरसिबी खेल थियो । त्यसमा आरसिबीले जितेको थियो । आइपिएलमा आजसम्मका राम्रा खेल समूहमध्ये आरसिबी पनि एक हो तर यसले अहिलेसम्म टुफी जितेको छैन । सुरुवाती खेलहरूमा यसको प्रदर्शन राम्रो थियो तर सेमिफाइनल र फाइनलमा चाहिँ त्यति राम्रो खेलन सकेन ।

आइपिएलमा आरसिबीबाहेक अन्य टिमहरूका फ्यान फ्लोइड धेरै छन् । सिएसके, मुम्बई, दिल्ली आदि । यी सबैले सुरुवाती छनोट चरणका खेलमा राम्रो प्रदर्शन गरे । तीमध्ये दिल्ली, मुम्बई, सिएसके र आरसिबी धेरै खेलहरू जितेका थिए तर कोभिड सङ्क्रमण बढ्दै गएकाले मे महिनामा अन्तिम खेल खेलियो र तीन महिनासम्म खेल स्थगन गरियो ।

अन्त्यमा सेप्टेम्बर १९ बाट कोरोना सङ्क्रमण केही कम भएपछि पुनः खेल सुरु भयो। मुम्बई इन्डियन र सिएसके बिचको खेलमा सिएसकेले बीस रनले खेल जित्यो । म व्यक्तिगत रूपमा सिएसकेको समर्थक हुँ । मैले यो टिमलाई समर्थन गर्नको मुख्य कारण मलाई मन पर्ने खेलाडी एमएस धोनी हुन् । उनको व्याटिङ र नेतृत्व कौशल मलाई अत्यधिक मनपर्छ । यसपालिको उनको सहभागिता र नेतृत्व टिमको जितको मुख्य कारण रहेको छ । इन्डियन प्रिमियर लिग सन् २०२० को सिएसके फाइनल खेलपछि एमएस धोनीले वाचा गरेका थिए कि हामी बलियो भएर फर्किने छौं । उनले निकै आत्मविश्वासका साथ यो कुरा भनेका थिए । उनले यो कुरा बारम्बार प्रमाणित गरिसकेका छन् । यसपटक पनि सिएसकेको जितले यो कुरा प्रमाणित गरिदियो । मलाई लाग्छ कि सिएसके र धोनी एक अर्काका परिपूरक हुन् ।

सन् २०२१ अक्टोबर १५ मा दुबई अन्तर्राष्ट्रिय रङ्गशालामा भएको फाइनल खेलमा कोलकता नाइट राइडर्सलाई २७ रनले हराउँदै सिएसकेले चौथो इन्डियन प्रिमियर लिग हात पायो । यो जित एमएस धोनी र उनको समूहको लागि पुनरागमन तथा सपनाजस्तै हो । किनभने प्लेअफको लागि क्वालिफाई गर्न असफल भएपछि यो उसको पहिलो जित हो । यसपटकको आइपिएलमा सबैभन्दा धेरै रन सिएसकेका खेलाडी रूतुराज गाड्क्वाडले बनाए । यसै गरी रविन्द्र जजेडा, फाफ डुप्लेसिस, लगायतका खेलाडीको प्रदर्शन पनि प्रशंसनीय नै रह्यो ।



प्रत्यूष चापागाईं

क्रमाङ्क: २३०३३

पर्यटन र खेलकुद

हाम्रो देश निकै सुन्दर छ। प्रकृतिको वरदान हो हाम्रो देश र धेरै सम्भावना बोकेको छ। हाम्रो देश नेपाल सुन्दर, शान्त र विशाल छ। आज संसारमा अस्तित्वमा रहेका १९५ देशहरूमध्ये नेपाल दक्षिण एसियामा पर्न आफैमा सानो तर सांस्कृतिक रूप विशाल राष्ट्र हो। नेपालको पृथक भौगोलिक बनावट, हिउँले ढाकिएका श्रृंखलावद्ध हिमालहरू, विभिन्न किसिमका भरनाहरू, पाखा, पखेरा, टार, हरिया, जङ्गल, भाडी र यहाँ रहेका नागबेली नदीनालाहरू, खोंच, कुनाकन्द्राहरू, संसारकै उच्च स्थानमा रहेका हिमताल, यहाँका प्राकृतिक जडीबुटीहरू, यहाँका मानिसहरूमा भएको पाहुनाप्रतिको आतिथ्य सत्कारको भावना, सांस्कृतिक विविधता, जातजाति, भेषभूषा, कलासंस्कृति आदि कुराहरूले पर्यटन व्यवसायमा विकासका विभिन्न सम्भावनाहरू बढाएका छन्।

नेपालमा विदेशबाट धेरै पर्यटक साहसिक खेलहरू खेलन आउँछन् र अरू कुराको पनि मजा लिन आउँछन्, जस्तै: ट्रेकिङ, जङ्गल सफारी र धेरै कुराको मजा लिन आउँछन्। नेपाल विदेशीमाभ प्रसिद्ध हुनुमा खेलकुदको पनि ठुलो हात छ। जब हाम्रो देशले कुनै ठुलो खेलकुद प्रतियोगिताको आयोजन गर्छ, धेरै देशबाट पर्यटक हाम्रो देशमा भित्रिन्छन्। खेलकुदले पनि हाम्रो अथवा अरू कुनै देश होस् तर देशको नाम दुनियाँमाभ नाम राख्न ठुलो टेवा पुर्याएको छ। नेपालजस्तो भूपरिवेष्ठित र विकासोन्मुख राष्ट्रका लागि पर्यटन विकासको आवश्यकता छ। हामीले पर्यटनलाई खेलकुदबाट पनि उकास्नुपर्छ। पर्यटन क्षेत्रको राम्रो विकास हुन सकेमा नेपालको आर्थिक वृद्धि भई नेपालीहरूको जीवनस्तर उकासिन्छ। नेपाल र नेपालीहरूले विश्वभरि प्रसिद्धि पाउँछन्। अहिले भन्दा साठी लाखभन्दा बढी नेपालीहरू रोजगारीको सिलसिलामा खाडी तथा अन्य मुलुकहरूमा विदेसिनुपरेको छ। पर्यटन क्षेत्रमा द्रूत गतिमा विकास हुन सकेमा यसरी लाखौं नेपालीहरू विदेसिनुपर्ने थिएन। उनीहरूले आफ्नै देशमा रोजगारी प्राप्त गरी आफ्नै देशको विकासमा योगदान पुऱ्याउन सक्छन्।

नेपालमा प्रत्येक वर्ष १,१९७,१९१ हाराहरीमा पर्यटक आउँछन् र यो सङ्ख्या हामीले बढाउन सक्छौं। त्यसका लागि हामीले धेरै कुरामा ध्यान दिनुपर्छ। इङ्गल्यान्डमा हरेक वर्ष लाखौं पर्यटक फुटबल हेर्न भनेर आउँछन्, त्यसले गर्दा खेलाडीले पनि राम्रो पैसा कमाउँछन्। त्यसो भएपछि देशले धेरै ठाउँबाट प्रत्यक्ष वा अप्रत्यक्ष रूपमा धेरै पैसा कमाउन सक्छ। हामी र सरकार मिलेर काम गरेमा यो कुरा सम्भव छ र गर्नुपर्छ। हामीले सुरुवात हाम्रै देशका खेलकुद क्लबलाई समर्थन गरेर गर्नुपर्छ। कहिलेकाहीं खेल हेर्न गइदिनुपर्छ, जर्सी किन्दिनुपर्छ। जसबाट क्लबले पैसा कमाउने र विदेशी खेलाडी किन्ने र विदेशी पर्यटकको सङ्ख्या बढाउँछ।



किर्तन पौडेल
क्रमाङ्क: २३०२४

खेलकुद र पर्यटन: एक पुरानो सम्बन्ध

खेलकुदको प्रयोग पहिलेदेखि नै पर्यटकलाई आकर्षित गर्न गरिन्थ्यो र त्यही चलन अहिले पनि चलिरहेको छ। खेलकुद विश्वमा सबै ठाउँमा खेलिन्छ। हरेक देशको आआफ्नै खेलकुद हुन्छन् र ती खेलहरू अहिलेदेखि होइन वर्षौंवर्ष खेलिएर आएका हुन्छन्। खेलकुद राजारजौटा र सामान्य मानिसका लागि मनोरञ्जनको एक स्रोत थियो तर अहिलेको समयमा खेलकुदले नयाँ रूप लिएको छ, त्यो हो व्यापार। मेरो विचारमा यो कुनै नराम्रो कुरा होइन। यदि राम्ररी प्रयोग गर्न सकियो भने यसले मानिस र देशको आर्थिक स्थिति राम्रो पार्न सक्छ। व्यापार भन्नाले मैले पर्यटन उद्योग भन्न खोजेको हो र नेपालजस्तो देशलाई यसको धेरै नै आवश्यकता छ।

पहिलेको समयमा पनि राजाहरूको जन्मदिन वा अरू केही विशेष दिनमा खेलकुदको आयोजना गरिन्थ्यो, जसले गर्दा धेरै ठाउँका मानिस र राजारजौटा त्यहाँ उपहार लिएर आइपुग्थे र धेरै व्यापारीहरू व्यापार गर्न तयार रहन्थे। यसलाई पनि एउटा पर्यटनकै उदाहरणका रूपमा लिन सकिन्छ। यसरी नै खेलकुदले पर्यटनलाई बढाउन थालेको थियो र यसले विभिन्न राष्ट्रविचको सम्बन्ध पनि राम्रो पारेको छ। खेलकुदको महत्त्व यति थियो कि यदि कुनै राजकुमार वा राजाले कोही राजकुमारी वा रानीसँग विवाह गर्नुअघि प्रतिस्पर्धा जित्नुपर्थ्यो।

खेलकुदले विभिन्न तरिकाले पर्यटन बढाउन सक्छ, जस्तै: यदि कोही नेपाली खेलाडी ओलम्पिकमा पुगेर गोल्ड मेडल जित्यो भने उसले संसारमा नेपाललाई चिनाउँछ र यसले गर्दा उसलाई मन पराउने व्यक्ति र अरू मानिस जसलाई खेलाडीमा चासो हुन्छ, ऊ नेपालमा आउन सक्छ र पर्यटन बढ्न सक्छ। सार्क राष्ट्रहरूविच हुने खेलकुदले पनि धेरै पर्यटन बढाउन सक्छ र यदि नेपालजस्तो देश जसको आर्थिक स्थिति अधिक रूपमा रेमिट्यान्स र पर्यटनमा आधारित छ, उसले यस्ता खेलहरू आयोजित गर्न सकेमा धेरै फाइदा हुन सक्छ। तर नेपाल यो कुरा गर्ने दिशामा खासै अगाडि बढेको छैन, अगाडि बढ्नु त परिकै कुरा हो, नेपालीहरूले खेलकुदलाई खासै महत्त्व पनि दिएका छैनन्।

हाम्रो इतिहासमा पनि खेलकुदलाई महत्त्व दिएको देखिन्छ, छ तर अहिलेका धेरै नेपाली बुबाआमाले आफ्ना सन्तानलाई खेलकुद नगर्न भनेर भन्न थालेका छन् तर यो बिस्तारै बदलिँदै छ। तर खेलकुदलाई जुवा बनाएर पर्यटन व्यवसाय गर्ने व्यक्ति पनि धेरै छन् र यस्ता व्यक्तिहरूले खेलकुद र पर्यटनको पुरानो सम्बन्ध बिगारेका छन्। खेलकुद हेर्न आएको भनेर धेरै पर्यटकले तस्करी गर्न थालेका छन् र यस्ता तस्करी गरिएका वस्तुको व्यापार खेलकुदको रङ्गशालाबाटै हुन्छ। त्यसैले पर्यटन उद्योगमा सोचेर र बुझेर काम गर्नुपर्छ। खेलकुदमा नराम्रो व्यापार गर्नु, जस्तै: घुस लिनु र हार्नु पनि धेरै नै बढेको छ, जुन कुरा राम्रो होइन।

हरेक चिजको राम्रो र नराम्रो पक्ष हुन्छ र मेरो हिसाबमा खेलकुदको राम्रो पक्षले नराम्रो पक्षलाई जितेको छ, त्यसैले पनि होला यसको नराम्रो पक्ष मानिसको अगाडि आइपुग्न सकेको छैन। अल्पविकसित देशले यदि आफ्नो खेलकुदलाई अगाडि लगेर सकेमा धेरै विकसित हुने सम्भावना हुन्छ। खेलकुदले पर्यटनलाई पहिलेदेखि नै बढाएको छ र यसरी नै खेलकुद र पर्यटनको पुरानो सम्बन्ध बढिरहेको छ।



Erish Thapa

Roll No. : 29011

Trip To Hetauda

Last week I went to Hetauda with my mother. It was a two days trip. We went on Friday evening and came back on Sunday afternoon. This was a great trip because we especially went there to worship Gadhimai. It is a historical place. It was Saturday so it was busy and crowded on that day. We reached the temple at 7 a.m. We stayed in a queue for two hours. Every five years the festival is held at Gadhimai Temple. People from different parts of the country come to visit the temples. The devotees sacrifice animals and offer the blood to the deity to make her happy. The festival has been described as the world's largest animal sacrifice event. They believe that sacrificing animals to the goddess can bring happiness and prosperity. My grandmother has lots of hope and belief in this temple.

After returning from the temple, we had our lunch and took a rest. We did not go anywhere because we were all tired. The next day, we visited the Hetauda market. We went shopping too. There is a big park, which is the major attraction of the city. I went there too. So, on Sunday we returned to Kathmandu Valley. Though the trip was short, it was memorable.

Interesting Facts about Space



Sambhavya Pandey

Roll No. : 30027

1. The Solar system is 4.6 billion years old.
2. One million Earths can fit inside the Sun.
3. Space is completely silent.
4. One day on Venus is longer than one year on Earth.
5. There is a size of a volcano on Mars bigger than Mount Everest.
6. Venus is the hottest planet in our solar system.
7. A star spins per second 600 times.
8. Do you know, there is a planet made of diamond and that is called "Super-Earth".
9. Footprints on the moon will stay for millions of years.
10. The planet Saturn can float on water.



Sonam Sunner

Roll No. : 27017

Top Four Biggest Boy Bands in 2021

BTS

BTS is also known as the Bangtan Boys is the topmost Biggest Boy Band in the year 2021 ranked first. Members in this boy band BTS are RM (Rapper), Jin (Vocals), Suga (Rapper), J-hope (Rapper), Jimin (Lead Vocalist), V (Vocal), Jungkook (Main vocals). BTS is a popular band because of their subject in their music. Bts is a South Korean boy band that was formed in 2010 and debuted in 2013 under Big Hit Entertainment.

SEVENTEEN

SEVENTEEN also known as SVT is a South Korean boy band formed by Pledis Entertainment. This group has 13 members who are Yoon Jeoghan (Lead Vocalist), Wonwoo (Rapper), DK (main vocals), Seungkan (Main Vocals), Kim Mingyu (Rapper), Joshua Hong (Lead Vocalist), S.Coups (Main Rapper), Wen Junhui (Vocals), Woozi (Lead Vocalist), Dino (Vocals), Hoshi (Main Dancer), Vernon (main rapper), Xu Minghao (Vocals). The name SEVENTEEN means “13 members + 3 units + 1 team”.

EXO

EXO is a South Korean-Chinese Boy band based in Seoul. Nine members in this band are Suho, Xiumin, Lay, Baekhyun, Chen, Chanyeol, D.O., Kai, Sehun. Exo started as a 12 member group with two independent subgroups, EXO-K (which performs in Korean), EXO-M (Which performs in Mandarin. This group’s name is “EXO” inspired by the term “Exoplanet”.

NCT

NCT is a South Korean boy band formed by SM entertainment. This group has 23 members who are Taeyong, Taeil, Johnny, Yuta, Kun, Doyoung, Ten, Jaehyun, WinWin, Jungwoo, Lucas, Mark, Xiaojun, Hendery, Renjun, Jeno, Haechan, Jaemin, YangYang, Shotaro, Sungchan, Chenle, and Jisung. In July 2016, NCT 127 was announced as the second sub-unit. “NCT 127” combines the acronym for Neo Culture Technology with the number “127”



Kirtan Paudel

Roll No. : 23024

How a single person can increase the popularity of a country through sports.

Sports, the term which has become the greatest source of enjoyment and entertainment, is being used for many things by humans like having good relationships between countries, competing to decide things, developing countries, to fulfil one's dreams etc. History has always proved that a single worthwhile person can change the world, culture, customs in both negative and positive ways using weapons knowledge or other things today let's speak on how a single person can use sports to do things he wants. A person's greatest achievement is to make his/her country proud and popular and he or she will do anything to achieve it. Anything is exaggerated but they will try their best.

Now who doesn't know Argentina and Portugal, most people don't know them for their history or beautiful places. They are known mostly because of two greatest football players Lionel Messi and Cristiano Ronaldo respectively. Die hard fans of these footballers will always try to go to those places now their fans are in millions and millions if they visit those places there is automatic acceleration of tourism there. Sports has become so influential that even commercials are being done by sports. Ivory Coast is a place in Africa but not many knew about this place until Didier Drogba, one of the most superb football players made his name in the sports industry. If a person is hardworking and in the top ranks of sports he/she can increase the popularity of a place just by participating in an event and now think what they can do for their own country. Anil Gurung and Sandip Lamichhane have made Nepal renowned all over the world, using their talent and skills. But it's not easy to make your country popular through sports. Hard work, dedication, talent, potential etc play a role in making you one of the top sportspersons. So trying to make your country proud half heartedly is not going to work and people have learned it the hard way.

The underestimated career opportunities is also fading due to these players and most countries have started to encourage people of their country to involve themselves in sports and we know that this change has made its way to Nepal as well. We can nowadays see parents encouraging their children to be sportspeople too. Because of these great people, a country like Brazil is known for producing many great footballers and many go there to learn to play it.

People should understand that every person has their own talents and weapons which help them to make themselves better or the best making their country proud. Today we can see most followed people in social media are sportspeople and those sportspeople have made their country popular too. A single person can make change in the world through anything but they must first have to make a positive change in themselves or else there is nothing they can do. So I have made my point here and hope that the readers can understand what I am trying to express through it. You've got to be yourself. Many people have idols, inspirations, motivators and everyday they stand in front of the mirror praying to the Absolute Being that they'd grow up to be the next "who-so-ever". Why do people prefer to be the second rate version of somebody when they can be the first rate version of themselves? When I was lost in the trains of my thoughts thinking why people always want to be somebody else instead of their actual self, I had just one answer in my mind that was 'people are ashamed of accepting who they actually are.' When you try to be yourself, there are many who discourage you, backbite about you, and spread rumors about you. Then just in order to get rid of rumors and backbiters, you end up being someone who you are not. Then you live a life that is not yours; ultimately, you'll get frustrated by the fact that you cannot be your true self, which might result in something really serious. One person may show 3 different kind of personalities one which they pretend to be around people, one which they show to few close friends and circles and one they actually are.

Don't let their back-biting or rumors discourage you. Instead remember that people will hate you, rate you and break you. How long you stand is what makes you! People hope you pray to be yourself when you have made your life worth talking about. They are the ones who don't want your life to strive towards perfection and in order to be a blockade; they want you to be ashamed of yourself. So make sure you disappoint them every time you can. Moreover, you do not need to be disappointed when you are discriminated against because of the fact that you belong to so-and-so community or you follow so-and-so religion because those are some things that a person cannot choose. If a person judges you by taking all these things into consideration, it doesn't define how you are; it defines how they are.

So to all the people who don't readily accept themselves the way they are, you don't need to be ashamed of yourself. Break your shell and be your true self. You must, indeed, be very special for you are one of a kind in this entire universe. Do what you can, with what you have, with where you are. We can't control the impressions others form of us, and effort to do so only debases our character. Always be true to who you are. Never let another person change what you think of yourself, because you are the only one that truly matters. The hardest battle that you will fight is the battle to be yourself and once you are victorious in this battle, you will have the courage to live a dignified life with your head held as high as a giraffe. One should dare to be different and never set out on roads that lead you somewhere rather set out on an undiscovered path and leave a trail.



Simon Sangat

Roll No. : 2022019

The Meteoric Rise of the Next Generation of Football Stars.

With Ronaldo Turning 35 this year and Messi turning this year It looks like after more than 20 years of domination at the top the “Messi Ronaldo Era” is nearing its end. It’s only natural for great players to bid their farewell to the beautiful game and pass on the torch to the new “GOATS” and it looks like Football Fans all around the world have already found the new Messi and Ronaldo. Kylian Mbappe, The French speedster is seemingly one of the future “GOATS” with having won Ligue A top Scorer for 3 years straight and having won a world cup at the age of 18 it is without a doubt that he is the future of France’s and Real Madrid/PSG’s future. Another big name that’s thrown around in this debate is Erling Haaland, The Norwegian Machine is definitely a player to look out for in the near future. The goal-scoring machine has the most champions league goals scored by a youngster. Both the Manchester clubs have brilliant young stars Jadon Sacho, Mason Greenwood, Phil Foden and Cole Palmers have particularly shown their class. Greenwood is an incredible talent with an eye for goal and Foden has proven himself to be one of the best all-around talents in Europe. Chelsea’s Mason Mount has established himself as a fixed starter under Tomas Tuchel the young brit is arguably the best CAM in the world right now.

This list would not be complete without Spain’s next generation of talent. Barcelona’s young Pedri won UEFA Euros best young player and aims to follow the path of Barcelona’s midfield maestros like Xavi and Iniesta, Ansu Fati is also a talent to look out for in Barcelona, He is the youngest player to score in a champions league game Many Believe that He’ll fill the boots of Barcelona Legend Messi. Hard as it may seem with the talent he has it wouldn’t be a surprise, Gavi and Eric Garica are both incredibly talented youngsters both aiming to replace their idols, Xavi and Puyol. This list would be incomplete without Real Madrid’s deadly Brazilian duo of Vinicius Junior and Rodrygo Silva. Vinicius is one of the best dribblers in the world right now if he keeps playing as he has, without doubt, He’ll leave his own legacy at Real Madrid.

The Future of Football is in great hands and for that, the Academies are to thank, Ajax’s academy has produced countless talented players like Johan Cruyff, Luis Suarez, Zlatan Ibravomich and more recently Frenkie De Jong, Van De Beek and Matthias De Ligt. Barcelona’s La Masia is also a talent generating powerhouse having generated talents like Messi, Puyol, Xavi, Iniesta, Guardiola, Luis Enrique, Pique, Budgets and more recently Gavi, Eric Garcia, Ansu Fati. Looking at the players we can say that the next generation will be just as good as if not better than the “Messi Ronaldo Era”.



Aashutosh Pudasaini

Roll No. : 2022002

Sports and Tourism

The term 'sports' is an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment, but there is more to just that. Whereas, tourism is the activities of people traveling to and staying in places outside their usual environment for not more than one consecutive year. If we just look at the definition of these two terms that it may not be related but if we look through them then we may find some similarities between them.

Sports is an activity that involves physical movement which benefits us by keeping ourselves healthy and strong. It not only helps us in keeping ourselves healthy but also helps in improving our skills and finding what's best for us and what we're good at. On the other hand, tourism is the activity where people travel to different places for different purposes. For those who do it for passion, it is a way of enjoying the best we can in our lives and living up to the fullest. It helps in relaxing ourselves and getting our minds off everything. It also helps us in learning about different cultures and rituals. As we look into these terms we can find many things similar, such as both activities can help our body to be fit and fine. It helps to get our minds off things.

Most of us are well aware of the activities going on in the world and most of us are also aware that the activities we are well aware of are related to sports. Sports can be found wherever we go and so can tourism. We all know that sports is one of the reasons for tourism. If we look through it, sports and tourism can work together, side by side. Most of the sports activities held in different countries or places attract people from all over the world which pretty much help in tourism and understanding the problems of tourism to be improved.

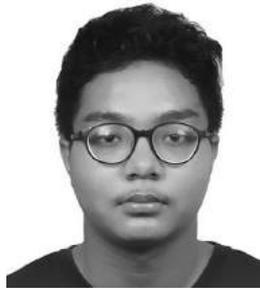
So, sports and tourism can be one of the points on our top list when we want to either get entertained or get distracted. It is also a great use of time. It brings us happiness whenever we involve ourselves in these activities. Not only that but also keeping ourselves fresh and fit and sharp-minded. So, wherever activities we choose we must choose it for a reason for ourselves.

Interesting Facts and Figures



आयुषी श्रेष्ठ
क्रमाङ्क: २६००२
रोचक तथ्यहरू

- १) संसारको सबैभन्दा तातो खुर्सानी काली मिर्च यति तातो छ कि यसले तपाईंलाई मार्न सक्छ ।
- २) संसारमा एक मात्र देश छ जुन मेट्रिक प्रणालीको उपयोग गर्दैन ।
- ३) हरेक सेकेन्डमा चार बच्चा जन्मिन्छन् ।
- ४) महासागरहरूमा लगभग २००,००० विभिन्न भाइरसहरू छन् ।
- ५) छाता कुनै समय महिलाहरूले मात्र प्रयोग गर्थे ।
- ६) संसारमा सबैभन्दा सामान्य नाम मोहम्मद हो ।
- ७) आयताकार रहित राष्ट्रिय झण्डा भएको विश्वमा नेपाल एक मात्र देश हो ।
- ८) भिँगे माछाको मुटु यसको टाउकोमा अवस्थित हुन्छ ।
- ९) मान्छे मात्र सपना देख्ने जनावर होइनन् ।
- १०) टमाटर वास्तवमा एउटा फल हो ।



संयम श्रेष्ठ
क्रमाङ्क: २२०१२

कसरी पुराना आविष्कारहरूले हाम्रो वर्तमान जीवनलाई प्रभावित गरेका छन् ?

१०० वर्ष पहिलेको समयलाई फर्केर हेर्दा मानिसहरू जमिन छोडेर आकाशमा जाने सोच मात्र राखेर बस्थे र कसैको त यो सपना नै हुन्थ्यो । त्यति बेलाका मानिसहरूलाई उडान सम्भव मात्र होइन भविष्यमा धेरै कुरा परिवर्तन हुन्छ, भन्ने कल्पना थिएन । त्यति बेला जनताको सपना के थियो, त्यो हाम्रो लागि अचम्मको यथार्थ बन्न पुगेको छ ।

विज्ञानको क्षेत्रमा भएको प्रगतिले गर्दा यस्ता धेरै सपनाहरू वास्तविकता भएका छन् । आज हामी एकैछिनमा मानिसहरूसँग कुराकानी गर्न सक्छौं । हामीले अनुभव गर्दा हाम्रो आँखाअगाडि जे भइरहेको छ, त्यो अरूसँग बाँड्न सक्छौं । यस संसारमा भएका सबै कुराहरू घर बसी हेर्न सक्छौं ।

अवाकसका माध्यमबाट आजका मानिसहरूले धेरै सामान सजिलैसँग गन्न सक्छन् । जुलाई १६, १९४५ मा आणविक ऊर्जा अनुसन्धान भएकोले अहिले जीवनमा आणविक ऊर्जालाई अरू ऊर्जामा रूपान्तरण गरेर चलाउन थालिएको छ । हाम्रो विगतमा पत्ता लगाएका साना साना कुरा अहिले पूर्ण रूपमा ठुला चिजहरू बने का छन् र मानव जातिलाई सजिलो पनि भएको छ । चार्ल्स ब्याबेजले बनाएका कम्प्युटरहरू अहिलेको जमानामा मानव जातिका लागि महत्त्वपूर्ण कुरा बनेको छ ।

२० औं शताब्दीको अन्तमा मानिसहरूले बनाएका चित्रकलाहरू हाम्रो वर्तमान समयमा जता पनि देखिन सक्छन् । यी चित्रकलाका कारण मानिसहरूको रचनात्मक क्षमता पनि बढेको छ । अहिलेका चित्रकलामा अभिव्यक्त भएका घटनाहरू राम्रोसँग बुझ्न सकिन्छ । पहिला मानिसहरूलाई खाने कुरा कसरी बचाउन सकिन्छ भन्ने थाहा थिएन तर लुई पास्चरले अनुसन्धान गरेपछि चिसो ठाउँमा खानेकुरालाई लामो समयसम्म राख्न सकिन्छ भन्ने कुरा थाहा पाए । यही सिद्धान्तले गर्दा पछिल्लो समयमा फ्रिज बन्थो, जसले गर्दा हुन् र हामीलाई खानेकुरा राम्रो अवस्थामा राख्न धेरै सजिलो भएको छ । राइट दाजुभाइले गर्दा अहिले हामीले आकाशमा उडेर संसार सजिलैसँग घुम्न सक्छौं । अलेक्जेन्डर ग्राहम बेलका आविष्कारले गर्दा अहिले हामीले सजिलैसँग जता बसेर पनि विदेशका साथी तथा परिवारसँग कुरा गर्न सक्छौं ।

सबै कुरामा आआफ्नो राम्रा र नराम्रा पक्ष हुन्छन् । वैज्ञानिक प्रगतिले हाम्रो जीवन धेरै सहज बनाएको छ तर यही प्रगतिले पुरै मानव जातिलाई सबैभन्दा खराब अवस्थामा पनि लग्न सक्छ, जस्तै: विश्व युद्ध १ र २ । यो समयमा धेरै मानिसहरूको मृत्यु भएको थियो । विभिन्न हतियारहरू जसले एउटा पुरै ठाउँलाई अस्तित्वबाट हटाउन सक्छन् । यही आणविक ऊर्जा संसारको सबैभन्दा डर लाग्दो हतियार बन्न सक्छ । यही विज्ञानमा प्रगतिका कारण मानिसहरू हावा र पानी दुवैमा लड्न सक्ने भएका छन् । पहिला विश्व युद्ध २ मा सागर पनि एउटा लडाइँको क्षेत्र बनेको थियो । यही कारण धेरै मानिसहरू पनि सागरमा युद्धका कारण मरेका छन् । यी विज्ञानले बनाएका डरलाग्दा हतियारहरूले गर्दा धेरै मानिसहरूले विगत आफ्नो जीवन गुमाएका छन् ।

यी विगतका कुराहरूले हाम्रा अहिले जीवित समयमा पूर्ण रूपमा परिवर्तन लिएर आएको छ । हाम्रा पुर्खाहरूले गर्दा हामी अहिले शान्तिपूर्ण जीवन बाँचिरहेका छौं । त्यसै गरी हाम्रो भावी पुस्ताका लागि केही विकासका कामहरू गर्नु हाम्रो पनि कर्तव्य हो ।



दीप्ति न्यौपाने

क्रमाङ्क: २३०१९

रोचक तथ्य

- सबैभन्दा लामो अंग्रेजी शब्द १८९८१९ अक्षर लामो छ ।
- धेरै डिज्नी वर्ण एनिमेसन सरल राख्न पन्जा लगाउँछन् ।
- वर्तमान अमेरिकी भन्डा एक हाइस्कूलका विद्यार्थीद्वारा डिजाइन गरिएको थियो ।
- तपाईंसँग शरीरमा मात्र दुई अङ्गहरू छन् जो, कहिल्यै बढ्न बन्द हुँदैनन् ।
- जिराफको जिब्रो २० इन्च लामो हुन सक्छ ।
- १८१५ देखि नेपालका गोरखाहरू ब्रिटिस सेनाको हिस्सा भएका हुन् ।
- गिनिज बुक अफ वर्ल्ड रेकर्ड बारका तर्कहरू समाधान गर्न सिर्जना गरिएको थियो ।

- डल्फिनको मस्तिष्कको आधा भाग मात्र सुतेको अवस्थामा जान्छ र बाँकी आधा जागा रहन्छ ।
- हाम्रो रगत सागरजस्तै नुनिलो हुन्छ ।
- परेलाहरू बाहिर भर्नुभन्दा पहिले १५० दिनसम्म बाँच्छन् ।
- एउटा माकुराको सबैभन्दा ठुलो जीवाश्मा चीनमा भेटियो । यो एक इन्च लामो र १६५ मिलियन वर्ष पुरानो छ ।
- एउटा स्यालले आफ्नो पुच्छरलाई अन्य स्यालहरूसँग सञ्चार गर्न प्रयोग गर्छ ।
- चन्द्रमामा पाइलाका डोबहरू १०० मिलियन वर्षसम्म रहनेछन् ।
- डबल नरिवल पामले संसारको सबैभन्दा ठुलो बीज उत्पादन गर्छो ।
- स्याउ तैरिन्छ किनभने त्यसमा एक चौथाइ हावा हुन्छ ।



आर्य थारू

क्रमाङ्क: २२००६

कहिल्यै अन्त्य नहुने सङ्ख्या केही तथ्यहरू

हामी सबैले गणितमा पाई को महत्त्व जानेका, बुझेका नै छौं र यसलाई उपयोग गर्न नआउने हामीमा कोही नै छैन होला । पाई एक अद्वितीय र रोचक सङ्ख्या हो । पाई सबैभन्दा व्यापक रूपमा ज्ञात भएको गणितीय प्रतीक हो । पाईको एक आकर्षक तथ्य भन्नुपर्दा यसको दशमलव कहिल्यै समाप्त हुँदैन र कहिल्यै पनि दोहोरिँदैन । यसको मतलब यो हो कि यसको सही मान कहिल्यै थाहा पाउन सकिँदैन किनकि यसको सङ्ख्या कहिल्यै समाप्त हुँदैन । यसको पहिलो गणना सिराक्युजको आर्किमिडिजद्वारा करिब २८७-२१२ इसापूर्व B.C पहिले गरिएको थियो । उनी त्यो कालका एकदमै महान् गणितज्ञ थिए । यो 'π' को मार्फत् पनि चिनिने गर्दछ । सरल रूपमा पाई भनेको कुनै वृत्तको परिधि र त्यो वृत्तको व्यासको अनुपात हो ।

पाई विभिन्न गणितीय समस्याहरू, जस्तै: क्षेत्रहरू, लम्बाइको हिसाब निकाल्न प्रयोग हुन्छ र धेरै ठोसको मात्रामा पनि प्रयोग हुन्छ । यो भौतिक विज्ञान र इन्जिनियरिङका विभिन्न सूत्रहरूमा प्रयोग गरिन्छ । पाई धेरै क्षेत्रहरूमा प्रयोग हुँदै आइरहेको, हामीलाई यो विज्ञान तथा गणितको प्रयोगमा आएको कूरा त थाहा नै छ तर यो हाम्रो साधारण जीवनको दैनिक प्रयोगमा उपयोग भएको कतिपयलाई थाहा नहुनसक्छ । घडी डिजाइनरहरूले पाईमार्फत् नै घडी बनाउने गर्दछन् जसको विशेषता त सबलाई याद नै छ अर्थात् हामीले बुझेका नै छौं । यति मात्र नभएर आँखाको संरचना अध्ययन गर्दा पाईको ठुलो भूमिका रहेको छ । पाई मात्र एउटा सङ्ख्या हो । हरेक वर्ष पाई डे मनाइने गर्दछ । यो हरेक वर्ष मार्च महिनाको १४ गते विश्वका सबै गणितज्ञ र गणित प्रेमीहरू गणितीय स्थिरता पहिचान गर्न मनाउने गर्दछन् । पाई डे मनाउन विश्वका धेरै गणित प्रेमीहरूले उत्सव मनाउँदै धेरै रमाइला कार्यक्रमहरू आयोजित गर्दछन् । यही दिन पाई डे मनाउनुको मुख्य कारण चाहिँ मार्च वर्षको तेस्रो महिना हो र पाईको लगभग सङ्ख्या पनि ३.१४ भएर हो । साथसाथै यसै दिन पाई डे मनाउँदा वैज्ञानिक अल्बर्ट आइन्स्टाइनको जन्मजयन्तीसँग पनि मेल खान्छ र अर्का महान् सैद्धान्तिक भौतिकशास्त्री स्टिफन हकिङ्गको निधन पनि यही दिन भएको हो ।



अपूर्व अधिकारी

क्रमाङ्क: २२००२

मेसिन लर्निङ

मेसिन लर्निङ एक प्रकारको कृत्रिम बुद्धिमत्ता (आर्टिफिसियल इन्टेलिजेन्स) हो, जहाँ कम्प्युटरले कुनै कुराको बारेमा स्पष्ट रूपमा प्रोग्राम नगरिकन सिक्छ। यो कम्प्युटर एल्गोरिदमको अध्ययन हो जुन अनुभवमार्फत् स्वतः सुधार हुन्छ। यो कृत्रिम बुद्धिमत्ताको एक उपसमूहको रूपमा देखिन्छ। मेसिन लर्निङ एल्गोरिदमहरूले स्पष्ट रूपमा प्रोग्राम नगरीकन भविष्यवाणी वा निर्णयहरू गर्न नमुना तथ्याङ्कमा आधारित गणितीय मोडेल बनाउँछन्।

यदि तपाईंले मेसिन लर्निङ प्रयोग गर्नुभयो भने तपाईंले महसुस गर्नुहुनेछ कि हामीले वास्तवमा मानवजस्तो बुद्धिमत्ता सिर्जना गरिरहेका छैनौं। मेसिन लर्निङ कम्प्युटरहरूद्वारा ठुलो तथ्याङ्क प्रयोग गरेर गरिएको जटिल गणना मात्र हो। अहिलेको प्रविधिले गर्दा पनि हामीले कुनै पनि हिसाबले मानिससँग तुलना गर्न सकिने बौद्धिक प्राणी बनाउन सक्दैनौं।

मेसिन लर्निङमा वर्तमानमा एक लोकप्रियताको लहर चलेको छ। मेसिन शिक्षा कम्प्युटर विज्ञानको एक भाग हो र यसैले यसका चिकित्सकहरू उच्च प्रशिक्षित कम्प्युटर प्रोग्रामरहरू हुन्। यसले आवाज पहिचान, खोज, सामाजिक सञ्जाल विश्लेषण, सिफारिस एल्गोरिदम, कम्प्युटर भिजन, आदिजस्ता डेटा गहन क्षेत्रहरूमा मेसिन लर्निङका अनुप्रयोगहरूलाई अनुमति दिइएको छ। मूल रूपमा मेसिन लर्निङबाट मानिसहरूले राम्रा अनुप्रयोगहरू पाएका छन्।

मेसिन लर्निङले हामीले कल्पना गर्न नसक्ने धेरै कुराहरू सम्भव बनाएको छ तर धेरैजसो मानिसहरूले सोचे जस्तो होइन र मानवजस्तै बौद्धिक उपकरण निर्माण गर्न अबै धेरै वर्ष लाग्ने छ।



मीमांशा आचार्य

क्रमाङ्क: २३०२७

जापानका तथ्यहरू

जापान पूर्वी एसियामा विकसित एउटा टापु देश हो। जापानको अनौठो संस्कृतिले यसलाई अन्य देशहरूभन्दा फरक र रोचक बनाउँछ। कुल क्षेत्रफलको हिसाबले जापान क्यालिफोर्नियाभन्दा पनि सानो छ तर जापान ने पालभन्दा करिब २.६ गुणा ठुलो छ।

हाम्रो देशको संस्कृतिअनुसार यदि कालो विरालोले बाटो काट्यो भने केही अशुभ हुन्छ भन्ने मानिन्छ तर जापानमा यसलाई शुभ सङ्केत मानिन्छ। जापानमा चार नम्बरलाई अशुभ मानिन्छ किनकि यो जापानी भाषामा मृत्यु शब्द जस्तै सुनिन्छ। जापानमा अङ्क चारलाई पूर्ण रूपले प्रयोग गरिँदैन। जस्तै जापानमा ४ नम्बरको बटन लिफ्टमा वा ४ नम्बरको कोठा अवस्थित हुँदैन।

हामीले जापानीहरू धेरै नै स्वास्थ्य हुन्छन् भनेर त सुनेका छौं तर तपाईंहरूलाई थाहा छ जापानमा अहिले ८०,००० भन्दा बढीका मानिसहरू १०० वर्ष वा १०० वर्षभन्दा माथिका छन्। त्यसमा पनि ८८.२% महिलाहरू छन्। जापानमा प्रायः टाउको भुकाएर अभिवादन गरिन्छ र जापानी मानिसहरू यसलाई सही ढङ्गले गर्न कडा परिश्रम गर्ने गर्दछन्। अभिवादन गर्दा जति बढी भुकिन्छ, त्यति नै अधिक सम्मान गरेको भनेर जापानीहरूले बुझ्दछन्। जापानमा हिकिकोमोरी नामको जनसङ्ख्या पनि छन्, जो समाजबाट पूर्ण रूपले हटेका हुन्छन् र कम्तिमा ६ महिनादेखि १ वर्षसम्म पनि कोठाबाट निस्कँदैनन्। जापानमा माफी माग्ने मात्र २० वटा तरिका छन्। जापानको राष्ट्रगान विश्वको सबैभन्दा छोटो र पुरानो राष्ट्रगानमा पर्दछ, जुन ३२ वटा अक्षरहरूले मात्र बनेको छ।

जापानले अन्य ठाउँमा भन्दा बढी भूकम्प अनुभव गर्छ र प्रतिवर्ष लगभग १५०० भूकम्प जापानमा आइरहेको हुन्छ र जापानमा ११० ज्वालामुखी अहिले पनि सक्रिय छन्। हाइकु जापानबाट सुरु भएको विश्वको सबैभन्दा छोटो कविता हो। विश्वको पहिलो उपन्यास “द टेल अफ गेन्जी” १००० साल पहिले जापानमा लेखिएको थियो।



Aarambha Dhakal

Roll No. : 30046

Interesting Facts about Tigers

1. Tigers are the largest living cat species.
2. They have orange fur with black stripes and a white belly. The black stripes usually extend to the white underside. The stripes are used to keep them camouflaged while hunting.
3. The stripe patterns on individual tigers are different on each side. No two tigers have the same pattern of stripes.
4. They are very fast while running short distances. They can leap up to 30 feet.
5. After a tiger has killed an animal, it eats everything except for the bones and the stomach.
6. Tigers vary in size depending on their subspecies.
7. The Royal Bengal tiger is the most common tiger and Siberian tigers are the largest.
8. A punch from a tiger may kill us.
9. Tiger loves to swim and play in the water.
10. A tiger's roar can be heard as far as 3 kilometres.



Biplov Shrestha

Roll No. : 29009

Interesting Facts

1. Glaciers and ice sheets hold about 69 per cent of the world's freshwater.
2. The best place in the world to see rainbows is in Hawaii.
3. Mount Everest is bigger now than the last time it was measured.
4. The most expensive coin in the world was sold for more than \$7 million.
5. More than 52% of the world's population is under 30 years old.
6. Canada has 9% of the world's forests.
7. Facebook has more users than the population of the U.S., China, and Brazil combined.
8. The oceans contain almost 200,000 different viruses.
9. There are around 4 quadrillion bacteria on Earth.
10. The Ocean covers about 71 percent of the Earth.



Agraj Rijal

Roll No. : 29004

Penguins

- They can swim 17 miles in 1 hour.
- A group of penguins swimming in water is called a raft and a group of penguins on land is called a waddle.
- Emperor penguins can dive 1,854 Ft. Deep in the water.
- Penguins do not get sick even if they drink salty water.
- Penguins used to fly 62 million years ago.
- Penguins are found in Antarctica.
- Penguins can survive at a temperature of -60 degrees celsius.
- An Emperor penguin is the size of a ten-year-old child.
- There are more than 1000 penguins in a Colony.
- Penguins can survive for 20 years.



Arshan Shrestha

Roll No. : 28012

Did You Know?

You should throw away the cotton in your medication bottles. That little ball of cotton that comes in your bottle of pills, which is there to keep pills safe during shipping, is meant to be removed. It has an absorbent nature, which makes your pills deteriorate faster.

It's easy to calculate a tip without a calculator.

Assuming you want to tip 20 per cent for good service, move the decimal point one digit to the left and then double that number. It's that easy! For example, if a bill is for \$35.50, you move the decimal to the left, which gives you \$3.55. Double that number, and you've got \$7.10—a 20 percent tip calculated in seconds.

You're the tallest first thing in the morning.

If you're feeling a bit on the short side, measure yourself when you first wake up. According to Jamaica, This phenomenon may be due to gravity compressing cartilage in our spine and in other parts of our bodies, such as our knees when we stand up or sit down throughout the day. "While we are lying down in a resting position, the spine is said to "spread out" or decompress, so when we wake in the morning we are taller after lying in bed all night."

You should sleep with your door closed

Sleeping with your doors closed will help protect you from smoke and toxic fumes in the event of a fire.



Aakanchya Khadka

Roll No. : 27001

Hector's Dolphin

Hector dolphins are one of the smallest and the rarest Marine dolphins in the world. Adult Hector's dolphins have a total length of 1.2 to 1.6 metre and weigh about 40 to 60 kg . Hector dolphins have a length of 60 to 80 CM and weigh about 8 to 10 kg. Hector's Dolphin was named after Sir James Hector who was the curator of the Colonial Museum. They are found only in the shadow coasts at the western shores of New Zealand's North Island. Maui dolphins are a subspecies of Hector's dolphins. Maui dolphins were considered to be Hector's Dolphin found in North Island but on 2020 day were classified as a separate species. Maui and Hector dolphins have been suffering a devastating decline since the year 1970. Hector's dolphins are the most endangered animals with a population of around 10000 while there are believed to be about 55 to 63 Maui dolphins. Human Threats like both strike construction mining etc as well as climate change are the main reasons for low population and a high chance of extinction of both Maui and Hector dolphins. 8th July is regarded as Hector's dolphin day. Maui dolphins have become so rare but yet they are being killed two to four individuals each year by fishers. The sub species of dolphins also known as Maui now are very highly endangered and can become extinct very easily in upcoming time. It's high time we care to protect and prevent them from extinction.

Clypeatus spiders: Dance or Die

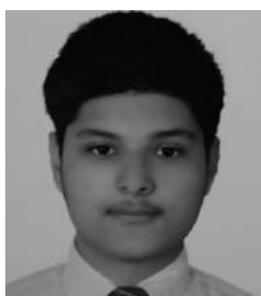


Rushina Tamang

Roll No. : 26008

Clypeatus spiders are tiny jumping spiders. These types of spiders don't spin webs. It rather uses it as a lifeline, reeling it out as it jumps from one place to another. In mating season, male spiders are looking for a mate. He is searching for the thread of a female spider that he can trace and find the source. The only problem is, she has other priorities than mating. Whereas, male spiders will jump on anything that moves. Female spiders only mate once. That is why female clypeatus are picky. So, to impress her, he gets on to the dance floor. Male jumping spiders perform special moves along with beats from from their abdomen and legs. Jazz hands, leg-lifts and

even shimmying their pedipalps. They create soundtracks. They beat the front and back halves of their body, creating vibrations. Her ears are in her legs. Tiny slits. It has many verses. The first verse is a fast heartbeat. Thump, thump, thump, thump, thump... The second verse is a 'BOOM'. He repeats that pattern over and over again. In the third verse, he adds another element, a CLICK. It's almost like they are casting a spell on the female spiders. These songs vary from different species of jumping spiders. But these male spiders sing as their lives depend on it. Because their lives do depend. The female spider may mate with him, she might even refuse but the most horrific part for the male spider is she might just eat him instead as well. When scientists tried to prevent the male spiders from singing, the female spiders were most likely to hunt them as prey. If he does get accepted, they'll mate and then a new life will begin.



Subham Chapagain

Roll No. : 23069

MYSTERIES OF OUR UNIVERSE

Our universe is amazingly huge and wonderous . It is said that we can not study about the universe even if we spend all of our life doing it . It's very vast and complex . However, it is indeed very interesting stuff once you start understanding it. We live in planets, there are 8 planets in our solar system and those planets revolve around the sun. The Sun is a star, in fact, a very hot mass or object which is made of molten lava and such objects. There are billions of trillions of stars in the universe like the sun. Well, those stars are even bigger than the sun, however there are stars smaller than the sun too.

Those stars lie in a huge cluster called galaxies and those galaxies lie in the universe. It is believed that the universe is co-existing with each other, in other words, there are many universes and thus they are called multiverses. The most astonishing fact is that no one knows how it was created or how it was started . According to the law of conservation of mass, energy cannot be created nor be destroyed. Then how did the universe begin if energy or mass cannot be created ? There are various factors questioning the universe which defy laws of science.

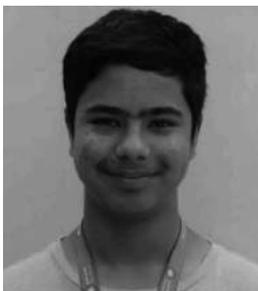
Another term exists in the universe which is quite vast and perhaps the most popular topic in NASA . I find it very interesting because of its unique trait and nature. Black hole is a place in space where the gravity is so high that even light

cannot escape through it ,leave alone humans. The gravity is so strong because matter has been hugely compressed into a tiny space. This can happen when a star is dying. Because no light can get out, people can't see black holes. They are invisible. They say that the universe was made because of a big bang that occurred in space. And blackhole was also made in that process . It is named black-hole because of its dark nature. We can not see it or feel it. We cannot see it as it doesn't let the light pass through it . It is pulling the spacetime towards it every millisecond or smallest of units of time.

So, space-time is another new term for those who are unaware about the universe . We simply know what space and time means. So combine it and it forms space time . It is literally a fabric and nothing else . Albert Einstein once said, space time is like a fabric in which hard balls are kept. Now you might wonder if galaxies lie in the universe, where do universes lie? Now here is your answer -the universe lies in space time and if multiverses do exist, they lie in space time. We cannot compare the spacetime like Albert Einstein told us because we can't compare the universe with balls as the universe is not symmetrical in shape.

There is another term in this vast subject called the white-hole . Now everyone wonders how this is similar to black-hole as both are holes. NO, this is totally different from black-hole. Take a piece of paper, write "a" on one side and "b" on the other side. Then can you know which is the fastest way from "a " to"b ``? Most of you would say it's drawing a straight line from A to B and that's it but no, it's not even close. The answer lies out of the box , that is ; what if you fold the piece of paper and attach "a" to "b", which one would be the fastest way? Yes, this is what white-hole is . This was demonstrated by Albert Einstein too. So basically white hole is the fastest way of travelling from one place to another, that is by teleporting. If you have seen naruto anime you will know what teleportation means- it's a term used to define going from one point to another without actually walking in between but travelling from a different place or point.

(By the way, all these are theoretical and it may or may not exist in real life)



Aashrab Khanal

Roll No. : 22001

Josip Broz Tito

Josip Broz ,more commonly known as Tito was born on May 7th 1892 in Kumrovec, a village in the northern Croatian region of Hrvatsko Zagorje. Tito was a Yugoslav revolutionary and also President of Yugoslavia from 1953 to 1980. Tito was the chief architect and leader of Yugoslavia formed after the Second World War which was a socialist federation that lasted until 1991.

He is known for being the first Communist leader to defy Stalin and the Soviet hegemony in the communist bloc. He is also known for forming independent roads to socialism and promoting the principle of non-alignment during the height of the cold war.

Josip Broz was born to a large peasant family in Kumrovec. He worked for a locksmith and joined the Social Democratic Party of Croatia-Slavonia at an early age. He fought as a sergeant in the war against Serbia in the First World War. Tito joined the Bolshevik party in Russia after being captured and taken to Russia as a prisoner of war. Later he returned to Croatia and joined the Communist Party of Yugoslavia.

Tito worked covertly for the communist party after the state ban on communist activities. Tito was sent to jail after being caught with bombs in his apartment and was sentenced to serve 5 years. At the time, King Alexander I became the dictator of Yugoslavia. After Stalin's purges of the communist party, Tito became the secretary-general of the Communist Party of Yugoslavia. During the Second World War, Tito led a liberation army to fight the Axis powers led by Germany and Italy which had occupied Yugoslavia in 1941. Tito was recognized as the leader of the Yugoslav resistance movement by the Allied Powers. With direct Soviet support, Tito was able to seize power in Yugoslavia after the end of war.

Tito consolidated power in 1945 after a series of purges in the government and the Federal People's Republic of Yugoslavia was proclaimed in November of 1945. Tito's foreign policy did not obey the status quo of the Soviets which led Stalin to order a purge of the Yugoslav leadership but was unsuccessful. After that Stalin removed the CPY from the Cominform and distanced it from other Eastern European countries.

Under Tito's leadership, Yugoslavia became one of the founding members of the Non-Aligned Movement in 1961. Tito co-founded the Non-Aligned movement with Egypt's Gamal Abdel Nasser, India's Jawaharlal Nehru, Indonesia's Sukarno and Ghana's Kwame Nkrumah. It was called The Initiative of Five which helped to build strong relationships between the third world countries. Tito became the first Secretary-General of the Non-Aligned Movement. The formation of the Non-Aligned Movement helped to improve the diplomatic position of Yugoslavia.

After the death of Tito, the state of Yugoslavia started showing fractures from within which ultimately led to several wars after the dissolution of the Soviet Union. Tito is still popular today in the former constituent states which made Yugoslavia. Tito was able to hold together a fragile state with the help of his proactive leadership and vision.



Apurba Adhikari

Roll No. : 22002

Ethereum

Ethereum is an Open Source Blockchain platform that allows anyone to develop and deploy Blockchain-based applications. The advantage of the Ethereum Blockchain application is that the application can be executed via a shared and distributed network without any third-party interference, censorship, and fraud. Ether (ETH) is the cryptocurrency mined by Ethereum miners as a reward for computations performed to secure and add blocks to the blockchain.

Before Ethereum was developed, blockchain applications were designed to do a very limited set of operations. This meant that developers faced a problem. Either expand the set of functions offered by Bitcoin or any other type of application (which is difficult & time-consuming) or develop a new blockchain application and an entirely new platform as well. Ethereum allows developers to build decentralized applications (DApps) over its blockchain. These DApps are also called smart contracts. A smart contract is a program written in the Solidity programming language. These smart contracts are the backbone of complex legal applications that run over the Ethereum blockchain. In simple terms, developers can use Ethereum to create markets, shared ledgers, digital organizations, and other applications over a blockchain without a central authority. Ethereum was launched by Vitalik Buterin in 2015. He was fascinated by Bitcoin and realized the potential of blockchain technology. Ethereum is also referred to as the operating system of blockchain technology as it runs the highest number of DApps on any platform. The digital token is the second-largest cryptocurrency by market capitalization and second only to Bitcoin.

Ethereum is really the next logical step post Bitcoin. As inventor Vitalik Buterin has stated, when the web came out, it was flat HTML files that couldn't really do anything. That's nice, but web applications really came alive when you added in a scripting language (i.e. Javascript). We can expect more or less the same transformation with Ethereum.



Deepti Neupane

Roll No. : 23019

Interesting facts and figures about Spain

- Spain is the only European country to have a physical border with an African country. And it has a land border, not a sea.
- Spanish is the world's second native language. Many people are interested in learning this language.
- Spain boasts the world's third - largest number of UNESCO World Heritage Sites. There are 47 UNESCO World Heritage Sites spread throughout Spain.
- Many different types of festivals are celebrated in Spain such as LA TOMATINA - in this festival people throw tomatoes at each other and it is celebrated in the month of August. It got banned after the five years of celebration and again got reinstated after 3 years of being banned. THE FALLAS OF VALENCIA - For five days and nights in March , the people of Valencia are joined by visitors from around the world for a continuous street party known as "The fire festival".
- There are more than 8000 beaches in Spain.
- We have chocolate thanks to the Spanish.
- Spain is a country which was under Muslims control for five centuries.
- In Spain New Year means eating grapes.
- The Spanish national anthem has no words. In Spain there is only a tune to their national anthem but no words in them.
- Spain has the fifth largest population in Europe.
- The first novel was written in Spanish.
- Spain is one of the world's most popular destinations in the world.
- It's the world's largest producer of olive oil.
- Despite being one of the most powerful countries , Spain didn't officially participate in the world wars.
- In Spain, traditionally each person has two surnames.
- There is still a king in Spain.
- There is no tooth fairy but there is a mouse, better known as "Ratoncito Perez".



Sonishma Basnet

Roll No. : 23059

Random Interesting Facts

Number of twins born is increasing every year:

According to a new study in the journal Human Reproduction, the number of births of twins has increased by one-third since the 80s when the rate was 9 to 12 twins per 1,000 births. Currently that number has increased to about 1.6 million twins born each year in the globe which adds up to one out of every 42 babies is a twin pair. The world wastes about 1 billion metric tons of food each year. Food is a huge waste world is facing. While many quarters of the world lack access to proper food, others are wasting it and that too in such a huge amount.

World's smallest known reptile:

The world's smallest known reptile, which was only discovered in 2021 in northern Madagascar, is a tiny chameleon which has length of only 28.9 mm. In males of this species, 20% of their body is their genitalia.

The heads on Easter Island have bodies:

While we all probably know about Easter Island, we might not know that those statues of heads actually have a whole body. In the 10s' a team of archeologists studied the area and evacuated two of the statues revealing their full body which measured 33m in height.

The feeling of getting lost inside a mall is known as the Gruen transfer:

We all have been separated from our friends and family while in malls at least once. Turns out people have given names to that feeling. Now next time one losts in the mall they can sadly say I am feeling Gruen transfer.

The wood frog can hold its urine for eight months:

Wood frogs in Alaska have been recorded to hold their urine for eight months and turns out urine is actually useful for it helps keep the animal alive while it hibernates as special microbes in their gut recycle the urea into nitrogen.

The hottest spot on the planet is in Libya:

While not exactly the hottest spot in general, the hottest spot ever recorded on Earth is El Azizia, in Libya, where a temperature of 136 degrees Fahrenheit was recorded on Sept 13, 1922.

Fingernails don't grow after you die:

It is a popular theory that nails and hair still grow even after one dies but it is in fact a wrong information. For the growth of nails and hair, a steady supplement of glucose is needed but it is cut off once the heart stops.

Chewing gum boosts concentration.

A study conducted in 2013 by the British Journal of Psychology found that those people who chewed gum in a memory challenge were able to stay focused for longer periods of time than those who did not chew gum.



Diya Bajcharaya

Roll No. : 23021

Spending a few months in Antarctica can shrink your brain.

'The monotony of being surrounded by miles of whiteness and a handful of people.' Stahn and his colleagues examined the brains of nine people who spent 14 months at Neumayer-Station III, a German research facility focusing on climate change and other related issues. The team consisted of two engineers, a radio operator, two geophysicists, an air chemist, a meteorologist, a cook, and a doctor. According to the researchers, living in relative solitude and in a "monotonous" environment may cause specific brain structures to shrink. Before and after the journey, a team of researchers analyzed the expeditioners' brains and discovered that some structures in the organ had shrunk. The scientists discovered that one portion of the team members' brains had shrunk by an average of 7.2 percent after their time at the station, based on imaging, cognitive tests, and other benchmarks done before and after their time there. The hippocampus, a brain region important for learning and memory, had lost a considerable amount of volume. The expeditioners may have missed out on much-needed brain stimulation by living and working in an isolated research station out on the arctic ice with only a few select people for months on end. In reality, such drastic alterations are usually only found in particular types of individuals, such as those suffering from Alzheimer's disease or post-traumatic stress disorder. The brain abnormalities observed in the antarctic team are comparable to those reported in mice, suggesting that extended social isolation reduces the brain's ability to create new neurons. Living in a "monotonous" environment, one that seldom varies and has few fascinating things or rooms to explore appears to cause brain alterations in rats that are similar to those observed in expeditioners, notably in the hippocampus. The hippocampus, as one of the few brain areas that continue to create neurons into adulthood, constantly rewires our neural circuitry as we learn and accumulate new memories.

The researchers are presently looking at a variety of techniques to avoid brain shrinking, including particular physical training regimens and virtual reality to boost sensory input, according to the study. The next step for the researchers is to investigate ways to reverse the effects of isolation on the brain, such as through exercise, diet, or nutritional supplements.



Purab Marahatta

Roll No. : 23034

Sport

Sports is a means of making a body healthy by playing different types of games or can also be considered as a source of entertainment. Basically there are two types of sports and they are categorized as indoor sports and outdoor sports. Indoor sports can be defined as the sports that we play inside a room. For example Ludo, chess, carrom, etc .Outdoor sports can be defined as the sports that we play outside in an open space . Comparatively outdoor sports require more physical energy than indoor sports. Some of the examples of outdoor sports are football, rugby, cricket etc. In outdoor sports the players are taught how to coordinate with the team and win the match.Sports are very essential to improve one's physical well-being. Nowadays people can develop a career by playing sports.According to me, sports is very beneficial as it has more advantages than disadvantages .The first and main advantage of sport is it makes us more healthy rather than the people who do not play sports. Sports help us to gain more muscle mass, more muscle strength and have better stamina. Sports are used to find the peak of human strength. The olympics is a competition where many of the players come to play games from different countries and play games and try their best to win the game. By winning the Olympics many players are getting popular and they are becoming an icon in the society . Sports have now become a part of our society. They have developed alongside humans. Sports have progressed with us and will progress further. We need sports to be fit and stay at the peak of our performance. Sports also motivate us in different ways.

Last but not the least we should play sports to be fit and healthy. Everyone should play the sports not to win but to show their best performance.

Science and Technology



नीतिका कपाली

क्रमाङ्क: ३००१६

इन्टरनेट

इन्टरनेट भनेको विद्युतीय उपकरणहरूको एक आपसमा जोडिने र सञ्चार गर्ने विश्वव्यापी माध्यम हो । यो एउटा पद्धति हो । विद्युत र टेलिफोनको सहायताले यो चल्दछ र विश्वभर कम्प्युटर र अन्य उपकरणमा जुन आइ. पी. एसको प्रयोग गरी नेटवर्कको माध्यमले सञ्चार र सम्पर्क गर्न सकिन्छ । यो नेटवर्कहरूको नेटवर्क हो । नेटवर्क व्यक्तिगत, सरकारी तथा संस्थागत हुन्छ । यसको प्रयोग तारबिना वा तारबाट वा अप्टिकल फाइबर बाट हुन्छ ।

इन्टरनेटले गर्दा हामीहरू कागजपत्र, चिठी पत्र आदानप्रदान गर्न सकिन्छ र डब्लू. डब्लू. डब्लूको प्रयोगले धेरैधेरै कुराहरू हेर्न र पढ्न सकिन्छ । इन्टरनेटको विकास सन् १९६० तिर जासुसी र रक्षाका लागि अमेरिकाले गरेको हो र पछि धेरै देशको नेटवर्क जोडिएपछि विश्वव्यापी बनेको हो ।

इन्टरनेटको विकासले गर्दा रेडियो टेलिभिजन टेलिफोन हुलाक चिठी पत्र, समाचार पत्र जस्ता परम्परागत सञ्चार माध्यम र किताबहरूको प्रयोगमा धेरै कमी आएको छ । सरकारी र निजी कार्यलयहरूमा कामको बोझ घटेको छ, काम छिटो छरितो भएको छ । विद्यार्थीहरूलाई किताब खोज्ने बोक्ने झन्झट घटेको छ । कोरोना महामारीमा पनि घरैमा बसी पढ्न पढाउन सकिएको छ ।

यसका फाइदामात्र नभई केही बेफाइदा पनि छन् । इन्टरनेटको विकासले गर्दा मानिसहरू धेरै अलछ्छी भएर गइरहेका छन् । एकै ठाउँमा बसी सबै काम गर्न मिल्ने र शारीरिक व्यायम नहुने भएकोले विभिन्न रोगहरू लाग्ने गरेको छ । इन्टरनेटको प्रयोगलाई कसैले नियन्त्रण गर्न सकेको छैन कालो वेब र भाइरसको प्रयोगले गर्दा इन्टरनेटलाई सुरक्षित बनाउन सकिएको छैन ।

यसैले इन्टरनेटको प्रयोग सुरक्षित र संयमित भएर गर्नुपर्छ । इन्टरनेट धेरै उपयोगी भएकोले यसको सदुपयोग गर्नुपर्छ । शारीरिक व्यायाम र तन्दुरुस्तीलाई ध्यानमा राखी इन्टरनेटको प्रयोग गर्नुपर्छ ।

डर



निहारिका श्रेष्ठ

क्रमाङ्क: २२०२२

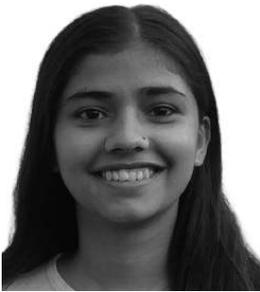
डर यस्तो चिज हो कि जसले हामी मानिसहरूलाई धेरै कुराहरू गर्नबाट रोक्छ । डर हामी सबैमा हुन्छ तर त्यो डर हटाउने हामी आफूमा नै भर पर्दछ । जिन्दगीमा धेरै चुनौतीहरू आउँछन् र हामीले एक एक गरेर पार गरेका हुन्छौं । यसरी नै हामीले पनि आफ्नो डर हटाउन कोसिस गर्नुपर्छ । डरले गर्दा हामी धेरै मौकाहरू गुमाइरहे का हुन्छौं ।

डर हरेक मान्छेभित्र हुन्छ । डर पनि धेरै किसिमका हुन्छन् । हरेक मानिसमा अनेक प्रकारका डर हुन्छन् । हामीले यति धेरै किसिमका भयहरू सुन्छौं कि आधा जतिको त अर्थ पनि थाहा हुँदैन । कसैलाई उचाइको डर हुन्छ, कसैलाई जनावरदेखि डर लाग्छ, कसैलाई पानीदेखि डर लाग्छ, कसैलाई किराहरूदेखि डर लाग्छ ।

डरले मानिसलाई यति कमजोर बनाउँछ कि डर हटाउन प्रयास गरे पनि हार मान्न बाध्य हुन्छन् । यसला ह ? मो मस्तिष्कलाई नियन्त्रण गर्न सक्छ र हामीलाई कमजोर बनाउन सक्छ । आफूलाई डर लाग्ने कुरा देख्ने बित्तिकै हाम्रो दिमाग र शरीर दुवैमा एक किसिमको परिवर्तन देख्छौं । हाम्रो हात र खुट्टा चिसो हुन थाल्छन् र एक किसिमको असहजपन हुन्छ । डर पनि दुई किसिमका हुन्छन् । कुनै डर हामी जन्मेदेखि नै हुन्छ भने कुनै डर हामी बाँच्दै गर्दा क्रममा उत्पन्न हुन्छ तर धेरैजसो हामीलाई केही कुरामा डर लाग्ने र त्यो डरको भावना जन्मे पछि नै उत्पन्न हुन्छ । हरेक दिन हामीले हजारौं कुराहरू देखिरहेका हुन्छौं । यिनै हजारौं कुराहरूबाट हामीले हाम्रो कमजोरी भेट्छौं । त्यो कमजोरीलाई हटाउन निकै प्रयास चाहिन्छ । हाम्रो जीवनमा कुनै नराम्रो घटना भएको छ भने पनि हामीमा त्यो डर उत्पन्न हुन सक्छ । यस्ता डरले दुवै मानसिक र शारीरिक रूपमा असर गर्न सक्छ ।

डर हाम्रो दिमागबाट हटाउनै नसक्ने कुरा पनि होइन तर सजिलै पनि हट्दैन । आफ्नो डरबाट पछाडि भाग्नुभन्दा त्यसलाई सामना गरेर जित्नुपर्छ । जबसम्म सामना गरिँदैन तबसम्म नै मनमा डर हुन्छ । हामी हाम्रो मस्तिष्क नियन्त्रण गर्छौं त्यसैले त्यो कुरा दिमागबाट नहटेसम्म डर मनमा भइरहेको हुन्छ । डरबिना मानिस अपुरो नै हुन्छ किनभने हरेकमा केही न केही प्रकारको डर हुन्छ नै तर डराएर बस्नुभन्दा त्यसैलाई हटाउन प्रायस गर्नुपर्छ ।

नेपालमा विज्ञान तथा प्रविधि



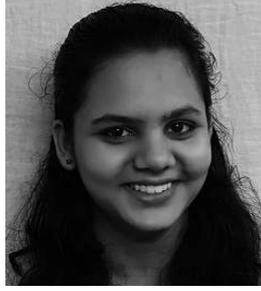
योजना गौतम

क्रमाङ्क: २३०६८

विज्ञान भनेको भौतिक विषयको तत्त्व, सिद्धान्त आदिको प्रयोगात्मक विवेचना गरिएको शास्त्र हो । त्यसै गरी प्रविधिको अर्थ हो काम गर्दा अँगालिने प्रक्रिया वा तरिका । आजको युग भनेको विज्ञान र प्रविधिको युग हो । मानिसले परापूर्वकालदेखि विज्ञान तथा प्रविधिको प्रयोग गरेको पाइन्छ । विज्ञान तथा प्रविधिलाई देशको विकास र समृद्धिको मेरूदण्ड मानिन्छ । यसको विकासबिना कुनै पनि राष्ट्रको प्रगतिलाई तीव्र पार्न सकिँदैन । विज्ञानले प्रविधिको विकासमा मद्दत गर्दछ भने स्तरीय प्रविधिले विज्ञान शिक्षालाई स्तरीय बनाउँछ । विज्ञान रूख हो भने प्रविधि त्यसमा फल्ने फल, त्यसैले देशमा विज्ञानको विकास भयो भने मात्र देशभित्रै माटो सुहाउँदो आवश्यक प्रविधिको विकास गर्न सकिन्छ । विज्ञान तथा प्रविधिको विकासले विश्वभरि मानिसको जीवनमा

आमूल परिवर्तन ल्याएको छ । संयुक्त राज्य अमेरिका विज्ञान तथा प्रविधिको विकासले नै संसारको सबैभन्दा शक्तिशाली राष्ट्र बन्न पुगेको हो । नेपाललाई हेर्ने हो भने अझसम्म पनि विज्ञान तथा प्रविधिसँग सम्बन्धित तत्कालीन विज्ञान तथा प्रविधि मन्त्रालय र नेपाल विज्ञान तथा प्रविधि प्रज्ञा प्रतिष्ठानले वैज्ञानिकको यथार्थ परिभाषा गर्न सकेको छैन । कुनै पनि देशको मुहार फेर्नका लागि विज्ञान तथा प्रविधिको विकासबाट मात्र सम्भव हुन्छ । विज्ञान तथा प्रविधि नेपाल र नेपालीको लागि जान्नेलाई श्रीखण्ड नजान्नेलाई खुर्पाको बिँड भनेको जस्तै भएको छ । विज्ञान तथा प्रविधिको विकासबिना देशको आर्थिक समृद्धिको सोच राख्नु कोरा कल्पनामात्र हुन्छ । विश्वव्यापी रूपमा स्थापित वैज्ञानिकको सर्वमान्य परिभाषाअनुसार नेपालमा वैज्ञानिकलाई परिभाषित गर्न नसक्नु विडम्बनाको कुरा हो । नेपालमा विज्ञान तथा प्रविधिको अधिकतम विकास गरी देशलाई आर्थिक समृद्धितर्फ उन्मुख गराउनु टड्कारो आवश्यकता देखिन्छ । ऊर्जा क्षेत्रमा हुने विकासले विज्ञान र प्रविधिका साथसाथै अन्य धेरै क्षेत्रको पनि ढोका खोल्ने हुनाले तुरुन्त ऊर्जा क्षेत्रमा दीर्घकालीन र दिगो विकासका लागि द्रुत गतिमा नीति निर्माण गरी कार्यान्वयन गर्नु अहिलेको टड्कारो आवश्यकता देखिन्छ । विज्ञान र प्रविधिको विकास गरेको नभई विज्ञान र प्रविधिको विकासले पनि धनी भएका हुन् भन्ने हाम्रो सरकार र नीति निर्माताले कहिले पनि बुझेनन् । गरिब देशमा गरिने विज्ञान र प्रविधिको खोज अनुसन्धान त बिलासिता गर्ने चिज र फजुल खर्च भनी बुझिएको पाइन्छ । समाजले विज्ञान प्रविधिलाई त्यति धेरै बुझेको र महत्त्व दिएको पनि देखिँदैन ।

हाम्रो देश नेपाललाई स्वावलम्बी बनाउन आफ्नो माटोलाई सुहाउँदो प्रविधिको विकास गर्नु जरुरी छ । नेपालमा विज्ञान तथा प्रविधिको विकास गर्न शिक्षा, विज्ञान तथा प्रविधि मन्त्रालयबाट छुट्याई स्वतन्त्र रूपमा विज्ञान तथा प्रविधि मन्त्रालय बनाएमा मात्र विज्ञान तथा प्रविधिको विकास हुन सक्ने देखिन्छ । विज्ञान तथा प्रविधिलाई अधिकतम उपयोग गरी मुलुकलाई विकास र आर्थिक समृद्धिको मार्गमा अघि बढाउनुपर्छ ।



नेहरिका पन्त

क्रमाङ्क: २३०२८

विज्ञान र प्रविधिको आधुनिक युग

विज्ञान र प्रविधि हाम्रो दैनिक जीवनका महत्त्वपूर्ण अङ्ग हुन् । हामी बिहान घडी वा मोबाइलमा घण्टी बजाएर उठ्छौं भने राती बत्ती निभाएर सुत्छौं । यी सबै विज्ञान र प्रविधिको कारण सम्भव छन् । सबैभन्दा महत्त्वपूर्ण कुरा हामी यो सबै छोटो समयमा मात्र गर्न सक्छौं किनकि विज्ञान र प्रविधिको उन्नतिको कारण । यो नयाँ प्रविधिको आविष्कार मानव जीवनलाई सजिलो र अधिक सहज बनाउनका लागि भइरहेको छ । विज्ञान र प्रविधिको हामीलाई आधुनिक सभ्यताको परिचय गराएको छ । हामी विज्ञान र प्रविधिको आधुनिक युगमा बाँचिरहेका छौं ।

विज्ञान र प्रविधिको आधुनिक युगमा विगतको धार्मिक रहस्यवाद प्रायः पुरातन र मूर्खताको रूपमा देखिन्छ । हामी यस्तो समयमा बाँचिरहेका छौं, जहाँ मानिसहरू उचित प्रमाण चाहन्छन् । यदि हामी स्वाद, स्पर्श, गन्ध देख्न वा सुन्न सक्दैनौं भने यो अवस्थित छैन । धार्मिक ग्रन्थहरू लामो समयदेखि जीवन र मृत्युका विषयहरूमा अख्तियार भएका छन् तर विज्ञानले तिनीहरूलाई प्रतिस्थापन गरेको छ । मानिसहरू बुझ्नका लागि भोका छन् त्यसैले अहिले विश्वभरि भइरहेका सबै अरबौं कुराकानीहरू सञ्चारको पछ्याडि लागिरहेका छन् ।

समझ सधैं व्यक्तिबाट व्यक्तिमा विश्वव्यापी हुँदैन । यदि हामीले यातायातको परिदृश्यलाई हेर्छौं भने हामीले थाहा पाउँछौं कि विज्ञान र प्रविधिको कसरी प्रमुख भूमिका खेल्छ । हामी छिटो पृथ्वीका अन्य भागहरूमा घण्टाभित्र पुग्न सक्छौं, यो सबै विज्ञान र प्रविधिको कारण सम्भव भएको छ । विज्ञान र प्रविधिको मानिसलाई हाम्रो ग्रहभन्दा अगाडि हेर्न सक्षम बनाएको छ । नयाँ ग्रहहरूको खोज र अन्तरिक्षमा उपग्रहहरूको स्थापना एउटै विज्ञान र प्रविधिको कारण हो । उस्तै गरी विज्ञान र प्रविधिको चिकित्सा क्षेत्रमा पनि प्रभाव पारेको छ । रोगहरूका लागि खोजिएका विभिन्न उपचार पद्धतिहरूले विज्ञानका माध्यमबाट लाखौं जीवन बचाएका छन् । यसले कृषि क्षेत्रमा पनि प्रभाव पारेको छ ।

अन्तमा, हामी सहमत हुनुपर्छ कि विज्ञान र प्रविधिको मानव सभ्यतालाई जीवनमा पूर्णता हासिल गर्नका लागि नेतृत्व गरेको छ । यद्यपि हामीले सबै कुरालाई बुद्धिमानी परिप्रेक्ष्यमा र सीमित हदसम्म प्रयोग गर्नुपर्छ । विज्ञान र प्रविधिको दुरुपयोगले हानिकारक परिणामहरू निम्त्याउन सक्छ । तसर्थ हामीले प्रयोगलाई नियन्त्रण गर्नुपर्छ र हाम्रा कार्यहरूमा बुद्धिमानी हुनुपर्छ ।

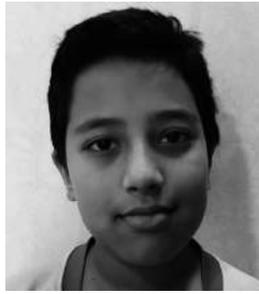


Sayuri Shrestha

Roll No. : 28017

NASA The Inspiration To Next Generation

NASA is a US space agency that stands for 'National Aeronautics and Space Administration'. NASA's slogan is "To explore the Universe and search for life; to inspire the next generation of explorers, as only NASA can". NASA was created by President Dwight Eisenhower in 1958. NASA's main headquarters is based in Washington DC, in the United States of America (USA). NASA has 17 facilities and research centres throughout America. Mr Bill Nelson is NASA's current and 14th Administrator. Each year almost 2,000 students get the opportunity to work as interns in NASA facilities from across America. Project Mercury was the first project of NASA. This project sent American astronauts to space for the first time in 1961. Apollo 11, the first spaceflight to land humans on the moon was sent by NASA which landed on the moon on July 16, 1969. Mr Neil Armstrong, Buzz Aldrin & Michael Collins were the first astronauts to step on the moon. Miss. Sally Ride is the first American female astronaut to go to space on mission STS 7 on June 18, 1983. NASA has made major contributions in fields such as satellite telecommunications, GPS, remote sensing, and space access. NASA has helped astronauts and scientists to research stars, planets, and the creation of the universe. NASA is estimated to have sent over 2200 animals into space including insects, pigs, monkeys, rats, rabbits, and spiders. NASA runs the International Space Agency (ISS) in the inner space of earth orbit with countries like Russia, Japan, Canada and Europe to research different science, weather and more. There are 2 satellites named 'Tom & Jerry' that have been launched by NASA that follow each other in orbit around the Earth. Dr Lujendra Ojha, a scientist of Nepal was in the team of NASA's project which discovered evidence of water on Mars. NASA launched Mars 2020 mission on July 30, 2020. The satellite landed on Mars on February 18, 2021. This mission aims to find out if it is possible for humans to survive on Mars or not.



Rushav Paneru

Roll No. : 28018

Cybercrime and how not to be its victim.

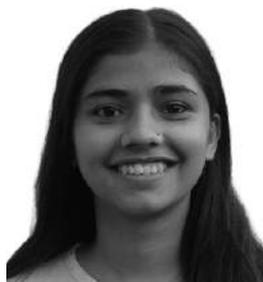
As widespread as cybercrime appears to be, it'd be easy to conclude there's little anyone can do to avoid becoming a victim. However, the prevalence of cybercrime doesn't suggest that victimization is inevitable or that individuals should avoid using the internet. Users can make themselves responsive to the vulnerabilities its use creates and might take steps to reduce their risks.

Computer users can take measures to decrease their risk of becoming a victim of cybercrime by adhering to some simple Internet usage rules. First, users should remember to close and pack up their computers after they do not seem to be being employed. Cybercriminals often scan networks attempting to search out "always-on" computers, which they consider readily accessible and unattended targets. By minimizing the number of times computers are powered on and connected to the net, people can reduce their vulnerability to hacking attacks.

Next, users should install and maintain both antivirus and firewall programs. These applications function as the first line of defence against viruses and other malicious computer programs designed to avoid security measures within computers' operating systems. Additionally, package developers regularly release updates or "patches." to increase their computer's security, users should install these updates as soon as they become available. Cybercriminals frequently disguise malicious software as images or documents attached to email messages, so users should never open or download email attachments from unknown senders.

They should also have a VPN installed because if anyone is tracking them they can switch their IP Address by using a VPN and connecting to a different place. Cybercriminals are always looking forward to hacking your personal data like passwords, online bank documents, personal data, etc. Mainly they hack your bank details and take money from your bank account. They often send you emails by disguising themselves as free - antivirus developers, app developers, etc., and if you open that email and install that app, first it will act as an antivirus but after that, they start taking your personal data slowly. So, it's best to have a paid antivirus installed then a free one.

You always have to stay alert. If Antiviruses can't block Cyber Criminals then you have to immediately call a computer expert and ask him what to do. All antiviruses have 3, 5, or 1 firewall but if you have Bitdefender paid installed then you won't have to worry about viruses because it has 4 next-gen, 2 NOVA, and 3 Proxy Server Firewalls. These are almost all the things you need to be aware of about Cybercrime and Cybercriminals.



Yojana Gautam

Roll No. : 23068

Science and Technology in Nepal

Science is the study of the natural world by scientific method i.e. collecting data through a systematic process. And technology is where we apply science to create devices that can solve problems and perform different tasks. Technology is literally the application of science. So, it is really impossible to separate the two. Nepal has been a late starter in modern science and technology. In pursuance of self-reliance, it developed technological capabilities in some specific area such as agriculture, civil engineering, architecture, medicine and paper manufacture. An underdeveloped country, Nepal with problem of poverty, illiteracy, unemployment, have invariably lagged behind in the scientific development. On the other hand, with poor university education at home, tens of thousands Nepali students leave the country every year, with half of them never returning. These factors have been huge deterrents to the development of science and technology in Nepal. Looking at the history of science and technology, Nepal was a late entrant into the modern world of science and technology. Nepal's first institution of higher education, Tri-Chandra College was established by Chandra shumsher in 1918. The college introduced science at the intermediate level a year later, marking the genesis of formal science education in the country. However, the college was not accessible to the general public but only to a handful of members of the Rana regime. Throughout the Rana regime that lasted for well over a century, Nepal was effectively isolated from the rest of the world. Owing to this isolation, Nepal was relatively untouched by and unfamiliar with social transformations brought about by the British invasion in India and the industrial revolution in the West. However, after the advent of democracy and abolition of the Rana regime in 1951, Nepal was free from the shackles of self-imposed isolation and opened up to the outside world. This opening marked the initiation of science and technology activities in the country with Tribhuvan University, the first of its kind in the country, soon coming

into being in 1959. By 1965, the university offered postgraduate programs in natural sciences, namely physics, chemistry, zoology and botany. Transport, communication, electricity, and electronics are the major areas in which technological changes are taking place. Despite these changes, most of our industries, comprising small and medium enterprises, have not yet reached even the level of efficient mastery. They continue to use technologies at low levels of technical efficiency, lagging well behind international frontiers of productivity. They generally focus on serving local markets with low-price and low-quality products, investing little in training or upgrading process or product technologies. Traditional technology is still making a significant contribution to Nepal's development. However, enough efforts are lacking to preserve, promote, and improve traditional technologies. Such technologies are fast disappearing. Technology plays an important role in company operations. Nearly every company and industry wants to use some kind of technology in its business operations. It plays a key role in manufacturing, commercial, and trade development. But proper technology usage and management is a key issue in Nepal. Such an issue is needed to correct for taking benefits of using appropriate technologies in our industries and businesses. Research and development is very low in traditional technologies.

So, Science and technology in Nepal encompass the development and challenges of scientific research and technological innovation in Nepal and how these developments, in turn, affect Nepali society, politics, and culture. Science and technology are small but emerging fields in Nepal. The Ministry of Education, Science and Technology is the apex government body tasked with the responsibility of overseeing the development of science and technology in the country.



Riyaj Kuikel

Roll No. : 23035

Science and Technology in coming 100 years

It is needless to say that science and technology have developed our society and way of living in all of its aspects. But I am very fascinated to think about what is going to be in the distant future of science and technology and what great new discoveries and inventions it will give to us. Can we imagine what science and technology will give to us in 100 or 200 or may be 1000 years. I think it is beyond anyone's imagination. The possibilities of the development of science and technology is limitless. The idea of things like flying cars may sound like fantasy but I think it will be possible in 100 years from now. I think that we will be able to find vaccines for HIV/AIDS and various other diseases. And we may not be able to live forever but in the coming 100 years we certainly will be able to increase our life span by at least 20 years. We will be able to reverse global warming and secure the future of the planet. New modes of terrestrial transportation will be invented that will allow us to travel many times the speeds we are currently accustomed to. Space travel will become a common mode of transport, allowing us to travel to places such as colonies on solar planets, and planetary moons.

Quantum computing will make computers so powerful and network connectivity so fast that a small data center will be enough to serve the needs of all humanity. Television and phones will become outdated and holography will replace them. I imagine a person from Nepal will be able to shake hands with the person in the United states by wearing special gadgets. We can simulate the feeling of shaking hands with another person. I think the VR technology will be developed enough that we will not be able to differentiate the virtual world from the real.

As science and technology will do good for humanity in the coming 100 years there are also negative sides to it. With the help of science and technology many countries will also develop advanced weapons. They may also use advanced Artificial intelligence as a weapon towards others. And what's more scarier than that is terrorist groups being able to access those weapons. As rich countries will be more powerful with the help of science and technology poor countries may suffer as a result. No one can predict the future and so can't I. These are just my expectations from science and technology in the coming 100 years. But it will be very exciting to witness the advancement in the field of science and technology and enjoy its positive aspects in our life and suffer from its negative.



Umanga Khatiwoda

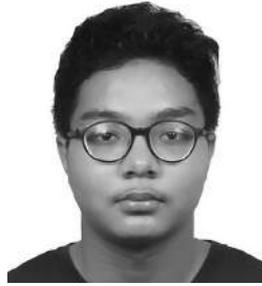
Roll No. : 23047

Scientific Discoveries

Science has discovered and invented many facts and devices. The gifts of science are called scientific discoveries. Science has given us many means of transportation and communication. Buses, cars, planes and rockets are modern means of transportation; and radios, televisions, computers and telephones are used in communication. Similarly, there are many scientific devices used in different parts of human activities. Present time is known as the scientific era. Many means of scientific discoveries are widely used in various fields. We use them for various purposes. Nowadays, everyone wants to have radios, televisions, computers etc. Modern means of transportations such as cars, buses, planes etc have changed the mode of our life. We human beings are used to using them in our daily life. Scientific discoveries can have both good and bad impacts. They certainly provide us many advantages if we use them properly. By using various means of scientific discoveries, we can do any work quickly, comfortably and well. For instance, we can travel round the world in 24hrs by modern planes. Many diseases were uprooted by using modern equipment and medicines. We are using various means of scientific discoveries in communication. We can exchange ideas and messages quickly. In fact, the present era smiles because of the facilities and devices provided by science and technology.

Scientific discoveries can have negative effects if they are misused. Misuse of them leads us to failures and destruction. For example, if planes and rockets are used for the means of war, they certainly invite bad results. They are destructive in this sense. Some terrifying discoveries such as atom bombs, fighters etc cause destruction of human civilization. Furthermore, proper use of them, unfortunately, can result destructively; for example, plane crashes, bus accidents and so on. Besides, we have been more mechanical because of massive use of scientific discoveries. Tremendous use of scientific discoveries invites environmental pollution. Moreover, the gravity of prevailing pollution gets intensified due to the numerous scientific discoveries and devices.

Present human development depends on science and technology. If the means of scientific discoveries are properly used, they offer us good results; and if they are misused, they provide us destruction and bad impacts. Therefore they should be properly utilized to enhance the prosperity and dignity of human civilization and achievement.



Samyam Shrestha

Roll No. : 22012

Japanese Battleship Yamato

The production facilities of the legendary battleship were Kure Naval Arsenal. Her keel was laid down in 1937 and the ship was completed in 1941. Yamato was the heaviest battleship in the world and the lead battleship of her class. Strict secrecy was maintained throughout her construction.

Yamato's characteristics-

Totally displaced: 72,808 t

Length: 263 m

Beam: 38.9 m

Draft: 35 ft

Armor: Waterline belt: 16 in

Main turrets: 7-26 in

Power: 154, 000 shp

Max speed: 27.4 knots

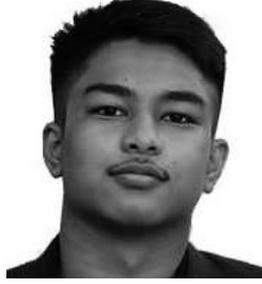
The main battery consists of three turrets having three 40-sk Mod. 94 guns. The caliber was 18 in. The secondary battery consists of Type-3 guns with caliber of 6 in. The anti-aircraft artillery consists of 12 coaxial Type 89 guns with caliber of 5 in. 50x3 barrel and 2x1 barrel type 96 automatic cannons with caliber of 0.98 in. The air group consists of 7 seaplanes. The conning tower had an armor of 12-20 in. It had installed 4 Kampon turbines and 12 Kampon RO boilers for power. The gun had the capacity to fire shells that weighed almost 1.5 tons with a muzzle speed of 2600 ft per second. The main turrets were guided by a fire control system, range finders, and electromechanical calculators. The ship's secondary battery consists of 2 turrets each having 6 in which provided excellent ballistic characteristics that could penetrate the armor of a light cruiser. But the rate of fire was very low. The most protected part of the battleship was the ship's conning tower.

Yamato was commissioned in late 1941 and served as the flagship of the Japanese combined fleet. During the battle, the ship did not fire a single shot but was used as an HQ ship. In the battle in 1944, Yamato fought together with her sister ship Musashi. At its first real battle, it displayed its power, received minor damage, and recovered the status of an "Unsinkable giant".

In 1945, Yamato with the help of light cruisers and 8 destroyers was sent to defend an island of Okinawa to prevent US troops from getting further. During the battle of 1944, USS wanted to display its power against Japan. The US sent its Task force 58 to intercept the Japanese Combined Fleet. From 5 heavy and 4 light carriers, USS squadrons were dispatched at 10 am. Total of 227 aircraft took off in the process of destruction of the Japanese fleet. At first, 4 aerial bombs hit Yamato. In just 20 mins, 2 more bombs struck the battleship and a torpedo hit the ship's port side. In response, Yamato fired its anti-aircraft guns. After the heavy damage, the ship was combat capable. The more air-strike destroyed the ship's damage control center. Yamato stopped moving and started listening to the port. At last, due to heavy damage the huge ship capsized, and a huge explosion erupted.

Together with the ship 3000 crew members were lost. Yamato remains as the symbol of nation's might that fell in battle like a true samurai .

Politics and Current Affairs



आशुतोष श्रेष्ठ

क्रमाङ्क: २३००४

राजनीति

राजनीति एक देश वा क्षेत्रको शासनसँग सम्बन्धित गतिविधिहरूको नीति हो । यो विशेष गरी शक्ति भएका पार्टीहरूबिचको बहस हो । राजनीति भनेको त्यस्तो गतिविधि हो जसको माध्यमबाट मानिसहरूले उनीहरू बाँचिरहेका सामान्य नियमहरू बनाउँछन्, संरक्षण गर्छन् र परिमार्जन गर्छन् । यो बल र नग्न शक्तिको सट्टा सम्झौता, मेलमिलाप र वार्ताद्वारा द्वन्द्वको समाधानको एक विशेष माध्यम हो । यो सरकारहरू, राजनीतिज्ञहरू वा राजनीतिक दलहरूका गतिविधिहरूलाई जनाउँछ, र प्रत्येक व्यक्तिलाई यस गतिविधिमा भाग लिने अधिकार छ । राजनीतिज्ञहरू ती व्यक्तिहरू हुन् जो राजनीतिमा संलग्न छन् र राजनीतिक दल जनताको एक समूह हो, जो समाजमा मानिसहरूको कल्याणका लागि केही साभा नीतिहरू र कार्यक्रमहरूमा सहमत छन् ।

राजनीति सूत्रहरूमा होइन निर्णयहरूमा चल्छ । यो सरकारद्वारा गरिने सामूहिक निर्णयहरू बनाउने र लागू गर्ने माध्यमबाट समाजभित्र नियन्त्रणको अभ्यास हो । नीति निर्माण सरकार वा राजनीतिको मुख्य काम हो । सरकारले आफ्ना विभिन्न मन्त्रालय र विभागहरूमार्फत् जनतामा शासन गर्दछ । सकारात्मक र नकारात्मक (दण्ड) दुवै अर्थमा अरूलाई प्रभाव पार्ने शक्ति सरकारसँग छ । त्यसै गरी, राजनीतिलाई सार्वजनिक मामिलाको रूपमा व्यवहार गर्न सकिन्छ । अरस्तुका अनुसार, मानिस स्वभावले एक राजनीतिक जनावर हो । यसको मतलब सार्वजनिक मामिलाहरू राजनीतिक समुदायभित्र मात्र हुन्छन् । यसबाहेक, राजनीति भनेको असहमतिमा सम्झौता र सहमतिमा असहमति गर्नु हो । तसर्थ, राजनीति भनेको शक्ति र इच्छित परिणाम हासिल गर्ने क्षमता हो । यो अरूलाई प्रभावित गर्ने अधिकार प्राप्त गर्ने माध्यम हो ।

नेपालमा सङ्घीय संसद नेपाली काङ्ग्रेस (नेकपा), नेकपा (एमाले), नेकपा (माओवादी केन्द्र), नेकपा (एकीकृत समाजवादी), पी एस पी एन, लोकतान्त्रिक समाजवादी पार्टी र नेपाल समाजवादी पार्टी गरी सात वटा राजनीतिक दल छन् । तीमध्ये नेपाली काङ्ग्रेस नेपालको पहिलो राजनीतिक दल थियो । सन् १९५९ मा राजा महेन्द्रले नयाँ संविधान जारी गरे र राष्ट्रिय सभाको लागि पहिलो लोकतान्त्रिक निर्वाचन भयो । नेपाली काङ्ग्रेस पार्टी विजयी भएको थियो र उनीहरूका नेता विश्वेश्वरप्रसाद कोइरालाले सरकार गठन गरी प्रधानमन्त्रीका रूपमा काम गरेका थिए । नेपालको राजनीतिले बहुदलीय व्यवस्थासहितको संसदीय गणतन्त्रको ढाँचामा काम गर्दछ । कार्यकारी शक्ति प्रधानमन्त्री र उनीहरूको मन्त्रपरिषद्द्वारा प्रयोग गरिन्छ, जबकि विधायी शक्ति संसदमा निहित छ ।

निष्कर्षमा, राजनीति मूलतः एक गतिविधि वा व्यवसाय वा मानिसहरूसँग व्यवहार हो । यो एजेन्डा, मुद्दाहरू, समस्याहरू वा समाधानको प्रस्ताव गर्ने मानिसहरूसँगको एक संवाद वा बहस हो । यो एक गतिविधि हो, जसका माध्यमबाट जनताले राज्यको हितको लागि काम गर्दछ ।



श्रीबिषा श्रेष्ठ

क्रमाङ्क: २३०४०

राजनीतिलाई हेर्ने दृष्टिकोण

सम्पूर्ण नीतिहरूको मूल नीतिलाई नै राजनीति भनिने गर्दछ। राजनीतिविना देश चल्न सक्दैन। संसारमा आज जति पनि देश विकसित भएका छन् ती सबै राजनीतिकै कारण भएका छन्। हाम्रो समाजमा राजनीतिलाई एक भ्रष्टाचारको खेलको रूपमा हेरिन्छ। राजनीतिलाई घटिया खेल भन्ने गरिएको छ। हामी युवाहरूलाई डाक्टर, पाइलट, कर्मचारी बन्ने आशीर्वाद दिइन्छ तर कसैले पनि नेता बन्नू भन्दैनन्। हामीजस्ता युवाहरू राजनीतिमा नलागे यो देशको विकास हुन सक्दैन। देशमा परिवर्तन ल्याउन र विकास गर्न हामीजस्ता युवाको ठुलो योगदान रहेको हुन्छ तर धेरै युवाहरू विदेश पलायन हुन खोज्छन्। भविष्यमा कोही पनि नेता बन्न चाहँदैन। कोही नेता बन्न खोज्दा पनि समाजले स्वीकार्दैन। हाम्रा नेताहरू पनि आदर्श बन्न सकेका छैनन्। नेता भएर नेताले नै नेता बन्न सल्लाह दिँदैन। पढेर युवा जागिरतिर र विदेशतिर लागिरहेका छन्। युवा चालिस कटेसी रमाउने होइन, चालिस नपुग्दै आफ्नो देशका लागि रमाउने हो।

यहाँ कसैले पनि आफ्नो समाजको होइन शक्ति र पैसाको विकास गर्दछ। के हाम्रो राजनीतिको अवस्था यस्तै हो र? अब देश हाँके युवाहरू हामी नै हौं। हामी युवा पछि पच्यौं भने यो देश उन्नति, प्रगतितिर लाग्ने छैन। हामी युवाहरू एकसाथ भई राजनीतिमा अघि बढ्यौं भने मात्र हामीले यो देश विकास भएको देख्न सक्छौं। जसरी बगिरहेको खोलामा एउटा बाँध बनेर बिजुली उत्पादन गर्न सकिन्छ, त्यसैगरी खेर गइरहेको युवाहरूको शक्तिलाई हामीले राम्रो काममा लगाउन सक््यौं भने समुन्नतिको भकारी भरिने गर्दछ।

युवाहरूलाई राजनीतिमा लाग्न एउटा आदर्श व्यक्तिको आवश्यकता हुन्छ र त्यो आवश्यकता हाम्रा नेताहरूले मात्र पूरा गर्न सक्छन्। हाम्रो प्रेरणाको स्रोत पनि हाम्रा नेताहरू नै हुनुपर्ने हुन्छ। अब पनि हामी जुटेनौं भने यो देश डुब्न कति पनि बेर लाग्दैन। चाहे राणा शासन हटाउँदा होस्, गणतन्त्र ल्याउँदा होस् या चाहे प्रजातन्त्र ल्याउँदा होस्, युवाको उपस्थिति अत्यन्तै ठुलो छ तर नेताहरूले युवाहरूलाई हतियारको रूपमा प्रयोग गरे। अब हामी देशको समृद्धितर्फ लाग्नुपर्छ। सारा नेपालीको सुन्दर सपनालाई साकार बनाउनुपर्छ। लागौं, उठौं, जगौं देशका लागि। चन्द्र, सूर्य अङ्कित भण्डा छातीमा राखी अब जुटौं देशका लागि। हाम्रो देशले दशकौं सङ्घर्ष गरेर ल्याएको लोकतन्त्रका र संविधानको रक्षाका लागि जागौं। कतिपय नेपालीहरू चुनावको बेलामा जसले बढी खर्च दिन्छ, उसैको लहलहैमा लाग्छन्। राजनीतिलाई कहिले पनि नबनाऔं तास र जुवा नत्र भने हाम्रो सपनाको समृद्ध देश डुब्ने छ।



Agrim Rijal

Roll No. : 29005

The Pilot that saved lives.

On 27th September the pilot named Ang Gelu Sherpa had saved the plane crash. An aircraft belonging to Buddha Air was unable to land at the Biratnagar due to some technical issues. There were 73 passengers on the plane. The plane was travelling from Kathmandu to Biratnagar. The landing gear of the plane did not open and the plane had returned to Kathmandu. Everyone was worried about what was going to happen. The aircraft was put on hold in Kathmandu sky for 21 minutes after verification of the problem. All medical and emergency facilities were on standby at the time of landing. The pilot made a safe landing at 10:16 A.M.



Aashrab Khanal

Roll No. : 22001

Populism

The word 'Populism' has been used in increased frequency in today's political scenario. It is the political ideology that has been on the rise since the last two decades and does not appear to be slowing down soon. It is fair to say that we live in the age of populism. This text aims to explain the list of populism with the underlying differences between left and right wing populism and the causes of the success of Donald Trump's populist message in America.

Populism can be defined as a political ideology in which the good of the common people is sought out by eradicating the elites or the permanent political ruling class. It is the belief in the virtues and rights of the common people. The 'elites' refer to some form of unvaried entity which may include political and the media establishment accused of placing their interests above that of the common people. Populism is combined with ideas like socialism, nationalism and liberalism. The core ideas of Populism include the existence of two distinct groups namely the 'common people' and the 'elite', the virtues of the common people and the constant struggle between the common people and the elite.

On the basis of ideology and beliefs, populism can be differentiated into left-wing populism and right-wing populism. In simple terms, left-wing populism aims to eradicate the elites by means of greater intervention of the state. On the other hand, right-wing populism aims to eradicate the elites by means of deconstruction of the administrative state. Right-wing populism is the ideology which adopts economic nationalism and social conservatism. Economic nationalism espoused protectionism while disregarding globalization and promoting self sufficiency. Right-wing populism is also characterized by restriction on immigration and promotion of nativism. On the other hand, left-wing populism is the ideology which adopts economic democracy and social justice. Left-wing populism espouses egalitarian ideas in the social and economic sectors of the country. It is also characterized by criticism of capitalism and anti-militarism.

Populism has been on the rise since the start of the 21st century. In America, the financial crisis of 2007 and the subsequent bail out of large banks led to upsurge in the populist cause. Barack Obama ran for the President using the message of populism but did not act on his promises while in office. Thus the people of America chose Donald Trump since he had presented a populist message to the American people.

The opposition candidate, Hillary Clinton was depicted as the representative of the 'elites' and Trump himself was the protector of the people. The major characteristics of right-wing populism as discussed above like economic nationalism and anti-immigration stance was embraced by then candidate Donald Trump. The idea of a border wall restricting illegal immigration from Mexico and South American nations gained much popularity. The main objective of embracing economic nationalism was to revive the manufacturing base of America and ultimately improve industrialization. This resulted later in a trade confrontation with China. The restriction of immigration also included the travel ban of individuals from predominantly Muslim countries aimed at improving internal security.

Left-wing populism is also expected to see a revival in America in the upcoming decades. Politicians like Bernie Sanders and Alexandria Ocasio Cortez are gaining immense support among the American public. Europe has already witnessed a rise in left and right-wing populist parties such as Victor Orbán's Fidesz Party in Hungary and the Polish Law and Justice Party in Poland. The rise of populism is going to be a major event in this 21st century world.



Sambridhi Neupane

Roll No. : 23026

Did the United States create the Taliban?

\$2 trillion spent, 2300 American soldiers and 75,000 Afghan soldiers lost their lives in the 20 years of war have come to the end. Now, After just 20 days of withdrawal of US troops from Afghanistan. Taliban have again captured Afghanistan. The impact of the US in Afghanistan is absolutely undeniable. This withdrawal closes the chapter between the two countries but the history they carry is very long.

The relationship between Afghanistan and the USA started after the cold war. The Cold War was an ongoing political rivalry between the United States and the Soviet Union and their respective allies that developed after World War II. Afghanistan was under the Non-Aligned movement which means it supported neither of them or was neutral. Inside the country, it was divided into two ideologies ISLAMIST and COMMUNIST. Communists were in power but they were getting weak due to sub-division. The communist leader had a famous saying “Come visit us in a year and you will find the mosques empty”. The saying was very controversial, Islamists were frustrated and declared civil war against communists. The Soviet Union also had the ideology of communism. So, they started supporting the communist party by providing resources and funds.

In this case, the USA seemed a step back in the cold war. So, they started funding and supporting the opposite ideology to take influence under Afghanistan. US supported mujahideen with CIAA, Pakistan ISI, British MI6 which was called Operation cyclone. Mujahideen were originally guerrilla fighters who fought hiding in the mountain, they were extremists. With the help of a huge amount of support, they had not only weapons and guns but also anti-aircraft missiles. 1988, the USA promises to stop supplying weapons if the Soviet Union withdraws from Afghanistan. In 1989, the Soviet Union left Afghanistan after 9 years. The USA did not stick to its word and supplied weapons. Mujahideen boycotted the election and the Civil war continued. In 1992 mujahideen won the civil war. But the Taliban removed them from power.

Now, who are the Taliban? The meaning of Taliban in the Pashtun language is students. They were originally a group of 50 students. They were more religious extremists compared to mujahideen. They had a very conservative ideology, So, they had banned a lot of things in Afghanistan. The list of banned items is so long that your eyes will pop out after seeing the things banned by the Taliban.

They banned Cinema, tv, music, sports, UN office, NGOs, Clean shave, Foreigners, the internet as well as education for girls above 10 years. It was mandatory for males to have a beard and for women to cover all the parts of their bodies. Women were also not allowed to walk alone, they must be accompanied by a male relative. They killed the former president. The country was turning into a living hell.

11 Sept 2011, a terrorist group AL Qaeda under the leadership of Osama bin Laden, a Saudi terrorist, conducted the now infamous 9/11 attack. Taliban sheltered Osama Bin laden. Osama Bin laden directly wrote a letter to the USA that the 9/11 attack was revenge to the USA for behavior against Muslims in different countries. The USA didn't hold back; they conducted airstrikes in Afghanistan in possible places where terrorists are hiding. The USA removed the Taliban with the help of mujahideen. 2011, the USA reported that Osama bin Laden was killed. The US sends troops for years to maintain peace and keep the Taliban in check as well as support the new democratic government in Afghanistan. The Taliban was never completely over; it popped out in different places in neighboring countries and did bombing and shootouts. But In Feb 2020, former President Donald Trump came forward for a peace talk with the Taliban to cut ties with terrorist groups like Al Qaeda and USA will withdraw its troops as the USA had a financial loss of two trillion dollars and with strong national security, USA didn't find it beneficial to send its troop to Afghanistan anymore. In 2021, Joe Biden, the current president, agreed with the plan but within 20 days Taliban again captured Afghanistan. As for the present, Afghanistan looks not very different from the 20 years back when they were captured. People fear for their life and the safety of their families. We saw the worst scenarios in airports for people to depart from Afghanistan.

Now, Here the question is **'Did the United States create the Taliban?'**.

Technically, it is not true. But, practically there is some weightage to this argument because the USA basically tried its best to ruin all the efforts of bringing democracy into Afghanistan by supplying weapons to mujahideen. Not only weapons but apparently the USA spent millions of dollars printing textbooks in Afghanistan. These books were filled with violent images and used to promote extremist ideology. Later these textbooks funded by the USA were used by the Taliban. In conclusion, they didn't create the Taliban but created the environment that enabled the birth of the Taliban people.



Shreebisha Shrestha

Roll No. : 23040

Youth Politician

Youths play an important role in politics. Youths of a nation are the trustees of prosperity. They have the power to change the nation. The whole country and the whole world depend upon the youth. Politics is the means of changing society socially, mentally, and dynamically. It is a process of making uniform rules and laws with common views and ideas that can contribute to making a country develop. In Nepal, youths have always been a major contribution to political and social development. To make an improved country for future generations political knowledge is extremely important to youths. Some of the youths have been entering the world of politics.

Sachin Timalsina is a youth activist and a young politician of Nepal. He is an active member of the youth congress. He was born in Kathmandu but he spent his childhood in his hometown, Panchthar district. His father was also involved in politics. He has been interested in politics since his childhood. He used to read newspapers and gather information about politics. He even used to create his own opinion in the political scenario. He studied development in his bachelor's and completed his master's in conflict, peace, and development. After completing his studies he found out that the country cannot develop unless there is a real commitment towards politics. He realized that the participation of youths in politics is very important. He became the national coordinator of the youth congress in Nepal. They have been focusing on the policies made by the government and they also show dissatisfaction towards its by displaying it on the roads. They even make people aware about democracy. He believes that more youths should be involved in politics to develop our nation because the world seen by our current leaders is totally different from the world seen by the youths. It is difficult for our old generation leaders to adopt change and revolution as they are already above 60. Letters to wired phones, wired phones to touch screen mobile phones and many more the world is developing very fast. It will be difficult for the older generations to adopt this drastic change. Apart from politics, Sachin Timalsena has also been involved in other organizations. In 2014, he was very fascinated by a video of Pakistani people making a human flag of their country. Then he and his friends decided to make a human flag of Nepal. In the beginning, they had no idea where to get the cardboard, and thousands of people gathered in one place but they had a passion to make it possible. The main purpose of creating this largest human flag was to unite all the Nepalese. Even though the situation of the country was not

good, different strikes and protests were going on. They tried to approach many people but no one believed them. Collecting 37,000 people was a huge task for an NGO. They even went to the chief secretary to ask for help but he didn't believe them at all. They wanted to prove themselves as they were a very fascinating team. They kept working and they had engineers to design the whole thing and many people came and registered their names, Rs.100 was collected from each participant. They collected the fund of around Rs.30 lakh. Finally, on August 23, 2014 thousands of people were gathered at Tudikhel. They did not care about the muddy ground due to rain and around 10:30 they were able to create the largest human flag. Helicopters were used to take photos and videos. Every Nepali in Tudikhel was in tears when the national anthem was played. It was really a beautiful event organized by the Human Values for Peace and Prosperity NGO. It was covered by national as well as international media. All the evidence was collected and sent to the Guinness Book of World Records for verification. Although after some months India had made a larger one, still Nepalese were also able to create that record. They had achieved their motto. The biggest challenge to create the largest human flag was they had to cut grass in that huge ground tudikhel. All over Nepal we did not even have a machine to chop the grass out so around 70 people were hired to cut it with their hands manually. Despite the crisis of machines and without the support of the government, they proved that we can do miraculous things if we have the passion to do something. This event had created a huge impact.

Sachin Timalsena has always been a leader. He has been involved in Youth nepali Congress, which has almost 1600 members. It has a principle of socialism in the context of health education. From this movement they join the democrats along and advocate for democracy in this country. They have been encouraging and inspiring youths about politics. He motivates youths to stop blaming the older generation for doing what they knew, we need to stop blaming and start to focus on improving it. We need to respect our old generation leaders for the struggle, renunciation and sacrifice they did for our freedom. Sachin Timalsena is an inspiration for all the youths who want to step into the world of politics.

Creative Writing and Opinion



आशुतोष काफ्ले

क्रमाङ्क: ३३०२६

मेरो यसपालिको दसैं

यसपालिको दसैंमा म गाउँ गएँ । गाउँमा धेरै रमाइलो भयो । मैले पिङ्ग पनि खेलें । गाउँमा धेरै कुराहरू देखें । बाखाका सानासाना पाठापाठी धेरै राम्रा थिए । खेतमा धान पाक्न लागेको थियो । खोला र छहरा देखेर म धेरै रमाएँ । त्यहाँ मैले मिठा मिठा खानेकुराहरू खाएँ । मैले आफूभन्दा ठुलाबडाको हातबाट टीका लगाएँ । गाउँ जाँदा मलाई धेरै रमाइलो लाग्यो । दसैं सिध्याएर हामी गाउँबाट फर्क्यौँ ।



आरम्भ पन्त

क्रमाङ्क: ३३००३

गाई

गाई नेपालको राष्ट्रिय जनावर हो । गाई घरपालुवा जनावर हो । गाई रातो, कालो, खैरो आदि विभिन्न रङमा पाइन्छन् । गाईको दुध हाम्रो स्वास्थ्यको लागि धेरै राम्रो हुन्छ । गाईलाई नेपालमा तिहारमा पूजा गरिन्छ । गाईलाई लक्ष्मी माताको रूपमा मान्ने चलन छ । गाईका बच्चालाई बाच्छावाच्छी भनिन्छ ।



उज्ज्वल ढकाल
क्रमाङ्क: ३३०२३

मेरो देश

मेरो देशको नाम नेपाल हो । मेरो देश सानो छ । मेरो देश सुन्दर र हरियाली छ । मेरो देशको राजधानी काठमाडौं हो । मेरो देशको राष्ट्रिय जनावर गाई हो । मेरो देशको राष्ट्रिय चरा डाँफे हो । मेरो देशको राष्ट्रिय फूल लालीगुराँस हो । मेरो देशको राष्ट्रिय हतियार खुकुरी हो । मेरो देशमा धेरै थरीका भाषा बोल्ने गर्दछन् । मेरो देश एसिया महादेशमा पर्छ । मेरो देशमा धेरै हिमालहरू छन् । मेरो देश हिमाल पहाड र तराई मिलेर बनेको छ । म मेरो देशलाई धेरै माया गर्छु ।

मलाई मन पर्ने रङ

मलाई मन पर्ने रङ हरियो हो । मेरा धेरै लुगा र खेलौना पनि हरिया रङका छन् । हरियो रङ धेरै कुरासँग मिल्दाजुल्दा हुन्छन् । जङ्गल हरियो हुन्छ । पात हरियो हुन्छ । फर्सी पनि हरियो हुन्छ । हरियो तरकारी र सागपात हाम्रो स्वास्थ्यको लागि धेरै राम्रो हुन्छ । कति फलफूलहरू पनि हरिया हुन्छन् । मलाई मन पर्ने चरा सुगा हो । सुगा पनि हरियो हुन्छ ।



रिसिमी मेवाहाङ
क्रमाङ्क: ३३०१७

मेरो देश



रिवान शाक्य
क्रमाङ्क: ३३०१८

मेरो देशको नाम नेपाल हो । नेपालको राजधानी काठमाडौं हो । नेपालको राष्ट्रिय जनावर गाई हो । नेपालको राष्ट्रिय फूल लालीगुराँस हो । नेपालको राष्ट्रिय चरा डाँफे हो । नेपालीहरू दालभात तरकारी खान्छन् । नेपालीको राष्ट्रिय पोसाक दौरा सुरुवाल हो । नेपालमा धेरै हरिया वनजङ्गल छन् । नेपालमा धेरै खोलानाला छन् । नेपालमा संसारको अग्लो हिमाल सगरमाथा छ । नेपालमा बुद्ध भगवानको जन्म भएको थियो ।

आफ्नो बारेमा

मेरो नाम साम्भवी जोशी हो । म चाबहिलमा बस्छु । म छ वर्षकी भएँ । म एक कक्षामा पढ्छु । मलाई रातो रङ मन पर्छ । मलाई केरा र स्याउ खान मन पर्छ । मेरो बुबाको नाम प्रवीण जोशी हो । मेरी आमाको नाम डोमा शेर्पा हो । मेरो मन पर्ने जनावर खरायो हो । म सिफल स्कुलमा पढ्छु । म ज्ञानी र असल छु । मलाई घुम्न जान पनि मन पर्छ ।



साम्भवी जोशी
क्रमाङ्क: ३३०२०



सुशान्त पोखरेल

क्रमाङ्क: ३२०२०

लिङ्गे पिड :

हामी सबैले पिड. देखेका छौं । कतिपयले त खेलेको पनि हुनुपर्छ । दसैंको बेला ठाउँ ठाउँमा लिङ्गे पिड हाले चलन हुन्छ । यसको लागि अलिकति खुल्ला ठाउँ चाहिन्छ, अनि अलि मोटो अर्थात् बलियो लामो लामो चारवटा बाँस चाहिन्छ ।

त्यही बाँस लाई लिङ्गे भन्ने चलन छ । यही चारवटा बाँसलाई जमिनमा चारवटा खाडल खनेर गाडिन्छ । फेरि दुई दुईवटा बाँसलाई माथि वा टुप्पोभन्दा केही तल क्रस गराएर त्यहाँ पनि बलियोसँग बाधिन्छ । पुनः काठ वा बाँसले नै दुवै बाँसलाई क्रस गराएको ठाउँबाट एक अर्कोमा जोडिन्छ र बलियोसँग बाधिन्छ । अब क्रस गराएको बीचभागमा पर्ने गरी एकातर्फबाट बलियो मोटो मोटो डोरी तलसम्म जमिनभन्दा केही माथि आइपुग्ने गरी छोडिन्छ र फेरि माथि लगेर अर्कोतर्फ बलियोसँग बाधिन्छ ।

यसरी तयार गरिएको पिडमा खेल्नको लागि बस्न मिल्ने सिट पनि बनाएको हुन्छ । बाँसको लिङ्गे प्रयोग गरेर बनाएको हुनाले यसलाई लिङ्गे पिड भनिन्छ । दसैंको बेला बच्चादेखि ठुला मानिसहरूले पनि लिङ्गे पिड खेल्ने गर्दछन् । मेरो घर नजिकै लिङ्गे पिड हालेको थियो । मैले पनि यो दसैंमा लिङ्गे पिड खेलें । मलाई पिड खेल्न एकदमै रमाइलो लाग्छ ।



रुजेनजङ्ग खड्का

क्रमाङ्क: ३२०१४

किसान

किसान भनेको खेतमा काम गरेर आफ्नो जीविका चलाउने व्यक्ति हो । किसानलाई कृषक वा खेतीवाल पनि भनिन्छ । किसानले हामीलाई धेरै कुरा उत्पादन गरेर दिन्छन्, जस्तै- फलफूल, अन्न, सागसब्जी, माछामासु इत्यादि उद्योगको लागि कच्चा पदार्थहरू पनि किसानले उब्जनी गर्दछन् । किसानहरू एकदमै सहज र सरल जीवन बिताउँछन् । उनीहरू एकदमै मिहिनेती हुन्छन् । किसानहरू बिहान उठेदेखि बेलुकासम्म खेतमा काम गर्छन् । उनीहरू हलो कुटो कोदालो बोकेर पानी, चिसो, गर्मी हावाहुरी आदिको मतलब नगरिकन मिहिनेतका साथ आफ्नो काम गर्छन् । किसानहरूको मिहिनेतले गर्दा नै हामीले खाना खान पाउने हुनाले हामीले किसानहरूलाई सम्मान गर्नुपर्दछ ।



आयान राई
क्रमाङ्क: ३१००६
दसैं

दसैं हिन्दुहरूको एउटा ठुलो पर्व हो । यो पर्व हामी हर्षोल्लासले मनाउँछौं । दसैं १५ दिनसम्म मनाइन्छ। दसैंको पहिलो दिनलाई घटस्थापना भनिन्छ । यस दिन दुर्गामाताको पूजा सबै घरमा सुरु हुन्छ। जमरा पनि यस दिनमा राखिन्छ । दुर्गामातालाई ९ दिनसम्म पूजा गरिन्छ। दसैंको दसौं दिनलाई विजयादशमी भनिन्छ । यस दिनमा सबै जनाले टीका, जमरा लगाई आशीर्वाद पाउँछन् ।

यो पर्व एउटा धार्मिक कथामा आधारित छ । त्यस कथाका अनुसार एउटा महिषासुर भन्ने एउटा राक्षस राजा थियो । त्यो राजा भगवान ब्रम्हाको वरदानबाट एकदमै अपराजित भयो । त्यो राजा एकदमै शक्तिशाली भयो । त्यसले स्वर्गलोकमा आक्रमण गर्‍यो । इन्द्र र अरू भगवानहरूलाई भगायो । जब विष्णु, महेश्वर र ब्रम्हाले पनि महिषासुरलाई जित्न सकेनन् । सबै भगवानहरूले पुकारेपछि दुर्गा माता जन्मिनुभयो । सबै भगवानहरूले दुर्गा मातालाई महिषासुरलाई मार्न अनुरोध गरे । दुर्गामाता र महिषासुरको बिचमा एउटा ठुलो लडाईं भयो । दसौं दिन दुर्गा माताले महिषासुरलाई मार्न सफल हुनुभयो र यही दिनलाई विजया दशमी मानिन्छ ।



सताक्षी पाण्डे
क्रमाङ्क: ३१०२९

गुन्यु चोलो

हिन्दु परम्पराअनुसार छोरीलाई महिनावारी हुनुभन्दा पहिले गुन्युचोलो दिने चलन छ । यो चलन बाहुन क्षेत्रीहरूले विशेष गरी मान्दछन् । यो साइत देखाएर वा दसैंको नवरात्रीमा भगवतीलाई प्रसाद चढाएर विशेष पूजापाठ गरेर साडी चोलो पटुका कन्या केटीलाई लगाइ दिन्छन् उक्त कन्या केटीलाई दुलहीजस्तै श्रृङ्गार गरिदिन्छन् । त्यस दिन आफन्तहरू बोलाएर उक्त कन्या केटीलाई टीका लगाई आशीर्वाद र उपहार दिने पनि चलन छ ।



आशुतोष बस्नेत
क्रमाङ्क: ३१००५

तिहार

तिहार नेपालीहरूको एक महत्त्वपूर्ण चाड हो । यसलाई दियो र फूलको चाड पनि भनिन्छ । तिहार पाँचदिनसम्म मनाइन्छ । यसको पहिलो दिन कागतिहार हो । कागतिहारमा कागको पूजा गरिन्छ । तिहारको दोस्रो दिन कुकुरतिहार हो । यस दिन पनि कुकुरको पूजा गरिन्छ । तेस्रो दिन गाईपूजा अथवा लक्ष्मीपूजा हो । यस दिन गाईको पूजा गरिन्छ र बेलुका घरमा लक्ष्मीपूजा गरिन्छ । गाईलाई लक्ष्मी माता मानिन्छ । यस दिन घरघरमा दियो र बत्ती बालिन्छ । तिहारको चौथो दिन गोरुपूजा हो । यस दिन गोरु पूजा गरिन्छ । तिहारको अन्तिम दिन भाइटीका हो । यस दिन आफ्ना दिदीबहिनीले दाजुभाइहरूलाई सप्तरङ्गी टीका लगाई मखमली फूलको माला लगाइदिन्छन् । तिहार अत्यन्त रमाइलो चाड हो ।



आरिका भा
क्रमाङ्क: ३१००३
मेरो बालापन

आजभन्दा ठिक आठ वर्ष पहिले काठमाडौंको थापाथलीस्थित प्रसुतीगृह अस्पतालमा एउटी बच्चीको रोदन गुञ्जिएको थियो । त्यो बच्ची अर्थात् मेरा बाबुआमाकी मन पर्ने पुतली आरिका भा म नै थिएँ । मेरो जन्म तोकिएको समयभन्दा पहिल्यै नै भएको थियो रे । म निकै कमजोर थिएँ रे । मेरो तौल जम्मा २.५ केजी मात्र थियो रे । मलाई मेरी हजुरआमाले कपासले तेल लगाइदिनुहुन्थ्यो रे । त्यो सायद असोजको महिना थियो रे । मेरो हजुरबुबा कराउनथाल्नु भो रे, हेर हेर आरिका बामे सर्न थाली । मेरो वरिवरि सबैजना खुसीले हाँस्न थाले रे । त्यो म पहिलो पटक बामे सरेको घटना थियो रे । नौ महिना हुँदा पहिलो पटक चार कदम हिँडेकी थिएँ रे । सबै जना खुसी हुनुभएको थियो रे । दुई वर्षकी भएपछि बाग्मती गोरीघाटमा छठ हेर्न गएकी थिएँ रे । म स्कुल जाँदा धेरै रून्थेँ रे । तिन वर्षकी हुँदा म परिवारसँग गाउँ जाँदा अचानक गाडीबाट कालो धुँवा निस्कन थालेछ । मेरी आमाले मलाई काखमा लिएर गाडीबाट हाम फाल्नुभएको रहेछ । धन्न! कसैलाई केही पनि भएको रहेनछ । म चार वर्षकी हुँदा स्कुलको वार्षिकोत्सव हुँदा पहिलो पटक नाचेकी पनि थिएँ रे । म पाँच वर्षकी हुँदा गुरुआमासँग चिडियाखाना गएकी थिएँ । जनावरहरू देखेर हामी सबैजना निकै रमाएका थियौँ रे ।

म छ वर्षकी भएपछि डियरवाक सिफल स्कुलमा कक्षा एक भर्ना हुनका लागि लिखित परीक्षा दिएँ अनि पास पनि भएपछि भर्ना पनि भएकी थिएँ । नयाँ स्कुलमा मेरो पहिलो साथी ऋद्धिका भएकी थिइन् पछि त थुप्रै साथीहरू भए । नयाँ स्कुल निकै रमाइलो थियो । समय बितेको पत्तै हुँदैनथ्यो । यसै बिचमा म कक्षा दुईमा जानु पनि देशभर कोरोना भाइरस फैलिनु सँगै भयो । सरकारले देशभर लकडाउनको घोषणा गर्‍यो । हाम्रो स्कुल पनि लकडाउनमा पर्ने नै भयो । सुरु सुरुमा त घरमा बस्न पाउँदा रमाइलो नै भयो । तर पछि पछि त दिक्क लाग्दो हुन थाल्यो । स्कुलमा साथीहरूसँग खेलेको, सँगै पढेका कुराहरू सम्भन मन लाग्यो ।

स्कुलले अनलाइन कक्षा पनि सुरु गर्‍यो । अनलाइन कक्षा सुरु सुरुमा त निकै कठिन भयो । पछि पछि बानी पर्न थाल्यो । अनलाइन कक्षामा पनि विभिन्न खालमा कार्यक्रम हुन थाले । अनलाइन कक्षामा पनि निकै नै रमाइलो हुने रहेछ भन्ने कुरा मैले अहिले अनुभव गरिरहेकी छु । मन लाग्यो । स्कुलले अनलाइन कक्षा पनि सुरु गर्‍यो । अनलाइन कक्षा सुरु सुरुमा त निकै कठिन भयो । पछि पछि बानी पर्न थाल्यो । अनलाइन कक्षामा पनि विभिन्न खालमा कार्यक्रम हुन थाले । अनलाइन कक्षामा पनि निकै नै रमाइलो हुने रहेछ भन्ने कुरा मैले अहिले अनुभव गरिरहेकी छु ।



प्रत्युष लोहनी
क्रमाङ्क: ३१०१९

दसैं अनुभव

गत वर्षमा भन्दा यो वर्षको दसैं नजिकै गर्दा मलाई निकै खुसी लागेको छ । गत वर्ष कोभिड १९ को कारण निकै नै डराउनुपर्ने कारण थियो । हुन त कोभिड सकिएको त होइन तर पनि तुलना गर्दा निकै कम चाहिँ देखिन्छ त्यसैले पनि म अलिक खुसी नै देखिन्छु ।

मेरा सबै आफन्त परिवारका सदस्यहरू काठमाडौँमा नै हुनुभएकोले गर्दा टीका लगाउनका लागि काठमाडौँ जान परेन त्यसैले बाबाआमा र मैले किनमेल गर्ने र यहाँ रहेका शक्तिपीठहरू दर्शन गर्ने योजना बनायौँ । हामी लुगाकपडा तथा खाद्यान्न किन्न भाटभटेनी सुपरमार्केट गयौँ । मैले मलाई मन पर्ने टिसर्ट, पाइन्ट र जुता किने । त्यसैगरी बाबा र आमाले पनि घरका लागि आवश्यक खाद्यान्न र मन पर्ने कपडाहरू किन्नुभयो । मलाई किन हो कुन्नि! पिज्जा निकै नै मन पर्छ । त्यही दिन हामीले पिज्जा पनि खायौँ । आफूलाई मन परेका कपडा र खाने कुरा खान पाएकोमा म त्यसैत्यसै मख्व थिएँ ।

नवरात्र सुरु भएपछि बिहान घरमा पूजा सकेर अन्य शक्तिपीठहरू जस्तै: दक्षिणकाली, भद्रकाली, मैतीदेवी, नक्साल भगवतीलगायत अन्य देवी मन्दिरहरू पनि दर्शन गर्न गयौँ । मलाई मेरो ठुलो बाबाले पनि किनमेल गर्न बजार लैजानुभयो । मैले मन पर्ने कपडाका साथै खेलौनाहरू पनि किने । फुलपातीका दिन मेरी ठुलीआमाको जन्मदिन थियो । हामीहरूले केक काटेर रमाइलो गरेर वहाँ जन्मदिन मनायौँ ।

विजया दशमीको दिनमा ठुलोबाबाको घरमा सबैजना जम्मा भई टीका जमरा लगायौँ । फोटोहरू खिच्यौँ । पारिवारिक भेटघाटले निकै रमाइलो वातावरण बन्यो । हामी अन्य मान्यजनहरूको घरमा पनि टीका लगाउन र आशीर्वाद लिन गयौँ । पूर्णिमासम्म टीका लगाउने चलन भएको हुनाले एकादशीको दिनमा पनि अन्य मान्यजनकहाँ टीका लगाउन गयौँ । अर्को दिनमा मामाघर चितवन गयौँ ।

मामाघरमा हामी पुगेपछि हजुरबुबा, हजुरआमा, माइजू, बहिनी खुसी हुनुभयो । हामीले टीका लगायौँ तर मामा नेपालबाहिर हुनुभएकाले अल्लि खल्लो लाग्यो । वहाँलाई हामी सबैजनाले सम्झायौँ । मामाघरका अरू आफन्तका घरमा पनि टीका लगाउन गयौँ । अर्को दिन नारायणी नदीमा मोटरबोट चढ्न गयौँ । मलाई हल्ला डरका साथै रमाइलो पनि लागिरहेको थियो । म पहिलो पटक मोटरबोटमा चढेको थिएँ । हामीसँग बहिनी पनि गएकी थिइन् । उनी पनि निकै रमाइन् । हामीले नारायणी किनारमा फोटोहरू खिच्यौँ र निकैबेर रमायौँ । वास्तवमै दसैं निकै नै रमाइलो भयो ।



रचित भट्टराई
क्रमाङ्क: ३१०२१
होली

होली हिन्दुहरूको रमाईलो पर्व हो । यो पर्व विशेष गरी रङहरूसँग खेलेर मनाइन्छ । यसलाई रङहरूको पर्व पनि भनिन्छ । होली हरेक वर्ष फागुन महिनामा पूर्णिमाको दिन पर्दछ । होली नेपालको पहाडी क्षेत्रमा एकदिन अगाडि र तराई क्षेत्रमा एकदिन पछाडि मनाइन्छ । विभिन्न ठाउँमा होलीको उत्सव फरक फरक तरिकाले मनाइन्छ । नेपालमा धेरै जसो ठाउँहरूमा एकआपसमा विभिन्न किसिमका रङहरू लगाएर पानी एकअर्कामा छ्यापेर पानीमा रङ घोलेर एकअर्कालाई पानी वर्षा गराएर बेलुनमा पानी भरेर लोला बनाएर होली खेल्ने चलन छ । सबैले लोलालाई एकअर्कामा हानेर खेल्छन् । यस्तै गरी केटाकेटीहरूले पिचकारीमा पानी भरेर एकआपसमा छ्यापाछ्याप गरेर पनि होली खेल्छन् । रङ पानी पिचकारी बोकेर केटाकेटीहरू रमाउँछन् ।



पासाड डोमा शेर्पा
क्रमाङ्क: ३००१९
जलचक्र

जलचक्र भनेको पानीको विभिन्न रूपहरूको प्रक्रिया हो । जलचक्रको प्रक्रिया सूर्यको उर्जाले चलिरहेको छ । जब सूर्यको तापले समुद्र, नदी, पोखरी, ताल आदिको पानी तातेर वाफ बन्छ, यसलाई वाष्पीकरण भनिन्छ । जमिनको सतहमुनि भएको पानी बोटबिरुवाहरूले प्रयोग गर्दछन् र बोटबिरुवामा बढी भएको पानी निष्कासन प्रक्रियाद्वारा पातका छिद्रहरूबाट वाफको रूपमा बाहिर निस्केर वायुमण्डलमा मिल्दछ । यसरी वनस्पति र जीवजन्तुले प्रयोग गरेको पानी वाष्पीकरण हुने प्रक्रिया निरन्तर चलिरहन्छ । वाष्पीकरण भएको पानीका साना साना थोपा एक आपासमा मिल्दछन् र वाफ चिसो भएपछि बादल बन्छ, यसलाई संक्षेपण भनिन्छ । त्यसपछि बादल भारी भएर पानी पर्छ, यसलाई वर्षा भनिन्छ ।

वर्षा हुँदा झरेको अधिकांश पानी बगेर नदीनाला, खोला, ताल, पोखरी आदिमा पुग्दछन् र पृथ्वीको सतहमा भएको पानीको केही भाग खाल्डा जमिनको चिरा तथा छिद्रहरूबाट जमिनको सतहभित्र पुग्दछ र होचो भागबाट बाहिर निस्कन्छ । यसरी विभिन्न स्थानमा रहेको पानी पुनः वाष्पीकरण भई वाफको रूपमा वायुमण्डलमा जान्छ । यसरी जलचक्र निरन्तर रूपमा चलिरहन्छ ।



सिद्धार्थ चौलागाईं

क्रमाङ्क: ३००३३

वन र जीवन

वन भनेको थुप्रै रूख, बोट बिरुवाहरू उम्रेर बाक्लो भएको जङ्गल हो भने जीवन भनेको जिउँदै रहनु , बाँचिरहनु हो वन शब्द वृक्ष वनस्पतिका अर्थमा र जीवन शब्द प्राणीको अर्थमा प्रयोग गरिन्छ वनको संरक्षणबाट जीवनको संरक्षण हुन्छ भने वनको विनाशबाट पर्यावरणीय असन्तुलन पैदा गरी समस्त प्राणीहरूको जीवन नै विनाशतर्फ डोच्याउँछ त्यसैले वन र जीवनको घनिष्ठ सम्बन्ध छ ।

हामीले कहिल्यै पनि वनजङ्गल मास्नुहुन्न अथवा बोटबिरुवाहरू वा रूखहरू काट्नुहुन्न हामीलाई स्वच्छ हावा दिने हामीलाई बचाउने भनेको नै वनजङ्गल हो । हामीले एउटा मात्र रूख काट्यौं भने हामी आफैलाई नराम्रो गर्नु हो । हामीले एउटाले रूख काट्दा के असर पर्ला र ? भनेर अधि बढ्नु भनेको आफैलाई समस्या निम्त्याउनु जस्तै हो । वन विनाशबाट वातावरणमा समस्या आउँछ र वातावरणीय समस्याबाट जीवन नै सड्कटमा पर्दछ । वनविनाशबाट हामी मात्र होइन चराचुरुङ्गीहरूको पनि बास हरण हुन्छ जङ्गलमा बस्न ठाउँ नपाएका जनावरहरू र चराचुरुङ्गीहरूले पनि हामीलाई श्राप दिइरहेका हुन्छन् ।

वन भनेको जीवन हो, वन मासिँदा जीवन मासिन्छ, वन नभई जीवन चल्दैन त्यसैले हामी आफैले वनजङ्गलको विनाश हुन नदिई यसको संरक्षण आफैले गर्नुपर्छ ।



संविद ठकाल

क्रमाङ्क: ३००२८

कालीगण्डकी

नेपालमा धेरै नदीहरू छन् । कुनै नदीहरू साना छन्, कुनै नदीहरू ठूला छन् भने कुनै नदीहरू फराकिला छन् । कुनै नदीहरू वर्षे भेलको भरमा मात्रै गरेका छन् भने कुनै नदीहरू हिमालको हिउँ पग्लिएर पनि बगेका छन् । ती नदीहरूमध्ये कालीगण्डकी नदी पनि एक हो ।

कालीगण्डकी नदी मेरो गाउँ नजिकैबाट बगेको छ । नेपालका तीन वटा ठूला नदीहरू मध्ये कालीगण्डकी पनि एक ठूलो नदीको रूपमा चिनिन्छ । कालीगण्डकीको मुहान मुक्तिनाथ हो । यो नदी टाढाबाट देख्दै कालो देखिन्छ ।

निकै गहिरो भएर बगेको कारणले गर्दा नदी निलो देखिएको हो र धेरै निलो अथवा कालो कालो देखिने कारणले गर्दा यसको नाम कालीगण्डकी राखिएको हो भन्ने मान्यता पनि रहिआएको छ । कालीगण्डकी नदी टाढाबाट होस् र नजिकबाट होस् हेर्दा निकै सुन्दर देखिन्छ र वर्षात्को बेलामा ठुलो आवाजका साथ बग्दा डरलाग्दो पनि देखिन्छ । कालीगण्डकी नदीहरूलाई हिन्दूहरूको पवित्र नदीका रूपमा पनि लिइन्छ । यस नदीलाई हिन्दु धर्म मान्नेहरूले निकै सम्मानका साथ पूजा गर्छन् । नेपालका धेरै नदीहरूमध्ये शालिग्राम कुद्ने मुख्य नदीका रूपमा पनि कालीगण्डकीलाई लिइन्छ । शालिग्रामलाई विष्णु भगवानको अवतारका रूपमा पनि पूजा गरिन्छ । कालीगण्डकीको अर्को नाम कृष्णगण्डकी पनि हो । पहाडको छाँगा छहराबाट शक्ति प्रकट भई बग्ने हुनाले यस नदीबाट बिजुली निकालिएको छ । नेपालको ठुलो जलविद्युत् परियोजना मिर्मीबाट ड्याम बाँधेर धेरै विद्युत निकालिएको छ । यसैले कालीगण्डकीबाट हामीले धेरै फाइदा लिएका छौं । यस नदीको उत्पत्ति मुस्ताङबाट भएको हो । गण्डकी नदीहरूका सहायक नदीहरूको रूपमा त्रिशुली बुढीगण्डकी, मर्स्याङ्दी, मादी, सेती र दरौँदीहरू रहेका छन् । कालीगण्डकी तराईमा पुगेपछि नारायणी नदीको रूपमा परिचित छन् ।

अहिले आएर नारायणी नदीमा पनि मानिसहरूले फोहोरमैला गर्न थालेका छन् । यस कारणले हामी सबै प्रकृतिप्रेमी तथा संस्कृतिप्रेमीलाई साह्रै पिरमर्का परेको छ । हामीले यस्ता सुन्दर प्रकृतिको रूपमा रहेका नदीनालाहरूलाई फोहोर हुनबाट रोक्नुपर्दछ । नदीको वरिपरि रुख विरुवाहरू रोप्ने बगैँचा बनाउनेजस्ता काम गरेर अत्यन्त सुन्दर बनाउनुपर्छ । नदीको पवित्र जलमा ढल मिसाउने फोहोरमैला फाल्ने काम गर्नुहुँदैन । यति काम गरेमा हामीले हाम्रो प्रकृतिलाई सुन्दर बनाउन सक्छौं ।



आर्जन खड्का

क्रमाङ्क: २९००३

यमपञ्चक

तिहारलाई दीपावली र यमपञ्चक पनि भनिन्छ । तिहार नेपाल र भारतको दार्जिलिङ, कालिम्पोङका क्षेत्रहरूमा र सिक्किम राज्यमा मनाइने पाँच दिनसम्म चल्ने हिन्दू चाड हो । तिहार नेपालको दोस्रो ठूलो चाड हो । यो सामान्यतया कार्तिक महिनामा पर्छ र पाँच दिनसम्म जारी रहन्छ । पाँच दिनसम्म मनाइने पर्व भएकाले यसलाई यमपञ्चक भनिएको हो । यसको पहिलो दिन कागको पूजा गर्ने गरिन्छ । यो दिन मानिसहरूले कागलाई चामल चढाउछन् । घरको छानामा मिठाई राखेर र परिकार चढाएर कागको पूजा गरिन्छ ।

दोस्रो दिन कुरुर तिहार हो र त्यो दिन कुरुरलाई पूजा गर्ने गरिन्छ । मानिसहरूले कुरुरहरूलाई माला, टिका र स्वादिष्ट खाना दिन्छन् र मानिस र कुरुरबीचको प्यारो सम्बन्धको प्रशंसा गर्छन् । तेस्रो दिनको बिहान गाई तिहार हो । यस दिन मानिसहरूले गाईलाई माला चढाएर र उत्कृष्ट घाँस खुवाएर कृतज्ञता प्रकट गर्छन् । साँझमा धनकी देवी लक्ष्मीलाई समृद्धि र सुखको स्वागत गर्न घरको ढोका र भ्यालमा दियो वा मैनवत्ती बालेर परिवारमा प्राप्त हुने सबै लाभका लागि धनकी देवी लक्ष्मीलाई धन्यवाद दिइन्छ र पूजा गरिन्छ । तेस्रो दिनदेखि नै देउसी र भैलो पनि खेलिन्छ । चौथो दिनलाई गोरु पूजा भनिन्छ । यस दिन गोरुलाई खानेकुराको विभिन्न परि कार दिएर पूजा गरिन्छ । पाँचौँ दिन दाजुभाइलाई सप्तरङ्गी टीका लगाई दिदीबहिनीलाई तिहारको उपहार दिने गरिन्छ । तिहार पाँच दिनसम्म मनाइन्छ र सबैतिर बालिएको फिलीमिली बत्तीले यो चाडको उत्साह थप्छ ।



मानस्मी निरौला
क्रमाङ्क: २९०१५
लक्ष्मीप्रसाद देवकोटा

लक्ष्मी प्रसाद देवकोटा एक नेपाली कवि, नाटककार र उपन्यासकार हुन् । उनलाई महाकवि भनेर पनि चिनिन्छ । उनी दयालु मन भएका व्यक्ति थिए । १९६६ कार्तिक २७ गते लक्ष्मीपूजाको रातमा उनको जन्म भएको थियो । उनको जन्म काठमाडौंको धोबीधारामा भएको थियो । उनका पिताको नाम तिलमाधव देवकोटा र आमाको नाम अमर राज्यलक्ष्मी देवी थियो । उनका पिता संस्कृत विद्वान थिए । त्यसैले उनले आफ्नो आधारभूत शिक्षा आफ्नो बुबाको संरक्षकमा लिए । उनले आफ्नो औपचारिक शिक्षा दरबार हाईस्कूलबाट सुरु गरे, जहाँ उनले संस्कृत व्याकरण र अङ्ग्रेजी दुवै पढे । १७ वर्षको उमेरमा पटनाबाट म्याट्रिकको परीक्षा दिएपछि, उनले त्रि-चन्द्र कलेजमा ब्याचलर अफ कानूनको साथमा कलामा स्नातक गरे र पटना विश्वविद्यालयबाट निजी परीक्षार्थीको रूपमा परिवारको आर्थिक अवस्थाका कारण स्नातकोत्तर पूरा गर्ने उनको चाहना अधुरो रह्यो । लक्ष्मीप्रसाद देवकोटाले नेपाली साहित्यलाई सधैं माया गरे । नेपाली साहित्यका सबै विधामा कलम चलाएका देवकोटाले कविता र निबन्धमा उच्च योगदान दिएका छन् । उनका मुनामदन, सुलोचना, शाकुन्तलजस्ता अद्वितीय कृतिहरू लेखेका छन् । अत्याधिक चुरोट सेवन गर्ने देवकोटाको ४९ वर्षको उमेरमा वि.सं. २०१६ मा काठमाडौं, पशुपतिमा उनको मृत्यु भयो ।



इशानी मानन्धर
क्रमाङ्क: २६००४
फेवाताल

पोखरामा धेरै तालहरू छन् । फेवाताल पनि तीमध्ये एक हो । फेवाताल नेपालको एउटा ताल हो । यो नेपालको दोस्रो ठुलो ताल हो । रारा तालपछि गण्डकी प्रदेशमा भएको सबैभन्दा ठुलो ताल हो र यो नेपालको सबैभन्दा लोकप्रिय र धेरै भ्रमण गरिएको ताल हो । यो ताल अन्य तालहरूबाट घेरिएको छ । त्यहाँ तालको नजिकै रानीवन नामको पहाड छ । जो वनस्पति र जीवमा धेरै धनी छ । त्यो पहाडमा धेरै जनावर र चराहरू पनि छन् । जुन केही जनावरहरूको लागि घर हो । यस पहाडमा बिरलै पाउने जनावरहरू पनि देख्न सकिन्छ । फेवातालको बिचमा आकर्षणको लागि एक प्यागोडा शैलीको मन्दिर छ, जसलाई बाराही भनिन्छ, यसलाई आइसल्याण्ड मन्दिर पनि भनिन्छ । हामी मन्दिरको भित्र पैदल हिँड्न सक्दैनौं । अर्को आकर्षण माछापुच्छ्रे छाया फेवातालबाट देखिन्छ । यस ठाउँ सफा र चिसो पनि छ । तालको छेउमा, केही थकाली होटल र पसलहरू छन् । सराङ्कोट प्याराग्लाइडिङको लागि नेपालमा एक मात्र ठाउँ हो । जहाँबाट तपाईं फेवातालमा उडान गर्न

सक्नुहुन्छ । त्यसैले सराङ्गोट त्यहाँको आकर्षण पनि हो । प्रत्येक वर्ष त्यहाँ हजारौं पर्यटकहरू ठाउँ भ्रमण गर्न आउँछन् । पर्यटकहरू धेरै पटक पोखरा फेवाताल भ्रमण गर्न आउँछन् । यसले नेपालको सुन्दरतामा सुनमा सुगन्ध थपेको छ ।



आकाङ्क्षा खड्का

क्रमाङ्क: २७००१

कृषिमा क्षति

(राम र हरि धेरै मिल्ने साथी हुन् । उनीहरू दुवै जना एउटै गाउँमा हुर्केका हुन् । हरि र राम कक्षा दशसम्म एउटै विद्यालयमा पढ्ने गर्थे तर कक्षा ११ मा भने हरि उच्चतहको पढाइका लागि सहर पढ्न जान्छन् । रामको गाउँमा भने पानी पर्नाले गर्दा ठूलो क्षति भएको छ । त्यो कुरा हरिले थाहा पाउँछ । उसले रामलाई फोन गर्छ । कृषिमा भएको क्षतिको सन्दर्भमा उनीहरू दुई जनाका बिचमा फोनमा कुराकानी हुन्छ ।

हरि: नमस्कार राम ।

राम: नमस्कार हरि अनि आरामै छौं ? आज कताबाट फोन गर्नु त ?

हरि : म त आरामै छु । गाउँमा चाहिँ कस्तो छ नि ? त्यतातिर वर्षाले धेरै बालीनाली नष्ट गरेको खबर आयो थियो नि । त्यही खबर बुझौं भनेर फोन गरेको हुँ ।

राम: हो नि, यसपालि त पानी पर्नाले हामी किसानहरूलाई धेरै क्षति भयो । हाम्रो त दसैं अगाडि केही धानका बाली निकालिसकेका थियौं । धन्न हाम्रो त थोरैमात्र बाली नष्ट भयो । हाम्रो घर नजिकैको लालु काका र वरपरका मान्छेका धेरै धानबाली नष्ट भए नि । यत्रो दिन मेहेनत गरेर धानबाली भित्र्याउने बेलामा त पानीले त सब नष्ट गर्नुपर्छ नि । जति समाचारमा आए पनि हामी किसानहरूको दुःख कसले बुझ्छ र ?

हरि : त्यही त धेरै किसानहरूको बाँच्ने एउटै आधार धान खेती नै वर्षाले नष्ट गर्नुपर्छ । हामी नेपालीहरू साथै सरकारले पनि यसबारे चिन्ता गर्नुपर्छ । धानखेती नेपालको मूल आन्दानी साथै जीविकाको स्रोत पनि हो ।

भारतमा पनि वर्षाले धेरै असर गरेको थियो तर त्यहाँको सरकारले हरेक किसानलाई दुई लाख साथै सक्दो सहयोग गरेको थियो । नेपालमा पनि किसानहरूलाई सक्दो सहयोग गर्नुपर्ने हो नि ।

राम : तिमिले ठिक भन्यौ ।

हरि : मैले केही सहयोग गर्न सक्छु भने भन है ।

राम: हुन्छ ! हरि । धन्यवाद सानो सहयोग पनि यस्तो समयमा ठूलो हुन्छ ।

हरि: नेपालमा ६८% मानिसहरू कृषिमा आधारित छन् । असारदेखि लगाइने धानको भने कृषि क्षेत्रमा ठूलो महत्त्व छ तर यो पल्ट भने वर्षाका कारण देशलाई करिब ८ अर्ब २६ करोड ८० लाखको क्षति भएको छ । धेरै किसानहरूको जीविका यसमा नै चलेको छ । त्यसैले हामीले अहिले किसानहरूले गाह्रो परेको बेलामा सक्दो सहयोग गर्नुपर्छ ।

राम: तिम्रो जस्तो राम्रो विचार सरकारमा भएकाहरूको पनि भएको भए हामी नेपाली जनताले किन दुख पाउनुपर्छ ?

हरि: यस विषयमा सरकारी पक्षलाई पनि दबाव दिनुपर्छ ।

राम: हुन्छ म मेरा छिमेकी र साथीहरूलाई पनि यस विषयमा आवाज उठाउन लगाउँछु ।

हरि: हुन्छ, हुन्छ ।

राम: अब चाहिँ बिदा हुनुपर्छ ।

(दुवै जनाले फोन राख्छन् ।)



प्रतीक डहोल
क्रमाङ्क: २७००९
घोडेजात्रा

नेपाल बहुजातीय, बहुधार्मिक, बहुसास्कृतिक देश हो । १२३ भन्दा बढी जातजाति रहेको यस देशमा जातअनुसार फरक फरक चाडपर्व र जात्रा मनाउँछन् । तीमध्ये घोडेजात्रा पनि एक प्रमुख जात्रा हो । घोडे जात्रा काठमाडौंको टुसालमा, घोडा कुदाई प्रदर्शन गरी मनाउने पर्व हो । यस दिन उपत्यकामा बिदा पनि हुन्छ । यो जात्रा भने नेवार समुदायका मानिसहरूले आफ्नो देउता निकाली केही दिन जात्रा मनाउने गर्छन् ।

छुट्टै ठाउँ ठाउँमा नेवार समुदायका मानिसले पहिलेदेखि चलिआएको परम्परालाई बचाउनको लागि यो जात्रा मनाउँछन् । म चाहिँ मेरो टोलमा हुने जात्रा बारेमा भन्छु । मुख्यतः यो पर्व तीन दिन मनाइन्छ । पहिलो दिन बज्रेश्वरी माईको रथ घुमाइन्छ र पूजा गरिन्छ । राति भने बतलेश्वरी माईको रथ तयार पारिन्छ र पूजा गर्दै एउटा ठाउँमा गएर राखिन्छ । दोस्रो दिन बतलेश्वरि माईको रथ घुमाइन्छ, सिफलसम्म पुऱ्याइन्छ अनि त्यहाँ चौरमा ठोकाउने परम्परा रहेको छ अनि पूजा गर्दै पशुपतिमा लगी पशुपतिको ढोकामा ठोकाइन्छ । त्यसपछि जयबागेश्वरीमा एउटा ठाउँमा राखिन्छ । राति बतलेश्वरी माईकी बहिनी नक्साल भगवतीमा लगी पशुपतिमा ठोकाइन्छ अनि दिदीबहिनी भेट गराइन्छ । तेश्रो दिन चाबहिल घुमाइन्छ र सिफलमा ठोकाइन्छ अनि एउटा ठाउँमा राखिन्छ । भोज खाएपछि पशुपतिमा पूजा गर्दै लगिन्छ । पशुपतिमा ठोकाएर यो जात्रा सकिन्छ । यो जात्रा नवली टोली र पशुपति टोलीले मिलेर मनाउँछन् ।

नेवारहरूको यो ठुलो पर्व वा जात्रा हो । सबै जना यो जात्रामा दिन रात रमाइलो गर्छन् । यो जात्रा वर्षमा एक चोटी आउँछ । यसले नेवारी संस्कृतिको परम्परा बचाउने काम गरेको छ ।



प्रत्युष लोहनी
क्रमाङ्क: ३१०१९
वनजङ्गल

रुख र बिरुवाले ढाकिएको ठाउँलाई वनजङ्गल भनिन्छ । वनजङ्गलले प्रकृतिलाई सन्तुलनमा राख्दछ । हाम्रो देशमा वनजङ्गल प्रशस्त मात्रामा छन् । वनजङ्गलहरू भएकै कारणले नेपाल सुन्दर देखिन्छ । हरियो वनलाई ने पालको धन पनि भन्दछन् । वनबाट हामीलाई धेरै फाइदाहरू छन् । वनले समयमा वर्षा गर्न सहयोग गर्दछ । वनले बाढी पहिरोलाई रोक्ने काम गर्छ । पर्याप्त वन भएको ठाउँमा भूक्षय हुँदैन । वनबाट अनेकौं जडिबुटी प्राप्त गर्न सकिन्छ । वनबाट पशुहरूलाई घाँस प्राप्त हुन्छ । हामीलाई चाहिने काठ दाउरा पनि वनबाट नै प्राप्त हुन्छ । यसकारण वनलाई प्राकृतिक बिमा पनि भनिन्छ ।

वनजङ्गल जङ्गली जनावर र पशुपन्छीहरूको घर पनि हो । वनजङ्गलको महत्त्वलाई बुझ्दा बुझ्दै पनि प्रतिदिन वन विनाश भइरहेको छ । यस्ता वन विनाशलाई रोक्न आवश्यक छ । यसका लागि प्रशस्त रूपमा वृक्षारोपण गर्नपर्छ । यसको महत्त्वको बारेमा जनचेतना फैलाउनुपर्छ ।



कृष्टिना राई

क्रमाङ्क: २७००६

उधौली

नेपाल जातीय विविधताको देश हो । विभिन्न जातीय समुदायहरू आफ्नै परम्परा र संस्कृति अनुसरण गर्दछन् । मेला र चाडहरू प्रत्येक जातीय समुदायको एक हिस्सा भएको छ । यसैले एक वा अर्को प्रकारको मेला र चाडहरू वर्षभरि मनाइन्छन् । यहाँ मनाउने प्रायः मेलाहरू र चाडपर्वहरू धर्म, संस्कृति र पौराणिक कथामा आधारित छन् । केही चाडहरू देशको पर्वतीय क्षेत्रहरूमा फरक फरक किसिमले मनाइन्छन् ।

उधौली र उभौली त्यस्तै त्यस्तै चाडहरू हुन् जसलाई किरातीहरूले मनाउँछन् । किरातको पवित्र पुस्तक मुन्धुमले उल्लेख गरेको छ कि एक वर्षमा त्यहाँ दुई चरणहरू छन् जुन एक उभौली र उधौली हुन् । उधौली शब्द उधो र औली भन्ने शब्दको संयोजनबाट बनेको हो । जसको अर्थ उधौली वा तल हो । उधौली र उभौली चाडहरू वर्षको दुई फरक मौसममा, गर्मी र जाडोमा मनाइन्छ । जबकि उधौली चाड मङ्सिरमा मनाउन सुरु गरियो । उभौली चाडलाई वैशाखमा अङ्कित गरिन्छ । किरातीहरू पूर्वी पहाडी क्षेत्रहरू भोजपुर, खोटाङ्ग, धरान र धनकुटाका बासिन्दाहरू हुन् । किरातीहरू प्रकृतिका उपासकहरू हुन् । कृषि समुदाय यस समुदायको जीवन रेखा हो । धन्यवाद दिन उधौली चाड मनाउँछन् । प्रकृति राम्रो फसलको साथ तिनीहरूलाई प्रदान गर्न र तिनीहरूले उत्सव मनाउन भोज आयोजना गर्छन् । यस पर्वमा साकेला साकेला नृत्य प्रस्तुत गरिन्छ । यसैले यस पर्वलाई साकेला उधौली पनि भनिन्छ । मङ्सिर पूर्णिमा विशेष दिन जब साकेला उधौली सुरु हुन्छ । किरातहरू पहाडी क्षेत्रका बासिन्दा भएकाले जाडो मौसममा चिसोबाट आफूलाई जोगाउन तिनीहरू तल सर्न थाले । तल्लिर सने बानीलाई उधौली भनिन्छ । त्यस्तै उभौली चाड वैशाखको पूर्णिमाको दिन आउँछ । चाडपर्व खेती मौसमको सुरुवात र गर्मीको आगमनको सङ्केत गर्छ । उभौलीको उत्सवसँगै माथि सर्न सुरु हुन्छ । यसका अतिरिक्त किरातीहरू आफ्नो परम्पराको समर्थन गर्दै उधौली र उभौलीलाई आफू बसेको जस्तोसुकै चाडको रूपमा मनाउँछन् । मानिसहरूको मनोरञ्जनबाहेक, मेलाहरू र चाडहरू मूल्यवान सन्देशहरू प्रदान गरी उधौली पर्व सबै किरातीहरूले मनाउँछन् । यस दिनबाट जाडो मौसम सुरु हुने विश्वास गरिन्छ ।

त्यसो भए मानिस, चरा र पशुहरू चिसो क्षेत्रबाट न्यानो क्षेत्रहरूमा बसाई सर्ने परम्परामा यो पर्व आधारित छ । यस पर्वमा मानिसहरूले उनीहरूको सांस्कृतिक पोसाक लगाउँदछन् र लोक नृत्य पनि गर्दछन् अनि बाजा बजाउँदछन् र नाच्दछन् । हामी रूख, नदी र ढुङ्गो जस्ता प्रकृतिको पूजा गर्छौं । समुदायका महिला व्यक्तिको खाना पकाउँछन् र सबैले खानाको आनन्द लिन्छन् । अन्तमा हामी फेरि नाच र गीत गाउँछौं । उधौलीमा जस्तो मेला लाग्दछ अनि धेरै राई र लिम्बू जातिका मानिसहरू भेला हुन्छन् र उत्सवको मजा लिन्छन् । यसरी म मेरो समुदायसँग मिलेर उधौली मनाउँछु ।



सुनबी पोखेल
क्रमाङ्क: २५०१८
हाम्रो कर्तव्य

प्राणी जगतको सर्वोत्कृष्ट र सबैभन्दा बढी चेतनशील प्राणी मानव हो । मानव भएर जन्मिन पाउनु भनेको हामी सबैको सौभाग्य हो । मानव भएर जन्मिएपछि उसको उमेर, देश, काल र परिस्थिति अनुसार विभिन्न जिम्मेवारी, उत्तरदायित्व र अन्य थुप्रै कामहरू गर्नुपर्ने हुन्छ । मानसिक र नैतिकरूपमा सचेत व्यक्ति मात्र चेतनशील मानव हो । चेतनशील मानवले निर्वाह गर्नुपर्ने विभिन्न जिम्मेवारी र दायित्व नै हामी सबै मानवका कर्तव्य हुन आउँछन् । अर्को अर्थमा भन्ने हो भने एक जिम्मेवार व्यक्तिले पालना गर्ने जिम्मेवारी र अवलम्बन गर्नुपर्ने उत्तरदायित्व नै हाम्रो कर्तव्य हो । समग्ररूपमा भन्नुपर्दा सुशिक्षित, उत्तम चरित्र, सद्बुद्धि, असल ज्ञान, निस्वार्थ देशभक्त, परिश्रमी जस्ता गुणहरू मानव जीवनका कर्तव्यहरू हुन् ।

विद्यार्थी जीवन बिताइरहेका हामी विद्यार्थीहरूको पनि निश्चित कर्तव्यहरू छन् । विद्यालयको नीति, नियमको पालना गर्नु, आफ्नो विद्यालयलाई सकारात्मक पृष्ठपोषण गर्नु, विद्यालयमा अनुशासित व्यक्तिको छवि बनाउनु भनेको नै हामी सम्पूर्ण विद्यार्थीहरूको परम धर्म र परम कर्तव्य हो । कर्तव्यपरायण विद्यार्थीले कहिल्यै पनि आफ्नो विद्यालयको नकारात्मक टिकाटिप्पणी गर्दैन र कहिल्यै पनि आफ्नो विद्यालयको अहित हुने कार्य गर्दैन । पठनपाठनमा लगन र ध्यान दिनु, शिक्षक शिक्षिकाहरूलाई आदरसम्मान गर्नु, शिक्षकले दिएको गृहकार्यलाई समयमै सम्पन्न गर्नु, आफूभन्दा ठूलाको अर्ति र उपदेशलाई सकारात्मक रूपमा ग्रहण गर्नु हामी विद्यार्थीहरूका कर्तव्यहरू हुन् ।

हामीहरू आफ्नो घरपरिवारमा रहँदा आफ्ना बूबा, आमा, हजुरबुबा, हजुरआमा र परिवारका अन्य सदस्यहरूसँग प्रेमभाव राख्नु, उहाँहरूलाई आदरसम्मान गर्नु, उहाँहरूलाई काममा सहयोग गर्नु, आफ्ना दैनिक नित्य कर्महरू आफैँ गर्नु, आफ्ना सरसामानहरू मिलाउनु, आफ्नो कोठा सफासुगन्ध राख्नु, आफूले अध्ययन गर्ने पुस्तक तथा भोलाहरू मिलाएर राख्नु, आफ्नो खाजा आफैँ बनाउनु र अरूलाई आफूसक्दो सहयोग गर्नु हाम्रो परम कर्तव्य हुन् ।

हामी विद्यार्थीहरू भविष्यका कर्णधार र देशका जिम्मेवा नागरिक हौं । हामीले अहिले सिकेका असल बानी, व्यहोराहरूले नै हाम्रो देश सुनौलो र हाम्रो असल भविष्य सुनिश्चित हुन्छ । हामी कहिल्यै पनि आफ्नो कर्तव्यबाट विमुख हुनुहुँदैन । कहिल्यै पनि स्वार्थी र अहङ्कारी बन्नुहुँदैन । हामीले कहिल्यै पनि नकारात्मक सोच राख्नुहुँदैन । सकारात्मक सोच, निस्वार्थी भावना, स्वाभिमान, इमान, लगनशीलता हामी विद्यार्थीका कर्तव्यहरू हुन् ।



निहारिका चापागाई

क्रमाङ्क : २५००६

मायाको छाप

स्नातक पूरा गरिसकेपछि, आइष्माले एउटा ट्राभल एजेन्सीमा जागिर पाएकी थिई । उसलाई जागिरको सुरु सुरुका दिनहरूमा त्यहाँको काम सजिलो लाग्थ्यो । उसले काम गर्ने कार्यालयको वातावरण पनि शान्त र काम गर्न आनन्ददायी थियो । उसलाई आफ्नो पेसा एकदमै मन पर्थ्यो । जब छुट्टी, चाडबाड, अथवा ट्रेकिङको समय आउथ्यो तब उसलाई मात्र नभएर उसको कार्यालयका साथीहरूलाई पनि सास फेर्ने फुर्सद हुँदैनथ्यो ।

एक पटक ट्रेकिङको बेला बिरलै भेटिने ट्रेकिङ गाइडहरूसँग उसको भेट भयो उनीहरूले आफ्ना अनुभवहरू आइष्मालाई सुनाए । उनीहरूका अनुभव सुनेर, आइष्मालाई पनि ट्रेकिङ गाइड बनौं कि भन्ने सोच आएको थियो तर त्यो त केवल एउटा विचार मात्र थियो । एक दिन ऊ कार्यालय बसिरहेको बेला एक्कासि एउटा नचिनेको मान्छे आएर ठुलठुलो स्वरमा ऊ चिच्याउन थाल्यो । कार्यालयमा त्यो समयमा अरू कोही पनि थिएनन् । किनभने त्यतिखेर दिउँसो, खाजा खाने समय थियो । कार्यालयमा कोही पनि नभएपछि उसलाई यो अवस्था कसरी सम्हाल्ने अत्तोपत्तो भएन । त्यो मान्छे ठुलो ठुलो स्वरमा कराउन थाल्यो, 'मैले के सामान भनेको, के सामान पाएँ ? भोलि हिँड्नुपर्ने, पुरानो ग्राहकको जिम्मा, के केही पनि नजानेको नयाँ मान्छेलाई दिएको होला ।'

यसो भनेर चिच्याउन थालेपछि आइष्मा भने स्थिर भएर बसिरही । किनभने उसलाई के गर्ने कसो गर्ने केही थाहा नै भएन । सबै जना खाजा खाइसकेर फर्किँदै थिए र अफिसबाट ठुलो ठुलो आवाज आएको सुनेपछि के चाहिँ भएछ ? भनेर, हतार हतार सबै जना कार्यालयभित्र छिरे । आइष्मा आत्तिई र बल्ल बल्ल पाएको जागिर जाने भयो भनेर डराउन थाली । त्यो केटाले रिसको भौँकमा उसको बारेमा अलिक नराम्रा कुराहरू पनि भने को थियो र त्यसले उसलाई साँढै रिस उठेको थियो । हुन त गल्ती आइष्माकै थियो र ग्राहक भएको नाताले त्यो केटाले कराउनु त स्वाभाविकै थियो । आइष्मालाई नजान्ने केटी भनेर उसको अपमान गर्नु उसलाई ठिक लागेन उसलाई । कार्यालयमा हल्लाखल्ला भएर बाहिरका अरू मानिसले उनीहरूको कम्पनीमाथि दाग लाउनु अगाडि नै कुनै एक पुरानो कर्मचारीले त्यो केटालाई एक कुनामा लगेर माफी माग्दै केही कुरा सम्झाउन खोज्यो । आइष्माका कार्यालयका अरू कर्मचारीहरू आइष्मालाई वरिपरिबाट घेरेर प्रश्नहरू सोध्न थाले । आइष्मालाई त्यसबेला त्यो केटा किन कराएको र के भएको थियो भन्ने केही थाह थिएन । भरे यसो कुरा बुझ्दा उसबाट एउटा गल्ती भएछ । उसले एउटा ट्रेकिङ गर्ने समूहको सामान अर्को समूहमा पठाइछ । उसलाई आफ्नो गल्ती थाहा भएपछि उसले हरेक कोसिस गरेर आफ्नो गल्तीलाई सच्याउने प्रयास गरी । त्यस दिन उसलाई जागिरबाट निकाल्न सक्ने सम्भावना धेरै थियो तर उसलाई जागिरबाट निकालिएन चेटावनी भने दिइयो । जागिरको १, २ महिनामै यस्तो नराम्रो भएकाले आइष्मा अलिक दखी हुन थाली र उसलाई एकदमै नरमाइलो लाग्न थाल्यो । ऊ उदास हुन थाली । उसलाई त्यो कराउने केटासँग पनि साँढै रिस उठ्न थाल्यो । त्यो घटना घटे

को १ हप्तापछि एक रात ऊ सोचिएरहेकी थिई कि उसको गल्ती थियो तर सम्झाउनु पर्नेमा त्यसरी अपमानजनक व्यवहार गरेकोमा ऊ निकै चिन्तित थिई । त्यही रात उसले एक अपरिचित व्यक्तिबाट उसलाई एउटा मेसेज आयो । उसले मेसेज खोलेर हेर्दा 'I am sorry, मैले शान्त भएर कुरा गर्नुपर्थ्यो' भनेर लेखिएको थियो । आइष्माले कसले मेसेज गरेको होला भनेर त्यस नम्बरमा फोन गरी । त्यस नम्बरमा फोन गरेपछि उसले थाहा पाई कि त्यो मेसेज गर्ने व्यक्ति कार्यालयमा चिच्याउने केटा रहेछ ।

त्यो केटाको नाम कृतन रहेछ । ऊ त्यो घटना घटेको दिनको भोलिपल्ट एउटा समूहसँग ट्रेकिङ जान लागे को रहेछ । त्यो दिन ऊमाथि अरू दबाव र तनावका कारण ऊ आइष्मामाथि बम पड्के जसरी कार्यालयमा पड्केको रहेछ । त्यो केटाले आफूले गरेको नराम्रो व्यवहारप्रति माफी माग्यो । एक दिन आफूसँग कफी पिउन जान अनुरोध गर्‍यो । आइष्माले पनि आफूले गरेको गल्तीको माफी मागी । कृतनको बारेमा उसको मनमा के बसिसकेको थियो भने, 'ए यो मान्छे त रिसाहा र घमण्डी छ है !' मानिसहरूले नयाँ मान्छे भेट्दा उनीहरूको मन मस्तिष्कमा पहिलो छाप बसेको हुन्छ र त्यो छापलाई मेटाउन एकदमै गाह्रो हुन्छ । किनभने एक पटक त्यो छाप बसिसकेपछि त्यस मान्छेको बारेमा सोच्यो भने सम्बन्धित कुराहरू मनमा आउन थाल्छन् । त्यसैगरी आइष्माको मनमा पनि कृतनप्रति यसै प्रकारको एक नराम्रो छाप बसिसकेको थियो । कृतनले आइष्मालाई कफी पिउन जाने त भनेको थियो तर फेरि उसको मनमा भएका ती विचारहरूका कारण उसलाई जान मन नै लागे न । उसलाई लाग्यो कि ट्रेकिङ सकिएपछि भेट त हुँदैन त्यसैले उसले वास्ता नै गरिन । केही समयपछि उसलाई थाहा भयो कि उसलाई जागिरबाट ननिकाल्नु भन्ने व्यक्ति कृतन नै रहेछ । यो थाहा पाएर उसलाई कृतनप्रति कृतज्ञताको भाव जाग्यो र यसपछि उसको कृतनप्रतिको विचार थोरै परिवर्तन भयो ।

दुई महिना वितिसकेको थियो । त्यो घटनापछि उसले कृतनलाई कार्यालयमा देखेकी थिइन । ऊ आफैले पनि त्यो घटनाको बारेमा बिसिसकेकी थिई । एक दिन उसलाई कृतनले मेसेज गर्‍यो कि ऊ ट्रेकिङबाट फर्कियो । ऊ आइष्मासँग कफी पिउन चाहन्थ्यो । आइष्माले नाइ भन्न सकिन उसले हुन्छ त भनी तर कहिले जाने कहाँ जाने ? केही भनिन । कृतनले कुनै दिन सोध्यो भने पनि ऊ, 'म व्यस्त छु, मेरो कार्यालयमा धेरै काम छ' भनेर कुरा टारी दिन्थी । त्यसपछि कृतन र आइष्मा फेसबुकमा साथी बन्छन् । कृतनसँग दिनदिनै कुरा गर्दै गर्दा आइष्मालाई कृतन साह्रै राम्रो र नम्र केटा हो जस्तो लाग्छ । दिनदिनै कृतनका गफ, यात्राका कथाहरू सुन्दा सुन्दै, कतिखेर उसलाई कृतन मन पर्न थाल्यो उसलाई थाहै भएन । एक दिन आइष्मा कृतनको मेसेज पर्खेर बसिरहेकी थिई । तर उसलाई कृतनले त्यो दिन मेसेज नै गरेन । त्यो दिन ऊ एकदमै दुःखी भएकी थिई । उसलाई त्यो दिन निकै खल्लो महसुस भएको थियो । त्यति खेर उसलाई थाहा भयो कि, ऊ त कृतनको मायामा पो परिछ । यो थाहा पाएपछि उसको मनमा भएको पहिलो नराम्रो छापलाई पनि मायाको छापले जित्यो र ऊ त कृतनको मायामा लड्न परी ।

एक दिन छुट्टीको बेला उसको एक जना साथीसँग यत्तिकै घुम्न हिँडेकी थिई । बाटोमा उसले कृतनलाई एउटा स्कुल अगाडि स्कुटर रोकेर बसेको देखी । कृतनलाई देखेपछि उसको मुटुको धड्कन बढ्न थाल्यो । के नबोली जानु भनेर कृतनलाई भेट्न उसको नजिक गई । कृतनलाई भेटेर सामान्य सोधपुछ गरेपछि ऊ किन यहाँ आएको भनेर सोद्धा, उसले कहिले नसोचेको उत्तर पाई । कृतन आफ्ना बच्चाबच्चीलाई छात्रावासबाट लिन आएको रहेछ । उसको कुरा सुनेपछि आइष्माको होस् उड्यो र नकारात्मक विचारहरूले उसको दिमाग भरि यो । उसले आइष्मासँग आफू अविवाहित भएको कुरा गरेको थियो । आइष्माको छटपटी देखेर कृतनले थप कुरा अगाडि बढायो । उसले एक गाउँबाट २ टुहुरा बालबालिकालाई ल्याएको रहेछ । उसको कुरा सुनेपछि कृतनप्रतिको प्रेम र सम्मान सय गुणा बढ्न थाल्यो । उसले जुन नजरले सुरुमा कृतनलाई हेरेकी थिई त्यो सबै परिवर्तन भयो । अब आइष्मा चाहेर पनि कृतनको बारेमा नराम्रो सोच्न सकिदन्थी । 'को चाहिँ यो दुनियाँमा यस्तो दयालु होला र ?' उसले सोची । त्यसपछि कुरा गर्दै गर्दा, खोइ त कफी खुवाउन लग्छु भनेको होइन र ? गफ मात्र दिँदो रहेछौ त । उसले जिस्केर भनी । हुन त पहिला उसले नै बहाना बनाएर नगएकी हो तर पनि उसका विचारहरू कृतनले परिवर्तन गरिदिएको थियो । कफी खान गएका उनीहरूले डिनर पनि गरे । डिनरपछि सन्ध्याको रमणीय दृश्य हेर्दै हिँड्न थाले । कोही पनि केही पनि नबोली एक अर्काको उपस्थिति शून्य जस्तै भयो । दुवै एक अर्कामा हराउन थाले । हलुका चिसो मौसम, अस्ताउँदै गरेको घाम, र उनीहरूका जोडिएका हात त्यो क्षण उनीहरू दुवैका लागि एकदमै विशेष थियो । उनीहरूको त्यो पल पलको मौनता पनि एकदमै अर्थपूर्ण थियो । उनीहरू मौन भएर एक अर्काको स्पर्शमा रमाउँदै थिए । यति बेला उनीहरूलाई बोल्ने आवश्यकता नै थिएन । जब उनीहरू एक अर्काको आँखामा हेरिरहेका थिए तब दुवैका आँखामा एक मात्र कुरा भल्किरहेको थियो'.. माया ।



स्मृति लामा
क्रमाङ्क: २५०१५
हजुरबुबाको आत्मा

गोड्बा परिवार ६ वर्षदेखि घुमारचोकमा बसोबास गर्दै आइरहेका छन् । उनीहरू पहिले भ्रुपामा बस्थे । उनीहरूको परिवारमा ६ जना सदस्य थिए । हजुरबुबा (असन गोड्बा), बुबा (अमर गोड्बा), आमा (मीरा गोड्बा), जेठी छोरी (कला गोड्बा), कान्छी छोरी (कोपिला गोड्बा) र छोरा (आदेश गोड्बा) गोड्बा परिवार बौद्धधर्मावलम्बी थिए । उनीहरू धर्मको सम्मान गर्थे र धर्ममा विश्वास पनि गर्थे । गोड्बा परिवारमा केही कुराको कमी थिएन मात्र हजुरआमाको मायाको कमी थियो । दुई वर्ष अघि खोला तर्ने क्रममा खोलाले बगाएर हजुरआमाको मृत्यु भएको थियो । हजुरआमाको मृत्युपछि गोड्बा परिवारको मुहारमा कुनै उमङ्ग देखिदैनथ्यो । वरपरका छरछिमेकीहरू पनि गोड्बा परिवारलाई आदर सम्मान गर्थे । गोड्बा परिवार पनि आफ्ना छिमेकीहरूलाई उत्तिकै सम्मान गर्थे ।

केही समय निराश मै बिते पनि जीविका चलाउनु नै पत्थो । गोड्बा परिवारले मूर्तिकला व्यवसाय सुरु गर्ने योजना बनाए । गोड्बा परिवारका हजुरबुबा र नाति मूर्तिकलामा निपुण थिए । उनीहरू पहिले बसोबास गरेको ठाउँ (भ्रुपा) मा जति पनि जग्गा जमिन छ त्यसलाई बेचेर व्यवसाय गर्नका लागि चाहिने आर्थिक स्रोत जुटाउने निधो गरे । बिस्तारै उनीहरूको व्यवसाय सुरुभयो । व्यवसाय राम्रैसँग चलन थाल्यो । विभिन्न ठाउँबाट सामानको माग बढ्न थाल्यो । आफ्नो व्यवसाय सफल हुन लागेको देखेर उनीहरू निकै खुसी थिए । उनीहरूको दैनिकीमा पनि सुधार हुँदै जान थाल्यो ।

गोड्बा परिवारको खुसीयालीमाथि फेरि तुषारापात भयो । व्यवसाय सुरु गरेको करिब तीन वर्षपछि हजुरबुबाको पनि निधन भयो । हजुरबुबा सुगर र उच्च रक्तचापका बिरामी थिए । समय समयमा अस्पतालमा गएर चेक जाँच र औषधी सेवन गरे पनि विधिको विधान कसैको केही लागेन आखिर मृत्युका अघि सबै भुक्नु नै पर्ने रहेछ । विधिको विधान सबैले पालना गर्नुपर्ने रहेछ । व्यवसायसँगै हरेक काममा सफलता पाउँदै गएका गोड्बा परिवार मा फेरि नैराश्यता छाउन थाल्यो । लामो समयपछि आकाशको कालो बादल बिस्तारै हराउँदै जान थाल्यो । छोरा अमरले आफ्ना बाबुको मिहिनेतले नै आफूले व्यवसायमा यति छिटो फड्को मारेको कुरा राम्ररी बुझेका थिए । एक दिन बेलुका अमरले आफ्ना घरका सबै सदस्यलाई बोलाएर भने, मेरो शरीरभित्र बुबाको आत्माले बास गरेको छ । त्यसैले मेरो मन बुबाको निर्देशनअनुसार चल्छ र उहाँले जे गर भन्नुहुन्छ, मलाई त्यही गर्न मन लाग्छ । हामीले व्यवसायमा पाएको सफलतामा पनि बुबाकै योगदान छ । अब सबै जनाले मैले भनेको मान्नुपर्छ । नत्र हाम्रो व्यवसाय चौपट हुन्छ । अमरको सल्लाह सबैले माने । एक दिन अमरले भने, अब हामीमा पापको मात्र धेरै बढिसकेको छ । हामीले यसको प्रायश्चित्त गर्नुपर्छ । त्यो पाप मेटाउन हामी सबै जनाले आआफ्नो छातीमा छुरा रोप्नुपर्छ । यो कुरा मलाई हजुरबुबाले भन्नुभएको हो । हजुरबुबाको आत्मा शरीरमा पसेको कुरा अमरले पहिलो नै भनिसकेको थियो । अमरले भनेअनुसार सबैले छातीमा छुरी रोप्न थाले । केही समयभित्र शरीरबाट भएको रक्तश्रावका कारण सबैको ज्यान गयो ।

यस्तो घटनापछि गाउँनै शोकमग्न भयो । छिमेकीले प्रहरीलाई खबर गरे । उनीहरूको शव पोस्टमार्टम गर्नका लागि प्रहरीले लिएर गए । पोस्टमार्टमको रिपोर्टअनुसार अमरको शरीरमा हजुरबुबाको आत्मा पसेको नभई आत्माको भ्रम मात्र भएको रहेछ ।



आदित्य सापकोटा

क्रमाङ्क: २३००१

कविता

संसारमा हामीले हाम्रो विचार र भावना व्यक्त गर्न सक्ने धेरै तरिकाहरू छन् । कविता एक तरिका हो, जसको कारण हामी हाम्रो मस्तिष्क र मुटुभित्र सबै कुरा व्यक्त गर्न सक्छौं । कविता भनेको विचार र भावना व्यक्त गर्न लयबद्ध तरिकाले बनाइने साहित्यिक कार्य हो । कविता सयौं वर्षपहिले जन्मिएको थियो र अझै जीवित छ । हामीले धेरै पढेका छौं र धेरै कविताहरू पढ्न बाँकी छ । हामी विद्यालयभित्र र बाहिर कविता पढ्दै आएका छौं । हामीले सुन्ने विभिन्न उद्धरणहरू विभिन्न कविताहरूबाट ल्याइएका हुन् । कविता पढ्दा लेख्दा हाम्रो जीवनमा सुधार आउँछ र हामी कसरी जीवनलाई हेर्छौं भन्ने कुरामा परिवर्तन आउँछ । यसले हामीलाई फरक दृष्टिकोणबाट हेर्नका लागि सक्षम बनाउँछ ।

कविता विभिन्न भाषाहरूमा लेख्न सकिन्छ र हामी यसलाई अर्को भाषामा रूपान्तरण गर्छौं । त्यहाँ विभिन्न प्रकारका कविताहरू छन्, जुन एउटै तरिकाले पढ्न सकिँदैन । कविताहरू एकअर्काबाट भिन्न हुन्छन् र तिनमा एकअर्काबाट भिन्न भावनाहरू हुन्छन् । कविताका ढाँचाहरूले पनि यसमा भावनाहरू थप्छन् । हामीले बुझेमा मात्र कविता राम्ररी पढ्न सक्छौं । कवितालाई भावुक बनाउन खुला हृदयले पढ्नुपर्छ र लेख्नुपर्छ । कवितालाई सार्थक बनाउन लेखकले देखाएको बाटो पछ्याउनुपर्छ ।

मेरो देशमा विभिन्न कविताले नेपालीको मन जितेका कविहरू छन् । नेपालमा कविताको सांस्कृतिक र राष्ट्रिय महत्त्व छ । यी कविताहरूलाई विभिन्न लोक गीतहरूमा रूपान्तरण गरिन्छ । कविता हाम्रो देशमा एक राष्ट्रिय खजाना हो । हामीलाई सानैदेखि कविता पढ्न र लेख्न सिकाइएको छ, ताकि हामीले हाम्रा विचार र भावनाहरू व्यक्त गर्न सकौं । तपाईंको बच्चालाई सानैदेखि कविता पढ्न र लेख्न प्रोत्साहन गर्दा यसले राम्रो नतिजा र उज्ज्वल भविष्य ल्याउने छ । यसले उनीहरूको पढ्ने र लेख्ने क्षमता पनि बढाउँछ ।

कविता लेख्दा आफूप्रति इमानदार हुनुपर्छ । यसले हामीलाई वातावरणसँग जोड्दछ, जसका कारण हामी विभिन्न विचारहरू प्राप्त गर्न सक्छौं । विभिन्न कविताहरूले हामीलाई हाम्रा कमजोर ठाउँहरूमा हिकार एर हामी ती कविताहरू सधैं सम्झन्छौं । हामीसँग सम्बन्धित कविताहरू सम्झने वा मन पराउने प्रवृत्ति हुन्छ । कविताले पनि तनाव कम गर्ने काम गर्छ । हामीले हाम्रो मनमा भएका सबै कुरा कागजको टुकामा लेख्छौं, जसले हामीलाई राहत दिन्छ र ती कविताहरू पढ्ने मानिसहरूले पनि लेखकको भावना बुझ्न सक्षम हुने छन् । कविता लेखन एक कौशल हो, जो सधैंभरि तपाईंसँग रहन्छ । हातमा कलम लिनेबित्तिकै प्रकाशको गतिमा शब्दहरू निस्कन थाल्छन् र मन र दिमागमा सदा रहने छन् ।



आश्रव खनाल

क्रमाङ्क: २२००१

विश्वेश्वरप्रसाद कोइराला

विश्वेश्वरप्रसाद कोइरालाको नाम हामी धेरै ठाउँमा सुन्ने गर्छौं । उनी नेपालका एउटा विशिष्ट व्यक्ति भए पनि उनका बारेमा हामीले धेरै जानेका छैनौं भन्ने मेरो विचार छ । त्यसैले यस लेखमा हामी विश्वेश्वरप्रसाद कोइरालाको जीवनका बारेमा थाहा पाउने छौं । विश्वेश्वरप्रसाद कोइराला नेपालको पहिलो जन निर्वाचित प्रधानमन्त्री थिए । उनलाई नेपाली साहित्यका विशिष्ट साहित्यकारका रूपमा पनि चिन्ने गरिन्छ । उनले आफ्नो जीवन नेपालमा प्रजातन्त्र स्थापना गर्नमा र देशको प्रधानमन्त्री भएर बिताए । साहित्यका क्षेत्रमा उनले मनो वैज्ञानिक कथालेखनको सुरुवात गरे ।

विश्वेश्वरप्रसाद कोइरालाको जन्म सन् १९१४, सेप्टेम्बर ८ मा भएको थियो । उनका पिता कृष्णप्रसाद कोइराला थिए । उनका पिता महात्मा गान्धीका ठुला अनुयायी थिए । उनी आफ्नो पिताका दोस्रो छोरा थिए र उनका दाइ मातृकाप्रसाद कोइराला थिए । १४ वर्षको उमेरसम्म कोइरालाले आफ्ना बाबुद्वारा स्थापित स्कूलमा पढे र त्यसपछि सहरको हरिश्चन्द्र विद्यालयमा भर्ना भई पढ्न थाले । भारतमा ब्रिटिस राज चलेको बेलामा कोइराला र उनका दाजु मातृकाप्रसाद कोइरालालाई आतङ्कवादी सम्बन्धको आरोपमा तीन महिना जेल सजाय दिइयो । जेलबाट छुटेपछि कोइरालाले आफ्नो माध्यमिक स्तरको अध्ययन पूरा गरी कलकत्ताको स्कटिस चर्च कलेजमा अध्ययन गर्न थाले तर छिटै उनी बनारस फर्के र बुबाको इच्छाअनुसार उनले कलकत्ताको स्कटिस चर्च कलेजमै फेरि भर्ना हुनुपर्यो । उनले दोस्रो पटक कलकत्ता छाडे र बनारस फर्की त्यहाँको हिन्दू विश्वविद्यालयबाट अर्थशास्त्र र राजनीतिमा डिग्री हासिल गरे । त्यसपछि कलकत्ता विश्वविद्यालयबाट कोइरालाले कानूनको डिग्री हासिल गरे । कानूनको अभ्यास उनले दार्जिलिङमा गर्न थाले ।

विद्यार्थी कालमा उनी विभिन्न राजनैतिक गतिविधिहरूमा संलग्न हुन्थे । उनले भारतको राष्ट्रवादी आन्दोलनहरूमा पनि भाग लिए र दोस्रो विश्वयुद्धमा उनलाई बेलायती सेनामा भर्ना गरिएको थियो । कोइरालाले सन् १९४७ मा नेपाली राष्ट्रिय काङ्ग्रेसको स्थापना गरे जुन पछि नेपाली काङ्ग्रेस भयो । सन् १९४७ को मार्च महिनामा कोइराला नेपाल प्रवेश गरे र गिरिजाप्रसाद कोइरालालाई विराटनगर जुट मिल हडताल भड्काउनमा सहयोग गरे । काङ्ग्रेसका अन्य चार नेतासहित उनलाई गिरफ्तार गरी हिँडाएर काठमाडौं लगियो र त्यहाँ बन्दी बनाइयो । कैदीहरूको मार्चले उनीहरूलाई नेपालभरि चिनायो र त्यही लोकप्रिय विरोध र गान्धीको अनुरोधबाट उनीहरूलाई रिहा गरियो । सात सालको क्रान्तिले गर्दा नेपालमा रहेको राणा शासन हट्यो जसमा कोइरालाको ठूलो योगदान थियो । सन् १९५९ मा भएको आम निर्वाचनमा नेपाली कांग्रेस विजयी भएपछि कोइरालाले आफ्नो नेतृत्वमा सरकार गठन गरे तर उनको सरकार १८ महिनासम्म मात्र रहयो । आफ्नो प्रधानमन्त्री कालमा कोइरालाले भारत र चीनको मैत्रीपूर्ण भ्रमण गरे र चिनियाँ प्रधानमन्त्रीसँग शान्ति तथा मैत्री सन्धि स्थापना गरे । उनको जग्गा सुधारको नीति नेपालका जमिनदार अभिजात वर्गलाई धेरै नराम्रो लाग्यो । २०१७ सालमा राजा महेन्द्रले नेपालको संविधान र सरकारलाई खारेज गरे र कोइरालालगायत अरू राजनीतिक दलका मानिसहरूलाई कैदमा राखे । कोइरालालाई ८ वर्षसम्म कैदमा राखियो र त्यसपछि देश निकाला गरियो । सन् १९७८ मा उनी नेपाल फर्किए र फेरि उनलाई देश द्रोहको नाममा कैद गरियो । अन्तर्राष्ट्रिय दबावका कारण उनीमाथि लगाइएको अभियोगलाई सरकारले फिर्ता लियो । विश्वेश्वरप्रसाद कोइरालाको मृत्यु २१ जुन १९८२ को दिन काठमाडौंमा भयो ।

एक राजनीतिज्ञको रूपमा कोइरालाले आफ्नो देशमा बहुदलीय प्रजातन्त्रको स्थापनाका लागि जीवनभर सङ्घर्ष गरे । समाजवादले मात्र जनतालाई राजनीतिक स्वतन्त्रता र समान आर्थिक अवसरको ग्यारेन्टी गर्न सक्ने उनको विश्वास थियो । राजनीतिमा मात्र नभई कोइरालाले नेपाली साहित्यमा पनि विभिन्न कथा र उपन्यासको माध्यमबाट ठुलो योगदान दिएका छन् ।



Divij Chand

Roll No. : 33038

Nepal

Nepal is a small country. It is located between India and China. Nepal has so many villages and cities. The capital city of Nepal is Kathmandu. Nepal is a beautiful country. It is famous for its natural beauty all over the world.

Mango

Mango is my favourite fruit. It is also known as the king of fruits. Mango helps us to be healthy. A mango tree is very big. It is good for the eye and skin as well. It is yellow and green in colour. It has a large seed inside.



Sarun Maharjan

Roll No. : 33029



Shatakshi Pandey

Roll No. : 31029

Dashain festival

Dashain is the greatest festival in nepal. This is a festival of happiness. We worship goddess Durga in this festival. It is celebrated for 15 days. The first day is Ghatasthapna. The ninth day of dashain is Maha Nawami. God Kali is one of the forms of Goddess Durga. We play cards and swing in this festival. We ate furandana, nimki and barfi. The main day of Dashain is Vijaya Dashami. On that day, we put tika on our forehead from our seniors and put jamara on our ears and get blessings from them. The last day of Dashain is Kojagrat Purnima.



Aarambha Pant
Roll No. : 33003

My birthday

My name is Aarambha Pant. I am six years old now. I celebrate my birthday on June 14. On my birthday, my friends and relatives were invited. My parents brought a cake for me. I blew out the candles and everybody clapped and sang a birthday song for me. All the friends and relatives gave me gifts. I cut the birthday cake and shared it with everybody. I felt very special and enjoyed the day very much.

Kites

Kite is made up of paper and plastic. I like to fly kites. I fly kites during Dashain. I can see lots of kites in the sky during Dashain.



Atullya Pant
Roll No. : 33006



Aisha Piya
Roll No. : 33033

Paper Craft

Making paper kites and paper cards is fun. We can also draw and colour on it. We can make one or two or three or four. We can decorate them. We can give cards to our friends. We can fly kites in the sky. We can give kites to our friends and enjoy flying kites together.

Vehicles

Vehicles are of different types. Some vehicles are small and some are big. Some examples of vehicles are aeroplane, bus, car, motorcycle and bicycle. My favourite vehicle is an ambulance. It carries sick people to hospital.



Shaswat Poudel
Roll No. : 33036



Medhanshi Bhattarai

Roll No. : 33035

My baby sister

I have a younger sister. Her name is Hemadri Bhattarai. She is eight months old. I play with her. I like her eyes the most. She looks cute with big eyes. She likes to play with rattles and dolls. Her favourite fruit is apples. I love her so much. She also loves me. I hope she will be my best sister.

My Mamaghar

My mamaghar is in Dharan. Dharan is a beautiful city. In my mamaghar, I met my grandmother. She loves me very much. I play with my cousins too. There are many animals like goats, hens, ducks, turkeys, dogs, etc. I like to play with them. There are many trees like mango, guava, banana and pear. I like to eat fruits. I get to eat fresh fruits in my mamaghar. There are clean and wide roads where we enjoy the evening walk.



Kashvi Satyal

Roll No. : 33010



Ashwith Acharya

Roll No. : 31026

Pencil

Pencils help to write in copy. Pencils help to draw in our copy. Pencils have many colours like green, red, yellow, orange etc.

My Favourite Bird

My favourite bird is Lophophorus. Lophophorus is our country's national bird. It is very beautiful. It has two eyes. It has two wings. Lophophorus has many colours on its body. I like to see Lophophorus.



Aashutosh Kafle

Roll No. : 33026



Ujjwol Dhakal
Roll No. : 33023

My Favourite Cartoon

I watch many cartoons like Shiva, Motu Patlu, Gattu, Ballu, Rudra, Pj masks, etc. All of the cartoons are funny. My favourite one is Motu Patlu. Motu and Patlu is an Indian cartoon show. Motu and Patlu are best friends. Motu is fat and Patlu is a thin man. Motu and Patlu love each other. Motu and Patlu live in Furfurinagar. Motu and Patlu have many friends like Dr. Jhatka, Ghasitaram and Police Inspector Chingum. Motu likes to eat samosa.

My Best Friend

Hello everyone! Today's topic is about my best friend. My best friend is Prasoya Yadav. My best friend is kind and nice. She likes to play with fluffy toys. Her favourite fruit is an apple. Her favourite colour is pink. Her hair colour is brownish black. She likes to play bubble games. Sometimes she plays with me. Sometimes we tickle each other.



Reha Gautam
Roll No. : 33015



Pranik KC
Roll No. : 33025

My Favourite Cartoon

My favourite cartoon is Vlad and Nikki. It has five characters. My favourite character is Vlad. Sometimes they fight. Vlad and Nikki like chocolates and ice cream. They have toys. Vlad and Nikki have a pet cat. Vlad and Nikki like the cold season. Mummy likes the hot season.

My Birthday

My birthday is on August 12. I celebrated my birthday with my family and friends. On my birthday, I got lots of gifts. We danced and ate yummy food.



Risimi Mewahang
Roll No. : 33017

My Bag

My bag is green in colour. It is big. I put my books and copies inside it. There are three chains. There is a big picture of Ben 10 on the front side of my bag. We can put a water bottle in the side pocket of the bag.



Riwaan Shakya

Roll No. : 33018



Yug Shrestha

Roll No. : 33034

About My School

I like to go to school because I can meet my friends. I can study at my school. I can play at my school. We are not able to go to school now because of Covid 19. Classes from Grade 4 till college have started physically but my class is still running online. Soon, my school will also run physically.



Avneesha Maharjan

Roll No. : 32005

Health

Health is wealth. We all need to keep our health fit and healthy. To become healthy, we all need to eat healthy food. We need to have a balanced diet. If we do not take care of our health we will fall sick. We should avoid junk food. Pulses, fruit, and green vegetables should be our daily diet for a healthy body. We need to drink lots of water to become healthy. We need to keep ourselves clean and happy.



Aryama Bhattarai

Roll No. : 32027

My Toys

I have lots of toys. All the toys are different. The first toy I am explaining about is the Rubix Cube. It is a puzzle cube. To solve this puzzle, we have to get every colour the same on each side. Next is the bag. It is just a doll's bag. It is pink in colour. It has a rose with matching colour of the bag in the middle. Next toy is the cute plush toys. I have a doraemon, sponge bob, tiger and an elephant. Fourth one is blocks. We can stock them up and make beautiful things like castles, homes, etc.



Aaron Man Pradhan

Roll No. : 32001

Planets

Planets have different environments. Some even have rings like Saturn and Uranus. The biggest planet is Jupiter. The smallest are Mars and Mercury. About 4.5 million years ago, the Earth was really hot. About 2.3 million years ago the Earth became cold. In the modern day, part of Earth split up when an asteroid hit. After that, the moon was created.



Sushant Pokharel

Roll No. : 32020

Earth

Earth is one of the planets of the solar system. There are 8 planets and till now Earth is the only planet where humans and other living beings can survive. Earth is a circle in shape but not a proper circle. It is said to be like an orange fruit in shape. Earth is our home. It rotates while revolving around the sun. Rotation of earth completes within a time period of 24 hours which we call a day. Earth takes 365 days to revolve around the sun which we call a year. Earth has one satellite which we call the moon. Almost 75% of it is filled with water and the rest is land. There are living beings and non-living beings on Earth. Humans, plants and animals are living beings and pen, pencil, fan etc are non-living beings. Earth has a lot of natural resources which we use in our daily life to survive, for eg- water, air, oil, coal etc. There are 7 continents on earth. And they are: Asia, Africa, Europe, North America, South America, Australia and Antarctica. Every continent has countries except Antarctica. Asia is the biggest continent and our country Nepal also falls in Asia.



Ishani Chettri

Roll No. : 32010

Dashain

There are so many festivals celebrated in Nepal. Among them, Dashain is the biggest festival in Hindu culture. Dashain is celebrated for ten days. Ghatasthapana is the first day of Dashain. We put jamara grown from maize and barley. We play swing in Dashain. We fly kites. We put on tika and get blessings from seniors. We went to mamaghar. I play with brothers and sisters. We eat delicious foods. We visit different places. This time we have planned not to go far because of Covid 19. Dashain is one of my favourite festivals. I will enjoy this Dashain.



Rishi Elavya Adhikari

Roll No. : 32013

Birth of Sun

Some 4.5 million years ago in the Milky Way Galaxy, when many waves of energy were travelling. At that time dust particles, gases and clouds came together and started to make a solar nebula. In the solar nebula, many dead stars also came together. Due to big pressure and gravity in the nebula, everything begins to spin very fast. The temperature raised a lot of the new dust also. In the next millions of years, the rotating disc became our sun.



Nirvik Gurung

Roll No. : 32022

Manchester United

One day I was watching Manchester United's match. The match was between Manchester United and Villarreal. It was a UEFA Champions League. The match was very interesting. First, Villarreal scored the first goal. Then Manchester United scored a goal in the sixty minutes which made the match score equal. The game was a neck to neck competition. Finally at the last moment, the champion C. Ronaldo scored a goal and won the game for Manchester United. I enjoyed the game and I was very happy because Manchester United won the match.



Shivansh Rajbhadari

Roll No. : 32017

Trees

Trees are important for us to live. Tree plantation has many advantages on the Earth and our wellbeing. We inhale oxygen to live. Trees are the main source of oxygen. Tree plantation guarantees that the supply of oxygen never ends.



Vani Sharma
Roll No. : 32021

Tihar

Tihar is celebrated for five days. On the first day, we worship crow. On the second day, we worship dogs. On the third day, we worship goddess Laxmi. On the fourth day, we worship ox. On the fifth day, we worship our brothers. This day is called Bhai Tika. During Tihar festival, we play deusi bhailo. We eat selroti. I enjoy every day of Tihar celebration.

Trip to Pokhara

I went for a family trip to Pokhara. As we arrived in Pokhara, it was a sunny day. We went to the roller coaster ride, whac a mole and I got a big hammer. After all that fun, we went to a restaurant. There we ate pizza and went back to our hotel. Another day, we went to Fewa lake. We rode a boat and reached a temple and worshipped. We went to the market to shop and had dinner in a restaurant. The next morning, we returned back to Kathmandu.



Shaurya Shrestha
Roll No. : 32026



Somanshu Rajbhadari
Roll No. : 32018
Dashain Holiday

Dashain is the longest festival. During Dashain, we wear new clothes. We eat delicious food. We flew kites and played on the swing. So, I love the Dashain festival. Dashain is celebrated for fifteen days. The first day of Dashain is Ghatasthapana. The last day of Dashain is Purnima. There are four main days in Dashain. They are Maha Saptami, Maha Ashtami, Maha Nawami and Vijaya Dashami. On the day of Ghatasthapana, we sow seeds of maize or barley for jamara in our puja room. On the day of Maha Astami, we keep phulpati in the Puja room which includes banana leaf, flowers, rice plant, turmeric plant, sickle, hoe and khukuri. On the day of Maha Astami, we rooster and goat in houses and in temples and worship the goddess. In Maha Nawami, we worship our vehicle. On Vijaya Dashami, we worship Durga mata. Elders put a tika on my forehead. They put jamara on my ears and gave me blessings and money too. We went to mamaghar. My grandfather put tika on our forehead and gave us blessings and money too. We also went to our relatives house to celebrate Dashain.



Aarushi Prasai

Roll No. : 32002

My First Day At School

I was excited and scared on the first day of school. The school van came to receive me. I was scared to enter the school. As I entered the school gate, I saw a big school. I saw many teachers moving and I asked one of the teachers about my classroom. She instructed me to walk towards the building right in front of me. I found my class and took a seat. After fifteen minutes, my grade teacher arrived. Her name was Novita rai. We introduced ourselves and started studying. She praised me saying 'You are intelligent!'



Ruhjen Jung Khadka

Roll No. : 32026

Dinosaur

Dinosaurs are known as terrible lizards and they come in all shapes and sizes. Dinosaurs ruled the Earth for over 160 million years. That time was called 'The age of Dinosaurs'. There were different dinosaurs like herbivores, for example Triceratops, Brachiosaurus, Diplodocus, etc. Omnivorous dinosaurs like Citipti, Aviminus, Coloradisaurus etc. Carnivorous dinosaurs like Tyrannosaurus rex, Velociraotr etc. The biggest dinosaur was the Argentinosaurus, Tyrannosaurus R. Rex was the most ferocious dinosaur. Dinosaurs became extinct around 66 million years ago. An asteroid hit Earth which made lots of dust and dirt rise into the air. This blocked the sun and made Earth very cold. Due to climate change, the dinosaurs could not survive and became extinct.



Neel Hang Limbu

Roll No. : 3036

My favourite pet

My favourite pet is a dog but sadly I don't have any pet dogs. I play with the street dog. I feed them. Near my home, one of the dogs gave birth to so many babies. They are so cute. I want to pet them but my mom will not allow me to keep them at home.



Shubha Shree Malla

Roll No. : 31030

My weekend

My weekend was really fun. I enjoyed it a lot. On Saturday I didn't have much fun. But on Sunday, it was really fun. I went swimming. I went to Hyatt regency. It was really fun. I was swimming in a 1.5 feet swimming pool. I thought of going to another pool. But there, I slipped and nearly drowned in the pool. There were no lifeguards so I had to come out by myself. The pool was 1.44 meters deep. I was really scared. After an hour we had our lunch. I also had desserts like vanilla mousse and fruit ice cream. After lunch we went to the playground. After an hour we went to the room. We made the room dark and played hide and seek. We also had our dinner and while I was going home my maternal grandfather gave me a thousand rupee.



Rachit Bhattarai

Roll No. : 31021

Earth

Earth is known as the blue-planet. We live on planet Earth. It is the only planet where oxygen and water are found. The Earth takes 365 days to revolve around the sun. It is the third planet from the sun. The earth is a large ball made of rock, soil and water. Earth has its own natural satellite called the moon. There is one moon on earth.



Pranav Pandey

Roll No. : 31016

My sisters

I have 3 sisters. Their names are Pranusha Malla, Akanchhya Giri and Pratyusha Malla. Pranusha is my sister who only speaks English. Her vocabulary is very good. She is 5 years old and will be 6 in March. She likes Barbie dolls. She plays online games in Khan academy. She loves me so much. Akanchhya is a talented sister. She got 4.0 GPA in her result. She is talented in dance too. She is three years old. She works hard. She only studies with her mother. She loves to play hide and seek. Pratyusha is the youngest sister. She is small. She is 13 months old. She is very cute. She sleeps only in the afternoon and evening. She loves to be carried. I carry her sometimes. Sometimes, she gets an allergy.



Radharani Sen

Roll No. : 31022

My Dashain Holidays

My Dashain holidays were very fun. I went to my mamaghar in Buddha airlines. I was very excited to see my grandparents. We reached the Simara airport and collected our luggage and bags. Then I saw my grandfather waiting for us in the airport so I ran toward him and hugged him. Then we hired a taxi and went home. When we reached home I saw my grandmother and hugged her. She was very happy to see me after a long time. We went inside the house. The next day, I played with my friend Khushi Kumari Shah and we played for 5 hours. When the food was ready my grandfather called me and we ate lunch together. In the afternoon we ate snacks. It was very delicious. On Thursday we came back to Kathmandu.



Pratyush Lohani

Roll No. : 31019

Tihar

Tihar is a festival of lights. It is the greatest festival of hindu. Tihar falls in the month of October or November. Tihar is celebrated right after Dashain. This festival is celebrated for 5 days. Each of the 5 days of this festival is celebrated by worshipping different gods and animals. The first day of Tihar is known as Kaag Tihar. On this day, we worship the crows and give delicious food to them. The second day of Tihar is known as Kukur Tihar. On this day we worship the dogs and treat them with delicious treats and put garlands on their neck with tikas on their foreheads. The third day of Tihar is known as Gai puja/ Laxmi puja. In Gai puja/Laxmi puja, we worship the cows and goddess Laxmi. In the morning, cows are worshipped by putting garlands around their necks and red strings around their tails. In the afternoon the entire house is cleaned and groomed. People may even put fancy lights on their rooms and outside the houses. Houses are cleaned and the doorways and windows are decorated with garlands made of (Saya patri) marigold flowers. People also paint small patterns of footprints to invite goddess Laxmi. People also use colours and draw beautiful patterns called rangoli.



Lavanya Karki

Roll No. : 31012

Solar system

There are eight planets in the solar system. They are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Neptune and Uranus. There are also sun and moon. The farthest planet from the sun is Uranus. Thus, it is the coldest planet. The hottest planet is Venus. It is the second closest planet to the sun. The earth is where we live. The black hole is a region of spacetime where gravity is so strong that nothing, no particles or even electromagnetic radiation such as light can escape from it.



Aaron KC

Roll No. : 31004

Solar system

There are eight planets in the solar system. They are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Mercury has no moon or rings. Mercury is the smallest planet and also it is shrinking. Venus is the second most brightest natural object in the night sky other than the moon. A day on Venus is longer than a year. Saturn has the most moons. Saturn is the most distant planet that can be seen with our naked eyes. Uranus orbits the sun on its side. Uranus has 27 moons. Neptune is a small gas giant. It is the coldest planet. Earth is the only planet that has life. The days on Earth are long in summer and short in winter. Mars is named after the Roman god of war. It is the second smallest planet in the solar system. Jupiter is the largest planet. It rains diamonds on Jupiter.



Navya Ranabhat

Roll No. : 31015

My Memorable Day

My memorable day was 'Father's Day'. On the occasion of Father's Day, I made a beautiful card for my father and gave it to him. I pasted his photo on the card. My father brought a cake in yellow colour. We shared the cake among the family members and enjoyed the happy time.

My Sister

My sister's name is Subhana Thapa. She is two years old. She loves me. I also love her very much. She enjoys playing with me. She has short hair. She likes ice cream a lot. Her favorite vegetable is carrots. Her favorite fruit is banana. My sister is very cute and adorable.



Presley Bhattarai

Roll No. : 31020



Advik Nemkul Vaidya

Roll No. : 31034

My Grandfather

My grandfather's name is Dwarika Man Nemkul. He is an optician. He has worked at Bir hospital. After studying and working in India, he bought a machine and started making power glass in Nepal at first. Slowly, he and his team started to visit remote areas and started to operate eye patients and provide glasses free of cost. He had great relationships with people from small village areas to the royal family of the country. He made glass frames from buffalo's horn and exported them to Japan. He also ran a private clinic in Kupondole, Lalitpur named 'Chasma Ghar'. He had done lots of work for the public of Kupondole area. Mainly, he maintained and protected the Krishna Mandir of Kupondol. He also started a health clinic near Krishna Mandir for people. In Krishna Mandir area, he worked with his team in volunteering the covid vaccines. He has started Kriya Putri Bhawan too. Every month he donates money for the orphanage home. I am very proud to be his grandson.



Sadagi Koirala

Roll No. : 31026

My Favorite Disney Princess

There are so many Disney princesses that we grew up watching movies of, like Snow White, Rapunzel, Cinderella, Ariel, Elsa, Rapunzel, Belle, etc. Disney princess are animated imaginary characters. Amongst all, my favorite Disney princess is Rapunzel. She is very beautiful and has very long blonde hair almost 3 times longer than her height. I also want to have long hair just like her. She lives in a forest throughout her childhood and on her sixteenth birthday she decides to escape to see the outside world. She was raised by a stepmother who was a witch and never allowed her to interact with other people. She did not have any human friend, rather she had a pet friend, a chameleon. She is a good singer. Although she was trapped in a tower for so long she still has a lovable personality and is brave. That is why I like her the most.



Raj Manandhar

Roll No. : 31023

Helping others makes me happy!

We become happy when we do what we like to do. Sometimes we become happy while helping people. Helping others makes us feel proud. I help my parents in their work. I help my mother in household chores like cleaning the room. I helped my father clean his bike. I help my grandfather to carry his vegetable bag when it's too heavy. Whenever I go to temple I help the poor by donating some money and food. I feel happy when helping others. In the same way, we all can be a helping hand to people in need. There are many orphanages, old age homes etc and people there need our help. If we donate food, clothes or money they will be very happy. My family also donate to orphanages and old age homes and I am very happy that my family is helpful for people in need.



Prasiddha Shrestha

Roll No. : 30021

Balveer

Balveer is a famous Indian serial. In the serial, the main character is a boy named Baalveer. The boy has supernatural powers. In his childhood, he got blessings from many fairies. There are many supervillains in the Baalveer serial. Some of them are Timnasa, Bhaimar, Akror, Kaal, Bomball, etc. These supervillains have various powers such as face-changing power, laser power, flying power, lightning power, firepower, etc. There are many worlds in Balveer like Kallok, Veerlok, Pari lok, etc. Therefore, Baalveer is an amazing TV show which has a great storyline and interesting characters.



Snigdha Chaudhary

Roll No. : 30047

Lynx

A lynx is a mammal from the family Felidae. Lynxes are long-legged, large-pawed cats. They are carnivores which means that they eat meat, they can weigh up to 44 pounds. They can live for 7 years. Their heads and bodies can grow up to 40 inches and their tails can grow up to 8 inches.

Hunting

Lynxes avoid humans and hunt at night, which is the reason why they are rarely seen. A lynx can also spot a mouse that may even be 250 feet away from them. Canadian lynxes eat mice, birds, and squirrels.

Species of lynxes

There are about 4 species of lynxes, and they are Canada lynxes, Iberian lynxes, Eurasian lynxes.

Eurasian lynx

Eurasian lynxes are medium-sized wild cats. They are found in Northern, Central, and Eastern Europe, including Central Asia and Siberia. Eurasian lynxes live in boreal forests up to the height of 18 thousand feet. They hunt hares, rabbits, squirrels, marmots, mustelids, red foxes, wild boars, roe deer, reindeer, red deer and many other different rodents.

Canadian lynx

Canadian lynxes are medium-sized North American lynxes. They live in Alaska, Canada, and the northern parts of the United States. They hunt ducks, grouse, moles, red squirrels, voles, and young ungulates.

Iberian lynx

Iberian lynxes are wild cat species endemic to the Iberian Peninsula which is in southwestern Europe. They are also known to be an endangered species.



Bishakha Upadhaya

Roll No. : 30010

Importance of Education

Education is the process of gaining knowledge and skills. It is a lifelong method that ends after death. It is a weapon to enhance one's existence and an important tool to change a person's life. Education determines a person's quality of life. It develops knowledge, skills, and personality. Most notably, education affects job opportunities. A highly educated person is more likely to get a good job. Education also enables one to be mature and successful in his/her decisions. Moreover, educated people know the importance of morality and time management and are thus more likely to be successful in life.

Education is a basic human right. So, everyone should have the education to understand all the important aspects of life. It is a light of hope and is an excellent way to fill one's life with contentment and happiness.



Sambid Dhakal

Roll No. : 30028

Result of Behaviour

Once upon a time, there was a small house in the village called Kopiliya. In that house, There lived a father, a mother and a son. The son's name was Raj. He was a very naughty and over-smart boy. He never used to do his homework. During the online classes also, he always used to play games and watch videos. One day, during the online class when he was playing the games in another tab, the teacher called his names many times but he did not respond. The teacher got angry with him and removed him from the class. At the same time, mom knocked on the door and said "Open the door, open the door, Raj. When he heard the mom's voice he got scared. He did not know what to do. So, he quickly created a new account and forwarded the class link mail to a new account and joined the class. Raj was very good at all these things. After that, he opened the door.

Mother said -" What took you so long to open the door?". Raj replied-" I was doing my classwork and I did not hear you calling me, mom". When mom was in the room, the teacher scolded Raj. When mom heard that she knew about Raj's lie. She got very angry with Raj then, mom called the principal sir. The principal sir also got angry with Raj's behaviour and decided to suspend him. Raj apologised and said sorry. He also promised never to repeat such behaviour. From that day onwards, he took his studies seriously, he never missed any classes and submitted all his assignments on time. He stood first in class and got the scholarship. All the teachers in the school appreciated his hard work.



Sophia Shrestha

Roll No. : 29034

Saraswati Puja

Saraswati Puja is one of the most important festivals of Hindus. It is also called Vasanta Panchami. It is the day when winter ends and spring starts. On this day people worship the goddess Saraswati. She is considered the goddess of knowledge, art, music and wisdom. This is the day for many kids to start writing their first letters. Students go to different Saraswati temples to worship. Students also worship books and pencils etc.

On the day of Saraswati puja, people wake up early and clean their house, the puja area and perform the Saraswati Puja ceremony. Saraswati Puja is specially celebrated in schools and colleges.



Yuvraj Singh Sunner

Roll No. : 30044

Roblox Game

Roblox is an online game where you can make friends and play online games. You can also create your imaginative games. We can also customize our characters as we want them to be. My favourite game in Roblox is piggy and tower of defence stimulator.

Piggy

Piggy is a game that is super popular with kids. We have to survive and escape from the monster piggy. There are 1 to 12 chapters in piggy. In each chapter, you can find hidden notes. We also have to find out where the chapters lead too. With the hidden notes, you can get your skin. Piggy skin is the different types of monstrous animals. Piggy can be played with friends and can find the story of piggy which helps friends escape chapters. I like piggy because it is a fun and entertaining game and can be played with other friends. I can play piggy for hours and not get bored.

Tower Defense Stimulator

Tower defence stimulator is also another popular Roblox game where you have to fight against the monster and place your units that will fight the monster and defend the tower. In this game also you can play with friends and level up to get more skins. We can play new events and play new units. There are three modes in this game 1) normal, 2) molten, 3) fallen. My favourite is the molten mode because it is easier than normal. I like tower defence stimulators because you make your friends and do events together and get new units and can also fight against the bosses of the final wave.

But in Roblox sometimes there can be toxic kids who can get aggressive and hackers who can hack into your Roblox account and block you from using the Roblox account. If this happens, then we have to make new accounts and start again.



Sabhya Marasini Pradhan

Roll No. : 30041

Songs and Music

Music is a part of all our lives, from childhood to adulthood. Music is one of the most soothing and cool things. Music is a universal language and is understandable to everyone.

Music is very important to us because it gives us peace and refreshes our minds. He has the power to make us happy. It brings happiness and hopes to our lives. Types of music that I know are:

Rock music
Jazz music
Country music
Folk music
Pop music
Funk music
Disco
Dance music

The Rock and roll style of popular music was introduced in the United State in the 1950s. Similarly, Jazz is a form of music that originates in African-American communities. Country music is church music. Moreover, the traditional type of music is called Folk music. Pop music is the modern form of song. Funk music is linked with soul music. Disco and dance music are the dancing music. Some of my favourite songs are listed below:

Good 4 u By Olivia Rodrigo
Drivers' licence By Olivia Rodrigo
2002 By Anne Marie
The shape of you by Ed Sheran
Your new boyfriend by Wilbur Soot
Sugarchash! By ElyOtto
Maniac By Conan Gray
Deja Vu by Olivia Rodrigo
Happier by Marshmello and Bastille
Without you by The Kid LAROI
Stay by Justin Beiber and The Kid LAROI

Writing the lyrics of the song and composing music is not a simple job. We need a high level of intelligence and concentration to compose the music and to write the songs. Therefore, music is the beautiful creation of the world.

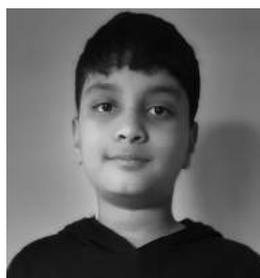


Shreyasa Dangol

Roll No. : 30032

A Little Girl and a Kidnapper

There was a little girl named Amy. She was a very smart girl. She lived with her mother. Her mother always taught her good lessons about life. One day, when Amy was alone and hungry at home. Someone came up to her and said 'Hello little girl! Do you want some chocolate?' When Amy heard the word 'chocolate' she immediately said- 'yes. Then, she ate the chocolate given by the stranger. After that, she started to follow the stranger. The stranger was a kidnapper, he kidnapped Amy. After an hour, Amy remembered her mother's words "Never believe in strangers". Amy got scared. She was very terrified. She calmed herself and started to make plans to escape from there. Somehow she managed to escape from the kidnapper. First, she went to the police station and explained everything. Police officers caught that kidnapper and handed Amy to her mother. They also rewarded Amy for her bravery. Amy also promised to her mother never to believe in strangers anymore. So, after that mother and daughter lived happily.



Hardik Sharma Phuyal

Roll No. : 29047

The Kingdom of Ants

Almost 1 trillion ants die every year, more than the human population ever existed. The anger of their will is stronger than you think. Most of the ants die due to war. Ants belong to the Formicidae family of eusocial insects. They will go to any length to beat their foes. The next section is about war. Every day, about 10,000,000,000 ants die due to the war, but only some specific ants are chosen to go to war and they are called warrior ants. There are many types of warrior ants and the first one is the exploder. When the ants are attacking and the worker ants are

retreating the explosive ant's subsite bombard the attackers and win the war. The second type of ant is poisonous ants. They usually spread the poison on the other colonies' food. So that they would die.

Ants are called the most powerful living beings, but you may wonder that an elephant can carry five people, then how can ants be more powerful than them. Yes, ants are called the most powerful because they can carry 3 times their weight which no one can do. If you want to test then you can carry 3 people but you will not be able to carry them. That is why ants are called the most powerful living beings. Like you can see that an ant can carry a grain of rice. Moreover, Ants have their kings and queens so that's how ants run their kingdoms.



Shuvee Lamichhane

Roll No. : 29033

First Day at School

On the first day of school, I was very excited because I was meeting my friends and teachers after so long and also because it was the first day of sports week. When I reached the school I got emotional to see my school building, classes and friends.

In the morning we had an assembly on the ground. After that, we played musical chairs, basketball shooting, mountain cup races and drop the ball. The first game was musical chairs. It was very fun playing musical chairs and the winner was one of my classmates. Then it was lunchtime. All of us sat together and ate our lunch. After lunch, in the second half, we first played basketball shooting and the winner of the basketball shooting was also my friend Eva. Then, the next game was the mountain cup. I was also in that game but the winner was my friend Nivi. The next game, my friend Prathana won the game. I did not win any games but I was happy for my friends. After all those games, we got tired. We took a rest for half an hour and had our snacks. At 4:00 we depart from each other. The feeling of the 1st day was very different and special.



Samyam Rai

Roll No. : 29028

Why Do We Get Old?

Getting old is an inevitable part of our lives, and none of us is spared from this natural process of ageing. When we are born, we become children rather than adults and then our body's age starts showing symptoms like greying hair, weakening bones and losing our ability to hear and see. And finally, we meet our end of life. Ageing occurs due to a variety of external and internal factors such as environmental stress which causes a change in the structure and function of the body's molecules in the cells. These changes contribute to the cell's damage and repair process and drive their decline, speeding the ageing process. But apart from these, we have a biological factor that affects our ageing process and that factor is our cells, the very essence of life because as we grow old the process of cellular regeneration declines with time. Our DNA in our cells is stored as tightly wrapped strands that form structures called chromosomes. The end of each chromosome has two protective regions called Telomere. And every cell replicating the Telomere shrinks and when it becomes too small, cells stop replicating and die, slowing the body's ability to renew itself. Along with losing our ability to replicate cells our immune system becomes less keen over time and loses the ability to interpret between our cells and enemy cells and because of all this confusion, our immune cells may damage our own body in a phenomenon called autoimmunity. Apart from this other factors affect ageing as well like a decrease in the number of stem cells that can divide and replenish other cells affecting tissue renewal and proper functioning of our organs. There is still a lot that scientists still do not know about the ageing process but hopefully, as time grows old and technology advances we might be able to live longer and stay younger for an extended time. Jenne Louise Calment of France holds the world record for the oldest person ever lived in the history of humanity. Jenne Louse Calment passed away at 122 years and 164 days in the year 1997. Also Kane Tanaka from Fukuoka, Japan has been officially confirmed as the oldest person living 118 years 301 days old as of 2019.



Diya Shrestha

Roll No. : 2022032

Silkworm

The silkworm moth also known as *Bombyx mori* is a lepidopteran whose caterpillar has been utilized in silk production for thousands of years. The silk production is known as sericulture. Although the silkworm is native to China, it has been introduced all over the world.

Larvae that have just hatched are about 2 to 3 mm long and have a voracious appetite. Silkworm caterpillars consume mulberry leaves. During a 45-day growing period, it reaches a maximum length of 75 mm.

An adult silkworm has a thick bristly body and a wingspan of 40 to 50 mm (the adult female is larger than the adult male). Adults' mouthparts are absent, therefore they do not consume for the first two or three days of their adulthood. When housed at temperatures of 24 to 29 °C (75 to 85 °F), females produce about 300 to 500 eggs, which hatch in about 7 to 14 days. Silkworms use their saliva to create cocoons consisting of a single strand of raw silk. These threads can be 300-900 meters long and loop 300,000 times around its body. A total of 2,000–5,000 cocoons are required to produce 450g of silk. Silkworms can be eaten once they have been retrieved from their cocoons. People in China and Korea enjoy it as a snack. Spider genes have been used to genetically modify silkworms. The fibers in a spider's web are stronger than those in silk, genetic changes can help increase silk quality. Especially for children, silkworms can make great pets.



Manasbhi Niraula

Roll No. : 29015

Breathing Problem

Many times we feel uncomfortable breathing. Feeling uncomfortable in breathing in short terms is short of breaths. It mainly occurs due to lung diseases like asthma, emphysema and pneumonia can make us feel out of breathing. Some heart conditions can also make you feel out of breath, but sometimes it is not the case about lung diseases or heart disease that cause them. Sometimes having a cold or flu might cause you to be out of breath. It is because of a stuffy nose, a sore throat, and inflamed airways that make it even worse. And you can not control it but always remember prevention is better than cure so remember that before eating a bunch of ice cream. Next is Anxiety. Having anxiety makes you out of breath through the tension. You can always cure anxiety by not being so afraid and not thinking too much. Choking can also cause you discomfort in breathing due to the food stuck in your throat and the best prevention is not eating like an animal. Shortness of breathing can also be a sign of serious disease.



Ojaswini Lama

Roll No. : 29019

Pokhara

Pokhara is the second-largest city in Nepal. It is also known as the heart of Nepal. It is the second most visited city and is a very famous tourist destination. Both international and national tourists visit Pokhara. It is located in the Kaski district. Famous mountain ranges like Dhaulagiri, Annapurna, and Manaslu are also located in Pokhara. It is very beautiful as it consists of several lakes and other beautiful places like Phewa Tal, Begnas Tal, White Stupa, Mahendra cave, David Falls, etc. It is famous for its natural beauty. It is also the base for trekkers to climb mountains and hills.

Pokhara is also famous for its nightlife. Various nightclubs attract tourists. Pokhara is also famous as a cultural heritage site and temple. Temples like Bindhyabasini, Bhadrakali, Tal Barahi Temple are located in Pokhara. The famous hill Sarang Kot in the northern part of the lake is wonderful for sightseeing. Pokhara is the heaven of Nepal.



Aadar Timalina

Roll No. : 29049

Black Clover

Black Clover is an anime made by Yūki Tabata. It uploaded the first episode on the date of October 3, 2017. It is a Japanese anime. It is a comedy, action and adventure anime. This anime has not been completed yet but it is one of the best anime. The story is very nice.

The series focuses on Asta, a young orphan who is left to be raised in an orphanage alongside his fellow orphan, Yuno. While everyone is born with the ability to utilize Mana in the form of Magical Power, Asta with no magic, however, instead focuses on physical strength. Conversely, Yuno was born as a prodigy with immense magical power and the talent to control wind magic. Motivated by a desire to become the next Wizard King, an authority figure second to the king of Clover Kingdom, the two youths developed a friendly rivalry. Yuno obtains a legendary four-leaf grimoire held by the kingdom's first Wizard King. The four-leaf grimoire is a rare grimoire, only given to the most immense mages. Asta, despite his lack of magic, obtained a mysterious five-leaf grimoire that contains mysterious elf swords and a bodiless member of the Devil race who utilizes rare anti-magic. Afterwards, he and Yuno each join a Magic Knight squad as the first step to fulfil their ambitions.

Asta joins the Black Bulls alongside Noelle Silva while Yuno becomes a member of the Golden Dawn, embarking on various adventures while contending with an extremist group called the Eye of the Midnight Sun whose leadership is manipulated by a Devil in avenging an injustice committed against the Elves by the Clover Kingdom at the time of its founding. The Magic Knights then face the Dark Triad of the Spade Kingdom, with Asta and Yuno learning of their Devils' influence on their lives and of the Dark Triad's plan to fully manifest the Devils into their world.



Kristina Rai

Roll No. : 27006

Kindness Is a Fine Medicine

The world we live in today has been through a lot of things from world wars to epidemics, but one thing which remained constant throughout was resilience and kindness. Moreover, it was the spirit to fight back and help out each other. Kindness must be an essential and universal quality to make the world a better place. Kindness is basically being polite, compassionate and thoughtful. Every religion and faith teaches its followers to be kind. Most importantly, kindness must not be limited to humans but also to every living creature. As people are becoming more self-centred today, we must learn kindness. We must try to integrate it into ourselves. You might not know how a small act of kindness can bring about a change in someone's life. So, be kind always. Kindness is important because you never know if someone is having a really bad day, and a simple act of kindness can turn that day around for a person. Giving is also important because a lot of the time people don't consider how fortunate they are, through giving you can use some of your blessings and help another person out in need. Kindness is the key to changing people's perceptions. It allows people to empathize with others. Throughout culture, kindness is needed to help construct communities. This can help minimize the number of misunderstandings and create less conflict. Kindness often includes compassion, speaking the truth because it is useful to others.

Kindness is very good, and it ought to be achieved by everyone. Nonetheless, certain individuals will profit from your compassion and manipulate you in various ways. Thus, Kindness means to love and care for everyone selflessly. Kindness is an important aspect of our lives that should be included in daily habits.

Helping each other and loving without accepting in return is one of the biggest values of being human. So stay positive and help as much as we can. It is essential for all of us to understand the value of kindness. Always remember, it does not cost anything to be kind. It may be a little compliment or it can be a grand gesture, no matter how big or small, kindness always matters. Therefore, let's try our best to be kind to everyone around us.

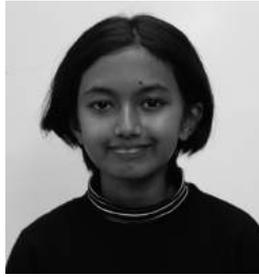


Krishma Thapa

Roll No. : 27005

The Way She Changed

The girl who used to be way far better than normal kids. Not a joyful life, but still is in her world, dreaming like others do but can't be completed. Has an aim to be, tries to fulfil it but fails every time. Kids are the same but she wasn't, she lived a lot of teenage life. Teenagers having troubles in their life and going through such a period as a teenager is like a normal thing for she's been used to it. An introvert, who hated socializing at all. She was not like all those teenage girls gossiping, being too close to others. Maybe because she has been to it. The girl who didn't see any colours in other things. Everyone has a closest and precious person to them and well she had one, her mother. The time she changed was when her mom went to a better place far from them. It was too early but as said everything is done for something good but for her it was not at all. Her father changed. She didn't live other teenagers' lives scrolling through media, making fun videos with friends or even hanging out with friends. She felt like she was alone all the time but still she had a feeling that her mother is with her all the time. Years went by with the same routine. The time she is 18. She decided to let go of that house and live on her own. Years passed and she found a boy. They were very close friends, more like a soulmate. She thought they were soulmates because of the way she read stories. She was changing day by day. Forgetting all those harmful pasts. First, she was not used to it but soon got used to the new world. She then realized she was in the wrong world full of rude ones and dark things everywhere. "She changed", Yes she did. The one around her forgot the old her. The new girl is a cheerful girl, living her dream with the boy she loved. Well, all those were for a better ending right. It says all stories may not have a happy ending but it does. The one in the dark changed the world into light.



Suphiyana Ghimire

Roll No. : 27016

Hello From The Future

Life was normal just like yours or any ordinary humans. My birthdate was on the year-3025, month-Aiea, day-6. My gender is male although I hated being one in my past because at that time my past mother was raped and I was the child she got after being raped she loved me but hated the way I looked even though she didn't tell me this. I knew it since she always said that I had the appearance of the criminal who raped her and she hated that criminal from even the tiniest bits of her heart. I also hated being a boy because in those days we who considered ourselves as 'alpha males' harmed girls and raped them while blaming them for wearing short clothes, saying NO and speaking back to us. On top of that, rules were made for girls with lists of do's and don'ts, but in my head, I always used to have thoughts like why not men like us change ourselves instead of making rules for girls, why not we step on their shoes and do household chores and be an equal contributor in the kitchen so that women of our houses would get time to explore opportunities in the outside world just like us? Why not we be banned from going to holy places to worship the god when we are going through our natural changes just like girls in their menstruation. Why should we be allowed to step outside at night if we are the ones posing a threat to women instead of asking girls to stay indoors?

Despite that fact, right now I am born in a fair but still unfair, type of world and I know my past in my present life because we all humans go through the memory scan at the age of 400. (2008 July 16 was the date I was born in my past life. I was born on earth although the present earth of ours doesn't have months like July because of various reasons I am still unknown of.

Even though my present fellows know about the rules and systems in the present law I would still like to give a summary to those who don't. As you know we all have a personal 3D watch, an air bubble vehicle, public air train e.t.c which comes with 30 rules each(that's it I'm not going to say the rules because those rules are way too long. It took me years to memorize them although I'm just 2000 but still haven't aged because of the ageless therapy that we take at the moment we age 18 since that is the legal and perfect age is what they say. Although at first, it was a fun idea for the teenage-like to be immortal but now being able to live for long is not so fun since right now I know about mostly everything plus there is nothing so adventurous and life is not much enjoyable because it is fun when it is short and adventurous.

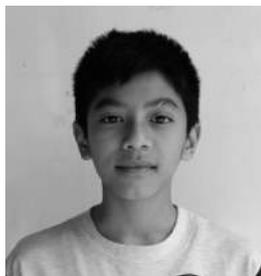


Riddhis Sharma

Roll No. : 26006

If I Could Change Nepal

I want to change many things in the world but I can't. But if I could first I would start the city planning and start working on it. Everything is needed but the most needed thing would be City Planning. And by city planning, I don't just mean Kathmandu only but all the towns in Nepal. Having a planned city helps in many things. For example, provide good services to the citizens, work on waste management and industrial area management and lot more. So, as we all know Nepal is one of the underdeveloped countries listed in the world and to develop the country every city should be planned. Not that a city planning can be done over night but this super project would at the very least take 15 years. The capacity of Nepal exceeds our imagination even after being so small compared to other countries. If Nepal has all cities planned then the next step would be the import and export means. So the next thing I want to change would be the conditions of roads outside of the cities as a planned city would obviously have good roads. So one of the major reasons for imported goods to be expensive is because of the difficulties in the travel bringing goods to Nepal. Muddy roads and off-road like experience makes it very difficult to import it so if the travel means are good then the price would stop skyrocketing and will have a reasonable price. After that, I would actually change one of the most common but difficult problems and that would be not being able to produce the most goods ourselves for our country. This is also related to the pricing of the goods imported. So as we all know other countries sell their goods at a high price to us whereas they sell it cheaper to their own citizens. Not that it's not fair, but this can be a great source of income for the country as these goods would bring them profit and the second benefit for our country doing this would be that unemployment will decrease in a drastic way. These are the things I want to change to develop our country Nepal.



Sauharda Bajrachrya

Roll No. : 26016

Did Pythagoras actually discover Pythagorean Theorem?

We were always wrong about the origin of Pythagorean Theorem. First, let's talk about Who was Pythagoras and what is Pythagorean Theorem? So Pythagoras was a Greek philosopher who was born in around 500 B.C. on a small island in Greece named Samos. He liked travelling and was the founder of Pythagoreanism. Pythagoreanism was a philosophy based on the teaching of Pythagoras. Pythagoreans were the followers of Pythagoreanism and Pythagoreans were obsessed with Maths. But, what is Pythagorean Theorem? Pythagorean Theorem or Pythagoras Theorem is an equation that explains the relation between the sides of a right angle triangle. The equation of Pythagorean Theorem is $a^2+b^2 = c^2$. But, the so-called 'Pythagorean Theorem' was used way before Pythagoras was even born. Pythagoras is known for the discovery of the Pythagorean theorem, but he actually didn't discover the Pythagorean theorem. The Pythagorean theorem was used way before by the Egyptians in building the pyramids. Also in the babylonian era, the Pythagorean theorem concept was written in clay tablets. The Egyptians created the pyramids using the 'Pythagorean Theorem'. If the Egyptians had already discovered the Theorem, why did Pythagoras get the credit? This was probably because the Egyptians didn't talk out loud about the Theorem and when Pythagoras talked about this, he got the credit. This was like when the Vikings discovered America but Columbus got the credit because he actually went there and talked about it.



Jiya Sapkota

Roll No. : 25003

At the age of 70...

Trigger Warning: Mention of Sexual Assault, killing and death Flashing lights surrounded me, but it was not the regular one - it's something else. I've been caught by the cops and they're trying to arrest me. It's not the first time

I've been arrested, I've been arrested a bunch of times. Because I'm not a regular criminal or a pickpocket. For years, I've been known as the most famous serial killer in the world. I've been killing people, seen people lie by the bloody pool, went on a killing spree and what not? I am Caroline Abrahams and I am known as the mustache killer too, just because I specifically kill men with mustaches and after killing them I would cut their mustaches. I was 12 at the time when my father tried to sexually assault me, he was my only parent and I thought he loved me, but sadly he did not. I realised the cruelty behind his innocence and love. I had nothing to do, I saw a knife lying nearby so I stabbed him with it. I ran away from that house and I entered into a small house that my grandma owned. I told her everything that my so-called father did and her face could tell that she was disgusted by her son in law's act and told me that the reason my mother died was him. He was the reason behind my mother's death. My blood boiled. I grew up in the house but I left at the age of 19 without telling everything because I couldn't control and I had always wanted revenge. 09/09/1969 was the date I first killed somebody besides my father, That person was Robert Davids - he was a scientist who just looked like my father because he had a mustache too. The amount of satisfaction that flew in my body after I saw the person die was immense. I was satisfied and I was happy. And until 1975 I had already killed 15 men with mustaches. I am 70 right now and have already killed like 50 men *with mustaches*. Some of the men were; David Gomez from the UK. He was a great businessperson. Next was Hirendra Gopal, from India and he was a Government Officer. Hao-Yu Han (from China), Kota Hayashi (from Japan), and many more. The longest mustache of the man I killed was like 18 inches long. But you see, all these people I killed are men. But it's not like I have never killed a female, I definitely have and they were my first love too. Her name was Nancy Oberoi, she was a rich girl and came from a mixed family. I fell in love with her and she knew, she knew it all along; even she did like me but she was scared that her Indian dad was going to keep a question mark on her and practically throw her out of their house just for being a homosexual. Plus the time was 1975 so her family was nowhere near being so supportive. So she ran away with me. I was trying not to involve her in the killing things but she once kept a finger in front of my act. She said that the thing I was doing was wrong, so I took a gun out of my bag, placed it on her forehead and shot her with it. I regret it but I think I made a good decision not letting a hurdle stop me. I traveled from Europe to Asia to Africa and killed a lot of people. The first time I was arrested, I was genuinely so scared. I thought that I was going to die, but I escaped. And then I got arrested quite a few times. Each and every country in the world had announced that I would be sentenced to death even if the people saw me in their territory. Even though everything that I did was wrong, I enjoyed my life. To the extent that this time, I am going to give up on myself. Today is the last day of my life and I will be dead anytime soon. The date is 10/09/2020, In the United Arab Emirates and at the age of 70, I am kept in front of a giant thread which is soon going around my neck and taking my life away. I've realised that I have been running away too much. I realised that running away from the house I was assaulted in was probably not a good decision because I could have fought for myself, but I didn't. Instead I killed him and kept on killing people for my own satisfaction. I have had enough and I am done dodging my problems or running away from them.



Joya Shrestha

Roll No. : 25004

Abortion

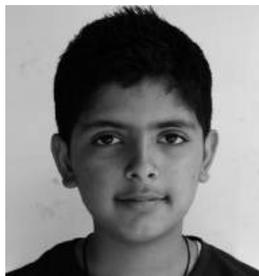
The story begins with a girl named Nisha and a boy named Sonam. They have been friends since childhood, who lived next door to one another. They were best friends who used to study in the same school and did everything together. However, they didn't have any feelings for each other but after high school, feelings of romance started blooming.

They even enrolled in the same college and once again began doing everything together. One day, Sonam confessed his love to Nishma. Nishma also admitted to liking him but was afraid he would not reciprocate it. Nishma and Sonam started dating and their parents also were aware about it and they were happy to see them together. Once they graduated +2, they began working, they used to do part time jobs and they continued their studies as well. They were happy and it was a very nice and healthy relationship. After dating for more than 2 years and knowing each other for more than 15 years they started living together and one day, Nishma found out that she was pregnant. They were teenagers who just passed high school and they were not ready to be parents. They told their parents about it and they were disappointed and they were afraid of how teenagers could be parents? Their parents did allow them to get married and they told them to get an abortion if they wanted their life to be better and plan for a child later when they were financially or mentally stable. Their parents told them that if they wanted to keep the baby it would be one of their biggest mistakes because they were not independent nor mentally ready. Nishma would have to quit her job as well as her studies and Sonam would have to get more than 2 jobs and he also has to quit his studies. It would be very hard for them because they were just 19 years old. Nishma was just 6 weeks pregnant and at right time they knew that they were pregnant and it was easy for them to get an abortion. They also didn't want to be parents at young age so the choice was clear, they were getting an abortion.

The very next day they went to the hospital as they had an appointment. They were fully prepared for the process. They didn't know the risks. The doctor told them about the problems of unsafe abortion how risky the abortion is, the infection and injury. The doctor also told them if the abortion is unsafe the mother can lose her life too. They were very scared after knowing about it but they didn't have any solution so they took the risk and they went through with it. There were two options of moving forward using medicines or through the use of tools and instruments they chose the later option.

Although it was not as painful as she had anticipated it, the emotional toll on her was heavy. But she knew she had made the correct decision. She knew that had she not gone through the process she would not have been able to give her child the life they deserved nor could she live out her own life.

A few years later, the two of them had gotten married, she was at the top of her career, she had completed her Master's degree and was soon expecting a child. Although her life was moving well she still thought about her child, and what life would have been like, had she not gotten an abortion. But she knew that she had taken the right decision even though it hurt her. Now, with the both of them doing so much better, financially and mentally, they both knew that they would be able to provide for the baby with everything and more, all because of the life altering decision they had made, to work on themselves so that their child did not have to suffer.



Samip Aryal

Roll No. : 25014

What is Area 51?

Area 51 is located within the Nevada Test and Training Range in Nevada, USA. It is located in the southern part of Nevada. Area 51 is heavily guarded with security and the experiments that are done there are top secret. Area 51 is part of the groom box. The groom box is rectangular in shape and is measured 37 by 40 kilometers. It is connected to the Nevada test site. The road connected to area 51 leads to mercury village in the south and Yucca Flat in the west. The road also leads to mines in the Groom basin. The origin of the name "Area 51" is unclear. It is also believed that the number 51 in area 51 was used because it was unlikely that the AEC would use that number.

In 1864, lead and silver were discovered in the southern part of the Groom Range. J. B. Osborne acquired the control of Groom in 1876, and his son acquired it in the 1890s. The mining continued until 1918, and then resumed after World War II until the early 1950s. The Central Intelligence Agency (CIA) established the Groom Lake test facility in April 1955 for Project AQUATONE. Project AQUATONE was a mission to test U-2 to spy on Soviet airships.

The Project Director was Richard M. Bissell Jr. He conducted a search for a suitable testing site for the U-2 which was extremely guarded just like the other project. On 4 May 1955, a survey team arrived at Groom Lake and laid out a 1,500 m north-south runway on the southwest corner of the lakebed and designated a site for a base support facility

The Ranch consisted of a few shelters, workshops, and homes. Over three months later, the base consisted of a single paved runway, three hangars, and a control tower. The base also had a movie theater and volleyball court. There were also several wells, and fuel storage tanks. The Ranch received its first U-2 delivery on 24 July 1955.

Project OXCART was established in August 1959. Project OXCART was a project which was done to make the fastest and the highest-flying aircraft. This project included testing at Groom Lake, Groom Lake had received the name “Area 51” when A-12 test facility construction began in September 1960, including a new runway of 2,600 m to replace the existing runway. Reynolds Electrical and Engineering Company (REECo) began construction of the project on 1 October 1960 with double-shift construction schedules. The contractor upgraded base facilities and built a new 3,000 m runway diagonally across the southwest corner of the lakebed. By August 1961, construction of the essential facilities was complete. The facilities in the main cantonment area included workshops and buildings for storage, administration, a commissary, a control tower, a fire station, and housing. Older buildings were repaired, and additional facilities were constructed as per the requirement. A permanent aircraft fuel tank farm was constructed in early 1962. The first A-12 test was held on 28 February 1962 It made its first flight on 26 April 1962 .



Smriti Lama

Roll No. : 25015

Jealousy leads to Failure

Once there were two best friends named Alan and Alex. They had been together since their childhood. Although they were from a small village, they had very big ambitions. They always dreamed of becoming very successful business people. Alan was from a poor family whereas Alex was from a wealthy family despite their status they both were good friends. In their school level they both were very good at studies but Alan was a bit more focused and good in the studies. Alan excelled in everything and Alex used to get jealous. Alan was a good boy but sometimes Alex was arrogant and tried to show off his wealth. Time passed by and Alex was a bit naughty one he did some mischievous thing and blamed it on Alan. They had completed their high school education together. One day Alan and Alex got into a big fight. They had been assigned to make a project where they had to formulate a viable business plan. They were in different groups.

But on the submission day some of their ideas and design matched so Alex accused Alan for copying his idea which was not even true. Besides that the teacher praised Alan's works more than Alex's because of which he was very jealous and instead of praising his friend he accused him of cheating and copying. Alan was very sad to hear such disrespectful words from his best friend. After they got into a very big fight that day they never talked with each other. Alex was very arrogant and lazy whereas Alan was very smart and obedient. Many years passed by and the boys had already left the small village. They had gone to the city area to start a business accordingly. Alan was from a poor family so he had made a lot of plans for starting up a business about his money, places needs etc but on the other hand alex had a very kind of jealousy he however wanted to become more successful than Alan. So without realizing what was good for him and what was bad he invested all his money that he had taken from his father. Alan had made up all his plans and now was set to start up his business. Alan and Alex unfortunately bought the land facing each other's side for their business. Alan and Alex were competitors now. Both of their businesses were going well. But one day unfortunately Alan's business went into loss. He had to bear a lot of loss. By seeing that Alex laughed very loud. Alan's planned business also had to bear huge losses then what would happen to the business that Alex started without preparation just for the sake of showing to Alan. He was very sad but he didn't give up. He worked hard and gained the same amount of profit. By seeing Alan growing up and again rising to compete, Alex invested all his money to grow the business without thinking twice. Alan had also stopped him by saying that he should invest all this money. He didn't listen to him and answered rudely that a cheater shouldn't teach him. Alex didn't listen and invested everything.

Months passed by and one day Alan saw Alex's office closed with a seal. Alex was also crying outside. He saw Alan and was trying to hide his face but he came closer and instead of laughing he tried to console him. After seeing Alan's behaviour he was very shameful for his past behaviours. He was very sorry and apologized for his behaviour. Alan forgave him and now they have again started a business together with proper planning and no jealousy in heart for each other and have thrived well.



Sunabi Pokharel

Roll No.: 25018

The Diary of a Bullied Boy

Back in middle school, I was completely different. A happy, outgoing child who was interested in talking to everybody and learning new things. A role model to the entire class who now has changed into a timid, shy, and depressed boy. Yes, I am not the old me anymore. Now, everyone calls me a loner. Not that they are wrong though. Since the past two years, life's been pretty hard for me. For many people, life is pretty awesome in high school but for me, it is completely different. I never got to enjoy high school. I wish I had a friend with whom I could share this with but since I have none, I guess I'll share it with you, my little diary. I hope you keep this secret safe with you.

I was a brilliant kid in 8th grade. "A bright and ingenious student" was what I was called back then. Even after I went to 9th grade, everything was going on pretty well. The first two months were all good. But in the third month of freshman year, an exchange student named Kristian arrived at our school. My first impression when I looked at him was a complete bad boy. And I guess, I wasn't wrong. A tattooed body and messy highlighted hair definitely didn't give me a good aura. I had seen him smoking weed in the toilet but I never dared to tell anybody that. Kristian never noticed me too so I didn't have any problem until one day he caught me looking at him while he was smoking.

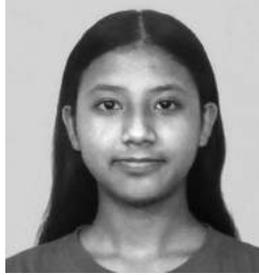
He gave me a death stare and I got really scared. I tried to run but he was quicker than me. The 6-foot tall guy looked straight into my eyes and grabbed my collars. I was very scared. Sweats were forming on my forehead. "He-Help", I tried to scream but he put his hands on my mouth and grabbed my neck. He dragged me into the toilet. I was already out of breath but I didn't dare to say anything. After a couple of minutes, he removed his hands from my mouth. I took a deep breath. "Lil' guy, what's your name?", he spoke, with his strong accent. "M-Mot-Mothis", I replied, stuttering. "So Mothis, why were you spying on me? Do you want to complain to the teacher?", he asked. "Or do you want to die?" he asked again, smirking. I was so scared that I was about to pass out. "No, please don't kill me. I won't tell anyone about this to anybody.", I replied, shaking and sobbing.

"Lil' guy, you've already caught my attention now. And I, Kristian, won't let you go away without making you do anything in return. I'll make you beg for your life.", he said, laughing evilly. Without thinking about anything that would arise in the future, I replied, "I'm ready to do anything for you. Just let me stay alive."

“Good boy. I like you. So, without wasting any of your time as well as mine, I’ll briefly tell you about what you will have to do for me in high school. If you fail to perform any of the activities, you’ll know the consequences.”, he said, quickly. “Firstly, you’ll have to do all of my homework. Secondly, you will bring me ten dollars every day. Thirdly, every day, before I arrive at class, I need you to bring me a coffee. Finally, if you tell this to any other people, including your parents, trust me, buddy, you’re gonna regret it real bad.”, saying this he goes away.

I had no other choice than to do whatever he said. So, from that day onwards, I became his slave. Yes, a slave. That’s what Kristian called me. I had never felt so humiliated in my entire life but there was nothing I could do. Most of the time, I would not complete my homework and instead, would do his homework. My grades kept going down and down. I started getting detention and also started getting punished by the school several times. Sometimes, in a hurry, I would forget to bring Kristian his coffee and ten dollars. Those days were extremely brutal for me. He would punch me in the stomach, would cut my lip frenulum, or would bruise me by different means. It used to hurt really bad. Getting bullied every day both physically and emotionally was like a living hell to me. My parents would ask me how I got bruised. I never dared to tell them the truth. I would create some scenarios of how I fell down and hurt myself.

Long story short, I stole a total of 40,000 dollars from my parents to give to the bully in my freshmen and sophomore year. It’s been a year since the bully left the school but I still feel scared. Scared of the fact that another bully like him would come and torture me every day. I still feel like someone is touching me, bruising me, punching me every time. I am not able to focus on anything yet. I don’t go to school often. I have ruined my studies completely but I just can’t do it anymore. I like staying alone and hate going anywhere that is not my home. After this happened, I still don’t wanna die. I don’t wanna kill myself too. I just wanna live. I want to be able to live freely; not scared of anything. But I don’t even have confidence in myself that I can stand up again. I feel like my life is completely destroyed; destroyed by a bully.



Suprabha Thami

Roll No. : 23043

Sports Tourism

The term “sports tourism” has been used a lot in recent times. Simply looking at a definition, sports tourism is defined as travelling to watch or participate in a sporting event. To be labeled sports tourism, the athletic event must be the major motivation for travel. These days sports tourism is a growing business worldwide with more people willing to travel to watch or participate in the sports event. It has not only continued to rise year after year, but it has also risen to the top of the list of reasons for traveling and vacationing. More and more fans are taking advantage of their well-earned holidays to witness their favorite athletes in action.

The major events that has promoted sports tourism are:

Football World Cup

Football world cup is held every four Years in different countries. In the Cup 32 countries including the host country qualify and players compete against each other. The event lasts around a month. The fans visit the stadium to support their country which results in growth of sports tourism.

The Olympic

The Olympic is a famous and popular sport event held every Four Years. It includes many sports in the event. Like other major sporting events The Olympic also is hosted by different countries. The Olympics involve thousands of athletes worldwide. Event takes place involving over 200 countries.

Some of benefits of sport tourism are listed below:

It encourages tourists to visit the place.

It economically benefits the hotels, restaurants, travelling agencies and many other sectors.

It creates opportunities to develop new infrastructures in the area.

Medias can help promote the area on those occasions.

Money generated from sports tourism can be reinvested.

Conclusion

It is clear that sports tourism is a huge business. There is a big market for tourists to invest in. Sports tourism should carefully be managed to ensure that it is sustainable.



Saki Shrestha

Roll No. : 23051

First priority

Once upon a time in a far away village there lived a girl named “Asha”. She was always seen doing household chores and helping her mother in field work. She was never into any type of educational institutions. Nowadays we can see how the girls living in villages are going to educational institutions to acquire education skills and training. However, she didn’t attend these institutions.

She lived with her parents and her sisters, growing up in a poor family. A few years ago her sister named Isha didn’t get the opportunity to go to school and financial problems were the major reason behind her not attending the school. Any opportunity coming her way was declined by her parents thinking it would be a waste of money. Everyday Asha would quarrel with her parents to let her go to school but she was never allowed. Seeing this her small sister Asha had the concept in her mind that sitting in her house doing household chores is good rather than quarreling with parents. So she and her big sister spent their childhood years doing household chores and supporting her parents.

One day they got a call from their relative who lived in a town and they were from a rich family, and invited them to a marriage ceremony of their daughter. But the father instantly got unhappy about them calling his family as it would take lots of money to visit the ceremony in town. But the father, who belongs to the rich family, decided to sponsor the family to travel all the way from village to town in order to attend the ceremony. Hearing this good news he decided to go to the city and he shared the good news with his family. He couldn’t be more happier and thankful .

Few days later, they reached the wedding home and each of them were busy preparing for the wedding. Asha instantly made many friends there. At night all of them gathered in a room separating different groups to talk about different topics. Asha being unknown about the topics she kept herself in a quiet mode.

After some time some of the girls in the room started to laugh at her as she was not able to make any opinion and comments on the topics. This situation didn’t go unnoticed by her parents and later guilt started arising in them. The mocking behaviour of their friends made Asha tear up but anyhow she controlled herself. At the same time one of her father’s friends silently sat beside him analysing the whole situation and told him “If you would have sent her to the schools keeping the financial problem aside, this situation would not have happened”.

This word hit him hard and started to realise.

He didn't send his daughter to school as the little money which was making their living would be finished. But the amount which will be spent for her education and later she would be earning money and will be taking care of her family wasn't pondering in his mind. Seeing the condition of his daughter he decided to send her to school even though it would take a lot of money and would work hard until his body gives up to make his daughter's future secure as the first priority should always be education.



Prakarsha Tabdar

Roll No. : 25010

If I Ran The World

If I ever had a chance to run the world I will make sure there is no discrimination, hate, crimes etc. All the people must be equal and there will be no different countries like Nepal, India, China, Bangladesh etc. All the countries will be connected and there will be no borders or anything. There will be no school or colleges and children will learn what they are interested in from a young age. Students will be given basic knowledge and they will learn further as they grow up. No people will be rich or poor, everyone will be equal.

All the jobs would have the same salary. It will be compulsory that everyone must have a job and they can't roam around freely. Anyone who is unemployed will get a job of their choice and capability. There would also be strict rules against polluting the environment and you should pay a fine accordingly. People would also not be allowed to smoke. In the case of drugs and alcohol they can only be used for medical purposes. There will also be very less use of factories and industries. There will be no vehicles which run from petrol and diesel. There will be only electric vehicles. People who clean the environment will be paid monthly by the government. There will be public holidays on Saturday and Sunday. People can also follow whatever religion they want and not be subjected to any kind of hate nor violence. There will also be organizations which would preserve natural resources. Those organizations would be paid for their good works. There will also be very low tax on everything. Medical services and education will be free. There will also be no zoo where animals are caged in a small place for the rest of their life. If people want to see animals then they can visit jungles at their own risk. If someone hurts or kills an animal then they should spend 4 years of their life in prison.

There will also be no things like bars people can party in their own home.

There will be 24 hours police and medical service. Police will also be 24 hours in public places so people would not be scared while they are travelling alone at night. People will also be vaccinated after they are born so that they don't have to suffer from any serious diseases. People should also follow traffic rules very seriously and they should only cross the road from the zebra crossing. People should also follow speed limits so there will be low chances of accidents. There will also be a rule where people cannot travel in the rainy season by vehicles due to landslides and floods. All this would be possible if I ran the world.



Muskan Singh

Roll No. : 24003

Importance of Human Rights

Every human being has a set of rights to which they are entitled. These rights are inherited by every human being, regardless of caste, creed, gender, or economic background. Human rights are essential for ensuring that all people are treated equitably. They are, in fact, necessary for a high quality of living around the globe. Furthermore, human rights protect a country's citizens' interests. If you're a human person, you're likely to have human rights. They will aid in providing you with a happy and prosperous existence.

Civil and political rights, as well as social rights, are the two main categories of human rights. This classification is significant because it further clarifies the concept of human rights. Furthermore, they make humans aware of their roles in various sectors. When we talk about civil and political rights, we're talking about the basic human rights. These rights are in charge of limiting the government's influence over an individual's independence. Furthermore, these rights enable people to contribute to the government's engagement. In addition to the enactment of legislation. Following that, people's social rights advise the government in encouraging various approaches to plan that would aid in increasing citizens' quality of life. Every country's government is responsible for guaranteeing the welfare of its population. Human rights enable countries to do so more effectively. Human rights are critical for a country's overall growth as well as the personal development of people. When we look at basic human rights, we can see that they include the right to life, the right to follow any religion, freedom of movement, and freedom from movement, among other things. Each right has a significant impact on a person's well-being. Human life is protected by the right to life. It ensures that no one can kill you, giving you peace of mind. As a result, citizens' freedom of thought and religion empowers them to practice any faith they want. Furthermore, it implies that everybody can think freely. Furthermore, people's mobilization is aided by freedom of movement.

It assures that no one is prevented from visiting or residing in any state of their choosing. It enables you to seize opportunities whenever and wherever you want. Human rights also provide you with the right to a fair trial. Every human individual has the right to take his or her case to a court of law, where an impartial judgement will be made. When everything else fails, they can rely on the court to deliver justice.

Most importantly, humans are no longer enslaved in any way. No other human being has the power to enslave them. Humans also have the right to communicate and express themselves. In conclusion, human rights are critical for people to live happy lives. However, they are often violated these days, and we must band together to address the problem. Governments and citizens must work together to protect one another and make progress. To put it another way, this will secure global happiness and prosperity.



Aaditya Majhi

Roll No. : 2022004

What if the World was in a State of War

War is not something that we long for, but with this saying that doesn't mean that war is not going to happen. People are involved in the war because of many reasons. As WWI began in 1914 after the assassination of Archduke Franz Ferdinand of Austria. His murder catapulted into a war across Europe that lasted until 1918. During the conflict, Germany, Austria-Hungary, Bulgaria, and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan, and the United States (the Allied Powers). If we were in that state then we would want to fight for our country to win and from being captured. Being in war means we have lots of pressure. Factories were more used to make tanks, trucks, or something attached to war. If there was no war then people would not have made nuclear bombs, guns, etc. till now. Like the thing that is made during the war because it was useful during the war to defend from being enemy or the attack. And in today's context, people are more focused on developing the countries and earning the money. It's not like the war has stopped, in many places, there is still a war going on even in its own country. If we now war state the people have made a very good defense to protect their country. And the technology that is required in the war would have been more advanced than now. UNO will not be there. People were not able to travel like now. The hands of all people have been blooded. King or politicians would have to think about how to save the country from being attacked.

To save the country they would have done political marriage. The Alliance would have been like world war I. The other thing that would be nice if we were in a war state is that industrialization would have grown in a very good way. Because of war, we all would be in the army. The things we are doing right now would have been different.

The country might have been divided into many pieces like Korea (South and North) India and Pakistan, Bangladesh. Fighting for territory. The number of people thinking like Hitler might have been there to rule the world. The number of spies would have been all they were. Talking about trust, we cannot trust anyone quickly. All the people would have fear of dying even if they are rich. Some people might have used advanced technology to kill people. People might have used robots as an army. Police would not have many dangerous cases. Talking about war is not good even if it is in a country. It only brings danger and conflict. the number of people would have been dead after birth because of war. Natura would have been very bad.



Utsav Gautam

Roll No. : 23048

Is Human Cloning Good or Bad?

Cloning is the process of replicating the same kind of animal or plant. In detail, cloning is duplicating the original cell with the same genetic characteristics. Clone word originated from the ancient Greek word “klon”, which means twig.

Cloning is a normal form of reproduction for single-cell organisms and some plants. Some yeasts and bacteria naturally reproduce clones of parent cells. That process is called budding or binary fission. Budding is a common process for hydra and binary fission is common for most organisms.

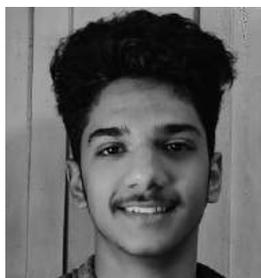
Before human’s scientists have tried to clone many different animals but the first successful cloning happened about 22 years ago. It was a baby black sheep. The sheep was popularly known as “Dolly: The Sheep”. Dolly died when she was six, she lived an average life and produced multiple offspring through natural methods, but she also developed diseases in her later years.

Human cloning is not possible till now but the question is, will it be helpful or a blunder? If humans are successful in cloning themselves what can happen? Yes, there are profitable things, otherwise, this would have been discontinued. Possible pros of cloning are:

- Clones of a scientist can help each other from solving problems.
- The original person can be infertile and the clone can be fertile for possible offspring.
- Clones can be used for an organ transplant.
- Custom human traits can be extracted, so humans with only good traits can be produced.
- Cloning can enhance human development.
- Genetic babies for homosexual people can be possible.
- There are even more things that successful cloning can solve, but the cons cannot be ignored as well. Cons of cloning are:
- Reproduction process will not happen because cloning can make perfect babies.
- Clones will eventually become themselves and will count themselves as normal humans with rights.
- Clones can be better than you and can take all your opportunities and identity.
- If a clone will act like a normal human with rights, it's just reproduction.
- It can create a new disease with itself.

There are many possibilities. The things mentioned above are just some minor pros and cons. In my opinion, Cloning is a great possible project. The process formula of cloning should be kept confidential and only certain people can be allowed. It can fix a lot of problems if done with all precautions.

What Is Your View on this topic?



Aarnov Adhikari

Roll No. : 23003

The production and sale of cigarettes and such related products should be made illegal

In the 21st century, I'm sure that cigarettes and other tobacco products require no introduction.

Cigarettes and tobacco are very harmful substances which damage our body. In my opinion they should be banned due to the large scale of its victims and its effect on our lives. no matter how one looks at it, the disadvantages of smoking cigarettes and tobacco clearly surpasses its advantages.

From children to youngsters to old aged people all have at least some extent of exposure to such products. In fact even infants have exposure to smoking. I don't mean direct exposure but the smoke from other smokers causes a great threat to them. Infact Passive smoking is found to be even more harmful than active

smoking and is responsible for the death of 600000 people on average every year. Like I mentioned before, children and infants are no exceptions either.

From parents, siblings, cousins to bad company at school and workplace children get easy access to cigarettes and smoking. Not only that but they even get a chance to take such things.

Recent reports state that over 1 billion people smoke globally. I'm sure we all are aware about the consequences of smoking. Nevertheless it does not stop us from doing so. It is mostly due to the fact that it contains a very addictive substance called nicotine. The intake of nicotine is very harmful and is more of a problem due to the factor of its addictiveness. Smoking cigarettes and tobacco has an adverse effect on human health. We can see many people die due to lung cancer due to excessive smoking. Since this is so addictive people who get into smoking from their friends and peer pressure can't avoid it and as a matter of fact get more into it. Smoking and chewing tobacco affects our mental state as well. It keeps our mind in a feeling of comfort from the victims point of view but in reality it's not the case. Our mind becomes more dull after the intake of nicotine. People who smoke engage in a lot of fights with the fault which causes mental discomfort to the members of the family as well. And obviously we cannot forget about passive smoking. Even the people who don't wanna smoke get affected by it.

Now after health comes millions of students and teenagers who are going through adolescence and have a lot of thoughts going on in their mind. When they see a senior smoke they are like "Wow he is smoking" and thoughts such as "he is smoking so why can't I?" and "Maybe I will also look cool like that". Such thoughts enter the mind of children and keep them at mental discomfort. Children are the building block of the nation and instead if they start smoking from an early age, it will be a very bad future for the nation. Many children have already fallen victim to such actions.

In a nutshell, I definitely agree that cigarettes and tobacco should be made illegal as everyone is affected when one smokes. Especially concerning the health and in the long term if the health of people and children isn't good then it'll affect the development of the country as well considering that childrens are the pillars of the nation.



Tatsam Gautam

Roll No.: 23045

A hippopotamus can run faster than a human.

The hippopotamus also known as the hippo are the largest, mostly herbivorous and semi-aquatic animals . They are the third largest type of land mammal after the elephant and some rhinoceros and the heaviest as well. In spite of physically being like pigs, the closest relatives are aquatic animals(whales,dolphins,etc). Hippos spend up to 16 hours submerged into water a day as they are graceful to water. They can hold their breath for up to 5 minutes into the water. According to the sources, hippos can't actually swim.These animals glide themselves through the water by pushing themselves off other objects.

Each female hippo gives birth to only one calf every two years and those calves weigh nearly 100 pounds at birth. Soon after the birth, they join their group(named school) that provides some protection against crocodiles, lions, hyena,etc. The average lifespan of a hippo is 40-50 years.The oldest hippo recorded was called bertha; she lived in the Manila zoo in the Philippines since its first opening in 1959. When she died in 2017, her age was estimated to be 65 years. Hippos have a healthy and mostly herbivorous appetite.Looking into the size, we actually thought that they eat a lot but that's not true. They can eat an average of only 88 pound of food a night and travel about 6 miles a night to consume that food.

Hippos can be found in grasslands and forest areas. Proper habitats require water to be submerged and grass nearby. As herbivores, they consume a variety of plants. On some occasions, they have been filmed eating flesh of dead animals.But according to their stomach structure, they are not suited to be carnivorous and meat eating, it is likely to be nutritional efficiency or something like that.

The number of hippos estimated to be between 125,000 to 148,000 remain in the world. Poaching and habitat loss reduced the population of hippos in the 1990s ,but the population has settled due to strict rules and regulations.

Male can weigh more than 6,000 pounds. Females are around 3,000 pounds. Despite their massive bulk, hippos can run faster than humans - up to 30 miles per hour. If threatened on land may run for the water and while running they can match a human speed for short.

Book and Movie Review



हर्षित अग्रवाल
क्रमाङ्क: ३२००९

पुस्तक समीक्षा: छट्टु स्याल

असोज महिनामा हामीले छट्टु स्याल भन्ने कथा पढ्यौं। यस कथामा एउटा छट्टु स्याल हुन्छ। स्याल कुखुरा चोर्न पल्केको हुन्छ। त्यो स्याल प्रकृतिको घरनजिकै आइपुग्छ। स्याल उफ्रिँदै खोरनजिकै आएको देखेर कुखुरा पनि कुरकुर गर्न थाल्छ। त्यसपछि पाङ्ग्रे कुरुर भुक्छ। प्रकृतिले बज्यै अस्तिको स्याल आएजस्तो छ भन्छिन्। बज्यै सानो स्वर सुन्नुहुन्छ। प्रकृतिले ठुलो स्वरले बोलिन्। बज्यैले बल्ल सुन्नुभयो। स्याललाई लखेट्नको लागि बज्यैले लट्टी लिनुहुन्छ। प्रकृतिले टर्च लिन्छिन्। पाङ्ग्रे कुरुर पनि भुक्दै पछि लाग्छ। त्यसपछि त छट्टु स्याल पुच्छर लुकाउँदै भाग्छ।



आर्विन तन्दुकार
क्रमाङ्क: ३०००५
पुस्तक समीक्षा: खुट्टा गन्ने खेल

परिचय

खुट्टा गन्ने खेल चित्रकथामा आधारित कथा हो। यस कथाका लेखक ध्रुव घिमिरे हुन्। यसमा चित्र सजाउने काम अनुकुल गुरुडले गरेका हुन् भने रातो बङ्गला पुस्तकले यसलाई प्रकाशन गरेको हो।

कथावस्तु

वर्षे विदामा रमा, छिरीड, यादव र बुद्ध सदा भैँ खेल्न जम्मा हुन्छन् र बुद्धको घरअगाडिको चौरमा जम्मा हुन्छन्। खेलेर थाकेर बुद्ध चौरमा पल्टिन्छन्। रमाले कानमा कन्सुत्लो पस्ला भन्छे। कन्सुत्लो भनेको धेरै खुट्टा हुने किरा हो र आफूलाई त्यसका खुट्टा कति छन् भन्ने पनि थाहा नभएको कुरा रमाले गर्छे। त्यसपछि सबैले खुट्टा गन्ने खेल सुरु गर्छन्। यस खेलमा जसले सबैभन्दा धेरै खुट्टा भएको किरा फेला पार्छ ऊ राजा हुने भन्छन् र खेल सुरु गर्छन्। यसै क्रममा भिँगा, माहुरी, लामखुट्टे, साङ्गला, माकुरो, गँगटो, भुसिलकिरो आदिको खुट्टा गन्ने र अन्त्यमा यादवले ओरिमुठे फेला पारेर सबैभन्दा बढी खुट्टा भएको भनेर यादव राजा हुन्छ।

पात्रहरू

यस कथामा रमा, यादव, बुद्ध र छिरीड मानवीय असल पात्र हुन् भने भिँगा, माहुरी, लामखुट्टे, साङ्गला, माकुरो, गँगटो, भुसिलकिरो, ओरिमुठे मानवेतर पात्रहरू हुन्। यस कथामा कुनै पनि खराब पात्रको भूमिका छैन।

परिवेश

यस कथाको स्थलगत परिवेशका रूपमा बुद्धका आँगन, चौर अनि चारजना साथीहरूले पढ्ने विद्यालय आदि छन्।

सिफारिस

यो विज्ञान चित्रकथामा आधारित कथा हो। यो कथा पढेपछि हामीजस्ता बालबालिकालाई कुन किराका खुट्टा कतिवटा हुँदा रहेछन् भन्ने कुरा थाहा हुन्छ। कथा रोचक छ। त्यसैले सबैलाई एक पटक यो पुस्तक पढ्नको लागि सिफारिस गर्दछु।



प्रबल दवाडी

क्रमाङ्क: २९०२०

लघु चलचित्र समीक्षा: स्याबास

परिचय

माथिको लघु चलचित्रको नाम स्याबास हो । यस चलचित्रका सम्पादक गणेश कडेल हुन । यस कथाका व्यवस्थापक नरेन्द्र कंसाकार, कथा लेखक हरिवंश आचार्य र निर्देशक मह जोडी मदन कृष्ण श्रेष्ठ, हरिवंश आचार्य हुन ।

कथावस्तु

यस चलचित्रमा सुलोचना र सुष्माले घर छोडेर गएका हुन्छन् । उनीहरू काठमाडौंको गाडी चडेर जाँदै गर्दा उनीहरूले गाडीमा २ जना फटाहा मानिसलाई सबक सिकाउँछन् । एउटी बुढीआमालाई लुटिनबाट बचाउँछन् । बुढी आमाकी छोरीले ती केटीहरूलाई आफ्नो खुट्टामा आफैँ उभिनुपर्दछ भनेर सिकाउँछन् । त्यसपछि उनीहरू पढ्छन् र गाडी पनि चलाउँछन् । त्यसपछि उनीहरूसँग पैसा हुन्छ ।

असल पात्र

यस चलचित्रका असलपात्रका रूपमा दिदी बहिनी सुष्मा र सुलोचना आएका छन् किनभने उनीहरूले आफ्नो पढाइ गर्न र काम गर्न धेरै मेहेनत गरेका छन् । त्यसै गरी बुढी आमाकी छोरी पनि छन् । उनले ती केटीहरूलाई आफ्नो खुट्टामा उभिन उत्प्रेरित गर्छिन् ।

खराब पात्र

यस चलचित्रको खराब पात्रको रूपमा बसमा यात्रा गरेका दुई जना केटाहरू रहेका छन् जसले दिदी बहिनीलाई जिस्क्याउँछन् र बुढीआमालाई लुट्न खोज्छन ।

परिवेश

यस कथाको स्थलगत परिवेशमा प्रहरी चौकी दिदी बहिनीको घर,सहर र विद्यालय रहेका छन् ।

सिफारिस वा निष्कर्ष

यो चलचित्र म सबैलाई सिफारिस गर्न चाहन्छु किनकि यस चलचित्रले हामीले आफैँ काम गर्नुपर्दछ र आफ्नै खुट्टामा उभिनुपर्दछ साथै छोराछोरी दुवै आफ्नै सन्तान हुन् यिनीहरूलाई भेदभाव गर्नुहुँदैन भन्ने सन्देश दिएको छ ।



संस्कार शर्मा
क्रमाङ्क: २९०५१
जलपरीको सङ्घर्ष

परिचय

जलपरीको सङ्घर्ष कथा एउटी जलपरी, उसकी आमा र सार्कलाई पात्र बनाई लेखिएको चित्रकथा हो । यस पुस्तकका लेखक दीपक गौतम हुन् । यस पुस्तकका सम्पादक शान्तदास मानन्धर हुन् । यस कथाको प्रकाशक संस्था एपोलो अफसेट प्रेस प्रा.लि. काठमाडौं हो ।

कथावस्तु

एकदिन जलपरी आमासँग भ्रगडा गर्दै थिई । साथीको जन्मदिन मनाउने बहाना बनाएर ऊ सार्कसँग घुम्न गई । आमाले उसलाई कपालमा काँटा लगाएर जान भन्नुभयो । सार्कलाई भेटेपछि ऊ सार्कको ढाडमा चढेर मुगा भएको ठाउँमा आफूलाई लैजान भनी । उनीहरू समुन्द्रको फेदमा घुम्न गए । सार्कले उसलाई धेरै पर लाग्यो । उसलाई अब डर लाग्न थाल्यो र उसले सार्कलाई अब घर फर्किन आग्रह गरी । तब सार्कले रुखो स्वरमा तिमी अब घर जान सकिदैनौं भन्यो अनि जलपरीले आफूसँग नजिस्कन भनी तर सार्कले यो कुरा साँचो हो भन्यो र उसलाई आफूले खाने कुरा गन्यो । सार्कको कुरा सुनेर उसलाई डर लाग्यो । ऊ सार्कको जालबाट भागी तर फेरि माभीको जालमा परी जति प्रयास गरे पनि ऊ जालबाट निस्कन सकिन अनि उसले आमाले जस्तो समस्यामा पनि धैर्य गरेर आफ्नो दिमाग लगाउनुपर्छ भन्ने कुरा सम्झेर टाउको समातेर बसी र त्यसै बेला उसको हात आमाले दिएको काँटामा पुग्यो अनि उसले त्यो काँटाले माभीको जाल काटेर आफ्नो ज्यान बचाई ।

पात्रहरू

जलपरीको सङ्घर्ष कथामा खराब पात्रका रूपमा सार्क र माभी छन् । सार्कले सोभी जलपरीलाई खान खोज्छ अनि मान्छेले निर्दोष जनावरहरूलाई मार्न जाल थाप्छ । जलपरी र उनकी आमा यस कथामा असल पात्रका रूपमा छन् । उनीहरू सोभा छन् । जलपरीलाई के गर्न हुन्छ र के गर्नुहुँदैन भन्ने पनि थाहा थिएन ।

परिवेश

समुन्द्र र त्यस वरिपरिको वातावरण नै यस कथाको मुख्य परिवेश हो । यस भित्र मुगा भएको ठाउँ, जलपरीको साथीको घर, माभीको गाउँ यसका अन्य परिवेशहरू हुन् ।

सिफारिस वा निष्कर्ष

यो कथाले धेरै कुराको ज्ञान दिन्छ । अरूलाई तुरुन्तै विश्वास गर्नुहुँदैन । आफूभन्दा ठुलाले भनेको कुरा मान्नुपर्छ । अफठ्यारो समयमा नआत्तिकन दिमागले सौँचनुपर्छ । आफूसँग भएको सामानको धेरैभन्दा धेरै काम आउने हुनाले सामानको कदर गर्नुपर्छ । यस कथा रोचक रूपमा सिक्न सकिने हुनाले सबैलाई यो कथा पढ्न सिफारिस गर्छु ।



रुसीना तामाड

क्रमाङ्क: २६००८

पुस्तक समीक्षा: मोदिआइन

विषय प्रवेश:

‘मोदिआइन’ विश्वेश्वरप्रसाद कोइरालाद्वारा रचित लघु आकारको उपन्यास हो । यो पुस्तकलाई साभा प्रकाशनले प्रकाशित गरेको हो । यस उपन्यासमा विश्वेश्वरप्रसाद कोइरालाले महाभारतको कथालाई जोड्नुभएको छ । कथामा त्यो भयावह युद्धको अवस्था एक सामान्य नारीले देखेको, भोगेको र अनुभव गरेको कुरा उपन्यासमा पस्किने प्रयास रहेको छ । कथामा श्वैरकल्पनाको (फेन्टासी) प्रयोग गजबले गरिएको छ ।

कथावस्तु:

म पात्र जिद्दी गरेर मिसिरजीसँग ट्रेनमा इन्डिया आएका हुन्छन् । उनी दुई जना ट्रेन चढेर दरभङ्गा पुग्छन् । ट्रेनबाट आउँदा उनीहरूले टन्नै दृश्यहरू देख्छन् । दरभङ्गा भनेको ठुलो ठाउँ थियो । म पात्रले दरभङ्गाजस्तो ठुलो र राम्रो ठाउँ देखेर छक्क परिरहेका थिए । त्यहाँ आइपुगेपछि म पात्र र मिसिरजी मोदिआइनका घरमा गए । मोदिआइनले उनीहरू दुबै जनालाई स्वागत गरिन् । मोदिआइनले म पात्रलाई नानीलाई भोक लागेको होला भनेर भनिन् । हडाहा पोखरीमा नुहाएर भोक लागेका कारण खाजा खाए र एकछिन थकान पनि मारे । त्यसपछि म पात्रको चाहनाअनुरूप मिसिरजीले म पात्रलाई दरभङ्गा घुमाउन लगे । दरभङ्गा घुम्दा म पात्रले खेतहरू, भुपडीहरू, अस्तबल, असबाबखाना, ठुलाठुला बाटा धेरै कुराहरू अवलोकन गर्ने अवसर पाए । फर्किदा धेरै थाकिसकेका थिए । उनीहरूले खाना खाए र मिसिरजीलाई राति कामका लागि जानु पनि पथ्यो । म पात्रले पनि जान्छु भनिरहेका थिए । मोदिआइनले जानुपर्दैन नानीलाई भन्नुभयो । मोदिआइनको घरनजिकै हडाहा नामको पोखरी थियो । रात परिसकेकाले म पात्रलाई यति राति पोखरीमा जानुपर्दैन नानीलाई भनिन् । खासमा म पात्र जान चाहन्थे अनि किन भनेर सोधे । मोदिआइनले यो पोखरी महाभारत कालीन पोखरी हो । पहिला एक मछुवारिन बसेर माछा बेच्थी । ऊ कहाँ बस्थी, ऊ कहाँ माछा मार्ने गर्थी, यस्ता कुराहरू कसैलाई थाहा थिएन तर मानिसहरूले उसले बेच्ने माछाहरू असल हुन्छन् भन्थे । एक दिन ऊ सधैंको जस्तै माछा बेच्न आफ्नो सधैंको ठाउँमा बसी । त्यस दिन मछुवारिनको डालामा एउटा ठुलो माछा थियो । दरभङ्गा राज्यको एक तान्त्रिकले त्यो ठुलो माछा देखेर त्यो माछा किन्यो । मछुवारिन त्यत्रो ठुलो माछा बेच्न पाउँदा खुसीले हाँसी । तान्त्रिकले त्यो सुन्दर नारीलाई मक्ख परेर हेरिरह्यो कि त्यसै बखतमा एउटा चिलले भ्रम्टेर तान्त्रिकका हातको माछो चटक्क टिपेर उड्यो तर माछा यति भारी थियो कि चिलले टाढा लैजान सकेन । पचास डेगजति पर लगेर फारिदियो । मछुवारिन एक चोटि फेरि हाँसी । उसलाई लाग्यो कि हाँसोपछिको चेहरा कुनै प्राचीन नारीको हो । उसले सोध्यो- “मछुवारिन, तिमी किन हाँस्यौ ? को हो तिमी ?” मछुवारिनले भनी-म को हुँ तिमीलाई किन चाँसो ? म किन हाँसेको भनी कलियुगमा मानिस मात्र खिडिएनन् कि पशुपंक्षी पनि खिडिसके । हेर न, त्यो माछालाई चिलले उडाएर लैजान सकेन । पहिला मानिसहरू शक्तिशाली हुन्थे र पशुपंक्षी पनि त्यस्तै बलिया हुन्थे । महाभारतको पालामा कुरुक्षेत्रबाट एउटा योद्धाको शरीरलाई टिपेर उडेको चिलले यो माछा पनि बोक्न सकेन । तान्त्रिकले अरू केही सोध्नुभन्दा पहिले नै मछुवारिन अलप भई । त्यसपछि मोदिआइनले म पात्रलाई थाकेको देखेर नानी अब सुत् भन्नुभयो । तर म पात्र सुत्न सकेनन् । मोदिआइनले सुत्न नसकेका म पात्रलाई महाभारतको कथा सुनाउन थालिन् । एक समयमा हस्तिनापुर भन्ने शक्तिशाली राज्य थियो । त्यहाँ तीन भाइ धृतराष्ट्र, पाण्डु र विदुर थिए । धृतराष्ट्रका सय भाइ छोराहरू थिए । पाण्डुका पाँच छोरा भाइ थिए । धृतराष्ट्र र पाण्डुका छोराहरू बिच मिल्ती थिएन । त्यसैले धृतराष्ट्रले आफ्नो पाण्डवहरूका लागि छुट्टै राज्य बनाइदिए । धृतराष्ट्रका छोराहरूले पाण्डवहरूको राज्यलाई सधैं आँखा लगाइरहेका हुन्थे र एउटा जुवाको खेलमा पाण्डवहरूले आफ्नो

सबै राज्य सम्पत्ति हारे । रिसको भोकमा आफ्नी पत्नीलाई पनि जुवामा हारे । यो सबै एउटा नारीले हेरिरेखेकी हुन्छिन् । नारी सानी हुँदा पाण्डवहरू आफ्नो नयाँ राज्यमा सरिरहेका थिए । जुवा खेल्ने बेला ती नारी ठुली भैसकेकी थिइन् । पाण्डवहरूले कृष्णद्वारा धृतराष्ट्रका छोराहरूले जुवामा भेल्ली गरेको थाहा पाए । आफ्नो राज्य पाउन लडाइँ गर्नु परे पनि गर्ने निर्णय लिए । अब लडाइँमा आफ्ना पतिहरूलाई गुमाउनुपर्छ भनेर नारी र अरू केटीहरू दुःखी हुन थाले । यति खेर म पात्र अर्ध निद्रामा परेका थिए अनि अर्ध निद्रामा त्यो सानी केटी स्वयम् मोदिआइन नै हुन कि जस्तो लागिरेखेको थियो म पात्रलाई वा मोदिआइनले आफ्नै कथा सुनाइरहेकी थिइन् भन्ने कुरा म पात्रलाई भान भइरहेको थियो । अन्ततः लडाइँ भयो । लडाइँमा धेरै नारीहरूले, धेरै आमाहरूले आफ्नो पति र छोराहरूलाई गुमाए । यतिखेरसम्म म पात्र भन्डै निदाइसकेका हुन्छिन् । हेर्दाहेर्दै म पात्र निदाउँछिन् । म पात्र व्युभिक्षुंदा बिहान भइसकेको हुन्छ । म पात्र मिसिरजीसँग घर फर्किन तयार हुन्छिन् । निद्रामै भएका म पात्र मिसिरजीसँग ट्रेनमा चढेर घर फर्किन्छिन् । घर पुग्दा सबै जनाले म पात्रलाई हालखबर सोध्छन् । दरभङ्गामा के देख्यौ भनेर सोध्छन् जवाफमा म पात्रले मोदिआइन देखेँ भन्छिन् अनि म पात्रको कुरा सुनेर सबै जना गलल्ल हाँस्छन् ।

परिवेश:

उपन्यासमा म पात्रको घर, बिहारको दरभङ्गा भन्ने ठाउँ, त्यो ठाउँमा जानका लागि प्रयोग गरिएको रेल यात्रा, यात्राको क्रममा देखिएका दृश्यहरू, मोदिआइनको घर, उनको घरनजिकै रहेको हडाहा पोखरी, मिसिरजीसँग घुम्न जाँदा बाटोबाट देखिएको लालदरवार, असवावखाना, अस्तबल, हात्तीसारलगायतका ठाउँहरू कथामा स्थलगत परिवेशका रूपमा आएका छन् । त्यसैगरी कथामा मोदिआइनले म पात्रलाई कथा सुनाउँदा महाभारतको कथामा आएका ठाउँहरू हस्तिनापुर, इन्द्रप्रस्थ, कुरुक्षेत्र, हस्तिनापुर दरवारको पर्खालबिहिरको सानो भुपडी, कुरुक्षेत्रभन्दा अलिक माथि रहेको थुम्को लगायतका ठाउँ कथामा प्रत्यक्ष र अप्रत्यक्ष रूपमा आएका छन् । म पात्र दरभङ्गा आउनु र मोदिआइनको घरमा आउनु, दरभङ्गा घुम्नु, मिसिरजी कामले बाहिर जानु, म पात्र सुत्न नसक्नु, मोदिआइनले म पात्रलाई महाभारतको कथा सुनाउनु, यी सबै कुराहरू यो उपन्यासमा अवस्थागत परिवेशका रूपमा आएका छन् । म पात्र दरभङ्गा आउनु र फर्किनु लगभग २/३ दिनमा भएको र मोदिआइनले लगभग ५/६ हजार वर्षअगाडिको कथा सुनाएको कुरा उपन्यासमा कालगत परिवेशका रूपमा आएको छ ।

निष्कर्ष:

खासमा उपन्यास पढ्नु/पढाउनुअगाडि गुरूले उपन्यासबारे निकै नै सकारात्मक कुराहरू बताउनुभएको थियो । उपन्यास अध्ययन गरिसकेपछि मैले उपन्यासमा बारेमा लेखिएका केही समीक्षाहरूको अध्ययन गरें । कोइरालाद्वारा लिखित 'मोदिआइन' लघु उपन्यासले शान्ति स्थापनाका लागि गरेको प्रयास बढो रोचक छ । जस्तोसुकै अवस्थामा पनि युद्धले कहिल्यै पनि शान्ति ल्याउन नसक्ने सन्देश दिएको छ । धर्म स्थापनाका लागि महाभारतमा कृष्णले युद्ध पनि गर्नुपर्ने कुरा राखेको कुरासँग लेखक सहमति हुन सकेका छैनन् । शान्ति स्थापनाका लागि अरू थुप्रै विकल्प खोज्न सकिन्थ्यो, किन विकल्पको खोजी गरिएन भन्ने कुराको नालीबेली पनि उपन्यासले खोतल्ने प्रयास गरेको छ युद्धमा कसरी सामान्य नागरिकको विचल्ली हुने रहेछ भन्ने कुराको छनक ले खकले मोदिआइन पात्रमार्फत दिन खोजेको सन्देश हो भन्ने मेरो बुझाइ हो । महाभारतको युद्धलाई दिव्य दृष्टिबाट सञ्जयले हेरेर धृतराष्ट्रलाई वर्णन गरेभैं एउटा सामान्य भुइँ मान्छेले महाभारतको त्यो युद्धलाई कसरी हेरिँदोरहेछ त भन्ने कुरा लेखले बडो मज्जाले पस्केका छन् । उपन्यासले धर्मको नाममा ती लाखौँ नागरिकले ज्यान गुमाउन केही जरूरी थिएन भन्न खोजिरहेको छ । सामान्य त मजस्ता कक्षा ८ मा पढ्ने विद्यार्थीहरूका लागि उपन्यासको भाषा अलिक जटिल भए पनि विषयवस्तुले जुनसुकै पाठकलाई तान्ने खुबी उपन्यासमा छ, भन्ने कुरा मेरो बुझाइ हो ।



एस्टेला श्रेष्ठ

क्रमाङ्क: २४००७

इनोला होम्स : चलचित्र समीक्षा

चलचित्र निर्देशक: ह्यारी ब्राडरी

पात्रहरू: इनोला होम्स , युरे डिया , सर्लक होम्स , माइक्रोफ्ट होम्स, लिथोन , टेक्सबर्ग

मैले केही दिनअघि निर्देशक ह्यारी ब्राडरीद्वारा निर्देशित सन् २०२० सेप्टेम्बर २३ मा रिलिज भएको चलचित्र इनोला होम्स हेरेकी थिएँ। यस चलचित्रमा इनोला होम्स सर्लक होम्स माइक्रोफ्ट होम्स इयरोडिया होम्स अनि टेस्कबरी लगायतका पात्रहरूको अभिनय रहेको छ।

कथावस्तु:

इनोला होम्समा यस चलचित्रकी मुख्य पात्र तथा नायिका होम्स परिवारकी कान्छी छोरी धेरै बुद्धिमान हुन्छे। उनकी आमा युरे डियाले उनलाई सानैदेखि धेरै कुरा सिकाएकी हुन्छिन्। उनकी आमा मेरी छोरी कुनै कुरामा कमी नहोस् भन्ने चाहन्थिन्। उनकी आमा उनमा इच्छाशक्तिको कमी नहोस् भन्ने चाहन्थिन्। समय बित्दै गयो। उनकी आमाले सिकाएका हरेक क्रियाकलापमा उनी अब्बल हुँदै गइन्। इनोलाको १६ औँ जन्मदिनमा इनोलाकी आमा उनलाई एकलै छोडेर गएकी हुन्छिन्। इनोलाले आफ्नी आमालाई धेरै खोज्ने प्रयास गरी तर उनले आफ्नी आमालाई भेटाउन सकिनन्। आमाले उनका लागि उपहार छोडेकी थिइन्। जसमा इनोलाका लागि गोप्य सन्देशहरू पनि थिए। आमाले छोडेका फूलका कार्डमा एउटा सन्देश र त्यसमै केही पैसा पनि हुन्छ। जसको सहयोगले इनोला भाग्न सफल हुन्छे। इनोलले ट्रेनमा एक बरीलाई लुकाएको भेट्छे। लिथोन नामक एक व्यक्तिले टेस्कबरीलाई खोज्दै हुन्छ। उसलाई मार्न खोज्छ। इनोला र टेस्कबरी ज्यान बचाउन ट्रेनबाट हाम फाल्छन्। टेस्कबरी पनि इनोला जस्तै घरबाट भागेकी हुन्छे। त्यहाँबाट भागेर आफ्नो ज्यान बचाउन सफल भएपछि दुवै जना विभिन्न सङ्घर्ष गर्दै लन्डन गए। यसबिचमा दुवै जना यात्राका क्रममा नजिकका साथी बनेपछि आआफ्नो बाटो लाग्छन्। अन्त्यमा इनोलाले आफ्नी आमालाई भेटाउँछे।

सन्देश:

इनोला होम्स चलचित्रकी मुख्य भूमिकामा रहेकी इनोलाको सङ्घर्ष आमाबाट पाएको प्रेरणा र इच्छाशक्तिले नै जीवनका कठिनभन्दा कठिन मोडहरूको सामना गर्न सकिन्छ भन्ने कुरा देखाउन खोजिएको छ। इनोलाले गरेको सङ्घर्ष हामी सबैका लागि प्रेरणादायी छ। मानिस वा ठुलो उमेरलेभन्दा पनि काम र जिम्मेवारीले मानिसलाई व्यावहारिक र सङ्घर्षशील बनाउँछ भन्ने कुरा यहाँ देखाइएको छ। यस चलचित्रका निर्देशक ह्यारी ब्राडरीले उत्कृष्ट निर्देशन गरेका छन्। यस चलचित्रका सहायक पात्रहरूको भूमिका पनि स्मरणीय नै छ। मलाई लाग्छ यो चलचित्रले यथेष्ट ज्ञान र मनोरञ्जन दिने कुरामा कुनै दुईमत छैन। त्यसैले म यो चलचित्र दर्शकहरूलाई सिफारिस गर्न चाहन्छु।



सायरा अर्याल

क्रमाङ्क: २३०५७

जीवन काँडा कि फूल

मदन पुरस्कार विजेता भ्रमक घिमिरेद्वारा लेखिएको जीवन काँडा कि फूल किताबमा उनले गरेको संघर्ष र मेहेनतको बारेमा विस्तारपूर्वक चर्चा भएको छ । उनी अपाङ्ग भए तापनि उनको पढ्ने र लेख्ने चाहनाले गर्दा आज उनी पूरै विश्वमा चर्चित छिन् । उनले विभिन्न पुस्तकहरू रचना गरेकी छिन् र तीमध्ये जीवन काँडा कि फूलको पनि एक हाम्रो समाजमा महत्त्वपूर्ण योगदान रहेको छ ।

जीवन काँडा कि फूल किताबमा भ्रमककुमारी घिमिरेको सङ्घर्षमय जीवनको बारेमा उल्लेख गरिएको छ । अपाङ्ग भएता पनि उनले आफ्नो पढ्ने र लेख्ने इच्छालाई सम्भौता नगरेको सराहनीय छ । आफ्नो हजुरआमाबाट पाएको माया र सहयोगले गर्दा, समाजद्वारा गरिएको घृणा, नराम्रो व्यवहारलाई पनि उनले हाँस्दै हाँस्दै स्वीकारिन् आफ्ना सबै दुःख, कष्ट, पीडा उनले आफ्नो मिठो हासोको पछाडि लुकाएर राखिन् । भ्रमक ले यो संसारलाई बोलेर होइन गरेर देखाइन् । उनी गरिब परिवार बाट हुर्किएकी हुन् । जहाँ परिवारको सोचाइअनुसार अपाङ्ग भएर दुःख कष्ट सहेर बाँच्नुभन्दा त बरु मर्नु नै ठीक हुन्छ । समाजको त के कुरा गर्ने उनले आफ्नो परिवारबाट नै साथ, सहयोग र माया पाइन् ।

उनको परिवारबाट उनलाई उनको हजुरआमाको मात्र साथ सहयोग र माया प्राप्त भयो । जीवन काँडा कि फूल सबैले पढ्ने किताब हो । जहाँ हामीले महत्त्वपूर्ण सन्देश पाइन्छ कि विश्वमा गर्न नसकिने काम कुनै पनि छैन । कोसिस गरियो भने त भगवान त भेटिन्छ भने आफूले चाहिएको/आफूले रोजेको चाहना किन नसकिएला त ? समाजले उनलाई काँडा भनेर स्वीकार नगरे तापनि उनी आफ्नो जीवनलाई फूलजस्तो उज्यालो पार्न सफल भइन् । अत्यन्त दुःख र कष्ट आएता पनि उनले कहिल्यै हार मानिनन् र आज उनी पूरै विश्वका लागि प्रेरणा बनेकी छिन् ।

अन्त्यमा, हाम्रो जीवन हाम्रो हो र हाम्रो जीवनमा घट्ने हरेक घटनाहरूको जिम्मेदार हामी नै हौं । हामीले हाम्रो जीवनलाई काँडेकाँडा को रुपमा लिन्छौं कि सुन्दर फूलबाट सजाउछौं त्यो हाम्रै हातमा हुन्छ । मेरो विचारमा हरेक व्यक्तिले जीवन काँडा कि फूल किताब पढ्ने किताब हो र यस किताबबाट पाइने सन्देश हामीले आफ्नो जीवनमा लागु गर्न सकियो भने हामीलाई धेरै फाइदा हुनेछ ।



सुभम रेग्मी

क्रमाङ्क: २२०१४

चार गजलकारका उत्कृष्ट गजल

नेपाली गजलमा योगदान पुऱ्याउने महत्त्वपूर्ण गजलकारका उत्कृष्ट गजलहरूका साथ 'चार गजलकारका उत्कृष्ट गजल' नामक यो कृति प्रस्तुत गरिएको छ । चार गजलकारका उत्कृष्ट गजल एउटा गजल सङ्ग्रह हो । यसमा चार गजलकारहरूका विभिन्न गजलहरू छन् । यसमा मनु ब्राजाकी, बुँद राना, रवि प्राञ्जल, ललिजन रावलजस्ता ठुला साहित्यकारहरूका रचनालाई यस गजल सङ्ग्रहमा समावेश गरिएको छ । मनु ब्राजाकीले गजलको बारेमा सुरुमा चर्चा गरेका छन् । उनले गजलको सौन्दर्यको बारेमा पनि कुरा गरेका छन् । उनले नै गजलको व्याख्या र विश्लेषण गर्दै गजलको पद सङ्गितका बारेमा पनि उनले नै सुरुमा चर्चा गरेका छन् । यस कृतिमा दोस्रो क्रममा बुँद रानाका गजलहरू रहेका छन् । उनी गजल विधाका अर्का महत्त्वपूर्ण व्यक्ति हुन् । उनले धेरै गजलहरू लेखेका छन् । उनका केही गजलहरू रेकर्ड पनि गरिएका छन् । तेस्रो गजल रहेको छ रवि प्राञ्जलको । उनी पनि धेरै राम्रा गजलकार हुन् । उनी माया र प्रेमका गजलहरू लेख्ने गर्छन् । उनी यसैमा परिचित छन् । उनले दुखपीडाका गजलहरू पनि लेख्ने गर्छन् । अब यस कृतिमा अन्तिम साहित्यकार ललिजन रावल हुन् । उनले पछिल्लो समयमा राजनीतिक विषयमा गजलहरू तयार पार्ने काम गरेका छन् । उनी पनि एकदमै परिचित गजलकार हुन् ।

मनु ब्राजाकीका यस कृतिमा रहेका गजलहरू एकदमै भावपूर्ण छन् । यसमा मानिसको जिम्मेवारी के हो भन्ने हामीले कहिले बिसिनुहुँदैन । हामीले कहिले लोभ गर्नुहुँदैन । आफू आत्मनिर्भर हुनुपर्छ, अर्काको कुरा सुनेर पछि लाग्नुहुँदैन जस्ता कुराहरू पहिलो र दोस्रो गजलले हामीलाई सिकाएका छन् । हाम्रो देशको बारेमा पनि गजलमा धेरै कुरा भनिएको छ । हामीले जे गरौं, असल काममात्र गरौं, अरू कुरा नगरौं । सबैको सम्मान गरौं र राम्रो कामका लागि रगत बग्छ भने बग्न दिउं तर नराम्रो काम कहिले पनि नगरौं भनिएको छ । त्यसै गरी अर्को गजलले मानिसलाई व्याङ्ग्य गरेको छ । मानिस विभिन्न रूपका हुन्छन्, त्यही पनि सब मिलेर बस्ने गर्दछन् र कसैले एउटालाई यत्तिकै मुख भन्यो भने सबै त्यसकै पछि दौडन्छन्, जुन धेरै नराम्रो कुरा हो । अर्कोमा आफूलाई चोट परेको घाउ कसरी निको गर्न सकिएला भनेर गजलको रूपमा चित्रण गरिएको छ । मनु ब्राजाकीद्वारा लेखिएको गजलमा माया, ममता प्रयोग गरी राजनीतितिर लागिएको देखिन्छ । यसले गर्दा गजलाई मायातिर लागेको कि राजनीतितिर लागेको अलमलमा पार्ने गर्दछ । त्यसैले उनी गजलमा चर्चित छन् । मलाई मनु ब्राजाकीका यो गजलसङ्ग्रहमा भएका गजलमध्ये आऊ तिमी फर्की मलाई रुवाउन आऊ भन्ने गजल एकदमै भावपूर्ण लाग्यो ।

अब यो गजल सङ्ग्रहमा बुँद रानाको गजल छ । उनका गजलहरू मलाई मन छुने लागे । उनको पहिलो गजलले मानिस जतिसुकै धनी होस् तर इज्जत छैन भने त्यसको केही काम छैन । नराम्रोले हरेस खाए हुन्थ्यो भने राम्रो ले बोल्ने शक्ति पाए हुन्थ्यो भन्ने भाव उनले प्रस्तुत गरेका छन् यस गजलमा । कोही कोहीले गर्दा मानिसले म मानिस हुँ भन्न पनि लाज मानेको छ । राम्रो मान्छेले भोग्नु परेको छ सजाय, नराम्रो हिँडिरको छ निस्फिक्री । यसो हेर्दा बुँद रानाले सामाजिक विषयमा गजल लेखेको देखिन्छ । उनको अर्को गजलले नेताहरू ठुलो धाक देखाउँछन् तर गर्ने बेला केही गर्दैनन् भनेर नेताहरूको असली रूपलाई यसमा चित्रण गरेका छन् र मलाई यो चित्रण गरेको देखेर हाँसो पनि लाग्यो र एकदम मजा पनि आयो । हाम्रो सरकार राम्रो भयो भने देश बन्ने हो, होइन भने त देशमा केही राम्रो हुन सक्दैन । हिजो जे भयो भयो, आज त्यस्तो कदापि हुँदैन भनेर अर्को गजलमा भनिएको छ । बुँद रानाले लेखेका जति पनि गजल यसमा छन् सबै एकदम राम्रा छन् । मलाई सबैभन्दा उनकै गजल राम्रो लाग्यो किनकि मैले उनका गजल राम्रोसँग बुझ्न सकेँ र केही कुराहरू मन छुने थिए ।

अर्को गजलकार रवि प्राञ्जलका गजलहरू पनि यसमा छन् । उनी आफ्ना पीडा, दुख, कष्ट, मायाका कुराहरू आफ्ना गजलमा उतार्ने काम गर्दछन् । जीवनमा सबै कुरा छ तर पनि केहीले सुख दिन सकेको छैन भनेर आफ्ना पीडाहरूलाई गजलको रूपमा एकदम भावनात्मक हिसाबले उतारेका छन् । उनको गजल कसैले राम्रोसँग बुझ्ने प्रयास गर्ने हो भने कसको मनमा आँसु आउँदैन होला र ? दुखले उनलाई केही गर्न नसकेको कुरा आफ्नो गजलमार्फत् प्रस्तुत गरेका छन् । यसैगरी उनका अरू धेरै गजलहरू छन् यस गजल सङ्ग्रहमा तर मैले मेरो मन छुने गजलहरूका भावहरू यसमा प्रस्तुत गरेको छु ।

४ उत्कृष्ट गजलकारहरूमध्ये अन्तिममा गजलकार ललिजन रावलका गजलहरू छन् । उनका गजलहरू बुझ्न अलि कठिन छ तर बुझेपछि उनका गजलको भाव गहन रहेको मैले देखें । उनले जीवनलाई जूनसित दाँजेका छन् यसमा भएको सुरुको गजलमा । उनले भुटो बोल्नेलाई कडा चेतावनी दिएका छन् । भुटो बोल्नुभन्दा मसित नबोलेकै ठिक भनेर भनेका छन् । अर्को गजलमा मानिसका चाहना धेरै हुन्छन् तर तिनलाई सफल पार्न खोज्ने कम हुन्छन् भनेर भनेका छन् । आफ्नो भाग्य कसरी देखाउँछन् मानिसहरू र देखाएर के गर्छन् भनेर भनेका छन् । नेपालमा मानिसहरू घुम्न आउँछन् अनि जान्छन् तर कोही विदेशीहरू सधैंका लागि यता बस्दैनन् । त्यसै गरी कोही पनि र केही पनि सधैंका लागि आफ्ना हुँदैनन् । गाह्रो परेको बेला जो आफूसँग हुन्छ, त्यही मानिसको विश्वास गर्नुपर्छ ।

यो गजल सङ्ग्रह एकदमै उत्कृष्ट छ । मैले यो सङ्ग्रह एक पटक मात्र पढेँ तर यसमा रहेको भाव अत्यन्तै राम्रो छ । मलाई यस गजल सङ्ग्रहमा सबैभन्दा राम्रो र अलि धेरै भावपूर्ण लागेको गजल बुँद रानाको हो र रवि प्राञ्जलको गजल चाहिँ मन छुने थियो । मलाई ललिजन रावलका गजलहरू बुझ्न अलि कठिनाइ भयो तर उनका गजलहरूले देशका कुराहरूलाई समेटेका छन् । मनु ब्राजाकीका गजलहरू राम्रा छन् । म यो गजल सङ्ग्रह सबैलाई एक पटक पढ्न र बुझ्न अनुरोध गर्दछु । गजल पढ्नुभन्दा अगाडि म एक पटक गजलको सैद्धान्तिक पक्ष पनि बुझ्न अनुरोध गर्दछु ।



Selena Bhattarai

Roll No. : 30039

Book review on Story of Chocolate

Written By: Katie Daynes

Illustrated By: Adam Larkum

Published By: Usborne Young Reading

Summary

It is the world's most popular treat but where does chocolate come from? And why is it so delicious? Discover the bean behind each bar and follow its journey from the American rainforest to factories everywhere.

Favourite paragraph

Daniel added milk to the chocolate but that made the chocolate too runny, Peter was stuck.

Luckily, Henri Nestle lived next door and He knew a lot about the food. He soon found a way to thicken Daniels chow mix.

Reason: This is my favourite paragraph because they both are trying to make a new kind of chocolate doing teamwork.

This is a very easy reading book with great illustrations. Each chapter chronologically tells the history of chocolate. It also has a chocolate recipe to end too! This is a very informative yet cute story of how cocoa beans were found and used. I recommend all the children to read this book.

Book review - Abe The Service Dog



Sumedha Adhikari

Roll No. : 29036

Name of book: Abe the Service Dog

Author: T. Albert

Published: Monkey Pen Ltd

Plot

There was a dog named Abe. He was a service dog. When he was a puppy his owner told him he would be a service dog for a person who could not see. He thought it was something special. When he grew a little older, he went to school. His sister was sent to another school to learn how to deal with people with Autism.

His other brother was sent to a special school to learn how to warn people. He learned to stop and look before crossing the street. He learned what a red, yellow and green light meant. After a long time in school, he graduated and his trainer introduced him to BJ. Abe and BJ trained together for several weeks and became good friends. One day the trainer said we were to go to a new home with his master and friend. They spend many years together. He took care of BJ. He always tried to make things better for her. BJ also took care of Abe. A long time passed and now he can't help his friend anymore. BJ was off to school again training with a new service dog.

Opinion

I loved this book but I do not like the ending part. It should have had a happy ending, I wanted Abe and his master to spend their whole life together. I felt bad for Abe. The positive part of the book is that it teaches us to help people and it also tells us about the hard work and the loyalty of the service dogs. I also recommend this book because the book is interesting and informative.



Reshu Rani Singh

Roll No. : 29023

Book Review

Name of Book: The Mystery of the Cyber Friend

Author: Zac O'Yeah

Illustrator: Niloufer Wadia

Published: Pratham Books

Introduction

The book is written by Zac O'Yeah. The story "The mystery of the Cyber Friend" is woven around a thirteen years old girl named Shree.

Plot:

The story "The mystery of the Cyber Friend" is woven around a thirteen-year-old girl named Shree. Shree's parents wanted her to learn computers, so they were happy to see her using a computer and spending time on it. Shree's aunt also resides with them; she takes care of her while both of Shree's parents work. Shree's aunt prepares delicious food for her most of the time, which she often discusses with her net friends. Shree's net friends made fun of it one day, and thus she blocked their contacts. Shree's aunt also resides with them; she takes care of her while both of Shree's parents work. Shree's aunt prepares delicious food for her most of the time, which she often discusses with her net friends.

Shree's net friends made fun of it one day, and thus she blocked their contacts.

Shree was impressed with the profile picture of Chaitra and accepted her request since the picture belonged to a girl of Shree's age. The problem began there. Chaitra's messages on friendship began to create a magical spell on Shree. Shree's thoughts were around Chaitra and her exceptional friendship messages. When Shree asked about Chaitra's school, she said it was close to hers, which was not true.

Chaitra slowly created a strong friendship bond between them and offered Shree a camera mobile. Also, Chaitra asked Shree to come alone to collect the mobile from the Katpadi railway station. When Shree messaged Chaitra that she had not seen any school near her school, Chaitra went offline without replying. Shree's suspicion started at this stage, and thus, she sought help from her beloved aunt. Her aunt decided to help Shree to find Chaitra's real identity and accompanied her the next day to the railway station. Shree's aunt informed the Station Manager about Chaitra and took him along to the spot.

During that time, a man of Shree's father's age approached her. By then, the mystery was solved. It was that person who messaged Shree using the identity of Chaitra. Shree's aunt reached the spot and was angry to see the Cybercriminal approaching her niece. She shouted at him and started beating him. The Cybercriminal ran away as Shree's aunt had beat him up. The Station Master chased him, but the Cybercriminal disappeared into the crowded train. Shree's aunt was bold enough to complain about the Internet criminal to the cops. They took immediate action, and the next day Cybercrime officers examined Shree's computer. It helped the police people to get details on the Cybercriminal and arrested him from his Bengaluru office.

Shree decided to share the thrilling experience of the Cybercriminal with her friends. She is also determined to have friends only from her school.

My opinion:

I suggest this book to every student who takes online classes or the students who chat with their friends. This book teaches us about cyber safety. I rate it as 5 stars.



Sashwat Paudel

Roll No. : 23038

Importance of being earnest

Importance of being earnest is a play written by Oscar Wilde, which was first performed on February 14, 1895 AD. A play originally written in the English language, it quickly gained popularity and was performed and revised into many other languages. The play was first observed in 1895, St James's Theatre, London, England. The play's main focus is on genres such as comedy, farce and triviality. Farce is defined to be "a comedy that aims at entertaining the audience through situations that are highly exaggerated, extravagant, and thus improbable." whereas triviality is the state of being insignificant or not important at all.

The play is intended to expose and break down the Victorian era and along with its aristocratic society. The play does so by trivializing serious social norms like marriage and many more aspects. When we move to the author's background, Oscar Wilde, he seems to have not liked the aristocratic society at all. This may have sparked the hatred behind all the madness This might tight up into the fact that he was accused of being a bisexual, and punished for it. He had to go to prison for this, upon being released from prison, he again was exiled from his country. Thus he had to publish his play from Paris.

The title of this play does line up with the storyline, but the play does not talk about why we should have the quality of being Earnest, but why we should be named "Earnest". The plot creates this interesting plot where characters possess the complete opposite quality. We find accounts of characters going bunburying, which is the act of literally running away from your responsibilities by claiming to meet someone else, who in reality doesn't even exist.

The plot creates a satire to the Victorian practices which included treating everything like an organization and the sole purpose of social activities and relationships were to grow the economy and power of oneself or a family.

There are three acts in this play.

ACT I. Algernon Moncrieff's Flat in Half-Moon Street, W.

ACT II. The Garden at the Manor House, Woolton.

ACT III. Drawing-Room at the Manor House, Woolton.

As this is a play, the narrator starts the play by reading out the setting.

The book jacket does not exist for this play as the one we read was an ebook. I personally would not choose this book looking at its cover.

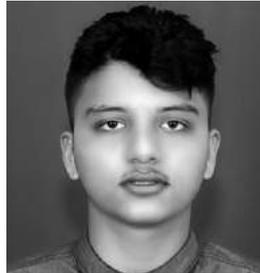
The main character of this play is Jack Worthing. Jack is a young man from the country who has made up with his brother who is named Earnest. He is in love with Gwendolen and visits the place earnestly to win the heart of Gwendolen. Algernon Moncrieff is a young gentleman from London. He falls in love with Cecily. Lady Bracknell is the mother of Gwendolen. The play revolves around these characters. The characters also have an aristocratic mindset. The character Lady Bracknell loves wealth and this is the same reason she listens to Jack trying to marry her daughter Gwendolen. The ladies in this play are also of the concept, as they fall in love with "Earnest", not the guy, but the name. They both say that they would never marry a guy not named Earnest. When Jack's real name is exposed to Gwendolen, she refuses to marry Jack because his name is not Earnest. The book is all about the satire of the Victorian era and all of its wrong practices. The play was written in the time of the Victorian era, and had many criticisms against it. The play was discontinued after 86 performances. The writer found the play's success as his start of downfall. The night the play went off, he had a feud with a woman and that went to the court, and there, Oskar Wilde's bisexuality was exposed and he was sent to imprisonment. This play was his last comic work he had published. He also published this play from Paris while in exile. The play has been revived on various occasions, it has been played in 1952, in 1992, and in 2002.

There are two main characters in this play. They are Jack Worthing and Algernon Moncrieff. Jack has a double persona in the play, one is himself and one is Earnest. Algernon knows Jack as Earnest. He tells everyone that Jack is his elder brother and they don't go along very well. That's why the people have never seen Earnest and Jack together. Earnest, as his name suggests, is serious about his future and his business. So when Earnest tells Algernon that he was there for marrying Gwendolen, he automatically assumes he was there for a business. Algernon finds a cigarette case that has the names Jack and Cecily in it. Now, because Earnest was here to marry Gwendolen, Algernon asks him who Jack and Cecily were. Earnest tells Algernon that he is not Earnest but Jack, and this clears up the "Cecily" situation among the two. After this, Algernon is more interested in Cecily than he ever was. The story builds up to the women the both characters love, Gwendolen and Cecily, end up liking the name "Earnest" rather than the person.

The play has numerous occasions that make the viewers or the readers laugh. The themes like triviality live up to its standard in this play. This play is also known as the "comedy of manners" as it satirizes and criticizes the manners and social behaviour of a social class. In this play, the author satirizes the upper class of the Victorian era. The play is told to be a classic of the aforementioned genre. The concept of irony is found abundantly in this play. The characters use irony to create humor in almost every instance. The title of the play itself can be told ironically, because although the title refers to being earnest, the characters in this play do not follow this principle yet they achieve their goals. This play makes fun of the upper class, but in a very subtle way. Many concepts like having a double identity just to escape society was explained in this play. It is by exposing these things the play makes fun of the upper class in the aristocratic society.

Parts in the play like Lady Bracknell not letting Algernon marry Cecily until the moment she finds out that Cecily is rich, is an example of the comedy of manners. Greed of getting rich and treating marriage not as a ritual, but as a way to get richer and powerful was a practice done in the Victorian era and its highly aristocratic society.

As far as my word goes, I liked the play but this is not the type of genre I'm used to reading. The play is incredibly interesting to read and the humor also is amazing. I don't like reading plays, because I think that plays are not meant to be read, but are meant to be performed and observed. This is because the play is not entertaining when it is read, it is entertaining when it is observed and felt. That is the power of plays. When we read the play we, or basically I, think that we don't get the feel of the writing, because it was made to be performed, not to be read by a single person. This is the same as reading the script of a movie. You will never get the same kind of excitement and joy watching the movie rather than reading its script.



Roshan Prasai

Roll No. : 23070

Summer Love

Summer love is one of the heart touching romantic love stories and one of the best selling Nepali books. It is an unusual love story of a Newari girl Saaya and Brahmin boy Atit.

Atit went to see his entrance result posted on the notice board. At the very top he sees the name of Saaya. He is so curious to see her after hearing her name. He totally fell in love with her the moment he saw her. After that slowly both of them begin to fall in love. They had been in a relationship for over two years. After college, Saaya is hired in a foreign country while Atit is hired outside of the valley. What happens when they leave for the workplace is a mystery. Will the love last or will it be destroyed? Will it last until they have left for other parts of the world? After that Saaya went to Norway and Atit went to Dhangadhi. They both began to miss each other a lot. And then they started to get touch through social media. But it was not easy for them to get in touch with each other. Time zones and errands in their life made them miss each other so badly. And after that Saaya decides to take leave from University and visit Nepal. They both meet and decide to get married without informing their family because both of their parents were against intercaste marriage.

After some time , Saaya forced Atit to meet his father at her house. But Saaya's father indirectly told him NO . And then Atit argues with Saaya . Saaya was also disappointed. And then she begins to ignore him. They started to block communication. To reduce the pain, Atit began to drink alcohol. Atit tries a lot to convince Saaya but he fails. Atit was getting crazy day by day. After a year, Atit went to Norway and met Saaya and asked a lot of questions but she replied that I can't go against my family. Atit had done everything but she did not melt.

After that there was no hope left for him. He felt that he had lost Saaya forever.

The reader won't be bored by the novel. It keeps us within until the very end. The vocabulary is very easy for all to understand. We don't have to waste time by thinking. It's an easy story, not a complicated one. The whole story is targeted to the youth. The language used in the novel is the language used by youth today. Once you start to read a novel then it is sure that you won't leave the novel up to the end. Overall it's a very good novel. It doesn't bore the reader and feels like watching a movie.



Arunesh Manandhar

Roll No. : 23011

Looking for Alaska

Looking for Alaska is John Green's first novel, published in March 2005 by Dutton Juvenile. He is an American author and YouTube content creator. He won the 2006 Printz Award for his debut novel, Looking for Alaska, and his fourth solo novel, The Fault in Our Stars, debuted at number one on The New York Times Best Seller list in January 2012. This book is classified as a Young Adult Fiction Novel.

The significance of the title of this book is to understand Alaska and her pain. Her friend's curiosity to know what she wished for in her life. To deeply understand Alaska's death, We need to look for Alaska. Although I was reading the digital copy of this book I was really curious to look for its cover. The book's cover contains a flower, a smoked cigarette, with the name of the writer in it. I think the smoking side of this cover really compels the story trying to indicate the life of teenagers who are heavily influenced by their peers to consume alcoholic products while the flower shows us the innocence of them.

The main characters of this book are Miles Halter (Pudge), Alaska Young, Chip Martin (Colonel), Takumi Hikohito, and Lara Buterskaya. Miles is the main character and narrator of this novel. He has a very weird and unusual passion for remembering famous people's last words. In the very first part of the story, he is transferred to a boarding school in the town by his parents in the hope that it may help him improve his behavior. He gets his nickname Pudge by his roommate as he is very tall and skinny. During his days in school, he gets attracted to Alaska Young.

Alaska Young is a very energetic and beautiful girl with a very unpredictable nature. She is very loyal to her friends as she is frequently seen providing cigarettes and alcohol to her friends. Alaska dies in a car accident after receiving a call from an unknown person. Then the story revolves around her friends trying to investigate the reason behind her death and trying to discover who she really was.

Chip Martin is Alaska's best friend and also Miles's roommate. He is known as The Colonel among his friends and is the one behind everyone's nickname. He is a very bright-minded person who is very intrigued with respect and loyalty. Although he belongs to a very poor family he has a sharp mind and always respects his beloved mother a lot. Takumi Hikohito is a Japanese hip hop enthusiast who is a very good friend of Alaska. Although he is ignored by most of the characters in this story he plays an important role in everyone's friendship. At the end of this novel, he leaves for his home country Japan.

Lara is a Romanian character in this story who was the roommate of Alaska before she was thrown out of the room when caught with her boyfriend naked. Later she becomes girlfriend of Miles and eventually they break up.

The main concept of this book is Looking for who Alaska really was and what she really wanted in her life. The boys looking for the reason behind Alaska's death are unconsciously searching for the meaning of life and their existence. When their teacher Mr. Hyde raised a question about the meaning of life, Miles wrote about his traumatic experience of losing someone he really loved and cared for while admitting that he can only find the true meaning of life by experiences and sufferings. He also admits that this investigation turned into an experience that helped them find the deeper meaning of their life. The experiences of these characters and their lives signifies coming-of-age plots as it has the perspective of a teenager who is entering into a new world of Adulthood. It shows us the Grief to get the meaning of life and understand its existence. It takes us through the ride of a teenager trying to find out what happens when you die. It shows us how one adapts to a completely different world and challenges teenagers. It also revolves around the point of view of a teenager towards revenge and love. Through this book I got to know that everybody perceives death completely differently while some try to know its meaning. Now this book also contains young-adult relationships and how a teenager perceives attraction.

This book is a perfect novel for teenagers trying to figure out who they really are and to know about relationships, beliefs, fears. Like any other coming of age book this contains experiences, learning of life, building new perspectives. This book apart from only showing academic loads of teenagers also focuses on the smoking, alcohol consumption, gang pranks part of teenagers life. This book gives us a ride through a maze of emotions and tragedy involving questioning the meaning of life and its existence. The most beautiful part of this book is that it shows us everything happening in the life of teenagers. It shows us the relationship of each character, their past, how they communicate and more importantly how they feel about each other. I while reading this book got attached with Miles and Alaska's relationship and was very intrigued to know about their feelings and how they would tackle them.

Finally, as this helps to get the feeling of being on the same page and getting to see their reactions on facing the challenges life has to offer, I would definitely recommend this book to every other teenager.



Sayara Aryal

Roll No. : 23057

Book Review On “Adventures of Huckleberry Finn”

Mark Twain's classic “The Adventure of Huckleberry Finn” which is called The first “great American novel” is all about a 13 year old boy huck (Huckleberry) a barely literated teenager who fakes his own death to escape from his drunken father. The Adventures of Huckleberry Finn speaks of a young immature boy named Huckleberry and his struggle of maturing during a ruthless time period. Twain's Adventure of Huckleberry Finn is noted for its colourful description of people and places along the Mississippi river set in a southern antebellum society that had ceased to exist about 20 years ago. The major thematic topics of this novel includes racism, freedom and Civilization, slavery, societal pressure, intellectual and moral education.

The novel starts with the main character Huckleberry who is rid of his drunken father as he drinks and beats him without any reason, nevertheless caring for him so he decides to run away by creating his own fake death. Huck loves adventure. So his real adventure begins from the time he ran from his house. Huck meets his friend Jim, a Slave on his Foster family's plantation who has run away from his house as he had heard that he was going to be sold from his family. The story revolves around the adventure of Huck and Jim. The son of the deceased mother and drunken father (huck) is later adopted by the widow Douglas, a kind but

stifling woman who lives with her sister, the self - righteous, Miss Watson. Huckleberry is not too excited and happy with his new life with Widow Douglas because of cleanliness, manners, Church, and school as he hates them. Later huck finds out that Jim has been thrown in jail for his murder and for being a Runaway slave as huck has created a fake death in front of his father. Huck runs away from Widow Douglas house To rescue Jim. Huck saves Jim with the help of his friend Tom Sawyer. After Saving Tom Sawyer's Life, Rescuing Jim, Huck decides to continue to seek more Adventures As his Father and widow Douglas had died when he went to meet them after 2 months.

Finally, Mark Twain's Adventures of Huckleberry Finn helps to explore the flaws in society and how it can impact the mortality of people Living within society. I personally felt that besides adventure it also reflects the sense of thinking of an adolescent boy. It is quite Interesting and mysterious book which holds a great image of southern society 20 years ago. It is a must read book so I would recommend everyone to read this book once !



Subham Regmi

Roll No. : 22014

Beloved: Toni Morrison

Beloved by Toni Morrison is a beautiful, haunting story that is set around the time following the slavery. This novel is very much interesting and it is of suspense. It's mysterious and supernatural, as well as a love story, a tale of horror, forgiveness, loss and confusion. It's very poetic and lyrical, full of metaphors and powerful imagery.

The story begins with a description of the house 124 that a young African American woman, Sethe, lives in with her daughter Denver and a baby ghost. When an old friend from the past, Paul D, comes knocking on her door, Sethe is thrown into her past all over again. The life that Sethe thought she ran away from has now come back to haunt her, sometimes quite literally.

As the story develops, the reader gains insight into each character's feelings of their past and of their present lives. Tension develops between Denver and this new guy, Paul D, after he chases her only friend away, and then he tries to take the role as head of their household. Sethe, on the other hand, loves the company of Paul D and never asks for him to leave, rather to stay and live with them, considering he "saved" her from the angry baby ghost and seems to be the only one who knows and understands her past.

.Flashbacks and memories play a huge role in this book to develop the characters, the plot, and the setting. Ranging from Denver's birth story to Sethe's runaway and Paul D's slave treatment, the story has a dark vibe and is full of sadness from start to end. Each character has dealt with loss, suffering, pain, and agony, and they are all just trying to escape it.

Beloved stories give powerful lessons to the reader's. The principal message of Toni Morrison, in her novel *Beloved*, is that the past should not be an impediment to the present. Slavery is an institution that dominates the past of America, and represents the horror from which the modern nation wishes to rise above.



Safal Gautam

Roll No. : 22016

Fireworks

Fireworks, a wonderful type of entertainment. Basically a beautiful phenomenon which is a result of combustion of gunpowder and other combustible chemicals which causes spectacular effects forming various shapes like flowers and rings when ignited. Considering Nepal, the only time we may see Fireworks are during the Tihar Festival which gets celebrated during the Mid-year. Other occasions may be international sports festivals or Inauguration Day in Nepal. Hardly do we see fireworks when someone is getting married here. Such exciting and wonderful scenery can be seen throughout many movies and series, mostly when it is related to the romantic side as Youths and different cultures believe watching fireworks with your loved one may make you together for a lifetime.

The movie, "Uchiage Hanabi, Shita kara Miru ka? Yoko kara Miru ka?", literally meaning, "Fireworks, Watch from Below? Watch from the side?" or Fireworks In short , it revolves around the instances of Firework and The Youthful Romance between two major Characters. In Japan, Fireworks are basically shown during the end of Summer during the Summer Vacation for Students as an important part of the Summer Festival, which attracts various Tourists and Local People to be together with their family, friends and their other half. Almost every part of Japan celebrates the Festival with the Capital, Tokyo, hosting the three most popular festivals Sanno Matsuri, the Kanda Matsuri, and Fukagawa Matsuri (Matsuri means Festival in Japanese.)

A good romantic comedy with a hint of sci-fi and escaping reality, created by Shunji Iwai, alongside Chief Director Akiyuki Simbo known for his Part in the Monogatari Series, another must watch and Director Nobuyuki Takeuchi, known for animating and directing Mongatari series, Berserk and Spirited Away, the 31 award winning Movie in Japan including the Academy Award and other International Awards from 2001 to 2003. There are various other staff who have also given their best for this who each have made various contributions to the Animation Industry of Japan. Not forgetting Genki Kawamura, the Producer of World Sensational Animated Movies like Weathering With You (Tenki No Ko) and Your Name (Kimi no Nawa?).

Main Characters include Nazuna Oikawa, Norimichi Shimada and supporting characters like Yusuke Azumi, Ms.Miura, the three other friends of Norimichi Shimada and Nazuna's Mother. The story all begins with Nazuna Oikawa, the prettiest girl in school who is facing a problem as her Divorced mother, now remarried, wants Oikawa to go along with her to another city with her step-dad. The time directly coincides with the day when the summer festival will start and the most awaited event will take place. Raring to go to see the fireworks, Nazuna decides to find someone who can take her there without having to face her Mother's preaching. Then Shimada and Yusuke come into play. It is shown that the two are tasked to clean the swimming pool but instead start to swim in the pool. Here, there are scenes shown where we can know that Shimada has a crush on Nazuna but is too shy to talk to her.

While they are swimming, Nazuna comes and tells them to play a race with her. Competitive Yusuke accepts and Shimada has no choice but to follow along. Later on, Shimada stops midway as he comes across a strange transparent ball which seems to contain some type of Mechanism moving inside resulting in his defeat. Deflated, he came out only to see Nazuna say something to Yusuke but did not understand what. On the day of the festival, even though Yusuke had plans with Shimada, Yusuke comes up with an excuse and goes to accompany Nazuna to the festival. Angry and Sorrowful Shimada chases the two only to find that Nazuna was captured by her mother and was taken away. Jun'ichi, Kazuhiro and Minoru, Yusuke's and Shimada's other good friends also start to chase the three to find out what is going on. Here the twist occurs which is something related to the ball.

All in all, the entire movie was very good and it's theme song, sung by the famous Japanese Singers DAOKO and Kenshi Yonezu, became so popular that many people found the movie only by the song. The movie is underrated and not so popular due to its confusing ending and plot but if you can truly understand what the movie wants to say, then you will find how good the movie really is.

Regarding the title, it is also stated why it was named so in the movie with an interesting theory and speculations. Finally, I heavily recommend this movie to people, mostly to people who have deep research in Romance and Japanese Genre as it left me emotional and sad as the movie ended.



साकी श्रेष्ठ

क्रमाङ्क: २३०५१

महिलामाथि हुने हिंसा र आर्थिक सम्पन्नता

तराईको एउटा पिछडिएको गाउँमा एउटा परिवार बस्दथ्यो । त्यो परिवारमा चारवटी छोरीहरू र दुईजना छोराहरू थिए । खेती किसानी गरेर जीविका गर्ने त्यो परिवारको सानो व्यापार पनि थियो । छोराछोरीहरू हुर्कंदै गएपछि पढ्ने र कमाउने उद्देश्यले त्यो परिवारले सहर छिर्ने निर्णय गर्‍यो । सहर आएपछि सबैले धेरै मेहनत र सङ्घर्ष गर्दै आफ्नो जीवनयापन गर्न थाले । छोराछोरी ठुला हुँदै गए र बिहे गर्ने बेला पनि भइसकेकाले समयानुसार उनीहरूको बिहे हुन थाल्यो । त्यसै क्रममा कान्छी छोरीको पनि बिहे गर्ने कुरा चल्यो । आफ्नो क्षमताअनुसार छोरीको मागी बिहे गरिदिए ।

बिहे भएको केही दिनदेखि नै छोरीमाथि शारीरिक तथा मानसिक हिंसा हुन थाल्यो । यो कुरा उनले माइतमा सुनाउन चाहिनन् किनकि उनी यसो गर्दा आफ्ना बाआमालाई पिर पर्छ । बरु केही सहन्छु, एक दिन अवश्य मेरा श्रीमान्को व्यवहार बदलिने छ र मलाई सुख हुने छ भन्ने सोचिन् तर त्यसो भएन । बरु उनीमाथि हिंसा बढ्ने क्रम जारी नै रह्यो । सहन सक्ने अवस्था नभएपछि माइतमा गएर आफ्ना आमाबुवालाई भनिन् । अब आफू त्यो घरमा नजाने बरु माइतमा नै केही व्यापार व्यवसाय गरेर बस्ने बताइन् तर बुबाआमाले छोरीलाई सहयोग गर्नुको साटो सम्झाई बुझाई इज्जत जान्छ, त्यसैले तिमी आफ्नो घर जानै पर्छ भनेर उनलाई फिर्ता पठाए । यो क्रम धेरै पटकसम्म चल्यो । केही नलागेपछि उनी आफ्नो घर गइन् । उनीमाथि हिंसा रोकिएन, बरु बढेर गयो । यो क्रम धेरै वर्षसम्म चल्यो ।

एक दिन आफैँले हिम्मत गरेर आफूसँग भएको सुनको सिक्री बेचेर सानो सिलाइ कटाइको दोकान खोलिन् र आर्थिक रूपले सम्पन्न हुने प्रयास गर्न थालिन् । बिस्तारै उनलाई हिम्मत आयो र श्रीमान्को विरुद्धमा प्रहरीमा उजुरी दिने निर्णय गरिन् । प्रहरीमा उजुरी दिएपछि उनको श्रीमान् उनलाई हिंसा गर्न डराउन थाले । उनीमाथि हिंसा हुन कम भयो । अहिले उनको श्रीमान्ले उनलाई हिंसा गर्ने हिम्मत गर्दैन । यदि पहिले नै उनी आर्थिक रूपले सशक्त भएको र परिवारले उनलाई सहयोग गरेको भए यतिका लामो समयसम्म उनले हिंसा भोग्नु पर्ने थिएन । त्यसैले महिलामाथि हुने हिंसा रोकन महिलाले शिक्षित हुनुका साथसाथै आर्थिक रूपमा सशक्त हुनुपर्छ र परिवारले पनि सहयोग गर्नुपर्छ ।



Rishab Karki

Roll No. : 30024

Environment Pollution

The environment is the surroundings in which we live. However, the contamination of our environment by pollutants is called environmental pollution. The current situation of the earth that we are seeing is the cause of centuries of exploitation of the earth and its resources. There are different types of environmental pollution. They are- Air Pollution, Water Pollution, Land Pollution and Noise Pollution.

Water pollution refers to the presence of impurities and harmful components in the water. Polluted water is not good for human health. The water bodies usually get contaminated due to human activities. People throw garbage near the water resources. It also gets polluted by industrial wastes.

Air pollution is the presence of substances in the atmosphere that are harmful to the health of humans and other living beings. Air pollution occurs by the unwanted gases coming out from vehicles and factories. The effect of air pollution causes lung cancer, heart diseases and many more.

Land pollution refers to all forms of pollution affecting the soil. Land pollution is caused by the use of chemicals, pesticides in the land. Contaminated soil, which leads to a loss of fertile land for agriculture. So we must do something to save our environment. We must plant trees, stop using plastic bags, stop throwing garbage near the water bodies and use cow dung and reduce chemical fertilizers to save our soil. Now, it is our responsibility to save mother nature.

Our Beliefs



Yureka Adhikari

Roll No. : 29049

We all live in the same world. We all have our own beliefs and values but each person has a different set of values. These differences are affected by an individual's culture, personal upbringing, life experiences, and a range of other influences. Personal values are desirable to an individual and represent what is important to someone. The same value in different people can elicit different behaviours. In the same way, society and the community have their own specific beliefs and values. If anyone goes against those values, they are punished.

The culture of our society even decided the work between the genders. How the boys should act and how the girls should behave. Everything is decided by society. If anyone refuses to act according to that, they get punished and isolated from society.

Last month I read the book entitled “Kaali Wants to Dance”. The main character wanted to be the dancer but his friends and relatives made fun of him because they believed that dancing was not for boys, only girls could do it. The boy was courageous, he never gave up in his dream and finally made it come true and became a famous person in his village.

Yes, society is needed for all of us but the stereotypes should vanish from society. It should not be a burden for any individual. There should be no discrimination and gender inequality. Our beliefs and values should not prevent us from developing and developing ourselves.



Eshanee Manandhar

Roll No. : 28004

Does Social Media Spread Misinformation?

The spread of fake news on social media is a cause of great concern for all members of society. There is the question, why do people spread misinformation then? Maybe, they want to come in the highlight, maybe they want to get popular, and maybe for some more reasons.

I am very shocked to see many people think that social media does not spread misinformation. What I know is, it is a fabricated story, news or information. It damages and harms public safety.

I know the media is the most powerful entity on earth. They have the power to make the innocent guilty and guilty innocent. And that's power. They control the minds of the masses. This happens when someone gets the freedom of speech and freedom of the press.

Social media use is unhealthy. I know millions use it every day and are negatively influenced. Platforms like Facebook, Instagram, Snapchat affect one's identity and can come across unwanted bad practices. Don't you feel?

Everyone in this world is stuck to newspapers, television, radio and social media. So, some news editors can take advantage of this as they know people will believe them if they edit news to some intense outcome. Is it fair?

One fake news can change the point of view of a person's mind depending on the situation. It is the propaganda set by some news editors to earn money.

Nowadays, the whole world is fed up with fake news as it acts as a nuclear bomb. Which explodes with power and destroys everything. That's all we have seen. Haven't we?

According to my research, about 57% of the worldwide population uses social media. Even though we can get knowledge and information. IF misinformation is spread about a particular condition or a person it can cause a great controversy around. People took it as an advantage and started to send misinformation

We must say that we need to overcome it and for the betterment of everyone if it does not get stopped then it can lead us to a very unsettled bustle. In my point of view, social media does spread misinformation and we should be wise enough to use it carefully.



Jiya Sapkota

Roll No. : 25003

Overpopulation

Overpopulation is one of the biggest issues in the whole world. And to be honest it affects our earth more than it seems to be. Population is simply known as the inhabitants of a certain territory and Overpopulation is known as the increasing of Population in a large amount. Population of any territory does not remain constant. It is always changing but generally it keeps on increasing. There are three components of Population; Birth, Death and Migration and these things result in the change of population.

Generally, we happen to know that migration and death result in the decrease of population but; we also know that birth is a component which is increasing population and even though some people migrate from a place, the place is going to be less populated but the migrated place is always going to be overpopulated. Census also known as the official count of population, is done every 10 years and it shares and officially declares how much the population has increased and about different statuses too. Rapid growth of population has been seen in Terai region in comparison with mountain and hilly regions. Which shows that many people are migrating towards the Terai region. Talking about the world's population, the world population has already crossed 7 billion in 2011 AD. It was estimated that the

world's population was 25 crore in 1 AD and it took 1650 years to reach 50 crore and the population diversity increased to 100 billion in 1820 AD, 3 billion in 1930 AD, 4 billion in 1975 and finally 5 billion in 1987 AD. And right now, the world's population is estimated to be 7.9 billion. Population of a particular country should be in the right ratio with available means and resources of a country. As per the first census in Nepal, the population of Nepal was 5,638,749. To be honest, During 2028 BS it increased up to 11,555,983 and right now it is estimated to be 29,141,423. Nepal's government is not so keen or focused to manage population but it has definitely organized programs and made different I/NGOs for population management. Although there has been a rapid fall in Nepal's population, our total population is still on the same graph/line.

Different problems and lags are faced due to overpopulation such as:

1. Low literacy and academic level

According to the census, the literacy rate of females is 57.4% and the literacy rate of male is 75.1%. Some people think that educating girls does nothing because they cannot do a job, instead they should be working at home for other's welfare. Especially in the rural areas, many people are not educated enough to be acknowledged with health, reproductive education and population education. So the people think that the more children, the more source of income, or even for family support.

2. Tradition of early marriage and bearing children immediately after marriage

Although the tradition of early marriage has been decreasing, In a lot of areas in Nepal- many people think that the smaller the age for marriage; the more children would learn about socialization and family statuses. Children from the age 10 are seen getting married in some areas and almost 50% of the population of the country was found getting married within the ages 15 to 19. This results in high demand for birth. As the unmatured children aren't given education and think that it is good to bear more children with short birth spacing. Sometimes, even the parents wish to see their grandsons or granddaughters as soon as possible after their children's marriage and it gives a challenge to population management.

3. Strong wish for son

This society is a male dominant society, especially for the country like ours; gender discrimination is seen clearly. A family does not wish for a daughter of ten thinking that they are not the builders of a family and often wish for a son. So if a family keeps on bearing daughters in the hope of a son, the population increases. Only a few couples feel that son and daughter both are equal.

4. Short birth spacing

5. High infant and child mortality rate

6. Gender discrimination

7. Population composition by age

Overpopulation could be decreased by:

1. By promoting reproductive rights.
2. By promoting child rights.
3. By trying to establish schools and education sectors.
4. By promoting family planning.
5. One- child legislation.
6. Empowering people.
7. Considering adoption.
8. By donating for programs that help to decrease population.
9. Restrict child marriage.
10. Raise the age of marriage.

And many more...

Some organizations like United Nations Population Fund (UNFPA), United Nations International Children's Emergency Fund (UNICEF), International Union For Conservation Of Nature and Natural Resources (IUCN), Food And Agriculture Organization (FAO) work to organize and manage population. Their main motive and objective is to decrease overpopulation.



Krituka Sapkota

Roll No. : 25005

Global Warming

The Earth is a home to humans, different animals, plants, and microorganisms. It is our duty to take care of the Earth. If we take care of the Earth, it will also treat us well. We will face many problems if we don't take care of Earth properly. One of the burning issues of the current time is global warming. Global warming is the rise of the overall temperature of the atmosphere of the Earth. It is affecting the Earth and all the organisms and plants living in it.

Global warming is both natural and human-made. Some of the natural causes include volcanic eruptions which emit carbon dioxide into the atmosphere, the greenhouse gases trapped in the Earth. Humans are responsible for global warming as well. Deforestation, use of automobiles, mining, etc are some of the manmade causes of global warming. Recently, different places have been facing droughts due to this. Agriculture has become difficult because of drought. Global warming is also melting the glaciers in different parts of our Earth. The satellites of NASA have shown that the sea ice in the Arctic has been decreasing dramatically.

We have also been hearing about the massive wildfires in different forests in the world which have affected the habitat of animals. For example : the recent wildfire in California which caused huge loss in wildlife and the economy as well.

Global warming is also affecting life underwater. We have also seen floods that have swept away many lives and properties in different places. Some of the places have been facing high precipitation as more water is evaporated from the seas and oceans because of the rise in temperature. Most of the CO₂ emitted in the atmosphere is mainly caused by humans.

Global warming is difficult to control but it is not impossible. There are many efforts going on to control climate change and global warming. However, this topic needs more attention from the public. If we don't do something soon to control global warming, life on earth can end. Controlling global warming can definitely be a challenging task. CO₂ is one of the gases which is causing harm to the atmosphere of the Earth. People have been finding different ways to convert carbon dioxide into other useful compounds. In 2019, it was reported that China is the country which emits the most CO₂ with the US being on the second spot. It was responsible for 30% of the total CO₂ emitted in the atmosphere. There should be proper management of industrial waste. As the population increases, wants and needs are also increasing which is a cause of deforestation. Afforestation should be done as trees can absorb carbon dioxide which can play a huge role in controlling global warming. Use of electric vehicles is also one of the solutions as cars which use gasoline emit carbon dioxide. We should also encourage recycling the waste materials. Less use of electricity can also help to limit the emission of CO₂. The dramatic rise in temperature can also lead to mutation. Sea levels are increasing rapidly because of the heat. Because the atmosphere is getting warmer very fast, there are places where acid rain occurs. Acid rain is the rainfall which contains acidic components. Acid rain is very harmful to plants and animals. If we don't control it now, the impacts might even be irreversible in the coming years.

Our generation should start caring for the Earth before it's too late, there might not even be a planet to live on. We have various platforms which can help to spread the message. Social media plays a huge impact on this as the world is connected together through social media. We should know that our earth is getting sick and we are the ones responsible for it. We should take care of our home just not for us, but for the sake of other living beings on this planet. We should take initiative and help to stop global warming to prevent the future generations from facing more trouble. The leaders of the countries should start campaigns in their country to control global warming and its effects on us and other living beings. If we protect our Earth now, it means a better and healthy planet for our future generations. Our generation can make a difference and save our planet.



Niharika Chapagain

Roll No. : 25006

Radicalization and Extremism

In recent years, our world has been going through violent radicalism, which has taken the lives of many innocent people, who have nothing to do with the concept of it. Many people may not be aware of the term 'Radicalism' OR 'Extremism' however, in this phase of the world where violence is taken as an answer to every question, or problem, people should be aware of these terms. Radicalism is the term that defines the belief of people in changing the political ways of society by supporting terrorism and violent ways. Similarly, extremism means the tendency of opposing the fundamental beliefs of the society by recommending the supremacy of a political, social, or religious group to achieve power. These terms specifically involve terrorism. People who usually adopt radical behaviors are greedy for territorial control, and showing their supremacy. Radicalization may occur due to political tension or opposing ideas between 2 different groups. Radicalization and extremism can either be based on religion or political groups. In reality, if radical behaviors are shown by people in a non-violent way, then it can help to promote positive changes in the world or a specific country, however, in the past five years, radicalization has only increased and it has become a worldwide problem.

According to the research done by UNDP (United Nations Development Programme), people get involved in these radical activities due to the manipulation and brainwashing of the authority figures of some political, religious, or other extremist groups, who are greedy for power. Youths who are unable to figure out the problems are brainwashed and those youths who have held deep grudges towards the authority figure's target, those people are manipulated into joining the radical and violent activities which have harmed innocent people in the past too. Also, when other people's attachments to their country, place, or some religious figures get threatened by some type of war and political conflicts, these extremists take advantage of the rebellious thoughts that cross over the people's minds. Violent extremism is not a new phenomenon that has affected the world drastically and it is not only associated with radical religious beliefs but other types of beliefs too.

If we look into history, we can find many violent extremism and radicalization that have taken place in the world. For example, the origin of World War II was due to Nazism, a violent ideology of Nazis, that took the lives of millions of civilians around the world. Another example of radicalization which had happened in

Afghanistan is, in April 2011, a violent protest was started in Afghanistan when an American had burnt a Qur'an which led to the public being angry and the situation there was very critical. At that time, Americans were scattered in the north of Kabul living in peace, however when this news of burning a Quran had broken out, the north of Kabul had been attacked and seven foreigners had been killed. Also, Riots, a civil disorder group, had struck Kandahar, which is a city in Afghanistan, and in that attack done by the Riots, more than 100 protestors were shot and dozens of them were dead. In this case and example, many demonstrators had reported and proved that the Taliban and Hizb-i-Islami had played an important role in misleading the public and local authorities to create chaos and violence in the country. In those times, when Riots had attacked, they had created social tensions in Afghanistan and that was the indication that radicalization was becoming widespread in Afghanistan. At present, radicalization is widespread in Afghan civil society, due to the Taliban and we can realize that radicalization had started way before than we had imagined. Radicalization and extremism has affected many countries but OIC countries like Iran, Iraq, Pakistan, Afghanistan, Qatar, Saudi Arabia are majorly affected.



Himani Bhattarai

Roll No. : 24011

Suicide

Suicide can be simply defined as the act of hurting one's own life with the desire to end their life. Suicide is a word which is associated with the death of thousands of people. It has become one of the major causes of death in today's generation. According to a research done by WHO almost 800000 die attempting suicide every year. The major causes of suicide are depression, family problems, financial instability, loneliness, failure, mental stress, etc.

Suicide is one of the major causes of increasing death rate. Most of the teens are the victims of suicide. Suicide can also be assisted. For example; People might force someone to commit suicide indirectly or motivate them to do so or they ask them to end their life by blackmailing the person. Suicide is a very serious problem prevalent in our society. Most of the people commit suicide to end their suffering. It is simply considered a cowardly way out from all the problems. Life is a very precious thing which we only get once. People should understand the value of life and think before ending it. They try to escape from the situation and end their life because they cannot tolerate the problems anymore. Teens are most likely to commit suicide. A simple way to get out from the suffering is to open up with someone close or take advice from a therapist.

Suicide can be controlled by various ways. Some of them are listed below;

- Maintain peaceful and friendly relationships
- Prioritize mental health
- Remove potential means of suicide
- Raise awareness about depression and mental health
- Kids should open up to their parents

If these measures are taken seriously, suicide can be controlled and teens won't have to suffer from the problems and they can open up. Life has ups and downs. Depression and problems are temporary but suicide is permanent. We can't get our life back once it's gone. Suicide is not a solution for anything. It only creates more problems for the people around. The youths should be aware about depression and mental health. They need to know that there are ups and downs, success and failures in their life. They should be mentally strong and cope up with the problem rather than committing suicide. Depression can be cured if the victim gets time, love and affection from friends and family. We should make people aware about the ups and downs in one's life. We need to make them realize how important one's life is. In the context of Nepal, the topic "Mental Health" is not taken seriously. Mental health of teens is neglected as the older generation think the teens have nothing to worry or take stress about. They never check or ask what their children are suffering from. They never advise their kids or do not even hear what they have to say. They neglect mental health and regret after their kids commit suicide.

Problems are temporary and fade out as the times pass and time heals everything. We must not take the huge step to end our life just because life gets a little complicated or if we suffer from something. So, youths should be aware and need to know how to cope up with the problems and live a beautiful life rather than wasting it.



Bipana Shrestha

Roll No. : 24002

Alcohol Among Young Teenagers

In this present time, the world has become a very free place. People are free to do whatever they want as long as they stay within the boundaries of their morals. The case is also the same with teenagers. In today's generation, the parents also aren't that strict and the children are allowed to do whatever they want as long as they stay within the limits. However, not every child is the same and there are many children who choose to cross their moral boundaries. There are teenagers

who exist in the world and choose to go against the law and their parents. Nowadays Teenagers are seen consuming alcohol. Alcohol nowadays is being advertised everywhere. Alcohol has a very bad effect on the lives of teenagers.

As alcohol is very addictive teenagers see it as a satisfaction. Many people become an alcoholic at a very young age. The number of teenagers consuming alcohol is constantly rising. Teenagers like to try new things, and they are also at a time when they are changing in all aspects of their lives, which could be the reason for problematic drinking practices in teens. It also causes changes in their societies, such as drunken companions, conflicts with their parents, and media-related temptations in everyday life. These factors have an impact on teen alcohol use. There are many effects of alcohol among young teenagers. The teenagers may suffer from depression, fear, tension, and distraction. It causes family misunderstandings and breakups in relationships. It creates a social clash. Cause loss of respect and value in the society. It creates a negative impact on the other children of the family. Young teenagers most are likely to involve themselves in alcohol to act cool in front of their friends, to fit in, environmental influence, to appear older, etc. Consuming alcohol at an early age is harmful to the health and maybe a threat to life as it has many drawbacks on health physically and mentally. Alcohol can affect personality, mood, triggered depression, etc. From a completely young age, many of the children see their mother and father and other adults drinking alcohol and that's also one of the main reasons the alcohol seems harmless to many young adults. These days, alcohol is widely available and also promoted in society. Parents and schools can have a huge influence on an individual whether negatively or positively. Parents should discuss the consequences of drinking at a young age with their children. If parents choose to drink in front of their children, then obviously the children also would learn the same thing. So the parents should avoid drinking and try to be an example for their children.

Making sure that alcohol is not readily available can indeed help to prevent teenage drinking. Most importantly, knowing and understanding your child and also taking an active role in their lives would decrease the probability of teenage alcoholism. The parents and teachers should try to talk with the children and have genuine conversations. Parents should encourage children to communicate with them openly. They should express their concern because it's very essential for teenagers to understand that their parents still have love and care about them. They should always try to understand them and also respect their privacy.



Kriti Nepal

Roll No. : 24010

Overpopulation

Overpopulation refers to the state when the population increases rapidly and exceeds the resources available and the carrying capacity of earth. In the global context, overpopulation has become a major issue causing various negative impacts on the environment as well as the population itself. The population is increasing at a rapid pace. As the number of people increases, the demand for resources also increases along with it.

There are some major causes of overpopulation. Some of them can be listed as:

- I. **Decreased mortality rate:** Since the mortality rate of the population is decreasing, the population is constantly increasing as there is no factor reducing it. This causes overpopulation.
- II. **Illiteracy:** Illiteracy is one of the major factors causing overpopulation. When the population is uneducated, they lack information about things like contraceptives, family planning etc which are necessary factors in controlling overpopulation.
- III. **Immigration:** Immigration also plays a part in overpopulation as people tend to move to places where there are better facilities and services making the place overcrowded and resulting in overpopulation.
- IV. **Poverty:** Overpopulation is also caused by poverty. Poverty drives people to think, the more hands to work the more it is easy to overcome poverty. This leads to an increased number of births that leads to overpopulation. Other factors like Child labour, Superstitions, advanced facilities etc also lead to overpopulation.

Overpopulation has many negative effects on the environment and population itself. Some of the effects of overpopulation can be listed as:

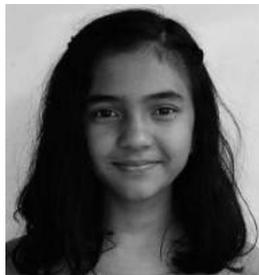
- I. **Degradation of environment:** When there is overpopulation, they tend to over exploit the natural resources leading to decreased quality of environment.
- II. **Increase of conflicts:** The scarcity of resources brought by overpopulation can trigger a major conflict and violence. Various wars can also be caused over resources.
- III. **Unemployment:** Overpopulation results in overpopulation as there would be more working hands than the work itself. It also increases competition for work causing stress to the population.

IV. Climate change: Overpopulation causes climate change. When the population is overcrowded, they exploit resources, degrade the environment etc which are the ultimate triggers to climate change.

Some other negative effects of overpopulation can be extinction of animals, lower life expectancy, starvation and malnutrition, water shortage and many more.

Overpopulation is a global issue that has been causing many problems. We can take several measures in order to make sure we reduce overpopulation and its effects. Some of the measures can be listed as:

- I. Provision of better education: If proper education about overpopulation and its effects are provided then the people can become more aware and take active part to reduce overpopulation.
- II. Spreading awareness: We can spread awareness about various things that can contribute to reducing overpopulation like use of contraceptives, proper family planning etc.
- III. Provision of equal services everywhere: When there is provision of equal facilities and services people won't have to migrate to other places making it overcrowded that can reduce overpopulation.
- IV. Women empowerment: Empowerment of women can help reduce overpopulation as they can speak for themselves, decide the time and number of children to give birth etc that can help reduce overpopulation.



Anushka Basnet

Roll No.: 24001

Witnesses

Witnesses are the ones who are trusted the most in every case. But what if witnesses are too scared to change the situation even though they had the power to completely change it. Such is a case that happened on October 13. A woman in the USA was raped publicly in the suburban Philadelphia train and for 40 minutes none of the witnesses decided to stop it or call 9-1-1. Witnesses even filmed the case but didn't think it was a good idea to call the police or help the poor woman.

The rapist was a 30 year old homeless male. He sat next to the female passenger and tried to start a conversation. For the next few minutes she kept rejecting when he started acting aggressive and tore her shirt apart and raped her. Several people on the train didn't act at all. Instead they were busy filming it in their cellphones. It was an horrendous act and this could have stopped sooner had any of the riders called 911 right after. The attacker was taken into custody and

and charged with aggravated assault and rape. He doesn't have a lawyer yet but he will be assigned one. To think that the attacker attacked a female just because she refused to talk with him is just frustrating. A male can just go and do whatever he wants just because someone decided not to talk with them is nothing but dumbness. Also the people on the train who witnessed the entire thing didn't try to intervene. It is just shameless. The fact that a woman is not safe even in a public place where tens and hundreds of people are located, to know that all the people are living and yet no one would help you it's just inhumane. The society we live in has come to the point where nothing can improve it anymore. There are no good laws against the people who follow similar actions as the witnesses did in Philadelphia which is really saddening as those who thought the situation was enjoyable would never get punished. I really hope these cases stop happening. Rape in itself is a huge problem and people not doing anything about it is even more problem. Ironic how this very developed and advanced country with advanced people is the one where an attacker got his way on a public transportation with bystanders doing nothing.

Knowing people filmed the incident it is common to assume that some posted it on social media. It is horrendous how people could not differentiate between virtual pornography and a real life incident. It is important for us individuals to realize that things such as rape is a huge crime and if possible we should try to stop it as soon as possible. If we witness these things we should be able to intervene and stop it. Rape is not funny space thing to joke/talk about. It's a huge problem and we have to eliminate.



Estella Shrestha
Roll No. : 24007
Domestic Violence

The present society that we live in is leading to modernity from traditionalism. Various activities are performed in society on the basis of established norms, values, traditions and beliefs .

Domestic violence starts from issues like character, manner of speaking, respect, rights, approach, etc. Domestic violence is not only physical violence, it can be emotional, sexual, etc. Domestic violence is a serious social problem and a burning issue. Violence is common not only in rural areas but also in urban areas. Behavior like battering, mistreatment, threatening, coercion falls under domestic violence. The purpose of domestic violence is to establish and exert power and control over others. Men most often use it against their spouses. It can also happen in any type of relationship, even if it's an intimate relationship.

This includes the LGBTIQ+ community too. Domestic violence can happen in lesbian, gay, bisexuals, transgender, heterosexual, long-distance couples, living together or not, and many more.

The person who gets abused or controlled is never the fault, it's the other person who misuses power and control. The most common causes would probably be dowry, illiteracy, poverty, addiction, lending and borrowing of property. There are many and many effects of domestic violence, it has negative outcomes. Some of the effects of domestic violence are listed below:

- Causes family misunderstandings
- Depression and high-risk sexual behaviors
- Negative impacts on children/minors
- The person who has suffered from it may involve in drug abuse or even commit suicide.

Being a part of LGBTIQ community there will be some difficulties while reporting violence to certain authorities. The authorities can deny helping out because you're part of LGBTIQ also they may say that women can't be violent and would justify abuse as you are not really a bisexual, lesbian, transgender. There is fear that you won't be believed when you're abused by the same sex as you.

There are various signs of an abusive relationship and some of the signs of an abusive relationship are listed below:

- Insults, puts you down, criticise you
- Injures you or endangers you
- Jealousy and possessiveness
- Controlling and limit to certain things such as money, clothes you wear, friends you hangout with
- Blaming all the way for their doings and for their behaviors
- Forcing to have sexual intercourse against your will, seeing you as an object or property
- Threatening telling 'I will commit suicide if you leave'
- Making you feel bad about yourself and embarrassed

Here are some measures to control domestic violence:

- Establish equal ownership on property
- Talking to someone about the abuse
- Seeking help from domestic violence hotline for advice
- Informing police or concerned authorities
- Awareness programs
- Maintaining unity against domestic violence
- Respecting each others opinions and views

Relationships like this are different to bear. It is completely different and not as easy as it seems. Sometimes it's better to cut off the people from life who don't have a positive impact in your life.



Shuban Pradhan

Roll No. : 24005

Malnourishment and Hunger

The body needs energy to work and it comes from the food we eat. Our bodies digest the food we eat by mixing it with fluids within the stomach. When the stomach digests food, the carbohydrate within the food breaks down into another sort of sugar, called glucose. The stomach and small intestines absorb the glucose then release it into the bloodstream. Glucose is often used immediately for energy or stored in our bodies, to be used later.

No matter what country they live in, poor people and therefore the elderly, those that have eating disorders, people with a poor appetite, and other people with medical conditions like cancer, HIV, or kidney failure that mean they have more nutrients are most likely to suffer from hunger and malnutrition.

People who aren't getting enough food, often experience hunger, over the future can cause malnutrition. But someone can become malnourished for reasons that don't have anything to do with hunger. Even people that have plenty to eat could also be malnourished if they do not eat foods that provide the proper nutrients, vitamins, and minerals. Some diseases and conditions prevent people from digesting or absorbing their food properly which leads to various diseases. Someone who doesn't get enough of 1 specific nutrient has a nutritional deficiency, a sort of malnutrition. The foremost common nutritional deficiency in the world is iron deficiency, which may cause anemia.

Malnutrition isn't an equivalent thing as hunger, although their meaning sounds similar and has many common facts. A craving or urgent need for food or a selected nutrient is hunger but people that are malnourished lack the nutrients needed for proper health and development. Peoples' hunger is often satisfied with a coarse meal while if someone is malnourished, treatment takes an extended or short period, and therefore the condition could also be mild or severe. People that are malnourished are more likely to get sick and, in severe cases, might even die. People that go hungry all the time are likely to be underweight, weighing significantly less than an average person of their size. If malnourished as a child, their growth can also be stunted, making them much shorter than average.

All over the world, people that are poor or who live in poverty areas are at the greatest risk for hunger and malnutrition. In poor or developing countries, wars and or natural disasters like droughts and earthquakes can also contribute to hunger and malnutrition by disrupting normal food production and distribution.

Currently, there are 795 million people that don't have enough to eat. Reports about people that are starving in countries suffering from war. Long-term success in ending world hunger starts with ending poverty. By fighting poverty through proper training for employment, education, and therefore the teaching of cooking and gardening skills, people that are suffering are going to be more likely to get jobs, earn enough money to buy food and even find out how to make their food to save lots of money.



Yunil Ghimire

Roll No. : 24008

Human Trafficking and it's Types

Human trafficking is know as the trade of human for the purpose of labour, slavery, etc for the traffickers or others. It is a crime which took out the rights which belong to the people. Every year many people and childrens around the world get trafficked in their own country or taken to different countries and sell them for money. Human trafficking is not only done in developing countries of under developed countries it is also done in fully educated and developed countries. Human trafficking is mostly done to sell of purchase a person for bad purposes, to take organs and sell in black market, etc. There are different types of human trafficking and they are:

- Girl Trafficking
- Child Trafficking
- Human organ trafficking

a. Girl trafficking

The selling and buying of girls for labour and sexual slavery is known as girl trafficking. The traffickers mostly lure the girls of rural areas in many ways such as providing jobs which will give a good salary, sending them to foreign for jobs, providing good education, etc. The lack of awareness, poverty and lack of education are the reasons why many girls from rural areas are easily trapped.

In our country organizations like Maiti Nepal, Shakti Samuha, Didi Bahini, Nepal Police, National Women Commission, Ministry of Women Children and Social Welfare, etc have reduced the rate of girl trafficking to India. To control this situation in our country we need to follow various measures like:

- Traffickers should be punished very strictly.
- Education and awareness about girl trafficking should be increased
- Government and organization should work against this serious problem
- Parents and guardians should be more aware and take care of their daughters.
- The security should be more tight at night time.

b. Child trafficking

Selling and buying of children for labour and many different uses is known as child trafficking. The children got easily trapped by the traffickers. Traffickers give them chocolate and make them follow them until they reach their base and take the child and sell them to the people of different countries for work. The traffickers use the children to take out organs and make the children beg for money in the streets. The main reason for child trafficking is also poverty, family problems, lack of education, carelessness of parents/guardians, etc. We can control child trafficking by:

- Family members should be alert while their children is playing in the park, etc
- Awareness program and education should be increased
- The children must be rescued as soon as possible.

c. Human Organ Trafficking

Illegal trade of human organs for the purpose of making money is known as human organ trafficking. The traffickers mainly trap the poor and illiterate people and tell them that their organs will grow back in one or two months and take them to their base and take the organs out. To control Human Organ Trafficking we can follow this measures:

- Provide education in the rural areas
- Health education should be increased
- People need to be aware of the people who have bad intention of taking out organ in name of treatment.



Remoon Gorkhali

Roll No. : 24004

Poverty and Homelessness

It has been established that poverty and homelessness are strongly correlated, a loss of income acts as a major factor associated with homelessness. There are a lot of people in the world that are in poverty or homeless. Some reasons as to why they are in poverty or homeless are less job opportunities, overpopulation etc. According to Habitat for Humanity, one-quarter of the world's population lives in conditions that harm their health and safety. Most people don't even have the basic things for a person's survival. This social issue also goes beyond the 25% of the population directly affected. Due to the lack of shelter for this vulnerable population, there is greater stress on government and social programs, including schools and healthcare systems. Poverty and homelessness is a major problem worldwide but most countries have made facilities for these people but now even those facilities are not enough because there is overpopulation and there is an

There have been different facilities made for the homeless and people in poverty some examples of these are food banks etc. there is a stereotypical view towards poverty and homelessness that is that the person in question can't properly do their work and can't get their life together etc. poverty is spread all over the world indifferent to race, gender, age, country, etc. We are all familiar with the concept of a minimum wage, which is the lowest wage rate an employer can pay an employee. The minimum wage is set by the respective provinces and territories based on economic conditions, cost of living along with many other factors. However the minimum wage in most countries or states is not enough for the basic necessities of a person. So a person needs an increased wage to afford the necessities because the minimum wage does not take into consideration the cost of rent, gas, food, etc. I highly doubt that some of the daily wage workers are not receiving the wages as per the requirement of the ILO. The increase in advocacy for a living wage is happening all over the world and not only in one country. A living wage is calculated based on a family of four with both parents working full-time for 37.5 hours a week and does not cover finances needed for owning a home, savings accounts or paying off debts. Living wages will also vary from each community, as the cost of living in Toronto (\$18.52), for instance, will be far more than Windsor (\$14.15). In foreign country there is somewhat an unspoken rule that a person needs to be in clean and proper clothes so it is even harder for homeless people and people in poverty to get a job. However, despite the multiple benefits that the implementation of a living wage would bring for those already earning a minimum wage, these benefits would not be accessible to those who face difficulty in gaining employment all together. Contrary to popular belief, many individuals experiencing homelessness are employed, where one study found that out of 3.5 million Americans experiencing homelessness, 25% have jobs.



Simone Shree Pathak

Roll No. : 24006

Homelessness

Human beings have their basic needs. The basic needs are the bare minimum that a human needs to survive. Among one of them is shelter. Shelter is one of the most important things that a human being needs to survive. Many people in this world have the privilege to live in a shelter safely; however there are many who do not. Not having a proper shelter is a grave problem that most people in this world are facing.

Homelessness has a lot of causes and reasons for it. It does not occur on its own. One of the main reasons, if not the main reason, why homelessness is still

prevalent is because of poverty. Poverty has always served as the main cause of many different problems and homelessness is no exception. Many people are homeless because of the lack of money. Because money plays an essential role in our life; without money life starts getting tough which eventually leads to even our basic needs getting snatched away from us.

Homelessness is a real issue and according to several research it is expensive being homeless. It may sound contradictory but that is the case. So how is it that it is expensive to be homeless? The fact of the matter is that if you are homeless or don't have enough money you can't buy groceries and other essentials in bulk and have to buy everything individually. If you have ever gone to a store then you realize that it is cheaper to buy in bulk which means people like us use those commodities without even realizing that is not something the homeless / people with low wages can use. Another driving factor why it is expensive to be homeless is that the homeless can't afford proper health care and drugs / medicine or proper regular check up and when they discover a problem in their health it is almost always a little bit too late or they have a condition way from recovery.

Homelessness has risen on a global and a national level in significant amounts and is still on the rise. It is estimated that 150 million people are homeless and 500 thousand people are homeless in just America alone. This number is unprecedented and even in one of the most developed countries there is still the problem that third world countries suffer from. In Nepal alone there are about 250 thousand people that are homeless which is a significant amount and according to the UNDP 25 percent of Nepalese people earn 1.25 \$ per day which is unprecedented.

If a person is homeless it does not mean they are lazy and not hardworking. The case here is much more sinister than that. The thing why they are homeless is they can't stand by themselves and homeless people are discriminated against heavily and the chance of them getting or being offered a job is slim or little to none. In conclusion, the way to eradicate homelessness is not by discrimination but by the way of offering them jobs and education so they can strive to be independent and not to be a financial burden to the nation.



Shreejal Khatri

Roll No. : 22023

Local living Global thinking

Modern technology of email and internet concretize the concept of local living and global thinking. The modern means of transportation was the first invention that contributed strongly to the spread of cultures throughout the planet. People started to know more about other cultures and many times introduced themselves to their own culture and things learned in other places and countries. The advance of automobiles, airplanes and ships made it incredibly easier to be in other parts of the planet.

Looking in the past few years we have experienced a new wave of technology. Internet, mobile phones, email, e-commerce are some words that resume what is present in our daily lives. As never before it was so easy to communicate with one another. Consequently, the world is creating a whole new definition of culture. It is the cultural mass that transcends the geographical borders, permitting that you feel at home anywhere on the planet. The people's architecture has been standardized. We can picture ourselves, for instance, in a hotel room in Pokhara. In most cases you will receive the same treatment in all those places and the interior designs all look the same, as the services provided. The reason they do this is to make everyone feel as they were in their own hometown, no matter where you are from.

We can also take the example of some Nepalese people living abroad and they living in the same community as the nepali people and how they design their houses and the culture and traditions that they still carry out. This makes them feel as if they are still in their home country.

In conclusion, modern technology has facilitated our lives enormously. But the price paid for the advancement of technology is that in some countries, if they do not stand hard at their beliefs and traditions, they will lose their identity to absorb the globalized culture.



Shashwot Poudel

Roll No. : 23039

Why Palpali Dhaka bestows the identity as *Cap on the Nepali head*

Palpali Dhaka holds the position of being one of the most loved Nepali textiles. Popularly known as madan pokhreli, Dhaka locally is nowadays widely exported to gulf and oceanic countries. The trend of making clothes from palpali Dhaka started from madanpokhara in palpa. Following the trend now palpali Dhaka is used to make a wide variety of clothes rather than the production of Antique palpali Dhaka Topi only.

These textiles are made up of cotton fabric only which follows the very similar trend of pashmina production. No hitch machinery is used for the production of Dhaka. Locally available Tannings are used to convert the cotton wool into textile wrap. Tan Singhs are made of wood straws obtained from pine trees which in itself is a history by today as almost no one can make them as our ancestors made. Hence newly established industries use the spinning mills imported from China to make Dhaka. The capital of Palpa got its name as "Tansen " from the word `Tannsingh' only. Once the textile wrap is created colors are used to make the Dhaka look attractive. Previously natural colors were only used to design the Dhaka but nowadays due to the poor availability of natural colors Sulfur dyes are widely used. The iconic patterns of the palpali Dhaka is made by the use of the very Tannsingh.

But at the time of the Rana-regime in Nepal. International cloth companies entered the markets of Nepal which made it extremely difficult for the palpali Dhaka to sustain. The handloom workers now started to look for alternatives as the market was completely down and the local individuals who were involved in that business started to fly abroad in search of work. Ganesh man maharjan had been to Benares in India to work for the charkha company in Benares. On return to Nepal he improvised the Dhaka production Technique. This technique got a wide popularity in the family of shree tin Chandra shumsher and other wealthy families of the time.

Palpali Dhaka were used by the royal families as gifts which were copied by the royal servants within years and the very trend followed throughout the nation. This made Palpali Dhaka a symbol of unification, love and respect. It became a compulsion for the government officials to dress. Dhaka Topi started to be a part of high ranked official's uniform making it hold the position of national dress along with bhadgaule Topi.

With all these Palpali Dhaka maintained its existence and now is able to bestow the identity of a cap on the Nepali head all over the world.

Sanskrit Articles



संभाव्य पाण्डे

अनुक्रमाङ्कः ३००२७

सम्वादात्मकः परिचयः

सम्भाव्यः	नमो नमः
आर्यन्ः	नमो नमः । तव नाम किम् अस्ति ?
सम्भाव्यः	मम नाम सम्भाव्यः अस्ति । तव नाम किम् अस्ति ?
आर्यन्ः	मम नाम आर्यन्अस्ति । तव गृहम् कुत्र अस्ति ?
सम्भाव्यः	मम गृहम् मैतिदेवी स्थाने अस्ति । तव गृहम् कुत्र अस्ति ?
आर्यन्ः	मम गृहम् चुच्चेपाटी स्थाने अस्ति । तव मातुः नाम किम् अस्ति ?
सम्भाव्यः	मम मातुः नाम सरला कडेल अस्ति । तव मातुः नाम किम् अस्ति ?
आर्यन्ः	मम मातुः नाम पद्मादेवी अस्ति । तव पितुः नाम किम् अस्ति ?
सम्भाव्यः	मम पितुः नाम विश्व पाण्डे अस्ति । तव पितुः नाम किम् अस्ति ?
आर्यन्ः	मम पितुः नाम रुचिरः रेग्मी अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?
सम्भाव्यः	मम विद्यालयस्य नाम सिफल विद्यालयः अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?
आर्यन्ः	मम विद्यालयस्य नाम सिफल विद्यालय अस्ति । त्वं कतम कक्षायां पठसि ?
सम्भाव्यः	अहम् चतुर्थी कक्षायां पठामि । अस्तु विरमामि सम्प्रति धन्यवादा ।
आर्यन्ः	अस्तु साधुवादाः



संविद ठकाल

अनुक्रमाङ्कः ३००२८

गौः

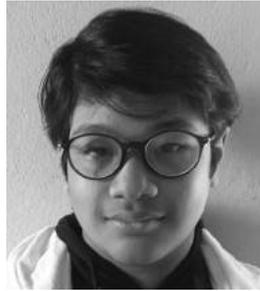
गौः नेपालदेशस्य राष्ट्रियः पशुः अस्ति । गौः नेपालदेशस्य सप्तसप्तति मण्डले प्राप्तुम् शक्यते । गौः हिन्दुधर्मस्य देवी अथवा माता अस्ति । दीपावलीसमये यस्याः विशेषरूपेण पूजा भवति । यः गोः पूजां करोति सः भाग्यवान् भवति । जनाः गां लक्ष्मीरूपेण स्वीकुर्वन्ति । लक्ष्मीपूजा सम्पूर्णहिन्दुजनस्य महान् पर्व अस्ति । एवम् प्रकारेण अन्यपूजायां अपि गोः पूजा भवति । यस्याः दुग्धम् अमृतं शदृशं अस्ति । यस्याः दुग्धम् अतीव पौष्टिकम् भवति । यस्याः दुग्धम् बलबुद्धि विवेकम् दातुम् सहयोगम् करोति । यस्य मूत्रं तथा गोमयं अपि पवित्रम् मन्यते । अतः गौः एका महत्त्वपूर्ण पवित्रा पूजनीया च पशुः अस्ति ।



हार्दिक शर्मा
अनुक्रमाङ्कः २९०४७

सम्वादः

तनिस्कः	नमो नमः ।
आर्यन्ः	नमो नमः । तव नाम किम् अस्ति ?
सम्भाव्यः	मम नाम सम्भाव्यः अस्ति । तव नाम किम् अस्ति ?
आर्यन्ः	मम नाम आर्यन् अस्ति । तव गृहम् कुत्र अस्ति ?
सम्भाव्यः	मम गृहम् मैतिदेवी स्थाने अस्ति । तव गृहम् कुत्र अस्ति ?
आर्यन्ः	मम गृहम् चुच्चेपाटी स्थाने अस्ति । तव मातुः नाम किम् अस्ति ?
सम्भाव्यः	मम मातुः नाम सरला कडेल अस्ति । तव मातुः नाम किम् अस्ति ?
आर्यन्ः	मम मातुः नाम पद्मादेवी अस्ति । तव पितुः नाम किम् अस्ति ?
सम्भाव्यः	मम पितुः नाम विश्व पाण्डे अस्ति । तव पितुः नाम किम् अस्ति ?
आर्यन्ः	मम पितुः नाम रुचिरः रेग्मी अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?
सम्भाव्यः	मम विद्यालयस्य नाम सिफल विद्यालय अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?
आर्यन्ः	मम विद्यालयस्य नाम सिफल विद्यालय अस्ति । त्वं कतम कक्षायां पठसि ?
सम्भाव्यः	अहम् चतुर्थी कक्षायां पठामि । अस्तु विरमामि सम्प्रति धन्यवादाः
आर्यन्ः	अस्तु साधुवादाः



यलमदेव प्रधान
अनुक्रमाङ्कः २८०१४

मम परिचयः

मम नामः यलमदेवप्रधानः अस्ति । मम निवासः सरस्वतीनगर नामकस्थाने अस्ति । मम पितुः नामः अनिलप्रधानः अस्ति । मम मातुः नामः रोजी प्रधानः अस्ति । मम अग्रजस्य नामः यज्जु प्रधानः अस्ति । मम पितामहस्य नामः सिंहलाल देव प्रधानः अस्ति । मम पितामह्याः नामः निलम प्रधानः अस्ति । मम पित्रव्यस्य नामः विजेन्द्र प्रधानः अस्ति । मम पित्रव्यायाः नामः सङ्गीताप्रधानः अस्ति । मम अनुजस्य नामः प्रस्तुतप्रधानः अस्ति । अहम् षष्ठी कक्षायां पठामि । मम विद्यालयस्य नाम डियरवाक सिफल विद्यालयः अस्ति ।



तनिस्क शाक्य
अनुक्रमाङ्कः २८०११

- आद्याश्रीः नमो नमः ।
इशानीः नमो नमः ।
आद्याश्रीः त्वम् कुशली अस्ति ?
इशानीः अहं कुशली अस्मि ।
आद्याश्रीः तव नाम किम् ?
इशानिः मम नाम इशानि अस्ति । तव नाम किम् ?
आद्याश्रीः मम नाम आद्याश्री अस्ति । तव गृहं कुत्र वर्तते ?
इशानिः मम गृहं मिन्भवन स्थाने अस्ति । तव गृहं कुत्र वर्तते ?
आद्याश्रीः मम गृहं चाबहिल स्थाने अस्ति । तव जनन्याः नाम किम् ?
इशानिः मम जनन्याः नाम इन्दिरामानन्धरः अस्ति । तव जनन्याः नाम किम् ?
आद्याश्रीः मम जनन्याः नाम विवेचनाशाक्यः अस्ति । तव जनकस्य नाम किम् ?
इशानिः मम जनकस्य नाम मनिशमानन्धरः अस्ति । तव जनकस्य नाम किम् ?
आद्याश्रीः मम जनकस्य नाम सबिनः शाक्यः अस्ति । तव विद्यालयस्य नाम किम् ?
इशानिः मम विद्यालयस्य नाम सिफल माध्यमिक विद्यालयस्य अस्ति । तव विद्यालयस्य नाम किम् ?
आद्याश्रीः मम विद्यालयस्य नाम अपि तत् एव अस्ति । सम्प्रति आवां विरमावः धन्यवादाः ।



आकाङ्क्षा खड्का
अनुक्रमाङ्कः २७००१

मम विद्यालयः

मम नाम आकाङ्क्षा खड्का अस्ति । अहम सप्तमी कक्षायां पठन्ती छात्रा अस्मि । मम विद्यालयस्य नाम सिफलविद्यालयः अस्ति । मम विद्यालयः काठमाडौं नगरस्य सिफलनामकस्थाने स्थितः अस्ति । मम विद्यालयः सुन्दरः अस्ति । मम विद्यालये अध्यापक-अध्यापिकानाम् सङ्ख्या पञ्चत्रिंशत्, (३५) विद्यार्थी सङ्ख्या पञ्चाशत् अधिकत्रिंशत् (३५०) वर्तते । मम विद्यालयस्य प्रधानाध्यापकः विजयश्रेष्ठः अस्ति । अस्मिन् विद्यालये उत्तमतया पाठ्यते तथा च विद्यार्थीनां अभिरुचीम् स्वीकृत्य ते कार्यम् कारयन्ति । मम विद्यालये एकः पुस्तकालयः द्वौ प्राङ्गणौ, एका सङ्गणकन्त्रप्रयोगशाला च अस्ति । मम विद्यालयस्य परितः वृक्षाः सन्ति अन्तिमे अस्माकम् विद्यालयः महान् अस्ति । अस्तु विरमामि



SIFAL SCHOOL