

THE DEERWALKER

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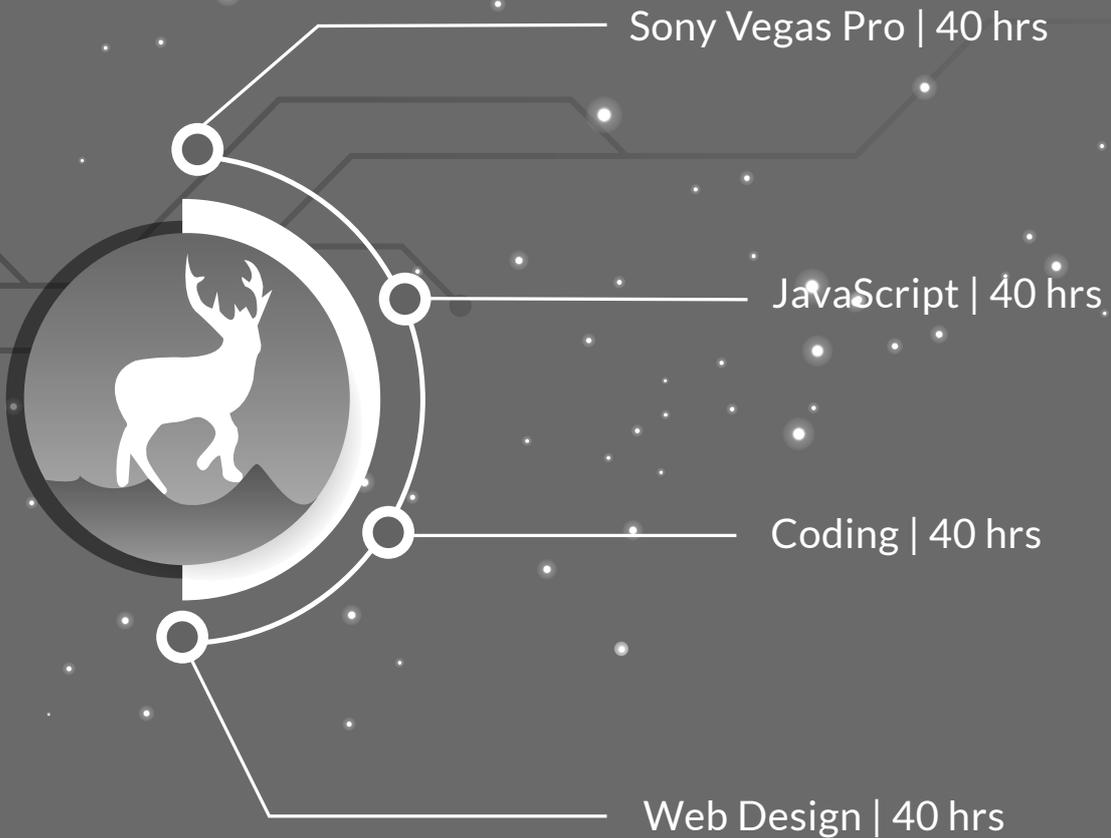
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Sifal School

Welcome!

Dear Readers,

It is with great pleasure that we greet you to the 11th edition of our school's magazine "The Deerwalker". The Deerwalker is a collective assemblage of outstanding articles written by the students of the Sifal School. The primary objective of The Deerwalker is to introduce a platform for young writers to express themselves through writing and to introduce inquisitive topics like poetry, creative writing, book and movie review, and many more to explore and cultivate young minds.

Members of The Deerwalker Team put together all the articles. We as a group have poured our collective minds into The Deerwalker, examining each article word for word. The magazine has drawn us together as a collective and is testimony that anything is possible when you work together and have the proper mindset.

As said by Elenor Roosevelt "The greatest gift you can give to a child is imagination". Young and enthusiastic minds can freely express themselves in any topic they are interested in with Deerwalker, which not only improves their language abilities but also allows them

to develop vital skills like inventiveness and confidence. The Deerwalker also serves as a showcase for writers who want to share their work with the world. The Deerwalk Education Group's Sifal School emphasizes the ability to appraise and initiate things on one's own, as well as encouraging individuality in variety. I strongly encourage all of our readers to read all of the articles in the magazine

We hope that you find this magazine full of intriguing, fascinating and knowledgeable ideas explored by our dedicated writers who have worked hard to make it what it is today. We welcome your suggestions and compliments. We sincerely hope you like it as much as we did when 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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स्वागतम्

आदरणीय पाठकवर्ग,

सिफल स्कूलद्वारा प्रकाशित डियरवाकर पत्रिकाको ११ औं अङ्कमा यहाँहरूलाई स्वागत गर्दछौं। एक महान् व्यक्तित्व एडिथ आनले भन्नुभएको छ, “म त्यस्तो शिक्षकलाई मन पराउँछु, जसले तपाईंलाई घरमा बस्दा गृहकार्यभन्दा अरु विषय पनि गर्न लगाउँछ।” पक्कै पनि किताबी ज्ञानले मात्र विद्यार्थीहरूले जीवनप्रतिको बुझाइ, धारणा प्राप्त गर्न, जीवनलाई सकारात्मक ढङ्गबाट हेर्न सक्दैनन् र जीवनका सुनौला सपनाहरू प्राप्त गर्न पनि सक्षम हुँदैनन्। सो भावलाई आत्मसात् गर्दै विद्यार्थीहरूको चौतर्फी विकासका लागि सधैं एकताबद्ध भएर लाग्ने हाम्रा सम्पूर्ण शिक्षक वर्गले गर्दै आउनुभएको विभिन्न कार्यमध्ये एक हो ‘डियरवाकर’ चौमासिक पत्रिका। यस चौमासिक पत्रिकाले हामी विद्यार्थीहरूले लेख लेखेर आफूभित्रको सोच्न सक्ने, मनन गर्न सक्ने, त्यसलाई लेखेर अरु समक्ष प्रस्तुत गर्न सक्ने क्षमताको वृद्धि मात्र नभई विभिन्न विधामा उत्कृष्ट सिर्जना तयार गर्न सक्ने र जीवनलाई सकारात्मक ढबगबाट बुझ्न सक्ने क्षमताको विकास गराएको छ।

डियरवाकरमा कथा, कविता, राजनीति, विज्ञान र प्रविधि, सामाजिक समस्या, कृति र चलचित्र समीक्षा आदि लेखहरू लेखनका लागि प्रेरित गरिन्छ। जसले गर्दा हामी विद्यार्थीहरूको शैक्षिक स्तरलाई माथि उकास्नुका साथसाथै हाम्रो रचनात्मक क्षमताको अभिवृद्धिका लागि अवसरको भूमिका निर्वाह गरेको छ।

सम्पूर्ण विद्यार्थीहरूको लेख रचनाको कदर गर्दै त्यसलाई अझ उत्कृष्ट बनाउनका निमित्त डियरवाकर क्लबले महत्पूर्ण भूमिका खेलेको छ। डियरवाकर क्लबले हरेक विद्यार्थीहरूको रचनाका प्रत्येक शब्द शब्दमा उत्सुकताका साथ आफ्नो मन र समय दिएर सिर्जना र समीक्षा गरेका

छौं। जसको माध्यमबाट पनि सामूहिक साथ र हौसलाबाट सबै काम गर्न सकिन्छ भन्ने शिक्षा प्राप्त भएको छ।

अन्त्यमा, सबै पाठकवर्गले हरेक लेखरचनाहरू पढेर विद्यार्थीहरूलाई हौसला दिनुहुने छ भन्ने कुरामा आशावादी छौं र यहाँहरूको रचनात्मक सुझावको अपेक्षा गर्दछौं।



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औसुतोष पुडासैनी
शुभम् रेग्मी

सम्पादकहरू

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द डियरवाकर

विद्यार्थीहरूको नेतृत्वमा प्रकाशित चौमासिक पत्रिका
सिफल स्कूल, काठमाडौं नेपाल।

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FEATURES

1. Book and Movie Review
2. Creative Writing and Opinion
3. Politics and Current Affairs
4. Events and Activities
5. Science and Technology
6. Interesting Facts and Figures
7. Poetry
8. Social and Contemporary Issue
9. Sports, Travel, Tourism and Entertainment
10. Sanskrit

Book and Movie Review



सताक्षी पाण्डे

क्रमाङ्क: ३१०२९

थ्याङ्क्यु हजुरबुबा: कथा समीक्षा



हामीलाई राम्रो विद्यालयबाट महिनामा एउटा अङ्ग्रेजी र नेपालीको पुस्तक पढाइन्छ। माघ महिनामा हामीले 'खरायोको प्यारासुट' भन्ने पुस्तक पढ्यौं। यस किताबभित्र पनि 'थ्याङ्क्यु हजुरबुबा' भन्ने कथा निकै ज्ञानवर्धक र राम्रो कथा थियो। यस कथामा सुमन नाम गरेको केटा कक्षा तीनमा पढ्छ। सुमनको हजुरबुबा चुरोट पिउनुहुन्छ। हजुरबुबालाई सुमन तथा आमाबुबाले चुरोट पिउनुहुँदैन भन्नुहुन्छ तर हजुरबुबाको बानीमा सुधार भएन। उहाँ सधैं चुरोट पिउनुहुन्छ। चुरोट किन्न पनि सुमनलाई नै पठाउनुहुन्छ एक दिन सुमनले हजुरबुबालाई किन चुरोट पिएको? भनेर सोध्छ, हजुरबुबाले चुरोट पिएमा जिउ फूर्तिलो हुन्छ, भन्नुहुन्छ। हजुरबुबाको कुरा सुनेर सुमन छक्क पर्छ। उसले त चुरोट पिएमा क्यान्सर, दम आदि जस्ता रोग लाग्छन् भन्ने सुनेको थियो। सुमनले पनि हजुरबुबाको एउटा चुरोट लुकाएर राख्छ। उसले भान्छामा गएर चुरोट पिउन थाल्छ। हजुरबुबा त्यसैबेला पानी पिउन आउनुहुन्छ। हजुरबुबाले सुमनलाई किन चुरोट पिएको भनेर सोध्दा सुमनले पनि "भोलि मेरो परीक्षा छ, जिउ फूर्तिलो पार्नलाई पिएको" भन्ने जवाफ दिन्छ। हजुरबुबा जिल्ल पार्नुहुन्छ हजुरबुबाले सुमनलाई सम्झाउनुहुन्छ, चुरोट पिएर जिउ फूर्तिलो हुँदैन यसले त क्यान्सर जस्ता भयानक रोग ल्याउँछ भन्नुहुन्छ। त्यसपछि हजुरबुबाले पनि आफू कहिल्यै पनि चुरोट नपिउने बाचा गर्नुहुन्छ। सुमनलाई पनि चुरोट कहिल्यै खानुहुँदैन भन्ने सल्लाह दिनुहुन्छ। त्यसपछि सुमन पनि हजुरबुबालाई 'थ्याङ्क्यु हजुरबुबा' भन्छ।



सम्भाव्य पाण्डे

क्रमाङ्क: ३००२७

खुट्टा गन्ने खेल: पुस्तक समीक्षा



परिचय

यो 'खुट्टा गन्ने खेल' पुस्तक विज्ञान चित्रकथामा आधारित पुस्तक हो। यो पुस्तक ध्रुव घिमिरेले लेखेका हुन्। यसका चित्रकार अनुकुल गुरुङ हुन्। यस पुस्तकलाई रातो बङ्गला किताबले प्रकाशन गरेको हो।

पात्रहरू

यस कथामा मानवीय पात्रहरू रमा, छिरिङ,यादव र बुद्ध छन् भने अमानवीय पात्रहरूमा माहुरी, भिँगा, लामखुट्टे, साइला, माकुरा, गँगटो, भुसिलकिरा, कनसुत्लो, खजुरो र अरिमुठे छन् । त्यस्तै गौण पात्रमा बुद्धका मामालाई पनि प्रस्तुत गरिएको छ ।

कथावस्तु

यस कथामा चारजना साथीहरू छन् । उनीहरूको नाम रमा, छिरिङ,यादव र बुद्ध हो । उनीहरूको परीक्षापछि वर्षे विदा भएको बेलामा मिलेर खेल्दछन् । बुद्ध चौरमा थाकेर पल्टिएका बेलामा रमाले कानमा कन्सुत्लो पस्ला भन्छन् । कन्सुत्लो भनेको के हो भनेर यादवले सोधेपछि कीराहरूका खुट्टा गन्ने खेल खेल्न सुरु गर्छन् । जसमा धेरै खुट्टा भएको कीरो भेट्ने राजा हुने नियम हुन्छ । बुद्धले घरबाट मामाले ल्याइदिएको आइग्लास लिएर आयो र सबैले किरा खोज्न थाल्छन् । उनीहरूले माहुरी, माकुरा, गँगटो, भुसिलकीरा कन्सुत्लो र अरिमुठे आदिका खुट्टा गनेर पालैपालो राजा हुन्छन् । अन्त्यमा अरिमुठेको खुट्टा गन्न धेरै गाह्रो हुन्छ र भोलिसम्मका लागि अरिमुठे खोज्ने यादव नै राजा हुन्छ ।

परिवेश

यो कथा गाउँले परिवेशमा रहेको छ । चार जना साथीहरूका घर, उनीहरूको विद्यालय, बुद्धको घरअगाडिको ठुलो चौर, गैंचा आदि मुख्य परिवेशका रूपमा आएका छन् ।

निष्कर्ष/सिफारिस

खुट्टा गन्ने खेल कथा चित्रकथामा आधारित कथा हो । विज्ञान चित्रकथा भएकाले ज्ञानवर्धक पनि छ । त्यसैले हामीजस्ता बालबालिकालाई यो कथा पढ्न सिफारिस गर्छु ।



सुभी लामिछने

अनुक्रमाङ्क: २९०३३

मिकी र म कथा समीक्षा



मिकी र म

परिचय

वाष्प इन्जिन एउटा विज्ञान कथासङ्ग्रह हो । यो किताबका लेखक प्रा.डा.तारानिधि भट्टराई हुन् । यस किताबका चित्रहरू प्रज्वल थापा मगरले बनाएका हुन् । यस किताबको प्रकाशन शिखा बुक्सले गरेको हो । यस किताबको सम्पादन गोपीकृष्ण ढुङ्गानाले गरेका हुन् । यसै कथासङ्ग्रहमा रहेको एउटा उत्कृष्ट कथा हो मिकी र म ।

पात्रहरू

यस कथामा मिकी, मिकीका बुबाआमा, साथीहरू, यासुहिरो, मिनाती र उनकी पत्नी आचुको, म पात्र, म पात्रका साथीहरू र शिक्षकशिक्षिकाहरू यस कथका पात्रहरू हुन् । भने प्रमुख पात्रहरूमा मिकी र म पात्र नै हुन् ।

कथावस्तु:

मिकी सबैको अगाडि गएर बोल्न थाल्छे । उसले खानुअघि हात धुने, स्कूलमा खाजा खाइसकेपछि टेबल सफा गर्ने, कोठा बढार्ने, आफूले प्रयोग गरेका थाल कचौरा आफैं सफा गर्ने, शौचालय प्रयोग गरिसकेपछि आफैं सफा गर्ने कुरा गर्छे । जब म पात्रको अगाडि गएर बोल्ने पालो आउँछ, के बोल्ने के भनेर अकमक्क पर्छे । उसले आफ्नो विद्यालयमा सबै मिलेर राष्ट्रिय गीत गाउने, सरस्वती पूजा गर्ने, गुरुपूर्णिमाका दिन गुरुहरूलाई उपहार

दिने जस्ता सामान्य कुरा गर्छे । मिकी जापानी केटी हुन्छे । ऊ आमाबाबासँग नेपाल आएकी हुन्छे र सामान्य नेपाली पनि सिकेकी हुन्छे । म पात्रलाई मिकीका अगाडि केही नजान्ने केटीजस्तै भएको महसुस हुन्छ । म पात्रले आमाबाबासँग हामीलाई पनि मिकीलाई जस्तै राम्राराम्रा कुरा विद्यालयका शिक्षकशिक्षिकाले किन नसि काएको होला भनी रिस पोच्छे । भोलिपल्ट मिकीका परिवार पोखरा घुम्न निस्कन्छन् । उनीहरूले आफूले प्रयोग गरेको कोठा र शौचालय सफा पारेर हिँडेको देखेर म पात्र छक्क पर्छे । मिकी र उसका परिवारलाई देखेर म पात्रले पनि आफ्नो परिवारका पनि सबैले आआफ्नो काम आफैँ गरौं भन्ने सल्लाह गर्छन् । उसका परिवारका सबै सदस्यले उसको प्रस्ताव मान्छन् । पोखराबाट मिकीको परिवार फर्केर आउँदा म पात्रले पनि मेथीजाउलो पकाउन हजुर आमासँग सिकेर आफैँ बनाएर खुवाउँछे । म पात्रका बाआमा पनि आफ्नी छोरीलाई सिकाउन खोजेको कुरा आफैँ जापानी परिवारको देखेर सिकेकोमा दङ्ग पर्छन् । म पात्रले मिकीको कुरा विद्यालयका शिक्षकशिक्षिकासँग गरेर विद्यालयका सबैमा परिवर्तन ल्याउँछे । अनि सबै दङ्ग पर्छन् ।

परिवेश

यस कथाको परिवेश मिकी र उसको परिवार बसिरहेको ठाँउ, पोखरा, मिकी र मिनाती पढ्ने विद्यालय, मिनातीका घरका कोठाहरू आदि हुन् ।

सिफरिस

म “मिकी र म” भन्ने कथा सानाठुला सबैलाई सिफारिस गर्छु किनभने यसले हामीलाई एकताले काम गर्नुपर्छ, परिवारका सबै सदस्यहरूले मिलेर घरका कामहरू गर्नुपर्छ र आफ्नो वातावरण सफा राख्नुपर्छ भनेर सिकाउँछ ।



विसोप चालिसे

अनुक्रमाङ्क: २९०१०

वाष्प इन्जिन: कथा समीक्षा



परिचय

‘वाष्प इन्जिन’ बालकथासङ्ग्रहमा सङ्ग्रहित कथा हो । यसका लेखक तारानिधि भट्टराई हुन् । यो विज्ञानमा आधारित कथा हो । यस कथामा वाफले इन्जिन कसरी चलाउँछ भन्ने कुरा प्रस्तुत गरिएको छ ।

पात्रहरू

यस कथाका प्रमुख तथा मानवीय पात्रहरूमा राहुल, निनाम र राहुलकी आमा छन् भने गौण पात्रहरूमा विद्यालयका शिक्षकशिक्षिका, उनीहरूका साथीहरू छन् । मानवेतर पात्रका रूपमा मुसोसमेत रहेका छन् । यस कथामा सबै असल पात्रहरू छन् ।

कथावस्तु:

लौ के भयो ? राहुल आतिर करान थाल्छ । उसकी आमाले कराईमा आलु उसिनेर जानुभएको थियो । आमाले जानेभन्दा अगाडि राहुललाई भोक लागेपछि बिजुलीको स्विच अन गरेर १५ मिनेटपछि स्विच अफ गर्नु अनि नुन खुर्सानीसँग आलु खानु भन्नुभएको थियो । जब राहुललाई भोक लाग्यो अनि उसले आलु तताउन थाल्यो । तताउँदा बिको हल्लिन लाग्यो । बिको उचालिने र थचारिदै गरेको देख्दा राहुल छक्क पर्‍यो । उसकोघरको छे उमा निनामको घर थियो । उसले निनामलाई बोलायो । निनामले भन्यो, पक्कै पनि यो बिको को भित्र मुसो हुनुपर्छ । कसरी मार्ने त राहुलले सोध्यो । तिमि पुन्युको चुचोले बिको खोल त्यहाँ बाट जे निस्के पनि म

त्यसलाई लौराले हान्छु, निनामले भन्यो । दुवै जना मुसो मार्न तयार भए । राहुलले पुन्युको चुच्चोले बिको खोले बित्तिकै निनामले लौरा नभेटेर लौकाले कराईमाथि हिकार्यो । लौकाको टुक्रा टुक्रा भयो । तर कराईमा आलुबाहेक केही पनि थिएन । राहुल छक्क पन्यो । निनामलाई पनि आश्चर्य लाग्यो कि बिकोलाई केल्ले उचाल्दै थचाउँ गरिरहेको होला भनेर । राहुललाई शङ्का लाग्यो, हामीले नदेखे गरी मुसो भाग्यो कि ? पछि जेसुकै होस् भनेर उनीहरू बैठकमा बसेर उसिनेको आलु खान थाले । उनीहरूले खाएको आलुको बोक्रा एकैठाउँमा जम्मा पारेका थिए तर पछि छरपस्ट भयो । यस्तो किन भयो भन्दा राहुलले पङ्गाको हावाले उडाएर यस्तो भएको कुरा बतायो । यसै बिच निनामले हावामा उडाउन सक्ने शक्ति भएको भए कराईको बिको उचाल्ने र थचार्ने पनि हावाले गरेको होला भनी अनुमान लगायो र परीक्षण गर्ने विचार गरेर आलु फेरि उसिने । नभन्दै एकछिनपछि कराईको बिको त्यसै गरी हल्लियो । उनीहरूलाई थाहा भयो कि वाफमा शक्ति हुँदो रहेछ । उनीहरूले आफैँ नयाँ कुरा पत्ता लगाएकोमा मख्ख परे । आमा आएपछि उनीहरूले दिउँसोको सारा घटना आमालाई सुनाए । आमाले पनि डिजेल पेट्रोलको खोजी नहुँदै रेल र पानीजहाज वाफबाट नै चल्ने गरेको कुरा बताउनुभयो । वाष्पले इन्जिन पनि चलाउने रहेछ भन्ने कुरा थाहा पाएपछि उनीहरू अचम्ममा परे ।

परिवेश

यो कथाको मुख्य परिवेश राहुलको घर, उसको भान्साकोठा, बैठककोठा, निनामको घर हुन् । यसै गरी आमाले काम गर्न जाने ठाउँ, राहुल र निनामको विद्यालय पनि परिवेशका रूपमा आएका छन् ।

निष्कर्ष वा सिफारिस

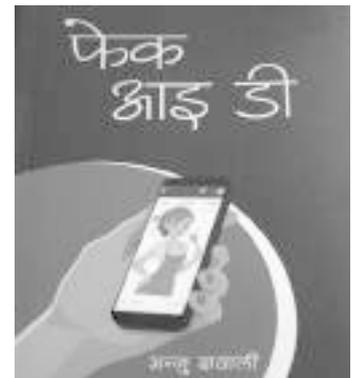
हामीजस्ता बालबालिकाहरूलाई विज्ञानका कुरा कथाका माध्यमले सिकाएको यो कथाले नयाँनयाँ शब्दहरूको पनि ज्ञान दिएको छ । त्यसकारण म यो कथा सबैलाई पढ्न सिफारिस गर्दछु ।



प्रसिद्ध श्रेष्ठ

क्रमाङ्क: २५००८

पुस्तक समीक्षा: फेक आइ डी



पृष्ठभूमि

'फेक आइ डी' कथा सङ्ग्रह मन्जु ज्ञवालीले लेख्नु भएको हो । ज्ञवाली उनका किशोर कथा सङ्ग्रह बालचित्र कथाहरू प्रकाशित भएका छन् । उनी बाल साहित्यको समृद्ध र विकासको लागि प्रशिक्षणमा समेत सक्रिय छन् । उनले बाल साहित्यको लागि विभिन्न संस्थामा रहेर काम पनि गरिरहेकी छन् । यस फेक आइ डी भन्ने किशोर कथा सङ्ग्रहमा दशवटा अति रमाइला कथाहरू छन् जुन फरक-फरक विषयवस्तुमा आधारित छन् यस कथामा कुनै पनि चित्रहरू चाहिँ कोरिएका छैनन् । यस किशोर कथा सङ्ग्रहमा १ देखि १२० पानाहरू छन् । यो किशोर कथा सङ्ग्रह विवेक सिर्जनशील प्रकाशन प्रा.लिद्वारा प्रकाशित भएको हो । यस किताबको बाहिरी आवरण रङ्गीन छ ।

कथाहरू:

उजेलीको उज्यालो

यस कथामा उजेली भन्ने पात्र छिन् । उसको बुबा साहुको ऋण तिर्न पैसा कमाउन लाहुर गएका थिए । आएर अलिअलि ऋण पनि तिरे अनि गाउँबाट तराई भरे फेरि लाहुर गए त्यसपछि फर्केनन् भाइ पनि बुबा खोज्न गएका अत्तोपत्तो भएन । त्यही चिन्ताले बिरामी हुनुभयो । आमाले मेलापात गरेर दुई सन्तानलाई स्कूल पठाउनुभएको थियो तर अब सबै भार उजेलीमा आयो । आमालाई उजेलीको बिहादान गर्ने ठूलो इच्छा थियो उजेली चाहिँ यो कुरा सुनेर रिसाउथिन् । उजेलीको घरमा बिजुली बत्ती थिएन । दिउरीमा मट्टितेल हालेर बत्ती बाल्नु पर्थ्यो । बुबाले एउटा ब्याट्रीबाट चल्ने रेडियो छोडेर जानुभएको रहेछ । एकदिन रेडियोबाट बिजुलीबत्ती

सम्बन्धी तालिमको कुरा सुनेर आमालाई फकाइ फुलाई तालिम लिन गइन् तालिममा त सबै केटा उजेली मात्र केटी रहिछिन् । सुरुमा त डराइन् तर एकदम मिहिनेतले काम सिकेर सबैभन्दा राम्रो उजेली नै भइन् केटाहरूहरूलाई नै पछाडि पारिन् । केटाहरूले उनलाई कति जिस्काउथे होच्याउँथे । एकदिन रामनारायण सरले बोलाउनुभयो अनि एउटा ठुलो कम्पनीमा बिजुली फिटिङ गर्ने रेखदेखको काम आएको छ, तिमी जान्छ्यौं भनेर सोध्नुभयो । उजेलीले हुन्छ भनिन् र आमा विरामी हुनुहुन्छ । टाढा पर्छ कि भनेर सोधिन् गाउँ वरिपरि नै हो भने । त्यसपछि नियुक्ति पत्र लिएर आइन् उजेलीलाई केटी मान्छे भनेर काम दिन हिचकिचाउँथे त्यति बेलासम्म गोठमासमेत बिजुली जडान गरिसकेका थिए । उजेलीले साँभ्र बिहानमा काम गरेर आफ्नो घरमा पनि बिजुली बत्ती बालि सकेकी थिइन् । नियुक्ति पत्र लिएर घर गरेपछि रेडियो बजाउन खोजिन् तर बजेन रेडियोको चारवटा ब्याट्री च्यापच्याप भइसकेका रहेछन् । उनलाई ग्लानि पनि भयो हाँसो पनि उठ्यो सबैको घरमा बिजुलीको रेडियो बजाउने मेरा घरमा चाहिँ ब्याट्री वाला रेडियो भनेर ।

त्यो रात

कमला, कमली र मीरा लुकामारी खेलिरहेका थिए । जुनुले चाहिँ अरू साथीलाई खोज्नु पर्थ्यो । साँभ्रपखको समय थियो । उनीहरू बिना सङ्कोच खेलिरहेका थिए । उनीहरू यसरी नै घन्टौं बिताउँथे । मान्छेहरूले उनीहरूलाई हेरेर हाँसिरहेका थिए अचानक आँखा जुध्थे र लाज लागेजस्तो भएछ । कमलीले मसकक मस्कदै उनीहरूलाई कर्क नजरले हेरी उसको नाम राजु हो । अर्को उसको साथी हो भने त्यतिकैमा मीरालाई आमाले बोलाउनुभयो भनेर त्यहाँबाट गई । भात खाँदै गर्दा हजुर आमाले छोरी तरुनी भइसकी भनेर भन्नुभयो । हजुर आमाको कुरा हो जस्तो लाग्यो किन किन भ्यालबाट हेरिरहने मान्छे आफ्नैजस्तै लाग्न थाल्यो । मीराले आमालाई माधुरी दिदी मिनस भएको अनि ममतालाई पनि गुफा राखेरको कुरा गरिन् ।

उस्तै - दुरुस्तै

एस. इ.इ. परीक्षा सकेपछि केही साथीहरू ब्रिज कोर्स गरे, केही विदेश जाने तयारी गरे । अनिम, सागर, रोमा, कविता बटवलबाट माइक्रोबस चढेर काठमाण्डौं घुम्न गए । माइक्रोमा गैँडा तस्कर गरेका मान्छेहरूलाई पक्रेको अनि त्यो गैँडालाई सङ्गाहालयमा जिम्मा दिएको कुरा गरेका थिए तर ध्यान गएन काठमाडौं पुग्यो । उनीहरू कलङ्कीबाट बानेश्वरको गाडीमा चढे । अन्जलीको घर पुग्दा रातको नौ बजिसकेको थियो । भोलिपल्ट पशुपति स्वयम्भू घुम्न गए । स्वयम्भूका बाँदरहरू बदमास रहेछन् । त्यहाँको सङ्गाहालयको भित्र जाँदा त मरेको गोहीदेखि तर्सको देखेर सागर हाँस्यो । त्यहाँ मरेका जीवजन्तु चराचुरुङ्गी धेरै रहेछन् । अनेकौं जातका पुतलीहरू देखेर फूलफूल डाली डालीमा डुलेको अनुभूति भयो त्यहाँ अजिङ्गर पनि रहेछ । त्यो अजिङ्गर कसरी आयो भनेर अचम्म भयो अनि त्यहाँका सरले राम्ररी बुझाइदिनुभयो । गैँडा देखेर त्यहाँ रामापिथेकसको स्वरूप पनि रैछ । त्यहाँ अष्ट्रिजको अण्डा पनि रहेछ, सागर सङ्गाहालय घुमेपछि प्राकृतिक विज्ञान पढ्ने सोच भएछ । मलाई पनि त्यो खपटे किरा, पुतलीहरू जस्तै इयर रिङ्ग बनाउने बाघका मयूरी रङ्ग भालु चितुवाजस्ता जनावरका छालाका रङ्ग त्यस्तै प्रिन्टका लुगा बनाएर फेसनको दुनियाँमा तहल्का मच्चाएर इन्टरप्रेनर बन्ने सोच आयो । वनको माथिपट्टि स्वयम्भूको दुईटा आँखाले देख्यो त त्यहाँ भनेर सोधेको जस्तो लाग्यो ।

टिनएज

ऋषभले आफ्नो गणितको किताब चोरी भयो भनेर सबैको भोला परीक्षण गर्‍यो तर भेटाएन । दियालाई तै ले मेरो किताब लुकाएको हो भनेर रिसाएर सोध्यो । भोला तान्न खोज्यो तर दियाले दिएर ऋषभले लुटेर भोला चेक गरे तर भोला भित्र सेनेटरी प्याड रहेछ, अनि ऋषभले सबैलाई भन्यो । सबैजना हाँसेर खिल्ली उडाए तर आयुषले दियालाई नजिस्का त भनेर भन्दा तेरो गर्लफ्रेंड हो भनेर कराए । दियाको गाला लाजले रातो भयो केटीहरूले पनि तिमीले गर्दा हामीलाई पनि लाज भयो नर्स रुममा पाइहाल्थ्यो नि भनेर दियालाई कसैले साथ दिएन । विज्ञानले जिस्काएर तिमीलाई अहिले पनि डाइपर लगाउनुपर्छ हो भने । दियालाई एकदम नरमाइलो नराम्रो बेइज्जत भएको महसुस भयो । उसलाई डर लाग्यो । ९ र १० कक्षाका गुरुहरूले पनि थाहा पाए भने के हुन्छ भनेर दिया भर्खर १३ वर्ष लागेकी थिइन् । उनको शरीरमा विस्तारै परिवर्तन भइरहेको थियो टिफिन टाइममा पनि उनी बाहिर गइन् । उनका आँखा रोएर रातो रातो भएका थिए । उमा मिसले यो कुरा थाहा पाउनुभयो अनि सबैलाई हप्काएर सम्झाउनुभयो यो लाज मानेर मुस्काउने लुकाउने कुरा होइन यो प्राकृतिक कुरा हो भनेर सम्झाउनुभयो ।

खुसी

श्याम एक दलित अनि गरिब परिवारमा जन्मेका थिए । उनीहरूलाई एकदमै दुःख थियो । पेटभरि अलि मिठो खाना चाडपर्व आउनुपर्थ्यो । एकदिन श्याम स्कूलबाट फर्किदा आमा भोक लाग्यो भनेर कराए । आमाले आज तेरो बुबाको तलब आउने दिन हो पर्छी भने आमाले भन्नुभयो । बुबा आउनु भएन सारै भोक लागेकोले आमाले पोलेको तातो गिठा खुवाएर सुताउनुभयो । बुबा भने रक्सीले मातेर आउनुभयो । आमाबुबा भगडा गर्नुभयो । श्यामे विहान मालिकको भैंसी चराएर दिउँसो स्कूल जान्थ्यो । आमालाई हामी किन गरिब भएको भनेर सोध्दा अनपढ गंवार भएर भनेर भन्नुभयो । श्यामले पढ्यो भने धनी हुन्छ हो आमा भनेर सोधे । आमाले हो भन्नुभयो तर आफूसँग पढ्नलाई पैसा छैन । भैंसी चराउने घरको छोरा अमरदीपसँगै पढ्थ्यो । ऊ पढ्दैन थियो । खेलिर हन्थ्यो श्याम भने भैंसी चराउँदै रुखको फेदमा बसेर पढ्थ्यो । भैंसीले अरूको बारीको मकै खाएर कति गाली खानुपर्थ्यो । श्यामे स्कूलमा फाटेको लुगा लगाएर जान्थ्यो चप्पल चुँडेर खालि खुट्टा स्कूल जाँदा साथीहरूले जिस्काउथे । श्यामको रूप रङ्ग देखेर श्यामलाईसँगै बसाउँदैनथे । ऊ एकलै लास्ट बेन्चमा बस्थ्यो । किरण सरले श्यामलाई एकदम माया गर्नुहुन्थ्यो । सरले श्यामलाई अगाडि ल्याएर राख्नुभयो साथीहरू सबैजनाले रिसाएर हेरे । अमरदीपलाई सोधेको प्रश्न आएन श्यामले उत्तर दियो भनेर अमरदीप रिसाएर घरमा बुबालाई भए नभएको कुरा लगाएर श्यामलाई भैंसी चराउने कामबाट निकाल्न लगाए । श्याम एकदम रोयो मौलवीले देखेर सोधे, श्यामले रुँदै सबै कुरा सुनाए मौलवी पनि मदरसा स्कूल पढाउथे । समाजसेवी पनि थिए । काम गर्दै पढ्न मौलवीले २०० रुपैया दिए । उनले धेरै कुरा पनि सिकाइदिए व्यापार गरेर कापी कलम किनेर पढ्ने सोच बनाएर छुट्टीको घन्टीमा खाजा खाने समयमा बाहिर बोरा ओच्छाएर बिस्कुट र मुँगफली बेचन बस्थ्यो तर साथीहरूले त चोर भनेर उसको सामानहरू लुटेर पिट्न थाले किरण सरले देख्नुभयो श्यामले सबै कुरा सुनाए । त्यत्तिकैमा मौलवी पनि आइपुगे । श्यामको कुरा साँचो निस्क्यो किरण सरले मुसुक्क हाँसेर श्यामको समर्थन गर्नुभयो श्याम पनि खुसी भयो ।

म चोर होइन

एकदम गर्मीको समय समय थियो । राहुललाई आँप खाना मन लाग्यो । आमालाई भन्यो को मुख्वा खाने भनेर भने बहिनीले पनि खाने भनिन् । गर्मीको कुनै परवाह थिएन । टोलको नाइके नै राहुल थियो । खेलन पाए पुग्थ्यो । गुल्ली डण्डा चुङ्गी मन पर्ने खेल थियो । एकदिन इमिली टिप्न जाँदा ममता काकीले लखेट्दा भन्डै खुट्टा नै भाच्चिएको थियो । राहुल सानैदेखि चुलबुले थियो रूपमा नै आधा मात्र । अम्बा खाएर छोड्थे इमिली चोरेर स्कूल लगे पनि घरभेटी बाले केही भन्दैनथे । दिपेन्द्रले बगियामा खेलन जान बिस्तारै बोलाउन आयो यो थाहा पाएर बैनीले आमालाई कुरा लगाइदिइन् । आमाले गाली गर्नुभयो साथीहरूले पनि पठाइदिनु न, आन्टी भनेर भन्यो तर मान्नुभएन राहुल ठुस्स पच्यो । दिपेन्द्रले बाठो भएर हाम्रो घरमा खेलन जानु भनेर भन्यो । आमाको केही सीप लागेन उनीहरूलाई त्यहाँ गएर बगैँचामा कोही नदेखेपछि राहुल र हरिश रूख चढे । दिपेन्द्र तेजश र राघवले आँप बटुल्न बसे तर त्यहाँ एउटा कालो मोटो मान्छे रूखमुनि देखियो । ती दुईलाई फसाएर दिपेन्द्र भाग्यो । उसले राहुललाई पिट्यो हरिश पिटाइ खाने डरले रूखबाट ओर्लेन जङ्गले तेरो आमाले पठाएको रस्सीले रूखमा बाध्दिउँ भनेर कान समाते राहुलले माफी माग्यो । हामी आँप चोर्न आएको होइन भनेर हरिषले भने एक लौरो तिघामा हान्यो । पुलिसलाई बोलाइदिन्छ भनेर भन्दा उनीहरूले डराएर रोए हामीलाई दिपेन्द्रले फसायो राहुलले हात जोड्यो । अबदेखि सोधेर मात्र टिप्छु भनेर भन्यो राहुललाई त्यो दिन एकदम नराम्रो लाग्यो अबदेखि अरूको चिज नसोधिकन लिन्न भनेर प्रण गच्यो ।

साइबर अपराध

कृतिकाको मोबाइलमा म्यासेज आयो । कृतिका ओए के गरिरा ? कोसँग कुरा गरिराको ? कृतिकाले फटाफट जवाफ लेखी । कृतिका एलिस एरिका जुली भाइवरमा ररूप बनाएर कुरा गरिरहन्थे । कृतिका कोठामा ढोका लगाएर मोबाइल चलाएर बस्थी ऊ साथीसँग कक्षामा आएको नयाँ कंटा आर्यनको बारेमा पनि कुरा गर्थी नभन्दै आर्यनको म्यासेज आयो म्यासेज पछि कफी सपमा भेट्ने कुरा भयो भेट्यो अनि भोलि स्कूल जादा खरिबोटमा कुरेर बस्छु भनेर भन्यो घर पुग्न नपाउँदै कृतिकाको मोबाइलमा म्यासेज आयो आइलभ यु कृतिकाले आइलभ यु टु तर साथीको रूपमा मात्र है । उनीहरू एउटै कक्षामा पढ्थे कक्षामा पनि म्यासेज आदान प्रदान गर्ने सँगै बाहिर निस्कने नआएको सोध्ने सिकाउने गर्थे । रुपा मिसको क्लास थियो । कक्षामा खासखुस गरेको सुनेर मिसले सोध्नुभयो कृतिकाको मोबाइलमा म्यासेज आएको आयै भयो मोबाइलमा चन्द्रागिरिमा अरू नै केटीसँग अँगालो हालेर बसेको केटीको फोटो थियो । कृतिकाको मोबाइलमा कृतिका अरू केटासँग बसेको फोटो थियो ।

त्यो देखेपछि कार्तिकले कृतिकालाई एक चड्कन गालामा हान्यो । रुपा मिसले अनुशासन नभएको विद्यार्थी बन्द प्रिन्सिपलको कक्षमा लानुभयो कार्तिकले मेरो व्यक्तिगत समस्या हो भन्यो । यो घर होइन स्कूल हो भनेर विज्ञान सरहरू दुवै जनाको मोबाइल चेक गर्दा दिदी त फेक आइ डि बनाएर त्यस्तो फोटो राखेको रहेछ । जुली र एलिसाले सरहरूले पनि थाहा पाउनुभयो । सरहरूले एलिसा र जुलीलाई गाली गरे पनि उनीहरूमा पश्चातापको आँसु छर्चल्कियो कार्तिकले पनि कृतिकासँग माफी माग्यो । कृतिकाको अनुहार अलि उज्यालो भयो ।

फेक आइ डी

कविता एक गरिब परिवार जन्मेकी थिइन् । उनी एस.इ.इ.को परीक्षामा ए प्लस ल्याएर पास भइन् उनी सहर मा गएर पढ्न चाहन्थिन् तर उसको बुवाले सक्नुहुन्न थियो । कवितालाई भागेर जान मन लाग्यो तर कहाँ जाने के गर्ने । एकदिन मालिक घर आउनुभएको थियो । मालिकले छोराछोरीको पढाइ सोध्नुभयो बुवाले छोरा कक्षा पाँचमा पढ्छ छोरी राम्रो अङ्क ल्याएर एस.इ.इ. पास गरिन् भनेर भनेपछि कविता मालिकसँग सहरमा गएर पढ्न पाउने भइन् । उनी मालिकसँग सहर गइन् । कवितालाई देखेपछि मालिकनी खुसी हुनुभयो । त्यहाँ एकजना केटी पनि थिइन् । कविताले उहाँ को ? भनेर सोधिन् उनी खाना पकाउने घरको काममा सघाउछिन् भन्नुभयो अनि कविताले मैले के काम गर्ने भनेर सोधिन् । अहिले खाना खाएर सुत भोलि कुरा गरौला भनेर भन्नुभयो । शर्मिला दिदीको कोठामा दुईवटा खाट रहेछन् । उनी त्यही सुतिन् । कविताका मनमा अनेक कुरा खेले । निन्द्रा लागेन, भोलिपल्ट मालिकनीले स्कूल भर्ना गरिदिनुभयो । यतिबेलासम्म कविता शर्मिला दिदीसँग घुलमिल भइसकेकी थिइन् । उनलाई लोग्नेले छोडेको रहेछ । एउटी छोरी पनि रहिछिन् । शर्मिलाले आफ्नो व्यायफ्रेन्ड भनेको कुरा सुनाउँथिन् । उनीहरू दिउँसो तरकारी किन्न सँगै जान्थे । कविता पसलमा पनि बस्थिन् समय पाएको बेला उनले-पढ्थिन् । उनी एघारको रिजल्टमा प्रथम भइन् । कविताले बुवाले पठाउनु भएको सानो नोकिया मोबाइलबाट उनले घरमा फोन गरिन् । घरमा खुसी हुनुभयो । शर्मिलाले अर्को मोबाइल बोकेकी थिई । पुरानो मोबाइल कवितालाई दिई । कविताले पनि फेसबुक स्थापना चलाउन सुरु गरिन् । शर्मिला दिदी कुर्ता सुरवालबाट पाइन्ट पाइन्टबाट हाफपाइन्ट लगाउने भइसकेकी थिइन् । कविताले मालिकनीलाई पनि भनिन् तर त्यति वास्ता नै गरिनन् । कविताले चलाउने मोबाइलमा म्यासेज आयो । म तिमीबिना बाच्नै नसक्ने भए । मेसेजसँगै भिडियो पनि थियो । भिडियो हेर्दा डर लाग्यो उनी भित्री वस्त्रमा मात्रै थिइन् । कविताले मालिकनीलाई भनिदिन्छु भनेर गाली गरी भोलिपल्ट स्कूलमा सबैले बदनाम गरिस् । थकाइ लाग्यो होला कति जना पुग्यो हामीलाई पनि बोला भनेर भने कविता एकदम रोइन् । म पसलमा काम गर्छु भनेर भनी । उसले हिजोको कुरा सम्झी । कविताले मिसलाई सबै कुरा बताइन् । अनि पुलिसमा रिपोर्ट दिइन् । अर्को आइडीबाट उसको बदनाम भएको रहेछ । सामाजिक सञ्जालको गलत प्रयोगले गर्दा निर्दोष कविता तनावमा परिन् । शर्मिलालाई खोज्दै पुलिस आइपुग्यो । त्यतिकैमा शर्मिला बेपत्ता भइन् ।

दिलमायाको प्रविधि क्रान्ति

दिलमायालाई कथित तल्लो जातकी सर्किनी भनेर सबैले हेप्थे । उनलाई विश्वास गर्दैनथे । उनको स्कूले जीवन नरमाइमोसँग बित्यो । कम्प्युटर विषय मा.वि.मा पढ्थिन् । उनलाई यस विषयमा धेरै रुचि थियो । पढाइमा लगनशील भएकोले शिक्षकहरूले धेरै माया गर्नुहुन्थ्यो । कम्प्युटर सिक्न खोजेको देखेर जुत्ता सिलाउन नसिकेर कम्प्युटर सिक्न खोजेकी भनेर जिस्काउँथे । उनले एस एल सीको परीक्षा दिन तानसेन गएको थिइन् अनि त्यसपछि एउटा विज्ञापन पढिन् घर पुगेर कम्प्युटर सिक्ने इच्छा राखिन् तर आमाले विवाह गरिदिन्छु भन्नुभयो । जसोतसो मनाएर सिकिन् काम पनि सुरु गरिन् भिडियो खिचन र सम्पादन गर्न पनि सिकिन् तर कसैले पनि सानो जात भनेर काम दिन मानेनन् तर एकदिन लोकनाथ आफ्नो घरको रुद्री पूजाको भिडियो खिचन बोलाउनुभयो देवीमाया गइन् त्यस त्यसपछि एकदम राम्रो भयो उनका भिडियोग्राफी कम्प्युटर सिक्न आउनेहरू पनि धेरै भए दलित महिलाहरूलाई पनि काम दिए आमाबुवाले पनि जुत्ता सिलाउन छोड्नुभयो प्रविधिले कम्प्युटर र अन्धविश्वासलाई तोड्दै लगेको छ ।

देउता रिसाएनन्

शिलाको दिदीको बिहे थियो । घरमा पाहुना टन्नै थिए सबैजना सुत्नुभयो तर शिलालाई निन्द्रा नै लागेन दिदी जानुभयो भने म एकलै हुन्छु भन्ने चिन्ता उनलाई भएको थियो । दिदीलाई पनि भन्नु चिन्ता रहेछ उहाँ पनि सुत्नुभएको थिएन । भोलिपल्ट दिदीले उठाउनुभयो फ्रकको पछाडि त के लागेछ चर्पी गएर हेर्दा त पर पो सरिछन् । उनले कसैलाई भनिनन् तर आखिर उसको मिल्ने साथी अदितीलाई भनिन् । शिलालाई कुल देवता

रसाउलान् भन्ने चिन्ता र साइला बाको पनि चिन्ता थियो । हजुरआमाले बोलाएको बोलाइ हुनुहुन्थ्यो । कसार बटार्नलाई साथीको साथ पाएपछि कसार बटार्न गइन् । फुपूहरूले सिकाउनुभयो एक छिनमा साइला बा हल्लिनुभयो । शिलालाई डर लाग्यो तर अन्तिममा छोरी चेली नबोलाएकोले त्यस्तो भएको रहेछ । खाममा पैसा पठाइदिन्छु भनेर हजुरआमाले भन्नुभयो । शिलालाई एकदम डर लागेको थियो। दियाकी आमाले अचार मिठो बनाउनुहुन्थ्यो । शिलाले पनि खाइन् । बिहे राम्ररी सकियो जन्ती गएपछि हाम्रो घर सुनसान भयो बेहुली अन्मिएपछि सबै छोरी केटीलाई टिका लगाएर दक्षिण दिनुभयो ।

निष्कर्ष

यो किशोर कथा सङ्ग्रहमा सबै कथाहरू किशोर अवस्थामा हुने घटना समय कुराहरू रहेछन् । यस कथा सङ्ग्रहबाट धेरै नै कुराहरू सिक्ने मौका पाएँ । यस कथामा किशोरहरूको विचार, किशोर अवस्था हुने चन्चलपन, किशोर अवस्थामा हुने उत्सुकता, किशोर अवस्थामा शरीरका हर्मोनको परिवर्तन, धनी र गरिब बिचको असमानता। त्यस अवस्थामा हुने बुद्धिको कमी, सामाजिक सञ्जालको दुरुपयोग, जातको भेदभावको बारेमा लेखिएको छ ।



आभाष मल्ल

क्रमाङ्क - २६००१

पुस्तक समीक्षा: मोदिआइन



कथावस्तु:

म पात्रले ढिपी छोडेनन् । म पात्रको ढिपीले जिते र म पात्र पनि भोला बोकेर मिसिरजीसँग दरभङ्गा गए । दर भङ्गा जान उनीहरू तयार भए । उनीहरू ट्रेनबाट एक दरबार देखे, मिसिरजीले त्यो दरबार ९ लाखको हो भने तर त्यही नजिकको मान्छेले त्यो दरबार ९ लाखको हैन करोडौंको हो भने। उनीहरू दरभङ्गा पुगे । ट्रेनबाट भरेर उनीहरू मोदिआइनको घरमा गए । मोदिआइनले खाना तयार गरिन् । उनीहरूले खाना खाए । म पात्र र मिसिर जी सहर हेर्न गए । घर फर्कदा दुबै जना धेरै थाकिसकेका थिए । मिसिरजी पोखरीतिर जानुभयो र म पात्रलाई मोदिआइनले हडाह पोखरीको कथा भनिन् । “यो पोखरी महाभारतको बेलाको हो, यो पोखरीमा एक मछुवारिन माछा बेच्यो। मछुवारिन अग्लो थिई, हिस्सी परेकी र मोटी । जस्तो कि चलन छ, उसको शरीरभरि चाँदीका गहनाहरू रहन्थे । उसको घर कहाँ थियो, ऊ कहाँ माछा मार्थी, यी सब कुरा कसैलाई थाहा थिएन तर उसका माछा असल हुन्थे । त्यस्तो हुनाले ऊ आफ्नो ठाउँमा बस्दानबस्दै उसका माछाको बिक्री भैसक्यो। एक दिन, ऊ सधैको जस्तो माछा लिएर तलाउको किनारामा आफ्नो कुनामा आएर बसी । त्यस दिन एउटा ठूलो रोहु माछा थियो उसको डालामा, त्यसै बखतमा दरभङ्गा राज्यको एउटा नामी तान्त्रिक तलाउमा नुहाएर दुर्गा कवच पाठ गर्दै आइरहेको थियो । उसले रातो धोती, रातो भोटो र रातो काने टोपी लगाएको थियो । मछुवारिनको डालोको त्यो राम्रो रोहुलाई देखेर त्यसलाई किन्यो । मछुवारिन त्यत्रो ठूलो माछा एउटा ग्राहकले किनेकोले खुसी भई र हाँसेर पण्डितलाई भनी- “पण्डितज्यू, तपाईंको घरभरिलाई यसले मनगो पुग्ला । तान्त्रिकले त्यो सुन्दर नारीलाई मक्ख परेर हेरिरह्यो कि त्यसै बखतमा एउटा चीलले भ्रम्टेर तान्त्रिकका हातको माछो चटक्क टिपेर उड्यो तर माछा यति भारी थियो कि चीलले टाढा लैजान सकेन । पचास डेगजति पर लगेर फारिदियो । मछुवारिन एक चोटि फेरि हाँसी । तान्त्रिकले बडो गौरसँग मछुवारिनलाई हेर्‍यो । उसलाई लाग्यो कि हाँसो पछिको चेहरा कुनै प्राचीन नारीको छ, जसमा मुख्य भाग वेदनाको मात्र छ । हाँसो मात्र ताजा र अहिलेको । उसले बुझेको जस्तो गरी सोध्यो-मछुवारिन, तिमी किन हाँस्यौ ? को हो तिमी ?” मछुवारिनले भनी- “म को हुँ तिमीलाई के चासो ? हाँसेको किनभने कलियुगमा मानिस मात्र खिइएनन् कि पशुपंक्षी पनि खिइसके । हेर न, त्यो रोहुलाई चीलले उडाएर लैजान सकेन । पहिले पहिले मानिसहरू पराक्रमी र हात्तीजस्ता शक्ति राख्ने हुन्थे र पशुपंक्षी पनि त्यस्तै बलिया महाभारतको पालामा कुरुक्षेत्रबाट एउटा योद्धाको शरीरलाई टिपेर उडेको चीलले यही वापीमा । तान्त्रिकले अरू केही सोध्नुभन्दा पहिले नै मछुवारिन अलोप भई । मोदिआइनले “थाक्यौ होला

नानी खाएर सुत्न जाऊ भन्दै मोदिआइनले म पात्र र मिसिरजीलाई खाना खवाई, सुत्न लगाउनुभयो । म पात्र सुत्न गए तर मसिरजी कामका लागि बाहिर जानुभयो र म पात्र सुत्न खोज्दा पनि सुत्न सकेनन् । मोदिआइन र म पात्रसँग गइन् र भनिन् ओहो बिचरा ! डर पो लागेछ म आज तिमीसँगै सुत्छु नि त । म पात्रको मन शान्त भयो र मोदिआइनले भनिन् तिमीलाई कथा मन पर्छ ? म कथा सुनाऊँ ? म पात्रले सुनाऊ भने । मोदिआइनले भन्नु थालिन् धेरै पहिलाको कुरा हो भारतको हस्तिनापुर भन्ने एउटा ठुलो राज्यको राजधानी थियो। त्यहाँका राजा धृतराष्ट्र भन्ने अन्धा बुढा थिए । उनी अन्धा भएकाले कहिले गद्दीमा बस्न पाएनन् । राजा बन्नका लागि उनका छोराहरू र भतिजाहरूबिच कचिङ्गल भइरहथ्यो । धृतराष्ट्रका पाँच जना भतिजा थिए । तीमध्ये जेठा थिए युधिष्ठिर । पाँच जना भाइलाई पाण्डव भन्थे । छोराहरू र भतिजाहरूमा धेरै झगडा बढेको हुनाले धृतराष्ट्रले बूढाहरूको सल्लाह लिएर भतिजाहरूका लागि राज्य छुट्टयाएर अर्को राजधानी बनाइदिए । उता हस्तिनापुरको दुर्योधनको दरबारमा र इन्द्रप्रस्थको युधिष्ठिरको दरबारमा भित्री प्रतिस्पर्धा बढ्दै गयो । एक दिन दुर्योधनले ठुलो जुवाको आयोजना गरेर युधिष्ठिरलाई निम्ता दिए । युधिष्ठिरले बाजी हार्दै गए र अन्तमा पागल भएर आफ्नी पत्नी द्रौपदीलाई पनि दाउमा राखे र युधिष्ठिरले द्रौपदी पनि हारे । महाभारतको दिन सबै पुरुषहरू युद्धमा आउनु पर्‍थ्यो । सबै महिलाले आफ्नो श्रीमान्, भाइदाइ, भतिजा, देवरहरूलाई अन्तिमचोटि हेरे। युद्ध सुरु हुन लागेको थियो तर अर्जुनले आफ्नो गाण्डिव धनुष फ्याकेँ र भने, तिनै लोकको राज्यका लागि त मबाट यिनीहरूको हत्या हुन सक्दैन भने यो जाबो हस्तिनापुरको राज्यका लागि के म नरहत्या गर्छु ? यो सुनेर ती महिलाहरू र नारी खुसी भए । उनीहरूको श्रीमान्, दाइभाइ, भतिजाहरू फेरि आउने भए । अर्जुनले केही गरेर पनि मानेनन् र कृष्णले अन्तिममा आफ्नो विराट रूप देखाए र अर्जुनले युद्ध लडे र युद्ध जिते ।

परिवेश:

कथामा म पात्रको घर, बिहारको दरभङ्गा भन्ने ठाउँ, त्यो ठाउँमा जानका लागि प्रयोग गरिएको रेल यात्रा, यात्राका क्रममा देखिएका दृश्यहरू, मोदिआइनको घर, उनको घरनजिकै रहेको हडाहा पोखरी, मिसिरजीसँग घुम्न जाँदा बाटोबाट देखिएका लालदरबार, असवावखाना, अस्तबल, हात्तीसारलगायतका ठाउँहरू कथामा स्थलगत परिवेशका रूपमा आएका छन् । त्यसैगरी कथामा मोदिआइनले म पात्रलाई कथा सुनाइरहँदा महाभारतको कथामा आएका ठाउँहरू हस्तिनापुर, इन्द्रप्रस्थ, कुरुक्षेत्र, हस्तिनापुर दरबारको पर्खालबाहिरको सानो भो-पडी, कुरुक्षेत्रभन्दा माथि अलिकमाथि रहेको थुम्को लगायतका ठाउँ कथा प्रत्यक्ष र अप्रत्यक्ष रूपमा आएका छन् ।

निष्कर्ष:

विश्वेश्वरप्रसाद कोइलाद्वारा रचित एक लघु उपन्यास हो । यो उपन्यास सानो भए पनि यो उपन्यास निकै दार्शनिक छ । उपन्यासमा महाभारतको कुनै एक कालखण्डलाई लिएर कथाको सिर्जना गरिएको छ । उपन्यासमा विशेषतः कुरुक्षेत्रमा भएको यो युद्धलाई विषयवस्तुकाको रूपमा लिएको छ । उपन्यासमा महाभारतको कथा लेख्ने क्रम उपन्यासकारले कथा वर्णनमा आफ्नोपन दिएका छन् । भाषागत दृष्टिकोणले यो उपन्यास कक्षा ८ का विद्यार्थीका लागि अलिक जटिल नै भएको मान्न सकिन्छ । भाषा जटिल तर पनि महाभारतको पौराणिक कथाले हरेकलाई आकर्षित गर्न सक्छ ।



निहारिका चापागाईं
क्रमाङ्क: २५००६

अन्तराष्ट्रिय मूर्तिकला उद्यान

‘राजनीतिसँगै राजकाज’ पुस्तक रवीन्द्र मिश्रद्वारा रचित एक स्तम्भ निबन्ध हो यस पुस्तकमा लेखकले कल्याणकारी लोकतन्त्रको प्रस्तावना गरेका छन्। प्रस्तुत पुस्तक लेखनका निमित्त लेखकलाई अन्नपूर्ण पोस्ट मिडिया नेटवर्कका सम्पादकले अन्नपूर्ण पोस्टका लागि स्तम्भ निबन्ध लेख्ने सल्लाह दिएका हुन्छन्। लेखकले सल्लाह मानेर हरेक दुई हप्तामा एक निबन्ध लेख्ने प्रस्ताव राखेपछि सम्पादकले प्रस्ताव स्वीकार गर्छन्। यसरी यस स्तम्भ निबन्धको विकास हुँदै राजनीतिसँगै राजकाजक पुस्तक को जन्म भएको हो। यस पुस्तकमा रहेका विभिन्न निबन्धहरूमध्ये १० औं निबन्धले मेरो मन छोयो जसको शीर्षक ‘अन्तराष्ट्रिय मूर्तिकला उद्यान’ रहेको छ।

लेखकका अनुसार ‘अन्तराष्ट्रिय मूर्तिकला उद्यान’ निबन्धमा ठुलाठुला विषयमा लेख्दालेख्दै, साना ठानिएका विषयहरू ओभेलमा पर्ने गर्दछन्। त्यसैले उनी कहिलेकाहीं ठुला ठुला विषय छाडेर साना विषयमा पनि लेख्ने गर्दछन्। उनको विचारमा त्यस्ता साना विषयहरू मानिसहरूको सपना अथवा वास्तविकतासँग जोडिएको हुन सक्छ। त्यसैगरी लेखकको एउटा अन्तराष्ट्रिय मूर्तिकला उद्यान (इन्टरनेसनल स्कल्पचर पार्क) निर्माण गर्ने सपना रहेको छ तर उनी त्यो सपना पूरा गर्न सक्ने अवस्थामा रहेका छैनन्। लेखकका अनुसार यदि कुनै दिन राजनीतिमा भएका कारण उनी त्यो सपना पूरा गर्न सक्ने अवस्थामा पुगे भने उनले एक विश्वस्तरको विशिष्ट पहिचान बोक्ने एउटा अन्तराष्ट्रिय मूर्तिकला उद्यान निर्माण गर्ने छन्। उनका अनुसार, भैंसीपाटी आवास इलाका काठमाडौं उपत्यकामा रहेको एक सुन्दर र व्यवस्थित क्षेत्र हो। त्यस क्षेत्रमा एक खाली जमिन छ। जसलाई हामीहरूले कङ्क्रीटको जङ्गलमा रूपान्तरण गरेर पाप गरेका छौं। लेखकका अनुसार यस कार्यलाई निरन्तरता दिई अन्तराष्ट्रिय मूर्तिकला उद्यानमा निर्माण गर्नु भने, त्यस उद्यानले नेपालको अन्तराष्ट्रिय रूपमै विशिष्ट पहिचान अवश्य बनाउने छ।

लेखकका अनुसार क्यालिफोर्नियाको बेभाली हिल्सले देशको महत्त्व राखे जस्तै भैंसीपाटीले पनि नेपालको उच्च महत्त्व राख्ने छ। उनको नजरमा भैंसीपाटी नेपालको बेभाली हिल्स बन्न सक्ने क्षमता भएको ठाउँ हो। त्यसैले त्यो उद्यानको निर्माण भैंसी पाटीमा नै हुनुपर्छ। यदि लेखकले सोचे जस्तो भयो भने, भैंसीपाटीमा परिकल्पना गरिएको अन्तराष्ट्रिय पार्क अन्तराष्ट्रिय स्तरको मात्र नभएर त्यसले अन्तराष्ट्रिय रूपमा देशको विशिष्ट पहिचान राख्ने छ। पर्यटक काठमाडौंमा भ्रमण गर्न आउँदा त्यो पार्क एक महत्त्वपूर्ण पर्यटकीय स्थल बन्नेछ। उनले यस मूर्तिकला उद्यान निर्माणमा सहयोग गर्न तत्कालीन प्रम केपी शर्मा ओलीलाई अनुरोध गरेका छन्। निर्माण मूर्तिकला उद्यान गर्नका निमित्त उनले के गर्नुपर्छ भनेर पनि लेखेका छन्। मिश्रका अनुसार उक्त जग्गालाई अन्तराष्ट्रिय मूर्तिकला उद्यान निर्माणका लागि उपयुक्त निकायको नाममा नामसारी गर्नुपर्छ र अरू मानिसले हडपेको जग्गालाई खरिद गरेर सबै जग्गालाई एकतृत गरी क्षेत्रफल बढाउनुपर्छ।

अन्तराष्ट्रिय मूर्तिकला उद्यानको डिजाइन र निर्माणका लागि अन्तराष्ट्रिय टेन्डर आह्वान गर्नुपर्छ। अथवा युरोप वा चीन जस्ता देशहरूलाई सहयोग गर्न अनुरोध गर्नुपर्छ। हाम्रो देशमा सानो काम गर्नको लागि पनि निकै भ्रमे ला व्यहोर्नुपर्छ। त्यसैले यस्ता काम गर्दा हामीले विशेष ध्यान पुर्याउनुपर्छ। डिजाइन गर्दा, डिजाइनरहरूलाई स्वतन्त्रता दिए पनि बन्ने भवनको मूलभावबारे निर्देशन भने दिनुपर्छ। किनभने त्यस उद्यानले काठमाडौं उपत्यकाको वास्तुकलालाई पनि प्रतिनिधित्व गर्नुपर्छ। लेखकको विचारमा पार्क अन्तराष्ट्रियस्तरको भए पनि त्यहाँ नेपालको संस्कृति जोडिएको हुनुपर्छ। पार्कको प्रवेश द्वारमा संसारको सबैभन्दा ठुलो भैंसीको ढुङ्गे मूर्ति निर्माण गर्ने एक सपना पनि रहेको छ।

डिजाइन तयार भएपछि राजदूतहरूलाई मूर्ति बनाउन सहयोग माग्नुपर्छ । ताकि मूर्तिहरू विशेष होउन् र देश र मूर्तिकार सबैका लागि त्यो एक गर्वको विषय बनोस् । उनका अनुसार राजदूतहरूको काम के हुन्छ, भने देशको एक विशिष्ट मूर्तिकारलाई आमन्त्रण गरेर मूर्ति बनाउन सहयोग गर्न भन्ने हुन्छ ।

भैरौपाटीमा ऐतिहासिक सम्पदाले भरिपूर्ण बुद्धमति र खोकना नामक बस्तीहरू रहेका छन् । यदि त्यहाँ अन्तराष्ट्रिय मूर्तिकला उद्यान बन्थो भने ती दुई बस्तीहरूको महत्त्व ह्वात्तै बढ्ने छ र त्यहाँको परम्परागत नेवारी पहिरन, परिकार आदिको पनि प्रचार प्रसार हुने छ । दुःखको कुरा के हो भने, यो कुरा २०७५ सालमा लेखिएको थियो र लेखकले पूर्व प्रधानमन्त्रीलाई यसका लागि आग्रह गरेका थिए । हाल प्रधानमन्त्री फेरिए तर उनको समय र सपना भने फेरिएको छैन । उनले अगाडि सारेको यो योजना देश विकासका लागि समेत महत्त्वपूर्ण हुने छ । देशको पर्यटकीय क्षेत्रबाट पनि थुप्रै आमदानी हुन्छ । तर हाम्रा देश चलाउने ती मन्त्रीहरूको सोच केवल पैसा छैन भन्ने मात्र छ । देशमा पैसा कसरी भित्र्याउन सकिन्छ भन्ने सोच र विचार छैन । त्यो उद्यान अहिले बनाए को भए हाम्रो देश अन्तराष्ट्रिय रूपमा प्रख्यात भई सक्थ्यो ।

नेपाल र नेपालीहरूका लागि यो एउटा प्रतिष्ठाको विषय बन्ने छ भने दक्ष मूर्तिकारहरूका लागि त्यो गौरवको विषय पनि हुने छ । राजनीतिसँगै राजकाज पुस्तकको यो एउटा निबन्ध पढेपछि मेरो विचारमा लेखकको यो सपना केवल सपना मात्र रहनुहुँदैन । अन्ततः लेखकले उल्लेख गरेका उनको सपना र विचारहरू व्यर्थ खेर जानु हुँदैन । सरकारले यस विषयमा ध्यान दिए, देशको विकास र समृद्ध नेपालको निर्माणमा गर्न मद्दत पनि अवश्य पुग्ने छ ।



शुभम् रेग्मी

क्रमाङ्क: २२०१४

चलचित्र समीक्षा: अहिरु नो सोरा



अहिरु नो सोरा अक्टोबर २०१९ देखि सेप्टेम्बर २०२० सम्म प्रसारित एउटा एकदमै मनोरञ्जक श्रृङ्खला हो । बास्केटबल खेल एकदमै मन लाग्ने तर कारणबस खेल नसक्ने समूहको बारेमा देखाउने काम गरेको छ यो श्रृङ्खलाले । यो श्रृङ्खला विद्यार्थीहरूको समूहको कथा हो । यो एउटा एकदमै रमाइलो श्रृङ्खला हो, जसमा विद्यार्थीहरूले कसरी सम्मान प्राप्त गर्ने र उनीहरूले आफूलाई कसरी परिवर्तन गर्न सक्छन् भन्ने कुरालाई प्रस्तुत गरिएको छ ।

मलाई चाहिँ यसका पात्रहरू एकदमै राम्रा र सबै पात्रको आफ्नै महत्त्व रहेको हुनाले भन्नु यो श्रृङ्खला धेरै मन परेको हो । यसमा आफ्नो उचाइ कम हुँदा पनि मेहनत गरेर अर्काको कुरा नसुनी बास्केटबलमै ध्यान केन्द्रित गरेर आफ्नो सपना पुरा गर्न सफल व्यक्तिको कुरा गरिएको छ । बास्केटबल मन पराउने मुख्य पात्र नै कुरुमातानी सोरा हुन् । उनी उचाइ बढाउन सक्दो मेहनत गर्थे किनकि उनको सपना नै बास्केटबल खेलाडी बन्नु थियो । उनी नयाँ विद्यालयमा गइसकेपछि धेरै मेहनत गरेर विद्यालयको बास्केटबल टोलीमा समावेश हुन्छन् । उनी एकदमै खुसी हुन्छन् तर त्यो खुसी धेरै टिक्दैन । उनका साथीहरूमा खेलप्रति थोरै पनि रुचि नदेखेपछि उनले खेल्ने आस छोड्छन् तर खेल भने छोड्दैनन् । यो श्रृङ्खलाको निष्कर्ष के हो भन्दाखेरि कोही पनि सानो वा होचो भएर केही फरक पढ्न अर्थात् केही कुरामा आफ्नो पुरै मेहनत र जाँगर लगाउने हो भने केही पनि असम्भव छैन ।

यसमा कथा प्रस्तुतीकरणको शैली राम्रोसँग निर्माण गरिएको छ । मलाई यसमा प्रयोग भएको सङ्गीत पनि एकदमै रमाइलो लग्यो । सङ्गीत कुनै पनि श्रृङ्खला, चलचित्रहरू आदिका सबैभन्दा महत्त्वपूर्ण भागहरूमध्ये एक हो ।

सङ्गीतले कथामा अब के होला ? कसो होला ? भन्ने भावना सिर्जना गरिदिन्छ । दर्शकहरूलाई उत्साहित बनाउँछ । सोराकी आमाले उनलाई कति अग्लो हुँदै छौ ? भनेर सोधिन्छन् । जसमा सोराले जवाफ दिन्छन् कि उनी ३० सेन्टिमिटर अग्लो भए । यो पनि श्रृङ्खलाको रमाइलो पाटो हो ।

समग्रमा कुरा गर्दा यो श्रृङ्खला एकदमै रमाइलो र मनोरञ्जक छ । यसको कथाको अन्त्यचाहिँ मलाई अलि चिन्त नबुझेका कारण श्रृङ्खला हेर्दा जति रमाइलो हुनुपर्ने हो, त्यति रमाइलो लागेन ।



Aryama Bhattarai

Roll no: 32027



Movie Review : All of Us Are Dead

All of Us are Dead is a Korean series. This series has 12 episodes altogether. The genre of this series is horror. In this series, we get to see how the zombies were invented. There is a boy who bullies his classmate from the beginning of the movie. In the lab, the science teacher makes some sort of rat. If that rat bites someone, that person will turn into a zombie. It won't transform immediately though. It was kept in the school and it bit one of the girls at school. It gets everyone infected. Actually, the science teacher made that rat because the bully victim was his son. This series is scary but I really loved this series.



Aadar Timalisina

Roll no: 29046



Movie Review: The Demon Slayer (Kimetsu no Yaiba)

Written by: Koyoharu Gotogue

Published by: Shueisha

Demon Slayer (Kimetsu no Yaiba) is an anime created by Koyoharu Gotogue. This anime rating is really high due to the high quality and story. The plot of the story consists of a great hero, his sister, two other friends, a teacher and demons. The name of the great hero is Tanjiro. Tanjiro is determined to become a demon killer to take revenge on his family and heal his sister. The family was demon-possessed and only two members survived - Tanjiro and his sister Nezuko, who gradually became a demon. Tanjiro is determined to become a demon killer to take revenge on his family and heal his sister. This movie was absolutely stunning with breathtaking art and animation and a fascinating story. It did not disappoint at all. What I like is the concluding episode has a sad background for the story of demons. I also find myself emotionally touched at times in the film. The whole movie was a very long fight. I felt that the scenes were a bit slow as they took a long time without a break. There was a little time when the characters relaxed and we learned a lot about them as human beings, without any further dream sequences. This anime is really good. I would recommend this to anyone who loves adventure and types of fighting anime.



Shreevani Dhungel
Roll no: 29044



Movie Review: Encanto

Encanto is a new movie released on Disney. The Madrigals are an extraordinary family who lives hidden in the mountains of Colombia in a charming place called the Encanto.

Characters:

Mirabel Madrigal, Isabela Madrigal, Luisa Madrigal, Camilo Madrigal, Dolores Madrigal, Antonio Madrigal, Julieta Madrigal, Pepa Madrigal, Bruno Madrigal, Abuela Madrigal, Abuelo Pedro (A dead character), Augustin Madrigal and Felix Madrigal (the husbands of Julieta and Pepa Madrigal).

Plot:

Mirabel Madrigal did not get a door of magic as her family was blessed with a candle which gave each of the Madrigals a gift power and they would get their room according to their gift but the Mirabel did not get a gift so she was worried about her cousin brother but he did get a gift the gift was that he could talk to animals. So let me tell you about the family and their powers, Isabela can bloom flowers and grow them. Luisa is a strong girl who can carry any heavy thing, Camilo can change into any person, Dolores can hear anything from a mile away. Antonio can talk to any animal. Julieta can heal anyone with a meal. Pepa controls the weather by her emotions. Bruno can see the future. Mirabel wished to have power.

One day when Antonio got his power and it was sleeping time Mirabel went to Abuela's room window and heard her saying "Is something hurting the magic" so she went off to find what was hurting it but she could not figure out what to do so she tried to find out by going into her tiños room which was Bruno it was because one day he saw the future then he went to save Mirabel because she was the one he saw in the vision. So she went and saw the vision of Bruno broke to make it like it will never happen so she found the pieces and went off to join them and Mirabel's father found it out and said no one should know but as Dolores's power, she heard everything and told everyone at Isabela's engagement so some of Antonio's animals took the pieces from Mirabel's dad's pocket and joined them so the house started to crack and almost Mirabel died but she was alive and she and her family and the villagers made their Casita together and her family made a doorknob and when she stuck it onto the door it was like when they get the magic so I found out that she was the holder of the miracle.

Opinion:

I love this movie so much it is one of my favorite movies. I loved the determination Mirabel had in this movie to prove she is just as special as her magical family. And Mirabel's feelings about not being special and feeling unimportant is understandable. She was just trying to make her family proud and see that she is special, like how she was saying in one of the songs "Waiting on a Miracle." And I thought all of the characters were so unique, amazing, and funny. And they all love each other despite their special gifts. I am also glad that abuela was able to realize that gifts are not what makes their family special, it is the fact that they are there for each other that seems like a major life lesson in my opinion because it is important to care for each other in your family no matter what special talents they have.



Sunabi Pokharel

Roll no: 25018



Book Review: Where the Red Fern Grows

Name of book: Where the Red Fern Grows

Author: Wilson Rawls

Published on: 1961 AD

Genre: Children's literature, Fiction

Plot:

Billy was returning home from his office. On the way, he encounters a coonhound. He had been attacked by a few stray dogs. He helps the coonhound and takes him home. He takes good care of him and bathes him. The next day, he bids goodbye to it. He enters back to his room and then flashbacks to the memory of his childhood. Billy used to live on a farm. He wanted two coonhounds very badly, but his father couldn't afford it. Billy works very hard and starts selling fruits and vegetables, so eventually, he earns enough money to buy the dogs. He gives the money to his grandfather, who orders the dogs for him. Billy sneaks off in the middle of the night to travel to town and pick the dogs up. In the town, other children make fun of him, but he stands up for himself. On the way back to his way home, he and his two pups sleep in a cave. Outside, they hear a lion's roar. Billy gets scared but the pups bravely howl back. He decides to call them Old Dan and Little Ann. He could see that Old Dan is incredibly brave, while Little Ann is incredibly smart. Once he returns to his home, he starts training them. He coached them with a raccoon hide. His grandfather shows him how to line a trap which will help to catch a coon. Just when he was getting ready to quit on the traps, he caught a coon with the same trap.

The next day, he begins to coach Old Dan and Little Ann. By the time raccoon season starts within the fall, they're ready. On a primary night, his dogs tree a coon within the biggest tree imaginable. Billy immediately sees that it'll take days to chop down. He's determined to chop it down because he told his dogs that if they may tree a coon he would make sure of the remainder. His dogs hop on him. His parents bring him food. His grandfather shows him a way to make a scarecrow, to stay the coon within the tree so he can come back and eat dinner. When the massive sycamore finally falls and his dogs catch the coon, he's very proud. Billy goes coon hunting almost every night. His father relieves him of his chores, and Billy gives him the cash from his coonskins. Sometimes, coons try to trick his dogs, and Old Dan gets into trouble. One night, Dan gets stuck in a hole. Another night, he climbs a tree. Little Ann is sometimes too smart to urge into trouble, but one night, after the primary snowfall, she falls through the ice on the river. Billy barely rescues her. One day, Billy and his grandfather make a bet with Rubin and Rainie Pritchard, that Billy's hounds can catch the legendary "ghost coon." The Pritchard boys go with Billy to see whether Old Dan and Little Ann could catch the ghost coon or not. The coon leads the dogs on an extended, complicated chase, and also the Pritchard boys wanted to give up. But Billy is all set. Finally, when the dogs have the coon treed, Billy decides that he will not kill the coon because it had stayed there for a long time. Listening to this, Rubin gets angry and runs to attack the dogs with an ax, but falls and kills himself. Billy is extremely upset afterward. Then, he goes to Rubin's grave with some flowers, then feels far better. Billy's grandfather makes Billy enter in a coon-hunting contest. He, his grandfather, and his father take a buggy to the competition. It was crammed with adult coon hunters with expensive gear and exquisite hounds. Somehow, Little Ann wins the sweetness contest on a primary day. The opposite coon hunters are very kind to Billy. Billy and his dogs qualify for the championship round. While Billy, his father, his grandfather, and a judge are out hunting with coons, a winter blizzard begins. They lose track of the dogs, and Billy's grandfather falls and badly sprains his ankle. They stop and build a hearth as the day begins to interrupt. In time, they find the dogs, covered with ice. Everyone at the tournament cheers. Billy also wins a jackpot of 300 dollars. Billy's mama and sisters are overjoyed. Billy keeps up his hunting. One night, however, his dogs tree a mountain lion. Old Dan howls defiantly, and therefore the lion attacks. Billy is horrified, and together with his ax, he enters the fight. Eventually, the dogs defeat the wildcat, but Old Dan is badly wounded. He died the following day. Billy is heartbroken, but Little Ann is so sad that she loses her will to stay alive, and dies some days later. Billy's father tries to inform him that it's all fine because, with the money Billy has earned, the family hopes to move to town. Billy doesn't completely recover until the day of the move. That day, he goes to the dog's graves and finds an enormous red fern. As per Indian legend, only an angel can plant a red fern. Billy and his family observe the fern in awe, and he feels able to leave for the town.

Critical Analysis:

Some of the themes from the story are determination and a human's relationship with dogs. All three main characters Billy, Old Dan, and Little Ann are examples of

dedication. Billy was so dedicated and committed that he wanted to get coonhounds. Due to his dedication, he started working hard and bought two coonhounds. Old Dan was also full of determination. He never gave up. He was fearless and always fought. Before he died, he was so determined to kill the mountain lion that he even stayed there for a long time to make sure that he had completed his job to kill it. Little Ann was always so determined to find and kill the coon. She always kept on searching for the coon. She never gave up too early and always made sure that she had done her job properly. Another theme is a man's relationship with the dogs. This is the major theme of the novel. A dog is regarded as a man's best friend. The story has proved it. The novel has proved that a friend can betray their man but a dog can never betray its master. Old Dan and Little Ann always shared a special bond with Billy. They always remained loyal towards him. They were always ready to give up their lives to protect him. They always put their master's life in front of their own life.

Opinion:

Where the Red Fern Grows is an awesome story written by Wilson Rawls. I pretty much liked all the parts of this book. Tears couldn't stop rolling down my cheeks when I read the part where Old Dan and Little Ann died. I had expected a sad ending since the beginning of the story as most of the dog novels have very sad endings. I had told myself that in this story I won't cry but sadly I cried. I quite don't have any attachments with dogs. I feel that I have phobias with dogs. But whenever I read any novel related to dogs I can't control my tears. I really felt so bad for Billy in the end. I was also quite happy when I got to learn about the red fern. I felt that Ann and Dan were pure and good souls. Well, everything was pretty much good but there were a few things that should have been kept in mind while writing this book. One of the things that I didn't like in this book was the frequent repetition of killing coons. I mean I can understand that coonhounds are made for killing coon but I think that the repetition should have been less. Not to mention but I yawned while reading the part. I also feel that killing promotes violence. Another thing that shouldn't have been mentioned was that once Billy leaves home unannounced for 3 days when he gets the dogs, yet doesn't get into any serious trouble for doing so from his parents. This shows that he has the freedom to do everything from his parents. I know that his grandfather had covered up for him but still, he should have been scolded for not informing. If they are not scolded by their parents for these things, then they will start to do bad things. If these things could be improved, then this book would be a perfect book.



Jiya Sapkota

Roll no: 25003



TUCK EVERLASTING - A BOOK REVIEW

Name of the book: Tuck Everlasting

Author: Natalie Babbitt

Genre: Children's fantasy novel, Drama

Publication date: 1975 AD

Plot:

The story begins with Winnie Foster, the main character of this story. She is 10 and has always wanted to experience the outside world but sadly hasn't. She lives on the edge of a treegap. The Foster family owned a great woods that existed right in front of their house. Once, a man wearing a yellow suit comes into the Foster's house and asks if they could sell the woods to them, but during the conversation they hear a weird noise coming from the woods and the man shortly leaves. After that day, Winnie finally decides that she would do whatever to get her freedom. She always used to crave for the freedom that she didn't get and ran away to the woods. Running to the middle of woods; she got tired and decided to drink the water from a spring. But just as she was about to drink it, a young guy who introduces himself as Jesse Tuck stops her from doing so. They speak and the guy later reveals that he was actually 104 years old but later he states that he was actually 17. Scared of getting caught, after knowing that her family owned the woods, Jesse's mother and brother quickly arrive in the woods and abduct Winnie. On the way, The man in Yellow suit watches them go. The Tuck family take Winnie to their house and share their actual story. While sharing the story, they reveal that 87 years before they had visited the woods and drank the water from the spring. And after not aging for 20 years and not dying even after they did some activities that might have killed them, they finally realized that they were immortal. Miles, Jesse's brother, was married but his wife left him because she thought he did some witchcraft that made him not to age anymore. They later realized that the spring water was the actual cause behind it and it was Elixir. And they decided to move places because it would be suspicious to the people for them not to age and grow old but they still decided to meet up and gather every 20 years in the house near the woods. And after some days, Winnie gets used to the Tucks. One morning, Angus Tuck - The father Tuck goes fishing with Winnie and states the importance of life. And how the whole family wants to grow old but can't. He says how dying comes with living. Angus Tuck was sharing some deep stuff which surely enlightened Winnie, but they were interrupted by one of his sons calling him and informing that their horse had been stolen. The same evening, Jesse

proposes and asks Winnie to drink some amount of water after turning 17 so that they could marry and live together. The story later reveals that the one who had stolen the Horse was actually the man in the yellow suit. The man entered the Foster's house with the horse and explained how HE could find their lost daughter /granddaughter if they sold the woods to them. He revealed that his grandmother's friend's husband's mother owned the musical instrument that made a weird noise that they heard a few days earlier. But the other reality was that the man had eavesdropped on the whole conversation of the Tuck's family with Winnie and had known their secret. After some time, the man enters Tuck's house and grabs Winnie from them but Mae Tuck (mother) hits the man's head with a shotgun in his head and the man lifelessly lies on the ground. Due to which, Mae had to go to the jail and was going to get hanged to death. But with Mile's idea they were successful to switch Mae with Winnie in the jail but not before Jesse gave Winnie a bottle of the spring water and asked her to drink it after she turned 17. The plan was successful, nobody died and the family finally escaped. After two weeks, Winnie saw a toad almost about to die and poured the bottle of spring water into it. She remembers Angus Tuck's words and thinks about it. Skipping to some decades after, Angus Tuck and Mae Tuck visit the place again and are shocked to see how the place has completely changed. They learn that 3 years after the incident the woods had struck lightning and got burnt down. After some time, they find Winnie's gravestone and learn that she had died 2 years ago. "Poor Jesse" They state but remind themselves that they knew she wouldn't return.

Critical Analysis:

Winnie being a 10 year old was craving for her own freedom and running away can show how a child in reality must be going through the same thing too. The author might be pointing at us and awaring us about how a parent's over - possessiveness and obsession towards taking care of a child by not letting them do most of the things they crave to do can result in worse things. "Everything's a wheel, turning and turning and never stopping. Dying's part of the wheel right there next to being born. You can't pick out the pieces you like and leave the rest. Being part of the whole thing, that's the blessing", these lines by Angus Tuck are hinting about how he wanted to live and die but he found out that he was immortal and could do nothing about it. He is indirectly enlightening Winnie about how she should live and not be immortal, which is why Winnie also must've poured the bottle of spring water onto the toad and not drink it herself. Those lines are the most important part of the book which not only is Angus telling Winnie, but also something that the Author wants to tell us. She wants to tell us that dying and living both come together, living and dying both are equally important. The Man in Yellow suit seemed suspicious even in the beginning which gave us hints about how he might be the antagonist of the book and the book later revealed that he actually was. But he was shortly killed by Mae Tuck in the book. The same man telling us that someone he knew played the same kind of music out of nowhere in the beginning was just a hint to tell us that he must be someone related to the Tucks.

Opinions:

In my personal opinion, this book is the best book I have ever read till now. Everything about this book seems great to me and nothing can change the fact that this book is my favorite book. It would have been much better if in the end, Winnie had drunk the water and spent her life with Jesse. But at the same time the ending was so satisfying that the thought of having a different ending of this book sounds so wrong. This book is beautifully written and would be an interesting book to the people who like similar genres and themes as this book. I would recommend this book to anyone who loves reading books related to life and death and immortality.



Niharika Chapagain

Roll no: 25006



The Boy In Striped Pajamas: Movie Review

Movie: The boy in striped Pajamas

Released on: 12th September, 2008

Directed by: Mark Herman

Actors: Asa Butterfield, Vera Farmiga, David Thewlis, Jack Scanlon, Amber Beattie, Sheila Hancock

Genre: War, Drama, Historical Film, Adaptation, Historical Drama

Plot:

During World War II, a naive eight year old Bruno lived a carefree life with many privileges since his father was an important soldier for Nazi. The innocent eight year old was not aware of the reality that surrounded him and his family. The movie started with Bruno realizing that his father was promoted and he had to move to another place since his father was now in charge of the concentration camp. The camp was located in Poland and there he, his father Ralf, his mother Elsa, his twelve year old sister Gretel shifted to a grand house. However the area where the house was located was strange, it was in the middle of nowhere. The little boy was scared and alone since he was missing his old friends and was not allowed to wander around the house or outside of the house. He was deprived from meeting his grandparents and had to stay in his room all day, but he had noticed a small window in his room from where he could view a "farm", or that's what he had thought it was. The place which he had considered a farm was the concentration camp where his father was appointed but Bruno was just an innocent child to know about it.

Eventually, his father appointed a personal tutor for them. The tutor always taught both the siblings about biased theories related to Jews and that supported Nazi

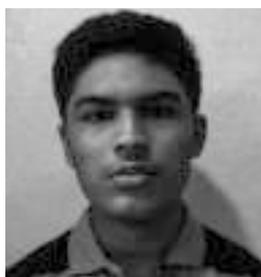
system's actions and decisions. Affected by the tutoring, his sister Gretel became extremely supportive towards Nazi regime however Bruno was not affected by those teachings since the Jews who used to help him in the house were not as bad as the tutor had said. Suffering from loneliness and the desire to have a friend, Bruno disobeyed his parents and went outside of the house to explore, through the back door of the house. While exploring he reached the fence of the concentration camp where he met a boy of his age named Shmuel. Shmuel was wearing a white and blue striped pajama just like other people in the camp. They both became friends when Bruno had shared his food with Shmuel who ate the food hungrily since he was starving. In the movie, it is declared that both the boys were not aware of the things that happened inside the camp. It had become a routine for Bruno to bring food to Shmuel and then talk about everything with him. Shmuel used to share stories about the concentration camp and Bruno always listened to him. Meanwhile, when Lieutenant Kotler revealed to Ralf's wife about the killings of Jews inside the camp she confronted Ralf and wanted to leave the place with her both children to live with her parents since she didn't support the hatred of Ralf towards Jews.

Later as the plot climaxed, when Ralf informed everyone that Elsa was going to live with her parents and she was taking Bruno and Gretel with her, Bruno got to know that Shmuel's father was missing. So, to help him he went to the concentration camp to find Shmuel's father. Bruno changed his clothes and wore similar clothes as Shmuel and entered the camp from under the fence. Meanwhile at that time, Elsa realized that Bruno had disappeared. To search him they brought sniffer dogs who led the parents towards the fence where they found Bruno's discarded clothes. At that time, Bruno was inside the camp and he was being taken towards the gas chamber with Shmuel and other Jews. He was unaware that he was being taken to the gas chamber to be killed. As soon as they entered the gas chamber, the Nazis turned the gas on and at that time Bruno and Shmuel were so scared that they gripped each other's hands tightly. Ralf realized that his son was inside the chamber and cried out Bruno's name and Elsa and Geret fell sobbing into their knees realizing what had just happened. At the end of the movie, a silent gas chamber which was before filled with screams and cryings of people was shown, indicating that the people inside had passed away.

Personal Opinion and rating:

This movie had formed a controversial scenario among the Jews and other people after its release. Since the movie was released following the book, the survivors of German concentration camp were raged believing whoever had written the plot line was inconsiderate towards them and that the movie was not conveying the exact truth about Holocaust and what exactly happened inside the camps. There were people saying the part where Bruno had entered the camp was an absurd thing since at that time the security of Nazi's were so tight that near the concentration camp no person was allowed at all, and near the fence many guards were placed who were given an order to kill anyone approaching the no man's land. So, there were many controversies going about how the plot line lacked details and basic things and how the movie was made just to earn profit.

In my opinion, it was not wrong of the directors to release a movie about Holocaust since, every generation must be aware of the history and the truth about what had happened in the past. Since the movie was based on Holocaust, I cannot give hatred towards it since it would be an inconsiderate and disrespectful thing to do towards the Jews, however in my view after researching and watching the movie time and again, there were some times where I felt like the movie was ignorant towards the historical facts about German concentration camps and lacked many details. As I researched I found out that inside the camp many horrible activities used to take place that were not mentioned in the movie which had caused the controversy to arise. So I would rate this movie a 3 star since it lacked at many places and its plot line had many loopholes. However the ending was absolutely tragic and emotional.



Arpan Acharya

Roll no: 23010

Movie Review | Don't Look Up



“Don't Look Up” starring Leonardo Di Caprio, Jennifer Lawrence, Timothee Chalamet & Ariana Grande, Mark Rylance was released last December in 2021. In this movie there are many instances where one moment you forget everything and laugh at a hilarious situation and the very next scene you get serious and tense thinking about the current situation of the world. This new concept of “disastrous comedy” has been introduced by the movie “ Don't Look Up”.

Multi-starrer movies are always a fun thing to watch. But having Leonardo Di Caprio, Jennifer Lawrence, Timothee Chalamet, Ariana Grande and many more on the same page is glitter to gold. Anyone watching the movie will be amazed by experiencing the sense of humor of the screenwriters of the movie.

The movie starts in Michigan where Kate Dibiasky, a PHD in astronomy candidate is in her night shift and suddenly she discovers a huge comet approaching towards Earth. She reports it to her professor Dr. Randall Mindy. After doing some math, they figure out that this might be a planet killing comet. The planet killing comet was coming to Earth in six months and fourteen days. Both of them took the information of Kate's horrific discovery to various sources only to know that no one cared.

By this time the audiences start to relate the movie in real life scenarios. Politicians didn't spare any time to figure out ideas to stop the planet killing comet, instead they preferred increasing their polling numbers. Exactly how politicians completely

put off serious environment issues out of the map and just think about seats and voters. Mark Rylance has the role of a founder of a tech giant company named Peter Isherwell. His character is based on a composite figure of Elon Musk. Peter Isherwell instead of working on bombarding the comet, brings an idea of mining the comet and bringing rich minerals. Don't you see the exact thing happening in the world right now where business people find business ideas in people's misery and paranoia. Media in the movie declared the two scientists psychopaths.

Instead of thanking them for early info, they were accusing Kate Dibiasky and Dr.Mindy for creating panic in the public mass. Some of them gamified their information and made comedy series to gain TRP as if the comet wasn't even real. They didn't even consider it as a hypothesis, simply termed it as a hoax. When the comet was being considered as a hoax in the movie, I got disturbed when I realized that there are several people who consider climate change as a hoax too. Was the planet-killing comet brought in as a symbolism for climate change? And are we all going to die because of late realization of such issues just like in "Don't Look Up" where humanity gets swept away by the comet.

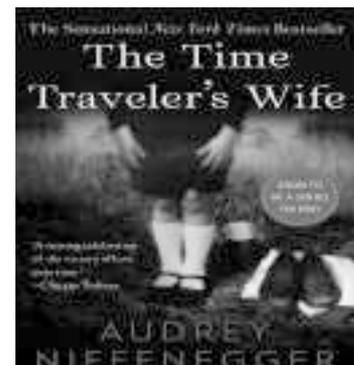
This movie is a must to watch. I recommend this movie to everyone as a gift of awareness and entertainment.



Norah Lama

Roll no: 23060

The time traveler's wife



Audrey Niffenegger is a writer, artist, and scholar from the United States. She came into the writer's world with her debut novel, *The Time Traveler's Wife*, which was a hit when released in 2003. It's a love story about Henry, a man with a genetic disease that enables him to time travel in unpredictable ways, and Clare, his artist wife, who has to deal with his frequent absences and potentially perilous reappearances in strange places. Niffenegger began the work as a metaphor for her failed relationships, since she was dissatisfied in love at the time. The novel's title was inspired by the central relationship in the story, which came to Niffenegger unexpectedly.

Following an endorsement on *The Today Show* from author and family friend Scott Turow, the book became a bestseller. In the United States and the United Kingdom, the novel has sold almost 2.5 million copies as of March 2009. Niffenegger's unusual thoughts on time travel were praised by several reviewers. Others attacked her writing style as melodramatic and the plot as emotionally trite, while

others commended her characterisation of the pair, praising their emotional depth. Exclusive Book's Boeke Prize and a British Book Award were awarded to the novel. In August 2009, a film adaptation starring Rachel McAdams as Clare and Eric Bana as Henry was released.

Henry was a toddler so had the time-traveling ailment. He only transports his body when he travels, thus he doesn't bring his clothes, wallet, or other belongings. He learnt to be ruthlessly pragmatic as a means of survival from a young age, because if you're abandoned with no clothes and no resources in random locations, you're always at risk of being arrested, hungry, or whatever else. He has a more or less center chronology from which all of his time travel branches, so he has some typical continuity, but he travels for seemingly random amounts of time to seemingly random places at seemingly random intervals.

He spends much of his life struggling to make ends meet until he meets Clare in his main timeline (when he is in his 30s and she is in her 20s) and she tells him that she has known him since she was in elementary school and that they are planning to marry in the future. He hasn't seen it yet, but he gave her a list of the times when he would emerge in the grove outside her family's house so she could remember to bring food and clothes out to him when he was younger.

Their romance after that is problematic since they are in different stages of their relationship at any given time, just as they were at the start of their relationship when she had known him for most of her life and he had just met her. He then goes on to meet her as a youngster, and then again when she meets him for the first time. It's a story about marriage, the challenges of finding happiness together, and what we do to overcome them. It's also, in many aspects, about being in multiple sections of a relationship at the same time, which I believe may be true even in real-life marriages without time travel.

This story, like the best speculative fiction, investigates actual territory through a speculative lens. The characters are extremely different but compelling (with the benefit of not having to watch Eric Bana's acting for the book, but the disadvantage of not getting to see Rachel McAdam's acting). I think the book was well-written as a whole.

One of my major concerns about the novel, that I couldn't identify where it fit in the timeline, was addressed in the book by section headings that provided the date and age of both characters. At the best of times, time may be perplexing, but this made it a lot easier to just go with it than I found the book to be.

I also felt it was intriguing how Niffenegger chose to follow the continuity conceptually rather than chronologically for any of the characters. It may follow Clare chronologically over a set of years to examine issues from her childhood, then move to something else. It may follow him historically from his point of view for a while to show how he ended up there, then switch to something else. This was very seamless due to the caption headers, and I probably only thought about it because I was thinking about the writing process.

The fact that Henry interacts with grade-schooler Clare for much of the first quarter or so of the novel makes it difficult to recommend, and I found that entire period of the book profoundly weird and troubling. He already knows he'll marry her when she's older, and he relies on her for food and clothing on the visits, where he would otherwise have to steal and forage like he did on his previous time travel jumps. As a result, it makes sense from the standpoint of character motivation. However, it's difficult to avoid the conclusion that he's grooming her at this time. It would be a narrative about a predator if you removed the time travel part and had a thirty-something man hanging out with a grade-schooler without her parent's knowledge while mentally preparing himself to marry her. There are reasons to believe that's not where this was going, but I couldn't get myself to let go of that interpretation, so I just wanted it to be over so I could get to the part where they're both consenting adults (even if that was tainted by her having been groomed by him for so long that she's bound to have feelings for him). I'm not sure if that was supposed to be scary or upsetting, but it was, and it makes the book difficult to recommend as a result, even though I like it overall.



Subham Regmi

Roll no: 22014

Timmy's Happiness

I've never seen Timmy so happy, even when his dad returned from Afghanistan after nearly spending two decades there Timmy's smile wasn't as wide as today. As his mother says, "I should know what makes my son cheerful, what makes him gloomy", but frankly I haven't been a good mother to him, I never wanted to have a kid so early in my life but I couldn't say no to his father, His father had eyes clearer than Atlantic ocean he had blonde hair and a great physique but it's not his looks that got me falling head over heels for him, It was the little things, He always treated people with kindness and compassion, He used to say "treat everyone as your brother", It was his mind I fell in love with, Leon always believed his life had a greater purpose he was an optimist he believed everyone's life had a purpose and it was our duty to find that purpose and fulfill it maybe that's the reason why he joined the British Army he would tell me constantly that he would one day make his nation proud, He had a very protagonistic feel about him, Leon never had it easy like I did, He moved from Germany to London after the 2nd world war, I can only imagine the cruel upbringing he must have had, he never dwelled in his past too much "What's passed has passed, Nothing can be achieved in reliving it" he used to say, After so many years of adversity and constant misery Leon and I finally had something going for us, When Timmy was born our life felt complete, I had my high earning job as a cardiologist in The Royal London Hospital and Leon was climbing the ranks in the military. In my 43 years of experience in life, I've realized everything in life comes in pairs, happiness is always coupled with sadness with order comes chaos with attachment comes agony and with satisfaction comes the shallow feeling of discontent, soon Leon had to move to Afghanistan for his services, Our son was barely 2 weeks old and his father had to fix the wrong the Americans did, I felt betrayed and cursed my own fate, I was 23 at the time, was studying to become a cardiologist and I now had to take care of my infant I was barely able to take care of my myself and now a baby, I was about to give up but Leon gave me hope he assured me that it was my purpose, my calling and told me he was always with me, Leon would send us money and we would pay our bills, I would study during the night when Timmy was asleep and I used to go to my classes and work during the day after I had dropped Timmy off at day-care. Life went on like this for some time. Timmy started to grow, develop a personality. I had no experience on how to take care of a boy because in a normal household that's usually the father's job but we were far from normal. Timmy was always a silent boy. He didn't speak much but he knew our troubles and understood us. He never argued with me and was always good in school.

Timmy never really opened up to me. He never told me about his day and he only asked things that were necessary and I think it's my fault. I've realized that I've been so busy with my work that I've forgotten to check in and see how my own son is doing. He's been happier recently, I can feel his happiness resonating from him, seeing my son happy makes me smile. Leon told me he's noticed as well it had only been a few weeks since Leon had returned but he could tell I guess that's fatherhood. We were happy for once but like I mentioned earlier happiness doesn't last very long.



Safal Gautam

Roll no: 22016



Movie Review: How to train your Dragon 2

Taking a glance at the title, most of you may be wondering, "Why is an 18 year old boy talking about a children's movie?" I have a perfect answer for that, "Why not". And I won't just say that for any animated movie, well except for anime. Getting back on topic, "Why How to Train your Dragon?" Well, I literally grew up with this movie that's why.

Since the trilogy's 1st release back in 2010 AD, I have become a huge fan of not only the canon movies, I have even watched and read the Series and Books dedicated to this series. It's just that good. But here I will be talking about the final installation for the end of the How to Train Your Dragon series.

The series starts off with Hiccup, the main protagonist of the series alongside his, and my favorite character, Toothless, The Night Fury, a rare species of Dragons, galloping through the clouds along with his friends, their dragons and his soon-to-be wife Astrid. To not spoil the movie for those who have not watched the series, I won't explain the plot but rather write why I 100% recommend this to people of any age to watch.

Starting off, let me just make it clear that the 3rd and final movie for the How To Train Your Dragon series, The Hidden World, was the perfect end for the series trilogy. Most animated movie's fail to provide a satisfying ending to their series and in some cases make it so horrible that people will start scolding them online. But this ending did not disappoint it's fans. Dragon's are deemed as mythical creatures and there is no proof that they may have existed in the past in our world. So, if anything a story that is said to be set in fantasy earth must give a satisfying and great reason as to why dragons disappeared and there were no traces of them. Well, The Hidden World explains it magnificently by giving a bittersweet ending that makes all the Berkians say goodbye to their dragons as for the

Dragons to truly leave in peace they must hide themselves completely from Human contact, not even leaving proof that they were here. This means that they must take away all their scales, bones and dirt and they just did that.

Now, the concept of the whole Hidden World was to create such an area which the humans cannot discover for centuries unless they search every nook and cranny of. And as we all know the whole earth has not been searched or discovered completely so who might know, maybe there really are our scaly and fire breathing dragons alive and waiting for us humans to never find them.

The other reason this movie is perfect is that alongside giving Hiccup and Astrid their happy ending by getting them married and having children, Toothless himself got his own sunshine, a Light Fury, a close relative of the Night Fury species and lived happily with her.

From my personal experience, when I was watching this movie with my sisters and brother who are at least 7-8 years younger than me, I cried. They even asked me why I cried as they did not find it that emotional. How would they know the feeling of seeing your favorite movie finally coming to such a fantastic ending. Even some reviewers online who are way older than me confesses that they cried in the Theaters while watching the third installation as we all realized how time has passed, how much we have grown alongside the characters we so love and how we see their story coming to an end after nearly 10 years of the series 1st movie.

Even now, as I write this I am aching to watch the series all over again and I may just do so to relieve the nostalgia and epicness that the series brought every time I watched it. Saying this, I with my whole heart say that people should give not only this movie, but the entire series a try, who knows maybe it will win your heart as it did to mine.

Creative Writing and Opinion



प्रनिक के.सी
क्रमाङ्क: ३३०२५

पशुपतिनाथ मन्दिर

पशुपतिनाथ मन्दिर काठमाडौंमा छ । यो मन्दिर निकै ठुलो छ । पशुपतिनाथ मन्दिर को चारैतिर चारवटा चाँदीका ढोका छन् । पशुपतिनाथ मन्दिरभित्र धेरै देवीदेवताका मूर्तिहरू छन् । पशुपतिनाथ मन्दिरभित्र चारवटा मुख भएको ठुलो शिवलिङ्ग छ । बागमती नदी मन्दिरको छेउमा छ । शिवरात्रीमा पशुपतिनाथ मन्दिरमा धेरै भिड हुन्छ । मन्दिरमा साँझपख सधैं आरती हुन्छ । मन्दिरभित्र ठुलो नन्दी पनि छ । मन्दिरमा धेरै परेवा र बाँदरहरू हुन्छन् ।

माहुरी

माहुरी एउटा सानो र सुन्दर किरा हो । यसका चारवटा पखेटा र छवटा खुट्टा हुन्छन् । माहुरीहरू साह्रै मिहिनेती र अनुशासित हुन्छन् । माहुरीले आफ्नो घर रुखमा बनाउँछ । यसको घरलाई घर भनिन्छ । हामीले माहुरीबाट मह पाउँछौं । माहुरीले धेरै फूलका रस चुसेर यसले आफ्नो घरमा मह बनाउँछ । घरमा एउटा रानी मौरी पनि हुन्छ । मानिसहरूले मह मौरीको घरबाट निकाल्छन् । हामी पनि माहुरीजस्तै मिहिनेती र अनुशासित हुनुपर्छ ।



साम्भवी जोशी
क्रमाङ्क: ३३०२०



शाश्वत पौडेल
क्रमाङ्क: ३३०३६

पेन्गुइन

पेन्गुइन हिउँमा बस्ने चरा हो । यसलाई साना माछा खान मन पर्छ । यो चरा उड्न सक्दैन । यो चरा राम्ररी पौडी खेल सक्छ । एम्परर पेन्गुइन सबैभन्दा ठूलो हुन्छ । मलाई पेन्गुइनको हिँडाइ धेरै मन पर्छ । मजस्तै यसलाई पनि साथीहरूसँग बस्न मन पर्छ । यो मान्छेसँग खेल मन पराउँछ । त्यसैले मलाई पेन्गुइन प्यारो र राम्रो लाग्छ ।

समयको महत्त्व

“समय पन्छी हो उड्छ निरन्तर बाँधेर बाँध्दैन”

माथिको हरफ मैले सुन्दै आएको गीतको हरफ हो । यो के भनेको होला ? साथी हो समयको हाम्रो जीवनमा अत्यन्तै महत्त्व हुन्छ । हामीले आफूले गर्ने काम ठिक समयमा गर्नुपर्छ तब मात्र हामीले सफलता प्राप्त गर्न सक्छौं । समयलाई हामीले समातेर अथवा बाँधेर राख्न सकिदैन । समय पन्छीजस्तै भनेको चरा जस्तै निरन्तर उडिरहन्छ । यो त खोलाजस्तै निरन्तर बगिरहन्छ । समयले कसैलाई पनि पछिदैन । सबै मानिसको जीवनमा समयको उत्तिकै महत्त्व हुन्छ, भन् हामी विद्यार्थीको जीवनमा त समयको एकदमै महत्त्व हुन्छ । त्यसैले हामी समयअनुसार चल्नुपर्दछ । आफ्नो काम समयमै पूरा गर्नु पर्दछ ।



सुशान्त पोखरेल
क्रमाङ्क: ३२०२०



रुजेनजङ्ग खड्का
क्रमाङ्क: ३२०१४

सरस्वती पूजा

विभिन्न चाडपर्वहरूमध्ये सरस्वती पूजा पनि हिन्दुहरूको एउटा चाड हो । प्रत्येक वर्ष माघ महिनाको शुक्लपक्ष पञ्चमीका दिनमा सरस्वती पूजा मनाइन्छ । वसन्त ऋतुको सुरुवात यसै दिनदेखि हुने भएकाले यस दिनलाई वसन्तपञ्चमी पनि भनिन्छ । यस दिन सबै शिक्षण संस्थामा शिक्षक तथा विद्यार्थीहरूले सरस्वती माताको पूजा गर्छन् । यस दिन साना बच्चाहरूलाई पनि लेख्न सिकाइन्छ । विद्यालय, घर, मन्दिर जहाँ पनि सरस्वती पूजा मनाउन सकिन्छ । बिहानै उठेर नुहाइसकेपछि पवित्र भएर सरस्वतीको पूजा गरिन्छ । पूजामा चन्दन, अक्षता, फूल, वस्त्र आदि देवीलाई चढाइन्छ । प्रसादमा पहुँलो चामल, खिर, दूध, दही, मक्खन, सेतो तिलको लड्डु, नरिवल, घिउ, सखर, मह, फलफूल आदि पनि चढाइन्छ । माता सरस्वतीसँग बुद्धि र सफलताको कामना गरिन्छ । दियो बाल्दै आरती गरिन्छ । यस दिन उपत्यकाका विभिन्न सरस्वती मन्दिरहरूमा पूजा एवम् दर्शन गर्नेको भिड पनि लाग्दछ ।



सोमांशु राजभण्डारी
क्रमाङ्क: ३२०१८

पात्रो

पात्रोको धेरै महत्त्व छ । पात्रोबाट हामीले साल, महिना, गते, तारिक, बार आदि थाहा पाउँछौं । पात्रोबाट कुन दिन कुन कुन चाडपर्व परेका छन् त्यो पनि थाहा पाउँछौं । भित्तेपात्रोबाट साइतहरू कुन कुन दिन पर्दछन् त्यो पनि थाहा पाउँछौं जस्तै: विवाह, व्रतबन्ध, अन्नप्राशनका लागि साइत चाहिन्छ । यी साइतहरू हामीले पात्रोबाट हेर्दछौं । पात्रोबाट हामीले विद्यालयका विदा हुने दिनहरू पनि थाहा पाउँछौं । पात्रो धेरै प्रकारका हुन्छन् । कुनै पात्रो भित्तामा भुन्ड्याउन मिल्छ । कुनै पात्रो टेबुलमा राख्न मिल्छ । कुनै पात्रो गोजीमा हाल्न पनि मिल्छ । आजभोलि मोबाइल अथवा ल्यापटपमा पनि पात्रो हेर्न सकिन्छ । कार्यालयका आफ्ना कर्मचारीहरूलाई पात्रो दिइन्छ । पात्रोमा राम्रा राम्रा चित्रहरू राखिएका हुन्छन् । विद्यालयहरूले पनि आफ्नो एक वर्षमा गरिने कार्यक्रम-समावेश गरेर पात्रो बनाउँछन् अनि विद्यार्थीहरूले त्यही पात्रो हेरेर कामहरू गर्ने गर्दछन् । पात्रोले सबै मानिसहरूलाई सजिलो बनाइदिएको छ ।



सर्वाणी मानन्धर
क्रमाङ्क: ३२०१६

मेरो जन्मदिन

मेरो जन्मदिन माघ २२ गते शनिवार परेको थियो । त्यसदिन बिहान मैले उठेर हातमुख धोएँ । त्यसपछि मैले तातो पानी पिएर अनलाइन कक्षा लिएँ । आमाले मलाई अन्डा र माछा सगुन दिनुभयो । मैले अन्डा र माछा खाएपछि खाना पनि खाएँ । खाना खाएपछि मैले केहीबेर खेलें । दिउँसो खाजा खाएपछि बेलुका हामीले केक काट्यौँ । बुबाले र आमाले मलाई उपहार दिनुभयो । मलाई उपहार साह्रै राम्रो लाग्यो । मलाई यस दिन धेरै रमाइलो लाग्यो । मलाई मेरो जन्मदिन आएको असाध्यै मन पर्छ ।

सोनाम ल्होसार

नेपालमा विभिन्न जातिले ल्होसार पर्व मनाउँछन् । ल्हो भन्नाले वर्ष वा साल हुन्छ । सार वा छार भन्नाले नयाँ भन्ने अर्थ हुन्छ । यसरी ल्होसारको अर्थ नयाँ वर्ष हुन्छ । तामाङ समुदायले माघ शुक्ल प्रतिपदाका दिन सोनाम ल्होसार पर्व मनाउँछन् । मुसा, गाई, बाघ, बिरालो, गरुड, सर्प, घोडा, भेडा, बाँदर, चरा, कुकुर र सुँगुर गरी १२ वर्गमा सोनाम ल्होसारलाई विभाजन गरिएको हुन्छ । यो दिन गुम्बामा लामा गुरुहरूद्वारा पूजा पाठ गराई परम्परागत लुगा लगाई शुभकामना साटासाट गरेर खाप्से खाने चलन छ । धेरैजसो ठाउँमा सांस्कृतिक कार्यक्रमहरू आयोजना गरिएका हुन्छन् । सेलो गीतमा डम्फु बजाएर नाच्ने चलन पनि छ ।



हिमांशु बल
क्रमाङ्क: ३१००९



आयान राई
क्रमाङ्क: ३१००६

हामीलाई विद्युतीय गाडी चाहिन्छ

गाडीहरू यातायातका साधन हुन् । बजारमा धेरै किसिमका गाडीहरू छन् । विद्युतीय गाडी एक किसिमको यातायातको साधन हो । यस्ता गाडीमा बिजुली शक्ति प्रयोग गरिन्छ । बजारमा अरू पनि धेरै गाडीहरू छन् । जुन सौर्य शक्ति, ब्याट्री शक्ति आदि । यी गाडीहरू धेरै शान्त हुन्छन् र धुवाँ निकाल्दैनन्, किनभने तिनीहरूले बिजुलीको मोटर प्रयोग गर्छन् । यस्ता गाडीहरूको उदाहरण: ट्रली बस, इलेक्ट्रिक ट्रेन आदि हुन् तर यस्ता गाडीहरू नेपालमा प्रयोगमा छैनन् । बस, कार, स्कुटरहरू आदि जुन पेट्रोल र डिजेलबाट चल्दछन् यस्ता साधनहरू नेपालमा धेरै पाइन्छन् । त्यस्ता गाडीका इन्धनजस्तै पेट्रोल र डिजेलको प्रयोगले हाम्रो स्वास्थ्यलाई असर पुऱ्याउँछ । यस्ता हानिकारक ग्याँसले हाम्रो वातावरणलाई प्रदूषित गर्छ । हामीले पृथ्वीका खानीबाट पाउने इन्धन पनि सीमित छन् । त्यही भएर हामीले आफ्नो पृथ्वीका स्रोतहरूलाई बचाउन अबै विद्युतीय गाडीहरू उत्पादन गर्नुपर्छ ।



मेहान रोनियार

क्रमाङ्क: ३१०१४

कोरोनाले पारेको समस्या

कोरोनाका कारण स्कूलहरू बन्द भएपछि विद्यालयले विद्यार्थीहरूलाई पढाउनको लागि नयाँ तरिका सोच्नु जरुरी थियो । सहरी क्षेत्रमा विद्यार्थीहरूका लागि नेटवर्कको व्यवस्था भएकोले विभिन्न एपहरू प्रयोग गरेर पढाउन थालियो । कम्प्युटर, मोबाइल तथा ल्यापटपमा गुगल मिट, जुम जस्ता एपहरू प्रयोग गर्न थालियो र विद्यार्थीहरूलाई त्यसैबाट शिक्षा दिइयो । गुगल मिट, जुममा पढाएर गुगल क्लासरूमको सहायताले गृहकार्य र कक्षाकार्य गर्ने व्यवस्था पनि मिलायो तर पनि यसबाट धेरै समस्याहरू नआएका होइनन् । कहिले नेट जाने, कहिले विजुली जाने जस्ता समस्याहरू विद्यार्थीहरू र शिक्षकहरूले भोग्नुपरेको थियो । सहरी क्षेत्रमा शिक्षाको लागि केही सजिलो भए तापनि गाउँघरतिर यस्तो सुविधा थिएन । गाउँघरका विद्यार्थीहरू भने स्कूल नै जान पाएनन् । कुनै पनि माध्यमबाट पढ्न नै नपाएकाले लकडाउनको बेलामा विद्यार्थीहरूको पढाइ अस्तव्यस्त नै रह्यो । अनलाइन कक्षा पनि विद्यार्थीहरूका लागि त्यति सजिलो नभएको हुँदा अब विद्यार्थीहरूले स्कूलबाट नै लिएको शिक्षा उचित देखिएको छ ।



आद्याश्री पौडेल

क्रमाङ्क: ३०००१

सरापेको सराप

एउटा अलखनन्दन नाम गरेको सुन्दर सहर थियो । त्यहाँ राजा र रानी खुसीसाथ बसिरहेका थिए । उनीहरूका सन्तान थिएनन् तर एक दिन रानीले एउटा छोरालाई जन्म दिएपछि उनीहरूको खुसीको सीमा रहेन । दरबारमा राजकुमारको जन्म भएपछि आफ्ना प्रजाहरूलाई दरबारमा बोलाएर भोज खुवाउने निधो भयो । प्रजालाई भोज खुवाउन बोलाउने निम्ताको जिम्मा मन्त्रीलाई दिए । भोजको दिनमा विभिन्न सहरबाट मानिसहरू, व्यापारीहरू, काम गर्नेहरू, पण्डितहरू, जादु गर्नेहरू आएका थिए । भोजको दिनमा विशेष प्रकारको एउटा परिकार बनाइएको थियो । उक्त परिकार सबैलाई रानीले आफ्नो हातबाट खुवाइन् । तर रानीले एक जना महिलालाई दिन विर्सिन् । उक्त महिला नराम्रो स्वभावकी थिइन् । उनलाई सबैले सरापे भनेर चिन्दथे । विशेष परिकार उनलाई नदिएको भनेर उक्त सरापेले राजकुमारलाई सराप दिइन् । 'जहिले जहिले राजकुमारले हाँछ्यु गर्थे, त्यस बेलामा दरबार – मा भएकामध्ये एक जना मानिस हराउँछ र त्यो हराएको मानिस घडी, पर्दा, टिभी, पङ्खा, रुखजस्ता चिजमा परिवर्तन हुन्थे ।' भोजको दिनमा सरापे दरबारबाट बाहिर निस्केपछि राजकुमारले हाँछ्यु गर्दा एक जना राम्रो जादुगर घडीमा परिवर्तन भयो । त्यो देखेर सबै दरबारमा आएकाहरू तर्सिन थाले । त्यसको समाधान खोज्नतिर पनि लागे । राजाको दरबारमा एउटा इमान्दार नोकर थियो । जसको नाम मोती थियो । उसले सबै कुरा पत्ता लगाएर त्यस सरापको समाधान खोज्यो ।

जब राजकुमारको विवाह भयो जब उक्त सरापेले दिएको सरापबाट राजकुमार मुक्त भए र सारा सहरमा खुसीयाली छायो, सरापमा परेर विभिन्न वस्तुमा परिवर्तन भएकाहरू पनि आफ्नो स्वरूपमा आए। मोतीले यति भनिसकेपछि राजाले पुरोहितहरूसँग सल्लाह गरेर एउटा विधि पुऱ्याएर अर्को राज्यकी राजकुमारीसँग विवाहको मिति तय गरेर राजकुमारको विवाह गरिदिन्छन् र सारा सहर सराप मुक्त हुन्छ। सबैजना खुसीसाथ रमाउँछन्।



आरम्भ ढकाल
क्रमाङ्क: ३००४६

नेपालको भण्डा

हाम्रो देश नेपालको भण्डा अन्य देशको भण्डाभन्दा अलग छ। अरू देशका भण्डा चारकुने हुन्छन् भने हाम्रो देशको त्रिकोणात्मक छ। दुईवटा त्रिभुजका आकार भएको, भण्डामा रातो भूईँमा माथि चन्द्र र तल सूर्य छन्। किनारा नीलो छ। चुच्चे त्रिभुजले हिमालको प्रतिनिधित्व गर्दछ, भने रातो रङले वीरता देखाउँछ। नीलो किनाराले हाम्रो देश शान्तिप्रिय छ भन्ने बुझाउँछ। सेता रङका चन्द्र र सूर्यले आकाशमा चन्द्र र सूर्यको अस्तित्व रहेसम्म नेपालको अस्तित्व पनि रहन्छ भन्ने बुझाउँछ। यसरी सारा नेपाल र नेपालीको वीरता अनि शान्तिप्रिय स्वभाव, हिमाल जस्तै अटलताको प्रतीक बनेको नेपालको राष्ट्रिय भण्डा हामी सबैको प्रिय छ। यस भण्डाले भनेजस्तै हामी पनि वीर, साहसी छौं।



सायोन दर्लामी
क्रमाङ्क: २९०३८

आमाबाबाको माया

आमाबाबा भन्ने शब्द नै अनमोल छ। आमाले हामीलाई जन्माएर यस धर्तीमा उभिन लायक बनाउनुहुन्छ। हाम्रा हरेक इच्छालाई पूरा गरिदिनुहुन्छ। हामी सानो छँदा हामीलाई केही होला कि भनेर रातभर जाग्राम बस्नुभयो। हामीलाई केही भयो भने हामी रुनुभन्दा अगाडि हाम्रा आमाबाबा रुनुहुन्छ। चाहे त्यो गरिब वा धनी परिवारको नै किन नहोस्। आमाबाबाले गर्ने माया सबैलाई उस्तै हुन्छ। आमाबाबाको मायालाई कुनै सामान कुनै चिजसँग तुलना नै गर्न मिल्दैन। आमाबाबाको माया निस्वार्थी हुन्छ। हामी भोको नरहौं भनी हामीलाई अगाडि खाना दिनुहुन्छ। बरू आफू जस्तो लुगामा पनि रमाउनुहुन्छ तर सन्तानलाई सफा बनाएर हिँडाउनुहुन्छ। सबै आमाहरूको मन धेरै सफा र कोमल हुन्छ। बाबाहरूले पनि धेरै माया गर्नुहुन्छ। बाबाहरू पनि धेरै दुःख गर्नुहुन्छ। हाम्रो खुसीका लागि बाबाहरू आफ्ना सारा इच्छा र चाहनाहरूलाई त्यसै दबाउनुहुन्छ। आमा बाबा जति धेरै सन्तान भए नि माया सबैलाई बराबर गर्नुहुन्छ। बाबाआमाले हामीलाई कहिले आफ्नो दुःख देखाउनुहुन्छ। त्यसैले हामी पनि बाबाआमालाई धेरै माया गर्नुपर्छ। आमाबाबालाई आदर गर्नुपर्छ। आमाबाबाले भनेका कुरा मानियो भने हामीलाई सबैले ज्ञानी भन्नुहुन्छ। सबैको धेरै माया पाउँछौं।



रुषभ पनेरू
क्रमाङ्क: २८०१८
लक्ष्य

लक्ष्य भनेको आफू भविष्यमा के बन्ने ? सो कुराको निर्धारण गर्न, धार बनाउनु हो । एउटा व्यक्तिले अन्तरिक्ष-यात्री, नर्तक, अभिनेता, डाक्टर इन्जिनियर इत्यादि बन्ने सपना देख्छ वा लक्ष्य लिन्छ र सो लक्ष्य प्राप्तिका लागि निरन्तर अभ्यास गर्दछ । लक्ष्यले हामीलाई प्रयास गर्न वा हासिल गर्न अगाडि बढाउँछ र जीवन सफल बनाउन सघाउँछ । लक्ष्यविहीन व्यक्तिले आफ्नो जीवन सफल बनाउन सक्दैन । उसले जीवनको बाटोमा ठक्कर खान्छ । प्रत्येक व्यक्तिको निश्चित उद्देश्य हुनुपर्छ । यसले व्यक्तिको जीवनमा अर्थ वा उद्देश्य दिन्छ । जीवनको उद्देश्यले व्यक्तिलाई आनन्द प्रदान गर्दछ र अरूलाई उत्तम तरिकाले जीवन जिउनको लागि मद्दत गर्छ । विभिन्न व्यक्तिको जीवनमा विभिन्न उद्देश्यहरू हुन्छन् । कतिपयले वकिल बन्ने र असहायहरूलाई न्यायपूर्ण र सही अधिकार उपलब्ध गराउने लक्ष्य राख्न सक्छन्, जबकि अरूले शिक्षक बन्न र समाजलाई मद्दत गर्ने प्रयास गर्न सक्छन् । यसबाट के बुझ्न सकिन्छ भने लक्ष्य मानिसको धारणा वा भुकावअनुसार फरक हुन्छन् ।

लक्ष्य भनेको भविष्य वा उद्देश्य हो । लक्ष्य लिएको मानिस सफल हुन्छ । सबैको लक्ष्य एउटै हुँदैन । कोही को हीको एउटै हुन सक्छ तर सबैको हुँदैन । उत्प्रेरित र केन्द्रित रहनको लागि उत्तम तरिका भनेको आफ्नो उपलब्धिको कल्पना गर्ने र आफ्नो लक्ष्यमा पुग्न कडा परिश्रम गर्नु हो । जीवनमा लक्ष्यले व्यक्तिलाई पर्याप्त आनन्द दिन्छ र अरूको लागि जीवनलाई उत्तम तरिकाले जिउनको लागि एक अग्रणी उदाहरण बनाउँछ ।



इशानी मानन्धर
क्रमाङ्क: २८००४
नेपालको अवस्था

चार वर्ष छत्तीस जातको साभा फूलबारी मानिएको नेपाल, नेपालीहरूको जन्मभूमि र कर्मभूमि हो । जहाँ विभिन्न परम्परा, संस्कृति, भाषा र धर्मले सजिसजाउ छ । भौगोलिक हिसाबकै कुरा गर्ने हो भने यहाँसम्म परेको तराईदेखि लिएर डाँडाकाँडा पहाडहरू रहेका छन् र विश्वकै अग्लो हिमाल सगरमाथा नेपालको सान भएर उभिएको छ । कलकल बग्ने खोला नदीनालाले सिँगारिएको नेपाल विश्वकै जलस्रोतको धनी देश भनेर चिनिन्छ ।

केही वर्षअघिसम्म पर्यटकका लागि आकर्षणको विन्दु नै बनेको हाम्रो देश नेपाल आज आएर प्रदूषित र अविकसित भइरहेको छ । यो कसरी भएको होला भन्ने प्रश्न गर्दा सबैभन्दा पहिले त हाम्रो सोच आउँछ । हामीले हाम्रो देशको बारेमा केही राम्रो सोच राखेर काम गरेको भए सायद यस्तो अवस्था आज आउने थिएन भन्ने लाग्छ । हाम्रो भविष्यको जति महत्त्व छ । त्योभन्दा पनि बढी देशको भविष्य महत्त्वपूर्ण छ । यो सोचन जरुरी नै भएको

छ कि हाम्रो देश छ त हामी छौं । व्यक्तिगत स्वार्थलाई त्यागेर हामी देशको भलाइमा समर्पित भयौं भने पक्कै देशले मुहार फेर्छ । देशको नेतृत्व तहमा रहेका देखि लिएर सर्वसाधारण जनताले देशको मुहार फेर्ने कोसिस गरेर अगाडि बढेमा हाम्रो देशको उन्नति सम्भव छ । यसका लागि हरेक मानिस सचेत हुनु जरुरी छ ।

वर्तमान अवस्थामा दिनानुदिन पूरातात्विक स्थलहरू, मठ मन्दिरहरू जीर्ण अवस्थामा पुगिसक्दा पनि देशले र देशवासीले कुनै चासो देखाएको देखिँदैन । यसले नेपालको पर्यटन विकासमा असर गरेको छ । वनजङ्गल, विनाश भइरहेको छ । केही वर्षअघि हरियो धन नेपालको धन भन्ने उखान अब उखानै रहने दिने हो कि यसलाई साच्चै हरियाली बनाउने यो हामी देशवासीका हातमा रहेको छ । त्यसैले सोचलाई जागरुक गरी त्यसलाई सही ढङ्गले अगाडि बढाउनु अत्यन्तै आवश्यक भएको छ ।

वायुप्रदूषणको चापले जानजीवन अस्तव्यस्त बनाएको छ । यदि थोरै समयमा पनि अत्याधुनिक प्रविधिको अधिक मात्राको प्रयोगले वायुमण्डलको नाश भइसकेको अवस्था छ । यस विषयमा सम्बन्धित पक्षको चाँसो कम देखिएको छ । बाँच्नका लागि नभई नहुने ग्याँस जसलाई हामी अक्सिजन भन्छौं त्यो नै लोप हुने अवस्था हामी आफैले सिर्जना गरेका छौं । कोरोना भाइरस, यसकै नतिजा हो । समयमै चासो नदेखाए मानव विनाश निश्चित छ । त्यसै ले हामी सबै मानिसले सन्तुलित जीवनका लागि सन्तुलित वातावरणको निर्माणमा जोड दिनुपर्छ ।



आकाङ्क्षा खड्का
क्रमाङ्क: २७००१

नैतिकता र अनुशासन

मानिसभित्र विविध गुणहरू हुन्छन् । ती हुन्, असल गुण र खराब गुण । । सत्य वचन र असल व्यवहारले मानिसलाई नैतिकवान बनाउँछ । मानिसमा हुने सत्चरित्र, सत्बुद्धि, अरूलाई हानि नगर्ने प्रयोग गरिने विवेक, नीतिपूर्ण मार्ग अवलम्बन गर्नुजस्ता गुणहरूलाई नैतिकता भनिन्छ ।

हाम्रो समाजमा सम्पन्न र सफल हुने सबैको चाहना रहेको हुन्छ । सम्पन्न हुने सफल बन्ने सोच र त्यसलाई साकार पार्ने होडमा कतिले आफ्नो दायित्व र जिम्मेवारीबाट नै भुली विमुख रहेको पाइन्छ । सधैं सफलताको दौड दौडंदा हाम्रो नीति नियम सामाजिक दायित्व र नैतिकता चाहिँ खस्कदै गएको महसुस हुन्छ । यसको असर व्यक्ति व्यक्ति समाज र सिङ्गो राष्ट्रमा कति घातक हुन्छ भन्ने ज्वलन्त उदाहरण हाम्रो देशमा भोगिरहेका छौं । हाम्रो प्रत्येक चाडबाडमा ठुलाबढाहरूले आशीर्वाद दिँदा तिमी ठुलो मान्छे हुनु डाक्टर हुनु, धेरै पढ्नु, ठूलो मान्छे बन्नु, तिमी असल मान्छे बन्नु नैतिकवान हुनु भनेर आशीर्वाद नदिएर पो हो कि ? भन्ने लाग्छ । हाम्रो सामाजमा धेरै व्यक्तिमा असल र नैतिक चरित्रमा कमी भएको महसुस हुन्छ । हरेक व्यक्ति आफू र आफ्नालाई नै प्राथमिकताको दौडमा देख्छन् । आफू र आफ्नो भन्ने माला जपी अगाडि बढ्दा अरू अर्काको बारेमा हेर्न नचाहने सोचको विकासले नै गर्दा व्यक्ति र समाजमा नैतिकताको कमीको महसुस भइरहेको छ । यसको सानो उदाहरण आफ्नो घरको फोहोर अरूकोमा फाल्ने, जथाभावी फोहोर बोल्ने, विदेशमा खाएको चकलेटको बोक्रो नेपालमा आएर बाटोमा फाल्ने, केही अफेरो परेको छ भन्ने उदार गर्नुको साटो सेल्फी खिच्ने, टिकटक बनाउने इत्यादि कामहरू गरेको भेट्टाइएको छ । यी सबै घटना मानिसमा भएको नैतिकताको कमीले नै गर्दा घटेका छन् ।

मानिस बिहान उठेदेखि बेलुका सुत्ने बेलासम्म विविध क्रियाकलापहरूमा धेरै ठाउँमा कानुनको पालनाका साथै उल्झन गर्दै आएको हामीले देख्न सक्छौं । सरकारले जनताप्रति गर्ने दायित्व, कर्तव्यको कमी र साथै जनताले

सरकारप्रति गर्ने दायित्व कर्तव्यको कमीको कारणले दुवै पक्षले आफ्नो कर्तव्य काम दायित्व पूरा नगरी एक अर्कालाई दोष दिँदै आफ्ना कामहरू पन्छाएको कारणले नै गर्दा कानूनको उल्लङ्घन हुने गर्छ। यसका केही उदाहरण हुन् बसमा सिटभन्दा बढी व्यक्ति लान पाइँदैन तर यसको राम्रोसँग पालना भएको छैन धेरैजसो बसहरूमा मानिसको चापले नै भरिएको हुन्छ। यसबारे प्रशासन पनि मौन बसेको छ। यस्ता धेरै उदाहरण हाम्रो दैनिक रूपमा पाउन सक्छौं।

हरेक व्यक्तिले हरेक कर्म गर्दा सामाजिक मर्यादा, अनुशासन र देशको कानूनको ख्याल गरेर अगाडि बढ्ने हो भने व्यक्ति, समाज र राष्ट्रको उन्नति हुन्छ। नैतिकता र सच्चरित्रताले सबैको भलो हुने र राष्ट्रको उन्नति हुने कारणले नैतिकता र अनुशासनको ख्याल गरेर अगाडि बढ्नु आवश्यक देखिन्छ।



मानश्वी सापकोटा
क्रमाङ्क: २६००४

नेपाली युवाहरू विदेश पलायन

नेपाल एक विकासोन्मुख देश हो। यो देशको विकास धेरै ढिलो गतिमा गइरहेको छ। विकासका लागि योजना बन्छन् तर कार्यान्वयन हुँदैनन्। यसको मुख्य कारण नेताहरूको भ्रष्ट नीति र युवाहरू विदेश पलायन हुनु हो।

नेपालको आर्थिक अवस्था कमजोर छ। नेपालको मुख्य आम्दानीको स्रोत व्यापार र पर्यटन उद्योग हो तर विविध बाधाहरू, जस्तै नेपालको अस्थिर राजनीति र कोरोनाका कारणले यी व्यवसाय पनि फस्टाउन सकेका छैनन्। नेपालको कमजोर अर्थतन्त्रका कारण देशका सबै नागरिकलाई बाँच्नका लागि आधारभूत आवश्यकताहरू पाउन गाह्रो छ। धेरैजसो सडक बालबालिकालाई दिनको ३ पटक खाना खाने सुविधा पनि छैन, शिक्षा कसरी जुटाउने ? यदि कुनै देशको साक्षरता दर उच्च छैन भने त्यो देश छिटो विकास हुँदैन। नेपालको साक्षरता दर ६४.६६% छ, यो न त कम हो न त बढी नै। नेपालको भौगोलिक संरचनाले पनि सबै नागरिकलाई जताततै राम्रो सुविधा पाउन गाह्रो पर्छ। त्यही कारणले गर्दा पनि नेपालको विकास हुन सकेको छैन र आजका युवाहरूलाई आफ्नो सपना पूरा गर्न विकसित ठाउँ चाहिएको छ।

नेपाली युवाहरू विदेश किन जान्छन् ? युवाहरूले आफूलाई मनपर्ने पेसा गर्न खोज्छन् तर, नेपालले नेपाली युवाहरूलाई यस प्रकारको सुविधा र स्वतन्त्रता दिन सक्दैनन्। नेपालमा डाक्टर, इन्जिनियर, आदिको प्रमाणपत्रबिना धेरै पैसा र सम्मान कमाउन सकिँदैन। यस्तो अवस्थामा नेपाली युवाहरूलाई विदेशको सुविधाले तान्छ। आफ्नो सपना पूरा गर्न मात्रै होइन, आजका युवाहरू उच्च शिक्षाका लागि पनि विदेश जान्छन्। नेपालले गुणस्तरीय उच्च शिक्षा दिन पनि सक्दैन। विदेशमा एउटै कामका लागि नेपालभन्दा बढी तलब पाइन्छ। त्यसैले पनि युवाहरू नेपाल छोडेर विदेशतर्फ लाग्छन्। नेपालमा धेरै बेरोजगार मानिस पनि छैनन् तर नेपाली नागरिक कम पारिश्रमिक र शोषणमा छन्। जति काम गरे पनि सामान्य जीवनयापनमा कठिनाई भएको कारणले नेपाली युवाहरू विदेश जान्छन्।

विदेशमा के राम्रो छ ? सबैभन्दा पहिले विदेशमा नेपालको तुलनामा धेरै सुविधाजनक र सजिलो जीवन जिउन सकिन्छ। विदेशमा धेरै शिक्षाका साथमा रोजगारीका अवसरहरू पनि पाइन्छन्। विकसित देशहरूमा उपचार गर्न पनि सजिलो हुन्छ। नेपाली युवाहरूलाई नेपालको सट्टा विदेशमा गएर पैसा कमाउन सजिलो हुन्छ। नेपालको तुलनामा विदेशमा बढी सुविधा पाइने भएकोले नेपाली युवाहरू विदेश पलायन हुन्छन्।



प्रश्रय श्रेष्ठ
क्रमाङ्क: २६०१४

एउटा दयालु हाकिम

“ए रमेश गाडी निकाल !!” घरबाट हाकिम साबले कराउनुभयो , हाकिमले एउटा ठुलो सुटकेस डिकीमा राख्नुभयो डिकीबाट ठुंगठुंग गर्दै आवाज आइरहेको थियो तर मैले के हो भनेर सोधिन । हाकिमको मुखभरि पसिना थियो । हाकिमले मलाई ५० हजार दिएर एउटा घना जङ्गलमा त्यो सुटकेस गाड्ने भनेर हुकुम दिनुभयो । हाकिम जानुभयो । मैले सुटकेसभित्र हेर्न खोजे तर लक लागेको थियो ।

५ महिनापछि टिभीमा हाकिम १३ वर्षको बच्चाको हत्याको आरोपमा जेल जानुभयो । मेरो मुखभरि पसिना थियो । मेरो हात काप्न थाल्यो । म यस्तो स्थितिमा कहिल्यै पनि परेको थिइनँ । म एउटा चालक भए पनि म राम्रै परिवारमा जन्मेको थिएँ । मेरो बुबा म बच्चा नै हुँदा मरेर जानुभएको थियो त्यही दिनदेखि मैले र मेरो दाइले घर समाल्ने काम गरिरहेका थियौं । मेरी आमा पनि धेरै बाँच्नुभएन । उहाँको पुरै जिन्दगी बुबाको स्याहारमानै बित्यो । म ५ कक्षामा हुँदा मैले हाकिमलाई भेटें उनी रातो गाडीमा स्कूल हेर्न आएका थिए । उनले मेरो च्यातिएको जुता देखेर सोधे “ए फुच्चे जुता कसरी च्यातिएको” मैले नसुनेको जस्तो गरेर आफ्नो घर लागें । भोलिपल्ट पनि हाकिमसाब उतै थिए ।

एकदिन हाकिमले मलाई सोधे “कति कक्षा पढ्छौ बाबु ?” मैले जवाफ दिएँ केही समयपछि हाकिमसाब भित्र गए, अरू मान्छेहरूबाट मेरो बारेमा सुनेर होलाकि हाकिमले मसँग दयाले बोल्न सुरु गरे । हाकिमले मलाई अपनाए । उनले मलाई अपनाए पनि उनमा मलाई आफ्नै छोरा जति माया थिएन तर म हाकिमको घरमा बस्न खुसी थिएँ । हाकिमले मलाई खाना पकाउनेदेखि सफा गर्ने काम गराए । म १८ वर्ष पुगेपछि हाकिमले मलाई उनको चालक बनाए । धेरै वर्ष बिते, त्यतिबेलासम्म उनको आफ्नो छोरा पनि ठुलो भैसकेको थियो तर हाकिम उनको छोराको व्यवहारसँग सन्तुष्ट थिएनन् । अचानक एक दिन हाकिमलाई उनको छोराको फोन आयो । हाकिमको छोरोले आत्तिँदै भन्यो बाबा ! बाबा ! मलाई द-दस लाख रुपिया चाहियो ; फोन काट्छ । हाकिम र म नजिकैको प्रहरी स्टेशनमा गयौं । हाकिमले आफ्नो छोराको बारेमा सबै भन्छन् । हाकिमको छोरा लागुपदार्थ आरोपमा जेल गैसकेको हुन्छ । यो सुनेर हाकिमलाई झड्का लाग्छ । प्रहरीहरूले हाकिमको छोरोलाई घर लग्छन् तर उसलाई केही पछुतो हुँदैन । हाकिमले उनको छोरोलाई सुधार्न खोज्छ तर सफल हुँदैन । अब म मात्रै उनको अन्तिम आशा बन्छु ।

एक महिनापछि हाकिमको छोरा घरको तिजोरी चोरेर भाग्छ निरास भई हाकिमले उनको छोरोलाई खोज्ने प्रयास पनि गर्दैनन् । हाकिमले मलाई अझै काम सिकाउन थाल्छन् । विस्तारै म हाकिमसँग नजिक हुँदै थिएँ । हाकिम पनि खुसी थिए तर हाकिम अझै पनि अपसोसमा थिए । एक दिन हाकिम र म कामबाट आउँदा उनको छोरा घरमा पर्खिराखेका थिए । हाकिमको छोरोले मलाई बाहिर बस्न आदेश दिए । उनको नजरमा म एउटा चालक मात्र थिएँ । म गाडीमा कुद्दै बसिरहेको थिएँ त्यसपछि यो सब भयो । हाकिमको छोरा फरार भयो अनि अहिले पनि म ठान्छु हाकिम निर्दोष छन् तर म चाहेर पनि केही गर्न सकिदैन । सबै प्रमाण हाकिमको पक्षमा छ । मैले उनलाई बेला बेलामा कारागारमा भेट्न जाने गरेको छु ।



सुनबी पोखरेल
क्रमाङ्क: २५०१८

“हिजोको कुरामा चित्त नदुखाउ है....!”

उमेरले ७५ वर्ष नाघेकी सासुआमा रिसाउँदै बर्बराउन थाल्नुभयो, “होइन यो के देख्नु परेको मैले ! महिनावारी भएको पनि भन्छ्यौ, खाना पनि पकाइरहेकी छ्यौ, तिमीले पकाएको खाना कसले खान्छ ? महिनावारी पनि नबार्ने चलन भएका कस्ता कूलघरानमा नाता गास्न पुगिएछ हौ ! घरकाले पनि केही सिकाएका रहेनछन् कि कसो ?” उमेरले २६ वर्ष पुगेकी बुहारी सासुआमाको यो भनाइले भस्किन् । उनी छाउपडी प्रथाको अन्त्यका लागि खोलिएको ‘परिवर्तन नेपाल’ नामक संस्थामा काम गर्ने सामाजिक अभियन्ता पनि हुन् । सुदुरपश्चिममा पहिलो पटक महिनावारी हुँदा आफ्नो घरभन्दा टाढा छाउगोठमा कसैले नदेख्ने गरी बस्ने कुरीतिलाई छाउपडी प्रथा भन्ने गरिन्छ ।

महिनावारी हुँदाको बखत घरपरिवार र समाजले गर्ने दुर्व्यवहारको विरुद्धमा लडेर आएकी बुहारी सीतालाई वृद्ध सासुआमाको यो व्यवहार मन परेन । ५ वर्षसम्म जुन व्यवहारका विरुद्धमा काम गरिरहेकी थिइन । आज विवाह गरेको २० दिनमै आफूले त्यही विषयमा अपमान सहनु परेकोमा उनलाई भित्रभित्रै रिस उठेको थियो । तर भर्खर मात्र विवाह गरेर आएकी सीतालाई सासु आमाकै तरिकाले जवाफ फर्काउँ भने पनि सासु बुहारीको सम्बन्ध बिग्रने डर थियो । उनका श्रीमान् गैर सरकारी संस्थामा काम गर्थे । उनलाई पनि यो महिनावारी लगायतका अन्य थुप्रै सामाजिक कुरीति मन पर्दैनथ्यो तर आमाको एक मात्र छोरो भएकोले आमाको चित्त नदुखाउनको उनी पनि केही जवाफ फर्काउँदैनथे । आमाले उठाएको विषयमा छोरो पनि चुप लागेको देखेर सीता रिसले चुर भइन् र आफ्ना श्रीमानलाई कोठामा बोलाएर सासुआमाले उठान गरेको विषयमा किन प्रतिकार नगरे को भनी प्रश्न गरिन् । उनका श्रीमानले उनलाई प्रेमभावमा भने, “हेर सीता, तिमीले सुदुरपश्चिमको छाउपडी प्रथाको उन्मूलनमा यति धेरै समय, श्रम, श्रोत खर्च गर्दा पनि अब पूर्णरूपमा परिवर्तन भएको छैन । मेरी आमा अब तिमी पनि आमा हुन्, उहाँहरूको समय त्यस्तै थियो; उहाँले त्यही देख्नुभयो; त्यही भोग्नुभयो । आज एकाएक परिवर्तन हुँदैन । मलाई लाग्छ एक दिन हामी आमा पक्कै परिवर्तन हुनुहुने छ । म तिमीलाई साथ दिन तयार छु । यसका लागि तिमी र म मिलेर योजना बनाऔं ।”

श्रीमान्को कुरा सीतालाई पनि ठिक लाग्यो । विचरा बुढी आमाले ७५ वर्षसम्म जे देख्नु वा भोग्नु भएको छ; त्यही नै सत्य हो भन्ने लाग्नु पनि ठिकै हो तर हामीले हामी आमाको सोचाइ पनि परिवर्तन गर्ने पर्दछ । यसका लागि आजैबाट सुरु गर्ने भन्ने सहमति भयो । सीताका श्रीमान् त्यही दिन कामको सिलसिलामा ३ हप्ताको लागि विदेश जानुपर्ने थियो । उनको घर परिवारमा जम्मा ३ जना मात्र थिए । आमा खाना पकाउन नसक्ने, छोरो को विदेश जानुपर्ने भएपछि भोलिपल्टदेखि खाना कसले पकाएर दिँदो रहेछ भोलिको दिन हेरौं न त भन्ने भयो । सीताका श्रीमान् साँझपख घरबाट निस्कन लागे । हिँड्ने बेलामा सीताले श्रीमानलाई टीका लगाइदिए हुने जस्तो अव्यक्त भाव देखाइन् । आफू पर सरेकाले टीका बनाउन असम्भव थियो । सासुआमा फेरि यत्रायत्रा आँखा पल्टाउँदै साइतको बेला नछुने भएकी महिला किन देखिएकी भनेर कचकच गर्न थालिन् । बुहारीले मनमनै भनिन्, “बुढी मालाई भोलि कस्ले भात पकाइदिँदो रहेछ, म पनि हेरौंला । आजको दिन त कटोस् ।”

त्यसदिन तक त सीताका श्रीमानले खाना पकाएकै थिए । त्यही खाना खाएर सासु बुहारी सुते । भोलिपल्ट भयो, घरमा सासु र बुहारी मात्र थिए । बुहारी बिहानै उठिन् । सासुआमा सुतेको कोठाको ढोका नजिक गएर आमा ! भनेर बोलाइन् । सासुआमाले किन बोलाएकी भनेर प्रश्न गर्नुभयो ।

बुहारी सीताले भनिन्, “आमा ! घर सफा गर्नेछ; खाना पकाउनुछ; तरकारी केलाउनुछ; चिया खाने दुध ल्याउनु; म महिनावारी भएको बल्ल आज २ दिन भयो । हजुरको छोरा घरमा होइसिन्न । मैले केही गर्नु भएना अब के

गर्ने आमा ? हजुर उठेर यी सबै काम गर्न सकिस्निन्छ त ?” सासुआमा बिलखवन्दमा पर्नुभयो । अधिल्लो दिन महिनावारीका विषयमा तथानाम गाली गर्ने बुढीआमाको जवाफ केही आएन ।

सासुआमालाई ढाडस दिँदै सीता भन्न थालिन्, “हेर्नु आमा ! उहिलेको जमाना त्यस्तै थियो । हजुरहरूले त्यही खेप्नु पर्‍यो । महिनावारी हुनु महिलाको अपराध त होइन नि आमा । महिनावारी नै नभएको भए हजुरले छोरो कसरी जन्माइसिन्थ्यो, म कसरी जन्मन्थे ? हजुर कसरी यो संसारमा आइसिन्थ्यो ? छोरी मान्छेको गहना भने कै लामो कपाल हुनु, महिनावारी हुनु, आफ्ना बच्चालाई आफ्नै दुध ख्वाउने क्षमता हुनु जस्ता गुणहरू हुन् नि । पहिले पहिले त घरमा थुप्रै मान्छे हुन्थे । १ जनालाई महिनावारी भयो भने उसलाई ४ दिन आराम गर्न दिएर सुविधा पो दिएको हो त । अहिलेको जमाना फेरिएको छ । आमा ! अहिले घरमा थोरै मान्छे हुन्छन् । घरका सबै काम ती थोरैबाट आफैले गर्नुपर्ने समय आयो । यस्ता पुराना कुसंस्कारलाई तपाईं, मलगायतका छोरी मान्छेहरू मिलेर अन्त्य गर्नुपर्छ आमा । अनि फेरि सबै पुराना कुरा लिने हो भने, सहर जाँदा पहिले हजुर पैदल हिँडेर पुगिसिन्थ्यो । अहिले प्लेन, गाडी चढिसिन्छ । त्यो प्लेन गाडीमा कति मान्छे महिनावारी भएको होलान् । हजुरले अछुत भन्ने गरेका कति मान्छे त्यही साधनमा यात्रा गरेका होलान् । यस्ता जातपात, धर्म, महिनावारी आदिको विषयमा यसरी कसैले कसैलाई अपमान गर्ने भनेको महापाप हो । अहिले त यसो गर्‍यो भने हजुरलाई नियमअनुसार कानुन पनि लाग्छ । कसैले राम्रो गरी पनि भन्दैनन् । समय त फेरियो नि आमा । तसर्थ, हजुरले हिजो मलाई भनेको कुरामा मैले चित्त पनि दुःखाएकी छैन । म बेखुसी पनि छैन । हजुरले आफ्नो जीवनमा जे खेप्नु देख्नु भो मलाई त्यही सिकाउन खोज्नुलाई मैले नराम्रो मानेकी छैन । हजुरकी छोरी भने पनि, बुहारी भने पनि म नै त हुँ नि आमा । अफट्यारो नमानिस्यो । म घर सफासुगधर गर्छु । आफू नुहाइधुवाइ गर्छु । सफा कपडा फेर्छु अनि सबै काम म नै गर्छु । सबै काम गर्छु तर हजुरको चित्त दुख्नु भएन है ।”

बुहारीको मायालु भनाइ र प्रेमभाव देखेर सासुआमाले आँखाबाट आँशु झार्दै भन्नुभयो, “तिमीले ठिकै भन्यौ बुहारी, गल्ती मेरै हो । मेरो उमेरले पनि डाँडा काट्यो । सोचाइ पनि पुरानै भयो । तिम्रा ससुरालाई त म महिनावारी भएको ४ दिनसम्म मैले सिधा नजरले पनि हेर्ने हुँदैनथ्यो । ती सबै कुरा मभित्र अहिले पनि झल्झल्ली आइरहेका छन् । तर तिमीले भने भैतिमीबेगर यो घरको सबै काम कसले गर्छ खै ? जाऊ, खाना पकाऊ । म आजदेखि परिवर्तन भएँ । यो महिनावारी वास्तवमा केही होइन । तिमीले ठिक भन्यौ । हिजोको कुरामा चित्त नदुखाऊ है बुहारी ।”



जिया सापकोटा
क्रमाङ्क: २५००३

देश र देशवासीका पीडा

देश दुःखमा छ तर देशका देशवासीहरू नै दुःख दिने भएपछि देशको दुःख कसले देख्ने ? यो भनाइ सुन्दा त कुनै उखान टुक्का जस्तो लाग्ला तर यो सत्य हो । कतिपय मानिसहरूले देशको दुःखमा विकास नहुने कुरा धेरै देख्छन्, तर कुरा यो मात्र हो र एउटा समस्या ? विकासतिर मात्र हेरिने हो भने त देशको ७५% समस्याहरू त नजरअन्दाज गरिएको भेटिन्छ । सुरु नै गर्ने हो भने त विकासबाटै सुरु गरौं ।

विकास भन्छौ, तर विकास कहाँ कहाँ र कुन कुन क्षेत्रमा भइरहेको छ भन्ने कुरा खोज्न नै कति समय कुनै पर्ने हो थाहाछैन । सुरुमा देशवासीहरूको सोचाइको विकास नै भएको छैन । देशको विकास खोज्ने हामी देशवासीहरूको अवस्था देखेरै हाँसो लाग्छ । हामी विकास विकास भनेर कति चिच्याउँछौं तर हामीले चिच्याएर मात्र के विकास हुन्छ होला त ? देशमा गरिबी धेरै छ । सरकारी विद्यालय वा यस्तै प्रकृतिका विद्यालयहरू

खोलिने हो भने देशको लगभग सबै विद्यार्थीहरूले पढ्न पनि पाउलान् । शिक्षाले साक्षरता दर पनि बढ्छ । मानिसभित्र शिक्षाले दिने एक किसिमको चेतना पनि बढ्न सक्छ । किनभने यहाँ शिक्षा र चेतनाको यति कमी भएको छ; कि यहाँ कोही मानसिक समस्याले थकित भएको मनिसलाई देख्यौं भने हामी त्यसलाई पागल उपनाम दिन्छौं । कोही समलिङ्गी मानिस देख्यौं भने “छुया” भनेर अवहेलना गर्छौं, “छक्का” भनेर नाम दिन्छौं । मानिसको सोच परिवर्तन नभएसम्म व्यक्तिको व्यक्तित्व विकास हुँदैन । अहिले चलिरहेको र हामीले देखिरहेको कुरा महिला हिंसा र यौन दुर्व्यवहार । कसैको मनमा त यो शब्द सुनेर नै मनमा भय जाग्छ होला । हुन पनि हो, डराउनु पर्ने अवस्था पनि छ । अहिले त कसलाई विश्वास गर्ने हो भन्ने कुरामा नै शङ्का लाग्छ । असल र खराब छुट्टयाउन पनि गाह्रो छ । कहिलेकाहीं यो सोचले मानिसको मनमा तनाव उत्पन्न हुन्छ । गलत कार्यलाई गलत भन्नुको सट्टा ढाकछोप गर्ने प्रवृत्ति पनि मानिसमा मौलाउँदै गएको छ । कोही मानिसहरू डरका कारण पनि साँचो बोल्न डराउँछन् ।

देशमा मौलाउँदै गएका नराम्रा प्रवृत्ति र संस्कारका कारण नेपालीको अस्तित्व नै गुम्ने खतरामा छ । देशमा जता हेरियो उतै चिन्ता छ । एक किसिमले भन्ने हो भने मेरो देश रोड्रहेको छ । देश दुःखी हुनु भनेको देशवासी नै दुःखी हुनु हो । देश रनु भनेको देशवासी नै रनु हो । अब देशको पीडामा मलम लगाउन हामी अधि सर्नुपर्छ । देशमा भएका सबै बेथिति अन्त्य नभएसम्म देशवासी कोही पनि खुसी हुने छैनन् ।



एन्जल धिमाल
क्रमाङ्क: २५००२

पीडा

कसैले पनि अरूको पीडा बुझ्न सक्दैन जबसम्म यो तपाईंलाई हुँदैन । धेरै सपनाहरू सपना मात्रै रहन्छन् र कहिल्यै वास्तविकता बन्न सक्दैनन् । धेरै आमाबाबु सन्तानविहीन भए । प्रत्येक मानिसहरू आफ्नै समस्यासँग लडिरहेका छन् । कोरोनाले मानिसहरूलाई सपना मात्र देख्न र कहिल्यै बाँच्न नदिने बनायो र धेरैको ज्यान पनि लियो । जीवन सबैको लागि समान छैन । कोही सुखले भरिएका छन् त कोही पीडाले भरिएका छन् । धेरै मानिसहरूको टाउकोमा छानो छैन । यो समय धेरै गाह्रो छ । जीवन यस्तो अवस्थामा आएको छ । हामीलाई थाहा छैन कुन बाटो रोच्ने । ठुला नेता वा धनीले गरिबको पीडा कहिले बुझ्दैनन् । संसार दिनप्रति दिन महँगो हुँदैछ । छोराछोरीलाई खुवाउनको लागि कमाउन कति गाह्रो छ, त्यो बाबुलाई मात्र थाहा हुन्छ । एउटी आमा जसले सन्तान गुमाएकी छन् उनको आँसु त सबैले देखेका हुन्छन् तर, त्यो पीडा कस्तो हुन्छ भनेर ती आमालाई मात्र थाहा हुन्छ । सपनाहरू देख्ने आँखा बन्द भएको र तिनले बोकेका रहरहरू बाध्यताले बगाएको कसैले पनि देखेको छैन ।

वास्तविकता यो हो कि कसैले पनि कसैको पीडा बुझ्न सक्दैन । त्यो भोगेले मात्र पीडा सहनुपर्छ । धनीलाई कुनै किसिमको पीडा हुँदैन भन्ने कुरा होइन; यो समयमा गरिब जनतासँग खाने पैसा नभएकाले पीडा छ । वास्तविक पीडा के हो भन्ने कुरा परिवारका सदस्य गुमाएका, खानलाई केही नभएकालाई, मात्र धेरै थाहा छ । हरेक मानिस आफ्नै समस्यासँग लडिरहेका छन् । कोरोनाका कारण अहिले धेरै मानिसले यस्तो अप्ठ्यारो अवस्थाको सामना गरिरहनु परेको छ । पहिले जस्तो सामान्य अवस्था कहिले आउँछ, भन्ने कुरा कसैलाई पनि थाहा छैन । कोरोनाको भयावह स्थितिले धेरै मानिसहरू घरबारविहीन, भोकमरी र बेरोजगार भएका छन् । हुनत अहिले स्थिति धेरै नियन्त्रणमा छ तर अझै पनि पहिले जस्तै आफ्नो जीवन सामान्य बनाउन धेरै गाह्रो छ । दैनिक व्यस्तताकै समय व्यतीत गरेका मानिसहरू कोरोनाकै कारण परिवारसँग बस्ने र रमाइलो पलहरू बिताउने समय पाए भने धेरैले परिवार गुमाए । कतिपयका लागि यो समय पैसा कमाउने माध्यम पनि बन्यो ।

जिन्दगीले मानिसलाई दुई ओटा कुरा सिकाउँछ । खुसीमा रमाउन र पीडा परेको बेला कहिले हरेश नखाएर अगि बढ्न । चोट लागेको घाउ निको हुन समय लाग्छ । यो कोरोनाको घाउ निको हुन पनि केही समय लाग्छ । तर त्यो घाउलाई कोट्यायौ भने निको हुन भन् बढी समय लाग्छ र पीडा पनि बढ्दै जान्छ । प्रत्येक मानिसको मानवीय गुण भनेकै आफ्ना दुःखका दिन बिसिएर खुसी र सुखका दिन आउने आशामा बाँच्नु हो । जो मानिस पीडामा पनि सम्हालिन सक्छ त्यो मानिसले मात्र दुःख र पीडालाई सहजै स्वीकार्न सक्छ । मानिसको जीवन भन्नु नै सुख र दुःखको सङ्गम हो । त्यसैले हाम्रो जीवनमा दुःख र पीडा पनि सुखसँगै आउँछन् । पीडाले मानिसलाई सङ्घर्ष गर्न सिकाउँछ । सङ्घर्षले मानिसलाई सफल बनाउँछ ।



सिमोन श्री पाठक

क्रमाङ्क: २४००६

संस्कार नै चिनारी

धेरै वर्ष अगाडिको कुरा हो । कुनै एक ठाउँमा एउटा लोपोबिया नाम गरेको विशाल राज्य थियो । त्यो राज्यको नाम नसुन्ने मानिस सायद कमै थिए होलान् । लोपोबियाका राजाहरू निकै शक्तिशाली थिए । यिनै राजाहरूका कारण राज्यको दबदबा चारैतिर फैलिएको थियो । यस राज्यलाई बलियो पार्ने काम एक खुन वंशले गर्दै आएका थिए । खुन परिवारले राज्यलाई कुलपतिको रूपमा सहयोग गर्दै आएका थिए । खुन परिवार ठुलो र त्यतिकै शक्तिशाली थियो । खुन परिवारकी एक स्त्रीबाट एउटा बालकको जन्म भयो । जसको नाम बाम राखियो । बाल बाम परिवारको दसौँ सन्तानको रूपमा जन्मिएको छोरा थियो । उसका बाबुले आफ्ना सन्तानको खासै वास्ता गर्दैनथे । घरमुली रेन कुटनीतिक तथा शक्तिशाली व्यक्तिहरूको भेटघाटमा व्यस्त रहन्थे । बाम बिस्तारै ठुलो हुँदै गयो । ऊ निकै चतुर थियो । उसलाई आफ्ना बाबुबाट प्रशंसा पाउन चाहन्थ्यो । उसकी आमा रिए उसकी बाबुकी पाँचौ पत्नी थिइन् । रिए पनि आफ्ना पतिबाट माया सद्भाव र सम्मानको आशा राखिन् । उसले आफ्नो छोरा बामले त्यो सबै कुरा प्राप्त गराओस् भन्ने चाहन्थी । बाम अलि सानो भएकाले उसलाई आफ्नो बाबुको माया चाहिएको थियो । आमाको दबाबले बाम सानै उमेरमा पनि धेरै कुरा बुझ्ने भएको थियो । बिस्तारै समय बित्दै गयो । बाम पनि हुर्किदै गयो । उसको बाबु रेनले पनि उसलाई माया गर्दै जान थाल्यो । अरू सन्तानलाई खासै वास्ता नगर्ने रेन बामलाई वास्ता गर्न माया गर्न थालेको देखेर अरू आमाका सन्तानले इर्ष्या गर्न थाले । बामलाई यो कुराको कुनै मतलब थिएन । बाम आफू कसरी अरूभन्दा फरक र शक्तिशाली हुने भन्ने ध्याउन्नमा थियो । ऊ स्वार्थी बन्दै जान थाल्यो । ऊ हुर्केको पारिवार जस्तो थियो त्यसै अनुसारको स्वार्थी हुनु पनि कुनै नौलो कुरा थिएन ।

बाम १७ वर्ष पुगिसकेको थियो । ऊ मायामा पुग्यो । उसको उमेर पुगिसकेको थियो । उसकी प्रेमिका सोला थिई ऊ बामभन्दा २ वर्ष जेठी थिई यो कुरा बामको परिवारको कानमा पुगेछ । यो कुरा उसका परिवारका कानमा पनि परेछ । उनीहरूले सोलालाई मार्ने योजना बनाए ।

सोला मरेको खबर बामले पनि थाहा पायो । बाम आफ्नो परिवारका सबैलाई मार्ने योजना बनाउँछ र माछ, खुन परिवारको प्रमुख खुनी आफै बन्ने निर्णय गर्छ । आफ्नो राज्य र आफ्नै लागि जिउने निर्णय गर्छ ।



मुस्कान सिंह
क्रमाङ्क: २४००३

एक्लोपन मानसिक स्वास्थ्य समस्या

केही अनुसन्धाताहरूका अनुसार सम्बन्धहरू जैविक आवश्यकता हुन्। मानिस मानिस बिचको सम्बन्ध कल्याण र अस्तित्वको लागि महत्त्वपूर्ण छ। मानिसमा एक्लोपनका कारण विभिन्न मानसिक समस्या देखिँदै गइरहेका छन्। एक्लोपनले मानिसमा अवसाद, चिन्ता, सिजोफ्रेनिया, आत्महत्या, डिमेन्सिया र अल्जाइमर बेचैनी वा चिडचिडापन, निरन्तर चिन्ता, धेरै वा धेरै कम सुत्ने, जस्ता समस्या निम्त्याउँदै गइरहेको छ।

विश्व अहिले कोभिड-१९ महामारीसँग जुधिरहेको छ, र विश्वभरका स्वास्थ्य संस्थाहरूले मानिसहरूलाई भौतिक दूरी कायम गर्न आग्रह गरिरहेका छन्। कोभिड १९ को फैलावट रोक्नको लागि भौतिक दूरी एक प्रभावकारी विधि हो, तर यसले एक्लोपन निम्त्याएको देख्न सकिन्छ। वृद्ध तथा वयस्कहरूलाई विशेष गरी एक्लो महसुस गर्ने सम्भावना भएको देखिन्छ। कोभिड १९ महामारीभन्दा पहिले अन्वेषकहरूले अनुमान गर्दा एक्लोपनले आठ मिलियनभन्दा बढी वृद्ध तथा वयस्कहरूलाई असर गरेको तथ्याङ्क पाइएको थियो। वृद्ध वयस्कहरू एक्लोपनको बढी प्रभावित भएका मुख्य कारणहरूमध्ये सेवानिवृत्त, विधवापन, आफ्नै बालबालिकाले परित्याग गर्नु र उमेरसँग सम्बन्धित स्वास्थ्य समस्याहरू रहेका छन्। यी परिवर्तनहरूले गर्दा मानिसमा सामाजिक सम्बन्ध कमजोर हुने सम्भावना धेरै हुन्छ। यसले गर्दा मानिसहरूलाई सामाजिकीकृत हुन धेरै गाह्रो भएको पाइन्छ। अपाङ्ग अथवा स्वास्थ्य अवस्थाहरू दयनीय भएका मानिसहरूका शारीरिक गतिविधि सीमित मात्र भएको पाइन्छ। उनीहरूलाई घरबाहिर समाजमा दिन बिताउन कठिन अवश्य पनि हुन्छ नै। मानिसको उमेर र विभिन्न स्वास्थ्य अवस्थाहरू पनि मानिसलाई कमजोर र एक्लो बनाउने एउटा माध्यम हो।

हाल विश्वका धेरै जसो देशहरूमा एक्लोपनको दर बढ्दै गएको देखिन्छ। केही विशेषज्ञहरूका अनुसार हरेक दिन विश्वका धेरै मानिसहरूले एक्लोपनको अनुभव गर्दै गइरहेका छन्। जर्मनी, जापान, रूस, अष्ट्रेलिया र युनाइटेड किङ्डम लगायतका मुलुकहरूले अहिले कोभिड १९ जस्तै एक्लोपनको महामारी भोगिरहेका छन्। यो समस्या बिस्तारै नेपाल जस्ता देशहरूले पनि भविष्यमा नभोग्लान् भन्न सकिन्न। हाल कैयौं देशहरूमा औसत घरपरिवार को आकार घटेको। धेरै जोडीहरूले सन्तान नजन्माउने निर्णय गरिरहेका छन्। अनुसन्धानकर्ताहरूका अनुसार सामाजिक समूहहरूमा कम उपस्थिति, धार्मिक कार्यमा कम सहभागिता हुने गरेको देखिएको छ। त्यसैगरी हाम्रो अरू दैनिक गतिविधिहरू जसले एक्लोपनलाई निम्त्याएका छन् ती हुन् सम्बन्ध विच्छेद, एकलै बस्ने र अविवाहित नै रहने। एक्लोपन र मानसिक स्वास्थ्य समस्याहरू भोगिरहेका व्यक्तिमा अवसाद र चिन्ताको भावना, आक्रामक व्यवहार, निष्क्रिय मनोवृत्ति, खराब निद्रा, गरिबी, आत्म उपेक्षा रहेको पाइएको छ।

मानसिक स्वास्थ्यमा एक्लोपनको प्रभावलाई कम गर्न प्रियजन, साथी र परिवारसँगै बस्ने गर्नुपर्छ। दैनिक काममा व्यस्त रहनुपर्छ। बेलाबेलामा मनोरञ्जनात्मक कार्यक्रममा सहभागी हुनुपर्छ। इमेल, सामाजिक सञ्जाल र उत्प्रेरणा दिने भिडियो आदिको सहारा लिन सकिन्छ। एक्लोपनको अनुभव गरिरहेका व्यक्तिहरूले चिन्ता वा अवसादका कुनै लक्षणहरू देखापरेमा डाक्टर, थेरापिस्ट वा मनोपरामर्शदाताको सहयोग लिनुपर्छ। नत्र मानिसमा बेचैनी बढ्दै जान्छ र ऊ आत्महत्यासमेत गर्न पछि पर्दैन। स्वस्थ जीवन जिउनका लागि शरीर र मन दुवै स्वस्थ हुनुपर्छ। तन र मन स्वस्थ भएको मानिसमा मात्र जीवनमा सफल हुन्छ।



अनुष्का बस्नेत

क्रमाङ्क: २४००२

फुल्ल नपाएको रिमाको जीवन

राज आज पनि डराउँदै र रुँदै सुत्न गयो । एक महिना भयो राज डराउन थालेको । आमा उसलाई सोध्न खोज्छिन् ऊ भर्किन र फर्किन थाल्छ । ऊ सानो बच्चा पनि होइन । उसको यस्तो व्यवहार देखेर आमा आश्चर्य मात्र होइन दिक्क पनि मान्न थालेकी छन् । ऊ २२ वर्षको जवान ठिटो हो । २२ वर्षे ठिटो किन यसरी त्रासले काँप्छ ? उसकी आमा बुझ्नै सकिदैनन् । यो के भएको भन्ने कुरा राजलाई मात्र थाहा थियो । राज आफूलाई के भएको भनेर कसैलाई बताउन पनि चाहन्थ्यो ।

एउटी केटी आउँथी हरेक रात राजलाई तर्साउन । त्यो केटीलाई राज चिन्थ्यो । ऊ रिमा थिई । जो राजसँगै पहिला कलेज पढेकी थिई । रिमा अलि नाक चुच्चो परेकी हल्का कालो वर्णकी स्निग्ध अति सुन्दर केटी थिई । तर, अहिले रिमाको भौतिक शरीर थिएन । रिमाको अस्तु केही थिएन । पृथ्वीमा रिमा केवल सम्झनामा थिई । यो धर्ती उसका लागि बिरानो थियो । तापनि राज दिनहुँ उसलाई देख्थ्यो । रिमा उसलाई माछे कि भन्ने डर लाग्थ्यो । त्यसैले ऊ रुन्थ्यो । राजालाई सिजोफ्रेनिया थियो ।

राजलाई सिजोफ्रेनियाको लक्षण देखिन थालेको एक महिना जति भएको थियो । रिमाले संसार छाडेको पनि एक महिना जति भएको थियो । रिमाको मृत्युको कारण कुनै दुर्घटना वा रोग नभई आत्महत्या थियो । राज कलेज पढ्दा रिमाको मस्तिष्कमा बस्न चाहन्थ्यो । रिमाको मनमा बस्नका लागि राज रिमालाई पछ्याउँथ्यो । यसले रिमालाई असहज महसुस हुन्थ्यो । एक दिन रिमाले राजलाई एकलै एकान्त ठाउँमा भेट्न बोलाई । भेटेर उसले आफ्नो पिछ्छा नगर्न भनी । राज आवेगमा आयो । भोकाएको बाघले शिकार भेटे जस्तै गरी रिमालाई झम्टन थाल्यो । राजले आवेगमा आफ्नो होस गुमायो । रिमाले आफ्नो कुमारीत्व गुमाई । राजले रिमाको शारीरिक अस्तित्व लुट्यो । रिमा रुन कराउन थाली । राजको मानवता हरायो । उसले केही सुनेन । त्यसको एक दिनपछि रिमाले आत्महत्या गरेको खबर सुनियो ।

आफ्नो कामवासना पूरा गर्नको लागि रिमाको जीवन अन्त्य गरिदिने यौन पिपासु राज अदृश्य हत्यारो नै थियो । आफ्नी छोरीले के कारणले आमहत्या गरी, रिमाका बाबुआमाले थाह पाउन सकेनन् । न रिमाले यो कुरा कसैलाई भनी; कसैलाई भनोस् पनि कसरी ? इज्जतमा दाग लाग्ने डर एकातिर थियो भने अर्कातिर पारिवार र समाजबाट आफू र परिवार नै बाहेक हुने स्थिति थियो । रिमाको यो घटना कि राज, कि रिमाकि मुकदर्शक भगवान्लाई नै थाहा थियो । भगवान् रिमा बलात्कृत हुँदा पनि र संसार छोड्दा पनि मुकदर्शक नै थिए । सत्य र असत्य छुट्याउन सक्ने भगवान् यो संसारमा छन्, कि छैनन् ? त्यो पनि रिमाले थाह पाइन । रिमाले संसार शून्य देखी । आफू पनि शून्यमा हराई । अब संसारमा बाँचेर आफ्नो अस्तित्व छ; जस्तो पनि उसलाई लागेन । अन्ततः उसले मृत्युको बाटो रोजी हुनतः मृत्यु नै मुक्तिको उपाय होइन । आत्महत्या भनेको जीवन र न्यायबाट पलायन हुनु हो । रिमालाई यी सबै कुरा थाहा नभएका पनि होइनन् तर समाज र आफन्तबाट तिरष्कृत हुनुभन्दा जीवनबाट छुटकारा पाउने चाहना उसले रोजी । यो उसको निर्णय सही थियो वा थिएन यसको मूल्याङ्कन अब कहिले पनि हुँदैन होला ।

मानवताको शेष पनि बाँकी नरहेका राज हाम्रो समाजका प्रतिनिधि पात्र हुन् । त्यस्ता पात्रलाई हाम्रो समाज ले केही पनि गर्दैन र गरेको पनि छैन । हजारौँ रिमा आत्महत्या गर्न विवश छन् । विगतका दर्दनाक घटना एकादे-शका कथा बनेका छन् । जबसम्म राजजस्ता पात्रलाई कुनै कारवाही हुँदैन तबसम्म हजारौँ रिमा आत्महत्या गर्न विवश हुने छन् ।



आशना श्रेष्ठ
क्रमाङ्क: २३०६४
दसैंको अनुभव

दसैंमा आश्विन शुक्ल प्रतिपदा (घटस्थापना) मा जमरा राखी नवमीसम्म नवरात्र विधिले प्रत्येक दिन फरक देवीहरूको पूजा गरी प्रतिपदादेखि क्रमशः शैलपुत्री, ब्रह्मचारिणी, चन्द्रघण्टा, कुष्माण्डा, स्कन्दमाता, कात्यायिनी, कालरात्री, महागौरी, सिद्धिदात्री गरी नवदुर्गाको पूजा गर्दै सप्तशती (चण्डी) पाठ गरी नव दुर्गा र त्रिशक्ति महाकाली, महालक्ष्मी र महासरस्वतीको विशेष पूजाआजा र आराधना गरिन्छ ।

विजया दशमीको दिन भगवतीले दानवी शक्तिमाथि र रामले रावणमाथि विजय हासिल गरेको उपलक्ष्य र खुसियालीमा नवदुर्गा भवानीको प्रसादस्वरूप रातो टीका र जमरा लगाउने चलन छ । आश्विन (असोज) महिनाको शुक्ल पक्षको दशमी तिथिको दिन यस पर्वको प्रमुख दिन हो । बताइन्छ कि भगवान् रामले रावणको वध गरेको र असत्यमाथि सत्यको विजयको रूपमा लिइएको हुँदा यस पर्वलाई विजया दशमी पनि भन्ने गरिएको हो । यसपालिको दसैंमा म पनि विभिन्न मन्दिर गएर देवीहरूको आराधना गरें ।

नेपलीहरूका चाडबाडमध्ये महान् पर्वका रूपमा मनाइने दसैंले वैमनस्य एवम् वैरभाव हटाई सबैलाई एउटै सूत्रमा आबद्ध गर्ने हुनाले यसलाई राष्ट्रिय पर्वका रूपमा मनाउनुपर्छ । मेरो विचारमा धार्मिक, सांस्कृतिक एवम् सामाजिक महत्त्व बोकेको यो पर्व सम्मानजनक र उल्लेखनीय छ । यसपालिको दसैं मेरा लागि पनि अविस्मरणीय छ किनभने कोरोना कहरका बिचमा पनि काठमाडौँमा मात्र मैले मनाउने यो चाड यसपालि मेरो मावली गाउँ सिन्धुपाल्चोकको तौथल गाउँ पुगेर ज्येष्ठ रूपमा रहनुभएका मेरी आमाका हजुरबुबा र हजुरआमाको आशिर्वाद लिने अवसर पाएँ भने वर्षभरि घरपरिवारबाट कामका सिलसिलामा टाढा रहेर दसैंमा आफ्नो घरपरिवार र गाउँका साथीभाइहरूसँग भेटघाट, दुःखसुख साटासाट र आपसी सद्भावका बिच मनाएको देख्नु मेरा लागि एक अविस्मरणीय क्षण रह्यो ।

त्यसो त दसैं भन्नेबित्तिकै पवित्रता अनि शुभ सङ्केतको आभाष हुन्छ । त्यति मात्र नभई स्वच्छ र उल्लासमय प्राकृतिक वातावरण, नारीशक्तिको सम्मान अनि आफन्तजनसँगको भेटघाटजस्ता कुराले यसपालिको दसैं मेरा लागि सुखद पक्ष रहेको हुँदा त्यो क्षण सम्झँदा पनि मन प्रफुल्ल हुन्छ ।

दसैंमा परिवार र आफन्तजनको वास्तविक महत्त्व हुन्छ, जति बेला उनीहरूका माझमा आफ्ना कुरा राख्न तथा उनीहरूका कुरा सुन्न पाइन्छ । त्यतिबेला यो समाजमा मेरा पनि आफ्ना मान्छे रहेछन् भनेर आत्मबल बढ्छ । धेरैले दसैंलाई दशा भन्ने गरेको सुनेकी छु तर यो दशा होइन हाम्रो संस्कृतिको अत्यन्त सुन्दर तथा अनुपम पक्ष हो । आफ्नो हैसियतअनुसार मनाउन जाने शारीरिक, मानसिक एवम् भावनात्मक रूपमा यसले सबैलाई फाइदा पुऱ्याउँछ । आधुनिक युगमा धेरैको एकल परिवारमा बस्ने मनस्थिति बनेको हुन्छ तर गाउँघरमा दसैं मनाएको देखेर यस्तो लाग्यो कि दसैंले पारिवारिक महत्त्वको बोध गराउँछ । यो पर्वले सबैलाई एकताको सूत्रमा बाँध्न प्रेरित गर्छ । वर्षभरिका विभिन्न थकान, एकलोपन एवम् वैरभाव हटाई दसैंमा मान्यजनको आशीर्वादले मनोबल उच्च र दृढ राख्न मद्दत पुऱ्याउँछ । मेरा लागि यसपालिको दसैंको एउटा यादगार अनुभव रह्यो ।



आर्य थारु
क्रमाङ्क: २२००६

सामाजिक सञ्जालले सञ्चार सिपमा पारेको प्रभाव

आधुनिक युगमा विज्ञान र प्रविधिले पुरै संसारमा आफ्नो हक जमाइसकेको छ । सामाजिक सञ्जाल पनि प्रविधिको एक भाग हो र यसले सञ्चारको क्षेत्रमा ठुलो खेल खेलेरहेको छ । सामाजिक सञ्जाल सञ्चारको सबै-भन्दा सामान्य माध्यम बनिसकेको छ । यदि कुनै कुरा थाहा पाउने जिज्ञासा छ भने सामाजिक सञ्जाल, यदि कसैसँग आफ्नो धारणा व्यक्त गर्नु छ भने सामाजिक सञ्जाल । यसले गर्दा सूचनाको आदानप्रदान धेरै छिटो हुन्छ त्यसैले संसार सानो भइरहेको छ ।

यसको परिणामको कारण संसारले सञ्चार गर्ने तरिकालाई परिवर्तन गर्दै आइरहेको छ । यसको उदयले पुरै विश्वको दृष्टिकोण पनि परिवर्तन गरिसक्यो । कतिपय मानिसहरू सामाजिक सञ्जालले बालबालिका वा युवामा नराम्रो प्रभाव पार्छ भन्ने सोच्ने तर हामी सामाजिक सञ्जालका नकारात्मकका साथसाथै सकारात्मक प्रभाव पनि देख्न सक्छौं ।

सामाजिक सञ्जालका कारण हाम्रा प्रिय साथीहरू, आफन्तहरू, व्यापार साभेदारहरूबाट भौतिक दुरीमा टाढा भए पनि सञ्चार भन् सजिलो र प्रभावकारी हुन्छ । विभिन्न संस्कृति, भाषा भएका मानिसले सजिलैसँग आफ्ना तर्कहरू दिन सक्छन् र यसले एकअर्काबिचको सम्बन्धलाई भन् बलियो बनाउने काम पनि गरिरहेको छ ।

सामाजिक सञ्जालले सबै मानिसहरूलाई चार दिवारमा बन्द गरेर राखेको छ र आफ्नो पारस्परिक सञ्चार कम गराउँदै आइरहेको छ । मानिसहरूले सामाजिक सञ्जालमा धेरै समय बिताएका कारण व्यक्तिगत रूपमा समय खर्च गर्न पाउँदैनन्, जसले गर्दा उनीहरूको चालढाल, आवाजको गुणस्तर, र अन्य कुराहरूमा समस्या आइपर्थे । यस्ता क्रियाकलाप गर्नाले मानिसहरू आमने सामने भएर कुराकानी गर्न सक्दैनन् र विभिन्न समस्याहरू आइपर्थे, जस्तै: एक मानिसले एको मानिसलाई भन्न खोजेको कुरा अर्को मानिसले नबुझ्न सक्छ या कुनै गलत बुझाइ हुन सक्छ । यतिमात्र नभएर सामाजिक सञ्जालको प्रयोग गर्नाले सञ्चारको सबैभन्दा आवश्यक तत्त्व अर्थात् भाषामा पनि असर पर्दछ । मानिसहरू सजिलाका लागि शब्दहरूको सङ्क्षिप्त र छोटकरी रूपहरूको प्रयोग गर्छन् । यसले भाषाहरूको लोप हुनमा मद्दत गर्छ ।

अतः सामाजिक सञ्जालका सकारात्मक र नकारात्मक दुवै प्रभाव रहेका छन् । यदि कसैले सामाजिक सञ्जाल प्रभावकारी तरिकाले प्रयोग गरेको छ भने उसलाई सञ्चारमा फाइदा नै फाइदा छ र असाध्यै प्रयोग गर्यो भने यो हाम्रा लागि हानिकारक बन्छ ।



Aswith Acharya

Roll no: 33030

Pencil

Pencil writes in grey colour. I do my classwork and homework with my pencil. I do my drawings with my pencil. I can erase if I make any mistake while writing or drawing. I love my pencil.

Honey Bee

Bees are very small and beautiful insects. It has four wings and six legs. They are very hardworking. They are disciplined. It lives in its community. It builds its house in a tree. It's house is known as bee hive. We get honey and wax from bees. It collects nectar from flowers and makes it honey. We should be busy and disciplined like honeybees.



Shambhabi Joshi

Roll no: 33020



Ujjwol Dhakal

Roll no: 33023

My Bicycle

I have a bicycle. The colour of my bicycle is orange, blue and black. After my online class, I go outside to ride my bicycle. I enjoy riding my bicycle. My bicycle was stolen some days before. I was sad and angry. After some days, my parents got a new bicycle for me. I felt very happy.

My Favourite Game

My favourite game is an online game called Shiloh Impossible. I like this game because we can do tasks. I like this game because we can be imposters. In this game, we have to clean the home before mom arrives. We can play as the crewmates. Crewmates do tasks like washing the clothes, cleaning the dishes and vacuuming the floor. We win the games if we finish tasks before Shiloh Imposter catches us.



Rhyla Shrestha

Roll no: 33016



Prasoya Yadav
Roll no: 33014

Homemade Clay

We don't need to spend money to buy clay from shops. We can make it at home. To make clay, first take a bowl and put some flour in it. Then add some salt, oil, lemon juice and some water. Mix it all and add some colour of your choice. Then knead it until you get a form of dough, then your home made clay is ready. You can preserve it in a tight container and use it for a few days.

My Favourite Food

My favourite fruit is apples. Apple is sweet and delicious. It is a good disease fighter. Apples are of many sizes and shapes. It has plenty of iron and calcium. Apple jams and jellies are found in markets. It is juice.



Prinsa Khatiwada
Roll no: 33022



Risimi Mewahang
Roll no: 33017

My New Stuff

I have a new hoodie. It is my favourite stuff for now. It is pink in colour. It is very comfy and soft. It has a pineapple name printed on it. It is very stylish. I love to wear it.

About Nepal

Our country's name is Nepal. Nepal is a landlocked country. It is located between two big countries India and China. Most of the people of Nepal are Hindus. Nepal is a very beautiful country. Kathmandu is the capital of Nepal. Nepal has the world's tallest mountain. It is Mount Everest. Rhododendron is a national flower of Nepal. Cow is our national animal. I love my country.



Pranik KC
Roll no: 33025



Yug Shrestha
Roll no: 33034

My First Science Experiment

My first science experiment was putting mentos in a coca cola bottle. I had only seen the experiment on TV. My mother helped me with the experiment. When we put mentos in cocacola, it started fizzing. The bubbles came out of the bottle like a volcano. Doing the experiments myself was great fun. Later ,we cleaned the mess.

My Teddy

My father bought me a teddy on my birthday. He got it from Bhatbhateni supermarket. My teddy is white in colour. In some parts,there is brown and grey too. It has one nose, two eyes, 2 legs and 2 ears. My father told me it cost twelve hundred. I love to play with my teddy very much.



Bidhata Dahal
Roll no: 33007



Inna Malla
Roll no: 33027

My Favourite Colour

My favourite colour is red. It is the colour of love. That's why on Valentine's Day, we get red roses and red balloons from dear ones. Res is a bright and eye-catching colour. We can see red from very far away too. Red is also used in traffic signals to stop vehicles. Our blood is also red. My dress, toys and water bottle are also in red colour. I like red very much.

Rabbits

I love rabbits. They are my favourite animal.They love to eat carrots. They jump very high. I have two rabbits. They look very fluffy. They have pink eyes.They smell like a pig. They have long ears. They hop just like little frogs. They are black or white in colour. They live in little holes. They run very fast.



Haezel Dahal
Roll no: 33009



Arsheya Khatri

Roll no: 33005

Danny

Danny is my pet dog. My parents brought him for me. They brought Danny home in the year 2020. Danny is a good boy. He wakes me up in the morning. I love to ride my bicycle with him. I love to play with him. Danny roams around the kitchen.

Elephants

Elephants are wild animals. It is grey in colour. Elephants like to eat grass and bananas. Elephants are very strong. They are used to carry heavy loads. It is the biggest animal on earth. It has a big body, four thick legs, two large ears, two small eyes and a short tail. Elephants live in dense forests.



Manavi Devkota

Roll no: 33011



Kashvi Satyal

Roll no: 33010

My Panda

My favourite doll is a panda doll. It has two eyes, one nose and one short tail. It is white and black in colour. It has two bottoms in his cloth. It had a red tie around his neck. My aunt gave this to me on my birthday. I always keep this doll on my bed.

Winter Season

Winter is the cold season of the year. Weather is windy. In some places, it snows in this season. People wear warm clothes. The days become short and nights become longer. People prefer hot water, soup, tea and coffee. We get seasonal fruits like apples, oranges and bananas. I like the winter season.



Aarambha Pant

Roll no: 33003



Aadhya Dhungana

Roll no: 33001

Rainbow Ride

I was riding on a rainbow with my friends. We were having a lot of fun. I splashed the colours of the rainbow on my friends. They also splashed back on me. Suddenly, there was a knock on my door. It was my mom waking me up for my school. Then I came to know that I was riding on a rainbow in my dream.

My Favourite Superhero

My favourite superhero is Spiderman. Spiderman is a story of a young boy named Peter Parker. He always saves the world from bad people using his super powers. He has an ability to climb walls. He is a very hard working boy. The costume of Spiderman is red, blue and black.



Sarun Maharjan

Roll no: 33029



Medhanshi Bhattarai

Roll no: 33035

Books

Books are the source of knowledge. We get a lot of information by reading books. Books are good for students. There are many pictures in the books from which we can get entertained. There are different types of reading books in my class. Some of them are Bedtime for Yeti and ELEPHANTS. Books are fun to read. Shapes of the book may be square, rectangular and others too. I like to read books.

Flowers

We see a lot of colourful flowers around us. Flowers are pretty. They are in different colours. Flowers smell so good. Flowers attract bees and butterflies. Flower is a reproduction part of a plant.



Aisha Piya

Roll no: 33033



Ajanya Parajuli

Roll no: 33031

My Toy Car

I have a small toy car. My toy car is blue, white and green in colour. It sinks in water. It can drive on stones. It is made of metal. It moves very fast. It can hit any bump. It can easily jump high and turn upside down. My aunt brought this toy from Australia.

My Garden

My garden has lots of flowers. One of the beautiful flowers is the sunflower. It is yellow. It faces the sun. I love sunflowers. I water them everyday.



Avana Pokharel

Roll no: 32004

My Smart Phone



Aaron Man Pradhan

Roll no: 32001

My smart phone's company name is Xiaomi Redmi. It has 2 cameras. It has an android system. I feel like my mobile is better than any iPhone. My mobile has ultra battery saving mode. My mobile has a dual portrait camera. My mobile has 4 to 6 GB RAM. It has a strong glass. It has a dual sim facility. It has Led flashlight too.

Solar System

The solar system consists of 8 planets and a sun. The eight planets are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Sun is a big star and it gives us heat and light. Earth is a blue planet. Every substance in the solar system revolves around the sun. In our solar system, Jupiter is the biggest planet and mercury is the smallest one. Earth is a member of the Solar system. where all the plants and animals live. Earth revolves around the sun and causes day and night.



Avneesha Maharjan

Roll no: 32005

Magical Dinosaurs



Somanshu Rajbhandari

Roll no: 32018

Magical dinosaurs are way too stronger than normal dinosaurs. Magical dinosaurs have eight forms. Toxic, Alpha, Apex, Origin, Celestial, Corrupted, Spirit and Ghost are eight different forms of magical dinosaur. Toxic means poisonous. Alpha is one step powerful and bigger than toxic. Alpha creatures are red in colour. Apex is a lava type creature. Apex is very strong because the Celestial has the power of god. Celestial can throw a ball but it is mixed in electricity. Celestial Ferox is king among the Celestial group.

My favourite food

There are many varieties of food in the world. I love to eat different kinds of food. My favourite one is 'Hot dog'. It tastes very delicious and yummy. My father brings hot dogs for me twice a week. In a hot dog, there is sausage, mayonnaise, tomato ketchup, etc. Cheese is also used to make it more yummy. Hot dogs are a type of fast food.



Shreeyan Sangat

Roll no: 32023



Dewamsh Raj Baral

Roll no: 32025

Trees

Trees are very important for us. Trees give us oxygen. Oxygen is important for us because we need to breathe in oxygen. We get food and wood from trees. Different pieces of furniture are made from wood. Paper is also made from trees. Trees protect our environment. We should protect trees.

A Walk Through Suspension Bridge

My father and I went for a walk. We explored many new places. We went to a temple. We crossed a suspension bridge. I enjoyed the walk as it was almost swinging. People were scared but I enjoyed the swing. Road to the suspension bridge was very difficult to walk. It was not child friendly which I did not like. While making roads, we should make them child and disabled friendly.



Ishani Chettri

Roll no: 32010

Kathmandu Valley



Nirvik Gurung

Roll no: 32022

Do you know friends? Kathmandu Valley used to be a big and beautiful lake! There lived snakes and it was called Snakes' Kingdom. Later the great god 'Manjushree' cut the one edge of the valley with her magical sword and drained out the water. Later the lake turned into a beautiful liveable valley for human beings. So the snakes that used to live here were moved to the lake nearby before the great god Manjushree drained out the valley. Now, the place where the snakes were moved is called Tau Daha.

My First Day Of Swimming

On my first day of swimming I was very scared and excited too. When I went inside the pool, I was more scared. The water was very cold. After half an hour, I felt comfortable. I learnt some ideas of swimming. I wanted to swim. My mother called me and told me to get out of the pool but I did not. I practised for some more time with my father.



Eshana Oli

Roll no: 32007

News



Rishi Elavya Adhikari

Roll no: 32013

News means information. There are many ways to get information like TV news, news from radio, newspaper, letter, etc. We hear or see some news on live and some we read in the newspaper. Mostly my family watches live news on television. I like live news because it gives information with visuals. When I see such news I feel as if I am in the place where the news happened. News shows the future too. Like future weather forecasts. Beside live news, we read newspapers. Newspapers give us a lot of information through news articles. In the newspaper we read comics, stories and many articles for entertainment. We read different thoughts of people. It helps to connect people to people. In newspapers and in live news, we also get advertisements. I think both newspaper and live news are equally important.

My Favourite Animal

My favourite animal is the lion. Lions have many hairs. Lions have two eyes and ears. Lion has four legs. Lions live in the jungle. Lions eat only meat. Lion is big and huge. In Nepal, there are no lions but only tigers. Lions have sharp teeth. Lions bite all other animals. Lion is the king of jungles.



Rehan Shrestha

Roll no: 32012



Aayaan Rai

Roll no: 31006

Mythical Creatures

I watched a documentary about Yeti which is known as Mandy Burung in India. In this documentary, one person was searching for this creature. Some people said that the creature had been spotted in someone's house and some people saw it when they went to hunt and to collect some banana leaves. So, I started to search about such creatures which do not exist in the world but people still talk about the mythical creatures.

Mythical creatures are the creatures that do not exist in the world and only exist in legends. Mythical creatures include the Unicorn, Sea serpents, Pheonix, Dragon and Yeti. Even today some people speak of having seen these creatures.

The Dragon

Dragon is an enormous lizard which breathes fire. It is said that it has wings like a bat. In China, people consider it a kind creature and brings good fortune. Also, the Chinese calendar has a year of the Dragon which repeats every 12 years. On the other hand, in the Middle East, the Dragon symbolizes evil.

Sea creatures:

The Sea serpents. The sea serpents were known as enormous snakes that lived in the ocean or sea. Many sailors have claimed that they have seen this creature. In Norwegian sea folklore, the kraken was an enormous snake which was half octopus and half crab. Mermaids are also mythical creatures. Their upper body was of a woman and the lower part was the tail of a fish.

The Unicorn.

Unicorn is a mythological horse which has a single horn on its forehead. Its body shape resembles a horse or a young goat. It also has wings. The Unicorn has been mentioned in ancient myths in countries like India and China.

The Yeti

The yeti is known as an ape-like creature with hairs on its body. It is said that it is taller than 8 feet with huge hands and feet. It is known to be living in the

Himalayas. It is also called Bigfoot. People who have visited the Himalayas claim that they have spotted the Yeti. All of these creatures are the product of our imagination which shows that there is no limit to our imagination. We should nurture our curiosity and imagination and keep exploring.



Sadagi Koirala

Roll no: 31026.

Kiwi

Kiwi is a fruit that was first grown in China. It is also known as Chinese Gooseberry. Mostly it is oval in shape and green in color looks like an egg. Kiwi is high in vitamin C, A, Calcium and Iron. It is juicy and nutritious. It grows well in hilly and cold regions. In Nepal the center of Kiwi are Jiri and Charikot.

Going to school after online class.

On my first day I met my friends and teachers. I had a good time with them. I was selected for Yoga in Deerwalk Sifal Night. I had class till 3:30 pm. I also got new stationery materials for school. My favorite class was music. I played a lot with my friends during my lunch break. After Deerwalk Sifal Night I got my new class routine. After Deerwalk Sifal Night my favorite subject was PT.



Aashutosh Basnet

Roll no: 31005



Ritvik Bhandari

Roll no: 31039

Basanta Panchami

Basanta Panchami is the festival of Hindu. On this day we do puja of Goddess Saraswati. She is the goddess of knowledge. It is always celebrated on the Panchami tithi of Magh month. On this festival children are taught to write and read.

Market

Market is a place where people buy and sell things. The food, vegetables, meat, fish, fruits, clothes and many other things that we need can be bought from and sold in the market. In cities, there are easily accessible markets but there are still some villages where the markets are open only once a week. Cities now have big shopping malls and department stores for buying and selling.



Joyana Thapa

Roll no: 31010



Ipsa Bajracharya
Roll no: 30012
Co-curricular Activities

An ideal school gives students the scope and the spirit of healthy competition — to excel at all levels.

Classwork and the homework given by teachers have their academic importance; in this also one who excels wins the praise and appreciation from the teachers. But academic distinctions alone do not fulfil all the purposes for which the school exists. So that is why our school organizes many extracurricular activities for students to enhance their creativity and confidence level. Every year our school arranges many competitions and activities like: poetry competition, art exhibition, article writing, debate competition, Sifal Night etc.

Poetry, article writing, debate competition build up our language skills like reading, writing and speaking. They boost our confidence level and make us a good speaker and writer.

Art exhibitions enhance our creativity, motivate and expose our talents in fields. In the same way, Sifal Night brings excitement to us, we get the chance to showcase our wonderful performance in front of our parents and teachers. This day plays a major role in the personality development of students. So, this is the reason, I love all the co-curricular activities conducted in our school.

All the schools must conduct such types of inter-school activities to encourage the students and develop their inner talents.



Pritha Khanal
Roll no: 30022

Art

Art is a diverse range of human activity, and resulting product, that involves creative or imaginative talent expressive of technical proficiency, beauty, emotional power, or conceptual ideas. There is no typically agreed definition of what constitutes art, and thoughts have modified through the years. But what is the reason for art? The purpose of art is to allow humans, each for my part and in institution settings, to specific feelings, commemorate history, reveal injustices, triumph over limitations, and advantage an understanding of the arena around them. Artwork additionally referred to as (to distinguish it from different artwork forms) visual art, is a visual object or revel in

consciously created through an expression of talent or creativeness. The term art encompasses diverse media along with painting, sculpture, printmaking, drawing, ornamental arts, images, and set-up. Artwork offers to mean to our lives and helps us apprehend our world. It is an important part of our culture as it allows us to have a deeper understanding of our emotions; it increases our self-focus, and also lets us be open to new thoughts and studies.



Siddhartha Chaulagain

Roll no: 30033

Time

Time is very precious and we should not waste it in any way. Time always moves forward and it can not be measured with price or money. It goes on continuously and we can not stop it. Time is very valuable in our life. What we need can be bought but the time never bought. It can not be controlled or limited by any power. Even the smallest unit of time is more valuable than gold, silver or diamond.

There is a saying that “Time and tide wait for no man.” It means that the time once lost will never be regained. The person who gives more importance to time never fails in life. Time is very important for us because it changes everything in our life.

We should always do our work on time like we should wake up on time, eat on time, do work on time, sleep on time etc. Those who know the value of time and respect it, may get success in life and manage everything properly. We should teach everyone the importance and value of time. Time can make anyone king or a beggar in a second.

Time is the ladder of success and it makes the person honestly successful.



Bishakha Upadhaya

Roll no: 30010

Bees

Bees are very small and wonderful insects. They are very hardworking and smart insects. They produce honey which humans use. Their bodies are divided into 3 parts: head, abdomen and thorax. The stinger of bees is poisonous. There are 20,000 or greater species of bees. Bees live in a place called a beehive. A single beehive can fit 10,000 to 60,000 bees. In every beehive, we find three kinds of bees: queens, drones and workers. The queen bee is the mother of whole swarms and her business is to lay eggs. Next, the drones are the male bees, they do nothing and eat honey. The worker bees are very hardworking and do many things. An average worker bee makes approximately 1/12 teaspoon

of honey in its lifetime. We need 5-10 thousand worker bees and 1 queen bee at minimum to start a hive. If everything goes well then one beehive can produce 35-40 kg of honey in a year. They can help fight cancer and can also predict storms. Bees sleep 5-7 hours in the nighttime. A queen bee can live 1-5 years and lay up to 2,000. Bees are important because they give us honey and wax, which is used for medicine. Bees also teach human beings to work for others and work hard. They contribute to our food sources, our environment, our health, and most importantly, our existence but they are disappearing due to climate change, pesticides, loss of habitat, and disease. It is essential to take care of their species. We need to save the honey bees due to the fact they are essential to our survival and regular lives.



Shiwanshu Kuikel

Roll no: 30031

Saraswati Puja

Saraswati Puja is a great festival for Hindus, especially for students. She is the goddess of knowledge and wisdom. Saraswati is a four-handed Goddess seated on a white lotus wearing a white sari. Her vehicle is a White Swan. She holds veena, a book and a garland in her hands. Goddess Saraswati is regarded as the goddess of knowledge. She is worshipped as the source of all intelligence and creativity. Her blessings are the source of innovation and knowledge. She is the creator of art, music, science and all education.

Saraswati puja is also known as 'Basanta Panchami' or 'Rishi Panchami'. This day falls in Magh-Falgun and this day is very important for students. Various programs are organised on this day in school. We offer prayers, sweets and yellow flowers to Mata Saraswati. On this day all the students worship the idol of goddess Saraswati and books copies too. People chant "Saraswati Vandana".

Since this day is believed to be more auspicious, people start a new work and usually, the children start new learning which is called "Vidya-Aarambha". So, this day has importance in Hindu culture and student's life. So, everyone celebrates this festival with great joy.



Ojaswini Lama

Roll no: 29019

Tourism in Nepal

Tourism in Nepal is one of the largest industries in Nepal and is a great source of income. There are many big mountains, snow-covered hills, streams, lakes, waterfalls, big and small forests that attract a large number of tourists. Tourists from all over the world visit Nepal for its beauty. Nepal has become a great tourist destination for a very long time. Tourists visit Nepal to explore its natural as well as cultural diversity. Some of the major destinations of tourists visiting in Nepal are Basantapur Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, Boudhanath, Syambhunath, Pashupatinath, Lumbini etc. They also visit to explore mountains and base camps. Everest base camp and Annapurna base camp are very famous among domestic as well as international tourists. A lot of the population of Nepal are involved in tourism. Pokhara, Kathmandu, Lumbini are the major cities that are involved in tourism. The Nepal government has given big importance to tourism since it is a great source of income.



Hardik Sharma Phuyal

Roll no: 29047

My Childhood Memories

Memories are an integral part of our bodies. All of us have memories, both good and bad. Some memories help us to go through difficult times and make us happy on good days. Childhood memories are especially dear to us. My childhood memories are also full of fun and dear to me. Growing up, I had a very loving family. My mom always tells me small kids are treated well because they have gods and goddesses in them.

I used to play with my cousins and family and run over the house all the time. I still remember that during the summer when it was raining, I had a fever. My mom put a wet cloth on my head for my head to cool down. For many days she did not allow me to play also. I was very jealous of the kids around playing in the ground.

My introduction to the internet

When I was 6 years old, we moved to another house. That was the first time I explored the internet. I wanted to know what the internet is. Then my cousin sister, whom I call Panchi didi introduced me to youtube. One day I saw her watching videos on mobile and asked her "Panchi didi what is this?" she told me that "This is like space, an endless amount of things present in the mobile and is a video sharing service that allows users to watch videos posted by other users and upload videos of their own.". She also showed me some funny videos and I laughed a lot, and every day watched videos with her on youtube that's how I came to know about the internet.

My school life

I had many friends in school. The teachers used to like me a lot as I was a very obedient child. When I was in second grade, I had a rival named Samman Niroula. We used to quarrel a lot. Gradually we became good friends by the end of the fourth grade. In fifth grade, I changed schools. Right now, I am in Sifal School and I am making new memories here.



Sanskar Sharma

Roll no: 29051

9/11

On 11th September 2001 from Boston's International Airport (flight 11) about 92 people were on board: 11 crew members and 81 passengers were on the aeroplane. About 15 minutes after the flight took off it came to be known that in 81 passengers 5 were hijackers. The hijackers hijacked the plane forcing their way into the cockpit. One of them was Mohamed Atta, who was the pilot. He flew the plane straight towards the World Trade Center. The hijackers crashed the plane into the north tower of the World Trade Center and they also crashed into it. The crash occurred at 8:46 in the morning. At that time, the USA president George W. Bush was on a tour of a school in Florida. After 15 minutes, American Airlines Flight 11 was also hijacked; there were 5 hijackers on the plane. They took the plane and flew towards the south tower of the World Trade Center. They crashed the plane into the South Tower. By this time, US President George W. Bush had reached the school, he was in a classroom with the children in grade two. In 7 minutes, the news was spread worldwide. After a few minutes, the news of two more planes being hijacked the two flights was redirected to Washington DC flight 77 crashed into the Pentagon building. The south tower collapsed. Flight 93, passengers started to fight back the hijackers. But the plane crashed in a field after that the north tower collapsed 3000+ deaths and 6000+ were injured.

Osama Bin Laden and the terrorist group Al Qaeda were behind this attack, later on, Osama Bin Laden was shot down by American Force in Pakistan, where he was hiding from the world and running terrorist activities.



Ananya Bhurtel

Roll no: 29042

A Maid Become Princess

Once upon a time, there was a maid in a palace. Her name was Elley. She was very beautiful, hardworking and kind. She used to work for the two mean princesses in the palace. The names of the mean princesses: were Lisa and Rose. The princesses were so rude and jealous of Elley. Elley used to do all the work by keeping a smile on her face. The King used to like her a lot. He used to treat her like his own daughter. The king was very worried about the behaviour of the two princesses. He wanted them to get married soon. So, one day he invited the prince of Rome to his palace to see his daughters. The prince's name was Adam. He was handsome, kind and brave. When Rose and Lisa saw the prince they got attracted to him. Both of them wanted to marry him. But the prince Adam was attracted towards Elley. When he saw Elley for the first time, he decided to marry her. The two mean princesses noticed that the prince was ignoring them and wanted to be around Elley. They went to Elley and warned her to be away from the prince or else they will kick her out of the palace. But Elley was unaware of it and got confused.

One day, when Elley was gardening the flowers, Adam came there and expressed his feelings and proposed to her for marriage. Elley got puzzled and ran away from there. Lisa and Rose heard that and they went straight to the king and complained that Elley is trying to be close with the prince. The king called Elley and the prince and asked them the reality. Adam said bravely, "Yes I love Elley and want to marry her." King did not speak for a few minutes and tears rolled down from his eyes and said, "Elley is just like my daughter, she served me and my palace for a long time. I am very happy that Elley will live a happy life with you, God bless you both." The two mean princesses started to cry and went back to their room. Then Adam married her and took her to his palace. After that, Adam and Elley lived happily in their palace.



Yureka Adhikari

Roll no: 29049

The Legend of the Queen.

“There once was a princess. She had been locked in a castle deep in the woods. She had been locked there since she was five but no one knew why? The only person she had ever met was her teacher. Her teacher had taught her how to read and write, how to speak properly, manners and so on. Her teacher was a way for her to know about the outside world besides the woods. There was a huge library with all of the literature ever written, this was her only other way to learn about the world. She would spend entire days reading in the library, it was the only place in the castle she wanted to go to. However, the main place she wanted to go to was outside so at the age of sixteen she escaped and saw the outside world after eleven years. She went deeper into the forest. She made a cottage and a treehouse, one for living and the other for storing supplies. She lived there until she was twenty when a prince came into the forest. For the first time in four years, she had seen a human. The prince misunderstood her as a damsel in distress and took her to the kingdom to help her. As soon as they went back everyone recognized her as the princess who got lost. That prince was her younger brother. One day she accidentally used magic and because of that, she found the reason why she was locked in the castle. She was locked because of her magic. As soon as she used her magic she ran away and no one knows where she is today.” read Hearth to her friend Misty. “This is the legend of the queen fairy. She ruled all magic. She is said to be the only one who ruled all four main elements of magic and magic in general”, said Hearth. “We have a legend very similar to this, the only difference is she was kept in a grotto and was a mermaid,” uttered Misty. “Hearth come inside now it is getting late!” Exclaimed Hearth’s mom. “Misty come inside as well, it is getting late.” Exclaimed Misty’s dad. “Do you want to meet tomorrow after lunch to go to the library?” asked Hearth. “Sure, I want to find out more about this legend and we have the entire summer break to do it!” replied Misty and both the girls went home, ate dinner and got ready for bed getting excited for the next day. The next day both girls ate their lunch in barely any time and ran outside to meet each other. Hearth gave Misty the “essence of existence” (a potion for breathing) and both girls ran off to the library. “I was waiting for my favourite mermaid and fiery fairy to come,” said Wisda. Wisda is a wisdom fairy who also is the librarian where Hearth and Misty always go to. “We are here to find out about the legend of the fairy queen,” said Misty and Hearth. “Well, I don’t think I need to tell you two where the legends and history section is, however to your left then make two rights than on the left is the legends section,” Wisda told the girls. Both the girls thanked Wisda and ran off to find the legends and history section. As soon as they found

it both girls searched for something related to the legend. After finding all of the books related to it from the reach of the ground, Hearth flew up in the section searching for anything related to the legend and Misty started to look on the ground in the history section. Both girls found 20 different books then went back to meet Wisda, to ask if there was anything else like newspapers and school books from other schools. "Oh sorry but that's all I have here, however you two can head over to the main library if there is not anything there then head over to the wisdom fairy area but you two can not go alone so you'll need to come with me so go and tell your parents" replied Wisda. Both girls told their parents and since their parents said yes they went with Wisda to the main library 5 minutes away from their house. Firstly all three of them went up to Wispa who is both a wind and wisdom fairy as well as Wisda's best friend. "Hi, Wisp! How are you?" Asked Wisda. "Oh I am fantastic but why are you here? I am not trying to be rude but you do not usually come in the afternoons," replied Wispa. "We are here to find some books and other things related to the legend of the fairy queen." Replied Hearth and Misty. "Wow! It is just young fairies and mermaids like you two are not interested in legends like these. Anyways it is a favourite section of many so just to your left and go straight there would be the legends section," said Wispa. All three of them thanked Wispa and headed to the legends section, the history section was right before the legends section. After they reached there they did the same thing as before but did not check the history section as they were convinced there would be nothing there as they found nothing in the last library. They found 100 school books interpretations of the legend and storybooks. Just as they were going to check out all of the books, Misty found a newspaper in the history section with the first headline being 'Princess Esmerelda has been found after 15 years and will become queen in April.' "Wisda, Hearth wait, I found a newspaper about a princess named Esmerelda who was lost for fifteen years !" Excitedly, Misty told Wisda and Hearth. "Wait what! Let's see if there are more," replied Hearth. "How about you two go and find it and I'll go and check out the books" suggested Wisda. The girls agreed and Wisda went to check out the books. After finding that newspaper in the time of five minutes the girls found 20 other newspapers. "I think this should be enough for now," said Misty. "Yes you're right," replied Hearth. Both girls checked everything out.

Both girls went to Hearth's home. "Now we know her name is Esmerelda," said Hearth. "But in this book, it says Fiona." responded Misty. "That's strange, oh look at this, in this book in the middle of the picture in small text! What is that? Let's read what it says!" said Hearth. 'Once a princess found the meaning of the story, hid away even though it was her glory. Ran away when others found out, stayed hidden and made others doubt.' The girls got completely confused. "That is so strange and mysterious I mean now I'm completely lost. What story? What was her glory? What was her secret that was so big she ran away?" said Misty. "Yes, what could it have possibly been and what is this haiku? Poem? Sentence? Trying to say?" Replied Hearth. Just then Hearth's mother came to check on them. "Oh what's going on here, your faces look completely confused," asked Hearth's mom. " We found this strange piece of writing, it's so strange. Have a look." The girls said. After having a look, Hearth's mom was also confused but it reminded her

of something. "This seems familiar but I can't put my finger on it. Right, it's a haiku said in the story of Queen Esmarelda. You two might not know it but it is a biography of Queen Esmerelda, that sentence is on the first page as it describes a bit of her life as well as a rumour that she ran away because of magic." said Hearth's mom. Just then a thought entered Misty's mind and she took a book titled 'The mystery of the fairy queen' and flipped the page to 111. "Look, there's a rumour that seems like a continuation of the rumour your mom just said." Misty excitedly said. The sentence she was pointing to said 'There's a rumour that queen Fiona ran off to a grotto then used her magic to remove most of the memory of others and become a mermaid changing her name in the process.' "You are right Misty," both Hearth and Hearth's mom said. "Do you two want to go to the library and get the biography of queen Esmerelda? Because I see you didn't get some books about her earlier," asked Hearth's mom. "Yes please!" replied the girls.

The girls went to the main library with Hearth's mom. "Hello girls, hello Mrs. Fiera. What do you need?" Asked both Wisda and Wispa. "Hello! We are here to get books about Queen Esmerelda!" said the girls. "Okay, can you two please follow me and Mrs. Fiera, would you like to come and help us or pick out a book of your choice?" asked Wisda. "Oh I'll come along," said Hearth's mom. Just like that the girls went into the history section and searched for the biographies of Queen Esmerelda. After finding 21 books the girls decided to check out the books and go home because if they stayed any longer they could not start reading the biographies. As soon as they got home the girls started to read. "In 'Queen Esmerelda: The strangest story' -it says she died but in 'The story of Queen Esmerelda' it says she just ran away." Misty pointed out. "It's more likely she ran away and changed because that's the rumour and most books have that," said Hearth. "Misty it's time to go home your parents are calling you and it's getting late. You two can meet tomorrow!" said Hearth's mom. "See you tomorrow after lunch," said Misty. "How about we go to your house because we need to find out more about the mermaid legend," said Hearth. "Well that's fine with us." said both Misty and Hearth's moms. "Great, see you tomorrow." Both girls told each other. Misty went home and both girls were excited like the day before.

The next day after lunch Hearth put on the essence of existence and went into the water. Misty helped Hearth carry the books. Since Hearth and Misty were such close friends, Hearth visited Misty a lot. Hearth knew how to swim and vice versa. "Okay, let's go to the library," said Misty. Both girls headed to the library. "Hello you two I was expecting you, girls, to come since Wisda and Wispa told me you were trying to get information about the fairy or should I say the mermaid queen," said Aqua. Aqua is not a mermaid-like most who live in the ocean. Instead, she's a water fairy who is friends with the wisdom fairy and even though others said: "There is no way a water fairy can make a library" she did it with the help of her friends. "I have some books about the mermaid queen as some may not be what you're looking for," said Aqua. After looking through the 20 books the girls decided that 5 of them were not what they were looking for. "We decided 'The Mermaid And The Woods', 'The Story of The Mermaid and Fairy Queen', 'Fiona and her Life', 'The Legendary Mermaid Queen' and 'Fairy and Mermaid the way she Made

Magic.' are not what we are looking for because they are either too fairytale-like or rely on too many rumours that they don't seem real." The girls told Aqua. "Well, ok now you know what you don't want so now I can take you to the correct section," said Aqua as she pointed at a map of the library. The girls ran off to the location. After finding 159 books the girls went to ask Aqua if there were more books. Aqua said yes and took the girls to the back of the store. "There are about 500 different books here that are waiting to be on the shelf or to be bought as they can only stay in one owner's hand because they are fragile and you girls seem to be the owners," said Aqua. The girls thanked Aqua and took the 500 books. They saw a couple of them were series and asked Aqua if there were the other versions. "Oh, that's strange I was told they would come this week so just hop by this week. Until then, why don't you read the books? They should be the first books of the series," suggested Aqua. The girls agreed with Aqua's suggestion and did as she said. They checked out the books and went to Misty's house.

After reading through the books they pieced out that Esmerelda and Fiona are the same person and that Esmerelda changed her name when she became a mermaid and everyone called the Fairy Queen Fiona because she erased everyone's memory and when it slowly came back they blurred who she was. Making that the mystery that everyone thought was the wrong mystery. What happened before that and why she erased everyone's memory was the real mystery. Hearth went back home after figuring that out with Misty as it was getting late. Their routines became: waking up, getting ready for the day, eating breakfast, meeting each other, going to the library, eating lunch then piecing out the mystery. They did this for two weeks then figured out that the final place she stayed in was the grotto of the Starry sea. The Starry sea is called that as the stars are seen clearly in the sea even in the day. The Starry sea was only ten minutes away from Hearth's house if they walked however the both of them decided it would be easier to fly. "Mom, can we go to the starry sea by ourselves?" The girls asked their mothers. "Sorry, you two can't. You can go with Wisda, Wispa and Aqua if they want to or can go with you so head over to the main library and ask them." Their mothers answered. The girls went to the library. "Wisda, Wispa, Aqua, can you come with me and Misty to the Starry Sea?" Hearth asked. "We can't today but we can tomorrow if you two can come." The three answered. "We'll go and ask our mothers." The girls told Wisda, Wispa and Aqua. The girls went back home and asked their mothers. "Oh, that's fine with us! We need to run to the store at the fire fairy area so we'll be gone up till six, okay girls bye." Their mothers replied. The girls went to the library and told Wisda, Wispa and Aqua that they were allowed to go the next day. "Girls before you go back home again we have more books if you need them." replied the three. "Great, we would love them. We want to confirm the location as there are five grottos in the Starry Sea. One behind the waterfall, the second inside the big star, the third in the beautiful coral and seaweed garden, the fourth in the starry mermaid's park and the fifth in the starry night area inside the moon in the back." said both Hearth and Misty. "grotto? Why do we need to go to a grotto?" asked Aqua, Wisda and Wispa. "Right, we forgot to tell you. We have found out some things. Could you get the books and we'll tell you." said Misty and Hearth. As the three amazing friends/people who felt like older sisters/ librarians got the books

the girls told them their findings. "Wow! you two must have some free time to do this much research" said Aqua, Wisda and Wispa. "Yes, we do because we've spent a week on this research." Replied Hearth and Misty. "It's getting late now, here are your books. It's time you two head home, we'll meet you tomorrow!" said Aqua, Wisda and Wispa. Hearth and Misty took their books, said goodbye and went to Hearth's home. The girls headed over to Hearth's room and opened the books. When they started reading page twenty they heard a faint sound. "Once two girls found the meaning of the story The Princess hid away even though it was their glory. Ran away when others found out, stayed hidden and made others doubt." said the voice. "Isn't that the haiku in the first page of the story of queen Esmerelda?" asked Hearth. "Yes but the first sentence is different. However, who said that? Our parents won't come until six!" said Misty. "I don't know, it must be a random voice," said Hearth. The girls didn't think much of it and continued reading. In conclusion, the girls came up with the idea that Queen Esmerelda was in the beautiful moon grotto in the starry night area. "Isn't that like made with magic and not natural?" asked Misty. "Yes but it's been there for over 100 years. Someone else made it before her as the oldest books about the fairy queen are from 10 years ago and queen Esmerelda was five twenty years ago," answered Heath. Just then they heard " "Once two girls found the meaning of the story the princess hid away even though it was their glory. Ran away when others found out, stayed hidden and made others doubt." "Do you hear that? That voice said it again, am I going crazy?" asked Hearth. "No you aren't, I heard it too. It said once two girls found the meaning of the story the Princess hid away even though it was their glory. Ran away when others found out, stayed hidden and made others doubt. We probably should not brush it off." said Misty. "Well, what could it possibly mean?" Asked Hearth. They thought about it for a couple of minutes when "Wait! Take out the scrapbook we've put our findings in briefly. I think I found out what that haiku the voice was saying means," said Misty as she took a paper to write on and put it on Hearth's bulletin. "See, once two girls found the meaning of the story is us and the princess hid away her glory is one thing we have found out. They ran away when others found out is what we are working on and stayed hidden and made others doubt is the part we do not know yet and are finding out now. Look 'day 7: We found out the princess hid away and aren't sure what her glory was that she ran away and hid for' but I think the version of the haiku that the voice told is telling us we are looking at the wrong thing and should be focusing on what her glory is or I guess was." said, Misty. "I think you're right!" replied Hearth. "Girls we're back," said their moms. "Well, see you tomorrow Misty because I think you need to go now," said Hearth. "You're right, Hearth. Misty, it is time to go home, you two can meet tomorrow" said Misty's mom. The girls then said goodbye to one another and went to bed after dinner excited for the next day the most in their life.

The next day the girls met up with Wisda, Wispa and Aqua and the five of them went to the starry sea. "We need to go to the starry night area to go to the grotto behind the moon," said Hearth and Misty. "Why do we need to go there?" Asked the rest. "We found out that according to the grotto's description and illustrations the grotto is probably the moon grotto which makes sense as it's the only one

made with magic among the five grottos here,” Said Misty and Hearth. “It makes sense because her secret and glory was her ability to control all types of and the fact she knew the last fairy then,” said Hearth. The two showed the illustrations to the rest. “ Does that grotto look like that! It’s just so mystical, magical, whimsical and... beautiful looking it doesn’t look real”, said Wisda and Wispa. “Have you never been there? It’s more magical and fairytale-like in real life. It’s the most beautiful grotto I have ever been to”, said the rest. “How can anything even better even exist in a story let alone real life”, said Wisda and Wispa. “Well it does exist, it is the most relaxing and stunning place we know of you three may not go there a lot but we go there every day and you’ll see why”, said Misty and Aqua. The girls continued to chat as they flew to Starry Night. On the way, they met Starley, their friend but Starley had to leave on the way as her home came. They reached the starry night park and decided to walk and not fly as it was only two minutes away from the park.

As soon as they reached there they saw a book and opened it as there was no one there and no one was there before them either. They opened it and read the first sentence ‘Don’t come in unless you know the glory not the story’. “Well we know the glory and story so we would be fine,” said Hearth. All five of them agreed and continued walking when the music started playing. “The magic that’s hiding behind the surface, the mysteries that are held inside them. The beauty that they hold and no they aren’t mystical but they are wondrous. Oh, the beauty that they hold.” The song reminded Hearth of a poem that she read. She immediately took out a book that Queen Esmerelda wrote and flipped it to page 120. What she read shocked her as no wonder the song reminded her of that poem because the song was the poem. “Look, the lyrics of the song are a poem Queen Esmerelda wrote. She says she wrote it when she was sixteen perhaps this is the time she found magic existed,” said Hearth and not a millisecond later the music stopped which made everyone believe that what Hearth said was true. They continued to go to the moon and a book fell from somewhere. They opened the book which said ‘page one book one.’ “Isn’t it weird the closer we get to the moon something happens?” said Wisda and Misty. “Yes it is.” said the rest. The girls agreed that the book probably meant the first book they found there and opened the first page. ‘One, Two, Zero. One, One, One. One. Two, Zero.’ Everyone got confused. “Wait, there originally was a different text here and there is no way anyone could change it because Hearth has kept it in her bag,” said Misty. “You’re right, wait this is page one of book one is the full stop indicating the end of a number?” said Aqua. “That makes sense, wait one second,” replied Hearth as she opened a couple of books. “All of the numbers on the page are the page numbers we used to find out about the legend. Look along with using the first page now we use it to find out that Queen Esmerelda and Queen Fiona are the same person. Yesterday when we heard a faint sound and started researching her secret and so on”, said Hearth. Then the writing started to change ‘I must have to agree. Patience is key. Wait until it needs to be used. Otherwise, you could get bruised.’ “Okay, so we’ll wait to use that.” Hearth said. Everyone agreed and continued going towards the moon.

They reached the moon and went inside the grotto hidden behind it. “I see why

you and Aqua come here Misty. It's wondrous, mystical, whimsical and magical. It's so stunning that calling it beautiful, magical, mystical and amazing is an understatement. There isn't a deserving word invented yet for the beauty that this grotto holds", said Hearth, Wisda and Wispa. "We know," said Aqua and Misty and just then a book fell. 'The code please' was written in the book. The girls put '120, 111,1, 20' and someone flew in gracefully. "Looks like you all figured it out, yes it's me Queen Fiona or should I say Esmerelda The Fairy and Mermaid Queen. Once there was all of the magic leaving peacefully when one of the fairy sisters left to teach the magic to humans chaos began unable to teach when she went back no one but her knew magic and so she went on a search to find someone who was not a fairy as one of her sisters left magic and became a queen and that sister is my mother Queen Elda which means elf and mine is similar to hers for that reason. The last fairy was and is my aunt, the earth fairy Pierce. I was locked up in the castle all those years to stop me from meeting my aunt as my father did not believe magic existed. After those eleven years, I finally met her and ran away as I could never use magic because then the thought that mermaids, fairies and more existed was long gone. I have been trying to unite the sisters for so long but no one but my mom and aunt pierce believes that all magical elements could be united and me being able to control all magic isn't an example as my mom was the queen of magic. You four going on this adventure showed wind, wisdom, water and fire, four elements that can't mix have united and that magic can be united no matter what. Thank you like my story is very mysterious and to have found me is amazing." said Esmerelda. "Of course, we're happy to have helped Queen Esmerelda," said Aqua, Wispa, Wisda, Misty and Hearth. "Oh, please don't call me Queen, you can call me Fiona or Esmerelda as I'm not your queen, only a fairy who is a royal but no better than the people who spent so long trying to find me," said Esmerelda. "Okay Esmerelda." said the rest. Once meeting each other they tried to connect magic with humans. Despite their efforts, they stayed as a myth and only ever appeared like a fantasy or fairy-tale; however they were happy with it as everything became normal and amazing in the magical world. Magic hasn't had anything happen to it since then just little bumps here and there but that's just life.

And that's the Legend of the queen, the story that made magic as we know it today. Magic has given many happily ever afters but for once a story no, this story gave a huge part in magic getting its happily ever after.



Eshanee Manandhar

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Personality

What does personality mean? Well, it is the individual's distinctive quality or traits. People have many personalities, and we should respect that. Everyone has different personalities so even if our personalities are opposite of them, we can't say we dislike that. It sounds rude. I think I am a talkative, chubby and moody girl because I find myself talking a lot when the agenda of my day is to be quiet, and I think I am chubby and I like myself being moody so I think that is my personality.

My favourite type of personality is my brother's. My brother has a sort of personality in which he does not leave any of his work remaining. He just completes the work which is given in time. Personality cannot just be seen by the appearance of the person so personality can't be randomly defined. Personality can be frequently changed. But the type of personality which people don't like is being rude, mean etc. Of course, because it hurts others. Without having personality, our life would not be good because the development of personality makes you happy and helps you spread positivity to yourself and others as well. One of the biggest disadvantages of personality is that someone can hurt you mentally. It brings you stress which will bring a bad change to your personality. But we should learn to get through it and stay strong.

Knowing other's personalities helps to be close with the person. Personality is one of the main things which helps us to know other people, build a good friendship with people and more. If we hurt other's personalities, then people will find us bad and rude. Therefore, everyone's personality should be respected and should never be hurt to live a peaceful and positive life.



Eshita Lal

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The Bruised Castle

Linda was a beautiful child and also the one and only princess of March King and Queen. The King and Queen were very happy they had such a beautiful and smart princess. Jack was the son of the gardener. Jack and Linda first met when Jack's father started working. It was a bright sunny day while Jack's father was working. Jack was a 9-year-old boy, he was playing with his football all by himself. Suddenly a small voice whispered in his ears he got scared and jumped when he turned around a small girl about his age with a beautiful frock and a stuffed doll in her hand was smiling and looking at him. She asked him "Hey! I am Linda, can I play with you?" Jack looked surprised in her direction for a few seconds and without hesitating, he said yes. They played every weekend and became good friends. Jack would come to the castle with his father, and they would play a lot. After a few months on Saturday when Jack arrived, he said something very unusual. He saw people bringing huge decoration items and decorating the whole castle. Jack slowly walked to the huge garden where he and Linda played and saw a huge table was arranged. He didn't see Linda for an hour, but he kept looking for her and finally found her on the balcony of her room looking at the decoration with her maids. Jack called her name, "Princess Linda". Linda looked down and with a big smile she came down and said: "Oh, I am sorry I couldn't meet you today because I was looking at the decorations".

Jack asked her why they were decorating the whole castle and Linda said that tomorrow was her birthday. Jack looked very happy and said he would bring her a nice gift. Linda said thank you and they played as usual. By the time he returned home he hadn't thought of a gift yet. Then he remembered she liked stuffed dolls a lot, so he bought cotton and clothes and made a small doll by himself. The next day when he arrived at the castle the guards didn't allow him to enter because only the royal families were allowed to go but just then Linda showed up and was permitted to let him in. When Jack entered the castle, he was very shocked to see so much of decorations, flowers were surrounding the whole balcony of Linda's room, the whole yard was filled with gift boxes and flowers, and the table was now being kept with a big cake. It was Linda's birthday cake. Jack couldn't believe it, during his birthdays he would only get to eat a small piece of cake and here she was having such a large attractive cake, Jack wanted to eat the cake and Linda knew Jack loved cakes so when Linda was cutting the cake she gave one huge slice of cake to Jack secretly because if Linda got caught she would never be able to play with Jack.

It had been years since Jack and Linda started their friendship; now Jack is 17 and Linda is 16. They are still very nice friends. On Linda's 16th birthday, Jack gave her a beautiful bracelet and Linda was happy but when Jack arrived home after the celebration Jack's dad called him.

"Hey Jack, I have some good and bad news," Jack's father said. Jack looked a bit confused. "What's the good and bad news father?" Jack asked. With a happy smile, his father told him he got a nice job but it is in another village so Jack would have to come with him to the village. Jack blacked out for a few moments; he was in huge shock. He was also very sad because he had to leave Linda. He wanted to scream but he knew it won't change anything, he had to go with his father.

The next day he didn't go to say bye to Linda, he felt that was too hard. Instead, he left a letter saying he would return one day. The next day he went early with his father to another village. And there his father was able to make nice money so that he and Jack could live better. Jack was also good at studying. He completed high school that year with good grades. He also found some new friends.

A fine few years passed. He had already forgotten about Linda. He was always covered with his new friends. Until one day, "Hey Jack, pack your bag, we are going somewhere," said his father.

Jack looked a bit confused and asked, "where are we going, dad?"

"Oh it is a surprise, just pack your bags we will be going tomorrow".

Jack was a bit curious about where his dad would take him and soon the next day, they went to the night kingdom. When they arrived, Jack was a bit startled and a bit confused because he thought he had seen this place before or so. They went to their old house. Seeing Jack so confused his dad asked.

"Jack, don't you remember this place??"

"No dad but it feels a bit familiar"

"Oh nowadays kids, they have weaker memory power than the old people"

Jack was still confused so he asked what this place is and then his dad told him about the house, but he didn't tell him about Linda. Jack looked very shocked and excited to see his old house again. That day went by placing their furniture and things. The next day Jack woke up a bit late. He woke up at about 10 am. His dad was not there. He got out of bed, washed his face and went out. He saw his dad with some other people.

It turns out they were their neighbours. Jack told them he would roam around. He got out of his house and started roaming around. The one thing that kept bugging him was the huge castle right in the window view. The castle seemed a bit old and

not cleaned for a while because the trees were covering the walls of the castle. It seemed as if no one lived there. He also got the question that if there is no King or Queen how a kingdom can work. He was just thinking about that when he mistakenly stepped into something. When he looked down, he saw woodcraft. He picked it up and it looked like a doll made out of sticks. Just then a small girl came and told him that the doll was hers. Jack gave it to her and asked:

“Did you make the doll ?”

“Oh yes I made it myself well, my brother helped me”. Jack looked guilty for breaking the little child’s toy, but one thing was that the child didn’t seem to be angry. Jack asked why she wasn’t angry and then she told them that it was not his mistake. While talking, suddenly a boy who looked like his age came calling “Linda”. By hearing this Jack just had a flashback of when a boy called a girl’s name Linda. The girl was on the balcony of a castle. He came to his senses. He found that very unusual.

“Linda you can’t just wander on your own like that, you’re still a small child”

“Whom are you calling a child..!” scolded Linda

“ Oh look you broke your toy”

“No, the new brother broke it accidentally by stepping on it,” Linda said.

Jack looked at the child’s brother and said sorry. His brother forgave him and introduced himself as John. Linda, Jack and John soon became close. They were like real siblings. One day Jack asked John about the castle. John was surprised he didn’t know but told him. He told him that some years ago there was a huge war in this village. The kingdom was being attacked by another kingdom for some reason. The reason was untold to us and kept as a secret. Before we could run for help the whole royal family was slaughtered. Most of our villagers died. The war was not too long. It was just for 5 - 6 months as it was a sudden attack, and no one could do anything. Luckily some villagers survived.

After the war, the King and Queen’s bodies were found but their daughters weren’t. The King’s daughter was pretty and smart, the princess also fought in the war. No one could find their daughter. They searched the whole castle and the Kingdom but didn’t find a trace of whether she was alive or dead. All that the villagers knew was that she disappeared into thin air. But people still say that they could hear voices at night from the castle. The princess’s voice wasn’t clear, it was as if a bat was creaking, so they didn’t know. No one dared lay a foot in the castle.

After hearing all this Jack looked shocked. He thought John was joking with him, but his serious face explained it all. Jack asked what their daughter’s name was. John told them her name was “Linda March”. Jack looked so shocked as if he saw a ghost trying to kill him. That day he went home and couldn’t sleep all night

because all he could do was think about John's story and Jack's dreams. He out of black thought that his dreams and the story must have some connection. He told himself that he would go to the castle to solve this mystery. Somehow this felt very personal to him. The next morning at 5 he set out for the castle as most of the people would be asleep at this time. While he was going near the castle the creepier the castle looked. He finally saw the entrance; it was a huge door. Just as he was about to enter, he got another pop up in his head. He heard some voices, it seemed like a small boy talking to a man. When he entered the castle, the next thing he saw was very shocking.

He saw that the whole ground was grown with huge bushes, and the chairs were all broken. He slowly roamed around the garden when he saw a huge garden which was not filled with bushes but was cut perfectly and it was as if someone took care of it every day. He again got a pop-up. He saw a small girl talking to a boy, and suddenly they were playing again. He saw a huge table filled with cakes, food, plates and fancy accessories. He became conscious and none of the things he saw was there. After he was roaming the castle, nothing seemed supernatural but until he entered a particular room that was in pink colour, it was huge. The room seemed like not even a slight bit of dust had even entered the room. There was a balcony. The balcony was the same as in his dreams.

Suddenly a voice came from his back "Who are you?"

Jack was so scared he thought maybe the spirit of the princess was going to kill him. Again, a voice repeated,

"Who are you?"

"I-i am j-Jack milestone" Jack was so scared he couldn't even speak clearly but after he told his name the voice behind him seemed to disappear.

Jack slowly turned around and saw a beautiful girl of his age in a worn gown. Jack was so scared but the expression that the girl showed was not harmful, so he felt a bit safe from before. The girl was in a shocking condition. Jack slowly asked who she was. But before he could complete the girl said in a shocking voice.

"Are you a Jack milestone??"

"Yes, I am, " said Jack

The girl suddenly started smiling and crying and ran to hug Jack. Jack got surprised by this sudden act. Jack asked if she was a real human. The girl started laughing and said, "who asks such a question in a reunion?" But due to Jack's confused and serious face, the girl now became a bit serious and said yes, she was and asked that Jack doesn't remember her. Jack shook his head left to right. The girl introduced herself as Linda March. Jack started laughing and spoke.

“Oh, come on, if you’re Linda March then I am your father” it seemed like Jack didn’t see this seriously. But the girl convinced him that she was Linda. Slowly Jack started taking these things seriously. After a while, they started talking. Linda was very shocked and sad that Jack couldn’t remember her. But one thing very shocking was that forgetting friends is normal but forgetting their own house is very shocking. Linda started remembering their childhood and slowly he started regaining the memories. But then Jack asked where she had been for these many years. Linda said that the last time she saw her parents were at war. They were killed right in front of her, even after that she didn’t lose hope and fought until she felt something in her stomach. She was stabbed by a sword right through her stomach. It was very interesting how she survived. She didn’t even know how she survived or how she ended up waking in her bed. The time she woke up from her bed the whole castle was empty with no trace of her parent’s body or how she even got in her bed and one surprising thing was her stomach wasn’t even stabbed. Her stomach looked perfectly fine. The time she woke up she found out it had been almost a year after the war so she decided to not go out of the castle or people may think of her as a black magic holder or something. Jack was very shocked to hear but convinced her to go out.

Soon after Jack announced that the prince was still alive the people were very happy and decided to keep Linda as their new Queen and slowly the castle was now as beautiful as before. Linda and Jack soon married and had a beautiful baby boy and a baby girl. Even after the nice ending, there was still a dark side to it. They hadn’t figured out how Jack lost his memory and only a certain memory of the village and how Linda was still alive after all she went through. The mystery was still unsolved. But for the time being, it is a happy ending.



Prasiddha Shrestha

Roll no: 28008

An Unpopular Opinion: Should History and Geography be taught in Schools?

History and geography are different subjects that we are taught in school. They are said to be very important in our life. But are they important? Unlike other subjects, history and geography are not taught in all the countries or schools. History and geography are taught in a few countries as separate subjects but sometimes Geography is taught as a part of the Social book.

Is history important in our modern society? History is mainly learning about past civilizations, people, governments, cultures, kingdoms and technologies and how they were formed and operated. With history, we have found out how much

humans have developed. It is really considered useless but it does have some advantages. It teaches us about our culture, tradition and our country. Each country has its own history from being separated to reuniting and war and conflicts. It's learning about the contributions of our ancestors. So in my opinion I view history as useless to be taught in schools. Yet getting a degree in the field of history can be useful because we can be a historian.

Geography is a study of the physical features of the earth, its atmosphere, the effects of human activities. It is also taught in a couple of countries but geography is also taught in subjects of social and science. It helps us to understand the movements of planets, the geographical change in the earth or a part of the earth. Still, the subject is kind of not useful. Geography can also help us improve ourselves in other topics or subjects like social and science. Science is very useful in geography. We can also become a geographer after gaining a degree in geography.

Historical geography is also a part of geography; it mainly is the combination of history and geography. In this subject, we learn about the geographic miracle that has changed or happened in the history of the earth. Historical geography helps us to learn the maps of historical places, kingdoms etc. Due to it, we have realized how much the earth has changed.

Overall, history and geography should be taught at the higher level of schools and colleges. With a degree in geography, we can get many jobs like a teacher or lecturer, head of a political organization, cartographer or a knowledgeable person for that matter. But teaching them as a subject in lower or middle school should be given a second thought, maybe?



Aayotrie Chaudhari

Roll no:27019

Do I Hate Heroes?

When people first started getting powers, heroes and villains were born. Now you might think that this story is about a hero, but you would be wrong, for this story is entirely made from my point of view, the "Villain"

It seemed to have been a normal day when suddenly flashing on every TV in the country was the NEWS channel, it was another fight, hero vs villain. The hero won, of course, I shut off the TV in dismay. Everyone always praises the hero for defeating the villain, what about the buildings they destroyed in the fight? What about the people who had to be rescued from the rubble? Not only did their

property get destroyed but they also had to be rescued! Now those people are probably in debt from the hospital bills, and they need a place to live, AND they need to replace their items that got destroyed. What happens to the hero? NOTHING! I grow frustrated and try to ignore the thoughts that pester my head. I take a deep breath and walk out the door to my apartment. I'm not old enough to live on my own apparently but what can you do if your parents couldn't get rescued from the rubble in time? What can you do if you have no other family members that would claim you? What can you do if you hate the environment of the adoption centre? These thoughts run crazy in my brain as I go to the local store near my house. Suddenly glass is breaking in front of my already scarred face. I don't run. It's a robbery that's being cast by amateur villains. Then right in front of me slides a person, probably some wanna be hero. I dodge the wannabe that's trying to protect me and walk into the store like nothing's happening. People are screaming all around me, but I don't care. I've heard the same screaming before; I've heard it all. The cries, the begging, the hoping for a hero to come and save you. I ignore everyone else and do my shopping like the store isn't getting robbed. Right when I was about to grab something off the shelf, a gun got pointed at my head. I chuckle and turn around thinking the amateur doesn't know what they're doing, only to look in shock as I see the very hero that made the rubble, the rubble my parents-. My eyes blaze with fire as I recognize the face staring back at me. Another thing about the whole hero idea, anyone could be a fake. Before I knew it, I'm the one in handcuffs being taken away. It seems the "hero" managed to trick more people and now I'm the victim. I say nothing, anything I say they won't believe anyway. As they take me away, I wonder, do I really hate heroes? Or maybe, do I.....do I just hate..... Fakes?



Kristina Rai

Roll no: 27006

Life After Death?

A lot of people wonder what will happen after death. This is a question that certainly has no answer because nobody ever has said that they experienced death and got another new life. Some people do believe that it has to do with how you behave in this life. If you behave well, you'll go to heaven. If you behave badly, you'll go to hell. Some people believe that you will be reborn as another person. Or some people believe that everything ends once you die.

As we play games it is tough and challenging to win right, but at the same time, we all enjoy the process of playing. That's how life is, it is all fun like a game and in the end, it's always a 'GAME OVER'.

Walking further out of the backyard, walking to some trees where dad built two

pairs of swings these past days. I sat down hand caressing the rope with a cold breeze twirling my long hair with the wind. It is so overwhelming for me, imagining a spaceship where you can fly anywhere you want freely. These sounds of wind in the trees and the rustling of leaves, the cold breeze, the swing, the comforting chirpings of birds make me feel calm inside. I held the rope tightly swinging back and forth humming my favourite songs, but the peace didn't last long as my dear best friend came running shouting my name on the top of her lungs." GRACE, GRACE! LOOK WHAT I GOT FOR YOU". "Mariana, stop shouting you're hurting my ears," I said jokingly. "Look I got you your favourite muscovado roasted blueberry ice cream," She said grinning widely. "Thanks a lot I owe you one," I said, smiling widely. Mariana sat next to me and started to eat her ice cream. The silence between the two of us was so comforting, as I shovelled the spoonful of my favourite ice cream in my mouth. "DELICIOUS" I mumble to myself.

'DO YOU THINK THERE IS LIFE AFTER DEATH?', Mariana said. "umm actually I don't think there is life after death because until today no one has experienced the life after death and even if they are reborn I don't think they are reborn as the same person and once you die you'll never come back isn't it ?", I said. 'Yeah I think so, but hey promise me one thing, even if I die one day you will not be sad because remember I will always be there watching you', said she giggling and pointing towards the only star in the whole wide sky as it was afternoon, 'It's getting late let's go inside.'

I think life after death just sounds fancy when told and believing it makes everthing a little beautiful. What do you say?



Sauharda Bajracharya

Roll no: 26010

The man who single handedly saved the world

It was 1962, The cold war was going on and the U.S and Soviet Union were in a head to head war. The Cold war, as frightening as it sounds, was just a period of geopolitical tension between the U.S and the Soviet Union. Both nations had enough nuclear weapons to destroy the world. In October 1962, Soviet leader Nikita Khrushchev agreed to Cuba's request to place missiles on the island. The U.S had also placed missiles in Italy and Turkey which could strike Moscow. When American spy planes discovered missiles on the island, President John F. Kennedy(JFK) ordered a blockade of the borders of Cuba so no sea traffic was allowed.

On October 27, Americans spotted a Soviet submarine in the Caribbean, this was one of the three submarines that were on a secret mission to Cuba. The

Americans dropped non-lethal bombs to try to get the submarine to the surface. The submarine was too deep and they couldn't make contact with Moscow. They didn't know if the war had begun and Americans didn't know that there was a nuclear torpedo in the submarine. If they were in any trouble, they were ordered to launch the nuke. Not knowing if the war had begun, The Captain on board, Valentin Savitsky ordered the torpedo to be launched. If the torpedo had been launched, it would start a full-on nuclear war. But this didn't happen because of Vasili Arkhipov. There were three members on board including Captain Valetin Savitsky, Commander Vasili Arkhipov and Deputy political officer Ivan Maslennikov. In order to launch the torpedo, all three of them had to press the button. Savitsky and Maslennikov pressed the button but Arkhipov didn't. If it weren't for him, we wouldn't be alive right now. If the nuclear war had started, it could cause a huge global impact. President JFK was worried that the Russians would mistake the non-lethal bombs for an attack.

The submarine came to the surface and returned back to Russia. The U.S wouldn't find out that the submarine had a nuclear torpedo in it until 40 years later at a reunion program where they shared their stories. Arkhipov's family received the Future of Life award 19 years after Arkhipov's death.



Sakshyam Karna

Roll no: 26013

Is Original Idea Just a Myth?

In your lifetime you will never think of an original idea. In 1995 Johnny Cash wrote and recorded a song that became a worldwide hit 'Folsom Prison Blues. In 1887 Van Gogh admitted himself to a mental asylum in southern France. He spent his time there making 30 beautiful paintings which today are priceless. In 1603 Shakespeare wrote 'Othello', one of his many masterpieces. These Master of Arts made originals using only the contents of their brains like they were gifts from the heavens. But, all this is utter crap. All the aforementioned creations were stolen.

Johnny cash one of the biggest singers of his time stole 'Folsom Prison Blue' almost word from a song released two years ago by American composer Gorden Jenkins, his song was called crescent city blues and if u listen to it then you'll notice that the melody and more than half of the words are identical to Folsom prison blue. Cash tried to get away with this forgery too, he didn't credit Jenkins anywhere on his record which sold many more thousand copies than the original. Cass was later sued after his copy became a worldwide hit, the lawsuit cost him seventy-five thousand dollars.

Van Gogh's thirty masterpieces were precise replicas of thirty other arts done by other artists. Although I am being slightly unfair to the mad Dutchman, he did admit that these were copies at the time that was his intention to copy, as closely as possible, the work that he admired. Although it is necessary to know that a master such as Van Gogh needed to copy for inspiration.

Well, Shakespeare stole a lot of his works. 'Othello' was a story borrowed from a previous Italian novelist Giovanni Cinthio, 'Hamlet' was stolen from 12 th-century Danish writer Saxo Grammaticus and 'Romeo' and Juliet, yes that was also stolen from a poem written by Arthur Brooke in 1562, the poem was also called the 'The Tragical History of Romeus and Juliet'

But am I angry at these legends of arts, titans of creativity have been lying to us? Hell no, stealing other people's work was the best thing they ever did. These people may have nicked their treasures, but who cares when they did such wonderful things with the booty. Crescent city blues sounds great but Folsom prison blues sold better because let's be honest, it's a hell of a lot of catheters and has a higher production value than the original song. Shakshphere arguably did greater things with the material that he copied than anyone else in history. He transformed the stories he told into truly beautiful creations that elevated the English language to a godly level, permanently enriching the tapestry of mankind in the process. The fact that Shakespeare stole these stories doesn't disparage his work in the slightest, he was still a literary genius and potentially no one else could have given these existing such a breath of a brilliant new life. If he had copied the stories word for word that would have been a different ball game and that's not ok.

But truthfully, copyright theft doesn't matter, it's what you do with it that counts. These three examples are just the tip of the iceberg when it comes to famous works that are copied. I would argue that the majority of the creative works you know today, books, music, film, etc are copied from someone who came earlier.

If this is true then it begs the question is any idea truly original. Well, no; there was a point in history when truly original ideas were possible, but such a rare phenomenon hasn't existed for about two thousand years and probably not since humans began building large, interconnected civilizations. Your brain is a collection of millions of memories collected over your entire life. When you have an idea, you aren't always aware but you subconsciously borrow little bits of these memories and combine them to create a new one. You could derive these ideas from hundreds of bits of memories or just three, but you can't avoid it; this is how the human brain works. The inception of a 100% unique idea is not possible because the brain always has to draw on prior knowledge.

To frustrate matters even further in most creative fields there are a very limited amount of possibilities that can be realized, which make repeats or at least very close duplicates inevitable. Take for example a novel, you would think there are limitless possibilities for writing fiction but not quite. At least that's not what

Christopher Brooker thought. He postulated that there are only seven possible plots and all works of fiction ever written fall into one of them. They are overcoming the monster. Think Beowulf, James Bond, Wars of the Wolds. Rags to riches. Think Cinderella, Jane Eyre, Great Expectations. The quest. Lord of the rings, pilgrim's Progress. Voyage and return. Alice in Wonderland, Peter Rabbit, gone with the wind. Tragedy. Romeo and Juliet, Macbeth. Rebirth. A Christmas carol, beauty and the beast. Comedy. Much Ado About Nothing, Twelfth Night. You can go round and round in your mind all day conjuring up wild storylines that may not fit into one of these seven. And you'll probably end up at some truly stupid destination: such the as tale of a man who grows a third nipple and has to take up underwater basket weaving to make enough money to have it removed. And then I realized it's just a bizarre example of 'The Quest' or possibly 'Overcoming The Monster' depending on how you look at it. And even with these categories, you often find acclaimed stories that are the same. With human experience, there are only finite things a character in a book can do.

Because of this, now and then a very odd phenomenon occurs, films are released by completely unrelated and independent studios that have identical plots, and neither was aware of the other film's existence until their release. This is so eerily common that it has been given the name: 'Twin Films'. In 1986 'Top Gun' was released and so was a remarkably similar but spectacularly less successful film called 'Iron Eagle'. In 1998 there was 'Antz' and 'A Bug's Life', in 1999 there was 'The Mummy' and 'The Tale Of The Mummy'. In 2006 there was 'Prestige' and 'The Illusionist'. Some twin films have been attributed to espionage within the film industry, but many others are pure coincidences, after all over 2500 movies are released each year. But it could also be because there are only a limited number of possible storylines that can be altered, but the core remains the same.

Even when you are absolutely certain that your new is entirely new you may be suffering from a case of 'cryptomnesia'. This is when you recall a memory that you had forgotten and mistakenly think it's an original idea that you have just generated. But in reality, the joke, or the concept of a book, film, etc. is something you have heard of you heard of saw a long time ago and had just buried deep in the recesses of your mind. As you can imagine cryptomnesia can get you in trouble if you are adamant that your idea is something original but it turns out to be plagiarized, and cryptomnesia has come for some very well-known people. Helen Keller was eleven when she wrote a story called 'The Frost King'. But later in her life, it was discovered that the entire story was entirely plagiarized from a fairy tale called 'Frost Fairies'. Helen Keller had no idea she was committing plagiarism at the time, she was suffering from cryptomnesia, but she later recalled that she had read Frost Fairies four years before she wrote The Frost King. She got into trouble and her name was dragged through the mud by the papers. That event left Keller a nervous wreck and she would never write Fiction again.

So, if having an original idea is almost impossible and if you do then it's probably just cryptomnesia anyway, then it begs the question; should we all be committing plagiarism and just hoping to get away with it or should we go the other way and all put paper bags over our heads and sit in the corner shaking because we are afraid

that if we utter a single word we could be breaking the law. Well, there's a happy medium; it's what 99% of us do when we want to create a great piece of honest creative work. Plagiarism is morally wrong. Plagiarism is taking someone else's work or concept and passing it off as your own. I would personally abhor someone who practices plagiarism and hopes to get away with it. But, there isn't anything inherently wrong with using one or more pieces of people's works as heavy inspiration, so long as you add value. When truly original isn't possible, and it seldom is, then greatness can only be achieved by adding value.

Few of Shakespeare's works are genuinely original but he achieved greatness time after time by taking already successful stories and rewriting using astonishing language to elevate them to a new level that the original writer could never reach. Imagine if Shakespeare had to come up with a truly original storyline each time he wrote a play, he would have far less time to focus on carefully crafting beautiful lines and probably wouldn't have written as many plays for the future generation to enjoy.

Using other people's works allows one to not get caught in a hopeless black hole of imagination, trying to fathom some immaculate concept of an original idea that will likely never come. By passing this step and building upon the work of others you can get a head start and focus on adding significant value to make it into a unique piece that may improve upon the original. Because that is what we have been doing since the dawn of civilization, building upon other people's works, that is how civilization works.

Forget about whether what you are doing has been a hundred times before and focus on what your personality can add to it. That nobody else has, do it authentically and with passion, and you will create something truly amazing. In doing so you will not be alone, the best musicians of the past century have taken inspiration from the greatest composers that laid the groundwork for them. And what is Star Wars if not an amalgamation of spaghetti western, samurai films and footage of spitfire dogfights during World War II, all set in space? Instead of being intimidated by all the great work that came before you, let it inspire you and there is no limit to what you could achieve.



Nishan Shrestha

Roll no: 25008

Make yourself better

“Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present.” A quote said by Oogway, one of the characters in the animated movie, Kung Fu Panda. This quote is worth 1000 meanings. Yesterday is your past. Don’t think about it. Something has happened, you cannot change it. The future is unpredictable. You cannot decide what your future is going to be nor anyone can, so don’t think about it. The only thing you can change is your present. Be best in the present and overcome your past. Keep making your present the very best and be better in future. Don’t run for the future and don’t stop because of the past. “No amount of regretting can change the past, and no amount of worrying can change the future.”, Royu T Bennett. A single thing might change your past, present and future. Don’t let that single thing ruin your whole life. Try to overcome mistakes. Remember George Bernhard Shaw said that “A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.” Make mistakes, mistakes make you learn. Martin Luther King Jr. said, “If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do, you have to keep moving forward.” A quote that explains life. How hard life is. How much struggle you need to do to keep moving forward. Meaning of this quote is deep. It doesn’t tell you to think about the past and future. It tells you to keep moving forward in your present. Don’t stop for anyone. Chase your goals and dreams until you catch them. Never lose hope. Motivate yourself to make yourself better in the present. Never compare yourself with others, compare you with yourself and try to make yourself better than yesterday. Make yourself better. Gain confidence and struggle hard and keep moving forward in life. Life is long and without struggle your life cannot be good. Oprah winfey said that “Where there is no struggle, there is no strength.” Never hesitate to struggle. Struggle is the key to success. Madonna said “No matter who you are, no matter what you did, no matter where you’ve come from, you can always change, become a better version of yourself.” Always try to be a better and stronger version of yourself. Look in the mirror of yourself and see are you better than your past and will you be better than yourself in the future.



Smriti Lama

Roll no: 25015

Family's Support

“Hey! You’ve been working for too long. Why is that? It’s been 18 hours since you have worked today. It may get hard on you later.” Said Stiles. No, it’s just I’m not tired today and I should work hard like this from now on. It’s more like a compulsion for me, Marcus replied.

Marcus Hale lived in an expensive city with his father and mother. Both of his parents were rich and were the CEOs of their own respective companies. They fulfilled every need and wishes of his. They built a recording studio for him only because he was very interested in singing. He always used to listen to Green Day, The Beatles, AC/DC, Queen and many more. Apart from these rock songs, he also used to listen to Elvis Presley. He used to listen to ‘Can’t Help Falling in Love’ everytime and everywhere. He also recorded that song and posted it on his YouTube channel. He and his family were living a happy and successful life. But why did he leave his house and why is he working hard right now? No one had any idea about that. His mother requested him so many times to come back home but he was also forced to not to go home by his own deeds. He never thought that his life would turn out like this today.

The reason behind this situation is while he was working on recording a song, there was one girl who used to work as a composer at the same company. Her name was Lydia Roden. When he saw that girl he immediately fell in love with her. The girl also had a crush on him for a very long time. Eventually, they started to spend most of their time together. They used to go to work and return home together. Later, they both realized that they loved each other more than anything else. They were falling in love deeply. They were so much in love that they spent the night together. They didn’t think about their future, family, career. After that, their relationship continued and life went on. But after 5 months Lydia tells Marcus that she’s pregnant. Marcus was shocked. He was totally numb and surprised. He didn’t know how to react. It was beyond his thoughts. He never thought this would happen. Lydia cries in front of him and says that she is 4 months and she also wants to give birth to this baby. Marcus didn’t want a baby but also he agreed to give birth to their baby because he loved her so much and didn’t want to see tears in her eyes. From that day, they promised to work hard together for their future and for a baby. After hearing this, Stiles was speechless. He only said that Marcus made a very silly mistake and wished him a goodluck for his bright future. His parents did not support them in anyways and Marcus thought that the young

couple could make it on their own. At the time, Lydia was now 9 months pregnant and her baby delivery date was also near. When she gave birth to their baby,- Marcus's family also came to the hospital. Marcus and Lydia were shocked and scared. His parents were acting a little angry but when they saw the face of their granddaughter, they forgot about everything and felt happy. Then after Lydia got discharged from the hospital they all went to Marcu's luxury house. There, Marcus' parents apologized to the both of them for not being supportive previously, the young couple were too stunned to speak but they felt grateful. Living there with Marcus' family's support helped Lydia's motherhood so much better. The young couple eventually realized how important a family's support is and how blessed they were to have it.



Estella Shrestha

Roll no: 24007

How the food you eat affects your mental health

The food that we eat really has a diverse effect on our mood. Food manipulates how we feel and behave. There is actually a science behind this fact on how food that we eat changes our moods. For example sometimes you might be feeling late night alertness which is basically the effects of the foods you ate. Eating healthy food and the right amount of the nutrients promotes the growth of 'good' bacteria. Omega 3 and 6 play an important role. Omega 3 are the fatty acids that are crucial and essential for our brain as it helps to build healthy cell membranes, promote new cell formation, reduces inflammation, and forms different kinds of important brain chemicals. Omega 6 helps in cell growth, muscle development, regulates metabolism, etc. Eating foods containing omega 3 and 6 such as nuts, avocados, chia seeds, fatty fish, kidney beans, walnuts, etc.

Amino acids are also one of the essentials, they contain chemical messengers such as neurotransmitters and precursors, they carry signals between neurons, those are the factors that affect our moods, sleep, attentiveness, and also weight. Having a diet with the essential acids and nutrients helps in a balanced combination for brain messengers and keeps mood from getting changed in one direction or other directions. The foods containing antioxidants such as spinach, kale, brocolies, blueberries, sweet potatoes, carrots, etc helps in proper functioning of the brain and helps the brain to work well for a longer period of time. From carbohydrates, the energy comes and which helps in digestion into glucose. The carbohydrates we eat affect our brain. Starch, sugar, fiber affect how our body and brain responds.

Eating foods that are rich in proteins, nutrients, vitamins, antioxidants and minerals helps our brain to nourish while eating refined foods such as white bread, breakfast cereals, cakes, noodles, etc affect the brain and may even lead to depression and mood disorders. Our brain uses 20% of the body's calories. Therefore it is really important to eat nutrients and vitamins containing food in order to protect our brain from different factors. Brain needs enough good fuel in order to function properly and to maintain concentration throughout the day. We sometimes feel unwell or dizzy in the morning hours of school/work, such things take place when we eat the foods that make us feel dizzy and energy less and not concentrated. Our brain becomes regular when the foods we eat provide enough vitamins and minerals. The foods having high sugar and fats may lead to lower IQ. Eating nutritious foods does not lead to stress, tiredness, or the capacity to work. Eating junk foods on a regular basis has the most impactful effect on our body as it can impact the memory.

People need to understand how the foods that we eat in daily life have an impact on our brain. In order to feel better we should strictly consider the foods that we eat and their effects on our brain.



Muskan Singh

Roll no: 24003

What will Life be in 2050?

In your fantasizing or musings, how far into the future have you gone? I just spent some time thinking about what life might be like in the future. "What would life be like in 2050?" I wondered as I wrote this article. Although 2050 appears to be a long way off, given today's technology, it is within reach. We will soon find ourselves in that day and age as a result of economic development, technological advancements, and climatic change. In many ways, our lives in 2050 will be vastly different from today. Environment, transportation, education, and people's lifestyles will all undergo significant transformations. People will evolve in tandem with scientific advancements. Increase the number of modes of transportation. Solar and wind-powered automobiles are far more environmentally friendly. It will be produced and used in an environmentally friendly manner. Travel to other planets will become increasingly accessible to everyone.

Humans and their meticulous computations are inextricably linked. Since the dawn of time, humanity has revolved its existence around mathematics. They've continued to develop theories, axioms, innovation, and invention. They live in the present, but the top of their body is continuously luring them into the past or the future. To learn more about the past, they train as archaeologists and investigate

every possible detail. They don't turn any of the stones. They've figured out what early man would have looked like. How they arose from the ape species to become a high-tech super robot. While humans landed on the moon in the twentieth century, the twenty-first century will see man explore some of the universe's countless planets. Mars, often known as the red planet, will be the first to be investigated. The mission is expected to be completed by 2030. NASA has a plan in place. This will write a new chapter in history and establish a precedent for future human exploration generations. Another area that will alter by 2050 is sex and gender concerns. In today's generation, homosexuality has become a common topic of discussion. Despite intense disputes among more conservative groups, lesbian, gay, bisexual, and transgender (LGBTQ) concerns are slowly being discussed and addressed. By 2050, they are anticipated to be such a widely accepted community that companies around the world will be required to set aside a percentage of their job openings for LGBTQ individuals. A requirement like this will be adopted with the existing gender-based guideline of having an equal number of female and male employees. Technology in the media continues to advance at a breakneck pace. At the moment, social media is leading the way in terms of disseminating timely news and community participation. It is undeniably a danger to traditional media such as television, newspapers, radios, and magazines. By 2025, certain traditional media outlets, particularly print newspapers, will have lost readers as internet news sites and social media have taken over their audience.

Finally, global warming will become a far more serious issue. Sea levels are expected to continue to rise. Pollution, on the other hand, will deplete our freshwater resources. Dictatorships in Asia, on the other hand, will destabilize the world. Emerging nuclear-armed states will pose a significant security threat to the entire planet. While such countries may spark more regional hostilities, World War 3 is unlikely. Terrorist groups will also take control of huge parts of the globe. With so many changes ahead of us in the future decades, both good and terrible, it would be prudent to plan ahead and predict how they will affect us personally. So we should not think much about the future as no one knows what actually will happen, just presumptions that I described above. Although certainly we should remember that we should try to make the best out of our present then surely the future will be improved itself. **“Life is not in future or past it is in the present”** this should not be forgotten.



Kriti Nepal

Roll no: 24010

Is technology changing the younger generation in a positive way?

Technology over the time has become an inseparable part of people from all age groups and in this era, technological advancement has become a common thing for all. It's need has been increasing from additional use to need in day-to-day life activities. However, the question arises if technology has slowly been changing the younger generation in a positive way.

I personally feel that technology has been changing the younger generation in a positive way, slowly and surely and even more over time. In the present era, where technology has a great impact on society and its learnings, the younger generation are the ones most affected by it. The technology has helped humans to evolve and function better and easier. Without technology we wouldn't have been as revolutionized as we are. It has helped the younger generation to get more creative with their work, engage more with their learning process, get help and solutions easily, learn about various topics inaccessible from schools and colleges, and also has been encouraging self-paced learning since not all people can cope up with their understanding and thought process easily. Another aspect that has been added to the positiveness technology has been providing to the younger generation is access to cameras and social media in the form of their memory.

Unlike the previous eras where there was rare access to cameras and the photos that served for memory were very unlikely; the present generation has a lot of photos that can be taken and stored easily that serves as a form of their life memory. This has changed the younger generation in a positive way and has made them more advanced than the previous generation. However, like the saying goes 'Everything has a positive and negative side but it depends on what we choose to do'. Technology can also change the younger generation negatively; they simply have a device with them and instead of having a fun conversation with others, they simply play a game or use social media instead. This develops an introverted and antisocial behavior in them. They could also simply misuse the information accessible online to simply to cheat or copy the easily available solutions that makes them less creative and lazy. The exposure of social media to younger childrens is also a common consequence of advancements of technology. This can sometimes lead to the younger generation looking up to bad examples, getting self-conscious, jealousy, anxiety etc.

Technology has a lot of aspects that have changed the young generation in a positive way. The negative consequences of technology to the younger generation

is not brought upon itself but has grown due to the carelessness and lack of proper supervision from parents and undisciplined and misuse by the young generation themselves. In conclusion, I personally believe that technology has changed the younger generation in a positive way and that it has some negative effects due to carelessness, misuse and undisciplined use of technology.



Sarjan Waiba Tamang

Roll no: 24009

Preference Of Western Culture

Day by day our cultures and traditions are not coming into practice as before. We are forgetting our cultures and accepting the western traditions. Many people are preferring the western culture and have started giving value to them. Our traditions and cultures are our jewellery which reflect our history, image and what and who we are. A large number of people have started giving preference to western culture. It is happening due to youngsters like us. We are giving more value to the western culture. We copy each and every culture of western civilization. The main and obvious reason is we want to show off and look cool in front of others.

In this process we are forgetting our culture and traditions. I do not mean that you should not prefer western culture, I am just trying to say if you want to watch, follow western culture do it but you should not forget and boycott your own culture. I have seen many people who just make fun of our old traditions and give preferences to western culture. On Dashain there was a group of teenagers who were making fun of our festival Dashain by saying that this is old. I hate to put Tika on my forehead and it was disgusting. In other countries they celebrate by eating, drinking, and getting gifts e.t.c. I wish I could be born there. From these types of concepts we lose our tradition and culture. It directly affects the concept of celebrating the culture as well as negatively influences younger generations. You should never talk down about our ancient cultures, unless they are dehumanizing or glorifying something toxic. They have their significance.

The same way in entertainment like the music industry, movie, reality show e.t.c. We Nepalese people do not prefer our own products. If someone starts listening to dohori which is our ancient way of singing, people (especially youngsters) will start teasing and calling names. This is our reality, we youngsters only prefer the western culture like English songs. It is upon you how you see it. I also watch and listen to k-pop, hip hop and English songs but I have never forgotten my culture and I do not prefer the western culture over our old ancient culture. Everything has their uniqueness just like our cultures and traditions.

But the teenagers and youngsters will not understand the point. If we start giving preference to the western cultures, our own existing culture will disappear. It is necessary to highlight and give more preferences to our own culture. If we start highlighting and start giving preference we can find a variety of our cultures which are even better than the western culture. We need to support our own culture.



Aisma Wagle

Roll No: 23050

Why Do People Feel Love?

Love, a beautiful and intoxicating yet heartbreaking and soul crushing. Why do we choose ourselves to its emotional torment? Is love a source of meaning in our lives, or is it an escape from loneliness and suffering? Is love a cover for our sexual fantasies? Or is it a biological trick to get us to reproduce? Is that all we require? Is it really necessary? If romantic love meets those criteria, neither science nor psychology have discovered it. However, some of history's most illustrious philosophers have advanced some intriguing theories.

► *“Love aims to restore our wholeness!”*

Plato, an ancient Greek philosopher, discussed the idea that we must love in order to be complete. He decided to write about a dinner party at which Aristophanes, a comic playwright, regaled the guests with the following story in his ‘Symposium’. It goes like this...

“Humans used to be four-armed, four-legged, and two-faced creatures. They enraged the gods one day, and Zeus slashed them all in half. Every man has been missing half of themselves since then. Love is the desire to find a partner who will complete us.”

► *“Love deceives us into having children.”*

Love based on sexual desire, according to German philosopher Arthur Schopenhauer, was a sensuous illusion. We love because our desires drive us to imagine that another person will lead us to happiness, he said. But we're completely wrong. Nature is deceiving us into reproducing. Our offspring are the consummation of the loving fusion we seek. We are forced back into our miserable existences once our sexual desires are satiated, and we succeed merely in sustaining the species and continue the cycle of human drudgery.

► *“Love is a means of escaping our loneliness.”*

According to Bertrand Russell, a Nobel Prize-winning British philosopher. We fall in love to satisfy our bodily and psychological needs. Humans are built to reproduce, but sex is unsatisfying without the joy of passionate love. One dread of the harsh, cold environment tempts us to construct thick shells around ourselves in order to protect and separate ourselves. Love’s joy, connection, and warmth help us overcome our fear of the world, break free from our lonely shells, and live more fully. Love is the best thing in life since it improves our entire self.

► *“Love is a deceptive disease.”*

Siddhartha Gautama, who became known as the Buddha, or the Enlightened One, would have definitely had some intriguing debates. We love, according to Buddha, because we are striving to satisfy our fundamental desires. Our emotional desires, however, are flaws, and attachments, including romantic love, are a major source of pain. Fortunately, Buddha found the eight-fold path, a kind of program for putting out the flames of greed so that we can reach Nirvana, a state of enlightenment marked by calm, clarity, wisdom, and compassion. In one of China’s best classical novels, *“Dream Of The Red Chamber”* novelist Cao Xuequin emphasized this buddhist concept that passionate love is folly. Jia Rui falls in love with Xi-feng, who tricks and humiliates him in a subplot. He is torn apart by conflicting emotions of love and hate, so Taoist offers him a magic mirror that can heal him as long as he does not look at the front of it. But, of course, he looks at the front. He recognizes Xi-feng. He is carried away in heavy chains to perish after his spirit enters the mirror. Although not all Buddhists hold this view of romantic and passionate love, the lesson of the narrative is that such attachments are tragic and should be avoided, like the magic mirror within the story.

Wrapping things up on a somewhat more encouragement and inspirational theory... ► *“Love allows us to expand our horizons.”*

Love, according to French philosopher *Simone de Beauvoir*, is the urge to integrate with another, and it gives meaning to our life. She was, on the other hand, less concerned as to why we love and much more concerned with how we may love better. She recognized that the difficulty with traditional romantic love is that it may be so alluring that we are compelled to make it our sole purpose in life. However, relying on others to justify our existence is a recipe for boredom and power struggles. To avoid falling into this trap, Beauvoir suggested loving truly, as if it were a great friendship.



Gauri Shreya Shahi

Roll No: 23055
DRAG QUEEN

A drag queen is a person, usually, a man, who wears a drag dress and makeup to imitate and frequently exaggerate feminine gender signifiers and gender roles for entertainment purposes. In current times, drag queens are frequently associated with homosexual guys and gay culture, however, they can be of any gender or sexual orientation.

Drag is performed for a variety of reasons, including self-expression and public performance. Drag shows are known for their lip-syncing, live singing, and dancing. Gay pride parades, carnivals, and drag pageants, as well as cabarets and nightclubs, are all places where they can be found. Drag queens come in a variety of types, cultures, and levels of dedication, ranging from professional drag queens who star in movies to casual drag queens.

Drag's origins are unknown; the earliest recorded use of the term in regard to actors dressed in women's clothes is from 1870. It could have been inspired by the word "great rag," which was sometimes used to describe a masquerade ball. Drag queens have traditionally been men, although in recent years, cisgender and trans women, as well as non-binary people, have performed as drag queens. Faux queens and bio queens are phrases used to describe cisgender female drag queens, however, both labels are problematic: faux implies that the drag is artificial, and using bio queen only for cisgender females is a misnomer because trans-feminine queens have gynomorphic traits. Drag kings are the male counterparts of drag queens: female performers dressed in overly masculine garb. Trans kings are trans males who dress up as drag kings and wear drag king costumes. Drag is thought to be an exaggeration of the traditional female appearance. Drag is notorious for breaking gender stereotypes and is thus referred to as "gender-bending."



Arya Khatri

Roll no:22027

A Say

I have always been the kind of person who is easily influenced by someone, whether it is a movie, person, or even a piece of music until I started listening to Sadhguru. We all should have at least someone whom we could look up to, to change who we are until we are finally ready to be one of a kind of our own true self. To be more precise, we can't lead anyone, we can't be true until we find the true self in us. We never try to improve the flaws in us, we just hold on to it saying "it is what it is", but that's not the case. That is just being immature and that has been a trend now. The saying accept me for who I am is not quite a hundred percent true. By changing I don't mean forgetting your true self and being what society wants. Personally, I would like to improve myself by seeing the good sides of others - I would not like to take their personality and apply it to me but filter the good kinds of stuff about them and eradicate my bad ones and be a better person. For me that is life. Sadhguru has been a key mentor for me through this journey. We all need a role model at some point in our life, we all are lost in one phase of our life, we all need help time and again even if we have all the power and money. Sadhguru not only speaks what we want to hear but also speaks the truth. He has been a mentor to teens of my age and speaks on things that the majority of the gurus find controversial. The stuff we teens want to know is not said or not lessened by major dharma gurus but when it comes to Sadhguru, he comes up with various ways to sort out things, students and teens suffer from.

My key advice to my fellow colleagues would be to know the various perspectives of life, listen to accurate gurus, seek help, and above all be kind to yourself and meditate. Meditation helps us a lot, we often have the habit of doing something if it's trendy or all over the internet. We don't start it on our own, we lack originality and we are scared to be original.

In the end, all I have to say is once in a while seek silence and know about yourself, your flaws, your strengths. We all are different and that is what makes us beautiful. Find yourself even if it means asking for help from someone because, in the end, it won't be worth it if we don't know who we are and what we want.



Arya Tharu

Roll no: 22006

Peer Pressure

We all know about peer pressure. We all have faced or engaged in some sort of peer pressure at some point in our life. To define, peer pressure is behaving in a certain way to be accepted or valued by your peers. In simple form, it is the influence of the people of the same beliefs or groups. In most of the cases, peers are the friends but it can be any one of the same age, status, or a close one who has a similar interest as yours.

Peer pressure can be indirect or direct or it can be beneficial or harmful as it can enhance our ability or even can damage people's mental health. It also plays a huge role in the development of someone's social life. We have been influenced from peers at an early age to adolescence and as an adult also the pressure doesn't go away. It is natural and very important for the growth of people.

Commonly, peer pressure is thought of in a negative light but it can be both positive and negative. It is all about balancing between being ourselves and fitting in the group. Peer influence depends on the group of people with whom we talk, share our experience and knowledge and hang out. When we start underestimating ourselves, we will start losing everything and our self-respect too. The negative peers will escort us to harm ourselves physically as well as mentally. It can take us to a nasty situation. If peers influence us to do something positive then we will automatically start believing in ourselves. It can be beneficial for our growth. Positive behavior under the influence of peers will lead us to become better ourselves.

Therefore, we should have that one core value to differentiate positive influence and negative influence. Rather than being influenced, our thoughts and ideas should be first priority. So, we should spend time with the people who lift up rather than who bring us down.



Simon Sangat

Roll no: 22019

Pivotal issue of Drug addiction and their predicament in our society

Today's popular culture is filled with erroneous information regarding drugs. But these represent only part of the damage caused by drug use. Consider drug exposed infants, drug induced accidents, and loss of productivity and employment, not to mention the breakdown of families and the degeneration of drug-inflicted neighborhoods are the major consequences of drugs.

Drug is a substance taken for its narcotic or stimulant effects, often illegally. Drugs can put one's health and life in jeopardy, many people are aware of the risks but they still ignore it as taking drugs makes them seem carefree and "cool". Taking drugs as a pass-time, and prominent personalities depict an apparent growth in cocaine use amongst the youth, which will ultimately result in a drug addiction and further, responsible or drug-related deaths in the teenage population. Addiction exerts a long and powerful influence on the brain that manifests in three distinct ways; first is craving, secondly it leads to loss of control, and then finally the person begins continuing involvement despite its adverse consequences. While overcoming drug addiction is possible, the process is often long, slow, and complicated. Today, we recognize addiction as a fatal disease that changes both brain structure and function, addiction that hijacks the brain. Also, drug addiction affects someone's personality and behavior. Drug addiction doesn't just affect the addict physically and psychologically, it has a far reaching effect which encompasses family, friends, relatives, neighbors and society as a whole. No one in touch with alcohol abuse would suggest that alcoholism affects the user solely. And no one who works with drug addicts will tell you that their use of drugs has not affected others. Their addiction is their main prime concern in life and that's all that matters to them. Someone in the grip of an addiction can become egomaniacal, self-centered and oblivious. Things such as paying the mortgage and bills or other day to day issues of running a home are no longer important to them. This often leads to a breakdown in the marriage or relationship which causes financial problems and distress. Also, a lot of growing children might adopt much the same mannerisms. Drug addiction has been profoundly observed within the Nepalese culture for years now, and it has become embedded within our minds as a so-called "fact of life". People think that it is normal to take shelter from drugs to reduce or forget our problems and pain. This wrong perception has caused teenagers to indulge in drugs rapidly. However, ignoring a problem can never get us to the problem's core. We have to find measures to eradicate this severe plight. The first and foremost step would be to establish drug rehabilitation centers in various parts of the country. The second step would be to encourage the addicts to

enhance their understanding of what they are capable of embarking on. The third step would be the strict planning, formulation, implementation and evaluation of Government plans and policies regarding drugs. Government should realize the gravity of this situation and formulate plans. The fourth step should be taken by the family of the drug addicts. Instead of ignoring them, they should show all the affection in the world and admit him/her to a genuine rehab center. The last step should be taken by us, the youth. Presently, when there is a renewed awareness of the need for social reform, there is a greater need for a vigorous campaign to be launched by social welfare organizations and enlightened youth to induce a complete change in the social thinking. What is needed is an unbending will to fight against this practice.

The youth is charged with a special responsibility to rise and resist and oppose all direct and indirect forms of offering, accepting and intaking drugs. Once they take strong determination into their hands and turn down any intake of drugs, a welcome trend will definitely set in. It may gather momentum and may ultimately succeed in breaking completely the steel grip of this practice in our society. It is a social problem and can be fought on the social level alone. Therefore, it is high time to initiate action and to reform an insalubrious society into a salubrious one.

Events and Activities



प्रत्युस लोहनी
क्रमाङ्क: ३१०१९
सिफल नाइट

लामो समयपछि मङ्सिर १ गते हाम्रो विद्यालय भौतिक रूपमा खुल्यो । लगभग २० महिनापछि विद्यालय जान पाउँदा मलाई कहिले विद्यालय पुगूँजस्तो लागिरहेको थियो । धेरै समयपछि विद्यालय पुगेकाले होला मलाई त्यहाँको वातावरण नयाँ लागिरहेको थियो । साथीहरू तथा गुरु गुरुआमालाई भेट्दा रमाइलो लागिरहेको थियो । विद्यालयले गर्ने नियमित कार्यक्रममा अभिभावक दिवस (सिफल नाइट) पनि एक हो । सिफल नाइट मङ्सिर १० गते तय भएको थियो । शिक्षक र अभिभावक अनि साथीहरू बिच आफ्नो कला प्रस्तुत गर्न पाउँदा म खुसी भएको थिएँ । छोटो समयमा सिफल नाइटका लागि धेरै विधाहरूमा अभ्यास गर्नका लागि विशेष समय तालिका बनाइएको थियो । पूर्वनिर्धारित समय बमोजिम ३:३० बजेबाट अभिभावकको नामावली दर्ता भएको थियो । विद्यालयले अभिभावक ज्यूहरूलाई चियापानको व्यवस्था पनि गरेको थियो । औपचारिक कार्यक्रम ४ बजेबाट सुरु भयो कार्यक्रमको सुरुवात राष्ट्रियगानबाट भयो । त्यसपछि स्वस्ति वाचन भयो । कार्यक्रमको उद्घोषण अलिशा शाक्य म्यामले गर्नुभएको थियो । बिन्दु गुरुआमाले स्वागत मन्तव्य दिनुभएको थियो । सिफल नाइटका लागि छुट्टाछुट्टै क्लबहरू जस्तै नृत्य, गायन, शारीरिक व्यायम स्वस्ति वाचन, कविता वाचन आदि बनाइएका थिए । साथीहरू तथा भाइबहिनीहरूले आफ्ना आफ्ना कला प्रस्तुत गरिरहेका थिए । त्यसैगरी म पनि नृत्य, गायन, शारीरिक व्यायम र कविता वाचनमा छनोट भई आफ्नो कला प्रस्तुत गरें । अभिभावक ज्यूहरूले पनि हाम्रो प्रस्तुतिलाई बडो चाख मानेर हेरिरहनुभएको थियो । साथै ताली बजाएर हामीलाई थप हौसला दिएर उत्साह बढाइरहनु भएको थियो । साथीहरूद्वारा मञ्चन गरिएका नाटक 'पत्रुखाना' रमाइलो र ज्ञानवर्धक थियो । यस नाटकलाई राजन सरले लेखन तथा निर्देशन गर्नुभएको थियो । छोटो समयको तयारीबाट नै हामीले हाम्रा प्रतिभाहरू राम्रोसँग देखायौं । यो कार्यक्रम सगरमाथा हलमा सम्पन्न भएको थियो र मैले त्यस दिन एकदमै रमाइलो मानें ।

डियरवाक डिबेट नाइट



संविद ढकाल
क्रमाङ्क: ३००२८

डियरवाक सिफल स्कूल हामी सबै विद्यार्थीलाई मनपर्ने विद्यालय हो । हाम्रो विद्यालयमा पढाइबाहेक विभिन्न कार्यक्रमको आयोजना गरिन्छ । हामी विद्यार्थीहरूको सिपको विकासका लागि गरिने यी कार्यक्रमले हामीले धेरै कुरा सिक्न पाएका छौं । ती कार्यक्रमहरूमध्ये डियरवाक डिबेट नाइट पनि एक हो ।

हामी विद्यार्थीहरूको तर्क गर्ने, विवाद गर्ने आत्मविश्वासका साथ हाउभाउसहित बोल्ने सिपको विकासका लागि विद्यालयले डियरवाक डिबेट नाइट कार्यक्रमको आयोजना गरेको हो । वर्षैपिच्छे आयोजना गर्ने यो कार्यक्रम २०७८ सालमा भने

असोजको २० गते परेको थियो । समय र हामीले भोगेको अवस्थालाई ख्याल गरी वादविवादको शीर्षक कोरोना कहिर विद्यार्थीका लागि अवसर कि चुनौति राखिएको थियो । यस कार्यक्रमको पहिलो चरण छनोट चरण परेको थियो । छनोट चरणमा हामी सबै विद्यार्थीहरूले तयारी गरेर पालैपालो बोलेका थियौं र त्यसमा म छनोट भएको थिएँ । त्यसैगरी छनोट चरणमा तयारी गर्नको लागि मेरी आमाले मलाई वादविवाद कसरी लेख्ने भनेर सिकाउनुभयो । जसअन्तर्गत मैले पनि आमाले सिकाउनुभएअनुसार वादविवाद देखें । त्यसलाई मेरी आमाले फेरि सच्याइदिनुभयो र तयारी गर्न सजिलो बनाइदिनुभयो । त्यसैले छनोट चरणमा बोल्दा मेरो नेपाली गुरुआमा र मेरी कक्षाशिक्षकले धेरै राम्रो गर्नु भनेर बधाई पनि दिनुभयो । त्यसपछि म क्वाटरफाइनलमा प्रवेश गरें । क्वाटरफाइनलमा कक्षा १ देखि १२ सम्मका प्रतियोगी विद्यार्थीहरू बोल्नुपर्थ्यो । म पनि राम्रो तयारीका साथ आफ्नो प्रस्तुति दिएँ । त्यसपछि म फेरि सेमिफाइनलका लागि छनोट भएँ । सेमिफाइनल पनि भयो । म सेमिफाइनलबाट फेरि फाइनलमा प्रवेश गरें । कक्षा १ देखि १२ सम्मका फाइनलमा प्रवेश गरेका दाजुदिदीहरू सँगै मैले पनि बोल्ने तयारी गरें अनि फाइनलमा पुगें । मैले पक्ष विपक्ष दुवैबाट तयारी गरेको थिएँ तर म पहिला पक्षमा बोलेको थिएँ पछि पनि चिन्ता थुत्दा पक्षमा बोल्न पाएँ खुसी लाग्यो । कार्यक्रम आउन तीन दिन बाँकी थियो । म अचानक विरामी भएँ । विरामी भए पनि मैले मेरी आमाले र विद्यालयका शिक्षकले सिकाएअनुसार विस्तारैविस्तारै तयारी गरिरहेको थिएँ । अन्तिम चरणको प्रतिस्पर्धामा मलाई धेरै खोकी लागिरहेको थियो । मलाई आमाले औषधि किनेर खुवाउनुभयो । म पनि सक्छु भनेर बोल्नको लागि अत्यन्त उत्साह बोकेर विद्यालय गएँ । सगरमाथा हलमा हाम्रो कार्यक्रम थियो । सगरमाथा हलमा पुगेपछि विद्यालयका प्रधानाध्यापकले मञ्चमा गएर कसरी सबैलाई अभिवादन गर्ने नमस्कार गर्ने र बोल्ने बेलामा कसरी बोल्ने भन्ने अन्तर्गत धेरै कुराहरू सिकाउनुभयो ।

त्यसपछि ४ बजेबाट फाइनल कार्यक्रम सुरु भयो । म पनि अन्तिम चरणमा छनोट भएका सबै दाजुदिदीहरू सँगसँगै गएर बसेँ । दाजुदिदीले पक्ष र विपक्षबाट साथै अङ्ग्रेजी र नेपाली भाषामा आफ्नो प्रस्तुति दिनुभयो । म पनि आफ्नो पालोमा बोलेँ । बोल्ने बेलामा अलि खोकी लागेका कारणले गर्दा अलि छिटो गर्दा सोचे जस्तो राम्रो गर्न सकेको थिइनँ । आधारभूत तहमा तैपनि प्रथम आएको नतिजा सुन्दा मलाई निकै खुसी लाग्यो । हरेक तहमा प्रथम आएका दाजु दिदीहरू र मैले मेडल र प्रमाण पत्र पायौं । हरेक तहमा प्रथम हुनुभएका दाजु र दिदीहरूले र मेडल र प्रमाणपत्र पाउनुभयो । प्रमाणपत्र र मेडल पाएकोमा म अत्यन्त खुसी भएँ र मेडल र प्रमाणपत्र लिएर म घर फर्केँ । त्यसपछि अत्यन्त खुसी भएँ । मैले मेरा आफन्तहरूलाई फोन गरें । सबैले मलाई बधाई दिनुभयो । आगामी दिनमा पनि यस्ता कार्यक्रममा पनि म अझै राम्रो गर्ने अठोट लिएर सबैलाई धन्यवाद दिएँ ।

विद्यालयले गरेको यस्तो किसिमको कार्यक्रमले हामीलाई आत्मविश्वासका साथ अगाडि गएर बोल्न सक्ने बनाएको छ । त्यसैगरी यस्तो किसिमको कार्यक्रम गरेर हामी सबै विद्यार्थीहरूको सिपको विकास गर्ने विद्यालयलाई म धन्यवाद दिन्छु । यस्ता खालका कार्यक्रमहरू हाम्रो विद्यालयमा धेरै हुन्छन् । यी कार्यक्रमहरूले हामी विद्यार्थीहरूलाई सानैदेखि अरूका सामु कसरी प्रस्तुत हुने, शिष्ट तरिकाले बोल्ने भन्ने कुरा सिकाएको छ ।



Harshit Agrawal

Roll no: 32009

My Art Exhibition

During winter vacation, I went to school for my art class. Yunisha ma'am is my Arts teacher. She taught me new ideas of painting. I made some new friends. One of them is Radharani. I saw some good paintings. There were 19 students. I drew a sketch of a turtle and a painting of two jets flying over the moon. DSS organized the exhibition in Nepal Art Council and our art work was put on sale. I went to the exhibition on Magh 2. I went with my father. We saw many paintings. The price of paintings started from Rs 5000 to Rs 15000. The best painting was of Rs 15000. I clicked some pictures there. I loved my visit to the exhibition.



Sambid Dhakal

Roll no: 30028

DSS Talk

There are many programs which are conducted in my school. DSS talk is also one of them. This program enhances our speaking skills. In this talk, we can share anything like share information about any topic, tell stories etc. Miss. Samikshya Hada conducts the DSS talk of our class. The winner of the DSSTalk gets a school diary as a prize.

DSSTalk is divided into four different categories: Topic Session, Presentation Session, Debate session and Extempore session. The speakers are classified into groups before the first session by the teachers. In the topic session, we are free to choose the topic. We get 4 minutes time limitation to speak about it. The teacher chooses the winner in the final round. Next, is the Presentation Session where we share our view or information by presenting it on the slides. We are free to choose the topic in the Presentation Session as well. We are also free to design our slides and make them attractive. After that, we move on to the debate session. In the de

bate session, the respective teacher gives us one topic and they decide whether we speak for the motion or against the motion.

The extempore session has random topics. In this session, we speak without any preparation. We get the time limitation of 2 minutes and we choose one chit which consists of the topic we are supposed to speak about. The winner of each group competes against other group finalists to be the winner of each session. Towards the end, the winner who has accumulated the most number of marks throughout the DSSTalk is declared as the DSSTalk - Champion of the Year.

This program has a very good impact on our daily lives. It brings confidence to us and makes our language skills strong. It also helps in our personality development.



Prathana Kshetri

Roll no: 29021

My Experiences During an Art Camp

Our school had organized an art exhibition in the month of Magh. I also got selected for the exhibition. So there was an art camp during our winter vacation. From my class, a few of the students got selected for it. I was also selected and it was a good opportunity for me to show my talent. On the first day of our camp, I went to school. My friends were already there. We all were excited about the class. I sat with Anshu, Sauravi and Reshu. Our art teacher told us about the art exhibition and the painting we will showcase on that day. She told us to draw some paintings and asked us to finalize the topic for our paintings. I thought about the topic but I got confused. All my friends started their painting but still, I was confused and suddenly I remembered my favorite cartoon character 'Doraemon' and decided to draw the painting of Doremon. I started my painting. Our teacher was observing everybody's paintings and also giving them feedback. When she came to me, she said that my painting is good but I must draw something meaningful. I again got confused. I had nothing on my mind, I got blank. After lunch, I went to my teacher and asked for help. She advised me to draw something that reflects our country. She asked me to take some time and think about it. That day, I just drew "Doremon" only. I went home and thought about the meaningful topic for my painting. Suddenly the word "Kumari" came into my mind and at the same time, I decided that I will draw the 'Kumari'. The next day I told my teacher about my topic. My teacher agreed with the topic. I asked for help. She helped me to draw the painting of kumari. It took me 3 days to complete the painting. After completing the painting I framed it and made it ready for the art exhibition.

Interesting Facts and Figures



प्रध्नेस सिंह बस्नेत
क्रमाङ्क: २७०१५
रोचक तथ्यहरू

- डायनोसरहरू जीवित हुँदा चन्द्रमामा सक्रिय ज्वालामुखीहरू थिए ।
- मौरी सगरमाथाभन्दा माथि उड्न सक्छन ।
- फिलिपिन्समा ७,६४१ टापुहरू छन् ।
- कुकुरहरूले आफ्नो बायाँ नाकबाट राम्रो गन्ध सुँघ्छन् ।
- जिराफको जिब्रो २० इन्च लामो हुन सक्छ ।
- मानिसमात्र सपना देख्ने जनावर होइन ।
- चिकित्सा त्रुटि मृत्युको शीर्ष कारण हो ।
- ब्रिटिश साम्राज्य विश्व इतिहासमा सबैभन्दा ठुलो साम्राज्य थियो ।
- नील आर्मस्ट्रङको कपाल सन् २००४ मा ३,००० डलरमा बिक्री भएको थियो ।
- मौरीले रङ्गीन मह बनाउन सक्छ ।
- काला बत्तीहरूमुनि केराहरू निलो चम्किन्छन् ।
- संसारको सबैभन्दा पुरानो खेलौना एक लठी हो ।
- तातो पानी चिसो पानीभन्दा छिटो बरफमा परिणत हुन्छ ।
- शरीरको सबैभन्दा बलियो मांसपेशी जिब्रो हो ।
- संसारमा सबैभन्दा सामान्य नाम मोहम्मद हो ।
- संयुक्त राज्यमा प्रत्येक व्यक्तिको लागि दुईवटा क्रेडिट कार्डहरू छन् ।
- तपाईं आफ्नो सास रोकेर आफैलाई मार्न सक्नुहुन्न ।
- सुँगुरहरूलाई आकाशमा हेर्न शारीरिक रूपमा असम्भव छ ।
- मह एकमात्र यस्तो खानेकुरा हो जुन बिग्रिँदैन ।



शाशवत पौडेल
क्रमाङ्क: २०३०८

रोचक तथ्यहरू

१. पुस्तकको सबैभन्दा लामो शीर्षक:

पुस्तकको सबैभन्दा लामो शीर्षक २६,०२१ वर्णहरू मिलेर बनेको छ र यो कीर्तिमान २० मार्च २०१९ मा किर्गिस्तानको विस्क्रेकमा विद्याला यतिन्द्रले हासिल गरेका थिए ।

यो कीर्तिमानलाई गिनिज बुक अफ वर्ल्ड रेकर्डले मान्यता दिएको छ र पुस्तकको शीर्षकमा ३७७७ शब्दहरू रहेका छन् ।

२. संसारको सबैभन्दा महँगो किताब:

संसारको सबैभन्दा महँगो किताब ४ करोड ९० लाख अमेरिकी डलरमा बिकेको थियो ।

लियोनार्दो दा भिन्चीले लेखेका “कोडेक्स लेस्टर” संसारको सबैभन्दा महँगो किताब मानिन्छ । सन् १५१० मा प्रकाशित भएको यो किताबले महान् विचारकहरू, कलाकारहरू र वैज्ञानिकहरूको सोचोइको प्रत्यक्ष ज्ञान प्रदान गर्छ । सन् १९९४ को न्युयोर्क क्रिस्टीको लिलामीमा यो पुस्तकलाई लिलामीको प्रदर्शनमा राखिएको थियो ।

तत्कालीन संसारका सबैभन्दा धनी व्यक्ति, बिल गेट्सले यो किताब खरिद गरेका थिए ।

३. संसारको सबैभन्दा ठुलो पुस्तक:

अलहमरा मल दुबईमा स्थित “यी हुन् मुहम्मद पुस्तक” अलखैमाहको सबैभन्दा ठुलो पुस्तक हो । लेखक डा. अब्दुल्लाजिज अल मुस्लिहद्वारा लेखिएको यो पुस्तकको १५०० किलोग्राम वजन छ र यो किताबमा कुल ४२५ पानाहरू समावेश छन् । पानाहरू ५ मिटर लम्बाइ र ८ मिटर चौडाइका छन् । यो किताबले पैगम्बर मुहम्मदको सरल जीवनको वर्णन गरेको छ । मशाहेद इन्टरनेसनल ग्रुपका अनुसार किताब लेख्न १६ महिना लागेको थियो भने किताब निर्माण गर्न ५० जनाले ११ रोड आइडी खर्च गरेका थिए ।

४. विश्वको सबैभन्दा लामो उपन्यास:

लेखक मेडेलिन डे स्कुडेरीद्वारा १६ औं शताब्दीमा लेखिएको “आर्टमेन, ओ ले ग्रैन्ड साइरस” संसारको सबै भन्दा लामो उपन्यास मानिन्छ । यो उपन्यास १० भागमा प्रकाशित छ । यसमा १०,००० पृष्ठहरू छन् भने १,९५४,३०० शब्दहरू छन् ।

५. संसारको सबैभन्दा सानो किताब:

७० माइक्रोमिटर बाइ १०० माइक्रोमिटरको नाप भएको पुस्तक “टर्निप टाउन फ्रम टिनी टेड” संसारकै सबैभन्दा सानो किताब हो । यो पुस्तक ३० पृष्ठको रहेको छ र यसका लेखक माल्कम डगलस च्याप्लिन हुन् । आजसम्म उक्त पुस्तकको १०० चौटिमात्र प्रकाशन गरिएको छ । शुद्ध क्रिस्ट सिलिकनमा मुद्रित भएका कारण पुस्तक प्रकाशनको लागत १५ हजार अमेरिकी डलर रहेको छ । यो किताब पढ्न मन गर्नेहरूका लागि अफसोसको कुरा छ किनकि हामीले यो किताब नाङ्गो आँखाले पढ्न सक्दैनौं । यो किताब पढ्नका लागि सूक्ष्मदर्शक यन्त्र पनि पर्याप्त छैन । यो किताब मात्र इलेक्ट्रोनि माइक्रोस्कोपको सहायताले पढ्न मिल्छ ।

६. विश्वको सबैभन्दा पुरानो छापिएको पुस्तक:

सन् ८६८ मा छापिएको डायमन्ड सूत्र महायान बौद्ध धर्मको धार्मिक पुस्तक हो । यो पुस्तकलाई सन् १९०७ मा बेलायती पुरातत्वविद् र साहसी अर्ल स्टेनले फेला पारेका थिए । यो पुस्तक संस्कृतबाट चिनियाँ भाषामा अनुवाद गरिएको मान्यता छ । यो पुस्तक बौद्ध धर्मको स्थापनाको बारेमा लेखिएको पुस्तक हो । हाल यो पुस्तक बेलायती पुस्तकालयमा सुरक्षित छ ।



Aakanchya Khadka

Roll no: 27001

What People Of The Past Believed The Future Would Look Like

When I was small, probably in grade 5 or 6, our English teacher had given us an essay on what we believed the future would look like 100 years from now. Even though I don't remember everything vividly, I remember that in my essay I mentioned that the future would have great technologies and who knows, maybe we can travel through space from time to time and maybe civilization would be developed on Mars where we can live and many more. I had many things that I believed would be in the future. Recently, I was scrolling through social media and saw some images that people had drawn in the past, which defined what people thought the future would look like in the coming years. I researched various videos and pictures that showed what people believed the future would look like in the past. I will be describing what people believed in the certainty of the future as per the videos, pictures, and their given little description that I found on the internet

First, I came across a picture with a vehicle that looked like a satellite which was believed to be a flying taxi with a bunch of people inside trying to reach the moon. There was a little description that said it was a painting from the 20th century that showed that the people believed they would have a taxi that can fly across space to the moon in the future. There is no date mentioned but I believe it was after Neil Armstrong became the first person to step on the moon and people believe that there could be any possibilities in future.

Next, I came across a news clip from 1989 which showed what people believed the year 2020 will be like. This clip has focused on what the housing system would look like in 2020. They believed there will be various technologies in the house but will not be seen or interfered in our way. In this clip, they believed there will be a system in which houses will have automatic light and would go brighter according to your wish. In today's world, it is partially true but not completely. They believed that there will be no buttons or plugs or even switches, there will be voice activation and as for switches in the houses, there would be a certain mechanism in the wall as well, electronic devices will have a pad which will help them to run when stuck to the wall is what they believed. They were right about the use of voice activation but not completely and the walls are completely off the chart but may happen no one knows. They believed windows will be able to give privacy by blocking light, will be transparent, and project movie films according to our needs even though similar technology has been made in Japan but not completely the same as they predicted.

However, they were right about the enormous pressure that has been upon us about the use of fossil fuel and the pressure to protect our environment. They also gave some ideas about the tools that can be used to save energy. They believed the future people will be introduced to various types of housing systems and technology will be the back seat.

At last, I came across a site that had a bunch of pictures that showed how people believed life would be in the future in the past. Surprisingly some of them came to be true in the future like the invention of a calling device which can also project the receiver and callers' image just like in today's mobile where we can video call with the various apps in presence of Wi-Fi. The invention of the self-driving car like the present Tesla or the delivery system in which a person can prepare fresh food in a truck and can travel which cooking food kind of resembles food trucks but ideas like using balloons to walk on water, futuristic jet airlines with swimming pools, flying trains etc. are still quite not in existence.

These were some of the things that I found on the internet that shows what people of the past believed the future would be like. Although some are still not in existence and some are, surprisingly. What if the things present people believe will exist in the future like the creation of various robots may exist.? It was a fun experience getting to know about the thought and the types of ideas people believed would exist in the future. What do you think?

Citations:

Miller, Greg. 2018 May 14 'Here's How People 100 Years Ago Thought We'd Be Living Today', Wired, <https://www.ncbi.nlm.nih.gov/books/NBK7281/>



Ansel Dhungana

Roll no: 22018

Surprising Misconceptions About Science

I have heard many misconceptions about science. Many people think that there is a single method scientists follow for scientific testing. They think that it is a boring process of following rigid steps to build knowledge. That is not true. The process of building is a lot more fun than that. Carrying out experiments to build up knowledge has a lot more to do with thinking creatively to apply the knowledge one already has and to do some new things just out of curiosity. There are many unpredictable things that may happen which can change what is currently known about the subject.

Another misconception about science is that it is more analytic and there is little creativity. As stated in the above point, that is not true. There is a lot of creativity

involved in scientific testing and growth of scientific knowledge. Without a creative mind, it is difficult to break the mold and test something new that may or may not work. That is not to say that analysis is not important. Proper analysis of the data obtained from scientific testing is very important to get scientific knowledge. Without proper analysis of the data obtained through scientific testing getting to a correct conclusion will be very difficult.

One more misconception is that science is just facts. That is a misconception among a lot of people. Many people think that science is just indisputable facts. Science is not just facts. There are also many hypotheses that aim to explain many phenomena. Science is not just a collection of facts.

Poetry



अजन्य पराजुली
क्रमाङ्क: ३३०३१
मेरी आमा

मलाई जन्म दिने मेरी आमा
मलाई माया गर्ने मेरी आमा
मलाई हेरचाह गर्ने मेरी आमा
त्यस्ती मेरी आमालाई धेरै धेरै माया
मलाई भोक लाग्दा खुवाउने मेरी आमा
मलाई घुम्न लैजाने मेरी प्यारी आमा
मलाई हिँड्न बोल्न सिकाउने मेरी आमा
यस्ती मेरी आमालाई धेरै धेरै माया ।



दिविज चन्द्र
क्रमाङ्क: ३३०३८
कलम

कलम हो मेरो नाम
लेख्ने हो मेरो काम
विद्यार्थीको हुँ म सहारा
मसी हो मेरो आहारा
ठुला ठुला बने कवि
कलम समातेर बनाए छवि
कलम मेरो नाम
लेख्ने हो मेरो काम ।



साम्भवी मैनाली
क्रमाङ्क: ३१०३७

राम्रा बानी

राम्रा बानी हुने सबै सधैं हुन्छन् ज्ञानी
आफ्नो काम आफैँ गर्छन् आफैँ जानीजानी
हामी बाटो काट्दा हेर्छौं दायाँ र बायाँ
राम्रो बानी हुनेलाई सबले गर्छन् माया
राम्रो बानी नफाल नराम्रो बानी नपाल
असल मान्छे बन्नलाई राम्रा बानी चाहिन्छ
बुद्धिमानी बनेमा सबको स्याबास पाइन्छ
आजैदेखि हामी पनि राम्रा बानी बसाऊँ
ठुलो मान्छे बनेर गुरुको मुहार हसाऊँ ।



शुभश्री मल्ल
क्रमाङ्क: ३१०३०

असल साथी

असल साथी त्यो नै हो जसले दिन्छ साथ
गर्छ सहयोग उसले दिन होस् या रात
दिन्न उसले हामीलाई कहिले पनि घात
हरेक पलमा चाहिन्छ असल साथीको साथ
हरेक पलमा भेटिन्छन् अनेकथरि साथी
अपठ्यारोमा साथ दिने मात्र असल साथी
असल साथी हुन्छ हाम्रो जीवनको भाग
कहिले पनि लगाउन दिन्न चरित्रमा दाग
असल साथी त्यो नै हो जसले दिन्छ साथ
गर्छ सहयोग उसले दिन होस् या रात ।



राधारानी सेन
क्रमाङ्क: ३१०२२

सानी नानी

म त सानी नानी
राम्रो छ मेरो बानी
खेलकुदमा जाने
साथीसँग खेल्ने बानी
म त सानी नानी
आफूभन्दा ठुलालाई
सम्मान गर्ने बानी
धेरै पढ्ने बानी खेल्ने समयमा खेल्ने बानी
हातमुख धुने सफासुगधर हुने
सफा लुगा लगाउने यही नै हो मेरो बानी
म त सानी नानी राम्रो छ अनि बानी ।



ओजशिवनी लामा
क्रमाङ्क: २९०१९

भोला

कति महत्त्व छ मलाई मेरो भोला
यसले कति मात्र भारी बोकेको होला ।
बिहानदेखि साँभसम्म मैसँग
दुःख होस् या सुख सधैं मेरो साथ दिन्छ ।
भोलाभिन्न छन् मेरा धेरै किताबहरू
जसको सहयोगले म एक दिन म ठुलो मान्छे बनूँ ।
मेरो सफलताले आकाश छुनेछ
आमाबाबा पनि मदेखि खुसी हुनुहुनेछ ।
ए मेरो भोला तिमी हौ मेरो परम साथी
धेरै भार छ है मित्र तिमी र ममाथि
चिन्ता नगर हामी सधैं सँगै हुनेछौं
तिमी र म मिलेर सफलता चुम्ने छौं ।
हेर्दा हेर्दै मेरो भोला पनि बुढो भयो
ठुलो हुँदै जाँदा उसको दाँत भर्दै गयो ।
उपचार गर्दा पनि फर्किएन मेरो भोला
उसको कमी कसरी पूरा गर्ने होला ?



पासाड डोमा शोर्पा
क्रमाङ्क: ३००१९

कलम

कलम मेरो साथी
लेख्छु दिन राति
गुण लेख्छु सधैं
बनाऊ गुणी अभै

हुन्छ देश विदेश
लेख्छु भाषा सबै
जस्तो विचार आउँछ
त्यस्तै कुरा बताउँछ ।

राम्रा कुरा सौँचेर
तिनै फेरि लेखेर
बताउँछ सबैलाई
नबोल्नु है हेपेर

लेख्छु ज्ञान विज्ञान
राख्छु सबैको मान ।



सभ्य मरासिनी प्रधान
क्रमाङ्क: ३००४१

फूलजस्तै बन

फूलको सानो पात
जस्तै हाम्रा हात
साना साना डाँठ
निकै राम्रो छाँट
बन्नुपर्छ सभ्य
फूलजस्तै भव्य
सयपत्री र लालीगुराँस
बन्नुहुन्न हामी निराश
फूलजस्तै मुस्कुराउँछु
भमराजस्तै गुनगुनाउँछु
घामपानी, आँधीवेरी
सहन्छु फूलले मुस्कुराई
सिकाउँछु यसले हाँस
सधैं दुःखमा पनि मलाई
जन्मिँदा पनि फूल
मर्दा पनि फूल
सुख अनि दुःख
पर्दा पनि फूल
तिमी पनि मर्दा पर्दा
साथ दिन नभुल ।

तिज



अनिच्का कौसिक
क्रमाङ्क: २९००६

तिज हो नेपाली नारीको चाड ठुलो
उठी नुहाइधुवाइ चट्ट सप्तऋषिलाई फूल ।
राता लुगा राता चुरा लालीगुराँस सरी
शिवका मन्दिर र नदी किनार भरी ।
मिठामिठा पकाई पक्वान्न अनि दर
तामा, आलु, करेला अचार अनि खिर ।
निकाल्ने मिठा अनि सुमधुर भाकामा
नयाँ चेली माइत आइन् आमाको काखमा ।
वर्षेभरिका दुःख अनि सारा पीडा भुली
सानी बहिनी बाटुली र दिदी आइन् ठुली ।
भान्जी आइन् मामाघर, छोरी आइन् माइत
चमेलीका कोही छैनन् आएनन् रे दाइ त ।
मिलिजुली चाड मनाऔँ रून् नपरोस
कसैको पनि चाडबाडमा आँसु नभरोस् ।

स्कूलको पढाइ



प्रवल दवाडी
क्रमाङ्क: २९०४६

स्कूल गई राम्रोसँग पढ्न पाए हुन्थ्यो ।
कारोनाले हामीलाई नसुताए हुन्थ्यो ।
सधैंभरि स्कूल गई साथीसँग पढ्ने
हाँसी, खेली किताब पढी शिखरमा चढ्ने
अधुरो पो हुने हो कि हाम्रा सबै इच्छा
विद्यालयजस्तै छैन घरमा लिएको शिक्षा
घर बसी एकलै पढ्न नपरे नि हुन्थ्यो ।
स्कूल गई राम्रोसँग सिक्न पाए हुन्थ्यो ।
सिकेका कुरा घरमा गई देखाउन पाए
खुसी हुन्थे आमाबाबा लेखाउन पाए ।
स्कूल गई साथीसँग खेल पाए हुन्थ्यो ।
घरमा बसी एकलै खेल्न नपरे नि हुन्थ्यो ।
गुरु, गुरुआमासँग पढ्न पाए हुन्थ्यो ।
पढी गुनी ठुलो मान्छे बन्न पाए हुन्थ्यो ।

सिपाही



हार्दिक शर्मा फुयाल
क्रमाङ्क: २९०४७

सीमानामा बसेर देशका लागि लड्ने सिपाही
तलमाथि केही भएमा कसले गर्छ भर्पाइ ।
जस्तोसुकै लडाइँमा नेपालको झण्डा फहराई
इटाइटा जोडेभै देशको सीमाना बनाई ।
दसैँ, तिहार चाडपर्व सधैं एकलै मनाई
हरदिन हिमाल भैँ उचो पारी नेपाली ध्वजा फहराई ।
मेरो देश संसारमा सबैभन्दा राख्छु माथि
कुदृष्टि लाउँदैनौं भने बनाउँछु म साथी ।
वैरी नजर देशलाई लिए सिमानामै ढालिदिन्छु
देश पस्ने साहस तेरो भित्रभित्रै गालिदिन्छु ।
देशलाई दुख्दा मलम लाउन पहिला म नै तम्सिनेछु
उन्नति र प्रगतिको बाटोमा सधैं लम्किनेछु ।
हाम्रा पुर्खा वैरीसँग लडेको त्यो गाथा नै छ
म सिपाही हुँ देशको तब मेरो रगत तातेको छ ।
नालापानी, लिपुलेक, उत्तर, दक्षिण सिमानामा
गोला बारूदसँगै लडे तरवार, खुँडा, खुकुरीमा ।
गर्नुपर्छ मनदेखि सम्मान हामीले पुर्खालाई
देश जोगाई राखिदिनुपर्छ भावी सन्ततिलाई ।
म हुँ सिपाही, म हुँ सिपाही
देशका लागि मरैँ भने पर्दैन गर्न भर्पाइ ।

सहिद



श्रीदा रिसाल
क्रमाङ्क: २९०३१

देशका लागि ज्यान दियौ
यसको मान राख्यौ ।
आफूले कष्ट लियौ
देशबासीलाई सुख दियौ ।
हामी सहिदहरूका ऋणी छौं
तिमीहरूले गर्दा प्रजातन्त्र पायौं ।
तिमी प्रजातन्त्रका जन्मदाता हो
हामीलाई पनि कर्तव्य सिकाएका छौं ।
सहिद हाम्रा प्रेरणाका स्रोत हो ।
आफ्नो माटोलाई माया गर्न सिकाएका छौं ।
थापी गोली छातीभरि
नेपालीका मुटुमा छौं सधैंभरि ।
नेपालीको मुहारमा हाँसो दियौ
अहिले तिमीले खै के पायौं ।
नाम त जहिले पनि लिन्छौं
तर सहिद दिवसका दिनमात्र सालिकमा ध्यान दिन्छौं ।
नेपाल रहेको तिमीले गर्दा हो जान
त्यसैले सधैं गर्छौं तिमीलाई सम्मान ।



मानस्वी निरौला
क्रमाङ्क: २९०१५

मेरो देश

मेरो देश मेरो देश
जहाँ फुल्छ लालीगुराँस
जहाँ उड्छ स्वतन्त्र डाँफे
यही मेरो देश
जान्न मेरो देश छोडी
कतै पनि दूर
भाषा, भेष, संस्कृत
छ है भरिपूर्ण
यही देशमा बसी
कम्मरलाई कसी
देश विकास गर्नुछ
देशकै लागि मर्नुछ
गौरव गर्छु देशप्रति
नगरौं है घमण्ड
देशलाई माया गरौं
नबनौं है उदण्ड
बाचौं यही देशमा
मरौं यही देशमा
रमाऔं आफ्नै भेषमा
लालीगुराँस केशमा ।



सुभी लामिछाने
क्रमाङ्क: २९०३३

मेरो इच्छा

गरिबलाई हाँसो दिई बढ्न सके हुन्थ्यो
एकताले सधैँभरि जोड्न सके हुन्थ्यो ।
माक्स नलगाई विद्यालय जान पाए हुन्थ्यो
सधैँभरि परिवारसँगै खान पाए हुन्थ्यो
जान्नै पर्ने ज्ञान सबै पढ्न सके हुन्थ्यो
परीक्षामा सफल भई बढ्न सके हुन्थ्यो ।
जताततै हाँसो फैलाई रम्न सके हुन्थ्यो
सगरमाथा शिखरमा चढ्न सके हुन्थ्यो ।
सबै जना निरोगी भई बस्न पाए हुन्थ्यो
एकताले सधैँभरि बाँध्न पाए हुन्थ्यो ।
चाडपर्वमा सबैसँग भेटघाट भए हुन्थ्यो
दसैं, ल्होसार, माघी, तिजमा नाच्न पाए हुन्थ्यो ।
साथीसँग मिलिजुली बाँच्न पाए हुन्थ्यो
देशका लागि ठुलै नाम राख्न पाए हुन्थ्यो ।
वर्षायाममा पानीसँगै नाच्न पाए हुन्थ्यो
वसन्तको फूल जस्तै हाँस्न पाए हुन्थ्यो ।
जीवन सधैँ हाँसी खुसी जिउन सके हुन्थ्यो
एकतामा सधैँभरि बढ्न सके हुन्थ्यो ।
देशको लागि राम्रो काम गर्न सके हुन्थ्यो
देशकै लागि बाँच्न अनि मर्न सके हुन्थ्यो
सफलताको शिखरमा पुग्न पाए हुन्थ्यो
मेरा सारा इच्छाहरू पूरा भए हुन्थ्यो ।



अनुश्री आचार्य
क्रमाङ्क: २८००३

स्थापित गर्नुछ समानता

हेदैछु मानिसको भाग्य कस्तो हुन्छ
पढ्न पाउनेहरू पढिदैन भन्छन्
मात्तिएर हिँड्छन्
फजुल खर्च पिटाएर
वा आमाको आँसुलाई
कुनै परवाह नगरी
लखैराउँछन् केही मान्छेहरू
गन्तव्यहीन बाटोमा
पढ्न नपाउनेहरू
तड्पिएर पढ्न खोज्छन्
लुकी लुकी अक्षरमा
आफ्ना औंलाहरू डुलाउँदै
धिधिये बत्तीको सहारामा
हातमा भाग्यका रेखाहरू
कोर्न खोज्छन्
आफै एउटा चित्रकार बनेर
हुँदा खाने
र हुने खानेको खाडल
समाजका अन्धविश्वासले
कक्रिएका मनहरू
नारी र पुरुष बिचका असमानताहरूले
कठाङ्गिएका वस्तीहरूमा
चेतनाको उज्यालो
बिऊ छर्नु छ
तोड्नु छ
कुरीति र अन्धविश्वासलाई
फाल्नुछ
अँध्यारा रातहरू
र ल्याउनुछ सुनौलो बिहानी
मनहरूमा
घन्काउनुछ समानताका नाराहरू
भत्काउनुछ छोरा र छोरी बिचका विभेदका पर्खालहरू
र स्थापित गर्नुछ समानता
बनाउनुछ
“अहा मेरो देश” ।



आर्जन खड्का
क्रमाङ्क: २९००३

तिहार

दसैँपछि आउँछ तिहारको रमभ्रम
नाचौँ मादलको तालामा छमछम
फूलमाला र दीपको बहार
वत्ती र फूलको चाड तिहार ।

पहिला काग अनि तिहार कुकुर
लक्ष्मीले बास गर्छिन् पूजा सकेर
तिहार हल गोरुको पनि आउँछ
भाइले मिठा पक्वान पाउँछ ।

देउसी र भैलो खेल्नेको लर्को
घरबेटी आमा नमान्नु है भर्को
एक होइन कति घरमा छ खेल्नु
धर्म र संस्कृतिलाई हामीले छ जोगाउनु ।

दिदी र भाइको मिलन तिहार
तेलको लर्को, फुलको बाहार
फेरी अर्को वर्ष भेटौँला
रमाउँदै देउसी भैलो खेलौंला ।



सयुरी श्रेष्ठ
क्रमाङ्क: २८०१७

हावामा म छु

रङ्गीन चराहरूजस्तै
म सानो छु
कुद्छु बिमानजस्तै ।

म छिटो छु
कहिलेकाहिँ तिखो
हावासँग खेल्दा
बुन्छु सपना मिठो ।

निलो आकाशमा मेरा साथी
चरा बिमान अनि पुतलीहरूसँग
उड्दा निकै रमाइलो
मलाई इशारा गर्ने साथी
कति दङ्ग ?

दसैं मेरो मुख्य बजार
आकाशमा साथी हजारौँ हजार
ऊर्जा धेरै मेरो त्यहाँ
सबैको मैमाथि नजर ।



प्रसिद्धि डङ्गोल
क्रमाङ्क: २८००९

विद्यार्थी र विद्यालय

विद्यालयमा विद्याआर्जन गर्न जान्छु सँधै
शिक्षाविना मानिस अन्धो हुन्छ कठै बरै
विवेक बढ्छ ज्ञान लिए सुखी हुन्छ जीवन
पुस्तक पढे अनुभव लिए खुसी हुन्छ मन ।

विद्यार्थी हुँ विद्या लिएर बाड्ने मेरो कर्म
जति दियो उति बढ्ने शिक्षाको अनौठो मर्म
सबैभन्दा ठुलो धन विद्या नै हो सान र मान
विद्याले बुद्धि बढाउँछ यो सत्य कुरा जान ।

पढी लेखी नाम कमाउने काम पनि गर्ने
सानो ठुलो काम हुँदैन भन्दै ज्ञान छर्ने
कर्मशील मान्छेको ईश्वर हुन्छन् साथमा
काम गरे दाम अनि माम आउँछ हातमा ।

पुस्तकालयमा थरिथरि पुस्तक पत्रिका पढौँ
आँट गरी मिहिनेती बनी सधैं अधि बढौँ
विद्यार्थी हुँ पढ्ने लेख्ने मेरो पहिलो काम हो
राम्रो काम गरेपछि कमाउने नाम हो ।



सोनु लामा
क्रमाङ्क: २७०१३

गाउँघर

सहर जति ठुलै भए पनि
गाउँघर हाम्रो मूल
गाउँघरको स्वच्छ हावामा
सबैजना डुल ।

गाउँघरको वातावरण
हेदै हरियाली
त्यहाँ गई हेर्नै भने
जताततै खाली ।

पहाडले घेरिएको
हाम्रो प्यारो गाउँ
विकास गरौं सबैजना
फर्कौं आफ्नै गाउँ ।

गाउँघरको बाटो हेर
धेरै बिग्रिएको
मलाई प्यारो लाग्छ गाउँ
आफू जन्मिएको ।

गाउँघरमा बस्नुजस्तो
अरू खुसी कहीं छैन
त्यही गाउँघरको माटोमा
बित्थ्यो समय खेल्न

गाउँघरको सम्झना
मलाई धेरै आउँछ
बिगतलाई सम्झँदा नि
ताजा याद आउँछ ।



आराध्या प्रसाई
क्रमाङ्क: २८००१

विद्यार्थी

विद्यार्थी हु म
कलम मेरो साथी
पानाहरू पल्टाई-पल्टाई
लेख्छु शब्द छानी ।

सपना छ मेरो ठुलो
पुग्ने धेरै माथि
त्यसैले त कलम कापी
सधै मेरा साथी ।

यसै बित्छ दिन
किताबलाई च्यापी
ज्ञानी भई, पढ्छु सधै
म हुँ एक विद्यार्थी ।

परिश्रममा विश्वास गर्छु
लिने छु एक लक्ष्य
एकचित्त लगाएर
सजाउँछु भविष्य ।



आयुष सुवेदी
क्रमाङ्क: २७००३

पानी

पानी नै हो जीवनदाता
पानी बिना छैन सहारा
पानी नै हो अमृततुल्य
प्रकृतिले दिन्छिन् विनामूल्य

पानीको बुझौं महत्त्व
लागौं गर्न संरक्षण यसको
सोचविचार गरी प्रयोग यसको
छैन अरू कुनै विकल्प जसको

इनार, धारा, कुवा र खोला
हुन् यसका स्रोत अपार
यसकै भरमा अडेको छ संसार
बिना खाना केही दिन चल सक्दछ जीवन
तर यो बिना छैन सम्भव

गरौं संरक्षण मिली सबै मानव जाति
नहोस् अन्याय यसको माथि
गरौं प्रयत्न जोगाउन यसको
नभए रहन्न अस्तित्व जीवको

राखौं सदैव स्वच्छ बनाई
पानीका यी स्रोतहरूलाई
पानी नै हो जीवनदायी
संरक्षण गरौं मिली भाइ भाइ ।



कृष्मा थापा
क्रमाङ्क: २७००५

भोलिका तिमी

बिनासकारी सोच
मनमा नराखी
फुल्नु तिमी अन्धकारमा
कतै पनि नरोकी ।१।

मनमा आशा केही गर्ने
शिखर नि छुनु तिमी
संसार दुष्ट भए पनि
राम्रो दृष्टिकोणले हेर्नु तिमी ।२।

समाजले निरास पारे पनि
सहयोगी ठाउँमै भुल्नु तिमी
सपना ठुला छन्
प्रयास सधैं गर्नु तिमी ।३।

धेरै चोट लाग्छ हिँड्दा
निरास नहुनु तिमी
नारी कमजोर नसोची
खराबलाई मान्नु तिमी।४।

समाजमा रिस र डाहको
युद्धमा निरन्तर
त्यही समाजलाई
फरक दृष्टिकोणले हेर्नु तिमी ।५।

रङ्गिन जिन्दगी तिम्नो
अभै राम्रो पार्नु
खुसी सधैं रहोस्
सप्तरङ्गी भै फुल्नु तिमी ।६।



रुसीना तामाङ
क्रमाङ्क: २६००८

म विद्यार्थी

साथीहरूसँगको न्यानो साथ
सुनौला सिपहरूले गोरोटो बनाउने
परिश्रमले जीवन सजाउँछु
छैन कुनै रवाफ ।

मेरो जीवन,
छुट्टै रमाइलो छ
साथीहरूसँग स्कूल जाने,
दैनिक दिनचर्या
विद्यालय नै सर्वस्व ।

कपालमा तेल,
काँधमा भोला
आज स्कूलमा,
दिन कस्तो होला
मनमा कौतुहलता ।

सिकने छ इच्छा,
मनमा छ जिज्ञासा
तर गृहकार्य धेरै नहोस्,
भन्ने आशा ।

नैतिकता, अनुशासन र इमानदारिता
हुन् मुख्य मार्ग
हरेक काममा जुट्ने
सुखभोग उत्सर्ग
म एक विद्यार्थी ।



निशान श्रेष्ठ
क्रमाङ्क: २५००८

सपना

सपना पूरा गर्ने उसको ठुलो रहर
सपना पूरा गर्न ऊ हिँड्यो सहर
सहरमा चारैतिर गाडी र घर
उसलाई थिएन समयको भर ।

प्लेन चढी घुम्न जाने
उसको ठुलो रहर
पैसा थिएन लाग्यो डर
पैसाका लागि उसले खोज्न थाल्यो काम
तर कामको लागि पनि चाहिँदो रहेछ दाम ।

न त उसको घर न त उसको सहर,
ऊ भौतारिँदै खोज्न थाल्यो काम ।
उसले पायो जेनतेन काम,
तर कम थियो; कामको दाम ।

सपना पूरा गर्ने उसको ठुलो रहर,
तर उसले पूरा गर्न सकेन सपना
ऊ गाडी चढेर फर्कियो घर,
भल्यास् भस्कियो; ऊ ब्युभियो,
आखिर सपना त सपना नै रहेछ ।



अश्विन सिवाकोटी
क्रमाङ्क: २३०१४

मायाको संसार

तिम्रो संसारमा लैजाऊ न मलाई पनि
तिम्रो साथमा बस्ने छु जाने छैनँ कतै पनि
तिम्रो त्यो मिठो मुस्कानमा रमाउने छु म पनि
सागरभैँ गहिरा ती आँखाले हेरिदेऊ मलाई ।

मेरा मनका भावनालाई उतार्ने छु,
तिम्रो चित्र मेरो मनमा कोर्ने छु,
साथ होला नहोला जीवनभरि
तर ती याद यो कोमल मनमा राख्ने छु ।

छाडेर गए पनि पर्खी बस्ने छु,
आए नि नआए नि सधैं खुसी बस्ने छु,
यदि यही नै हो तिम्रो चाहना भने
अर्को जन्ममा तिम्रीलाई फेरि भेट्ने छु ।



कविन रिजाल
क्रमाङ्क: २२०१०

धर्म

पुण्य कमाउने दाउमा परिचय धर्मको हरायो,
म सुखमा हुन्नँ संलग्न, आपत्मा याद मेरो आयो ?
हरेकृष्ण ! हरेराम ! हरेक तिम्रो सम्झनामा
लक्ष्य हुन्छ स्वार्थी तिम्रो हरेक कल्पनामा ।

सत्य, सपना छुट्याउन गाह्रो
पुण्य, धर्म बचाउन सारो
अब धर्मको नयाँ नाम पैसा भयो,
अत्याचार उच्च चरणमा अहिले
अनि धर्म पैतालामुनि आयो ।

कल्पनाको खोजीमा सत्यता नभुल,
अन्धकार सिकारमा बली मेरो नहाल,
खोज्दा तिम्रीभित्रै छु म
निम्न भएको हैन,
दानवद्वारा दबिएको छु म ।

कर्म र धर्म यथार्थ जीवनको
छलकपटसँगै अहिले हुन्न जीवनभरको
नचढाऊ फूल मलाई, नखुवाऊ दुध मलाई
खुसी हुन्छु म यतिमा,
निस्वार्थ भई ज्ञान माग मसँग ।

मित्र



सिमोन सङ्गत
क्रमाङ्क: २२०१९

जीवनको हरपल हरक्षणमा साथ दियौ तिमीले
दुःख पर्दा आँसु बाँड्यौ, सुखमा संगै रमायौ हर्षले
वसोँदेखिको मित्रताको राम्रो साथ दिएकोमा
आभारी छु म तिम्रो, सधैं मेरो साथ रहेकोमा ।

बाल्यकालदेखिका मिठा सम्झना र संगै बिताएका ती पलहरू
याद गर्ने छु सधैं म ती अविस्मरणीय क्षणहरू
समयले हामीलाई छुटाए पनि, पृथ्वी नै उल्टेर गए पनि
तिम्रो र मेरो मित्रताको बिच आउन सक्दैन कोही पनि ।

मेरो मनको भाव बुझी मलाई सधैं खुसी बनाउने
साथी हौ तिमी मेरो हर दुःखमा सहारा दिने
आगामी दिनहरूमा सधैं, हर कदममा सफलता मिलोस्,
तिमी हिँड्ने बाटो अभै सुनौला अवसरहरूले भरियोस् ।

के रैछ त जीवन ?

के नै रै'छ र जीवन ?
नबुझ्नेलाई पो बोझ रैछ,
बुझ्दै जाँदा जीवन त
केही कुराको खोज रै'छ ॥

खुसी देखिन्छन् सबै यहाँ
एकलै रुने थोरै भेटिन्छन्,
भन्नै पर्दा खुसीकै खोजीमा
कयौँ सपना जिउँदै रे'टिन्छन् ॥

सुख भुलाउन दुःख आउँछ,
दुःख भुलाउने मलम कहाँ छ ?
रित्तो रित्तो भयो जीवन
खुसी भर्ने कलम कहाँ छ ?

सङ्घर्ष गर्नु, हार नखानु,
यही नै बाँच्ने आधार रै'छ,
बुझ्नेलाई जीवन उज्यालो
नबुझ्नेलाई अन्धकार रै'छ ॥



विनय रिजाल
क्रमाङ्क: २२०२०



प्राञ्जल खतिवडा
क्रमाङ्क: २३०३०

लेख लेख भ्याउ लाग्छ !!

विद्यालयले कर गर्छ,
लेख लेख कि लेख भनेर
तर के गर्नु ?
लेख लेख भ्याउ लाग्छ !

आफ्नै रचनात्मक सोच
विकास गर्नका लागि
कर गरेको भनेर बुझ्छु,
तर के गर्नु ?
लेख लेख भ्याउ लाग्छ !

लेख्नै मन नलाग्ने भन्ने पनि हैन,
लेख्न मन पनि लाग्छ,
तर के गर्नु ?
लेख लेख भ्याउ लाग्छ !

के लेख्ने ? भनेर सोच्दा पनि भ्याउ लाग्छ,
लेखेको केही फाइदा पनि छ र ? भनेर मन डुल्छ,
नलेखी पनि सुख छैन भनेर दिमागले भन्छ,
यो सोच्दा सोच्दै लेख लेख्न बसू भनेको
तर के गर्नु ?
लेख लेख भ्याउ लाग्छ !

लेख लेख भ्याउ लाग्छ भनेर
यसकै बारेमा लेख्न बसेको
लेख पो लेखिसकेछु,
लेखेको पनि भ्याउ लागी लागी नै हो,
तर अर्को पालि
के लेख लेख जाँगर आउला ?
आउन त सक्ला,
तर के गर्नु ?
त्यो बेला पनि
लेख लेख्न भ्याउ लाग्न सक्छ !



अनुक्रमा पौडेल
क्रमाङ्क: २२०३१

हिजो र आज

हिजो

जताततै शान्ति थियो चैन थियो यहाँ
चारैतिर हरियाली र बाली जहाँ त्यहाँ
निर्धक्क भई बल खेल्थे घर आँगनमा
विश्वास थियो सब साथी थिए आनन्दमा ।

साँझ भोर आउने त देवता नै हुन्थे,
अतिथिदेव भई सधैं सेवारत हुन्थे,
गाउँठाउँ हार गुहार सबैजना गर्थे,
परी आउँदा विपत्तिमा सबै अधि सर्थे ।

सुन्दर र शान्त थियो हाम्रो परिवेश
बुद्धको यो जन्मभूमि कति राम्रो देश !
मन्दिर र मठभरि देवताको वास
नित्य पूजाआजा गर्थे छाडी डरत्रास ।

संस्कृति र सभ्यताको सङ्गम यो थलो
नेपालीको एउटै ध्येय समाजको भलो
सबै खुसी हुन्थे देखी शान्त वातावरण
अहिले जस्तो कहाँ थियो जताततै रण ?

आज

सुनौलो त्यो युग थियो आज कहाँ गयो ?
आङ्गको राज्य यहाँ कसो गरी भयो ?
भाँडभैलो चारैतिर रुवाबासी हा ! हा !
कहिले पो के हुने हो पाइएन थाहा ।

परस्पर षडयन्त्र विश्वास कति छैन,
को हो शत्रु, को हो मित्र ? चिन्न सकिँदैन,
नेपालीको ठुलो समाज एकिलएछ आज
एकलै खाने, एकलै बाँच्ने देखियो समाज ।

मानिसले आफूलाई चिन्न सक्ला कहिले ?
शान्ति हुन्न भाइ मारी, बुझ्न सक्लान् कहिले ?
सिधासाधा जनतालाई सधैं डरत्रास
कसोगरी गरिने हो विनाशको नाश ?

सद्भावको उदय होस्, कामना यो गरौं,
हामी सबै नेपाली हौं, नेपाली भई बाँचौं,
नेपाली हौं, नेपालीलाई माया गर्न सिकौं,
अँजुली यो थापेको छु, मर्न मारन छाडौं ।



Aarika Jha

Roll no: 31003

Cat

Hey cat stop disturbing a mat
Do you want to wear a hat
O cat catch a rat
O cat do you want to meet your dad

I am very sad
You are very bat
O cat stop killing a rat
O cat why are you feeling bad

O cat stop feeling bad
Come play with me
You will feel glad
Hey cat stop disturbing a mat
Do you want to wear a hat ?

My Family



Bishrant Sitaula

Roll no: 32006

My dear Father
I love my father
He loves me because he is my father
I have a brother
He is my brother
He loves me a lot
I love him because he is my brother
Mother Mother
My dear mother
She loves me a lot
She cooks delicious food
She is my mother
I love her a lot.



Prisha Acharya

Roll no: 29040

Little Doll

Little doll, little doll where are you?
Under the table, under the chair
On the balcony, on the roof,
Under the bed, in the room,
Or hiding behind the new shoe.
Little doll, little doll where are you?
Going on the trip, take me too.
Little doll, little doll how was your journey?
It was wonderful, blue sky,
Fresh air and greenery.
Little doll, little doll how are you?
I am fine and how do you do?
Little doll, little doll where are your things?
In my pocket, in my bags
In my suitcase and my racks.
Little doll, little doll let's go to the beach.
Wear your swimming suit and be ready to
reach.

Little doll, little doll we are hungry
Let's go home and do not make our mom
angry.

Little doll, little doll now, we are tired
Let's go to bed and sleep.
That's what we admired.



Asim Paudel

Roll no: 23013

Can a boon be an unprecedented curse?

Long life may be good for many
but a life full of pain won't be great
better than it may be choosing death

Many things are not understood
like rain is a boon but also a curse
it helps to eradicate droughts
but can also cause floods

Knowledge is the greatest boon in human life
but it can also be a curse at any time
it can cause new and better creation
but it causes the most destruction

Nothing can solely be a boon
as it can have many things hidden
If we take everything as a boon
Then one's life can be full of fun.

Test Cricket

It's the longest form of the game
If you succeed in it, you will go down as great,
Played with passion, courage, and competitiveness
for five straight days
Ah! I love Test cricket.



Pranjal Khatiwada

Roll no: 23030

The grind to take a batsman's wicket
The mentality to survive a bowler's spell,
The tension to survive playing for a draw
The sound that the bat makes when it kisses the ball
The sound of timber when the ball hits the wicket,
The swinging red-cherry moving around
The little rain interruptions
The tantalizing feeling of getting a wicket at the end of
the day,
The bat light drama,
Umpires dislodging the bails at the close of play
All adding up to a beautiful contest,
Ah! I love test cricket.



Aswin Siwakoti

Roll no: 23014

Young Love

I had sorrow and a lot of pain
Some feelings I could never explain
But then you came and showed me light
Like a twinkling star on a dark night

It's strange how we met
Was it a coincidence or by fate?
So much to tell but don't know where to start
Slowly but steady, I gave you my heart

But, but look me in my eyes
My heart still cries
Unable to leave the old feelings behind
Constantly trying to clear my mind

I know you aren't the same
And you aren't playing any game
But it's difficult to overcome this fear
What if it all breaks and brings me tears

I'm not saying you don't care
I know you'll never leave me in despair
But what if all of my light goes away?
What if the skies turn gray?

We're so young and we have so much to discover
What if we fall apart and find it hard to recover
They say love is blind, and I do believe
I don't want us to separate and leave

I don't want to cry in pain, again
So I hope whatever we have may remain
But it's funny how quick the time changes
So it's better if we are capable enough to make rearranges

I promise I won't break your trust
And shatter your heart and leave to dust
But i hope you learn to live happily with or without me
For we never know how things are going to be.

A Nice Summer Day



Anukrama Poudyal

Roll no: 22031

I write on you again
You are moist again
Couldn;t resist myself
For my eyes couldn't resist themselves
Garland of words that was left unwoven
Should be completed again
Tears that were pure once
Need to be shed again

I wish you were a flying memory
But you have a solid nest; my heart
Wish it was easier to talk to you
But you are all coated in marbles and granite
Wish I knew the meaning of your name
But you are an enigma

But these are old tales
Which will turn into Stories
But you don't need to panic
Cause you are going in the specials collection
Maybe my grandson will admire your photo And I will look at you and blurt

Son, although she was covered in marbles, one night she passed me the
saw and
chisel in silence

I write on you again
You are moist again
Couldn't resist myself
For my eyes couldn't resist themselves

Garland of words that was left unwoven
Should be completed again
Tears that were pure once
Need to be shed again

I Wish you were a flying memory
But you have a solid nest; my heart
Wish it was easier to talk to you
But you are all coated in marbles and granite
Wish I knew the meaning of your name
But you are an enigma

But these are old tales
Which will turn into Stories
But you don't need to panic
Cause you are going in the specials collection

Maybe my grandson will admire your photo
And I will look at you and blurt
"Son, although she was covered in marbles,
One night she passed me the saw and chisel in silence."



Manisha Gurung

Roll no: 22030

When day becomes night

I feel relaxed when day becomes night
I try to forget all the pain and stay quiet
The whole day I fight with myself to enjoy my day
my ears are tired after listening to what others say
Yes! I feel energetic when day becomes night

I can spend my own time with myself by my side
I can listen and feel my heartbeat when I cry
I don't need anybody to listen to my thoughts
that's why I love the time when day becomes night a lot
Yes! I can understand my inner voice when day becomes night

I can play for a whole night with my soul without fear and danger
I can paint a night full of happiness with a color painter.
I can truly tell whole things with night which are in my mind
She listens to every word that's why she is sweet and kind
Yes ! She is my best friend so I love the time when day becomes night.

slowly, my smile turns into tears and my words become silent
and night becomes my dream's guidance.
I am thankful for the time when day turns into night.
because it teaches me about life with the beautiful lights of night.

Politics and Current Affairs



सुप्रभ आचार्य
क्रमाङ्क: २७०१४

स्थानीय निर्वाचन

(बैठक कोठामा राखिएको टेलिभिजनमा आगामी जेठ ४ गते स्थानीय तहको निर्वाचन हुन सक्ने विषयमा कान्तिपुर समाचारमा समाचार आइरहेको हुन्छ। सुप्रभ र उसको बाबा पनि बैठक कक्षमा नै हुन्छन्। यसै समयमा सुप्रभले आफ्नो बाबालाई निर्वाचनका बारेमा जिज्ञासा राख्छ।)

सुप्रभ - बाबा, मैले धेरै दिनदेखि जताततै स्थानीय तहको निर्वाचनको बारेमा समाचार सुनेको र लेख लेखेको देख्छु। यो टेलिभिजनमा पनि त्यही सम्बन्धी समाचार आइरहेको छ। आखिरमा यो भनेको के हो ?

बाबा - ओहो !, तिमी पनि समाचारमा ध्यान दिइरहेको ? कस्तो खुसी लाग्यो। अँ, हो त अहिले जताततै यसै को कुरा छ। यो भनेको नि हामीले हाम्रो गाँउपालिका र नगरपालिकामा योग्य नेता छान्न पाउने अवसर हो।

सुप्रभ - त्यो भनेको के हो बाबा ? ती त पहिलेदेखि नै छन् हैन र ? मैले हाम्रो सामाजिक शिक्षा किताबमा नगरपालिका, गाँउपालिका, मेयर, उपमेयर, अध्यक्ष, उपाध्यक्ष, तिनीहरूको काम कर्तव्य र अधिकारका बारेमा पढेको हो नि।

बाबा - ए, हा ? कस्तो राम्रो। हो, ती नगरपालिका र गाँउपालिकामा चुनिएर आएका मेयर, उपमेयर, अध्यक्ष, उपाध्यक्ष लगायत सबै निर्वाचित जन प्रतिनिधिहरूको पदावधि अब आगामी जेठ महिनामा सकिँदैछ। त्यही भएर फेरि चुनाव गरेर नयाँ पदाधिकारी चुन्न चुनाव गर्न लागेको हो।

सुप्रभ - तिनीहरूको पदावधि सकिँदैछ भनेको के हो बाबा ? मैले त बुझिन नि।

बाबा - तिमीलाई हाम्रो नेपालको संविधान २०७२ भन्ने त थाहा छ नि, हो त्यो नेपालको संविधानअनुसार एक पटक चुनाव भएपछि जितेर आउने पदाधिकारीको पदावधि ५ वर्ष तोकेको छ। त्यो उनीहरूको ५ वर्षे कार्य-काल सकिनुलाई पदावधि सकिनु भनिन्छ। यस पछि पूनः निर्वाचन गरेर जनताको मतदानबाट नयाँ प्रतिनिधि चुनिनुपर्छ। जसले बढी जनमत पाउँछ ऊ नै स्थानीय तहको जनप्रतिनिधि हुन्छ।

सुप्रभ - जनताको मतदान भनेको चाँहि के हो नि ?

बाबा - नेपालको कानूनअनुसार १८ वर्ष उमेर पुगेका नेपालीलाई भोट हाल्ने अधिकार हुन्छ । आफ्नो स्थानीय तहमा जनप्रतिनिधि छान्नका लागि योग्य भएका नेपाली नागरिक जसको मतदाता नामवलीमा नाम हुन्छ, तिनीहरूले गर्ने मतदान वा भोटलाई नै जनताको मतदान भनिन्छ । यो चाँहि निर्वाचन आयोगले मतपत्र बनाउँछ । त्यसमा आफूलाई मन पर्ने मानिसलाई भोट दिनुलाई नै जनताको मतदान भनिन्छ ।

सुप्रभ - जनप्रतिनिधि किन छान्नुपर्दछ बाबा ?

बाबा - गाँउको विकास गर्न, नागरिकहरूलाई सेवा सुविधा पुऱ्याउन, स्थानीय तहमा सेवा र स्रोतको न्यायोचित वितरण गर्न र शान्ति सुरक्षा कायम गर्न जन प्रतिनिधिको आवश्यकता पर्छ । स्थानीय तहका जनप्रतिनिधि भएमा नागरिकले छिटो र सरल तरिकाबाट सेवा सुविधा पाउँन सक्छन् ।

सुप्रभ - ए ! अनि योभन्दा पहिले यस्तो चुनाव कहिले भएको थियो नि ?

बाबा - स्थानीय तहको गत निर्वाचन २०७४ वैशाख ३१, असार १४ र असोज २ गरी तीन चरणमा भएको थियो । त्यो बेला तिम्रो अल्लि सानै भएकाले बिर्सी सकेछौ । हाम्रो संविधानअनुसार सबै जनप्रतिनिधिको एक पटकको कार्यकाल पाँच वर्षको हुने व्यवस्था गरेको छ । यो अब सकिँदै छ । त्यसैले फेरि चुनावको तयारी हुँदैछ ।

सुप्रभ - अनि यो चुनावकहाँ हुन्छ त बाबा ?

बाबा: यो चुनाव निर्वाचन आयोगले प्रस्ताव गरेको मिति मन्त्रीपरिषद्बाट पास भएपछि धेरै खाले तयारी गर्नुपर्छ । जस्तै, शान्ति सुरक्षाका कुरा, मतदाता नामावली प्रकाशन, मतपत्र छपाइ आदि । त्यसपछि निर्वाचन आयोगले मतदान केन्द्र तोक्छ । भरसक सबैलाई नजिक पर्ने आफ्नै स्थानीय, टोल, सामुदायिक भवन, विद्यालयमा । त्यही गएर मतदाता परिचय पत्र देखाउँदै मतदाता नामावलीमा नाम हेरेर भोट हाल्नुपर्छ ।

सुप्रभ - आहा ! बाबाले त आज धेरै कुरा बुझाइदिनुभयो । यो पटकको चुनावमा त म नि जाने हो हेर्न हजरहरूसँग ।

बाबा - हुन्छ, हुन्छ । जाऔंला नि ।

यतिकैमा आमाले खाजा खान बोलाउनुहुन्छ । दुवैजना भान्सातिर लाग्छन् ।



सौहार्द ब्रजाचार्य
क्रमाङ्क: २६०१०

नेपाल अङ्ग्रेजयुद्ध र सुगौली सन्धि

सन् १८१६,४ मार्चमा नेपालमा सुगौली सन्धि भएको थियो । यो सन्धि सन् १८१४ मा भएको एनेपाली अङ्ग्रेजयुद्ध सकाउन भएको थियो । नेपाली-अङ्ग्रेज युद्ध वा एङ्ग्लो नेपाल युद्ध, नेपाल र इस्ट इन्डिया कम्पनी(भारत) बिच भएको थियो । यस युद्धको बेला राजा गीर्वाणयुद्ध विक्रम शाह राजा थिए । व्यापार गर्ने उद्देश्यले भारत छिरेका बेलायती, भारतमा शासन गर्न थाले । भारतमा मात्र नभई बेलायतीहरू आफ्नो वरिपरि-का देशहरूमा पनि हमला गर्न थाले ।

बेलायतीहरू भारतका राज्यहरू जित्दै नेपालसम्म आइपुगे तर बेलायती इस्ट इन्डिया कम्पनीलाई नेपालका पुर्खाहरूको बारेमा थाहा नै थिएन । बुटवलबाट नेपाली फौज हटाउन इस्ट इन्डिया कम्पनीले आदेश गर्दा नेपालको सरकारले मानेन । यसकारण नोभेम्बर १, १८१४ मा नेपालमा हमला गरे । तिब्बतमा व्यापार गर्नका लागि नेपालमा हमला गर्नुपर्थ्यो । बेलायतीहरूसँग राम्रो हातहतियार र धेरै फौज थियो । हरिहरपुर गढी, कुमाउँ, मकवानपुर गढी, नालापानी, जैथक र जितगढमा युद्ध भयो । नेपालले जीतगढको लडाइँ सजिलैसँग जित्यो तर अरू लडाइँहरूमा नेपाल विजयी हुन सकेन । खानेपानी र हातहतियारको कमीले नेपाल पछि हट्नुपर्‍यो ।

इस्ट इन्डिया कम्पनीले काठमाडौँमा हमला गर्ने भनेपछि नेपाल सन्धि गर्न तयार भयो । यो सन्धि सुगौलीमा भएको कारण यसको नाम दिइएको थियो 'सुगौली सन्धि' । यस सन्धिअनुसार बेलायतले नेपाललाई २००,००० रुपैयाँ तिर्नुपर्‍यो र नेपालले सिक्किम, कुमाउँ गढवाल र पश्चिम तराईको भाग दिनुपर्‍यो तर नेपाली वीर सपुतहरूले आफ्नो स्वाभिमानभन्दा ठुलो केही ठानेनन् । पानी पनि नखाई धेरै समयसम्म लडे र नेपालको अस्तित्व बचाउन सफल भए । यस युद्धमा भएका भक्ति थापा, अमरसिंह थापा, बलभद्र कुँवरलाई र अरू बेलायतीहरूले प्रसंसा गरेका छन् । यस युद्धबाट नेपाललाई वीर गोर्खालीको देश भनेर विश्वका अन्य देशका मानिसले चिन्छन् ।



मीमांशा आचार्य
क्रमाङ्क: २३०२७

नेपालमा सुशासन

शक्तिको सदुपयोग गर्दै जनताको आवश्यकता, चाहना र हितका लागि शासन गर्नु नै सुशासन हो। पारदर्शिता, जवाफदेहिता, समावेशिता र जनताको सक्रिय सहभागिताले देशको सुशासन निर्धारण गर्छ। संयुक्त राष्ट्रसङ्घका अनुसार सहभागिता, कानूनको शासन, पारदर्शिता, उत्तरदायित्व, सहमति उन्मुख समानता र समावेशिता, प्रभावकारिता तथा दक्षता र जवाफदेहिताका आठ कारकहरूद्वारा सुशासनको मापन गरिन्छ।

फिनल्यान्ड सुशासनको राम्रो उदाहरण हुन सक्छ। यहाँका जनताहरू सरकारलाई अभिभावकको स्वरूपमा लिन्छन्। फिनीहरू सरकारले गरेको हरेक निर्णयलाई आत्मसात गर्छन् र सरकारमाथि धेरै नै भरोसा गर्छन्। सरकारले यहाँका नागरिकहरूलाई देशमा नै काम गर्ने उपयुक्त अवसर र वातावरण बनाएको छ।

यी कुरा नेपालमा हेर्ने हो भने अहिलेसम्म पनि नेपालीहरूले नेपाल सरकारका धेरैजसो निर्णयहरूलाई आत्मसात गर्न सकेका छैनन् र विश्वास पनि गर्न सकेका छैनन्। नेपाली जनताहरूका लागि त सुशासन र नेपालको शासन व्यवस्था धेरै नै परको कुराजस्तो भएको छ। नेपालमा सुशासनको कमी हुनुका मुख्य कारणहरू स्थानीय र राष्ट्रिय स्तरमा उच्च तहको भ्रष्टाचार, राजनीतिक अस्थिरता, राजनीतिमा एउटै विचारधाराका नेताहरू हुनु, निर्वाचित सरकारले आफूलाई प्रमाणित गर्न नसक्नु, आवाज र पारदर्शिताको अभाव आदि हुन्।

देशमा सुशासन कायम गर्न सत्तारूढ दलमात्रै होइन, सबै नागरिक र प्रतिपक्षी दल उत्तिकै जिम्मेवार छन् तर सुशासन कायम राख्नमा सत्तापक्षको भूमिका बढी हुन्छ। सुशासनको प्रवर्द्धन गर्न जनताको आवश्यकता बुझेर त्यसअनुसार काम गर्न जरुरी छ तर नेपालमा हाम्रा अधिल्ला सत्ताधारी दलहरूलाई हेर्दा उनीहरूले जनताको इच्छाअनुसार काम गर्न सकेनन् र जनतालाई आफू सुरक्षित र अधिकारको रक्षा भएको महसुस गराउन सकेनन्। दलहरूले हामीलाई सबै सम्भावना र त्यसको छेउमा सपना देखाउन सके तर पूरा गर्न सकेनन्। सुशासन जिम्मेवार हुनुपर्छ र आफ्नो जिम्मेवारी पारदर्शी ढङ्गले बहन गर्नुपर्छ तर नेपालमा हाम्रो शासन व्यवस्थामा पारदर्शिता देख्न सकेको छैन। उनीहरूलाई जिम्मेवार बनाउन उनीहरूले नगरेका हरेक कामका बारेमा सबै जनतालाई सचेत गराउनु आवश्यक छ। अर्को पटक पनि भोट दिदा नागरिकले आफ्नो गल्ती महसुस गर्ने छन्।

भ्रष्टाचार र सुशासन एकअर्कासँग सम्बन्धित छन्। नेपालमा सुशासनको अभावको प्रमुख कारण भ्रष्टाचार पनि हो। देशको हरेक क्षेत्रमा भ्रष्टाचार हुँदा सत्तामा बसेको सरकार भ्रष्टाचार रोक्न असमर्थ भएको होइन र ? भ्रष्टाचारले विकास कार्यलाई अधुरो बनाइदिन्छ, जसले गर्दा नागरिकहरू अधिकारबाट स्वतः वञ्चित हुन्छन्। नागरिकको हित र अधिकारका लागि काम गर्नु सुशासनको जिम्मेवारी होइन र ? सुशासनले हरेक विकास कार्यमा पारदर्शिता ल्याउने प्रयास गर्छ तर भ्रष्टाचार हुँदा सत्तारूढ दलले भ्रष्टाचार नगरे पनि आयोजना पारदर्शी बनाउन सक्दैनन्। त्यसो भए यसको मतलब सरकार परियोजना विकास गर्न असफल

भएको भनेर बुझिन्छ। हाम्रा लागि सानो देखिने भ्रष्टाचार ठुलो हुन सक्छ, जसले सम्पूर्ण शासन व्यवस्थालाई असफल बनाउन सक्छ। तसर्थ सुशासन भएको देशले जहिले पनि भ्रष्टाचारको दर घटाउने प्रयास गर्छ। खराब शासन नै भ्रष्टाचारको कारण हुन सक्छ।

हाम्रो देशको उदाहरण लिऔं। नेपालमा सुशासनको अभावका कारण भ्रष्टाचार दिनानुदिन बढ्दै गएको छ। हाम्रा सत्तारूढ दल, जो भ्रष्टाचारमा संलग्न छन्, उनीहरूले कसरी भ्रष्टाचारको दर घटाउने? नागरिकलाई अप्रत्यक्ष रूपमा भ्रष्टाचारमा संलग्न हुन प्रोत्साहन गर्ने शासन व्यवस्था भएन र यो? आरोप लागेका र भ्रष्ट भएको पुष्टि भएकाहरू हाम्रो शासन व्यवस्थामा छन्, अनि कसरी भ्रष्टाचार नियन्त्रणमा ल्याउन सकिनेला त? यसमा हामी नागरिक पनि उत्तिकै जिम्मेवार छौं। हामी पहिले नै थाहा पाए पनि तिनै नेताहरूलाई भोट दिने गर्छौं र नयाँ पार्टी वा नयाँ विचारधारा भएका पार्टीलाई भोट दिने प्रयास पनि गर्दैनौं। हामीले यी पहिलेदेखि सत्तामा रहेका दल र तिनै राजनीतिज्ञलाई मौका दिएका छौं। उनीहरूलाई मौका दिन सक्छौं भने नयाँ पार्टीलाई किन मौका नदिने? तर यसबारे सबै जनता सचेत छैनन्। जनतालाई हाम्रो राजनीतिको यथार्थ देखाउनु र सचेत गराउनु आवश्यक छ अनि मात्रै हाम्रो देशमा समृद्धि र सुशासनको अनुभूति हुने छ। नेपालमा भ्रष्टाचार अन्त्य गर्न र सुशासन स्थापना गर्न हरेक सरकारी काम वा परियोजनाको पारदर्शी रूपमा छानबिन हुनुपर्छ।

नेपालमा सुशासन प्रवर्द्धन गर्न हामीले जहिल्यै तिनै हाम्रा राजनीतिक दलहरूलाई मौका दिएर हुँदैन, अरू नयाँ राजनीतिक पार्टीहरूलाई पनि मौका दिनुपर्छ। सरकारले जनताहरूका लागि अभिभावकीय भूमिका निर्वाह गर्नपर्छ र जनताको भरोसा जित्न जरुरी छ। त्यस्तै, देशमा भ्रष्टाचार नियन्त्रणमा ल्याउन र स्थानीय तह र राजनीतिक तहमा पारदर्शिता ल्याउन आवश्यक छ। विपक्षी दलका नेताहरूले पनि देशको निर्माणका लागि सत्तारूढ दललाई सहयोग पुर्याउनुपर्छ। जनता र सरकार सबैले स्वार्थीपन त्यागी देशको विकासमा लागेमात्र नेपालमा सुशासन प्रवर्द्धन गर्न सकिन्छ।



आश्रव खनाल
क्रमाङ्क: २२००१

राष्ट्रवाद

राष्ट्रवाद एक यस्तो विचार हो, जसले राष्ट्रको हितलाई बढावा दिन्छ, राष्ट्रको आत्मशासन प्राप्त गर्ने र कायम राख्ने उद्देश्यहरूको धारणा राख्छ। साधारण रूपमा एउटा राष्ट्रवादले प्रत्येक राष्ट्रले बाहिरी हस्तक्षेपबाट मुक्त भएर आफूलाई शासन गर्नुपर्छ भन्ने मान्यता राख्छ। राष्ट्रवादले संस्कृति, जाति, भूगोल, भाषा, धर्म, परम्परा र एकल इतिहासमा विश्वासका साथै विशेषताहरूमा आधारित एउटा राष्ट्रिय पहिचान निर्माण गर्ने र कायम राख्ने लक्ष्य राख्छ।

राष्ट्रवादले राष्ट्रको परम्परागत संस्कृतिको संरक्षण र संवर्धन गर्न खोज्छ। “राष्ट्र” को समय र परिस्थितिअनुसार विभिन्न परिभाषाहरू छन्। यसैको कारणले विभिन्न प्रकारका राष्ट्रवादहरू हामी पाउँछौं। दुई

मुख्य भिन्न रूपहरू भनेका, जातीय राष्ट्रवाद र नागरिक राष्ट्रवाद हुन् । विद्वान्हरूका अनुसार राष्ट्रहरू सामाजिक रूपमा निर्मित हुन्छन् तर ऐतिहासिक रूपमा संयोगले बन्ने गर्छन् । इतिहासका पानाहरू पल्टाउँदा थाहा हुन्छ कि मानिसहरूलाई आफ्ना नातेदार समूह, परम्परा तथा आफ्नो मातृभूमिप्रति एक लगाव थियो तर त्यस्तो अवस्था भए पनि राष्ट्रवाद १८ औं शताब्दीको अन्त्यसम्म एक प्रमुख विचारधारा बन्न सकेन ।

राष्ट्रवादमा तिनवटा प्रमुख दृष्टिकोण रहेका छन् । पहिलो हो, आदिमवाद, जसले राष्ट्रवादको लोकप्रिय अवधारणालाई प्रतिविम्बित गर्दछ । यो प्रकारको राष्ट्रवादमा मानवजातिको इतिहासमा सधैं राष्ट्रहरू थिए र राष्ट्रवाद एक प्राकृतिक विचार हो भनेर मानिन्छ । विगतमा चीनमा यस्तो प्रकारको राष्ट्रवाद राजनीतिमा प्रसिद्ध भएको देखिन्छ तर धेरै हदसम्म विद्वान्हरूले यो विचार सत्य भएको मान्दैनन् । दोस्रो प्रकारको राष्ट्रवादलाई एथनोसिम्बोलिज्म भनेर चिनिन्छ । यसले राष्ट्रवादलाई एउटा गतिशील र विकासवादी घटनाको रूपमा व्याख्या गर्छ । राष्ट्र र राष्ट्रवादको विकासमा प्रतीकहरू, मिथकहरू र परम्पराहरूको महत्त्वलाई जोड दिइन्छ । तेस्रो दृष्टिकोण भनेको आधुनिकीकरण सिद्धान्त हो । यसले राष्ट्रवादको प्रमुख व्याख्याको रूपमा आदिमवादलाई ओगटेको छ । आधुनिकीकरण सिद्धान्तका अनुसार राष्ट्रवाद आधुनिकीकरणका प्रक्रियाहरू, जस्तै: औद्योगिकीकरण, शहरीकरण आदि पर्दछन्, जसले राष्ट्रिय चेतनालाई सम्भव बनाए, यी त्यहीँबाट उत्पन्न भएका हुन् । यस आधुनिकीकरण सिद्धान्तका समर्थकहरूले राष्ट्रहरूलाई कल्पना गरिएका समुदायहरूका रूपमा लिन्छन् । त्यस्तै राष्ट्रवादलाई एउटा आविष्कार गरिएको परम्पराको रूपमा वर्णन गरिन्छ । यस सिद्धान्तअनुसार साझा भावनाले सामूहिक पहिचानको रूप प्रदान गर्दछ र व्यक्तिहरूलाई राजनीतिक एकतामा बाँध्छ ।

एउटा राष्ट्रमा राष्ट्रवादको आधार जातीय विशेषताहरू, मूल्यहरू र सिद्धान्तहरूको संयोजन हुन्छ । दार्शनिक-बहसमा राष्ट्रवादको नैतिक मूल्य, राष्ट्रवाद र देशभक्तिविचको सम्बन्ध, राष्ट्रवाद र विश्वव्यापिताको अनुकूल ताजस्ता विषयहरूको बहस भइरहेको छ । ऐतिहासिक रूपमा राष्ट्रवादलाई विभिन्न राजनीतिक विचारधाराहरू, जस्तै: राष्ट्रिय रूढिवाद र समाजवादसँग जोडिएको पाइन्छ । व्यवहारमा राष्ट्रवाद दुवै सकारात्मक वा नकारात्मक हुन सक्छ । यो कुनै समूह वा राष्ट्रको विचारधारा र परिणामहरूमा निर्भर गर्दछ । राष्ट्रवाद, स्वतन्त्रता र न्यायका आन्दोलनहरूको एक विशेषता रहेको पाइन्छ । हाम्रो जीवनमा हामीले राष्ट्रिय उपलब्धिहरूमा गर्वलाई प्रोत्साहित गरेको देख्छौं । राष्ट्रवादले जातीय र धार्मिक विभाजनलाई बढाउन सक्छ । यसको नराम्रो प्रयोग अल्पसङ्ख्यकहरूलाई दबाउन वा आक्रमण गर्न तथामानव अधिकार र लोकतान्त्रिक परम्पराहरूलाई कमजोर बनाउन प्रयोग गरिएको छ, अझै पनि गरिँदै छ । इतिहासमा कट्टरपन्थी राष्ट्रवादबाट भएका नराम्रा घटनाहरूको विवरण हामी सबैलाई थाहा नै छ तर राष्ट्रवादको राम्रो प्रयोगले एउटा राष्ट्रलाई समृद्धिको उचाइसम्म पुर्याउन सक्छ ।



मनिषा गुरुड
क्रमाङ्क: :२२०३०

भ्रष्टाचार नियन्त्रण र सुशासन प्रवर्धन

जन्मिएपछि असल नागरिक भएर मर, भ्रष्टाचारी होइन ।

भ्रष्टाचार भन्नेवित्तिकै नियम कानुनविरुद्ध नैतिक पतन हुने गरी काम गर्नु, घुस खानु, पक्षपातपूर्ण निर्णय र व्यवहार गर्नु वा भ्रष्ट मनसाय राख्नु भन्ने कुराहरू आउँछन् । भ्रष्टाचारको परिभाषा गर्नुभन्दा व्याख्या गर्नु सजिलो हुन्छ किनकि भ्रष्टाचारको परिभाषा यी शब्दहरूले मात्र हुँदैन । प्रत्यक्ष र अप्रत्यक्ष गरी भ्रष्टाचारका अन्य रूप पनि हुन्छन् । त्यसैले पनि भ्रष्टाचार निवारण ऐन २०५९ को दफा २ ले पनि भ्रष्टाचार भन्नाले परिच्छेद २ अन्तर्गत सजाय हुने कसुर सम्भन्नु पर्दछ भनी भ्रष्टाचारको स्पष्ट परिभाषा नगरी विषयवस्तुलाई समेटेको पाइन्छ । नेपालको सन्दर्भमा भ्रष्टाचार तिन प्रकारका छन् आर्थिक भ्रष्टाचार, नैतिक सामाजिक भ्रष्टाचार र नीतिगत भ्रष्टाचार । भ्रष्ट आचरण हुने भएकाले नै भ्रष्टाचारले देशलाई आर्थिक, समाजिक ढङ्गबाट भित्रैदेखि खोक्रो बनाउने काम गर्छ । भ्रष्टाचारले राष्ट्रको सुशासनमा खलबली ल्याउँछ, सार्वजनिक सेवाहरूको दुरूपयोग गराउँछ, विकासका कामहरूलाई नाममा मात्र सीमित गराउँछ र समाजमा अस्वस्थ प्रतिस्पर्धाको वृद्धि गराउँछ ।

जसरी एउटा बिरुवालाई हुर्कन र बढ्न सन्तुलित वातावरणको आवश्यकता पर्छ, त्यसैगरी भ्रष्टाचारको बिरुवा-लाई मौलाउन पनि हामी सबैले कहीं न कहीं, केही न केही मलजल थपेका छौं । यो सबै हामी नेपालीको देन हो । हामी यति बेजोडका साथ लागिपरेका छौं कि जतिसुकै नियम कानुन बनाए पनि कार्यान्वयन हुन दिँदैनौं । आज भ्रष्टाचार यति सामान्य भइसकेको छ कि प्रत्येक घर, प्रत्येक गल्ली, प्रत्येक चोक र प्रत्येक कार्यलयमा यो हुने गर्छ, चाहे त्यो सरकारी होस् या गैरसरकारी ।

भ्रष्टाचारको मुख्य कारक तत्त्व के नेपालमा देशको नियम र कानुन नहुनु हो ? हो, किनकि जुन नियम र कानुन कथित धनाढ्यहरूका लागि उनीहरूको इच्छाअनुरूप रातभरमा परिवर्तन हुन्छन्, त्यस्ता नियम र कानुनलाई छैनन् भन्दा फरक नपर्ला । कानुन फितलो हुनु, कार्यान्वयन नहुनु, बढी महत्त्वाकाङ्क्षी हुनु, सुख सयल, भोग विलासमा बढी लिप्त हुनु आदि भ्रष्टाचारका कारण हुन्, जसमा भ्रष्टाचारीहरूले आफ्नो स्वार्थअनुरूप आफ्ना नातागोता, आफन्तलाई विभिन्न पदमा भर्ती गर्ने मात्र नभई उनीहरू पैसाको मोहमा आफ्नो देशप्रति गद्दारी गर्न पछि हट्दैनन् ।

ट्रान्सप्यारेन्सी इन्टरनेसनल नेपालले गरेको सर्वेक्षण प्रतिवेदनअनुसार नेपालको भ्रष्टाचारको अवस्था खासै सुधार नभएको देखिएको छ । भ्रष्टाचारको सूचकाङ्कमा नेपाल १ सयमा ३३ अङ्क प्राप्त गरी ११७ औं स्थानमा थियो । सन् २०१९/२० मा विश्व बैङ्क, वर्ल्ड इकोनोमिक फोरम, ग्लोबल इनसाइट, बर्टेल्सम्यान फाउन्डेसन, वर्ल्ड जस्टिस प्रोजेक्ट र भिडिइएमसमेत ६ वटा संस्थाद्वारा विश्वभर भ्रष्टाचारसम्बन्धी सर्वेक्षण गरिएको थियो । भ्रष्टाचार अवधारणा सूचकाङ्क सिपिआई २०२० मा नेपाल ११७ औं स्थानमा छ । यसले नेपाल धेरै भ्रष्टाचार हुने मुलुकको श्रेणीमै रहेको देखाएको छ । यसअघि यो सूचीमा नेपाल ११३ औं स्थानमा थियो । १००

पूर्णाङ्क मानी तयार गरिने सूचकाङ्कमा ५० भन्दा कम अङ्क पाउने मुलुकहरू भ्रष्टाचारग्रस्त मानिन्छन् । सबैभन्दा बढी डेनमार्क र न्युजिल्यान्डको समान ८७ अङ्क छ । सिङ्गापुर, स्विडेन, स्विट्जरल्यान्डले भ्रष्टाचार नहुने राम्रा मुलुकको छविलाई कायम राखेका छन् । के नेपालले पनि त्यो छवि कायम गर्न सक्ला त ?

यो तथ्याङ्कबाट त हामीले जानी नै सक्यौं कि नेपालमा भ्रष्टाचार कतिसम्म मौलाएको थियो र छ । भ्रष्टाचार विरुद्धको कार्यलाई अझ सहज बनाउन संयुक्त राष्ट्रसङ्घको अगुवाइमा भ्रष्टाचार विरुद्धको अन्तर्राष्ट्रिय महासन्धि जारी भई डिसेम्बर ९ लाई भ्रष्टाचार विरुद्धको अन्तर्राष्ट्रिय दिवसका रूपमा मनाइन्छ र मनाइँदै आइरहेको पनि छ तर ३६४ दिन भ्रष्टाचार गरेर सत्यलाई पैसा र पावरको मोहमा “नियमको उल्लङ्घन म गर्दिनँ ।” भनेर भन्न नसक्ने ती असत्य र भ्रष्ट आवाजले एक दिन भ्रष्टाचार गर्नुहुन्न भन्नुको के औचित्य हुन्छ र ?

ट्रान्सप्यारेन्सी इन्टरनेसनलका अनुसार सार्वजनिक क्षेत्रको कामकारबाहीको अवस्था उस्तै छ । सार्वजनिक क्षेत्रको काम कारबाहीको निगरानीको स्थिति विश्लेषण गर्ने विश्व बैङ्कले ८ वर्षदेखि नेपाललाई ३५ अङ्क दिइरहेको छ । सार्वजनिक क्षेत्र सरकारसँग प्रत्यक्ष सरोकार राख्ने विषय हो तर सरकारको ओहोदामा पुग्नेहरूका लागि यस्तो उनीहरूको चासोको विषय नै होइन । केही वर्षदेखि सार्वजनिक क्षेत्रको अवस्था उही रहनु भनेको सरकारले आम तहमा अनुभूत हुने गरी सुधार गर्न नसक्नु हो । जहाँ जनताका लागि अत्यावश्यक छ, त्यहाँ माथिल्लो तहका राजनीतिज्ञहरू आफ्नो सुख र सुविधा खोज्न व्यस्त छन् । आम नागरिकसँग प्रत्यक्ष सरोकार राख्ने सार्वजनिक क्षेत्रमा सुधार भएको भए मुलुकको अवस्था अझै सुध्रिन्थ्यो होला तर कथित राजनीतिक विज्ञहरूका लागि सार्वजनिक क्षेत्र सुधारमा होइन, आफू र आफ्नो परिवारलाई कसरी सहजता र सबै सुविधा प्रदान गर्न सकिन्छ, त्यसप्रति ध्यान दिँदैमा फुर्सद हुँदैन । भ्रष्टाचारले देशको अर्थतन्त्रलाई राम्रैसँग पछि धकेलिदिएको छ तर फरक कसैलाई पर्दैन किनकि अगुवाहरूको पेट राम्रोसँग भरिएको छ ।

भ्रष्टाचार नियन्त्रणमा सरकारलगायत राज्यका सबै अङ्ग अख्तियार दुरुपयोग अनुसन्धान आयोगप्रति मात्रै बढी निर्भर भएका कारण पनि नेपालमा भ्रष्टाचार अझ निर्मूल पार्न कठिनाई भइरहेको छ । हामी आफ्नो व्यक्तिगत स्वार्थ पूर्ति गर्नका लागि नियम र कानून तोड्छौं अनि जब त्यो गल्तीलाई सुधारी राज्यको सुशासन प्रवर्द्धनमा लाग्नुपर्ने बेला आउँछ, तब एउटा व्यक्ति, एउटा समूह, एउटा संस्था र एउटा आयोगमा मात्र हामी किन निर्भर हुन्छौं ? के हामी नागरिकको कुनै केही दायित्व नै हुँदैन आफ्नो राज्यप्रति ? किनकि प्रत्येक व्यक्तिले आफ्नो ठाउँबाट आफ्नो देशप्रतिको कर्तव्य सम्भरेर, आफ्नो लोभ र लालचलाई चार कोस पर राखेर सबैलाई समान सोच्न सके भ्रष्टाचार नै हुँदैन ।

प्रशासनिक संयन्त्रको कमजोर भूमिकाका कारण पनि नेपालमा भ्रष्टाचारले आज शिखर छोएको छ अनि भ्रष्टाचार गर्ने र गराउने बिचौलियालाई सहज र सुरक्षित माध्यम पनि हामी आफैले प्रदान गरिरहेका छौं । लौ न हजुर, चियापानको व्यवस्था गरिदिन्छु, मेरो यति काम गरिदिनुपर्छ भनेर हामी नै भन्ने गछौं अनि कर छल्ने अनेक उपाय पनि हामी नै सोच्ने गछौं नि, होइन र ?

देशमा अब चाँहि केही होला भन्ने विश्वास राखेका युवापुस्तादेखि लिएर बाटोघाटो बनाउने मिस्त्रीसम्म, कार्यालयमा ढाकाटोपी ढल्काएर बस्ने हाकिमसा'बदेखि लिएर राजनीतिक नेतृत्व गर्दै र देश विकास गर्छु भन्दै भुटो भाषण दिँदा दिँदा नथाक्ने देशका प्रमुखसम्मले भ्रष्टाचारको दिशातर्फ लाग्दै गर्दा साधारण जनता, दुःख र गरिबीको रेखामुनि बस्न बाध्य सोझा निमुखालाई लुछ्छुदै, उनीहरूको सपनालाई तराजुमा जोख्दै अनि मेरो सरकार छ नि भन्ने थोरै भएको भरोसालाई पनि लछ्छारपछ्छार गर्दै मुस्कुराउँदै कालो धनको ताल्चा भुन्ड्याएको देखा दुःख लाग्छ ।

बालुवाटार जग्गा प्रकरण, सेक्युरिटी प्रिन्टिङ प्रेस खरिद प्रकरण, आयल निगमको जग्गा खरिद प्रकरण, वाइडबडी जहाज खरिद प्रकरण, न्यारोबडी जहाज खरिद प्रकरण, नेपाल ट्रस्टको जग्गा यति कम्पनीलाई लिजमा दिएको प्रकरण, सेक्युरिटी प्रेस खरिद सम्बन्धमा तत्कालीन मन्त्रीको अडियो प्रकरण र स्वास्थ्य सामग्री खरिदमा ओम्नी

समूहले गरेको अनियमितताका मुद्दामा अविलम्ब अनुसन्धान प्रक्रिया सम्पन्न गरी दोषीलाई कारवाही गर्नुको सट्टा फाइलहरूलाई नै बन्द गर्नुपर्ने अवस्था किन आयो त ? यो विषयमा राजनीतिज्ञहरूको केही हात छैन होला त ?

सङ्गठनको सामान खरिद र ढुवानीमा भ्रष्टाचार, सामान खरिद गर्दा नक्कली कम्पनी र बिल खडा गरेर भ्रष्टाचार गरेको समाचार हामीले सुनेकै हौं नि, हैन र ? राष्ट्रिय खेलकुद परिषदसँग सम्बन्धित फुटबल महासङ्घमा फिफाले भ्रष्टाचार ठहर्याए पनि त्यो फाइल कहिल्यै खुलेन । मालपोत अधिकृत भ्रष्टाचारको मुद्दामा परेको सिराहाको भ्रष्टाचार काण्ड पनि हामीलाई थाहा भएकै कुरा हो । भृकुटी मण्डप र टुकुचाको परिषद्का नामको जग्गा भाडामा अनियमितता गरेको, आफू निकट गैरसरकारी संस्थालाई आर्थिक सहायता बाँडेको, कार्यालयबाट कम्प्युटर, फ्रिजलगायतका सामग्री घर लगेको लगायतका भ्रष्टाचारका पाना पल्टाउँदै जाने हो भने आफैलाई लाज लाग्छ कि मेरो देशका राजनीतिज्ञहरू कतिसम्म भ्रष्टाचार गर्न सक्छन् भनेर अनि राज्यका प्रमुखहरूप्रति अलिकति राखेको विश्वास पनि टुटेर जान्छ । परिषद्का थुप्रै जग्गा र भौतिक संरचनामा चलखेल गर्न पाइने भएकाले सरकार फेरिपिच्छे, त्यहाँ नियुक्तिका लागि दौडधुप बढ्ने गरेको विभिन्न सञ्चारमाध्यमले उल्लेख गरेका छन् । खोइ त यसप्रति राज्यको ध्यान ? हुन त होस् पनि कसरी ? किनकि आफू र आफ्नै चम्चाहरूले ती कार्य गरिरहेका छन्, जहाँबाट राज्यका सबै कुरा स्वचालित हुन्छन् वा भन्न सक्छौं देशको मेरुदण्ड भनिएको ठाउँमा त यति भ्रष्टाचार हुन्छ भने अरू दुर्गम जिल्लाहरूमा भ्रष्टाचारको अवस्था के होला ? हामीले कहिल्यै ध्यान दिन सकेका छौं त ?

एउटा गाउँमा कुनै विकास गर्नका लागि ५ लाखको परियोजना परेको हुन्छ तर त्यो काम सुचारु गर्न अथवा भर्ना पास गर्न आधाभन्दा बढी पैसा घुस खुवाउनु पर्छ । यस्तो छ नेपालको अवस्था अनि विकास गर्नुपर्छ, गर्नुपर्छ भन्दै भाषण ठोकेर मात्रै हुन्छ त ?

सरकारले जनताका लागि के कसरी हेर्दै छ ? भनेर बुझ्न धेरै टाढा जानु पर्दैन । यसका पर्याप्त उदाहरण हाम्रै समाज, हाम्रो टोल र हाम्रै बस्तीहरूमा छन् । मलाई याद छ, पासपोर्ट बनाउन पुसको चिसोमा राती ३ बजे उठेर राष्ट्रिय परिचयपत्र लिन मात्रै मेरो दाइ चार दिनसम्म जानुभयो । आश्चर्य लाग्न सक्छ, त्यति बिहानै त्यो पनि ४, ४ दिनसम्म जाँदा पनि काम किन भएन ? किनकि साधारण जनतालाई लाइन बस्न लगाएर भित्र अर्को बाटोबाट आफ्नो मान्छे खुसुखुसु छिराउने प्रवृत्ति जो छ । यो समस्या मेरो एउटा दाइको मात्र होइन, हजारौं नेपाली सर्वसाधारणहरूको हो, जसको आफ्नो मान्छे कुनै पद र प्रतिष्ठामा छैन, जससँग भित्र छिर्नका लागि त्यो महँगो टिकट किन्ने पैसा छैन । कुनै संस्थामा जागिर खानका लागि पढाइको डिग्री र प्रमाणपत्र त मात्र बहाना हो, तपाईं जति नै त्यो कामका लागि योग्य भए तापनि जागिर खान कि आफ्नो मान्छे चाहिन्छ, कि त पैसाको भेल बगाउनुपर्छ ।

यी कुराहरू मेरा व्यक्तिगत धारणा मात्र होइनन्, समाजमा राज्यले आम जनता वा नागरिकलाई दिएको ध्यान र मायाको उपहार हो । कोभिडको खोप लगाउन थाहा छैन कति वृद्धवृद्धा रोगी आमाबाहरू खोपको प्रतीक्षा गर्दागर्दै खाली पेट र थकाइले चर्को घाममा ढले । अनिगिन्ती छन् ती आम जनताहरू, जसले आफ्नो सारा काम छोडेर पालो कुदै गर्दा कथित धनाढ्य राजनीतिक वर्गको मानिसलाई आफूभन्दा अधि बढ्दै गरेको देखे । थाहा छैन न हजुर, कोरोना लागेर आफ्नो मान्छे नहुनाका कारण अक्सिजनको सिलिन्डर नपाएर कति विरामीले अकालमै मृत्युवरण गर्नु पर्यो । गनेरै नभ्याइने छन् ती व्यक्तिहरू, जसले सरकारी कामका लागि दिनहुँ कार्यालय धाइरहनुपर्छ र धाउनुका कारण हुन् ठाउँमा आफन्त र साथमा पैसा नहुनु ।

अब भन्नुहोस्, नेपालमा भ्रष्टाचारको कस्तो अवस्था छ ? कोही ५ तारे होटलमा बसेर सुपारीको तस्करी गर्छन्, त कोही कार्यालयमा बसेर घुस खान्छन् तर हुन त भ्रष्टाचार नै हो नि । दिनहुँ सोझा जनतालाई ठग्ने काम भइरहेको छ, जनताको आँखा छल्ने उपाय खोज्छन् देश बनाउने जिम्मा पाएकाहरू, अनि कसरी हुन्छ सुशासनको सुरुवात ?

नेपाल कानून पत्रिकाले प्रकाशन गरेको एउटा समाचारले म स्तब्ध भएकी छु । भन्सार विभागका महानिर्देशक

तथा त्रिभूवन अन्तर्राष्ट्रिय विमानस्थलका भन्सार कर्मचारीसमेतको मिलेमतोमा सुन तस्करी गरी भ्रष्टाचार गरिएको सम्बन्धमा आयोग वादी भई चलाएको मुद्दामा पुनरावेदन अदालत पाटनबाट वादी दावीबमोजिम आंशिक भ्रष्टाचार भएको ठहर गरी २०५४।५।४ मा भएको फैसलामा अख्तियार दुरुपयोग अनुसन्धान आयोगले पुनरावेदन गरेको र सर्वोच्च अदालत संयुक्त इजलासबाट त्यस्ता मुद्दामा आयोगले पुनरावेदन गर्न नमिल्ने भनी मिति २०५६।२।१२ मा पुनरावेदन खारेज गरेकोले संविधानको धारा ९८ (३) र मुलुकी ऐन अ. वं. १९३ कोव्यवस्थामा अस्पष्टता देखिएको र यस फैसलाले आयोगलाई पुनरावेदन गर्ने हकबाट बञ्चित गराई आयोगको काम, कर्तव्य र अधिकारमा अंकुश लगाई आयोगलाई निष्क्रिय रहनुपर्ने बनाएको थियो । यसबाट बुझिन्छ कि माथिल्लो तहमा भएका हाम्रा कति राष्ट्रसेवकहरूलाई न देशको चिन्ता छ, न त नियम र कानूनको वास्ता । भनिन्छ, देशलाई विकासको शिखरसम्म पुर्याउन त्यो देशका नागरिक र राष्ट्रिय राजनीति सक्षम हुन जरुरी छ तर नेपालको राजनीतिक अस्थिरताका कारण नेपालमा भ्रष्टाचारले तीव्र गति लिइरहेको अवस्था छ । भ्रष्टाचारले कुनै पनि देशको नैतिक मूल्य र मान्यता पतन बनाउन समय लाग्दैन । खै यसलाई मनन गर्न सकिएको ? त्यस्तै गएको एक वर्षमा पाँचमध्ये एकजनाले सार्वजनिक सेवा लिँदा घुस दिनुपरेको अनुसन्धानले बताउँछ । प्रतिवेदनअनुसार एसियामा सार्वजनिक सेवा लिन व्यक्तिगत पहुँच र भनसुन पनि निकै चल्ने गरेको छ, जसको कारण पनि नेपालमा भ्रष्टाचार नियन्त्रणमा कठिनाई भइरहेको छ ।

सुशासन भन्नेवित्तिकै उत्तम किसिमको शासन भन्ने बुझिन्छ, असल राज्य व्यवस्था भन्ने बुझिन्छ, जहाँ जनताको प्रत्येक हकको कदर गरिन्छ । सुशासन प्रवर्द्धन गर्नुपर्छ भन्दै नारा लगाउनेहरूलाई थाहा हुँदैन भ्रष्टाचार गर्नुहुन्न भन्ने ? सबै उस्तै हुँदैनन् तर प्रायः हाम्रो देशको लगभग राजनीतिक क्षेत्रको तहमा, प्रशासनिक तहमा, निजी क्षेत्रको तहमा अलि कडाइका साथ ध्यान दिन सके सुशासनको सुरुवात त्यहीँबाट हुन्छ तर यस्ता कुराहरू हाम्रो देशका अगुवाहरूलाई भालुलाई पुराण सुनाएजतिकै हुन्छ ।

भ्रष्टाचारीहरू नसमातिने होइनन्, समातिन्छन् तर सानातिना भ्रष्टाचार हुने ठाउँ, जुन ठाउँमा जनताले प्रत्यक्ष रूपमा सरोकार राख्न सक्छन्, त्यस्ता ठाउँमा काम गर्ने साना भ्रष्टाचारीहरू समातिन्छन् । राज्यको हरेक कुरा जनताले प्रत्यक्ष रूपमा हेरिरहेका हुन्छन् भन्ने छैन । ती अप्रत्यक्ष रूपमा भएका ठुला ठुला भ्रष्टाचारहरूलाई कसले खोजतलास गर्ने ? ठुला ठुला परियोजनाहरूमा हुने भ्रष्टाचार र कमिसनलाई खै जनताको अगाडि उभ्याएर यो भ्रष्टाचारी हो भन्न सकेको ? मात्र यहाँ त जनताको आँखामा धुलो छर्ने काम भइरहेको छ ।

राज्यभित्र राज्यकै सम्पत्तिमा आँखा लगाउने ती गिद्धे नजरहरूलाई कसले रोकथाम गर्ने ? किनकि ठुला भ्रष्टाचारहरूमा प्रतिबन्ध लगाउन राजनीतिक प्रतिवद्धता चाहिन्छ, जुन नेपालमा हालसम्म हुन सकेको छैन किनकि ती भ्रष्टाचारीहरू आफ्नै मुटुका टुक्राहरू हुन्छन्, जसलाई उनीहरू छानबिन गर्न सक्दैनन् या त उनीहरूको विरुद्ध नगएवापत आफूले पनि मोटो रकम प्राप्त गरेका हुन्छन् । त्यसकारण पनि आज सुशासन प्रवर्धनमा फितलोपन छाएको छ ।

त्यसैले यदि हामीलाई सुशासन प्रवर्धन गर्नु छ भने राजनीतिक मुहान सफा नगरी सुशासनको सुरुवात हुन्छजस्तो लाग्दैन । शक्तिबाट पैसा आर्जन गर्न सकिन्छ भन्ने कुबुद्धि पलाएर आज नेपालमा शक्तिसम्पन्नहरूले भ्रष्टाचार जस्तो देशलाई भित्रभित्रै खोक्रो बनाउने धमिरालाई बढावा दिइरहेका छन्, जसका कारण पनि सुशासनको धजिया उडिरहेको छ र अर्को कुरा नेपालमा नेपालीहरूको सोच निकै खराब ढङ्गबाट स्वचालित भइरहेको छ । यदि कोही व्यक्ति भ्रष्टाचारविरुद्ध आफ्नो आवाज उठाउने सामर्थ्य राख्छ भने हातमा हात मिलाएर त्यस्ता व्यक्तिलाई साथ र प्रोत्साहन दिनुको सट्टा यसले भ्रष्टाचारको रकम पाएनछ भनेर उसैलाई होच्याउने काम हामी गरिरहेका छौं । यो प्रवृत्तिका कारण पनि सुशासन प्रवर्धनको न सुरुवात हुन सकेको छ, न त भएको कानूनको पनि कार्यान्वयन भएको छ । देशलाई गलत बाटोमा लैजाने भ्रष्टाचारजस्तो कुशासनजन्य प्रवृत्तिलाई नियन्त्रणमा लिन सके सुशासन आफैँ सुरु हुन्छ ।

यदि हामी भ्रष्टाचार अन्त्य गरेर सुशासन प्रवर्द्धन गर्न चाहन्छौं भने प्रत्येक नेपाली नागरिकले आफ्नो कार्यका लागि सचेत र जिम्मेवार नागरिकको भूमिका निर्वाह गर्नुपर्छ । राज्यको प्रत्येक हिस्सामा आफ्नो ध्यान प्रकट गर्नुपर्छ । कहाँ के भइरहेको छ भन्ने कुराको जानकारी आफूले सकेसम्म राख्नुपर्छ, चाहे त्यो आम नेपाली जनता

होस् या आयोगको कुनै व्यक्ति या त राजनीतिज्ञ होस् । नियम र कानुनले संविधानजस्तो पवित्र किताबमा आफ्ना पानाहरू मात्र भरेर किन राख्ने ? कार्यान्वयन नै नगर्ने भए ती नियम र कानुनहरू किन, केका लागि र कसका लागि बनाइँदै छन् ? त्यसैले जेजति नियम र कानुन छन्, तिनलाई कार्यान्वयन गर्न सिकौं ।

कर्मचारी प्रशासनलाई जवाफदेही बनाउनुपर्छ । कर्मचारी प्रशासनभित्र हुने अनियमितालाई रोक्नुपर्छ । देशको प्रत्येक संसद् र त्यसभित्रका प्रत्येक कर्मचारीहरू प्रभावकारी हुनुपर्छ । न्यायपालिकाले पनि भ्रष्टाचारसम्बन्धी मुद्दालाई संवेदनशील रूपमा हेर्नुपर्छ । आम नागरिकले पनि बढीभन्दा बढी सूचनाको हकको प्रयोग गर्नुपर्छ र हरेक कुराको निगरानी राख्ने त्यस्ता समूहहरूको गठन गर्नपर्छ । एकल प्रयासबाट भ्रष्टाचार नियन्त्रण गर्छु भन्नु मुखता हो त्यसैले 'एकले थुकी सुकी, सयले थुकी नदी' भन्ने उखानलाई आत्मसात गर्दै प्रत्येक व्यक्ति आफ्नो आफ्नो ठाउँबाट सक्रिय हुन सक्थो भने अवश्य भ्रष्टाचार नियन्त्रण हुन्छ र जब भ्रष्टाचार नियन्त्रण हुन्छ तब सुशासन प्रवर्धनको सुरुवात हुन्छ ।

भ्रष्टाचारको अन्त्य गर्नका लागि अब हामी नै उठ्नुपर्छ । देशलाई भित्रभित्रै नाश गर्ने धमिराहरूलाई देशबाट हटाउनु छ भने हामी जनता नै एकजुट हुन जरुरी छ त्यसैले घरबाट सिकाऔं आफ्ना प्रत्येक छोराछोरीलाई भ्रष्टाचार भनेको के हो ? भ्रष्टाचार किन गर्नुहुन्छ र भ्रष्टाचारको विरुद्ध किन जानुपर्छ ?

सिकाऔं यी पाठहरू अनिवार्य शिक्षा सम्भरेर । यदि कोही भ्रष्टाचार गर्न खोज्दै छ भने त्यसको विरुद्ध आवाज उठाउन सिकाऔं । प्रत्येक विद्यालयमा प्रत्येक विद्यार्थीहरूलाई भ्रष्टाचारसम्बन्धी शिक्षा दिऔं, पठनपाठनमा भ्रष्टाचारविरुद्ध विद्यार्थीलाई हौसला प्रदान गर्ने पाठ्यक्रम राखौं । भ्रष्टाचारविरुद्ध र्यालीहरू निकालौं । साधारण जनतालाई भ्रष्टाचारसम्बन्धी आवश्यक ज्ञान दिऔं । उनीहरूलाई सचेत बनाउन भ्रष्टाचारविरुद्ध विभिन्न सचेतना कार्यक्रम सञ्चालन गरौं । उदाहरणका लागि निबन्ध लेखन प्रतियोगितालाई लिन सकिन्छ, जसका माध्यमबाट विद्यार्थीलगायत, युवापुस्ता र सर्वसाधारणले नेपालमा भएको भ्रष्टाचारबारे जानकारी प्राप्त गर्न सक्छन् । यति मात्र गर्न सके पनि केही हदसम्म भ्रष्टाचार नियन्त्रण हुन सक्छ ।

सरकारले सुशासन कायम भएको दावी गरिरहँदा ट्रान्सप्यारेन्सी इन्टरनेसनलले नेपालमा भन्नु भ्रष्टाचार बढेको रिपोर्ट सार्वजनिक गरेको छ । यसको मतलब सरकार र सरकारी कामकाजले मिठो बोलीमा चरालाई चारो हालेसरह आफ्नो भुटो प्रतिबद्धताले नेपाली जनतालाई उल्लु बनाइरहेका छन् अनि हामी नेपाली जनता कतिसम्म लाटो भएर बसिरहने ? आफ्नो आवाजलाई कति दिनसम्म दबाई राखिरहने ? के हामीलाई लाग्दैन हामीले आवाज उठाउनुपर्छ ? कालो धन्दा र कालोबजारीलाई पूर्णविराम दिनुपर्छ ? अनि के लाग्दैन हामीलाई हाम्रो स्वतन्त्र मुलुकलाई भ्रष्टाचार रहित देश बनाउनुपर्छ ? सुशासन स्थापना गर्ने कार्यको सुरुवात गर्नुपर्छ ? यी प्रश्नहरू एकचोटि आफैँले आफैँलाई सोध्ने प्रयास गरौं । प्रश्न गरौं आफैँले आफैँलाई, सरकारलाई मात्र कति दोष दिएर बस्ने ? किनकि हामीले अन्याय, अत्याचार र भ्रष्टाचार सहेर बसेका छौं, जुन हाम्रो सबैभन्दा ठुलो कमजोरीका साथसाथै गल्ती पनि हो । आफ्नो कर्तव्यबाट कहिल्यै पर नहटौं, हाम्रो कर्तव्य भ्रष्टाचार रोकथाममा मद्दत पुर्याउनु पनि हो । तसर्थ आफू पनि भ्रष्टाचार नगरौं र अरूलाई पनि नगर्न सुझाव दिऔं अनि मात्र म भ्रष्टाचार रहित देशमा बसोबास गर्छु भनेर गर्वका साथ भन्ने दिन पक्कै आउने छ ।

मेरी आमाको मुखबाट गलत काम गर्नु भन्दा गलत कामलाई सहेर आफ्नो आवाज नठाउनु सबैभन्दा ठुलो पाप हो भन्ने भनाइ बारम्बार सुनिरहेकी म भ्रष्टाचारविरुद्ध आवाज उठाउन सबैलाई आह्वान गर्छु । यदि हामीले यसरी नै भ्रष्टाचारलाई सहेर चुपचाप बस्यौं, आफ्नो आवाजलाई सत्यका लागि उठाउन सकेनौं भने न त भ्रष्टाचारको अन्त्य हुन्छ, न त सुशासनको स्थापना नै । त्यसैले म पनि एक विद्यार्थी भएको नाताले र सुरुवात आफैँबाट गर्नुपर्छ भनेको सानैदेखि सुन्दै आएको आजैदेखि भ्रष्टाचारको विरुद्ध आफ्नो आवाजलाई कहिलै रोकिन दिने छैन भन्ने प्रतिबद्धता व्यक्त गर्दछु ।



Saki Shrestha

Roll no: 23051

Black Lives Matter

Black lives matter is a movement dedicated to the black people living particularly in America. In the United States, white people are more favored than black people which resulted in unfair violence against black people. So, this movement is done as a protest to seek equality in black people & lives.

There was a mass movement which happened across the cities of the US. The movement was headed by many activists who conducted different campaigns and protests seeking equality rights locally as well as internationally. Black lives matter was first founded through an online movement using the hashtags #BlackLivesMatter by the black community. This movement was formed after an incident in 2012 which involved the killing of a black man for looking suspicious. His name was Trayvon Martin who lived in Sanford, Florida. Martin was noticed around the neighborhood and that he looked suspicious. Martin was followed and got into an argument with him which led to murder of Martin. Then the watchkeeper had given a statement of Martin assaulting him and he had done so due to self defense and it made him free for a few weeks. But since the incident received national attention, protests started happening in the city. He was later arrested. After a year, many similar incidents started happening in the country and therefore the Black Lives Community started protesting and fighting due to racism in the country.

Again, recently a case gained worldwide attention related to black People. George floyd, a black man was reported dead due to a white police officer who choked on his neck for more than ten minutes despite floyd's repeated protests. This case quickly got attention from all over the world after a video became viral of Floyd's last moments. It generated large protests all around the globe. People expressed their anger through different social media and participated in the protests and BlackLivesMatter became the cause of nationwide demonstrations.

Everybody should be treated equally whether it's white people, black people and even brown people. They have gained all the rights to live happily with freedom and justice in the society. People should not be judged on the basis of their appearance. They should have enough guts to speak against the violence they are facing and people should know that everybody is equal.



Yojana Gautam

Roll no: 23068

Youth for politics and change in society

Society is a group of individuals involved in persistent, social interaction or a large group sharing the same territory and the word politics came from the Greek word 'polis'. Aristotle described politics as investigating, on the basis of the constitutions collected, what makes for good government and what makes for bad government and to identify the factors favorable or unfavorable to the preservation of a constitution. Politics is actually interrelated to society. It is the means of changing society socially, physically, mentally and dynamically. Politics try to maintain balance in society and ensure smooth functioning of the society.

When we hear politics we always or usually think of the government, politicians, and political parties. For the shake and betterment of the society youth should enter in the politics. Politics can also be beautiful and can lead to the development of society and nation if they are involved in it. If the youth enters into politics then it is sure that positive change will arise in society. For instance, if we look at BP koirala and madan bhandari they started their political career when they were youths. In the same way, looking at Mahatma Gandhi and Abraham Lincoln started their political careers when they were youth. This proved that the power of youth can bring change in society and nation. And change is always positive when youth get the opportunity to enter into politics.

In the context of Nepal we don't see the youth being too much involved in politics when they don't have interest in politics as we can expect them to see in politics. They are always avoiding and thinking bad about politics. They also think that politics is a dirty game. Even if they have interest in politics, their parents avoid them getting involved in politics and how can the country and society be developed? And some youth do not want to come into politics because of seeing the present of Nepal i.e corruption and misunderstanding of youth who are being involved in the politics of this era.

It is a myth to believe that youths can change the current polluted politics of Nepal because youths have been a part of the problem in current dirty politics. For example, YCL was always there, UML was always there, and NLA was there. They were all led and constituted of youths, but see where we are now. These corrupt politicians have always used these youths to achieve their dirty ambitions with an

expectation in return. So youths are not a problem, corrupt culture is the problem, which we all are part of. Unless there is a clean leadership, nothing will change. However, there are a few youths on the horizon who are able to win the hearts and minds of the people such as Rabi Lamichhane, Gyanendra Sahi, Punya Prasad Prasain (though not so young), and so on. If they come together and form a party, get prepared for the next election from now, it is sure that Nepal will not be the same as today.

So youth has a great role in politics for the betterment of society and nation. Hope this present era of politics members is active in their work without any corruption and others. And other youths who are not interested in politics are also requested to be involved in politics.



Meemansha Acharya

Roll no: 23027

Margaret Thatcher: The Most Influential Person of Her Time

Margaret Thatcher was born on 13 October 1925 in Grantham, Lincolnshire to the grocer's family. Her father was Alfred Roberts who was also a local politician who served as a Mayor of Grantham from 1945-1946 and as an Alderman of Grantham from 1943-1952. According to livescience, "Her father's religious devotion and interest in politics, no doubt, influenced Thatcher's views and career path as an adult."

Margaret Thatcher was the first woman Prime Minister of the United Kingdom from 1979 to 1999 and the Leader of the Conservative Party from 1975 to 1990. She is widely known for her policies that she implemented when she was Prime Minister. These policies and ideologies now are known as Thatcherism which is named after her. According to Wikipedia, "the term Thatcherism has been used to describe the principles of the British government under Thatcher from the 1979 general election to her resignation in 1990, and continuing into the Conservative governments under John Major and David Cameron."

Thatcher was politically active in her youth as well. She had been president of the Conservative Association at the Oxford University where she studied. She graduated in chemistry in 1947 from Somerville College. In 1950, she lost her first parliamentary election, she was also defeated in her second try. After her second loss, she married Dennis Thatcher. Finally, in 1958 she was selected as

the candidate for Finchley and was selected as MP in the 1959 election. With a lot of struggles in the 1970s, she was appointed as Secretary of State for Education and Science where she was highly criticized due to her policy to end free school milk. In 1975, she defeated Edward Heath and was elected as the leader of the Conservative Party. In 1979, she was elected as the Prime Minister of Britain. During her premiership, in order to control inflation, she implemented monetarism that increased the interest rates, doubled the taxes and cut the public spending, she cut social welfare programs, reduced trade union power and privatized certain industries. By 1987, the economy became stable, as well as the inflation rate decreased and unemployment rate too was decreased. When Argentina invaded the Falkland Islands, a British colony, she sent force 8000 miles away to fight against them although many of her party members asked for negotiation. After a lot of opposition also she took the courage and was successful in taking control of Falkland Island. Privatization was one of the most crucial revolutions or economic legacies launched by Thatcher. She was successful in introducing privatization in public sector companies, raised revenue.

She introduced many policies during her premiership but she resigned from prime minister and party leader in 1990. She was a very courageous woman who never became afraid of the oppositions and went through her own policies and ideologies despite the large criticisms and opposition. Due to this leadership style, a Soviet journalist also called her "The Iron Lady". She is really an inspiration to the thousands and millions of women.



Ashraya Karki

Roll no: 23066

THE REAL REASON FOR PUTIN AGGRESSION AGAINST UKRAINE

To understand Russia's true motivation, we must first comprehend Russia and how it has evolved over time, from the slavic empire that dominated the world to the Soviet Union and its demise in the 1990s, and then we must comprehend how all of this has been distilled into one man, Vladimir Putin. This appears to be a story about regional dominance and power struggles, but it is also a story about Vladimir Putin's true desires.

Russia began sending thousands of troops to the Russian-Ukraine border a few months ago, calling it a military drill. The scheduled diplomatic session in Geneva devolved into turmoil. Prior to the conference, Putin requested that NATO halt its

expansion and refuse to admit new members. He also wants NATO forces to leave eastern Europe and the US to stop protecting the region. Allies in Europe. He makes it plain with his harsh phrases that if the demands are not met, he will invade Ukraine. Though this list appears to have appeared out of nowhere, a closer examination reveals what Putin's true intentions are. However, in order to grasp this, you'll need a basic understanding of NATO and the Soviet Union. The origins of modern-day Russia can be traced back to Kievan Rus, which is now part of Ukraine. These towns banded together and eventually joined the Soviet Union. Not only in history, but also in politics and the economy, they are inextricably linked. The Soviet Union fell apart in 1991, dividing Ukraine from the rest of the world. But just because the border was split doesn't mean the cultural ties were severed. Gorbachev, for example, was the son of a Ukrainian mother and a Russian father when he was the Soviet leader at the time. So, in a lot of respects, it's difficult to tell these two apart. Vladimir Putin, a young intelligence officer who despised the divide, was rising through the ranks in post-Soviet Russia at the time. In his mind, the Soviet Union as a whole was one, and the disintegration meant that his own folks had been expelled from the motherland.

When the west begins to show up in other ex-Soviet countries, preaching its ideology of democracy and capitalism and inviting them to join NATO, his concern and worry begin to rise. The majority of them have joined NATO, and some have even joined the EU. While everything is going on, Putin consolidates his position by silencing dissenters and gaining favors. Although the Soviet Union fell apart in the 1990s, Putin continued to regard Russia as a Cold War-era Soviet empire. Ukraine suffered the greatest loss, as it is one of the most important parts from both a cultural and economic standpoint. And, over the past year, Ukraine has been quietly drifting west, electing pro-western presidents and on the verge of joining NATO, with a recent poll showing that 58 percent of Ukrainians support joining the EU and 64 percent support joining NATO.

Putin is in denial and is attempting to reintegrate Ukraine into Russia by sending saboteurs into the country to create a pretext for invasion and even physically capturing Ukraine's land in Crimea. Putin even claimed that the breakup of the Soviet Union was one of the greatest calamities of the twentieth century, despite the fact that the entire globe was at war at the time

In the article written by Vladimir Putin titled "On the Historical Unity of Russians and Ukrainians" he argues that Russia and Ukraine are one people. He calls them essentially the same historical and spiritual space. He argues that the division between two countries "are because of the efforts by those forces that have always sought to undermine our unity." At the end of the post he even says that "Just look at how Germany and Austria, or the USA and Canada live next to each other. Close in Ethnic Composition, culture, in fact sharing one language, they remain sovereign states with their own interests, with their own foreign policy but this does not prevent them from the closest integration or allied relation. They have very conditional, transparent borders and when crossing them the citizens feel at home. They create families, study, work, and do business. Incidentally, so do millions of those born in

ukraine who now live in russia. We see them as our own close people. It is like when China forces Canada to join its communist alliance. It is what Putin feels and he sees the culture and connection slowly dissolving.



Jubin Maharjan

Roll no: 22026

Which is better, globalization or nationalism?

Globalization is the process in which a country's business or organization develops internationally and starts to scale in an international manner. Whereas, nationalism is the process by which a country's business or organization is self-dependent and does not have any international influence. Both globalization and nationalism have been the subject of debate among many people. Both concepts have their own negative and positive effects.

Nationalism is a term in which a country is self-dependent and promotes its own products and culture. Nationalism helps to promote one's pride, sense of unity and helps to create a strong feeling of nationalism among people and defends a particular culture and way of life. These are its positive effects but nationalism also has its negative consequences such as it may lead to conflict with others, can create a sense of indifference or create indifference among individuals.

Globalization is a social or cultural phenomenon in which there is no barrier for trade, communication or cultural exchange. Globalization promotes the exchange of new culture and spread of international trade. In present days globalization has changed the modern world. Due to globalization, international trade and development has evolved drastically. Without globalization there would not be a diverse market or flow of trade internationally. Globalization helps in the sharing of technology and knowledge, due to which the world is advancing quickly.

We can see that globalization has more international benefits rather than nationalism. Nationalism would not allow the spread of knowledge and technology internationally which in terms would not allow the world to develop quickly. Because of this reason, I feel like globalization is better than nationalism.



Aashrab Khanal

Roll no: 22001

Climate Hysteria

Hysteria is a major tool in political discourse which in this case means things characterized by exaggerated or uncontrollable emotion. Since climate has also become an increasingly political issue, the hysteria seems to be going off the charts. Every International climate summit starts and ends with how the neutralization of human induced changes in the climate will require radical measures to control since it shall result in extreme consequences.

In today's international politics, few things are predictable which unfortunately doesn't include the verbosity of climate change. The problems are presented in the same way as has been done for decades. Scientists are complaining about the misinformation regarding climate change but allow politicians to easily hijack their movements. The UN suggests that the end is near and the destruction of our planet is irreversible. The news headline reads : "Coastal cities will be underwater in 20 years". But people realize that the same thing was said 20 years ago as well. The hysteria is palpable and it is doing more harm than good to the climate change movement.

In my opinion, the politicians and climate change activists have successfully built the climate industrial complex termed by economist Bjorn Lonborg to increase the profitability of ongoing climate change hysteria. Through mainstream media , they have been able to participate in constant fear mongering on the issue of climate change. After even a small natural disaster, every news segment ends with dire warnings related to climate change citing weak sources. The exaggerations are profiting the mainstream media by increasing their ratings. The tendency to follow state propaganda is also the reason that people are starting to lose trust in the mainstream media. The most reported cases reflect only highly improbable worst case scenarios related to climate change. This criticism doesn't imply denial of climate change having disastrous consequences. It is an issue that needs to be addressed but in the most efficient manner. There must be enough willingness to encourage people to face future climate changes and show their representatives the need to act quickly and swiftly to mitigate the expected damage. Many veteran environmentalists criticize the utopian picture presented by the current environmentalist movement. The diverse range of options are found today from hydro-electricity to solar and nuclear energy to solve the desperate need to replace

fossil fuels with cleaner energy sources. A lot of damage to the economy is anticipated by radical climate change policies.

The intellectuals who are playing the role of intermediates between the common people who are unable to interpret scientific studies about climate change are being seen to do an extreme injustice to them. The leaders of the climate movement are willing to apply every trick in the trade to achieve something they think is morally superior and completely factual. Climate change has presented itself as a serious problem. But the way to an efficient solution has been stifled by the intellectual class. This type of sabotage has been observed countless times in history, be it recent or ancient, but awareness is still the same as it has been for millennia.



Rakshit Dahal

Roll no: 22024

Why is Good Politics important?

Apart from just knowing your rights, politics has many things to offer. In fact, politics has the capability to change the picture of the country within a year whether it is a good change or a bad change. It doesn't matter how much you don't want to involve yourself in politics, it will come to you eventually no matter what. Even though we buy stuff with our own money we don't have the full liability to it, even though it costs everything to us. The main reason for this is politics. If used correctly, politics has great capability, but if used wrongly, politics also has the capability to create a monster that can kill thousands of people, and still, thousands will be supporting them.

We live in a country where corruption is high and political stability is highly low compared to other developing countries. No one knows the importance of good governance and politics apart from us, the citizens of Nepal. If Nepal was to fall under a good governance system, our country would have touched the peak of success higher than Everest itself, and yes this is possible because Nepal, has everything with itself to develop. Nepal could have exported more goods than imported if the local government had focused on providing their farmers with the right market. Our country lacks good governance and a political environment. We think of corruption, bribery, discrimination, injustice, and selfishness when it comes to the politics of Nepal. Politics is very important and needs to be included in school curriculums as it will aware the students aware of our ongoing situations. To understand how

the government works, the rights and wrongs, the do's and don'ts everything falls under political study. It is very essential to understand politics in this 21st century. A smarter population will lead the country to a better future even if its leaders are uneducated. We need to understand how politics works, how the government works before we complain about things we consider stupid. And no matter what, even if we try to stay away from politics, it will find its way to us.

“Just because you do not take interest in politics does not mean that politics will not take interest in you” - Pericles

We have been taught from a really young age about the qualities and ethics of good politics but we never usually think of using it, we often have the visualization of going abroad and staying there. But this article isn't going to stab you in any way and conclude that “Stay in Nepal and be a part of good politics and practice good politics, whether it be your football team or even while organizing something. Be a part of something that is worth remembering for , rather than being a part of something that will be cursed.

Science and Technology



दिया श्रेष्ठ
क्रमाङ्क: २२०३२
सूचना प्रविधि

हरेक घटना वा विषयलाई एक ठाउँबाट अर्को ठाउँमा पठाउने वा जानकारी गराउने कार्यलाई सूचना भनिन्छ। त्यस्तो जानकारी गराउने तरिकालाई प्रविधि भनिन्छ। आज सूचना प्रविधिको अत्यधिक विकास भएको छ। यसले संसार एउटै गाउँका रूपमा परिणत भएको छ भने मानव जीवन सहज र सरल बन्दै गएको छ।

पहिले मानव जीवन सूचना प्रविधिको अभावमा निकै नै कष्टकर थियो। खास गरी रेडियो, टेलिफोन, मोबाइल आदिको विकास र विस्तारसँगै मानव जीवन सहज बन्दै गयो। एक्काइसौं शताब्दीमा आइपुग्दा कम्प्युटर सञ्जालले विभिन्न ठाउँबाट हुने काम एकै स्थानबाट गर्न सकिने अवस्था सिर्जना भएको छ। कार्यालयको एक कुनामा मात्र नभई त्यसको एक शाखाबाट अर्को देशको शाखासित कारोबार समेत गर्न सकिन्छ। यसले शिक्षा, स्वास्थ्यलगायत व्यापारिक क्षेत्रको उत्पादकत्व बढाउन पनि सहयोग पुर्याएको छ। यस्तै कर्मचारीहरूबिच हुने सञ्चारको प्रकृतिमा पनि तीव्र गतिले परिवर्तन भएको छ। दोस्रो वा तेस्रो व्यक्तिको सहयोगबिना हुने सञ्चारले कार्यस्थलमा कर्मचारीहरूबिचको आपसी सम्बन्धलाई थप बलियो बनाएको छ। विशेषगरी सामाजिक सञ्चालनसँग सम्बन्धित साइटहरूको प्रयोगले पनि कर्मचारीहरूको आपसी सम्बन्धलाई नयाँ ढङ्गले अघि बढाइरहेको अनुभव हुन्छ। वर्तमान प्रतिस्पर्धात्मक युगमा कम्प्युटर प्रविधिको अत्यधिक प्रयोग नगरी टिक्न नसकिने अवस्था रहेको कुरा कम्पनीहरूले राम्रोसँग बुझेका छन्। त्यसैले हरेक कार्यालयहरूमा अहिले कम्प्युटर उपलब्ध गराइन्छ। कतिपय अवस्थामा त कार्यालय नगई सुरक्षित सञ्जालबाट कर्मचारीहरूले आफ्ना काम गरिरहेको समेत देख्न सकिन्छ।

कोभिडको महामारीका कारण धेरै समयसम्म देशहरूमा लगडाउनको सुरुवात गरियो र वैकल्पिक रूपमा घर बाट काम गर्नुपर्ने भयो, जसमा सबैले घरमा बसेर आफ्नो कम्प्युटरद्वारा सूचना आदान प्रदान गरे र घरमै बसेर आफ्नो काम सम्पन्न गर्न थाले। सूचना प्रविधिको कारणले गर्दा नै महामारी हुँदा पनि एकअर्कासँग कर्मचारी, विद्यार्थी र शिक्षकहरूले सजिलैसँग अन्तरक्रिया गर्न समेत पाइरहेका छन्। यसले मानिसहरूमा सामूहिकताको भाव जगाउन सहयोग गरिरहेको छ।

सूचना प्रविधिले मानिसको जीवनलाई सजिलो बनाउँदै लगेको छ। सबैभन्दा प्रमुख कुरा यसले समय र भौतिक दुरीलाई मेटाउँदै छ। शिक्षा, सिप, ज्ञान र सूचना प्राप्त गर्न अति सजिलो भएको छ। विश्वभरि फैलिएको ज्ञानको भण्डारका रूपमा रहेका पुस्तक, पत्रिका आदिलाई टेबुलमाथि ल्याउन, हेर्न, छान्न र सुन्न सम्भव भएको छ। यातायातमा हुने समय र खर्चलाई घटाएको छ। एकजना व्यक्तिको विचार वा सन्देश क्षणभरमै विश्वभरि फैलाउन सकिने भएको छ। त्यसकारण हामी भन्न सक्छौं कि सूचना प्रविधिले मानव जीवनमा कायापलट भएको छ।



विकर्ष ओझा
क्रमांक: २३०१६

कम्प्युटरको भाउ बढ्नुको कारण के हो ?

आजको प्रविधिको युगमा कम्प्युटर मानव जीवनको पूर्वाधारको अभिन्न अङ्ग बनेको छ। कम्प्युटर एक मे कानिकल उपकरण हो, जुन विभिन्न कार्यहरू गर्न प्रयोग गरिन्छ, जो व्यक्ति एकलै गर्न सक्दैन। तर हालैका वर्षहरूमा कम्प्युटर बनाउन प्रयोग हुने कम्प्युटर पार्टपुर्जाहरूको मूल्य (पहिलेको मूल्यको तुलनामा १० प्रतिशतसम्म) बढेको छ, जुन नयाँ पुस्ताको कम्प्युटरमा स्तरवृद्धि गर्न चाहने धेरै मानिसहरूका लागि ठुलो समस्या भएको छ।

सन् २०१९ देखि जब कोभिड - १९ फैलिएपछि आजको समयमा कम्प्युटरको क्षेत्रमा उत्साह राख्नेहरूलाई अहिले कम्प्युटर सामग्रीहरूको मूल्यमा आएको मुद्रास्फीतिको कारणले पहिलेको तुलनाभन्दा १०% बढी मूल्य बढेको छ। यस मूल्यमा बढेको कारण अहिलेको समयमा जसले आफ्नो कम्प्युटरमा नयाँ वस्तुहरू जोड्ने सोच राखेका थिए, ती मान्छेहरूको सोच पूरा हुन पाएको छैन। यस्तो मूल्यमा बढाउनुमा कोभिड - १९को ठुलो योगदान छ। अहिलेको समयमा चीनले विश्वभरि यस्ता विभिन्न कम्प्युटरका सामग्रीहरू अरू देशहरूमा निर्यात गर्थ्यो तर चीनबाट नै उत्पादन भएको यस भाइरसले गर्दा विभिन्न कारखानाहरू बन्द भए। त्यसका साथै चिप्स बनाउने धातु सिलिकनको पनि अभाव हुन सुरु भयो। यस अभावका कारण सिलिकनको मूल्य बढ्यो, जसकारण मेसिनको लागि बनेको चिप्सको मूल्य बढ्यो।

कोभिडका कारण संसारभरका मानिसहरूको जीवन शैली र दिनचर्यामा परिवर्तन भएको थियो र अबै पनि भइरहेको छ। उनीहरू हिजो भौतिक रूपमा उपस्थित भएर गर्ने काम प्रविधिले गर्दा घरमै बसी भर्चुअल अर्थात् अनलाइन माध्यमबाट गरिरहेका हुन्छन्। यस्तो समयमा कम्प्युटरहरूको माग भएको समयमा चिप्सको अभावका कारण सबै कम्प्युटरहरूको मूल्य पनि बढाएर बजारमा बेचियो।

यो समयमा जसरी कम्प्युटरको मूल्य अप्रत्याशित रूपमा बढ्यो। यसका मुख्य उत्पादक कम्पनीहरू एनविडिया र एमडीले पनि यो अभावको अन्त्य निश्चित नभएको बताएका छन्। त्यसैले अहिलेको स्थिर स्थितिमा धेरैको कम्प्युटर अपग्रेड गर्ने कार्यहरूमा रोकावट आएको छ, जसले गर्दा विभिन्न कम्पनीहरूलाई समेत घाटा लाग्न सुरु भएको छ। यो समयमा आम जनता भएकाले हामीले यो अभावको अन्त्यका लागि कुनै मात्रै एक उपाय हो भन्ने मलाई लागेको छ।



Aaron KC

Roll no: 31004

Winter

Winter is the coldest season. The sun looks bigger in the winter. Nights are longer and the plants and trees dry up in the winter. It usually snows in the colder regions. We eat warm food and wear warmer clothes in the winter to keep away from the cold. Winter comes before spring. Winter is not the same everywhere on the Earth. In the regions closer to the Equator, it is warm throughout the winter so they do not face extreme cold seasons. In the polar regions winter are very cold and lasts longer.



Mehan Rauniyar

Roll no: 31014

Science and Technology

Science and technology are things we use from morning to night. We use technology in every thing. The clock and alarm are the one that makes us wake up in the morning. When we sleep, we switch the light off. The technology is used all over the earth.

Advantages of using technology are:

- Sending documents and sheets to others.
- Sending mails to each other.
- Light bulbs are used to make brightness in a room.

Most importantly, how can we do all this in less time? The reason is only the progress of science and technology. Thanks to them who made our life easy with these sciences and technology. In the future, we will find the human being's whole life with technology everywhere



Aashutosh Kafle

Roll no: 33026

The Sun

The sun is a big star. The sun gives us energy. The sun gives us light and heat. The sun is very important for us. Plants need sunlight to make food. No life is possible without the sun. The sun rises in the East in the morning. The sun sets in the West in the evening.



Harshit Agrawal

Roll no: 32009

ISS

ISS means International Space Station. It is the largest space crate that orbits around the earth. Astronauts stay there for their mission. NASA, Rascosmos, Java, CSA and CSA space agencies came together to make it. Russia sent a Zarya rocket with solar panels. Then the USA sent a unity module. It was completed in 2011. It has many modules and nodes. It has lakes, a gym, bedrooms, kitchen and bathrooms. Due to less gravity they sleep in tied beds. They need to bring their food and water. There are 16 solar arrays. There is a return vehicle too. The cost of the ISS is 120 billion dollar. I would like to know more about the ISS.



Ruhjen Jung Khadka

Roll no: 32014

Meteoroid

A meteoroid is a small rocky or metallic body in outer space. Meteoroids are significantly smaller than asteroids. Space is full of meteoroids. Most meteoroids are small, the size of pebbles or dust from a comet's tail. They can also be quite large. If a meteoroid enters the Earth's atmosphere it is called a meteor or shooting

star. At times, people can see thousands of meteors per hour. Most meteoroids melt from heat or break up from the pressure within seconds. Meteorite crashes also make craters on the planets and moons. Some meteoroids are brighter than other fireballs. Some fireballs are brighter than Venus..



Narve Shahukhal

Roll no: 30014

Skeletons

Skeletons are our bones. Our bones support the movement by providing a hard surface for muscles to attach to. Adults have about 206 bones, but babies are born with 300 bones. As the child grows, some bones combine.

The skeleton protects our organs and supports our body. Support is a very important characteristic. This is because, without a skeleton, the body cannot stand upright. After all, almost all body tissues are soft and help build body structure. The skeleton plays an important role in protecting organs. For example, the skull safeguards the brain and the rib cage shields the lungs. The skeleton helps the body move because ligaments in the body attach bones to bones and tendons attach muscles to bones. To create movement, the muscular and skeletal systems work together to create the musculoskeletal system. Bones in the body come in many shapes and sizes. The places where they meet are called joints.

The skeleton is split into two different formations. Axial skeleton and the Appendicular skeleton. The Axial skeleton provides the human body posture. It consists of 80 bones consisting of the skull, sternum, vertebrae and ribs. The Appendicular skeleton allows the body to move and protects key organs. It consists of 126 bones, including the shoulder girdle, pelvic girdle, and upper and lower extremities.

The skeletal system holds up the body. It outlines the body, allows motion, generates blood cells, protects organs, and stores minerals. So, we need to get enough calcium from our diet, exercise every day, and get enough vitamin D to protect our bones.



Yunil Ghimire

Roll no: 24008

Black Hole

Black hole is a part of space where the gravitational force is so strong that nothing can escape through it, not even the light which is the fastest known entity in our universe. The first ever black hole was discovered in 1971 AD. Black holes are invisible and we cannot see them but we can use a space telescope to see them. Scientists measure the sizes of these black holes which can be of different sizes.

Primordial black holes which are also called the smallest black holes. It can be of the size of an atom. But the difference is that it has the mass of a mountain. The middle sized black holes are called Stellar. Its size is around a ball whose diameter is around 9 miles to 10 miles. Its mass is twenty times greater than the mass of the sun. There are many stellar black holes roaming around space in our Milky Way Galaxy. The largest and the greatest black holes ever found is named supermassive. The mass of these black holes is way more greater than the previous ones. Its mass is around a million suns combined. Its size can be around a ball which has a diameter of the whole size of the solar system. Scientists have suggested that every galaxy contains a supermassive black hole. There is a supermassive black hole right in the center of our Milky Way Galaxy. It's name is Sagittarius A. The mass of Sagittarius A is around four million suns. Its size is about a ball which has the diameter same as the sun.

Most of the black holes are formed by a huge star which dies in a Supernova explosion and the stars which are small in size are then formed in a neutron star because they were not massive and are not capable of trapping the light. Scientists have said that the Primordial black hole was formed many years ago, and right after the big bang incident. It is said that the Stellar Black holes are formed when a star collapses at the end of their cycle. After a black hole is born it can grow its mass and its size by consuming the gasses, stars, and planets around its surroundings. Scientists think that the Supermassive Black Holes must have been formed when the galaxies were formed, which they are in. Supermassive Black Holes grow more and more big by absorbing the other small black holes and the stars which surround them.

In 2019 AD the first ever picture of a black hole was published. A space telescope named ECT, also known as Event Horizon Telescope, caught the first ever picture of a black hole because of an MIT grad student Katie Bouman. This black hole lies at the center of a galaxy named Messier 87. It was a very great accomplishment for humankind.



Bikarsha Ojha

Roll no: 23016

Tiny Core Linux: The Lightest Linux Kernel Distro that exists

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

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

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

Sources:

<http://tinycorelinux.net/corebook.pdf>



Suprabha Thami

Roll no: 23043

Forensic Science

The application of scientific methods or skills to investigate crimes or evaluate evidence that might be presented in a court of law is referred to as forensic science. Along with forensic science, the technology has also been developed over the years. As we all know The criminal justice system relies heavily on forensic science. They study and evaluate evidence from crime scenes and other locations in order to produce objective results that can aid in the investigation and prosecution of criminals, or clear an innocent person of suspicion.

In recent years, forensic technologies have evolved, increasing the sensitivity and strength of forensic scientists' investigation abilities. Furthermore, throughout time, the standards and criteria for conducting digital forensic investigations have changed. Forensic science is a comprehensive area that encompasses a wide range of technologies, including pattern recognition, chemical composition analysis, and DNA analysis. Several branches of forensic science have advanced significantly in recent years, and new technology has permitted new forensic science applications. Several branches of forensic science have advanced significantly in recent years, and new technology has enabled new forensic science applications. Over the last two decades, there have been numerous developments in DNA technology, which have resulted in the creation of very accurate forensic identification tools. Short tandem repeat (STR), rapid DNA testing, next-generation sequencing, and familial DNA searching are some of the approaches used. Because of the advancements in digital forensics and the rising use of digital evidence in courts, judges and forensic scientists must be educated on a regular basis. This will ensure that they are knowledgeable about both present and emerging technology that can be used in forensic investigations. There are also strict restrictions in place for the use of DNA tests in forensic investigations. This necessitates forensic scientists' strict devotion to the legal system. As a result, understanding how different forensic technologies work is critical to maximizing the effectiveness of the systems. Because of the numerous advancements in digital forensics and the stringent standards that regulate the area, this research focuses on the various technologies utilized in forensic science.

Modern forensic technology is revolutionizing investigations when it comes to solving crimes. Cases can now be solved faster and more accurately than ever before because of advances in forensic scientific technologies. According to Jennifer Doleac, founder of the Justice Tech Lab, modern forensic technology can help

“decrease crime, improve data quality, and reduce racial inequities.” As a result, advances in forensic science can help create a more equitable and efficient criminal justice system in addition to catching criminals.

Rapid DNA tests, cloud forensics, automated fingerprint and facial identification, vehicle forensics, social media forensics, forensic technology and future of law of enforcement, etc. are some of the criterias where the development of forensic technology have been developed. In these ways, the forensic helps in not just solving the crime but also understanding it and most importantly keeping our society safe.



Kirtan Poudyal

Roll no: 23024

Plasma :The fourth state of matter

We all know what matter is and how many states it has, and most of us are going to say there are 3 states of matter that are solid, liquid and gas. That is true and we have studied about that all our life but we also have a fourth state of matter and that is “plasma”. Plasma is the matter which is formed with ionized particles and charged electrons. Some examples of plasma can be lightning and neon lights. The charged particles are what sets plasma apart from other states of matter because it’s quite similar to gaseous state.

Plasma is the most abundantly found matter in the universe, as it is observed near stars and other places of the universe. Plasma can also be created artificially, how? When a neutral gas like argon is superheated or introduced to a high electromagnetic field, plasma is created. Though the process sounds easy it can be quite difficult to prepare plasma. The machine that creates plasma is known as plasma generator. It is mentioned above that plasma is superheated, so sometimes it is called superheated gas and as the name suggests plasma is extremely high in temperature.

The study of plasma is known as plasma physics or plasma science, and as the studies related to plasma are progressing so are the technologies that apply plasma technology. Many technologies are using plasma like TV screens, plasma is also used to synthesize, treatments of plastic material and it is completely eco friendly. This technology is used in rocket exhausts, fluorescent lamps; it is also

used in the heat shield of different spacecraft. It indirectly keeps us healthy too as it is used in food treatment and maintains the quality of food items and is used in germ extermination too.

Though plasma is quite effective in various treatments it has its limitations too, like it can be quite costly to generate plasma and its treatment also requires a large investment. Still many mysteries of plasma have not been fully discovered and because of which some of its application can be risky. But as the studies in the plasma increases and makes some progress these problems should be minimized in the upcoming days.

Overall plasma is quite an interesting and useful state of matter and though plasma is the term used recently by scientists it has always been present in this world in the form of lightning and polar aurora. As mentioned above plasma is the most abundantly found matter in the universe. Maybe learning about it will open the secrets and mysteries of the universe. So let's hope this wish of not the most significant person comes true and we can learn more about this fourth state of matter and universe..



Prasun Regmi

Roll No: 22028

How technology shapes the future of football

Technology has expanded so much that it has also placed its foot on the sports world mainly football. From the era where Maradona scored a goal with his hand to win the World Cup for Argentina to today where even a 0.1m offside player can be caught with help of systems like VAR and HawkEye camera in football. As we see we have come a long way from that day and with society holding the hands with the technology more tighter tighter football world also got no option than getting more technology to it. So, in this article we will be looking at the technology that can make it into football.

The first thing that comes to every football player and football fans when they try to link technology with football is how it is going to affect the training. So, let's talk about technology and training. Perhaps the most obvious way technology continues to be used in football is through training to improve players and raise them to unprecedented levels. Heart rate monitors, GPS trackers, advanced surveillance and camera systems, apps for tracking official matches, and training sessions recorded by drones have already been used to gather a wide range of information. Analyzing information may improve performance. Technologies such as Adidas smart jerseys used by the German national team to measure distance, speed and

heart rate can optimize training plans, develop match strategies, and even perform irregularities, patterns and changes in player performance. Helps identify and detect signs of imminent injury. Predicting before a particular injury can be a big step forward. With regard to recovery, German experts have developed RoboGym, a robot weightlifting machine that helps athletes improve performance and reduce recovery time after injury. It protects joints, maintains strength and prevents injuries. Training drills can also be customized for individual players, stored in the cloud, or accessed from any computer.

The second thing that comes to mind when relating technology and football is predicting injury. Injury is one of the worst things more worst when the best player of the team gets injured when there is match with the rival team or an important match. So, Artificial intelligence can be used can be used to discover all important marginal performance gains by keeping a player in top condition or predicting when an injury might happen. For example, more than 50 clubs around the world are already using the Zone7 artificial intelligence programme, which inputs data from medical profiles, fitness assessments and wearables to determine which players might be at risk of suffering an injury. The system provides green, yellow and red indicators for a player's daily risk level, which gives coaches insight on whether it is necessary to lower training intensity. An estimated one million training sessions have already been recorded with Zone7, with the system achieving 95% accuracy and leading to a 75% reduction in injuries. Then comes in game technology, how the technology can be more used in game itself like var and hawkeye, goal-line technology, it is pretty developed already but there is always room for improvement and new developments. so When it comes to improving the game itself, goal line technology is now a well established part of elite modern football, with cameras crucially able to determine whether the ball has crossed the goal line and should be considered a goal or not. But where the reach technology could continue is the use of robotic assistant referees, which FIFA could have implemented by the time of the next World Cup in 2022. In fact, robotic assistant referees have already even been piloted at the most recent FIFA Club World Cup. One system under consideration is Tracab developed in Sweden, making use of AI driven ball tracking, combined with limb tracking and skeletal modeling. ChyronHego, the firm behind Tracab, claims it can determine the exact moment of a critical ball pass and the precise location of involved players and their limbs relative to the goal line. It is automatic and can send an alert in the case of an offside, meaning a video assistant is able to review any such incident much faster. At last, This are some of the way the technology can shape football industries but not the only thing there are other things that can be taken in to mind, here we've talked about technology used in football like predicting injuries, technology in training like those seen in football cartoons and how the already used technology in the in game can be improved and others new inventions that can be done. Technology has already made football fairer with the technology being used and getting more interesting and the use of technology has already made a positive impact and I hope that the technology makes football more more interesting and see football developing more

Social and Contemporary issue



दीवा श्रेष्ठ
क्रमाङ्क: २८००१६

नेपालका सामाजिक विकृतिहरू

नेपालमा धेरै सामाजिक समस्या र विकृति छन् । जसका कारणले गर्दा देशका धेरै मानिसहरूले परिणाम भोग्नुपरेको छ । जातीय प्रथा, दाइजो प्रथा, बालविवाह, लागुपदार्थ दुर्व्यसनी, लैङ्गिक भेदभाव, बलीप्रथा, अन्धविश्वास, जुवा खेल्ने, बालविवाह, बालमजदुरी, देउकी प्रथा लगायतका केही सामाजिक विकृतिहरू छन् । हाम्रो देश पूर्ण रूपमा विकसित नभएकोले खास गरी गाउँमा यस्ता सामाजिक समस्याहरू देखा पर्छन् । यही कारणले गर्दा हाम्रो देशको विकास हुन सकेको छैन ।

अन्धविश्वास

नेपालमा मानिसहरू विभिन्न प्रकारका सत्य नभएका परम्पराहरूमा विश्वास गर्छन् जुन सही होइन । खासगरी ग्रामीण क्षेत्रका मानिसहरू यस्ता अन्धविश्वासमा विश्वास गर्छन् । अशिक्षित र निर्दोष मानिसहरू मात्र यस्ता अन्धविश्वासमा फस्छन् । यी अन्धविश्वासले व्यक्ति, समाज र राष्ट्रको प्रगति हुन सकेको छैन ।

जातीय भेदभाव

जातका कारणले गर्दा धेरैले भेदभाव गरेका छन् । तथाकथित उच्च जातिहरूले तल्लो जातका मानिसहरू अछुत भएकाले उच्च जातका मानिसहरूका कुनै पनि कुरालाई छुन नदिने भनिरहेका छन् । उनीहरूले तल्लो जातका मानिसहरूलाई आफूसँग बस्न वा खान दिँदैनन् । उनीहरूले तल्लो जातका मानिसले छोएका खाना र पानी पनि खाँदैनन् । सबै मानिसहरू समान रूपमा जन्मिएका छन् भन्ने कुरा मानिसहरूलाई थाहा छैन । यो शिक्षाको अभावका कारणले भएको हो ।

शिक्षा विरुद्ध लैङ्गिक भेदभाव

धेरै मानिसहरू पुरुष र महिलालाई फरक व्यवहार गर्छन् । उनीहरूलाई लाग्छ कि पुरुषले मात्र शिक्षित हुनुपर्ने महिलाले शिक्षित हुनुहुँदैन किनकि महिलाहरू विहे गरेर अर्काको घरमा जान्छन्, त्यसैले मानिसहरूले महिलालाई शिक्षित गर्नु बेकारको ठान्छन् र पुरुषले परिवारको ख्याल राख्नुपर्छ भन्ने लाग्छ । त्यसले आजको समाजमा पनि कतिपय छोरीहरू विद्यालय जानबाट वञ्चित भएका छन् ।

मद्यपान

मानिसहरू रक्सी पिउँछन् । तिनीहरू धेरै रक्सी पिउँछन् र अरू मानिसहरू र तिनीहरूको परिवारसँग बिना कारण भगडा गर्छन् । रक्सीको अन्य असरले पनि शरीरमा धेरै समस्या निम्त्याउँछ । रक्सी धेरै महँगो हुन्छ, त्यसैले मानिसहरूले रक्सी किन्न आफ्नो सबै पैसा गुमाउँछन् । रक्सी पिउनुको एक अन्य असर मस्तिष्क र मृगौलालाई नोक्सान पुऱ्याउँने हो ।

बालविवाह

ग्रामीण क्षेत्रका मानिसहरूले छोरीको विवाह सानै उमेरमा गर्छन् । कानूनअनुसार २० वर्ष नपुग्दै बिहे गर्न पाउँदैन तर ग्रामीण मानिसहरूले २० वर्ष नपुग्दै आफ्ना छोरीको बिहे गर्छन् र आफ्ना छोरोलाई चाहिँ पढाउँछन् । यो कारणले गर्दा कतिपय नारीहरूले अकालमा ज्यानसमेत गुमाउनुपरेको छ ।

जुवा

धेरै मानिसहरू जुवा खेल्छन् र आफ्नो सबै सम्पत्ति गुमाउँछन् । मानिसहरूले आफ्नो सबै सम्पत्ति र कहिलेकाहीं आफ्नो परिवारका सदस्यहरू पनि त्याग्छन् र उनीहरू गरिब हुन्छन् । यसले गर्दा मानिसको परिवारका सदस्यहरूलाई असर पर्छ । उनीहरूले समयको र आफ्नो जीवनको समेत बरबाद गर्छन् ।

बालहिंसा

समाजका मानिसहरू गम्भीर चोटपटक र बच्चाहरूको मृत्युसमेत गराउँछन् । उनीहरू आफ्ना छोराछोरीलाई सरसफाइ, खाना पकाउने जस्ता घरायसी काम गर्न बाध्य पार्छन् । त्यतिमात्र होइन बालबालिकालाई शिक्षाबाट वञ्चित गराई घरायसी कामदारका साथै उद्योग कलकारखानामा काम गराइरहेका छन् ।

दाइजोप्रथा

विशेष गरी तराई क्षेत्रमा यो सामाजिक समस्या छ । विवाहको समयमा बेहुलीको परिवारले दुलहाको परिवारलाई ठूलो मात्रामा पैसा र फर्निचर, टेलिभिजन, मोटरसाइकल, मोटरगाडी लगायतका सामानहरू दिनुपर्छ । बेहुलीको परिवारले दाइजो दिएन भने दुलहाको परिवारले बेहुलीलाई गाली, कूटपिट लगायतका शारीरिक र मानसिक यातना दिने गर्छन् । कतिपय अवस्थामा दुलहाको परिवारले श्रीमती वा बुहारीको हत्या गरेका छन् ।

देउकीप्रथा

गरिबहरूले आफ्ना छोरीहरू देवताहरूलाई अर्पण गर्छन् तर धनीहरूले चाहिँ अरू केटीहरू किनेर देवताहरूलाई अर्पण गर्छन् । प्रस्तावित छोरीहरूले विवाह गर्न पाउँदैनन् । आजभोलि, यो प्रणाली धेरै सामान्य छैन ।

सामाजिक समस्याहरूको समाधान

यी सामाजिक समस्याका बारेमा जनतालाई सचेत गराउन हामीले सचेतना कार्यक्रम सञ्चालन गर्नुपर्छ । शिक्षाले सामाजिक समस्याहरू घटाउन धेरै महत्त्वपूर्ण भूमिका खेल्छ । त्यसैले धेरै मानिसहरू शिक्षित हुनुपर्छ । सामाजिक सञ्जालबाट पनि सचेतना फैलाउनुपर्छ । मानिसमा मानवता भएमा भेदभाव हुँदैन । यस्ता सामाजिक समस्याका लागि सरकारले कडा नीति नियम बनाउनुपर्छ ।

हाम्रो समाजमा जुवा खेल्ने, बाल दुर्व्यवहार, तल्लो जातीय भेदभाव, बालविवाह आदि धेरै सामाजिक विकृतिहरू छन् जुन गलत र समाजका लागि हानिकारक छन् । राम्रो र समावेशी राष्ट्र निर्माण गर्न यी विकृतिहरूलाई हाम्रो समाजबाट हटाउनुपर्छ । यी सामाजिक विकृतिहरूको एक मात्र समाधान शिक्षा हो । त्यसैले राम्रो नेपाल बनाउन सबैको लागि शिक्षा हुनुपर्छ ।



Nitika Kapali

Roll no: 30016

Corona and Online Learning

We all know that the corona pandemic has forced us to stay at home. All the schools all around the world were shut down. As a result, the education system has changed dramatically with the rise of e-learning or we can say online learning. We did not attend physical classes. However, we took education through an online process. Though the education was productive and fruitful through e-learning, we students faced a lot of problems like the text was difficult to understand, we had to always sit inside the room and see the computer screen, sometimes we faced internet issues, back pain, itching of eyes and no physical exercises etc. Lack of sports and hard work leads to physical weakness. It is like staying away from the external environment. The most boring thing about the lockdown and e-learning was that we could not get a chance to meet and play with our friends. Due to all this, it was very challenging for students. On the other side, there were many advantages of online classes like we got a chance to spend time with our family and we learned many skills in this lockdown. We also learned how to wash our hands properly and stay clean. I learned many skills during this lockdown like cooking noodles, washing my clothes, taking care of my belongings, I learned some tricks and basic computer skills too. I also learned how to ride a bicycle. Even if the pandemic had been very challenging it had taught us life lessons and many things.



Rushina Tamang

Roll no: 26008

Is LGBTQ+ accepted in Nepal?

Nepal is known as the first country throughout Asia, where LGBTQ+ rights were legalized. In Nepali law, all queer people or the people who are part of the LGBTQI+ community shall have equal rights as any other citizen in the country. There are even gatherings and pride marches throughout Nepal every year where people walk on roads together with flags and banners that represent the LGBTQI+ community.

Even straight people march as an ally and provide solidarity to the queer community. This happens every year during June, which is observed as National LGBTQI+ month. Even though the law states that LGBTQI+ is accepted throughout Nepal, is that really the case? Is it really accepted in Nepali society? Nepal has mostly conservative people who live in old ways of thinking. Our people still believe marriage is something that relates to only “when a girl and a boy accept each other as wife and husband”.

People in Nepal have still not learned to accept the concept of same-sex marriage. It's because they are not familiar with these things. The issues of LGBTQI+ have been addressed only in our century. But during their time, they didn't even know same-sex marriage existed. They were only familiar with cross-sex marriage or a heteronormative marriage system. Even if they knew about same-sex marriage, they were taught to be disgusted by it from their older generations. Therefore the people who were part of this community during that time were scared to come out and reveal their preferred pronoun and sexuality. The ones who did were hated by the Nepali community and were also discriminated against. Most of Nepal still lives in this conservative style of thinking. So, even if the law states that LGBTQI+ people have equal rights as the rest of the other citizens, same-sex marriage is seen as illegal. Most people who are part of this community or have opted for same-sex marriage get discriminated against in Nepali society. Nepali society has put such an image about same-sex marriage and LGBTQI+ communities that the younger generations are scared to come out to their own families.

A country where queer rights exist has generations that are scared to come out to their own families. Nepali society should change its way of thinking. Otherwise, the future will be the same as today. Although the scenario has been quite positive today. The young generation is being more open about this concept.

Few of the elders are teaching their children about gender and sexuality and some parents in this generation talk to their kids and make them comfortable to the point that they can casually open up to them about these things. People are learning that it's ok to not be part of this heteronormative society. This has also gradually started removing the concept of clothes based on gender. People who are privileged enough are freely expressing their true selves on different platforms. Hopefully, someday, the whole of Nepal will be casual with the existence of LGBTQI+ community that they don't have to be referred as a community but as a part of equal citizens. I hope there will be a day where we make this land as inclusive and beautiful as possible.

problems like the text was difficult to understand, we had to always sit inside the room and see the computer screen, sometimes we faced internet issues, back pain, itching of eyes and no physical exercises etc. Lack of sports and hard work leads to physical weakness. It is like staying away from the external environment. The most boring thing about the lockdown and e-learning was that we could not get a chance to meet and play with our friends. Due to all this, it was very challenging for students. On the other side, there were many advantages of

online classes like we got a chance to spend time with our family and we learned many skills in this lockdown. We also learned how to wash our hands properly and stay clean. I learned many skills during this lockdown like cooking noodles, washing my clothes, taking care of my belongings, I learned some tricks and basic computer skills too. I also learned how to ride a bicycle. Even if the pandemic had been very challenging it had taught us life lessons and many things.



Manaswi Sapkota

Roll no: 26004

Mental Health and Nepal

Mental Health is basically our emotional, psychological, and social well-being. Mental Health is anything that has to do with our emotions and feelings. Many people also think that there's only one kind of health that should be kept in check and that's physical health. That isn't true mental health is just as important as physical health. Many countries give as much importance to mental health as they do to physical health while some countries don't. Nepal, the country we live in, sadly doesn't give much emphasis to mental health.

As I mentioned before, mental health is important to keep the track of our emotional, psychological, and social well-being. In our country, people care about physical well-being more than mental well-being. Among 29 million people in Nepal, it's estimated that 2-3 million people suffer from mental illness. According to WHO the most prevalent mental illness in Nepal is depression and anxiety. Among the 29 million people only 125 are licensed psychiatrists. There aren't many places a person can go for treatment or therapy in Nepal. The main reason for this is that Nepal isn't financially able to support the psychiatrists who want to help others.

Most mental health issues start from the age of 14 or under. That means that if a child grew up in a depressing environment they might suffer from mental illness as they age. If something traumatizing happens to a person years ago it could still affect a person's psychology for a long time. Why do so many Nepalese suffer from mental illness? Well to begin with Nepal is a financially weak country that cannot give similar facilities to all. Many people suffer from hunger, unemployment and cannot afford to live in houses, this causes them to suffer from mental illness. There are also many people who are likely to be depressed due to some trauma they faced in their youth. There are also reasons such as seeing your loved one

die due to natural disasters, being exploited, etc due to which people suffer from mental illnesses.

The reason why so many people suffer from mental illness is also that they try to cope with them and not let anyone know. The main reason is that in Nepal people don't seem to care when someone says that they are suffering from a mental illness, they will rather say things like: "It's just a phase, you'll get over it", "It's all because of your phone", etc. You won't be taken seriously if you ask for help regarding your mental health. You'll be regarded as a crazy person if you say you're mentally unwell. When you try to talk to a therapist you will be made fun of. Nepal is improving in terms of mental health after many have raised awareness against mental health. The government has also been trying to help people who suffer from mental illness. Even though Nepal is improving, it hasn't improved enough so we should keep raising awareness.

Sources:

Luitel, Nagendra. et al, 2015 Feb 5, 'Mental health care in Nepal: current situation and challenges for development of a district mental health care plan'



Anushka Basnet

Roll no: 24001

Why should schools conduct mental health classes

Schools are basically a second home for students. It's where many people spend half of their life. Schools mostly conduct the normal classes like math, science, geography etc. but what most schools forget is that students' mental health which matters more than anything else.

Many people have this mindset that children are not old enough to get any stress which is very wrong. Mental health issues do not require a particular age. Mental health issues peaked to high levels internationally especially during the time of global pandemic. Anxiety, depression and OCD or Obsessive-Compulsive Disorder were seen a lot in teens. In Nepal alone, 2-3 million people aged 16-25 are diagnosed with these issues. These are only the diagnosed people, there are many people suffering from undiagnosed mental health issues. Sometimes students don't even know they are facing problems because they are not given the proper knowledge regarding it.

Schools being a second home for students, should give out mental health classes and counseling sessions for children who are suffering. It is only logical if children

can reach out to their school if they are suffering from something, especially professional help. One mental health counseling can help save someone's life. If not a course for academics, schools should at least give counseling classes once every week or month. Having a small therapeutic session helps a lot of people. Many schools in Nepal conduct 12 hour school hours with barely a day off which is not healthy at all. These schools are not giving students education but simply endless stress, anxiety and future mental health problems. Mental health is disregarded as something that can be fixed by eating and sleeping well. There are so many factors that affect people.

Suicide is seen as the third leading cause of death for ages 10-24. It's really sad to know that kids have underlying mental illness and how alone and sacred they feel. Especially in our country where having mental health issues is seen as something "abnormal", it is really scary for anyone to reach out for help. Students are taught about physical and nutritious health from early childhood but not mental health. Health classes generally consist of the value of nutrition and exercises and diseases. Mental health is normally stepped on. Teachers or fellow other students may be degrading someone's mental health without even realizing it. Schools need to prioritize mental health as equally as physical health as everyone will have to go through it at some point of their life. Professionals should be hired at every school to teach and consult about mental health.

I personally think that mental health is a very crucial part for every human being. Children losing the light, happiness and sometimes their life is not some light issue. It should be taken into consideration and every school should be conducting mental health classes. It starts from small steps. Giving education is not the only responsibility a school takes when admitting students. Schools have to take responsibility for their children. I can only hope for the schools to take their children more seriously and help them..



Himani Bhattarai

Roll no: 24011

Is Juvenile Delinquency Acceptable?

Juvenile delinquency can be defined as the act where people below the age of 18 commit crime either knowingly or unknowingly and Juvenile delinquent is the person who commits such crimes. Many delinquents commit crime due to peer, Family pressure, Influence by social media, and many more. There are different juvenile detention centers, electronic monitoring, courts, organizations that are working against Juvenile delinquency. Some of the major causes of Juvenile

delinquency are family violence, poor education system, peer pressure etc.

Most of the people think juvenile delinquency is nothing rather than a child's play which is not what I believe. If I was asked the question "Is juvenile delinquency acceptable?" I would say no. It is not acceptable and it is simply a door that leads to adult crime. Juvenile delinquency does not only affect the delinquents, it affects their family, society and the nation as well. The delinquents commit those crimes without even realizing what affects they are creating in the society. After a teen does something against the law/commits crime they get more confident. It encourages them to be involved in these activities more often. Slowly they get involved in more dangerous activities such as stealing, drug addiction etc. They get more attracted towards these kinds of activities. These kinds of activities affect their future and career choices. It also pushes the family into deep thinking whether the involvement of their child in these activities are due to their failed parenting or lack of guidance. It also hinders developmental activities in the society. So, early preventive work should be carried out in several areas of juvenile delinquency. If we aware the teens properly through education then it will reduce the number being involved in it. By the interaction of the parent with the child, it helps them to open out and feel better and stay positive. It gradually decreases the crimes and then initially juvenile delinquency. I as a student can also contribute to controlling juvenile delinquency. I can guide my friends who are unable to distinguish between good and bad, to the right path.

Juvenile delinquency is not something that should be neglected. Yes, I do agree with the fact that most of the teens commit crime under peer pressure, family issues, in some cases they are not aware of what they are actually doing and violence against children endangers their fundamental human rights but neglecting juvenile delinquency and accepting it as a child's play is not a good option as juvenile delinquency is nothing more than a door that leads one to commit serious crime in the future. Juvenile delinquency centers should take steps in order to control and prevent children from committing crime. They should be punished accordingly but the punishment should not be as strict as the adult's because teens might not be able to handle it. But that does not mean that the society should accept juvenile delinquency. Hence, juvenile delinquency is not acceptable.

Sustainable Agro entrepreneurship in Nepal



Shaswot Poudel

Roll No: 23039

Nepal has some of the world's most favorable conditions for agriculture in Nepal and has the potential to grow the majority of crops outside the greenhouse environment. The production of Nepal in the agricultural sector unlike Nepali coffee beans, Nepali apples, Litchis, herbs, tea leaves have a high demand in the international market and are usually exported.

But due to poor governance and entrepreneurship the export rate and amount of national product is extremely low and the growth rate lies beneath the rate of inflation i.e.4.24%. Agricultural development strategy: ADS (2015-30) has a prime focus on the improvements of sustainable Agro entrepreneurships In Nepal. For a long time Nepal had been an agriculturally dominative nation but never had been able to create self-food security nor has it been able to mark agriculture as a profitable sector of employment. As of 2020 Nepal imported agricultural goods worth almost 325 billion which was the staggering high import ever recorded in Nepal. Entrepreneurship is what changes the market and the economic condition. Nepal's Agro entrepreneurship has slowly but effectively risen after the influence of international entrepreneurs in the youths.

NEPAL AGRO INPUTS MARKETING AND ENTREPRENEURSHIP SERVICES (NAMES) is an initiative taken by the private sector to help boom farmers and avoid the 3 rd party involvement in trade of agricultural goods. It was listed in the unicorn best startups of the year for the fact that it has been enabling modern agricultural practices in the eastern terai of Nepal and has been developing agro markets in the nation. For a long term vision of agricultural progress agro entrepreneurship is now a must for any nation. Nepal's rise in the sector of entrepreneurship is extremely poor when compared to the bordering nation and the rise in agro entrepreneurship is just at its very base height since ot many people in Nepal have developed a positive attitude towards self-governing. Additionally the involvement of large business giants in the agro sectors of Nepal has suppressed the newly rising gen of agro entrepreneurships in Nepal. Agro entrepreneurship in Nepal has been neglectible due to the increased rate of out-migration in the nation and extremely of governmental policies toward entrepreneurships in Nepal along with the fluctuation labor laws and market management strategies and nonsensical tax-rates over self-employed entrepreneurs in Nepal as well as due to the lack of business supportive communities except few in the nation which buries the dream toward entrepreneurship in young minds.

Agro entrepreneurship in Nepal has to be a subject of concern for the nations progress as in the absence of food-security a nation cannot focus on other parts of progress for which the young minds, society to the government has their respective roles to be fulfilled with the common motive of encouraging young minds into entrepreneurships in Nepal.

Sports, Travel, Tourism and Entertainment



प्रिसा पौडेल
क्रमाङ्क: ३३०३९

हलेसी यात्रा

म मेरो परिवारसँग हलेसी दर्शन गर्न गएकी थिएँ। जाने दिन हामी सबैले उठेर पूर्वको पशुपतिनाथ हलेसी महादेव दर्शनको यात्राको लागि तयारी गर्न थाल्यौँ। बिहानको ७:३० बजे उठेर हामी केही खानेकुराहरू लिएर मलगायत मेरा बाबा, ममी, दादा, दिदी काका, गुरु गुरुआमा र चालक समेत गरेर हामी ९ जना काठमाडौँबाट हलेसी प्रस्थान गर्‍यौँ। हलेसी महादेव प्रदेश नम्बर १ को सगरमाथा अञ्चल अन्तर्गतको खोटाङ जिल्लामा अवस्थित छ। हामी करिब सातवटा जिल्ला काठमाडौँ, भक्तपुर, काभ्रे, रामेछाप, सिन्धुली, उदयपुर र ओखलढुङ्गा पार गर्दै करिब ५:३० बजे हलेसी पुग्यौँ। बेलुकी होटल हलेसी भिलेजमा बास बसेर भोलिपल्ट बिहान सबेरै उठेर महादेवको दर्शन गरेर, रुद्री पाठ गरी हवन तथा लाखवती बालेर बेलुकी त्यहीँ बास बस्यौँ। भोलिपल्ट बिहान १० बजे खाना खाएर हामी त्यहाँबाट हिँड्यौँ। बेलुकी सात बजे काठमाडौँ आइपुग्यौँ। यसरी मेरो हलेसी यात्रा धेरै रमाइलो भयो।



उज्ज्वल ढकाल
क्रमाङ्क: ३३०२३

मेरो चन्द्रागिरि घुमघाम

जाडो बिदा २०७८ साल पुस १० गतेबाट सुरु भएको थियो। बिदा जम्मा दुई हप्ता भएको थियो। त्यही बिदाको विचमा म चन्द्रागिरि घुम्न गएँ। म चन्द्रागिरि परिवारसँग गएको थिएँ। म चन्द्रागिरिमा केबुलकार चढेर पुगे। मलाई केबुलकारमा रमाइलो भयो। माथि पुगेपछि मैले पहिला मन्दिर दर्शन गरें अनि मैले हिउँ खेलें, अन्य खेलहरू पनि खेलें र घोडा चढें। त्यहाँबाट धेरै राम्रा हिमालहरू देखिए। मैले होटलमा खाना खाएँ। बेलुकीपख हामी केबुलकारमा चढेर तल बससम्म आइपुग्यौँ र बस चढेर हामी पाँच बजेतिर घर आइपुग्यौँ। यसरी मेरो चन्द्रागिरि घुमघाम निकै रमाइलो भयो।



इशानी क्षेत्री
क्रमाङ्क: ३२०१८

दलचोकी जाँदाको अनुभव

आजभन्दा तीन महिना पहिला म बुबा र ममीसँग दलचोकी गएकी थिएँ । दलचोकी ललितपुरको पूर्वीपहाडमा पर्दो रहेछ । त्यहाँ धेरै जाडो पनि हुँदो रहेछ । त्यहाँ हामी बेलुका सात बजेतिर पुगेका थियौँ । हामी त्यसरात त्यहाँ होमस्टेमा बस्यौँ । भोलिपल्ट बिहान हामी वरिपरि घुम्न गयौँ । साना साना भ्याड चढेर अवलोकन टावर हेर्न गयौँ । त्यहाँबाट काठमाडौँ उपत्यका राम्रोसँग देखिँदो रहेछ । त्यस दिन हामी धेरै घुम्यौँ र धेरै रमाइलो गरेर बेलुकी घर फर्कियौँ ।



बिशु महर्जन
क्रमाङ्क: २८००३
बाह्र वर्षको पनौति मेला

विहवारको दिन थियो । मेरा अभिभावकहरू पनौति घुम्न जाने योजना बनाइरहनुभएको मैले थाहा पाएँ । त्यस दिन मलाई अलि सन्धो थिएन । त्यसैले म छिटो सुत्न गएको थिएँ । भोलिपल्ट बिहान म छिटो उठेँ । हामी सबै घरका सदस्यहरूले चिया खायौँ र तयार भएर पनौतीतिर लाग्यौँ । रातोपुलमा गाडीको व्यवस्था गरिएको थियो । गाडीमा चढेर पनौतीको यात्रामा निस्कियौँ । बाटो लामो भएकोले अलिकति अल्छी पनि लागिरहेको थियो तर पनि वरिपरिको हरियाली र मनमोहक दृष्य हेर्दै रमाउँदै अघि बढ्दै थियौँ ।

बिहानीपख जाडो भएको थियो भने मलाई अलि भोक पनि लागिरहेको थियो । कतिखेर गाडी रोकेर केही खाउँजस्तो भएको थियो । करिब एक घण्टापछि बनेपाबाट पनौतितिर लाग्न बाटोमा गाडी रोक्थौँ र चिया नास्ता पसलतिर लाग्यौँ । पसलमा निकै भिड थियो । त्यस पसलमा मिठो नास्ता पाउने भएकोले त्यहाँ रोक्नुभएको रहेछ । हामीले हतारहतार नास्ता गरेर अगाडि बढ्यौँ ।

त्यसपछि बाटो अलिजाम थियो र बाटो पनि त्यति राम्रो थिएन । बल्लबल्ल पनौतीको बसपार्क पुगेपछि गाडी पार्क गरेर मेलातिर लाग्यौँ । मेलाको दास्रो अन्तिम दिन भएकोले त्यहाँ धेरै भिडभाड थियो । मेलामा कोही पूजा गरिरहेका थिए, कोही चिसो पानीमा नुहाउँदै थिए, कोही लाइन लाग्दै थिए, हामी पनि बल्लतल्ल दर्शन गरेर त्यहाँबाट बाहिर निस्कियौँ । पनौतीमा दिदीको घर भएकोले त्यतातिर गयौँ । उहाँको घर एकदम राम्रो ठाउँमा रहेछ । हामी त्यहाँ धेरै रमाइलो गर्थौँ र खेल्यौँ । खाना खाएपछि हामी खेततिर घुम्न गयौँ ।

खेतमा भर्खर आलु लगाएको रहेछ । खेतको छेउको आलीनिर बाटोमा सफा कुलो बगिरहेको थियो । त्यस कुलोमा

साना साना माछा पनि रहेछन् तर हामीले भने मारन सकेनौं । हामी त्यसपछि कृषि फार्ममा पनि गयौं । फार्ममा काउली, मुला, लसुन आदि तरकारी आफैले टिपेर ल्यायौं । फार्ममा धेरै हाँस कुखुरा, खसी पालेको रहेछ । मलाई त्यहाँ निकै रमाइलो लाग्यो । मलाई फर्कन त मन थिएन तर ढिला हुने भएकोले दिदीको घर जान हिँड्यौं । बाटो मा धेरै सामानहरूको पसल रहेछ र हामी त्यहाँ पाइने मिठो पानीपुरी पनि खायौं त्यसपछि दिदीको घर गएर खाजा खाएर फर्कियो । बाटोमा हामी आउँदा भन्दा भन् जाँच थियो । फर्किने बेला बाटोमा पर्ने नयाँ मुक्तिनाथको मन्दिर पनि जान पाएनौं । तर पनि एकदम रमाइलो भयो । पनौतीको बाह्र वर्षमा लाग्ने मेला म कहिले पनि बिसिने छैन ।

Trip To Basantapur



Aarushi Prasai

Roll no: 32002

I went to Basantapur with my sisters, brothers and my mother. On Thursday, we planned to go there on our holiday. So, we went there on Saturday. I was so excited to go there. In my imagination, I thought that Basantapur was wonderful like a garden but actually after I went there it was a temple. It was too fun. I got to know many things and I ate Narayan dai ko mo: mo and ice cream. My sisters bought some clothes there and we clicked many pictures. I gave food to the birds and I had a lot of fun there. While my elder sister and I were having ice cream, a little girl came. She requested us to buy water.

My sister asked her 'Will you eat this ice cream of mine?' The little girl replied 'I won't eat the ice cream you ate. I want another one.' The little girl insisted that we buy the water. We didn't want water but she was not leaving my sister so we gave her money and she happily went to her home. I was also happy to give her money. I had a lot of fun that time. I would always love to have an amazing time like that.



Aadhya Shri Poudel

Roll no: 30001

Visit to Patan Durbar Square

On the weekend, days after having my lunch, I went to Patan Durbar Square with my sister. My mom dropped me at Pulchowk on the scooter. There, my sister was waiting for me, after that me and my sister headed towards Patan Durbar Square. It was the first time we were visiting the Durbar Square of Patan so we did not know the way. We asked the way with an old man. Luckily, that man was also going to the same destination and we followed him and reached there. At the entrance of the Patan Durbar Square, I saw the temple and the statues. There was a big bell. The bell has historical importance. In ancient times, they used to ring the bell to give the news to the citizens.

I saw Krishna Mandir. It is one of the most important temples in Patan Durbar Square. It has three-storied structures. We climbed the temple and prayed. I saw Bhimsen Temple, Vishwanath Temple, Taleju Bhawani temple etc. Some of the temples were damaged by the earthquake and they were under construction. Inside Durbar Square, there is a museum too. The building of Durbar Square is designed beautifully. Doors and windows have wonderful architecture. There were many cafeterias and shops near Durbar Square. We also saw the statue of the king and queen. We even saw the pond there. Many visitors were there, we saw local people and tourists too. They were taking photos and enjoying the beauty of Patan Durbar Square. The shooting of the movie was also going on. We stayed there for a while. We loved the architecture and peaceful environment of Patan Durbar Square.



Agrim Rijal

Roll no:29005

My Trip to Pokhara

When I was in grade one, I went to Pokhara with my parents. We travelled by airplane. It was my first time so I got scared when the airplane flew. I saw the amazing view from the window seat. I saw many hills and mountains, buildings and vehicles were looking small and the roads were like snakes.

I was very excited to see Pokhara city as it was my first time there.. After some time, the plane landed and we got out of the plane. My father had booked a room in a hotel. We kept our belongings in the room, freshened up, had our snacks and took rest. That day we did not go anywhere, we just rested because we were tired. The next morning, we woke up early and could see the beautiful view of Mt. Machapuchhre and Annapurna. We also visited the Bindhyabasini Temple. After that, we planned to go to Devi Falls, which is a huge waterfall. It was beautiful to see and the waterfall was so deep.

The next day we planned to spend the whole day at Phewa Taal. So we went there and had breakfast. Then I asked my dad if we could go for a boat ride. We went to the temple in the center of Phewa Taal by boat. That temple was called Taal Barahi. I panicked as I sat on the boat for the first time. There were a lot of people riding with us. I saw a lot of fish there. The fish were of different colors. The next day we went to the museum. Many weapons were stored there that were used by our ancestors during the war. There was British clothing worn by the British during the Anglo Nepal war. We had such a great day. The next day we had to return to Kathmandu. I did not really want to come back but there was no choice. It was an amazing experience to get out of there. I wish I could go there again. Pokhara is truly a place full of natural beauty.



Arunesh Manandhar

Roll no: 23011

Virtual Visit to CERN

As always, as a part of extra educational activity, Deerwalk Sifal School organized a “Virtual Tour Visit” on Kartik 5, Wednesday before Dashain Vacation. The visit was to CERN as a part of their Field Visit for 2nd Term and the students of High School (Grade 9 and 10) were involved. The CERN, known as European Organization for Nuclear Research, is a European research organization that operates the largest particle physics laboratory in the world. This organization was established in 1954. It is based in a northwest suburb of Geneva on the Franco-Swiss border and has 23 member states. The only non-European country granted full membership is Israel. CERN is an official United Nations Observer.

Specifically, we visited three different corners there. The 1st visit was to CERN’s accelerators. It was a quick tour. The tour taught us that an accelerator propels charged particles, such as protons or electrons, at high speeds, close to the speed of light. They are then smashed either onto a target or against other particles circulating in the opposite direction. By studying these collisions, physicists can probe the world of the infinitely small. There were variations in accelerators as well, present there recently and we toured them all. For example, LHC (Large Hadron Collider), Linac 2,3 and 4, Antiproton Decelerator, Elena, LEIR (Low Energy Ion Ring), Super Proton Synchrotron, etc.

The 1st session was over here. Now, we got into another section. And in this section, we viewed the video of CERN’S permanent exhibitions which include Globe-Universe of Particles, Microcosm, etc.

This was a really quick session, yet very informative. Here, we learned about CERN’s contributions to our world society. We came to know that CERN has always been open to the scientific communities of all nations, overcoming political barriers. It has been bringing different nations together through science. The CERN community develops the expertise and shares it with society. A pile of engineers, technicians, and scientists develop novel technology and expertise that can be applied to fields other than high-energy physics. The scientific advancements of CERN push the frontiers of technology, which has a positive impact on society globally. The technologies and scientific advances at CERN have contributed to the medical field since the 1970s. Today, CERN’s unique expertise and technologies are being used in areas related to medical diagnostics, and imagines, therapy as well as computing and simulations for health applications.

Our virtual visit came to an end here. And as always, we were asked to write articles on it and to be honest, that was the most boring part of the virtual visit. Anyways, it was something new for us as a “Virtual Visit”. It was a new experience. At some point, I was somewhat bored, but, however, I enjoyed it.



Aashutosh Pudasaini

Roll no: 22002

Football: The January Transfer Window Summary

Transfer windows in football is a period in which teams can exchange players with one another in exchange for money, Every team has its unique style of playing football, even in the same league different teams have a distinct style of playing football and usually, a teams style of playing football is a reflection of the manager's ideas, Arsenal play concise fast passing counter-attack style football while Manchester City plays possession holding high pressing football, this difference is primarily due to the managers but it also has to do with the club's history and its identity, The current Manchester City coach Pep Guardiola arrived from Barcelona A club which he coached and took into great heights, While in Manchester City with him he bought the identity of Barcelona. Not all players can adapt to a team's system specially bought players because they are never used to the new playing style, A prime example of this would be Eden Hazard who a few seasons ago made his 120Mil transfer to Real Madrid from Chelsea, Is Eden Hazard a bad player? No, Has he been good for Real Madrid, No, He doesn't suit the Real Madrid playing system, Hazard is a player who likes to run down defenders have possession and link up with other players and this playing style contradicts that of Real Madrid as they are known for their Vicious quick counterattacks and cross in the box mentality. To solve such problems players not fitting a system get sold and bought on the transfer market.

After very unsuccessful transfers like Griezmann, Dembele and Coutinho Barcelona approached this transfer window intending to rebuild their team with players that fit the system and I would consider that objective fulfilled, They went for Spain and Man City Striker Ferran Torres and bought him for a deserved 55 Million Euros, They also brought back the veteran and arguably the greatest right back to ever play football to the club, Dani Alves, for free, Adama Traore, the muscular wolves winger a former La Masia(Barcelona's youth system) player was also brought back to the club for a season-long loan from Wolverhampton Wanderers, A questionable transfer was also made by Barcelona this Winter window where they decided to bring former Arsenal forward Pierre Emerick Aubameyang for free. It's a somewhat strange transfer considering how the Gabonese international has not played a match in over three months and was suspended by Arsenal for disciplinary reasons, Barcelona also sent a few players to loan this winter transfer window most prominently they sent Phillipe Coutinho to Aston Villa to rejoin his former teammate Steven Gerrard. Barcelona's arch-rival Real Madrid did not have a lively transfer window, they bought no players

this window and sold no one. In the premier league, a plethora of transfers took place, especially in underperforming clubs like Newcastle and Everton. Donny Van de Beek got a loan move from United to Everton for play-time. Luis Diaz made his move from Porto to Liverpool for a 55 Million deal. Spurs brought two Juventus boys Kulechevisy and Bentacuir on a season-long loan, Manchester City brought Argentinian wonder boy Julian Alvarez for 15 Million, with Alvarez they are hoping to replace that void that Aguero made when they left. Cristian Eriksen made his return to football by joining Brentford football club as a free agent after his horrendous incident in the Euros. Over in Italy, Juventus made a record signing of Dusan Vlavobich for 80 Million to strengthen their attack, Vlavobich has been an impressive player this season with Fiorentina. Not a lot of major signings happened in Ligue A.

Sanskrit



संविद ढकाल
अनुक्रमाङ्कः ३००२८
मम ग्रामः

मम ग्रामस्य नाम गल्याड् अस्ति । मम ग्रामः स्याड्जा जनपदे अस्ति । मम ग्रामे पितामहः, पितामही, भगिनी अनुजाः सन्ति । मम ग्रामस्य समीपे कृष्णगण्डकी नदी वहति । मम ग्रामे विशालं क्षेत्रं वर्तते । मम ग्रामे अधिकं कृषिक्षेत्रं अस्ति । मम ग्रामे समये समये विभिन्नानि शाकानि फलानि च तत्रत्याः जनाः उत्पादयन्ति । मम ग्रामे विद्युत्, अन्तर्जालम् अपि स्तः । जनाः ग्रामवासिनः गाः, महिष्याः, अजाः, पालनम् कुर्वन्ति । मम ग्रामे शुद्धं जलं प्राप्तुं शक्यते । अतः मम ग्रामः अति श्रेष्ठः अस्ति ।

धन्यवादः



सिद्धार्थः चौलागाई
अनुक्रमाङ्कः ३००३३
मम अनुजः

मम नाम सिद्धार्थः चौलागाई अस्ति । मम अनुजस्य नाम बुद्धार्थः अस्ति । मम अनुजः मस्तिष्के उत्तमः अस्ति । मम अनुजः युकेजी कक्षायां पठति । मम अनुजः फ्रि फायर क्रीडति ।

। अस्तु धन्यवादः ।



आर्यन् रेग्मी
अनुक्रमाङ्कः ३००३७

मम विद्यालयः

मम विद्यालयस्य नामः सिफलमाध्यमिक विद्यालयः वर्तते अस्माकं उच्च-विद्यालयः अपि अस्ति । मम विद्यालयः काठमाडौं जनपद अन्तर्गत सिफलनामके स्थाने अस्ति । मम कक्षाशिक्षिका नेहा रोय अस्ति । मम विद्यालयः विशालः सुन्दरश्च वर्तते । मम विद्यालयस्य गुरुवः गुरुमातरः च सम्यक्तया अस्मान् पाठयन्ति । तत्र मम सखायः अपि सन्ति । ते सर्वे मया सह खेलन्ति मिलन्ति च । मम विद्यालये

प्रयोगशाला अपि अस्ति । मम विद्यालयः अतिरिक्तकार्ये बहु उत्तमः मन्यते । विद्यालयस्य पुस्तकालयः महान् अस्ति । तत्र बहूनि पुस्तकानि सन्ति । अस्य यानानि अपि बहूनि सन्ति । मम विद्यालयः प्रातः ९ वादनतः ४ वादनपर्यन्तम् प्रचलति । मम विद्यालये कक्षा १ तः १२ पर्यन्ताः कक्षाः सन्ति ।

। अस्तु धन्यवादाः ।



युनिशा पाठक
अनुक्रमाङ्कः ३००४३
मम परिचयः

मम नाम युनिशा पाठकः अस्ति । मम पितुः नाम उत्तम पाठक अस्ति । मम मातुः नाम सावित्रा पाठक अस्ति । मम वयः दशः अस्ति । मम विद्यालयस्य नाम डियरवाक सिफल विद्यालय अस्ति । अस्य अवस्थितिः सिफलस्थाने अस्ति । अहम् चतुर्थी कक्षायाम् पठामि । अस्तु विरमामि ।

। धन्यवादः ।



आर्जन खड्का
अनुक्रमाङ्कः २९००३
संवादः

आर्जनः नमो नमः ।

सोहम् नमो नमः । तव नाम किम् अस्ति ?

आर्जनः मम नाम आर्जन अस्ति । तव नाम किम् अस्ति ?

सोहम् मम नाम सोहम् अस्ति । तव गृहम् कुत्र अस्ति ?

आर्जनः मम गृहम् सिफल स्थाने अस्ति । तव गृहम् कुत्र अस्ति ?

सोहम् मम गृहम् गौशालास्थाने अस्ति । तव पितुः नाम किम् अस्ति ?

आर्जनः मम पितुः नाम जीवन खड्का अस्ति । तव पितुः नाम किम् अस्ति ?

सोहम् मम पितुः नाम सुरेश गुरुड अस्ति । तव मातुः नाम किम् अस्ति ?

आर्जनः मम मातुः नाम सुनिता खड्का अस्ति । तव मातुः नाम किम् अस्ति ?

सोहम् मम मातुः नाम सुमिना गुरुड अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?

आर्जनः मम विद्यालयस्य नाम सिफल विद्यालय अस्ति । तव विद्यालयस्य नाम किम् अस्ति ?

सोहम् मम विद्यालयस्य नाम हेम्स विद्यालय अस्ति । त्वम् कतम-कक्षायाम् पठसि ?

आर्जनः अहम् पञ्चम कक्षायाम् पठामि । धन्यवादः ।

सोहम् स्वागतम् ।

इत्यलम् , अस्तु विरमावः ।



आराध्या प्रसाई
अनुक्रमाङ्कः २८००१

वृक्षः

वृक्षः वातावरणं शुद्धं करोति । वृक्षः मनुष्याणां जीवने अति महत्त्वपूर्णः अस्ति । वृक्षः बहूनां रोगाणां उपचारं कर्तुं शक्नोति । वृक्षाः कार्बन्डाइअक्साइड इति ग्रहणं कृत्वा अक्सिजन इति जनयन्ति । यं अस्माकम् जीवने सर्वदा आवश्यकं वर्तते । वृक्षाः अस्मान् फलं,पुष्पं पत्रं समिधा च ददति । वृक्षः अस्माकं कृते अतिमूल्यवान् अस्ति ।
। अस्तु धन्यवादः ।



आकाङ्क्षा खड्का
अनुक्रमाङ्कः २७००१
संस्कृतभाषा

संस्कृतभाषा सर्वप्राचीना भाषा वर्तते । एषा भाषा सुमधुरा अस्ति । अस्यां भाषायां अनेके ग्रन्थाः विरचिताः सन्ति । अस्याः भाषायाः उत्पत्तिः दक्षिणएशियाप्रान्तान्तर्गत-नेपाल-भारत एव मन्यते । संस्कृतभाषायाः प्रयोगं पूर्णरूपेण वैज्ञानिकं दरीदृश्यते । रामायण-महाभारतयोः प्रसिद्धिः अनया भाषया जाता । विश्वस्य अनेकाः भाषाः संस्कृतस्य आधारभूमीं स्वीकृत्य सम्प्रति अस्तित्वे समागताः सन्ति । नेपालदेशस्य अनेके विद्यालयाः इदानीं संस्कृतं पाठयितुं पुनः प्रारब्धमानाः सन्ति । अनेन कार्येण संस्कृतस्य महत्त्वं इतोऽपि अग्रे गन्तुं शक्नोति ।

महाशिवरात्रिपर्व



आशिष दाहाल
अनुक्रमाङ्कः २७००४

माघमासस्य कृष्णपक्षस्य चतुर्दश्यां तिथौ आचर्यते महाशिवरात्रिपर्वः । प्रयागपुष्करः यथा तीर्थराजः इति उच्यते तथैव महाशिवरात्रिः ब्रतराजः इति उच्यते ।

एतत् पर्वं यद्यपि शैवाणां परमपवित्रं तथापि अन्यैः अपि आचरणीयम् अन्यथा तेषां पूजाफलं नश्यति इति वदन्ति शास्त्राणि । शिवरात्र्यां यः उपवासं जागरणं च ज्ञात्वा अज्ञात्वा आचरति सः स्वर्गं गच्छति इति वदन्ति शास्त्राणि ।

सामान्यतया देवतापूजार्थं दिवासमयः एव प्रशस्तः ।

किन्तु शिवरात्रिपर्वणि तस्य नामानुगुणं रात्रिरेव प्रशस्तकालः पूजार्थम् । सम्पूर्णम् उपवासं कृत्वा रात्रौ जागरणम् आचरणीयम् ।

रात्रौ एव पूजा करणीया इति । कलियुगे चतुर्दश्यां रात्रौ केवलं भूमौ सञ्चरन् समस्तस्थावरजङ्गमेषु । समग्रे वर्षे कृतं पापं परिहरामि ।

दिवासमये तद्दिने एवं महिमा न भवति इति महेश्वरः एव अवदत् इति शास्त्रवाक्यम् अस्ति । शिवरात्र्याचरणं स्यात् शिवस्य प्रियं यथा शिवस्य ध्यानानन्दः आत्मगुणसम्पत्तिः अत्यन्तं प्रियौ स्तः । सर्वभूतेषु दया, निरसूया, शुचित्वम्, अनायासः, क्षमागुणः, अकार्पण्यभावः, मङ्गलं, दुराशां विना जीवनम् इत्येतानि एव अष्ट आत्मगुणाः । अहिंसा, सत्यम्, अक्रोधः, ब्रह्मचर्यं च अस्मिन् व्रते अपि आचरणीयम् । पूर्वदिने रात्रौ उपवासं कृत्वा प्रातः नित्यकर्माणि समाप्य शुचिभूत्वा निर्विघ्नतया व्रतमिदं परिसमाप्तिं गच्छतु इति प्रार्थनां समर्प्य सङ्कल्पं कुर्वन्ति । शतरुद्रीयं, श्रुतिसूक्तीः, शिवपञ्चाक्षरमहामन्त्रं, पुरुषसूक्तं च वदन्तः पञ्चगव्येन पञ्चामृतेन च शिवलिङ्गस्य अभिषेकं कुर्वन्ति ।

ध्यानसमाधिरूपम् आन्तरिकपूजया सह आवाहन- आसन- अर्घ्य- पाद्य- आचमनीय- अभिषेक- वस्त्र- उपवीत- गन्ध- पुष्प-धूप-दीप-अर्चन-नैवेद्य-प्रदक्षिणनमस्कार-स्तोत्र-नृत्य-गीत-वाद्यरूपा बाह्यपूजा अपि तद्दिने आचर्यते । तत्रापि विशेषतया षोडशोपचारेषु अभिषेकः शिवस्य अत्यन्तं प्रियः इति उक्तम् अस्ति शास्त्रेषु । अलङ्कारप्रियः विष्णुः अभिषेकप्रियः शिवः इति तु प्रसिद्धमेव ।



कृष्मा थापा
अनुक्रमाङ्कः २७००५

गौः

गौः इत्यस्य अपरनाम धेनुः अस्ति । सा चतुष्पाद पशुः वर्तते । धेनुः अस्माकं माता अपि अस्ति । गौः अस्मभ्यं पयः ददाति । गावः विभिन्नवर्णयुक्ताः भवन्ति । हिन्दुसमाजे गां पूजयन्ति मानवाः । धेनुः एका गृहे सम्मानयुक्ता पालिता पशुः अस्ति ।

हिमालय

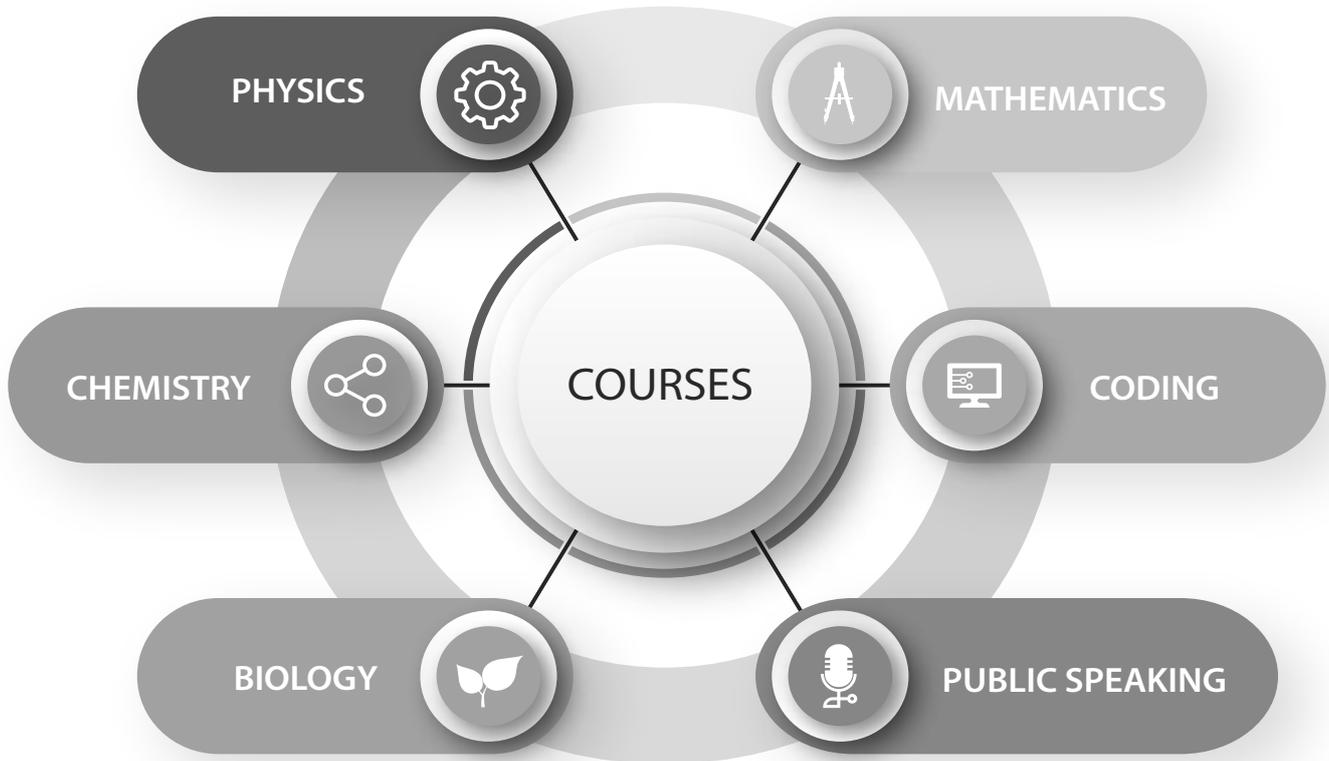


आनिया पौडेल
अनुक्रमाङ्कः २७००२

नेपालस्य उत्तरदिशि सीमाप्रदेशे स्थितः महान् पर्वतः एव हिमालयः । “हिमालयः” इति नाम्नः श्रवणमात्रेण सर्वस्य अपि नेपालीयस्य हृदयं विकसितं भवति । हृदये अनेके दिव्यभावाः सञ्चरन्ति । शरीरे रोमाञ्चः सञ्जायते च । भारतस्य संस्कृतेः पृष्ठभूमिः हिमालयः अस्ति । देशस्य पूर्वजाः कथम् अजीवन् ? किम् अचिन्तयन् ? क्व जयम् प्राप्नुवन् ? कुत्र च पराजिताः अभवन् ? इत्येतादृशीणां सहस्रशः घटनानां मूकसाक्षी अस्ति हिमालयः । हिमालयपर्वतश्रेणिः टिबेटप्रस्तभूमेः भारतोपखण्डं पृथक्करोति । एवरेस्ट शिखरेण सह प्रपञ्चे अत्यन्तमुन्नत्ताः पर्वतशिखराणि अत्रैव अन्तर्भवन्ति । तथैव द्वे प्रमुखे नद्यौ हिमालयतः एव प्रवहतः । संस्कृतभाषया हिमालयः इत्युक्ते हिमस्य आलयः इत्यर्थः । हिमालयपर्वतशिखराणि सर्वदा हिमावृतानि भवन्ति । अनेकाः प्रमुखाः नद्यः इतः एव प्रवहन्ति । हिमालयप्रदेशे शताधिकानि सरांसि सन्ति । अनेकाः प्रमुखाः नद्यः इतः एव प्रवहन्ति । टिबेट् मध्ये सेङ्गे गारु नद्योः सङ्गमे प्रभूय पाकिस्थाने प्रवह्य ततः सिन्धुसागरं प्रविशति । गङ्गातीर्था गङ्गानदी उद्भवति । ततः अलकनन्दां यमुनां च सम्प्राप्य भारते बङ्गलादेशे च प्रवह्य गङ्गासागरं प्राप्नोति । पश्चिमटिबेटमध्ये ब्रह्मपुत्रः नदः प्रभवति । ततः दक्षिणपूर्वदिशि प्रवहति । पुनः प्रवाहस्य दिक्परिवर्तनं कृत्वा भारते बङ्गलादेशे च प्रवह्य गङ्गासागरं प्राप्नोति । अन्याः हिमालयात् प्रभूताः नद्यः इरवडी, सल्वी इत्याद्यः नद्यः बर्मादेशे प्रवहन्ति ।

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