

THE DEERWALKER

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SIFAL SCHOOL

Welcome!

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The Deerwalker is a students' magazine and is published by Sifal Secondary School, Kathmandu, Nepal.

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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Dear Reader,

With great joy we would like to greet you with the 12th edition school's magazine "The Deerwalker". The Deerwalker is an assortment and compilation of all the remarkable articles researched and written by the students of Sifal School ranging from elementary school all the way up to high school.

We have hand-picked the most authentic articles for this magazine for you, the reader, and wholeheartedly hope that you have an optimal experience of the perspectives of our students through this magazine. This magazine encompasses areas such as Poetry, Opinions, Book and Movie Review, many more oddities and the niche of our students. It is a platform for expression of buried and innate knowledge helping to bring them out in the form of a magazine.

The Deerwalker is a magazine that is amalgamated with the conceptualization of our student mind, through process and is a separate entity which is ensembled by the students, for the students and everyone to consume. Our primary goal is to inspire students who seek discomfort in writing and researching a subject that they have little or no idea about, and to engage in research about the topic they have already ascertained, helping them better enhance their arsenal of knowledge.

We hope for the best that our platform can be a beacon of knowledge for students, and all the readers who stumble upon our take at blending all perspectives through the collective effort of the students, the deerwalker team and respected teachers.

Regards,
Manip Maharjan
Co Editor in Chief
(English)



आदरणीय पाठकवर्ग,

हामी तपाईंलाई गर्वका साथ हाम्रो विद्यालयको पत्रिका 'द डियरवाकर' को ११ औं संस्करणमा हार्दिक स्वागत गर्दछौं । 'द डियरवाकर' सिफल स्कुलका विद्यार्थीहरूले लेखेका सिर्जनात्मक र समीक्षात्मक रचनाहरूको सङ्ग्रह हो । यस पत्रिकाको मुख्य उद्देश्य विद्यार्थीहरूलाई समालोचना, कविता, रचनात्मक लेखन, रोचक तथ्य र तथ्याङ्कहरू, खेलकुद र मनोरञ्जन साथै थप विषयहरूमा संलग्न गराउनु हो । यस पत्रिकामार्फत हामी प्रतिभाहरूलाई आफ्नो सिर्जना अभिव्यक्त गर्ने अवसर प्रदान गर्दै आएका छौं ।

हाम्रो डियरवाकर क्लबले यी सबै रचनाहरू सम्पादन र सङ्कलन गर्न सक्दो प्रयास गरेका छौं । सम्पादन र सङ्कलन गर्दा हामीले धेरै उत्कृष्ट रचनाहरू देख्यौं । यसबाट म व्यक्तिगत रूपमा पाठकहरूलाई यो बताउन पाउँदा खुसी छु कि डियरवाकर पत्रिका रचनाहरूको अद्भुत सङ्ग्रह बनेको छ ।

थियोडोर लेविटले भने भैं, "रचनात्मकता भनेको नयाँ चीजहरू सोच्नु हो, नवीनता भनेको नयाँ काम गर्नु हो । "डियरवाकरमार्फत हामी नयाँ प्रतिभाहरूलाई आफूलाई रुचि भएका कुनै पनि विषयमा रचना लेख्न, समालोचना गर्न अभिप्रेरित गरी प्रकाशन गर्छौं । यसले उनीहरूको भाषिक सिपको विकासका साथसाथै उनीहरूको सोच्ने क्षमता र सिर्जनात्मकतालाई पनि तिखो बनाउँछ । डियरवाकर पत्रिकाले लेखन उत्साहीहरूलाई आफ्नो प्रतिभा प्रदर्शन गर्ने एक मञ्च प्रदान गरेको छ ।

अन्त्यमा विद्यार्थीहरूका नयाँ सोच, कल्पनात्मक, समालोचनात्मक कृतिहरू पढेर हौसला दिनुहुन म हरेक पाठवर्गमा अनुरोध गर्दछु र यहाँहरूको रचनात्मक सुभाबको अपेक्षा गर्दछु ।

सहसम्पादक

सौहार्द ब्रजाचार्य

सम्पादक

रुसीना तामाङ

मनास्वी सापकोटा

सुप्रभ आचार्य

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सहसम्पादक

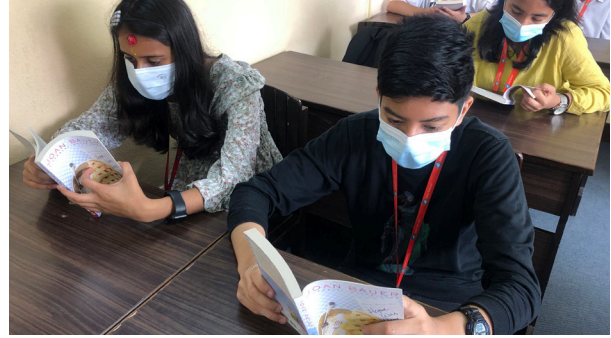
सौहार्द ब्रजाचार्य



FEATURES

Book and Movie Review

Creative Writing and
Opinion



Events and Activities

Interesting Facts and
Figures

Poetry

Politics and Current
Affairs



Science and Technology

Social and Contemporary
Issues



Sports, Travel,
Tourism and
Entertainment



BOOK AND MOVIE REVIEW



देवाशंराज बराल
क्रमाङ्क : ३२०२५



डोरेमन

डोरेमन मलाई सबैभन्दा धेरै मन पर्ने कार्टुन हो । डोरेमन कार्टुनमा धेरै पात्रहरू रहेका छन् । ती पात्रहरूमध्ये मलाई सबैभन्दा धेरै मन पर्ने पात्र डोरेमन र नोभिता हो । डोरेमन बाइसौं शताब्दीबाट समय यात्रा गरी एक्काइसौं शताब्दीमा आएको एउटा रोबोट हो, भने नोभिता चाहिँ जापानमा बस्ने एक पढाइमा कमजोर, साथीहरूबाट कुटाइ खाने र प्रायः समस्यामा पर्ने एउटा बालक हो । डोरेमनको समय यात्रा गर्नुको मुख्य उद्देश्य नोभितालाई समस्याबाट निकाल्नु र उसको एउटा असल मित्र बन्नु हो । यो कार्टुनले मित्रताको विशेषतालाई देखाएको छ ।



शिवांश राजभण्डारी
क्रमाङ्क : ३२०१७



हाम्रो सेरोफेरो

मेरो नाम शिवांश राजभण्डारी हो । आज म 'हाम्रो सेरोफेरो' किताबको बारेमा लेख्दै छु । मलाई 'हाम्रो सेरोफेरो' किताब धेरै मन पर्छ । यो किताब पढेर मैले धेरै कुराहरू सिक्ँ । यस किताबमा ठुलालाई आदर, सानालाई माया, व्यायाम, खानेकुरा, स्वास्थ्य आदिका बारेमा पढ्न सकिन्छ । यस किताबमा हामीले अरु धेरै कुराहरू पढ्न र सिक्न सक्छौं । हाम्रो सेरोफेरो किताब मेरो पहिलो अनुभव हो । मलाई यो किताब धेरै लाभदायिक लाग्यो ।



प्रस्तुत चन्द्र बराल

क्रमाङ्क : ३१०१८

चलचित्र समीक्षा- कबड्डी कबड्डी ४

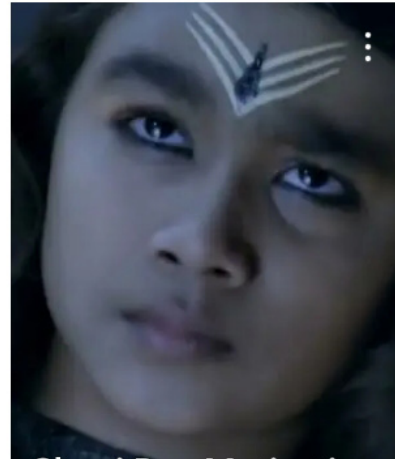
२०७८ सालमा सार्वजनिक गर्ने भनिएको कबड्डी कबड्डी चलचित्र २०७९ को वैशाख २५ का दिन सार्वजनिक गरियो । कबड्डी कबड्डी ४ ले धेरै नाम कमाएको थियो । यस चलचित्रमा दयाहाङ राई, मिरुना मगर, बुद्धि तामाङ, सौगात मल्ल, विजय बराल आदिजस्ता कलाकारहरूले यस चलचित्रमा अभिनय गरेर यस चलचित्रलाई धेरै राम्रो बनाएका थिए । यस चलचित्रका निर्देशक रामबाबु गुरुङ हुन् । यो चलचित्र सामाजिक कथावस्तुमा आधारित छ । यो चलचित्र धेरै हँसाउने खालको हास्यव्यङ्ग्यात्मक चलचित्र हो । यस चलचित्रमा मिरुना मगर र दयाहाङ राईले मुख्य भूमिका निभाउनुभएको छ । अहिलेसम्म कबड्डी कबड्डीका चारवटा शृङ्खला प्रदर्शन भइसकेका छन् ।



बरुण कडरिया

क्रमाङ्क : २९०५३

शनिदेव



शनिदेवलाई एउटा ग्रहको रूपमा पनि लिइने गरिन्छ ।

शनिदेवको देवी सन्ध्यासँग विवाह भएको थियो । विवाह भएको केही दिनपछि सूर्यको तेज बढाउन लागियो । यसबाट देवी सन्ध्याले सूर्यदेवलाई हेर्न उहाँलाई असम्भव हुन लाग्यो । यो घटनाबाट सूर्यदेव रुष्ट भएर रिसाएर जानुभयो । त्यसपछि देवी सन्ध्याले सूर्यदेवको तेज सहनको लागि तपस्या गर्ने बारेमा सोच्नुभयो तर उहाँका तीन वटा सन्तान थिए र आफ्नो सन्तानको पोषण गर्नको लागि उहाँलाई त्यही बस्नुपर्थ्यो । उहाँले सूर्यदेवलाई पनि छाडेर जान नमिल्ने अवस्था थियो । त्यसैले उहाँले आफ्नो छायालाई हेरेर आफ्नो प्रतिरूप बनाउनुभयो । उहाँले देवी छायासँग भन्नुभयो के उहाँ जतिबेलासम्म तपस्या गर्नको लागि जानुभएको छ त्यतिबेला उहाँका सन्तानहरूको ख्याल राख्नु र सूर्यदेवलाई

पनि उहाँको कमी हुन नदिनु । धेरै दिनको लागि देवी छाया त्यही बस्नुभयो र सूर्यदेवलाई शङ्का हुन लाग्यो कि देवी सन्ध्याले उहाँको तेज अहिले कसरी सही रहनुभएको छ । दिनहरू बिते । देवी सन्ध्या फेरि आउनु भयो । अब उहाँ फेरि देवी छायालाई छोडिदिनुभयो तर देवी छायामा अन्याय भएको थियो । देवी छायालाई पनि देवी सन्ध्या कै नै स्थान हुनुपर्ने थियो तर उहाँले न्याय नमागी किन त्यहाँबाट प्रस्थान गर्नुभयो ? देवी छायाका सन्तान थिए शनि । अब शनिको आयुमा वृद्धि भइरहेको थियो त्यसपछि उहाँलाई थाहा भयो कि उहाँको आमासँग कस्तो अन्याय भयो । त्यसपछि उहाँ सूर्यलोक जानुभयो र आफ्नी आमाको लागि न्याय माग्नुभयो तर सूर्यदेवले मान्नुभएन र भन्नुभयो शनिको आफ्नो क्रोध नियन्त्रणमा थिएन । त्यसैले आफ्नी आमाको बारेमा नराम्रो सुनेर शनि सूर्यदेवको सबै तेजलाई लिनुभयो ।

अब संसार अन्धकारमा ढाकिएपछि महादेव आएर पनि शनिलाई सम्झाउनुभयो । शनिको क्रोध शान्त भयो र उसकी आमाले पनि न्याय पाइन् । आमाले आफ्नो रिस नियन्त्रण गर्नको लागि तपस्या गर्ने भनेर भन्नुभयो । उहाँले शिवको तपस्या गर्नुभयो । पहिला उहाँले आफ्नी आमालाई न्याय दिनुभएको थियो । त्यसैले उहाँले गरेको काम र गरेको तपस्याअनुसार उहाँले शनिदेवलाई न्यायदेवता बनाउनुभयो । अहिले उहाँलाई विग्रहको रूपमा लिइन्छ । तपस्या गरिरहेको बेलामा एक देवीले शनिदेवको सहायता गर्नु भएको थियो । उहाँको तपस्या सम्पन्न भएपछि उहाँहरूको विवाह भयो । विवाह भएको धेरै दिनपछि एक देवीले सिङ्गार गरिराख्नुभएको थियो । त्यही बेलामा शनिदेव आउनुभयो । उहाँले देवीको लागि एउटा भेटी ल्याउनु भएको थियो त्यसैले त्यो भिडलाई लुकाउने बेलामा उहाँले देवीलाई हेर्नुभएन । यो देखेर क्रोधित भएर देवीले शनिदेवलाई श्राप दिनुभयो कि उहाँको दृष्टिमा जो आउँछ त्यसको भाग्यमा सुख र शान्ति कहिले पनि आउँदैन । यसैले शनिदेव आफ्नो काम गर्नमा सफल हुनुभयो । जसले राम्रो काम गर्छ त्यसको भाग्यमा शनिदेवको दृष्टि जाँदैन र जसले नराम्रो र पाप कर्म गर्छ त्यसमा जहिले पनि शनिदेवको दृष्टि रहन्छ ।

कालोपाटी पुस्तक समीक्षा

परिचय:

कालोपाटी बालउपन्यासका लेखक कपिलमणि ज्ञवाली हुन् । यो बालउपन्यासकाका चित्रकार समित श्रेष्ठ हुन् । कालो पाटी एडुकेशनल पब्लिसिड हाउसबाट प्रकाशन गरिएको हो । यो उपन्यासमा सुनैनाको भाइसँगै स्कूल जाने र पढ्ने चाहनाले उसका आमा-बुबाको पुरानो सोच र विचारमा परिवर्तन ल्याएको कुरा देखाइएको छ ।



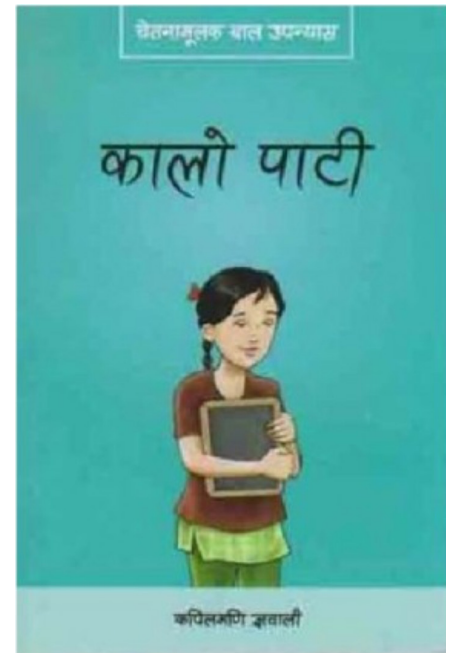
आर्जन खड्का

क्रमाङ्क : २९००३

पात्रहरू:

कालोपाटीको मुख्य पात्र सुनैना हुन् । यस उपन्यासका

अरू पात्रहरू सुनैनाका आमा-बुबा, सविता र शशिधर, भाइ संयोग, स्कूलका शिक्षक हर्क बहादुर, रामबहादुर र हरि लाल सर, उसका साथी शालिनी र सुमना रहेका छन् । यस उपन्यासकी असल पात्र सुनैना, स्कूलका शिक्षकहरू र सुनैनाका आमा-बुबा हुन् । सुनैनाले राम्रोसँग पढेर डाक्टर बनेर बिरामीहरूको सेवा गरिन् । उसका शिक्षकहरूले आमा-बुबालाई पटक पटक छोरीलाई स्कूल पठाउनुपर्छ भनेर सम्झाएकोले उनीहरू पनि असल पात्र हुन् । सुनैनाका आमा-बुबा कथाको पहिलो भाग तिर खराब पात्र जस्तो देखिए पनि उनीहरूले आफ्नी छोरीलाई पढाएर सफल बनाउन सफल भएकाले उनीहरू पनि असल पात्रको भूमिकामा देखिएका छन् । यो कृतिमा खराब पात्र कोही पनि छैनन् ।



कथावस्तु:

सुनैना आफ्नो आमा-बुवा र भाइसँग बस्थी । उसको भाइको छैटी हुँदा मेरो चाहिँ किन नगरेको भनेर काकीसँग सोधी तर काकीको जवाफ सुनेर ऊ आमालाई सोध्न गई तर आमाले पनि उसको मनको कुरा बुझ्नुभएन । उसका आमा-बुबालाई गाउँका धेरैले छोरीलाई पनि स्कुल पठाउन भनेका थिए तर घरको काममा मद्दत गर्न कोही नहुने भएकोले स्कुल नपठाएको कुरा उसको बुबाले गर्नुभयो । उसको काम भनेको भाइलाई स्कुलको लागि तयार गरिदिने, पुऱ्याउने र ल्याउने थियो । उसलाई पनि स्कुल जान एकदमै रहर थियो । एकदिन उसले आफ्नी साथी सुमनालाई बाटोमा भेटी र उसले भनेका कथाहरू सुनेर उसले आफ्नो आँसु रोक्न सकिन । भाइलाई स्कुल पुऱ्याउन गएको ऊ रुँदै घर फर्की । अर्को दिन बुबा सहर जान लाग्नुभएको बेला सुनैनाले बुबालाई पखिन इशारा गरी र एकछिन पछि ऊ रुन थाली । त्यसपछि उसले आफू स्कुल जान मन लागेको कुरा बुवासँग गरी । उसलाई पनि त्यही दिन भर्ना गरियो । उसको दिमाग एकदमै छुरा छ भन्दै उसका शिक्षकहरूको उसको प्रशंसा गरिरहेका थिए । ऊ पनि खुसी हुँदै भाइसँग घर फर्किँदै थिई तर ऊ लडेर घुडामा चोट लाग्यो । उसको कालो पाटी पनि फुट्यो । घर पुगेपछि त्यही कुराको चिन्ता लिँदै ऊ निदाई तर नराम्रो सपना देखेर ऊ रुन थाली । उसलाई बुवा-आमाले अबदेखि नपढाउने भन्ने कुरा सपना देखेको र रुन थालेको कुरा उसले बताई तर उसलाई बुवा-आमाले धेरै पढाएर महान् मान्छे बनाउने भन्नुभयो । ऊ कहिले प्रथम त कहिले दोस्रो हुन्थी । उसको मिहिनेत र परिश्रम देखेर सबै प्रसन्न थिए । एसईई परीक्षामा सबैभन्दा बढी जिपिए ल्याई प्रथम भएकी थिई र पत्रकारको टोली सदरमुकामबाट विद्यालयमा आयो र सुनैनाको अन्तर्वार्ता लिए अनि उसले शिक्षक-शिक्षिकाहरू, साथीभाइ र आमाबुवाको योगदानको प्रशंसा गरी । केही वर्षपछि ऊ नेपालको ठुलो अस्पताल, वीर अस्पतालमा डाक्टर भई र दीनदुःखी एवम् गरिब विरामीहरूको सेवामा विशिष्ट योगदान दिएको कारणले 'सर्वोत्कृष्ट डाक्टर' को उपाधिले उसलाई सम्मान गरियो ।

परिवेश:

कालोपाटी उपन्समामा सुनैनाको घर, सुनैना र उसको भाइ पढ्ने स्कुल, वीर अस्पताल स्थलगत परिवेशको रूपमा आएका छन् । यो कथामा भएका सबै घटना पन्ध्रदेखि बिस वर्षको समयभित्र घटेको अनुमान गर्न सकिन्छ ।

सिफारिस वा निष्कर्ष:

म यो पुस्तकलाई सिफारिस गर्छु किनभने यो पुस्तकबाट हामीलाई छोरा र छोरीमा भेदभाव गर्नुहुँदैन र उनीहरूलाई बराबर पढाएर महान् मान्छे बनाउनु पर्छ भन्ने सिकेँ ।

चलचित्र समीक्षा: कबड्डी ४



प्रसिद्ध श्रेष्ठ

क्रमाङ्क : २८००८

परिचय:

चलचित्र भनेको मनोज्ञको लागि हेरिने श्रव्यदृश्य सामग्री हो । यसमा हामी रमाउन सक्नुपर्छ । चलचित्र हलमा गएर हेर्न सकिन्छ तर आजको युगमा हलमा नै गएर चलचित्र हेर्नपर्छ भन्ने छैन घरमा नै बसेर पनि हेर्न सकिन्छ । मैले पछिल्लो पटक हेरेको चलचित्र कबड्डी ४ हो । यो चलचित्र अत्यन्त रमाइलो र सन्देशमूलक रहेको छ ।

पात्रहरू:

यस चलचित्रमा दयाहाड राई, मिरुना मगर, बुद्धि तामाङ, विजय बराल, सौगात मल्ल, जयनन्द लामा आदि लगायतका पात्रहरू रहेका छन् । प्रमुख पात्रमा नायक दयाहाड राई, नायिका मिरुना मगर रहेका छन् । नायक दयाहाड राई र नायिका मिरुना मगर असल

पात्र हुन् भने अर्का खलनायक सौगात मल्ल खराब पात्र हुन् । नायक दयाहाड राई सबैलाई माया गर्ने विद्यालय खोलेर बच्चाहरूलाई राम्रो शिक्षा दिने तर अर्का खलनायक नायिका मिरुना मगरलाई कुदृष्टिले हेरेर उनको जीवन नै बिगार्ने नियतमा छन् ।

कथावस्तु:

कथा एकदम सरल अनि राम्रो छ । नायकले विवाह गर्न खोजेको केटी अर्केले भगाएर लगेपछि नायक भिक्षु बन्छन् । नायकका दाइ र साथीहरू पनि हुन्छन् र आमा बुबा पनि हुनुहुन्छ । नायकले विद्यालय सञ्चालन गरेर बसेका हुन्छन् । साथीहरूले जति सम्भोउँदा पनि घर फर्कदैनन् अनि सपनामा आमा भुन्डिएर मरेको देखेपछि आमाको मायाले घर फर्कन्छन् अनि आफ्नो काममा लाग्छन् । नायिका पनि त्यही स्कूल शिक्षिका बन्न आउँछिन् । नायिकाले पनि नायकलाई मन पराउँछन् तर नायकले वास्ता नै गर्दैनन् नायकको आमाबुबालाई पनि केटी मनपर्छ तर केटीलाई खलनायकले अपहरण गरेर लगेर विवाह गर्न खोज्छ तर अन्त्यमा नायकले नायिकालाई लिन आउछन् अनि नायकले नायिकालाई मन पराउछन् कथाको सुखद अन्त्य हुन्छ ।



परिवेश:

मलाई यस चलचित्रको एउटा राम्रो रमाइलो रमणीय पक्ष नै परिवेश लाग्यो । मेरो विचारमा यस चलचित्रमा मुस्ताङको दृष्य छ । जुन एकदम रमाइलो छ । हिमाली दृश्यहरू, उकाली ओराली, कच्ची बाटो, गाउले परिवेश दाउराहरूका चाड लगाएको, ढुङ्गा छापेको सफा बाटो पनि, रुखहरू, रातै स्याउ फलेको, रक्सी पारेको दृष्य लगायत अत्यन्त रमणीय ठाउँहरूको प्रयोग गरिएको छ ।

निष्कर्ष:

निष्कर्षमा कवडी ४ चलचित्र हास्यव्यङ्ग्यको प्रयोग, प्रेमिल कथावस्तु र राम्रो सन्देशका कारण राम्रो अत्यन्त रमाइलो छ । सुन्दर रमणीय ठाउँहरूको चित्रण र वातावरण एकदमै रमाइलो रहेको छ । अलि चिसो चिसो मौसम सफा बाटोघाटो अन्त्यमा नायक र नायिकाको सुखद मिलन भएको हुँदा चलचित्र धेरै नै राम्रो छ । परिवारिक चलचित्र र गीत सङ्गीत पनि सुमधुर रहेको छ ।



प्रसिद्धि डङ्गोल
क्रमाङ्क : २८००९

पुस्तक समीक्षा : प्रसिद्ध पाँच

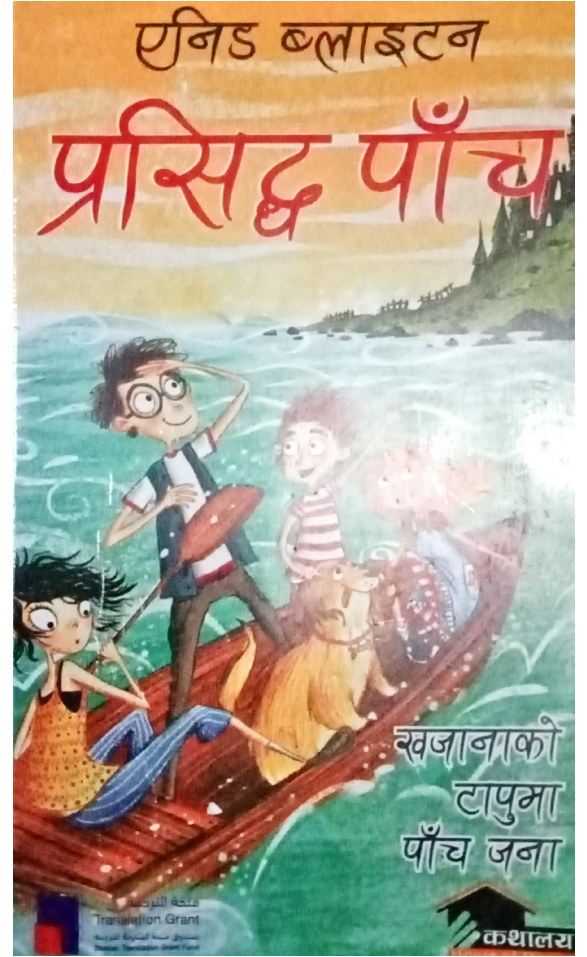
विषयप्रवेश: प्रसिद्ध पाँच एक अनुदित बालउपन्यास हो । यसलाई एनिड ब्लाइटनले लेखेका हुन् । यस पुस्तकलाई जयप्रसाद लम्सालले अङ्ग्रेजीबाट नै पालीमा अनुवाद गरेका हुन् । यो पुस्तक कथालयले प्रकाशन गरेको हो र यसको गाता लौरा एलेन एन्डरसनले बनाएका हुन् । यो पुस्तक पहिलो पटक २०१६ मा प्रकाशित भएको थियो । यस पुस्तकका सम्पादक गणेशप्रसाद भट्टराई हुन् ।

पात्रहरू: यस पुस्तकमा जुलियन, जर्ज, एनी, डिक र तिमोथीसहित पाँचजना मुख्य पात्रहरू छन् । यस पुस्तकमा तिमोथीबाहेक सबै जना एक मानवीय पात्र हुन् । यसमा पात्रहरू जुलियन, डिक, अनु, तिमोथी, कुन्तिन काका, फिनी काकी, (जुलियन, डिक, अनुको) आमा र बुबा, आफ, माभीहरू, गुण्डाहरू आदि पात्रहरू रहेका छन् । जर्ज एक खराब पात्र जस्तो देखिन सक्छे तर वास्तवमा ऊ एक राम्रो पात्र हो किनभने ऊ पछि एनी, जुलियन र डिकसँग साथी बन्छे र तिनीहरू सबै मिलेर खजाना फेला पार्न सक्षम हुन्छन् । यस पुस्तकका खराब मानिसहरू चोरहरू हुन् किनभने उनीहरूले टापु किन्न खोज्छन् । जब उनीहरूलाई थाहा हुन्छ कि त्यहाँ सुन र खजाना छ जब उनीहरूले सुन फेला पारेका बच्चाहरूलाई देख्छन् । उनीहरूले सुन लिन र बच्चाहरूलाई टापुमा छोड्ने निर्णय गर्छन् । आफ्नो डुङ्गा लिएर टापुमा त पुग्छन् तर अन्त्यमा चोरहरूले सुन लिन सकेनन् किनभने बच्चाहरूका काकाले प्रहरीलाई खबर गरिसकेका हुन्छन् र उनीहरू सुन नलिई जान्छन् ।

कथावस्तु : जब जुलियन, डिक र एनी पोलसेथमा उनीहरूको गर्मीको छुट्टीमा जान सक्दैनन्, उनीहरूलाई गाउँमा रहेको उनीहरूको किरिन कटेजमा काकी फिनी र काकाकुन्तिनसँग गर्मी बिताउन आमन्त्रित गरिन्छ। तिनीहरूले आफ्नी बहिनी जर्जनालाई पनि भेट्छन्, एक केटी, जसले केटाजस्तै जिउन कडा प्रयास गर्छे र केवल जर्ज नामको जवाफ दिन्छ । अन्तिममा तिनीहरू साथी बन्छन् र जर्जले तिनीहरूलाई आफ्नो प्यारो कुरुर तिमोथीसँग परिचय गराउँदछ, जो गोप्य रूपमा माछा मार्ने केटा, अफसँग गाउँमा बस्छ किनभने जर्जका आमाबाबुले उनलाई कुरुर राख्न अनुमति दिँदैनन् ।

किरिन टापु जाने बाटोमा, जर्जले आफ्ना भाईहरूलाई जहाज भत्किएको देखाउँछ, यो उनको महान् हजुरबुबाको जहाज हो भनेर व्याख्या गर्दै । हावाहुरीमा जहाज भत्किएपछि उनी सुन ढुवानी गर्दै आएका थिए, तर गोताखोरले खोजी गर्दा पनि सुन फेला परेन । भग्नावशेषको भ्रमण गरिसकेपछि, पाँच जना टापुमा आइपुग्छन् र भत्किएको महलको खोजी गर्छन् जब ठुलो आँधीबेहोरी आउँछ, उनीहरूलाई मुख्य भूमिमा फर्कन धेरै खतरनाक बनाउँछ । जब तिनीहरू टापुमा आश्रय लिन्छन्, समुले पुरानो जहाजको टुकालाई टापु वरपरका चट्टानहरूमा फ्याँक्छ । यी घटनाक्रमहरूबाट उत्साहित, तिनीहरूले यो पत्ता लगाउनु अघि खोज्न अर्को दिन बिहान फर्कने निर्णय गर्छन् ।

भोलिपल्ट, पाँचजनाले भग्नावशेषको भ्रमण गर्छन् र कप्तानको क्याबिन पत्ता लगाउँछन् । जहाँ उनीहरूले जर्जको महान् हजुरबुबासँग सम्बन्धित केही वस्तुहरू फेला पार्छन्, जसमा उनीहरूले किरिन कटेजमा फिर्ता लिएर गएको पुरानो बाकस फेला पार्दछन् । बाकस खोल्न गाह्रो हुन्छ, त्यसैले तिनीहरूले यसलाई घरको सबैभन्दा अग्लो भ्यालबाट फ्याँक्छन् । बाकस खुल्छ तर त्यसबाट आएको आवाजले कुन्तिन काकालाई बाधा पुऱ्याउँछ त्यसपछि कुन्तिन काकाले त्यो बाकस खोसेर आफ्नो कोठामा लैजान्छन् । आफ्नो खोज छोड्न इच्छुक नभएको, जुलियन काका कुन्तिनको अध्ययनमा लुकेर किरिन क्यासलको पुरानो नक्सा रहेको बक्स लिन्छ । पछि नक्सामा थप अनुसन्धानमा, बच्चाहरूले सुन भएको ठाउँको नक्सा शब्द फेला पार्छन्, जुन तिनीहरूले पछि बुझ्छन् कि यसले हराएको सुन गाडिएको ठाउँलाई जनाउँछ । बच्चाहरूले यो हराएको सुनको स्थान देखाउने खजाना नक्सा हो भनेर बुझ्छन् । नक्साको ट्रेसिड गरेपछि र बक्स फिर्ता गरेपछि, तिनीहरू आफैले सुन फेला पार्ने निर्णय गर्छन् । केटाकेटीहरूको स्तब्धतामा, नक्सा भएको बाकस



एक प्राचीन वस्तु संग्रहकर्तालाई बेचिन्छ । सोही व्यक्तिले किरिन टापु किन्न प्रस्ताव पनि गर्छ। केटाकेटीहरूले थाहा पाउँछन् कि उसले गोप्य नक्सा पत्ता लगाएको छ र आफ्नो लागि सुन चाहन्छ, र त्यसैले पाँचजनाको लागि पहिलो सुनको लागि दौड सुरु हुन्छ । बच्चाहरू टापु बेच्नु अघि त्यहाँ समय बिताउन चाहन्छन् भन्ने सोचै, काका कुन्टिन र काकी फिनीले उनीहरूलाई एक हप्ताको लागि त्यहाँ क्याम्पिंग गर्न अनुमति दिन्छन् ।

टापुमा आइपुगेपछि, पाँच जनाले सुन लुकाइएको पुरानो काल कोठरीहरू पत्ता लगाउन महलका भग्नावशेषहरू खोज्न थाल्छन्। खरायोलाई पछ्याउँदै, टिमी पुरानो इनारमा खस्छ, जहाँबाट बच्चाहरूले कालकोठरीको प्रवेशद्वार भेट्टाउँछन् । भूमिगत खोजी गर्दा, तिनीहरूले बन्द भल्टमा सुन फेला पार्छन् । समस्या चाँडै आइपुग्छ, खराब मानिसहरू सुन चोर्ने आशामा टापुमा आउँछन् । तिनीहरूले जर्ज र जुलियनलाई समात्छन्, तिनीहरूलाई कालकोठरीमा ताला लगाउँछन् र तिनीहरूलाई सतहमा एनी र डिकलाई एउटा नोट लेख्न सोच्छन् - एउटा नोट जसले ती दुईलाई तहखाने मा फिर्ता ल्याउनेछ। जर्जले चिठी लेखिन्छ र डिकले यसमा केही नराम्रो कुरा फेला पार्छ, जर्जले उनको नाम “जर्जिना” मा हस्ताक्षर गरेको हुनाले डिक र एनी तल नजाने निर्णय गर्छन् । डिक र एनीले जुलियन र जर्जलाई कालकोठरीबाट बचाउनको लागि कुवाको बाटो प्रयोग गर्छन्, र बच्चाहरूले सुन चोर्न टापुमा फर्किँदा चोरहरूलाई लक पार्ने योजना बनाउँछन् । यद्यपि योजना गलत भयो, बच्चाहरूले किरिन टापुमा फसेका मानिसहरूलाई छोड्न व्यवस्थित गर्छन् । तिनीहरू काका कुन्टिन, काकी फिनी र पुलिसलाई के भयो भनेर बताउन मुख्य भूमिमा फर्कन्छन् । सुन बरामद हुन्छ, र यो कानुनी रूपमा जर्जको परिवारको हो भनेर निर्धारण गरिन्छ, उनीहरूलाई धनी बनाउँछ र उनीहरूले चाहेको सबै कुरा किन्न सक्षम पार्छ । जर्जको एउटै इच्छा भनेको टिमलाई राख्न अनुमति दिइयोस्, र उनका आमाबाबु सहमत छन् । जर्ज पनि एनीसँग बोर्डिङ स्कूल जान सहमत छन्, किनभने उनी र उनका भतिजाहरू धेरै राम्रो साथी भएका छन् र स्कुलले घरपालुवा जनावरहरूलाई अनुमति दिएको छ ।

परिवेश:

यस कथाको परिवेश ३ जना दाजु, भाइ र बहिनीको घर, काका काकीको घर, किरिन टापु, दरबार, भत्केको जहाज, बन्दीगृह हुन् । अवस्थागत परिवेशमा उनीहरू आफ्ना काका र काकीको घरको यात्रामा गए जहाँ तिनीहरूले उनको छोरी जर्जसँग मित्रता गरे र तिनीहरू सबै खजाना टापुमा गए र खजाना भेट्टाए र ती चोरहरूबाट भागे जसलाई तिनीहरूका काकाले लगभग टापु बेचेका थिए र अन्तमा उनीहरू धनी भए र जर्जले तिमोथीलाई राख्न पाई । कालगत परिवेश १ हप्ता रहेको अनुभव गर्न सकिन्छ ।

निष्कर्ष: यो पुस्तक हाम्रो उमेरको लागि राम्रो पुस्तक हो किनभने यसमा साहसिक कथाहरू छन् र यो धेरै रोचक छ । यो एक काल्पनिक पुस्तक भए पनि यो मैले पढेको सबैभन्दा राम्रो नेपाली पुस्तक हो त्यसैले म अरूलाई यस पुस्तक सिफारिस गर्न चाहन्छु ।



योजना गौतम

क्रमाङ्क : २३०६८

पुस्तक समीक्षा: कदम



अनन्त वाग्ले नेपालका दिग्गज बाल कथाकार हुन्। पचासभन्दा बढी बालबालिकाका पुस्तकहरू लेखेका र सयभन्दा बढी पुस्तकहरू सम्पादन गरिसकेका, उनीसँग प्रारम्भिक कक्षाका पाठकहरूका लागि लेखनमा व्यापक अनुभव छ। अनन्त वाग्ले ४० भन्दा बढी सचित्र बाल पुस्तक र उपन्यासका लेखक हुन्।

राउटे समुदाय कर्णाली प्रदेशका दैलेख, सुर्खेत, सल्यानलगायतका जिल्लामा जङ्गलमा बसोबास गर्छन्। कदम उपन्यासबाट राउटे समाजको मात्र नभई संसारका धेरै फिरन्ताहरूको जीवशैलीसमेतको जानकारी लिन सकिन्छ। राउटे जातिलाई प्राथमितामा राखेर लेखिएको यो उपन्यास वास्तवमा पठनीय सामग्री हो। यो उपन्यास राउटे जातिको अध्ययन तथा अनुसन्धानका लागि समेत उपयोगी छ। कदम अनन्त वाग्लेले लेखेको किताब र काठमाडौं पब्लिकेशनले प्रकाशन गरेको हो। सम्पूर्ण उपन्यासको बनोटमा राउटे जातिको उद्भव, समाज, संस्कृति, रहनसहन र उनीहरूमा क्रमिक रूपमा आउँदै गरेको परिवर्तनका मिहिन प्रसङ्गको सूक्ष्म सङ्गति छ। उपन्यासको मूल प्रवाहलाई जोड्ने केही महत्त्वपूर्ण घटनाक्रम उल्लेखनीय छन्। राउटेको फिरन्ता जीवन, त्यसभित्रका सामाजिक, सांस्कृतिक, मनोवैज्ञानिक पक्षहरूको उजागर गर्न सफल लाग्यो। शीर्षक प्रतिकात्मक छ। लेखकले राउटेलगायत संसारमा अस्तित्वमा रहेका सम्पूर्ण फिरन्ताहरूलाई आम जगत्मा प्रवेश गरेको र युग-परिवेशअनुसारको खुल्ला जीवनमा भोग गर्ने हैसियतको परिकल्पना गरेका छन्। कदमका पाइला पछ्याउँदै पाठकले काठमा बन्चरो र बसिलाजस्ता हतियार प्रयोग गरेर कोसी, मदुस, पिर्का, सन्दुस आदि बनाउँछन्। कदमसँगै गुना बाँदरको सिकार गर्छन्। राउटे समाजसँगै फरक-फरक ठाउँको यात्रा गर्छन्। उकाली-ओराली गर्छन्। भुइँथार पूजामा उन्मुक्त भएर नाचगान गर्छन्। राउटीमा मस्त निदाउँछन् अनि थाहै नपाई पाठक आफैँ राउटे भई सक्छन्। कदमका बाबु घोधनेको चट्याङ लागेर निधन भएपछि विधवा बनेकी आमा न्याउलीमाथि समुदायमा भएको छोइछिटो र कदमको सङ्घर्षमा पाठक द्रवीभूत हुन पुग्छन्। कदमको सपनालाई आफ्नै ठान्न बाध्य हुन्छन् पाठक। मुखियाको कुरा मान्नु, विधवा आमाको पीडाबोध भएर पनि असहाय रहनु एक नियति नै थियो, जुन परिवेशसंग मुकाविला गर्न उनको बुताभन्दा पर थियो। तर, उनका मानवीय भावना र जीवन बुझ्ने क्षमता विशेष लाग्छन्। जिद्दी गरेर गुना मार्न जङ्गल त गए, तर धेरै सानो बाँदरको बच्चा जालमा पर्दाको दुःखानुभूति व्यक्त गर्दा साथीले कमजोर भएको भन्नु अर्को आकस्मिकता हो। तर, अर्काको पीडाबोध गर्न ठुलाबडा नै हुनुपर्दैन। मनमा उर्लिनै दयाभावका लागि उमेरको हद रहँदैन भन्ने पनि यहाँ देखिन्छ। पढ्न-लेख्न नपाउने, भाँकीले लगाइदिएको भष्मको घेराभन्दा बाहिर जान नपाउने, जागिर खान नपाउने, आधुनिक चिकित्सा विज्ञानअनुसारको औषधोपचार गर्न नपाउने, समाजको कुनै मान्छे मरेपछि ठाउँ छोडेर बसाइँसराइ गरी हाल्नुपर्ने हुनाले स्थायी घर कहिल्यै बनाउन नहुने कुरा उपन्यासमा उल्लेख गरिएको छ।

कथा आरम्भ हुँदा उसले फेसबुकमार्फत सिम्रिक शर्मालाई सम्पर्क गरेको छ र भेट्ने योजना बनाएको छ। उनीहरू दुईको भेट भएपछि कथाका पत्रपत्र खुल्दै जान्छन् र हामी कदमको जीवनमा प्रवेश गर्छौं। कदमले कल्पना गरेको

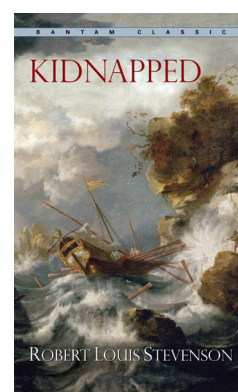
अन्तर्राष्ट्रिय यायावर सम्मेलनमा उसकै जीवन अनुभवमा आधारित पुस्तक 'कदम'को विमोचन गरिन्छ । कदमको फेद समातेर आमाले जन्माएकी हुनाले 'कदम' कहलिन पुगेको कमद कल्यानले लुकीलुकी शेखर र भद्रिकासँग अक्षर चिन्न र पढ्न-लेख्न सक्छ, जुन उसको जीवनको सबैभन्दा पहिलो क्रान्तिकारी कदम हो । पढ्न-लेख्न जान्दा बिग्रिन्छ, भन्ने चिन्तन बोकेको राउटे समुदायमा कदमको यो कार्यलाई द्रोहकै रूपमा लिइन्छ । पढेर ड्राइभर बन्छु भन्ने ध्येय बोकेको कदमका लागि यो बाहिरी दुनियाँसँगको सम्पर्कको पहिलो सूत्र हो । बाह्रखरी चिन्न सक्ने भएपछि ऊ जहाँ अक्षर देख्छ, त्यहीँ पढ्ने अभ्यासमा लाग्छ । आफ्नो सानो सपनाका लागि चाहिने जति ज्ञान आर्जन गर्छ। एउटा अशिक्षित समाजको क्रमिक सशक्तीकरणमा शिक्षाको महत्त्व के छ, कदमको कथाले बुझाउँछ । एकचोटि राउटीमै रहँदा आगोले पोलेर जीउभरि घाउ आउँछन् । उपचारको अभावका घाउ पाक्ने र जिउभरि औँसा पलाउने हुन्छन् । राउटे उत्थानमा लागेकी समाजसेवी कर्मा दिदीको पहलमा पहिलोपल्ट कुनै राउटेको शरीर मा औषधीको प्रयोग गरिन्छ । तर त्यसले त्यति फाइदा नभएपछि उनै दिदीको पहलमा कदमलाई काठमाडौँ ल्याइन्छ र शल्यक्रियासहितको उपचार गरिन्छ । कुनै राउटे उपचारका लागि काठमाडौँ आएको, शल्यक्रिया गरेको र ठिक भएको पनि यो पहिलो घटना हो । यसरी नयाँ जीवन पाएपछि कदमको मनमा राउटे समाजमा विद्यमान कतिपय पारम्परिक प्रतिबन्ध तर्कसङ्गत छैनन् भन्ने बोध हुन्छ । साथै, उनीहरूले 'दुनियाँ' भन्ने गरेको बाहिरी संसार कति अगाडि बढेको छ, त्यस कुराको पनि बोध हुन्छ । फलतः कदम आमा र दिदीलाई राउटीमै छाडेर सुर्खेततिर लाग्छ । सुरुमा जगत थापाले चलाउने महिन्द्रा मालवाहक र पछि बले गुरुले सुर्खेत-काठमाडौँ चलाउने बुलबुले एक्सप्रेस यात्रुवाहक बसको सहचालक बन्छ ।

दुर्भाग्यवश, सुर्खेतबाट काठमाडौँ आउने क्रमका दुर्घटनाग्रस्त भएर बुलबुले एक्सप्रेस त्रिशूलीमा खस्दा बले ड्राइभर लगायत धेरै यात्रुको मृत्यु हुन्छ तर भाग्यवश कदम भने बाँच्छ । एक अघोरीबाबा शिवहरनाथले देखेर उसलाई उद्धार गरिदिन्छन् र अस्पतालसम्म पुऱ्याइदिन्छन् । उपचारपछि पुनः सुर्खेत नै पुगेको कदमको भेट फेरि कर्मा दिदीसँग हुन्छ। उनले अब कदमलाई आफ्नो संस्था राउटे उत्थान समाजको स्कोर्पियोमा चालक समुद्र गुरुङसँग केही समय सहचालक बनेर हिँड्ने र केही महिनापछि आफैँले गाडी चलाउने प्रस्ताव राखिन् । त्यसैअनुरूप कदम उक्त स्कोर्पियोमा हिँड्न थाल्छ । समुद्रले यस अवधिमा उसलाई ड्राइभर मात्रै बनाउँदैनन्, ऊभित्र विकासका नयाँ नयाँ सपनाको बीजारोपण पनि गरिदिन्छन् । राउटे पर्यटनको अवधारणा ऊभित्र विकसित गरिदिन्छन् । विश्वको पहिलो यायावर सम्मेलनको जग उनैको प्रेरणाले बनेको हो । पूर्ण र स्वतन्त्र ड्राइभर भएपछि कदम काठमाडौँ सरे को छ । उनै समुद्र गुरुङको सहयोग र प्रेरणाले उसले काठमाडौँमा राउटे रेस्टुरेन्ट खोलेको हो । यसमा ऊ रेस्टुरेन्ट मात्रै चलाउँदैन, यहाँ आउने पर्यटकलाई सुर्खेत र दैलेखतिरका राउटे गाउँमा उनीहरूको जीवनशैली र संस्कृति हेर्न लैजाने गर्छ । सबै ठुला-साना सपना साकार भएपछि अहिले कमदको मनमा थप नयाँ सपना जागृत भएका छन् । उसको सपना छ- दैलेखको लालीकाँडाका राउटेहरू पर्यटकलाई लक्षित गरेर कटेज र होमस्टे सञ्चालन गर्ने छन् । आफूले बनाउने गरेका मदुस, कोसी र अन्य कलात्मक वस्तुको प्रदर्शन र बिक्री गरिरहेका छन् । राउटेका बालबच्चा स्कूल जान्छन् । वयस्कहरू पर्यटनको विकास गरेर उच्च जीवन बाँचिरहेका छन् । अब साकार गर्नुपर्ने अर्को सपना हो यो कदमको । उपन्यासको अन्त्यमा कदम सुर्खेतको काँक्रेविहारमा विश्व यायावर सम्मेलन गर्न सफल भएको देखाइएको छ, जसमा विश्वमा अहिले विद्यमान दश यायावर जातिका प्रतिनिधि आएका छन् राउटे, ग्याउचो, माटेमानव, टिब्टेन, रारामुरी, माओरी, कजाक, हुली, हिम्बा, नेनेट र समाइ । सम्मेलनको निचोड छ- घर बनाएर बस्नेलेभन्दा यसरी घुमन्ते जीवन बाँच्नेले पृथ्वी र प्रकृतिको सबैभन्दा बढी हित गरेका छन् । समानता, साम्यवाद र समाजवादको व्यावहारिक उदाहरण प्रस्तुत गरेका छन् र धर्तीलाई सबैभन्दा कम क्षति गरेका छन् । किताबमा रहेका यी भनाइ नै हामी थाहा पाउन सक्छौँ कि किताब कति राम्रो छ । मर्नको लागि हजार बाटाहरू छन् तर जन्मनको लागि एउटै मात्र बाटो हुन् 'आमा' । जोसँग समय छ, उसँग आमा छैन । जोसँग आमा छ, उसँग समय छैन । "अक्षर पढेपछि त मानिस पढ्न पनि जानिँदो रहेछ । समाज पढ्न पनि सकिँदो रहेछ प्रकृति पढ्ने, देश ढ्ने, व्यवहार पढ्ने हर पढाइको आँखा खुल्दो रहेछ ।"

किताबको सबै पक्ष राम्रो लाग्यो तर किताबमा भएको सबै घटना साचो हो कि हैन भन्नेमा म अलि स्पष्ट नभएको होकी जस्तो लाग्यो । अनि मलाई खुसी चाहिँ मैले सुनेको राउटे जीवन र किताबमा रहेको राउटे जीवनको सङ्घर्ष उस्तै लग्यो र राउटेको बच्चे शैलीको परिवर्तन हुँदै छ भन्ने किताबमा स्पष्ट देखिएको हुँदा मलाई यो किताब पढ्दा धेरै खुसी लग्यो । किताब पढी सकेपछि धनी-गरिब, सानो-ठुलो, कालो-गोरो, होचो-अग्लो, महिला-पुरुष केही नछुट्याई अग्रताको सन्देश दिन्छ । जसरी राउटेहरू मिलेर बसेका हुन्छन् । यस पुस्तकबाट हामीले आफ्नो जीवनमा कहिले पनि हिम्मत हार्नुहुन्न र सधैं सबैको मद्दत गर्न सोच्नुपर्छ । कहिले पनि कसैलाई केही पनि कुराको आधारमा भेदभाव गर्नुहुन्न र जीवनमा अवसर पाएर र त्यसको राम्रो प्रयोग गरेर जो पनि सफल हुन सक्छ भन्ने कुरा हामीले यस किताबबाट सिक्न सक्छौं ।



Pratik Karn
Roll no: 30048



Kidnapped: A Book Review

Author: Robert Louis Stevenson

The book *Kidnapped* is about an adventurous boy whose parents passed away. It is a historical fiction novel. The main character is David. His father was a very important person in his city. So the minister of the city takes care of the boy, David, until he is 17. He then goes to his uncle to give a letter written by his father before he passed away. He did not know that his uncle had shot his parents. Then his uncle kidnapped him and handed him over to pirates but somehow David managed to escape from that dangerous area. There he met a boy named Alan. This book is about the adventures and struggles of David and Alan to prove that his uncle has killed David's parents.

The part of the book I liked is when Alan had been against David's uncle. The book is very interesting because the explanation and the events are wonderful and amazing. Though it is a little bit confusing, it is still okay for me because this book has given me a lot of knowledge and learning. Because of this book I have improved my pronunciation, grammar and I learned many new words. The book has shown violence, alcohol content and morality and spiritual content. It has all the flavor. I think those who like adventure must read this book. Moreover, I think this book should be taught in every school.

In rating I would give this book 9 stars out of 10 because of events and explanation and all the things that make this book amazing, interesting and wonderful.



Kritish Chhetri
Roll no: 30045

Prakash

Directed by: Dinesh Raut
Written by: Bikesh Subedi
Produced by: Mahendra Adhikari
Released date: August 26, 2022
Language: Nepali

Last Sunday, I watched Nepali movie “Prakash” with my Dad. It is based on the real story of Jumla District. The hero Prakash is very talented in studies and dreams of becoming a school teacher in a government school. Prakash and his mother Sita struggled a lot as they are very poor. They work for the landlord’s house for their livelihood. Prakash has lost his father in the war but his mother still expects him to return home.

There is discrimination between upper cast (upper/lower) and class (rich and poor). The main hero does not have two thousand rupees for filling the form for teacher license so that they sell their lovely calf because of politics and corruption, he could not pass the interview even though he passed his written exam. The movie has a very sad ending as Prakash could not be the teacher and his mother died.

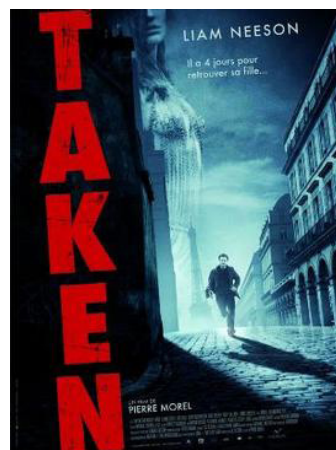
It is a masterpiece movie, all the actors work in a good and natural way. This movie shows the real scenario gracefully.

What I do not like about the movie is its ending. I was expecting a happy ending where the main character’s dreams get fulfilled and he becomes the government teacher and makes people aware about equality. But the ending makes me disheartened.

Howere, I would like to recommend this movie to all age groups, as it shows real life of our remote area, where people are suffering due to discrimination and poverty. I would like to rate 9 out of 10 to the movie.



Eshita Lal
Roll no: 28015



Taken

Director: Pierre Morel

Starring: Liam Neeson, Maggie Grace, Famke Janssen, Jon Gries, Leland Orser, Katie Cassidy, Olivier Rabin, Holly Valance

Genre: Action, Thriller and Crime Fiction

Duration: 1 hour 33 minutes

Language: English

Release Date: February 27, 2008(France)

It is quite an interesting movie. The actors and the way the movie was directed was very beautifully done. The main characters were Bryan Mills and Kim. Bryan Mills was the father of Kim, but then her father had divorced and soon her mother married another person. The main plot was that Kim was going on a vacation with her friend and that led to the tragedy. It did not go as planned. Kim and her friend both got kidnapped. Then her father set out to rescue his daughter. What happened was that in between, when Kim had called her father and they had reached the hotel, Kim saw that two men had taken her friend and now they were coming for her. Her father gave her some instructions and she followed that, leading to her getting kidnapped. The actor who played Bryan Mills acted very well. His real name is Liam Neeson. The most well known and liked by many, a line that was said by Bryan Mills to the culprit on the phone was "I don't know who you are, but if you don't let my daughter go, I will find you, I will kill you." This dialogue tells us that no matter what the parents are always there to protect their children.

I would really recommend this movie to everyone as it has some very impressive action and stunts. It also shows that the relationship between a father and a daughter can be very strong even in difficult situations and that a father can do almost everything to protect his child. And also, this is not the only part of the movie taken. There are also two movies that are the 2nd and 3rd parts of this movie, known as "Taken 2" and "Taken 3". I would like to rate the movie 10 out of 10.



Rhitin Giri
Roll no: 28026

Lord of the Flies

Author: William Golding
Genre: Young Adult Fiction
Published Date: September, 17, 1954

This is a fictional book written by William Golding. He won the Nobel Prize in literature because of this book. This is a story of some boys who got stuck on an island because of a plane crash. Then they develop a society by themselves without any adults and they become psychopaths and sociopaths. After sometime they kill each other and at last a most of them die and rest turn into savages.

This book was really boring in the beginning but as you get to chapter 4 of this book you really get interested. The lesson that we learn from this book are :

- If people get too wild they can kill each other like wild animals.
- The more power a person has, the more corrupt they will be.
- If we do things without a team the work will be harder than if a team does it together.
- If we are powerful, nature is infinitely more powerful.
- The more good we have the better it is for us the more evil we have the worse we become.
- We need to fear something to stay in society. If we do not have fears we will not think about the consequences. The very fundamental moral of this novel is that on this planet human beings are only the creatures that need proper guidance and directions for knowledge and wisdom for humanity and their welfare otherwise they can lose the direction as presented in the novel.

Moreover, the story gets scary as you get deeper into it and there is also a lot of blood and killing in this story: the pig's head on a stick, the death of Simon and also the boys become uncivilized but Ralph tries to bring them back to civilization form but I am still a little disappointed. I wish the book could be even better. But I would give this book 8/10.



Aakanchhya Khadka
Roll no: 27001

The Boy In Striped Pajamas

The Boy in Striped Pajamas written by John Boyne is a fictional book inspired by real events and incidents that occurred in history. The novel is set during the time of World War 2 (1939-1945) during the time when Adolf Hitler came in power and created various camps all over Europe in order to swipe away Jews.

This is a book about an innocent, adventure loving boy named Bruno, son of a Nazi who lived in Berlin with his parents and his sister Gretel. He is a curious boy who has lots of questions that remain unsolved and has a dream to become an explorer. He has no idea about war, things happening around him. He had to recently travel to Auschwitz located in Poland during that time along with his father who was posted for duty there.

He didn't want to leave but was forced to do so. He starts exploring the house and comes upon a new discovery that changes his life forever.

I really enjoyed the book while reading it. Bruno was a charming boy who was killed by his own innocence while helping his friend. Bruno represents innocence, kindness and helpful behavior, friendship. The Jews were treated very

badly during world war II. They were beaten up, barely given food and rest, they were expected to work all day, treated as if they weren't even human and they didn't have any right to exist. This showed the hatred between people, abuse of power, anger vested in people, lack of mutual understanding between people. It shows brutality that still exists in the world, fear of losing something that still lies among everybody's hearts, suffering deep inside that is invisible to people who have never been through it.

Book characters as father, mother and Gretel knew about what was happening but were afraid to speak it aloud and were doing what was in their favor to protect themselves. Gretel was always called the hopeless case while she understood the world and was absorbing it and her teacher Herr Litzsch encouraged her to do so which shows that it is essential to know about our surroundings. Even some parts like the time with Eva and father and mother's discussion on Lieutenant Kotler father's disappearance could have been better but nevertheless it was beautiful and a small part created a



good detail. Some part thinking critically didn't make sense like Shmul not knowing about gas chambers, Bruno having no information about war didn't make sense but still was embroidered beautifully.

I really loved the book and enjoyed reading it to the fullest and was filled with the feelings of kindness, friendship, anger, fear and sorrow, all at once. I felt all those emotions of character while reading the book. I would definitely encourage others to read the book.

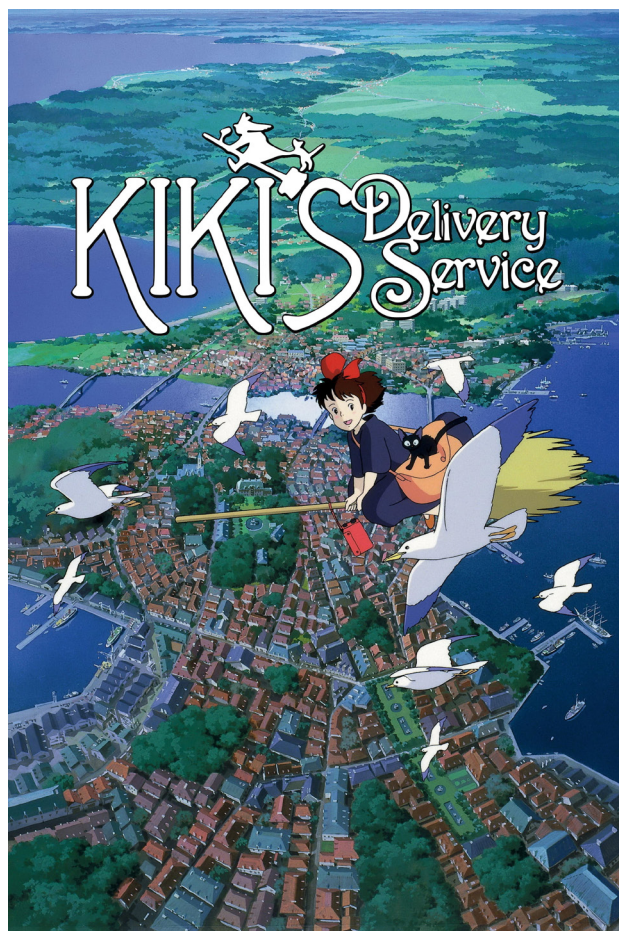
In a nutshell, the author has beautifully written the book building various hidden climaxes for the reader. He has detailed it beautifully so that it makes the reader read the book without taking a break. It is a must read book if you ask me. I really loved the part when the author creates the father's head or boss, his entry really made the book even more outstanding. This book also shows the suffering, sorrow of people. The pains and fear is presented so vividly that it is beyond words. It is a must read book for young readers who are interested in history or have a curious mind or love hidden climax.



Manaswi Sapkota
26004

Kiki's Delivery Service

Kiki's Delivery Service is a Japanese animated movie that was released on July 29, 1989, in Japan. This movie was based on the novel of the same name "Kiki's Delivery Service" by Eiko Kadono. The illustrations for this novel were done by Akiko Hayashi. The show was directed and produced by Hayao Miyazaki. After gaining stable popularity in Japan the



movie was released globally with English dub voices in 1990. The movie was a hit among teenagers and young adults and we can say that by the fact that the budget for the movie was around 6.8 million dollars and it gained 41.8 million dollars at the box office. The movie is beautifully animated and the music for different types of scenes made the movie a better experience.

The main character of this movie is a witch named Kiki. She also has a pet cat named Jiji. Kiki recently turned 13 years old and as the tradition for witches follows, she is supposed to leave her house for a year to get “witch training”. After hearing the weather forecast Kiki leaves to find out more about herself and what her special powers are. She wants to settle down in a place near the sea. After finding a town near the sea and almost causing an accident, she finds a friend Tombo who seems to be obsessed with the idea of her flying. Kiki tries her best to find a place to live and when she finds one but she has to help , a pregnant bakery owner. She starts working for her «Witch Delivery Business». She loses her first recipient’s delivery which was a black cat and after finding it broken she goes to a painter Ursula who helps her. Kiki is also getting close to Tombo as she finds out that he’s building a flying machine based on a bicycle. She starts to warm up to Tombo but after his friends tease them she starts distancing herself from Tombo. Her cat, Jiji is also not available to talk to anymore as she always spends more time with a white cat. Kiki slowly starts losing her ability to fly and talk to Jiji. Ursula gives her advice. She tells her that Kiki should find a new purpose in her life and she might regain her powers. Just when she was delivering something to a customer she saw an airship accident taking place. She sees Tombo there and borrows a broom to go rescue him. She then regains her powers after finding a new purpose.

The main theme of this movie is maturity. Kiki losing her ability to talk to Jiji is a sign of that as Jiji was usually her support animal. The movie also touches on the topic of adolescents and their struggles like getting a job, being independent, isolation, and vulnerability. This movie also mentions issues such as burnout which, for some reason aren’t considered to be problematic. Burnout is very much a real issue and we can see that during some parts of the movie Kiki looks mentally exhausted, she feels like she can’t do anything right and she doesn’t belong here. Kiki getting back up to do her job again is a sign of motivation and mental recovery. There are many other unexplored themes in this movie and this movie contains a fair amount of easter eggs.

Kiki being burnt out is relatable to me as a high schooler as I have so many deadlines to meet. Sometimes I tend to forget what I like as a person. But, seeing Kiki get back up gave me the motivation to do my work again and take little breaks. I think the burnout part of the movie will relate to a lot of young adults and teenagers. In conclusion, I would recommend this movie to a lot of people just because it has the theme maturity and has good cinematographic experience.

OYASUMI PUNPUN – APPRECIATION

This is not, by any means, a review of any sort. This is me - a reader, who enjoyed and learned so much from a fictional piece of art that I am going to be ranting about it for the next two or three paragraphs. A review would be something where I would have to go over every piece of detail besides the plot and message that the fiction delivers. But here, I will just be appreciating and telling you bits about what a masterpiece this one book; a manga called OYASUMI PUNPUN is.



Siddhartha Pandey
Roll no: 24056

Punpun is just another person like us. But the beauty starts with his appearance already. The mangaka (author, artist) designs the character in such a way that the main character is human, but then is displayed quite differently. Sounds weird, but then that is done so that one can see him not by his appearance, but his state of mind. He's a human, drawn as a bird, and as time goes on, he turns into various weird structures every time he's under heavy emotional and psychological ruckus.

Appearance aside, the story follows Punpun from his early life all the way to his adult life. He goes from being a child who wants to become a cosmologist to a teen who is always depressed to a young adult who is still wounded by the environment and the social structure around him. **DISCLAIMER!** I may have stated that I enjoyed this show, but then that's not the kind of "enjoying" I meant; the entire show is damn depressing. It is not a jolly show where redemption is right around the corner every time things go wrong. Things go wrong, and wrong, and wrong, and still, redemption is nowhere near. Not just following the story, we get to follow Punpun's thoughts as well. All the times when he's depressed, suppressed, and at the lowest points of his life, he wonders. He wonders why all the stuff that happens to him happens, and conclusions always come down to how messed up society is and it being unfavorable to him.

Conclusions I say, but they're just abrupt endings to his thoughts which he consciously stops so as to not become violent at any point. Besides Punpun, there are other characters who go through miserable stuff in life and suffer a lot. The story shows how people just cannot do enough to get a happy life.

Oyasumi Punpun showed me how if you just go with the flow- the preset already determined by society, there's a REAL chance you'll fall into this eternal pit of despair and meaninglessness. Punpun always questioned about purpose, meaning, thriving, and all those primitive and intense topics. But then as he couldn't cope with the flow, his life becomes one hell of a life. But still he makes it out alive and lives along the lines of being satisfied with the rare number of good people he realizes he's accumulated throughout the years. This showed how you don't have to prevail and come out on top all the time to be content; that it's not about right or wrong, losing or winning, but just and JUST about being satisfied.

Also, I frequently use I and ME pronouns as this is MY depiction of the story; my perception of understanding a certain fiction. I say so because each and every one of us can have a different understanding of what we experience every day. And this manga, I'll have to say, is one hell of an experience.



Bipana Shrestha
Roll no: 24017

The Portrayal of Power in Hunger Games and Examination Day

The movie Hunger Games directed by Gary Ross and Examination Day by Henry Slesar demonstrate that power is authorized to have control over an individual. They both have the perfect example of power in society and how it could be misused. It clearly shows to the audience that authority causes us to be less sympathetic to the concerns and emotions of others. President Coriolanus Snow and Seneca Crane, the head game maker in the Hunger Games display a great example of authority / power in the movie. Seneca Crane controlled the event of the games and ordered obstacles into the arena under the supervision of President Coriolanus Snow. Seneca Crane has the authority to order the challenges and control the Hunger Games while Katniss and other tributes are fighting for their lives in the arena. Snow on the other hand has the power to control Seneca Crane as well as the people in the district. Snow has the power or authority to decide who lives and who dies. After all the obstacles when Seneca Crane stopped both Katniss and Peeta from committing suicide and announced both of them as winners. Seneca Crane was executed by Snow intendedly “to remind the game makers of his fate and suggest that they could suffer the same.” Snow and Seneca Crane have the power and authority to pick who lives and dies in Hunger Games.

Whereas, on Examination Day Henry Slesar displayed the dystopian world through the government and how the citizens are treated. “Examination Day” has the theme of fear, power, control, and acceptance. The power is demonstrated by the government, for instance, people living in the society have no right to say anything against the government. The children at the age of 12 are forced to take the test to check if their intelligence is above average. Government has the authority to officially kill children who are more intelligent than the average citizen. Society has no choice but to deal with conformity expectations. For example, Dickie’s parents Mrs. Jordan and Mr. Jordan allow the test to be performed knowing that they could lose their child if the test came out positive just because the government has the power to control who lives and dies and people have no choice but to go along with the rules and regulation made by the government. Overall, the movie Hunger Games

and Examination Day demonstrates that both have power as the authority to rule over someone's lives and go along with the norms.

Moving on to the features of the movie Hunger Games the director, Gary Ross has used many different types of features to represent power. The director has used many high angle shots that look down on the citizens of District 12 during the reaping to inform the viewer that the citizens are of lower status or have no power over the people from the Capitol. Furthermore, district 12 has brown, dirty white, and very dull colors outfits which show a lack of worth and power while the people in Capitol have bright and flashy outfits that grab the audience's attention and also show worth, wealth, and power. This shows that people with lower status or the district have no power over the people from Capitol.

In conclusion, the Hunger Games and Examination Day both demonstrate that power is the possession of control or influence over others. Power is also the authority to control other people's lives. The movie displays that the government had the authority to ruin people's lives and also had the power to kill someone. Power is also the capacity to cause change, produce effects on others or potentially influence others.



Sonishma Basnet
Roll No:23059

Norwegian Woods

Norwegian Woods is a novel written by the prominent Japanese author Haruki Murakami . The book is about a young man named Toru Watanabe who recalls the past events of his life . He is tormented by his past reliving the same thing over and over again, "Will life be different?". If he had taken a different approach, a different path which would make his not so lively past into a much more pleasant memory lane? Did he take the right path ? That's up to the reader to decide and decipher his tragic past and past events.

The novel starts by Toru reminiscing his past and the events that lead him up to that point 20 years ago . In a certain town where he and his best friend Kizuki and Kizuki's girlfriend went to high school together . The trio were pretty much inseparable with each other . But things changed after the death of Kizuki. Kizuki, a cheerful , strong and a person who was almost always in high spirits, took his own life to which Toru and Naoko could not help but feel completely devastated. Something changed in both of them .

One day when Toru was doing his errand and going to his college he ran into Naoko . They both have not seen each other for a really long time and the two decide to meet each other every Sunday just like the old times. They grew more and more close to each other and were an inseparable pair. Though they both were bound together by Kizuki this time it was different. They were experiencing a different kind of bond until one fateful day at Naoko's birthday. Toru and Naoko celebrate her birthday by cutting cake while being drunk like any college student. But on this fateful day Naoko was quite open to talking about all sorts of things. They talked about their small town , their school and Naoko came to pause after avoiding the inevitable elephant in the room which was the death of Kizuki. Naoko has a complete breakdown after revisiting her past with Kizuki . After her breakdown the couple have an intimate moment. But after a day or so Naoko is nowhere to be seen.

After a few days she writes a letter to Toru. The recollection of her past was too much for her to handle. It is revealed that Naoko is in a sanitarium because of her impending mental health condition. She is kept at a psychiatric facility way up in the mountains of Japan. As the days passed it became terribly difficult for both of them Naoko who is in a psychiatric facility and Toru who has to continue his normal life despite their shared intimacy. Toru is still in self doubt and reflection but he goes about his day until she meets quite an eccentric character that is Midori.

Midori was kind of an odd ball and a character that Toru needed desperately to cope with his recent situation. Midori was a bright, talkative, adventurous girl who was not afraid to express herself. She used to come up with the dumbest of questions which Toru often had a laugh at. Midori was quite a contrast compared to Naoko with her outgoing personality and her quite odd demeanor. Midori's family ran a bookstore with her father being bedridden and her mother deceased. Toru and Midori slowly started being really close with each other and meeting almost every day in this time span Midori used to ask Toru a lot of questions mostly about any randomly thing that just happened to pop in her mind and Toru answered it with an affable way which made their interactions even more funnier. They slowly get to know each other and are attached to each other with them sharing a kiss while their apartment is catching fire.

In this time Naoko and Toru exchanged letters and Naoko invites Toru to visit her at her sanatorium. Which Toru was more than excited to do. Toru makes his way through the rather treacherous way to the sanatorium to meet Naoko. In this time span Naoko is accompanied by quite another eccentric character which is Reiko. She seems fine at first and even Toru thinks she was an employee at the sanatorium but something transpired in her past resulting in her being in the psychiatric facility for almost a decade.

In this time Naoko and Toru share a moment where they tell each other everything and confess everything that has happened so far. Toru confesses about how he had been with another woman due to him going in kind of a deranged state due to incomprehensible reasoning of Naoko's mental state spiraling out of control and him lost in what to do and what not to with to only thing that gave Toru relief was being with another woman and promised never to do any thing of that sort again.

However, following the encounter, Toru develops feelings for Midori. Midori is worn out from taking care of others after both of her parents passed away from brain cancer. She wishes to be cared for by someone. When Toru discovers he is in love with Midori, he is at a loss on what to do. He requests that Midori wait until he resolves the situation with Naoko. Naoko state turns for the worst and she commits suicide, throwing Toru into spiralization of sorrow, hopelessness, and guilt. Toru wanders the country of Japan in hopes of easing his pain . After a month of traveling like a beggar finally calls Midori in a telephone booth and confesses his love to Midori.

CREATIVE WRITING AND OPINION



इथन सिंह

क्रमाङ्क : ३४०१०

मेरी आमा

मेरी आमाको नाम एलिना हो । मेरी आमा डाक्टर हुनुहुन्छ । मेरी आमाले खाना बनाउनुहुन्छ । मेरी आमा मसँग खेल्नुहुन्छ । मेरी आमाले मलाई गृहकार्य सिकाउनुहुन्छ ।

होली

मेरो नाम अरन्य त्रिपाठी हो । मलाई मन पर्ने चाड होली हो । होलीमा हामी रङ खेल्छौं । पानीमा रङ मिसाएर एकअर्कामाथि फाल्छौं । अबिर रातो, पहेँलो, हरियो, नीलो साथीलाई लगाउँछौं । मिठो मिठो खानेकुरा खान्छौं ।



अरन्या त्रिपाठी

क्रमाङ्क : ३४००८



सौम्य पौडेल

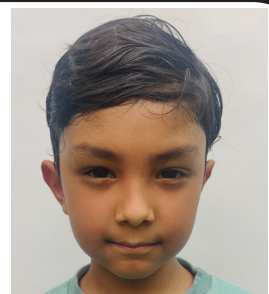
क्रमाङ्क : ३४०३०

मेरो प्यारो कुकुर

मेरो घरमा एउटा कुकुर छ । उसको नाम बन्टी हो । बन्टी ८ वर्षको भयो । बन्टी खैरो र कालो रङको छ । बन्टी मेरो मिल्ने साथी हो । म बन्टीलाई एकदमै धेरै माया गर्छु ।

मेरो बाल्यकाल

मेरो बाल्यकाल निकै रमाइलो थियो । म जन्मँदा मेरो घरमा सबैजना धेरै खुसी हुनुभएको थियो । मेरो बाल्यकाल घरको आँगनमा बाबासँग विभिन्न खेलहरू खेलेर बित्यो । म मेरो बाल्यकालमा निकै खुसी थिएँ । सानो हुँदा दसैं तिहारमा टिका जमरा घरको ठुलाबडाबाट थाप्दा निकै खुसी हुन्थेँ ।



सर्भाय राज चापागाई

क्रमाङ्क : ३४०१६



मेरो विद्यालय

मेरो विद्यालयको नाम डियरवाक सिफल स्कुल हो । मेरो विद्यालयमा कक्षा १ देखि १२ सम्म पढाइ हुन्छ । मेरो विद्यालयमा विद्यार्थीहरूका लागि खाना र खाजाको व्यवस्था पनि छ । मेरो विद्यालयका शिक्षकहरूले माया गर्नुहुन्छ ।

आरूष यादव
क्रमाङ्क : ३४०२१

मलाई मन पर्ने जनावर

मलाई मन पर्ने जनावर गाई हो । गाई घरपालुवा जनावर हो । गाईले घाँस र पराल खान्छ । गाई गोठमा बस्छ । गाईले दुध दिन्छ । गाईलाई हामी तिहार मा पूजा गर्छौं ।



वृषा महर्जन
क्रमाङ्क : ३४०३१



मलाई मन पर्ने जनावर

मलाई मन पर्ने जनावर हात्ती हो । हात्तीको लामो नाक हुन्छ । हात्ती ठुलो हुन्छ । हात्तीले केरा खान्छ । हात्तीको चारवटा खुट्टा हुन्छन् । हात्तीको लामो दाँत हुन्छ । हात्तीका ठुलाठुला कान हुन्छन् ।

सुरुची विमली
क्रमाङ्क : ३४०२६

नेपाल

हाम्रो देशको नाम नेपाल हो । हाम्रो देश नेपाल हिमाल, पहाड र तराई मिलेर बनेको छ । नेपालको राष्ट्रिय जनावर गाई हो । नेपालको राष्ट्रिय फूल लालीगुराँस हो । नेपालको राष्ट्रिय चरा डाँफे हो । नेपाल सुन्दर शान्त देश हो । नेपाल हिमाल, पहाड नदी तथा वनजङ्गलले ढाकिएको प्राकृतिक सुन्दरताले भरिएको देश हो ।



इशा विष्ट
क्रमाङ्क : ३३०४५



रिसिमी मेवाहाड
क्रमाङ्क : ३३०१७
मेरो मन पर्ने चरा

मेरो मनपर्ने चराको नाम भँगेरा हो । भँगेरा एउटा सानो चरा हो । यो खैरो रङको हुन्छ । यो प्रायः सबै ठाउँमा भेटिन्छ । यसले सानो स्वरले चिर्चिर् गरेर कराउँछ । यसको स्वर मिठो हुन्छ । भँगेरो समूहमा मिलेर बस्छ । यसले दानाहरू खोजेर खान्छ । यसले साना साना भातका सिता मन पराउँछ । यसले आफ्नो गुँड आफै बनाउँछ । मलाई यो चरा भुर्रभुर्र उडेको हेर्न मज्जा लाग्छ ।



आयान भट्टराई
क्रमाङ्क : ३३०३७
साइकल

मेरो एउटा साइकल छ । म त्यो साइकल बिदामा चलाउँछु । साइकल निलो रङको छ । मेरो साइकलमा हेलमेट पनि छ । मलाई साइकल चलाउन मन पर्छ । मलाई मेरो जन्मदिनमा मेरो बाबाले उपहार दिनुभएको थियो । म मेरो साइकललाई धेरै जतन गर्छु । साइकल चलाउनु स्वास्थ्यको लागि फाइदा पनि हुन्छ । साइकल चलाउँदा हाम्रो शरीरमा कसरत पुग्छ ।



तेजस्वी बस्नेत
क्रमाङ्क : ३३०४८

बोटबिरुवा आदिका हाँगाबाट निस्कने हरियो पत्र पात बिरुवामा पात हुन्छन् । साना तथा ठुला रुखका हाँगामा पात हुन्छन् । पातले बिरुवालाई खाना बनाउँछ । पात सबै बिरुवामा पाइन्छन् । पात हरिया हुन्छन् । पातले बिरुवाको शोभा पनि बढाउँछ । पातले पानी पाएन भने पात सुकेर जान्छ । रुख, बिरुवा, बुट्यान, भाडीमा पात पाइन्छन् । फरक फरक बिरुवाको फरक फरक आकारका पात हुन्छन् ।

पात



उज्ज्वल ढकाल
क्रमाङ्क : ३३०२३

विद्युतबाट हामी बिजुली बाल्छौं । विद्युतले ताप र प्रकाश दिन्छ । यो हाम्रो लागि निकै उपयोगी हुन्छ । बत्ती बाल्न टिभी हेर्न रेडियो बजाउन तथा कम्प्युटर चलाउन आदि विभिन्न कामका लागि विद्युतको प्रयोग गरिन्छ । कोठालाई न्यानो बनाउन, खाना पकाउन र ठुलाठुला मेसिनहरू चलाउन पनि विद्युतको प्रयोग गरिन्छ । मेरो घरमा विद्युतबाट चल्ने धेरै उपकरणहरू छन् जस्तै टि.भी पङ्खा इन्डक्सन, लुगा धुने मेसिन, कम्प्युटर, ल्यापटप, बत्ती, मोबाइल आदि । विद्युत भएन भने हाम्रो घर अन्धकार नै हुन्छ र विद्युतीय

विद्युत

सामान चलाउन मिल्दैन । विद्युत चलाउँदा होसियार हुनुपर्छ किनभने यसबाट करेन्ट लाग्छ । विद्युत हाम्रो जीवनमा नभई नहुने कुरा हो ।



प्रिशा पौडेल
क्रमाङ्क : ३३०३९

ग्रीष्म ऋतु

वर्षभरिमा नै सबैभन्दा धेरै तातो वा गर्मी मौसमको समय ग्रीष्म ऋतु हो । तराई क्षेत्रमा यो ऋतुमा घर बाहिर निस्केर दिउँसोको समयमा काम गर्न गाह्रो हुन्छ । प्रायः मानिसहरू विहान सबेरै हिँडडुल र घुमघाम गर्न मन पराउँछन् । साँझपख आफूलाई चाहिने आवश्यक सामान किनमेलमा रुची राख्छन् । यो ऋतुमा धुलो उड्ने र तातो हावा चल्ने गर्दछ । धेरै गर्मी हुने यो ऋतुमा भाडापखाला लाग्ने, शरीरमा पानी कम हुने, हैजा जस्ता रोगहरू मानिसमा फैलिन्छन् । यो गर्मी मौसममा हुने विभिन्न समस्याहरूबाट बच्न सरसफाइमा बढी ध्यान दिनुपर्छ । सेतो रङको सुती कपडा लगाउनुपर्छ । चिसो पानी र धेरै पानी प्राप्त हुने फलफूल खानुपर्छ । यो ग्रीष्म ऋतुमा रोग र अन्य समस्याबाट बच्न सावधानीहरू अपनाउनु पर्छ ।



शाश्वत पौडेल
क्रमाङ्क : ३३०३६

असार महिना

मलाई असार महिना मन पर्छ । असार महिनामा मेरो जन्मोत्सव पनि पर्छ । असार महिनाबाट रोपाइँ सुरु हुन्छ । त्यसैले असार १५ गते धान दिवस मनाइन्छ । गुरुपूर्णिमा र भानुजयन्ती पनि असार महिनामै पर्छन् । तुलसीलाई मठमा रोप्ने पनि असार महिनामा नै हो । असार महिनामा हरियाली हुन्छ । चारैतिर हरियो देखिन्छ, र धेरै फूलहरू पनि फुल्दछन् । असार महिनामा धेरै पानी पर्ने हुनाले वातावरण सफा देखिन्छ । त्यसैले असार महिना मलाई रमाइलो लाग्छ ।

बाघ

बाघ वनमा बस्ने जङ्गली जनावर हो । बाघ मांसाहारी जनावर हो । बाघ अरू जनावरको अरू जनावरको सिकार गरेर मासु खान्छ । बाघ शक्तिशाली र बलियो जनावर हो । बाघका दाँत तिखा र बलिया हुन्छन् । बाघको शरीर पहेँलो र सुन्तला रङको हुन्छ । बाघको शरीरमा काला धर्सा पनि हुन्छन् । बाघ एउटा सुन्दर जनावर मानिन्छ । बाघका बच्चालाई डमरू भनिन्छ । बाघ धेरै छिटो दौडिन सक्दैन । बाघ बाक्लो वनमा बस्छ ।



आशुतोष काफ्ले
क्रमाङ्क : ३३०२६

सूर्य



सायरा रेग्मी

क्रमाङ्क : ३३०२८

सूर्य ठुलो आगोको गोला हो । सूर्य हेर्दा पहेंलो रङको हुन्छ । सूर्य गोलो आकारमा हुन्छ । सूर्यले हामीलाई ताप र प्रकाश दिन्छ । सूर्यको प्रकाशबाट बिरुवाले खाना बनाउँछ । सूर्यको वरिपरि आठवटा ग्रहहरू घुम्छन् । हिन्दु धर्मअनुसार सूर्यलाई भगवानको रूपमा पूजा गरिन्छ । सूर्य पृथ्वीबाट धेरै टाढा छ । यदि सूर्य उदय नभए पृथ्वी पुरै अन्धकार हुन्छ । सूर्यबाट नजिकको ग्रह मर्करी हो । सूर्यबाट टाढाको ग्रह नेपचुन हो । मानिस, जनावर तथा पृथ्वीका प्राणीलाई सूर्य चाहिने कुरा हो ।



बिश्रान्त सिटौला

क्रमाङ्क : ३२००६

पौडी

पौडी पानीमा खेल्ने खेल हो । यो खेल सफा पानीमा खेलिन्छ । पौडी हात र खुट्टा चलाएर पानीमा खेलिन्छ । यो खेल विशेष गरेर गर्मीमा खेल्न रमाइलो हुन्छ । यो खेल बच्चादेखि बुढासम्म सबैले खेल्न सक्छन् । पौडी खेल्न सहरका ठाउँ ठाउँमा स्वीमिङ पुल बनाइएको हुन्छ । नजान्ने मानिसले एकलै खेल्नुहुँदैन । पौडी कोचसँग सिकेर खेल्नुपर्छ । पौडी खेलका धेरै फाइदाहरू छन् । पौडीले हाम्रो शरीरको उचाइ बढाउँछ । पौडी खेलेपछि हाम्रो शरीरमा फुर्ती आउँछ । शरीरलाई जाँगरिलो बनाउँछ । म मेरो दादासँग वज्रबाराही पुलमा गएर पौडी खेल्छु ।



एषणा ओली

क्रमाङ्क : ३२००७

म र मेरी प्यारी आमा

मेरी आमा भान्सामा काम गर्नुहुन्छ । म पनि मेरी प्यारी आमालाई भान्सामा सहयोग गर्छु । म प्यारी आमालाई भात पकाउन, भाँडा माभन, बढार्न, लुगा धुन र लुगा सुकाउन सहयोग गर्छु । म आमालाई लुगा पट्याउन, ओछ्यानमा तन्ना मिलाउन र तकियामा खोल हाल्न सहयोग गर्छु । आमालाई पहेंलो रङ मन पर्छ । मलाई आमासँग खेल्न मन पर्छ ।



रुजेन जङ्ग खड्का
क्रमाङ्क : ३२०१४

पानी

पानी हाम्रो जीवन हो । सबै जीवित प्राणीहरूको लागि पानी महत्वपूर्ण छ । पानी एउटा पदार्थ हो । यसलाई वर्षा, हिउँ, बाफ, बरफ बादल आदि विभिन्न रूपहरूमा देख्न सकिन्छ । यसको कुनै रङ वा आकार हुँदैन । हामीले पानी नपिउँदा हामीलाई गाह्रो हुन्छ । हाम्रो शरीर ७०% पानीले बनेको हुन्छ । पानीले हामीलाई स्वस्थ राख्छ । हामीलाई हरेक दिन बिहानदेखि बेलुकासम्म पानी आवश्यक पर्दछ । पिउने पानी नभई हुँदैन । खाना पकाउन, लुगा धुन, सरसफाइ गर्न, खेतबारीमा हाल पानी जरुरी हुन्छ । त्यस्तै गरी हामीलाई चाहिने विद्युत पनि पानीबाट नै उत्पादन गरिन्छ । पानीका स्रोतहरू धेरै छन्, जस्तै: धारा, खोलानाला, समुन्द्रइनार, नदी आदि । हामीले पानी फिल्टर गरेर वा तताएर मात्र पिउनुपर्छ । नत्र हामी रोगी हुन्छौं । पानीलाई खेर फाल्नु हुँदैन र सही तरिकाले प्रयोग गर्नुपर्छ ।

भाडापखाला हैजा र रोकथाम

केही दिनदेखि यता भाडापखाला र हैजाबारे समाचार आइरहेको छ । हिजो आज पानी पर्ने मौसम भएकाले हामीले प्रयोग गर्ने पानी पनि दूषित बनेको हुन सक्छ । हाम्रो खाने पानीको पाइपमा आउने पानी पनि केही धमिलो देखिन्छ । त्यसैले यस्तो पानीको माध्यमबाट भाडापखाला र हैजाका जीवाणुहरू हाम्रो खानेकुरासम्म आइपुग्छन् । यस्तो खाना खानाले हाम्रो पेट दुख्ने, बान्ता हुने र धेरै पटक लगातार पातलो दिसा लागिरहने जस्ता समस्याहरू हुन सक्छन् तसर्थ हामीले पानी राम्ररी उमालेर मात्र पिउने गर्नुपर्दछ । सागसब्जी सफा पानीले राम्रोसँग धोइपखाली राम्ररी पाक्ने गरी पकाउनुपर्छ । खाना खानु र पकाउनुअगाडि साबुन पानीले मिचीमिची हात धुनुपर्दछ । यति गर्दा गर्दै पनि भाडापखाला तथा हैजा लागिहालेमा प्रशस्त भोलिलो खानेकुरा खानुपर्दछ । बारम्बार सफा पानी पिउनुपर्दछ तर धेरै गा्रो भएमा तुरुन्त नजिकको अस्पताल गई डाक्टरको सल्लाह र सुभाष लिई आवश्यक उपचार गर्नुपर्दछ ।



सुशान्त पोखरेल
क्रमाङ्क : ३२०२०

मेरो बाबा



आरुसी प्रसाई
क्रमाङ्क : ३२००२

मेरो बाबाको नाम कुलप्रसाद प्रसाई हो । मेरो बाबा एक शिक्षक हुनुहुन्छ । उहाँ मिहिनेती हुनुहुन्छ । मेरो बाबाले मलाई धेरै मिठाईहरू ल्याईदिनुहुन्छ । उहाँ एक जिम्मेवार नागरिक हुनुहुन्छ । मेरो बाबाले घरको र हाम्रो परिवारको ख्याल राख्नुहुन्छ । म उहाँलाई अति माया गर्छु । मेरो बाबा मेरो लागि सुपर हिरो हुनुहुन्छ ।



रविहर्ष अधिकारी

क्रमाङ्क : ३२०१३

स्वस्थ जीवन स्वस्थ खाना

स्वस्थ जीवन भन्नाले हाम्रो शरीरमा कुनै किसिमको अप्ठ्यारो नहुनु नै स्वस्थ जीवन हो । शरीर कमजोर नहुनु, काम गर्न मन लाग्नु, फुर्तिलो हुनु, सबैसँग खुसी भएर अगाडि बढ्नु पनि स्वस्थ जीवन हो । स्वस्थ जीवन पाउनको लागि स्वस्थ खानाको आवश्यकता पर्दछ । साथै योगका अभ्यास पनि चाहिन्छ । स्वस्थ खाना भन्नाले हरिया सागसब्जी, फलफूल, गेडागुडी, माछा, मासु, अन्डा, दुध, दही आदि जस्ता खानेकुराहरू खाएमा हामी स्वस्थ र निरोगी हुन्छौं । बिहान छिटो उठ्ने र बेलुका चाँडो सुत्ने बानीले शरीर स्वस्थ हुन्छ । योग अभ्यासले पनि हाम्रो दैनिक जीवनमा स्वस्थ रहनका लागि मदत पुऱ्याउँछ । त्यतिमात्र नभई हामीले आफ्नो व्यक्तिगत सरसफाइमा पनि ध्यान दिनुपर्छ । हाम्रो वरपरको वातावरण पनि सफा राख्नुपर्छ । खानपान, सरसफाइ र स्वस्थ बानीमा ध्यान पुऱ्याउनाले हाम्रो जीवन स्वस्थ रहन मद्दत गर्छ । स्वस्थ जीवन अमूल्य धन हो । त्यसकारण हामीले हाम्रो जीवनसँग खेलबाड गर्नुहुँदैन ।



राधारानी सेन

क्रमाङ्क : ३१०२२

असार पन्ध्र

असार पन्ध्र नेपाली किसानहरूका लागि विशेष दिन हो । यस दिन देशैभरिका किसानहरूले खेतमा धान रोपेर दही चिउरा खाएर मनाउँछन् । यस दिन गाउँघरमा असारे गीतको भाका निकाल्दै रोपाई गरिन्छ । यसलाई असारे भनिन्छ । यस दिन प्रायजसो नेपालीहरूले दही, चिउरा र अचार खाजा खान्छन् । असार महिनालाई मुठी रोपेर पाथी फलाउने विशेष महिनाका रूपमा लिइन्छ । असारको पन्ध्र भनेको किसान र कृषकहरूको ठुलो र विशेष दिन हो । मुख्यतः नेपालका किसानहरूले असार महिनामा खेतीवाली लगाउँछन् । यो समयमा खेतीपाती लगाउन हावापानी प्रतिकूल रहन्छ । यो महिनामा देशैभरि अत्यधिक पानी पर्ने समय हो । कहिलेकाहीं यो असार महिनामा अत्यधिक वर्षा र हावाहुरीका कारण लगाइएका विभिन्न खेती वालीहरू नष्ट हुने गर्दछन् । समग्रमा असार महिनामा हाम्रो देश नेपालमा प्राय सबै किसिमका अन्नवालीहरू रोपिने तथा बिजारोपण गरिने हुनाले यस असार महिनालाई खास महत्व दिइन्छ र यसै महिनाको १५ गतेलाई असार पन्ध्र भनेर भव्य रूपमा मनाउने चलन छ ।

लालीगुराँस



लावण्या कार्की
क्रमाङ्क : ३१०१२

नेपालको पहाडी भागमा पाइने लालीगुराँस फूल नेपालको राष्ट्रिय फूल हो । यो फूल माघ फागुनतिर फुल्छ । यो फूल फुल्दा डाँडाकाँडा नै रातै देखिन्छन् । यसको पात लामो हुन्छ । लालीगुराँसको बोट १० मिटर देखि ३० मिटरसम्म अग्लो हुन्छ । लालीगुराँसलाई राष्ट्रिय फूलको रूपमा वि.सं २०१९ सालमा मान्यता दिइएको थियो । नेपाली रुपियाँ पाँच सय र हजारका नोटमा पनि लालीगुराँसको चित्र अङ्कित गरिएको छ । वनभरि ढकमक्क लालीगुराँस फुल्दा राम्रो देखिन्छ । लालीगुराँस औषधीको रूपमा पनि प्रयोग गर्न सकिन्छ ।

सगरमाथा



कृजन राजवंशी
क्रमाङ्क : ३१०११

सगरमाथा विश्वको सबैभन्दा अग्लो हिमाल हो । सगरमाथाको उचाई ८,८४८ मिटर छ । सगरमाथा हिमाल नेपालको सोलुखुम्बु जिल्लामा पर्दछ । सगरमाथा जाँदा नाम्चेबजार हुँदै जानुपर्छ । नाम्चे बजार रमाइलो ठाउँ हो । सगरमाथा विश्व सम्पदा सूचीमा परेको छ । सगरमाथा हेर्न र आरोहण गर्न धेरै पर्यटक नेपाल आउने गर्दछन् । सबैभन्दा पहिले सगरमाथा आरोहण गर्ने व्यक्ति तेन्जिङ नोर्गे र एडमन्ड हिलारी हुन् । तेन्जिङ नोर्गे शेर्पा नेपाली हुन् । शेर्पा जातिहरू सगरमाथा आरोहण गर्न आउने पर्यटकलाई सुरक्षित र सजिलोसँग आरोहण गर्न मद्दत गर्दछन् । सगरमाथा नेपालको गौरव हो ।

मेरो मन पर्ने पुस्तक



दिनिशा सिवाकोटी
क्रमाङ्क : ३१०४२

मैले धेरै पुस्तकहरू पढेको छु । कुनै पुस्तक मलाई बुबाले किनिदिनुभएको छ । कुनै मेरी आमाले किनिदिनुभएको छ । हामी विद्यालयमा विभिन्न पुस्तकहरू पढ्छौं र मलाई सबै किसिमका पुस्तकहरू पढ्न रमाइलो लाग्छ । हाम्रो विद्यालयमा महिनामा एउटा अङ्ग्रेजी र एउटा नेपाली पुस्तक पढ्नका लागि दिइन्छ । मलाई नेपाली विषय धेरै मन पर्छ । विद्यालयले असार महिनामा दिइएको 'अन्तरिक्षको धर्ती' भन्ने पुस्तक मलाई धेरै मन परेको पुस्तक हो । यो पुस्तक सुदेश सत्यालले लेख्नुभएको हो । यस पुस्तकमा १५ वटा छन्दमा ५८ वटा कविताहरू छन् । 'अन्तरिक्षको धर्ती' पुस्तकमा मिठा मिठा कविताहरू छन् र नयाँ नयाँ छन्दहरू पनि सिक्न पाएको थियो त्यसैले मेरो यो मन पर्ने पुस्तक हो ।

नेवारी संस्कृति

नेपाल धर्म संस्कृतिमा धनी देश हो । नेपालमा नेपाली भाषाका साथै अन्य थुप्रै भाषाहरू बोलिन्छन् । त्यसमध्ये नेवारी पनि एक प्रमुख भाषा हो । नेपालमा धेरै मानिसहरू नेवारी भाषा बोल्ने गर्छन् । नेवारी भाषा विशेष गरेर काठमाडौं उपत्यकामा बोलिन्छ । नेवारी संस्कृतिमा थुप्रै चाडपर्वहरू मनाउने गरिन्छ जस्तै- गाईजात्रा, जनैपूर्णिमा, घोडेजात्रा आदि नेवारी संस्कृतिमा विभिन्न खानेकुराका परिकारहरू पनि बनाएर खाने गरिन्छ र खुवाइन्छ । नेवारी संस्कृतिमा धेरै जात्राहरू पनि मनाइन्छ । नेवार समुदायका मानिसहरू हाकुपटासी र दौरा सुरुवाल लगाउँछन् । नेवारी महिलाहरूले धेरै प्रकारका गहनाहरू पनि लगाउँछन् । नेवारी भाषामा नमस्कार लाई 'जोजोलोपा' पनि भनिन्छ ।



प्रनिशा श्रेष्ठ
क्रमाङ्क : ३१०१७

पुस्तकको महत्त्व



आर्यन गुप्ता
क्रमाङ्क : ३१०४३

हामीले धेरै पुस्तकहरू पढ्छौं । बजारमा पनि धेरै किसिमका पुस्तकहरू पाइन्छन् । हामी विद्यालयमा पनि गएर विभिन्न विषयका पुस्तकहरू पढिरहेका हुन्छौं । पुस्तकहरू धेरै थरीका हुन्छन् । कथा, जीवनी, कविता, निबन्ध, उपन्यास, साहित्य आदिका विभिन्न पुस्तकहरू बजारमा पाइन्छन् । पुस्तकले हामीलाई ज्ञान दिन्छ । हामीले राम्रा राम्रा पुस्तक पढ्न सकेमा हाम्रो बुद्धि बढ्नुका साथै अनुशासनको बारेमा पनि धेरै ज्ञान प्राप्त गर्न सक्छौं । हामीले धेरै पुस्तक पढ्ने बानी गर्नुपर्दछ । राम्रा पुस्तक पढ्नाले मानिस ज्ञानी बन्छ । पढ्ने बानीले हाम्रो दिमागलाई अभै राम्रो बनाउँछ । भविष्यमा हामी पुस्तक पढेर नै डाक्टर, इन्जिनियर, शिक्षक आदि बन्न सक्छौं । दिनहुँ पुस्तक पढ्ने बानी गर्नाले समय बिताउन पनि सजिलो हुन्छ र धेरै ज्ञान सिक्ने मौका पाउँछौं र हाम्रो लेखन सिपमा पनि विकास हुन्छ । मान्छेले जति धेरै पुस्तक पढ्न सक्छ उति नै आफ्नो भविष्य उज्ज्वल बनाउन सक्दछ ।



दृश्य पुडासैनी

क्रमाङ्क : ३१०४१

रुख

रुख भनेको हुर्केको ठुलो बिरुवा हो । रुखले हामीलाई सास फेर्नका लागि अक्सिजन दिन्छ । रुखबाट धेरै कुरा प्राप्त गर्न सकिन्छ । हामीले रुखबाट फल प्राप्त गर्न सक्छौं । रुखले हामीलाई दाउरा पनि दिन्छ । रुखबाट धेरै काठहरूको उत्पादन गरी यसको प्रयोग धेरै ठाउँमा गर्न सकिन्छ । हामीले खाने आँप, सुन्तला, मुन्तला, अनार आदि फलफूलहरू रुखबाट नै प्राप्त गर्छौं । रुख नभएको भए हाम्रो जीवन पनि सम्भव थिएन । रुखमा पशुपन्छीहरू पनि बस्छन् । रुखमा बाँदर पनि बस्छ । मानिसहरूले रुख काट्नु नराम्रो हो । मानिसहरूले आफ्नो फाइदाको लागि रुख काट्छन् र त्यसको विक्री गर्छन् तर रुख काटिसकेपछि अर्को रुखको बिरुवा पनि रोप्नु जरुरी छ । रुखबाट निस्केका काठबाट ढोका भ्याल टेबुल कुर्सी दराज आदि बनाउन सकिन्छ । रुखबाट अरू पनि हामीले सामानहरू बनाउन सक्छौं । कतिपय रुख औषधीको लागि पनि प्रयोग गर्न सकिन्छ ।



सम्मान गुरागाई

क्रमाङ्क : ३१०२८

मोबाइल

मोबाइल एकप्रकारको फोन हो । मोबाइलले हाम्रो जिन्दगी र संसारलाई सजिलो बनाइदिएको छ । साथीहरू एकपटक सोचौं, मोबाइल कहिले र कहाँ बन्यो होला ? मोबाइलका कतिवटा कम्पनी छन् होला ? मोबाइल कम्पनीको कुरा गर्ने हो भने धेरै कम्पनीका मोबाइलहरू बजारमा आइसकेका छन् जस्तै: नोकिया, मोटोरोला, सामसुड, एप्पल आदि । मोबाइलले हाम्रो जीवनलाई जति सजिलो बनाए पनि मोबाइलका धेरै बेफाइदाहरू पनि छन् । मोबाइल धेरै हेर्नो भने हाम्रो आँखा कमजोर हुन्छ । मोबाइलले हाम्रो दिमागलाई पनि असर पार्छ । मोबाइलको प्रयोग अनावश्यक काममा गर्नुहुँदैन । मोबाइलको सही प्रयोग गर्न जानेमा मात्र मोबाइलबाट फाइदा लिन सकिन्छ । बढी र बिनाकामको प्रयोग हामी सबैका लागि हानिकारक हो ।



शुभश्री मल्ल

क्रमाङ्क : ३१०३०

अन्तराष्ट्रिय योग

स्वस्थ शरीर, शान्त मन र आनन्द जीवनको नाम योग हो । योगले हाम्रो शरीरलाई बलियो बनाउँछ । विश्वमा दुई सयभन्दा बढी देशहरूमा योग गर्छन् । विश्वमा 'अन्तराष्ट्रिय योग दिवस' मनाउन सुरु गरेको छत्तिस वर्ष अगाडि नै वि.सं २०३६ साल माघ १ गतेदेखि नेपालका वरिष्ठ प्रकृतिक चिकित्सक डा.हरिप्रसाद पोखरेलको आयोजनामा व्यापकताका साथ 'विश्व योग दिवस' मनाइँदै आइरहेको छ । माघ १ गतेलाई नेपाल सरकारले योग दिवसको रूपमा मनाउने गरेको छ । प्रथम अन्तराष्ट्रिय योग दिवस भव्यताका साथ मनाउन आव्हान गर्दै संयुक्त राष्ट्रसंघका महासचिव वान कि मुन भन्नुहुन्छ, "शारीरिक, मानसिक, आध्यात्मिक स्वास्थ्यका लागि योग सरल सुलभ साधन हो । योगले सिङ्गो धर्तीलाई सम्मान गर्दछ ।" नेपालबाट सुरु भएको विश्व योग दिवसलाई साथ दिँदै धेरै देशहरूले भव्यताका साथ मनाउँछन् । संयुक्त राष्ट्रसंघले पहिलोपटक २१ जुन २०१५ (वि.सं २०७२ असार ६ गते) लाई अन्तराष्ट्रिय योग दिवसको घोषणा गरी भव्य रूपमा मनाइँदै आइरहेको छ ।



प्रत्युष लोहनी

क्रमाङ्क : ३१०१९

पुस्तकालय

पुस्तकालय पुस्तक र आलय शब्दबाट बनेको शब्द हो । सजिलो भाषामा भन्नुपर्दा पुस्तकको घर वा पुस्तकको भण्डारलाई पुस्तकालय भनिन्छ । पुस्तकका माध्यमबाट ज्ञान प्राप्त गर्न सकिने भएकाले पुस्तकालयलाई ज्ञानको भण्डार पनि भन्न सकिन्छ । पुस्तक पढेर शिक्षा प्राप्त गरेर सफल व्यक्ति हुन सकिने भएकाले पुस्तकालयलाई हामीले उचित प्रयोग गर्न सक्नुपर्छ । पुस्तकालयमा गएर पढ्दा अनुशासित भएर पढ्नुपर्छ । पुस्तकालयमा अनावश्यक होहल्ला गर्नुहुँदैन । मेरो विद्यालयमा पनि पुस्तकालय छ । त्यहाँ पुस्तकहरू मिलाएर राखिएका छन् । त्यहाँ ज्ञानवर्धकदेखि रमाइला हास्यास्पद किताब र कविताका पनि थुप्रै पुस्तकहरू रहेका छन् । म पनि त्यहाँ गएर मेरो विषयसँग सम्बन्धित किताबहरू पढ्ने गर्दछु । ससाना धेरै रमाइला कथाका किताबहरू पनि पढ्ने गर्दछु । यसले मलाई थप ज्ञान प्राप्त हुन्छ । मेरो घरमा पनि एउटा सानो पुस्तकालय छ । त्यहाँ पनि सबै ज्ञानवर्धकदेखि रमाइला पुस्तकहरू मिलाएर राखिएका छन् । विद्यार्थी जीवनमा पुस्तकालयको धेरै नै महत्त्व छ ।

भेदभाव

हाम्रो समाजमा जात, लिङ्ग, रङ्ग आदिका आधारमा भेदभाव गर्ने धेरै व्यक्ति छन् । जातीय भेदभाव भनेको जात र धर्म विरुद्धको भेदभाव हो । ग्रामीण क्षेत्रमा उच्च जातिले विभेद गर्ने गरेका छन् । माथिल्लो जातका मानिसहरूले तल्लो जातका मानिसहरूलाई घरभित्र पस्न नदिने, सार्वजनिक धारा, कुवा आदि प्रयोग गर्न निषेध गर्छन् । लैङ्गिक भेदभाव भनेको छोराछोरी माथिको भेदभाव हो । कतिपयले छोरालाई स्कुल पठाएर राम्रो व्यवहार गर्छन्, स्वस्थकर खाना खुवाउँछन् र छोरीलाई विद्यालय नपठाएर घरायसी काम गराएर खराब व्यवहार गर्छन् । हामीले लैङ्गिक भेदभाव बन्द गर्नुपर्छ र हाम्रा छोराछोरीलाई समान व्यवहार गर्नुपर्छ । रङ्ग भेदभाव भनेको गाढा रङ्ग भएका मानिसहरूलाई भेदभाव गर्नु हो । हाम्रो समाजमा कालो रङ्ग भएका मानिसहरूलाई जिस्क्याएर, घरमा पस्न नदिने, हल्का रङ्गका मानिसहरूलाई माया गरेर हेरचाह गर्ने, आफूले चाहेको सबै कुरा दिएर हेरचाह गरेर भेदभाव गर्ने गरेको छ, त्यसैले हामी सबैले भेदभाव गर्न बन्द गर्नुपर्छ र असल व्यवहार गर्नुपर्छ । हाम्रो समाजमा सबै मानिस समान छन् । सबैलाई समान व्यवहार गर्ने हो भने सबैले समानताको अनुभव गर्न थाल्नेछन् र हाम्रो समाज सुधार हुनेछ ।



परिधि पन्त
क्रमाङ्क : ३००५४

सामाजिक



पूजा खनाल
क्रमाङ्क : ३००२२

सामाजिक भन्नाले अरू मानिसहरूलाई सहयोग गर्ने समाजको अभिन्न बन्ने र समाजमा नै रमाइलो गर्ने भन्ने सामान्यतया बुझिन्छ । अरू मानिसहरूसँगको अन्तरक्रिया र विशेष गरी रमाइलाका लागि व्यस्त सामाजिक जीवन र मानिसहरूसँग सामूहिक रूपमा सम्बन्ध राख्नु भनेको सामाजिक हुनु हो । सामाजिक प्राणिको उदाहरण भनेको साथीहरूसँग समूह बनाएर कुनै पनि सामाजिक काम गर्नुलाई पनि लिन सकिन्छ । जीवनमा सामाजिक भनेको मानिसहरूको समयको अंश हो जुन तपाईं र हामीले रमाइलो गर्न सक्ने कुराहरूमा बिताउनु हो । कतिपय सामाजिक परिवार, साथीहरू, समुदायका सदस्यहरू र अपरिचितहरू पनि समाजमा समावेश हुन्छन् तर त्यसबखत सामाजिक भनिएकाहरू पनि सामाजिक हुन नसकिरहेको हामी पाउँछौं । समाजले हामीलाई धेरै कुरा सिकाउँछ र गराउँछ । समाजमा घुलमिल हुन सक्नु र जान्नु पनि सामाजिक नै हो भन्ने मेरो बुझाइ हो ।

रुखहरू हाम्रा साथी



आरोहण तिमिल्सिना
क्रमाङ्क : २९०५७

रुखहरू हाम्रा सबैभन्दा मिल्ने साथी हुन् । यसमा कुनै शङ्का छैन । रुखहरू हामीलाई सबैथोक दिन्छन् । रुखबिना धर्तीमा जीवन सफल हुँदैन । रुखहरूले हामीलाई अक्सिजन दिन्छन् । अक्सिजनबिना धर्तीमा कुनै पनि प्राणी बाँच्न सक्दैनन् त्यसैले रुखहरू धेरै महत्त्वपूर्ण हुन्छन् । रुखहरूको महिमा ठुलो हुन्छ । रुखहरू हामीलाई धेरै कुरा दिन्छन् । हामीले रुखहरूलाई जति काटे पनि, जति प्रयोग गरे पनि रुखहरू हामीबाट केही कुरा पनि माग्दैनन् । रुखहरू हामीलाई सहयोग गर्छन् तर रुखहरूले हामीलाई जति कुरा दिए पनि हामीले रुखहरूलाई जति प्रयोग गरे पनि हामी रुखहरूले गरेको सहयोग कहिल्यै फिर्ता गर्न सक्दैनौं । त्यसैले रुखहरूको महिमा धेरै ठुलो छ । जसरी हामी आफ्ना साथीहरूलाई सबै कुरा बाँड्छौं । त्यसै गरी रुखहरू पनि हामीलाई सबैकुरा बाँड्छन् । रुखहरू हामीलाई छाया, फलफूल, अक्सिजन लगायतका अति आवश्यक कुरा दिन्छन् हामी पनि रुखहरूलाई मदत गर्छौं । हामीले रुखलाई कार्बन डाइअक्साइड दिन्छौं । कार्बन डाइअक्साइडबिना रुखहरू पनि बाँच्न सक्दैनन् । हामीले पनि रुखहरूलाई मदत गर्दछौं भन्ने कुरा सुनेर हामी खुसी हुनुपर्छ किन भने रुखहरूले हामीलाई धेरै कुरामा मदत गर्छन् र हामीले रुखहरूलाई धेरै मदत गर्दछौं त्यसैले हामीले रुखहरूलाई सकेसम्म मदत गर्नुपर्छ ।

मानिसहरू धेरै रुखहरूलाई काट्छन् त्यसैले संसार खतरामा छ । रुखहरूले दिने अक्सिजनको कमि हुँदै छ । हामीले रुखहरूलाई नरोपी काटीमात्र राख्यौं भने संसारमा रुखहरूको कमी हुने छ र संसारभरि कोही पनि जिउँदो रहन सक्दैनन् त्यसैले हामीले धेरै ओटा रुख रोप्नुपर्छ । रुखहरूलाई काटी मात्र रह्यौं भने हाम्रो संसार अन्धकारमा जानेछ भन्ने कुराको नतिजालाई महसुस नगरिकन अगाडि बढ्यौं भने हाम्रो संसारलाई नै बेफाइदा हुने छ । हामीले जसरी भए पनि रुखहरूको संरक्षण गर्न मदत गर्नुपर्छ अनि मात्र यो संसार जिउनको लागि एउटा राम्रो ठाउँ बन्ने छ ।

प्रेरणाको सुगन्ध



अनुश्री आचार्य
क्रमाङ्क : २८००२

“के को यस्तो सुमधुर वास्ना आएको हो?”

रियाशा नेपालको डोल्पा जिल्लामा जन्मेकी थिइन । जन्मेदेखि उनले संसार देख्न पाएकी थिइनन् । उनको आँखामा समस्या देखिएको थियो तर उपचार नभएर उनी सधैंको लागि आँखा नदेख्ने भइन् । रियाशा आफ्नी दिदी आमा र बुवासँग बस्ने गर्थिन् । बुबाआमा यासाँगुम्बा टिप्न बाहिर जानुहुन्थ्यो । उसका रियाशा र दिदी धेरै नै नजिक थिए ।

रियाशाको गाउँमा प्राथमिक तहको विद्यालय मात्र थियो । रियाशा त्यतिबेला कक्षा पाँचमा पढ्थिन । त्यस विद्यालयमा रियाशाले कानको प्रयोग गरेर सबै कुरा बुझ्न सिकेकी थिइन । रियाशा आफ्नो भविष्यको बारेमा सोच्ने गर्थिन् । उनी पनि आफ्नी आमाजस्तै कक्षा पाँच पढिसकेर विवाह गरेर आफ्नो अगाडिको जीवन जिउन चाहन्थिन् ।

रियाशाको गाउँमा एउटा सुन्दर बगैँचा थियो । त्यस बगैँचामा थरिथरिका फूलहरू थिए । त्यस ठाउँको बारेमा उनले सुनेकी थिइन तर कहिल्यै देखेकी भने थिइनन् । एकदिन उनी आफ्नी दिदीसँग बगैँचाको बाहिरबाट जाँदै थिइन । अचानक उनी त्यस ठाउँको बाहिर उभिएर लामो लामो सास लिन थालिन् । दिदीले के भयो भनेर सोध्नुभयो । रियाशाले भनिन् “आहा! के को सुमधुर वास्ना आएको हो?” । दिदीले अचम्म मान्दै भनिन् “मलाई त केहीको पनि वास्ना आएको छैन त ।” रियाशा त्यस सुगन्धको पछिपछि गइन् । त्यो फूल उनलाई आफूजस्तै लाग्यो । एउटा बगैँचामा उभिरहने

आफ्नो सुन्दरता देखाउने तर आफ्नो सुन्दरता आफैँ कहिल्यै थाहा नपाउने । त्यस दिन उनले एउटा कठोर निर्णय लिए ।

रियाशाले आफ्नो आमा बुबालाई छोडेर काठमाडौँ आफ्नो मामाको घर पढ्न गइन् । धेरै वर्षपछि उनी फर्केर आइन् तर यसपालि उनी अत्तर निर्माताको रूपमा आइन् । उनी त्यस बगैँचामा गइन् र त्यस फूललाई केही लेप लगाएर टिपिन् र आफ्नो घर लगिन् । त्यस अत्तरको नाम उनले प्रेरणाको सुगन्ध राखिन् ।



इशानी मानन्धर

क्रमाङ्क : २८००४

मेरा जीवनका मोडहरू

मानिसको जीवनमा सबैभन्दा महत्त्वपूर्ण कुरा भनेको शिक्षा हो । शिक्षालाई देशको भविष्यका रूपमा लिन सकिन्छ । दुर्गम ठाउँमा बालबालिका विशेष गरी केटीहरूलाई विद्यालय पठाउँदैनन् । वरु उनीहरूले ती बालबालिकाहरूलाई कारखाना, पसल आदिमा काम गर्न बाध्य पार्छन् तर त्यहाँ अन्य विद्यार्थीहरू पनि छन् जसले राम्ररी तथा उचित शिक्षा पाएका छन् र उनीहरूले उचित शिक्षा नपाएका बालबालिकाहरूको भविष्य बदल्न सक्छन् । ती सबै मानिसहरूमध्ये म पनि विद्यार्थी हुँ र भविष्यमा अन्य विद्यार्थीहरूसँग म अन्य बालबालिकाहरूको भविष्य परिवर्तन गर्न र मेरो देशको विकास गर्न सक्छु भन्ने आशा गर्दछु । म पनि देशको लागि फरक कार्य तथा प्रणालीहरूमा विकास गर्ने आशा गर्दछु । उदाहरणका लागि: शिक्षा प्रणाली, खाद्य प्रणाली आदि ।

मेरो जन्म २०६८-०४-२७ विक्रम संवत् काठमाडौँ जिल्लामा भएको थियो । यो वर्ष २०७९ मा म हाल १२ वर्षकी भएँ । म एक मायालु परिवारमा २ मायालु आमाबुबा, विकास मानन्धर र इन्दिरा मानन्धरकोबाट जन्मेकी थिएँ । मेरो कान्छो भाइ इशान मानन्धर, म भन्दा ५ वर्षपछि जन्मिएको हो । भाइ जन्मिएपछि मेरो जीवन निकै रमाइलो तथा राम्रो भयो र ऊजस्तो भाइ पाएकोमा म खुसी छु । म मेरो सानो भाइसँग धेरै झगडा गर्छु । म उसँग धेरै झगडा गरे पनि म उसलाई धेरै माया गर्छु । म र मेरो भाइ उत्तिकै मेहनती छौँ । ऊ कान्छो भएकाले प्रायः मैले गाली पाउँछु अनि सानैमा आमाबुबाको गाली पाएमा चाहिँ म रुन्थेँ तर आजकल म मेरो भाइसँग झगडा गरेपछि म उसँग बोल्दिन । मलाई थाहा छ म उभन्दा जेठी छु तर उसले पनि आफ्नो गल्तीको लागि गाली खानुपर्छ । जब मेरो भाइ मेरो जीवनमा आयो, खुसी पनि आयो । मेरो भाइले मेरो हेरचाह गर्छ र मैले नि उसको हेरचाह गर्दछु । उसले मलाई सधैं सान्त्वना दिन्छ, उसले मलाई जिस्काउँछ, उसले मलाई आवश्यक पर्दा मद्दत पनि गर्छ ।

मलाई बारम्बार धेरै प्रकारका रोग लाग्ने भएकाले बाल्यकालमा धेरै पटक अस्पताल पनि गएकी थिएँ । म एक प्रकार को बच्चा हुँ जो हरेक दिन विद्यालय जान चाहन्छ । म ज्ञानी छु र पढाइमा रुचि राख्छु तर विभिन्न खेल गतिविधिहरूमा अलि नराम्रो छु । मलाई विद्यालय मन परे पनि म अलि अल्छी छु । कहिलेकाहीं, म मेरो काम समयमै पेस गर्दिनँ जसले गर्दा विद्यालयमा मेरो अङ्क कम हुन्छ । कक्षा १ देखि, म धेरै अल्छी हुन थालेकी छु, र अहिलेसम्म

म त्यो बानीमा हटेको छैन तर म अभै सक्रिय हुन कोसिस गर्दैछु । केही समय बितेपछि, मैले आफूलाई वैज्ञानिक कुराहरूमा बढी चासो राखें र जति उमेर बढ्दै गयो, विज्ञानप्रति मेरो रुचि भनभन् बढ्दै गयो । मलाई सङ्गीत, नृत्य र कलामा पनि रुचि छ । मेरो बाल्यकाल राम्रो थियो । म मेरो परिवारसँग बस्न खुसी छु , मेरो परिवारले मेरो हेरचाह गर्‍यो, मैले हरेक बालबालिकालाई पाउनु पर्ने हरेक अधिकार पाएँ । शिक्षाको लागि, म ४ फरक विद्यालय गएँ । प्ले समूहको लागि म “रमाइलो संसार” मा गएँ, प्राथमिक तहमा मैले “स्मार्ट वन्ड” र “सनी बन्नी मोन्टेसरीमा पढें । कक्षा १ देखि म सिफल माध्यमिक विद्यालयमा पढ्दै छु । मलाई भूतजस्ता असाधारण चीजहरूबाट धेरै डर लाग्छ । म सानैदेखि, कुनै न कुनै रूपमा मैले भूत जस्तै चीजहरू वास्तविक हो भनेर विश्वास गर्न थालें । मलाई उनीहरूको डर छ र अहिलेसम्म, म अभै पनि ती चीजहरूमा विश्वास गर्दै छु तर मलाई थाहा छ कि असाधारण गतिविधिहरू केवल मेरो कल्पनामा अवस्थित छन् यथार्थमा होइनन् ।

मैले पनि मेरो देश नेपालका धेरै ठाउँ घुमेकी छु । आफन्त भएकाले त्यहाँका धेरै व्यक्तिहरूसँग मेरो राम्रो सम्बन्ध छ । मैले धेरै ठाउँहरू घुमेकी छु तर मलाई केही ठाउँहरू मात्र याद छन् । मैले चितवन, पोखरा, मनकामना, नुवाकोट आदि घुमेकी छु, पोखराको एउटा तालमा डुबेकी छु, चितवनमा हात्तीमा सवार गरेको छु, नुवाकोटमा शान्त सूर्य अस्ताएको देखेकी छु, मनकामनामा पहिलोपटक केवलकारमा बसेकी छु । त्यसैले मसँग ती ठाउँहरूसँग मिठो साइनो जोडिएको छ ।

मेरो जीवनको रमाइलो पल भनेको कक्षा ५ सम्म थियो । कक्षा ५ को अन्तिम दिनदेखि विश्वमा नयाँ भाइरस देखा पर्‍यो । त्यस भाइरसको नाम “कोविड-१९ “राखिएको थियो । यो भाइरसबाट मानिसहरू प्रभावित हुने र मर्ने बारे धेरै कुराहरू मैले सुनेकी थिएँ । मलाई त्यति डर लागेन । त्यसपछि मेरो बुबा, म र मेरो भाइबाहेक मेरो परिवारका सबै सदस्यहरूलाई भाइरस लाग्यो । त्यसैले, सुरक्षित हुनको लागि, मेरो परिवारले हामीलाई मामाघरमा बस्ने निर्णय गर्‍यो । म मेरो परिवार सङ्क्रमित भएको बारे सोचेर रोएँ । त्यसबेला मलाई पनि ज्वरो आएको थियो । मेरो दिमागमा धेरै नकारात्मक विचारहरू आएका थिएँ र मलाई लाग्यो कि म मर्छु तर काकाले मलाई अस्पताल ल्याउनुभयो । केही दिनपछि, म ठिक भएँ र मेरो परिवार पनि ठिक थियो । म घर फर्किएँ र परिवारका सदस्यहरूलाई अँगालो हालें । यो मेरो जीवनको सबैभन्दा कठिन पलमध्ये एक थियो । कोरोनापछि, मैले धेरै इलेक्ट्रोनिक उपकरणहरू प्रयोग गरेको पाएँ जुन मेरो स्वास्थ्यको लागि धेरै हानिकारक छ । धेरै इलेक्ट्रोनिक उपकरणहरू प्रयोग गर्ने र हेरेकोमा मेरा आमाबाबुले मलाई सधैं गाली गरिरहनुहुने छ, किनकि मेरो बाल्यकालमा मलाई धेरै खतरनाक आँखाको रोग लागेको थियो । त्यसैले, म अभै पनि यसको धेरै प्रयोग गरिरहेको छु त्यसैले म यसलाई नियन्त्रण गर्दैछु र मलाई विश्वास छ कि म यो गर्ने छैन ।

मेरो विद्यालय (सिफल माध्यमिक विद्यालय) ले हामी विद्यार्थीहरूलाई अङ्ग्रेजी र नेपाली उपन्यास वा कथाका पुस्तकहरू दिने नियम बनाएको छ । म त्यो विद्यालयमा कक्षा १ देखि पढिरहेकी छु, यति सानै उमेरमा किताबहरू पढ्ने मौका पाएँ र यसले मेरो सिर्जनात्मक र समीक्षात्मक शक्ति बढाएको छ । मैले विभिन्न पुस्तक र उपन्यासका धेरै लेखकहरूसँग भेटघाट र अन्तरक्रिया गर्ने मौका पनि पाएँ । मेरो विद्यालयले मेरो जीवनमा धेरै अवसरहरू दिएको छ जुन धेरैजसो अन्य विद्यार्थीहरूले पाएका छैनन् । मेरो विद्यालयले आफ्ना विद्यार्थीहरूका लागि धेरै अतिरिक्त क्रियाकलापहरू गरेको हुनाले ७ वर्षको उमेरदेखि, म ती गतिविधिहरूमा भाग लिइरहेकी छु । जसले मेरो आत्मविश्वास बढाएको छ । यो सानो उमेरमा हामीलाई यस प्रकारका अवसरहरू दिनुभएकोमा म मेरो विद्यालयलाई धेरै आभार प्रकट गर्दैछु । बाल्यकालमा नै मैले धेरै अवसरहरू पाएकी छु । यसमा मैले केही गुमाएँ र केही सदुपयोग गरेँ । ती अवसरहरू मेरा लागि साँच्चै महत्त्वपूर्ण छन् किनकि मेरो भविष्यलाई उज्ज्वल बनाउन मद्दत गरेका छन् । म साँच्चै मेरो जीवनको आनन्द लिन्छु । सायद मेरो जीवनमा केही चुनौतीहरू आएका थिए । ती चुनौतीहरूको सामना गर्दा मैले धेरै रिसाएको वा दुखी हुने महसुस गरेको हुन सक्छ तर मेरो जीवनमा धेरैजसो समयहरूमा म खुसी थिएँ

र म खुसी छु भन्ने सम्भन्छु । मेरो जीवन मेरो लागि धेरै मूल्यवान् छ । अन्य धेरै बालबालिकाले आफ्नो पूर्ण अधिकार पाएका छैनन् तर मैले चाहिने सबै अधिकार पाएकी छु । मेरो एउटा सपना शिक्षक बन्ने हो किनकि मलाई पढ्न नपाएका बालबालिकाहरूलाई शिक्षा दिन सकूँ भन्ने आशा छ । जसले गर्दा संसारको नकारात्मक सोचलाई परिवर्तन गरेर सकारात्मक बनाउन सकूँ । म अबै पनि मेरो जीवनमा थप हुने अवसरहरूको लागि पर्खिरहेकी छु । मलाई आशा छ कि म मेरो जीवन मेरा प्रियजनहरूसँग शान्तिसँग सफल भएर बिताउन सकछु ।



बिसु महर्जन

क्रमाङ्क : २८००३

मेरो जीवन कथा

आज पहिलो पटक म आफ्नो जीवनका पानाहरू पल्टाउँदै छु । यी पानाहरूमा मेरा जीवनका सुख दुःख अनि धेरै रङहरू देखिन्छन् । मेरो जन्म पौष महिनामा भएको थियो । काठमाडौँमा पहिले नै चिसो हुन्छ र अबै पौष महिनामा त चिसोले आँला खान्छ । यस्तो चिसोमा वर्षभरि मलाई कुरी मेरी आमा मलाई हुक्याउने म घरकै सबैभन्दा भाग्यमानी बच्चा हुँ । हुन पनि किन नहोस् मैले सानैदेखि भनेका सबै कुराहरू पाउँथे । मेरा दुई दिदीहरू छन् जसले मलाई धेरै माया गर्छन् र अहिले पनि गर्छन् । एकजना दिदीले हेरचाह गर्थिन् भने अर्कीले घुमाउन लग्थिन् । सानोमा मसँग बोरा बोरा खेलौनाहरू थिए । सानोमा म स्कुल गएको एक घण्टा नबित्दै लिन आउनुपर्थ्यो । म धेरै चकचके थिएँ । मलाई अबै याद छ मैले एउटा खेलौना निकाल्ने प्रयासमा दराज नै खसाएको थिएँ । अनि दराज मिलाउँदा भने म कक्षामा यताउति घुमिरहेको थिएँ । नर्सरी पुग्दा मैले आफ्नो स्कुल परिवर्तन गरें । यो नयाँ स्कुलमा भने धेरै साथीहरू थिए । मेलै धेरै नयाँ साथीहरू पनि बनाएँ । यसै बेला मेरी एकजना दिदी लक्ष्मी दिदीको विवाह भयो । विवाह भएपछि म आफ्नी दिदीलाई घरभरी खोजिरहे तर भेटिन ।

नर्सरीमा म नयाँ स्कुलमा गएँ जसको नाम ओपल थियो र जुन अहिले भने सिफल स्कुलले चिनिन्छ । मेरा शिक्षकहरू छक्क पर्थे कति जनामात्र लिन आउँदा रहेछन् भनेर किनभने स्कुलमा मलाई धेरै जनाले लिन पुग्थे । कहिले दिदी, दाइ, माँ, फुफू, आमा स्कुल लिन पुग्नुहुन्थ्यो । म ठूलो हुँदै जाँदा मेरो स्कुलमा पनि निकै धेरै परिवर्तन पनि भयो । कक्षा १ मा हुँदा मेरी सानी बहिनीको जन्म भयो । त्यस दिन मलाई राम्रोसँग याद छ । हामी एक रात सबैजना बैठक कोठामा बसिरहेका थियौँ अचानक ममीलाई पेट दुख्न थाल्यो र ममीलाई अस्पताल लगियो । त्यो रात नै पहिलो रात थियो ममीसँग अलग भएर सुतेको थिएँ । त्यो रात म एकलै बैठक कोठामा सुतेँ जब बिहान उठेँ बुबा पनि सँगै सुतेका रहेछन् । त्यो बिहान म तयार भएर स्कुल गएँ तर मलाई भने ममीको यादले सताइरहेको थियो जुन मैले कसै लाई भन्न सकिरहेको थिइनँ । मलाई यतिकै न्यासो लागिरहेको थियो । स्कुल सकेपछि भने म ममीलाई भेट्न अस्पताल गएँ । त्यो बेला मेरी बहिनीको जन्म भइसकेको रहेछ । त्यसपछि बहिनी लिएर हामी घर आयौँ । म निकै खुसी थिएँ तर यो खुसी धेरै लामो रहेन ।

मेरी बहिनी विरामी भई । उसलाई अस्पताल लानुपर्ने भयो राति नै कुदाउनुपर्‍यो र आइ सी यू मा राखियो । त्यसबेला म मेरी ममीको बारेमा मात्र सोचिरहन्थे मेरो पढाइ पनि राम्रो भएन । विदाको समय म भेट्न जान्थेँ भने अरूबेला याद गरेर बस्थेँ । उहाहरूले बहिनीलाई निको पारी फर्कनुभयो । म विरामी परेँ करिब २/३ हप्ता विरामी भएँ

र उठ्न पनि सकिन्नँ जसले गर्दा मेरो पढाइमा नराम्रो असर पऱ्यो परीक्षा पनि छुट्न पुग्यो । त्यो समय अहिले सम्भ्रँदा पनि निकै दुख लाग्छ । यो नै अहिलेसम्मको नराम्रो अनुभव र भोगाइ हो मेरो जीवनको । एकातिर सानी बहिनी अर्कोतिर म विरामी । ममी र बाबालाई धेरै गाढो भयो दुबैलाई हेर्न । म निको भएपछि भने केही सहज भयो । कक्षा १ देखि ५ सम्म राम्रा नराम्रा पलहरूको अनुभव गरें तर कक्षा ५ र ६ मा अलिक फरक अनुभव गरें म साथीहरूसँग घुम्न पन पराउने, खेल खेल्नभन्दा पनि बढी घुम्न मन लाग्न थाल्यो । समय समयमा म घर परिवारसँग घुम्न जान्छें । पोखरा, कुलेखानी, मनकामना, चितवन, शाश्वतधाम र उपत्यकाभित्रका प्रायः ठाउँहरू म पुगिसकेको छु ।

समय परिवर्तनसँगै मेरा रहर र इच्छाहरू पनि परिवर्तन भइरहेका छन् । मेरो भोगाइमा यस्तो लाग्यो कि जीवनमा राम्रा नराम्रा दुवै हुँदा रहेछन् । समय सधैँ एकैनासको नहुने रहेछ । हामीले सबको सामना गर्न र अधि बढ्न सिक्नुपर्छ ।

स्वास्थ्यको महत्त्व

शारीरिक र मानसिक रूपमा स्वस्थ शरीरको अवस्थालाई स्वास्थ्य भनिन्छ । राम्रो स्वास्थ्य सफलताको कुञ्जी हो । यो त्यस्तो चीज हो जुन न किनिन्छ न बेचिन्छ तर मर्मत गरिन्छ । जो विरामी छ त्यो ओछ्यानमा सीमित रहन्छ ।



आरभ यादव
क्रमाङ्क : २८०२५

स्वास्थ्य जीवनको धेरै महत्त्वपूर्ण पक्ष हो । मानिसको शारीरिक र मानसिक स्वास्थ्यले मानिसको जीवनमा महत्त्वपूर्ण भूमिका खेल्छ । जीवनमा रोगको अनुपस्थितिले मानिसलाई लक्ष्य र उद्देश्यहरू प्राप्त गर्न सक्षम बनाउँछ ।

जब व्यक्ति स्वस्थ हुन्छ, उसले उत्पादनशील रूपमा काम गर्न सक्छ । एक विरामी व्यक्तिलाई जीवनको आनन्द लिन, बाहिर निस्कन र प्रकृतिको सौन्दर्यको साँच्चै कदर गर्न गाढो हुन्छ । स्वस्थ व्यक्तिहरूले काममा राम्रो प्रदर्शन गर्छन् र जीवनमा फस्टाउँछन् । कमजोर स्वास्थ्य भएको व्यक्तिलाई आफ्नो भन्नु केही हुँदैन । स्वस्थ रहनुका धेरै फाइदाहरू छन्, जसमा चुनौतीपूर्ण परिस्थितिहरूबाट निको हुन सक्ने क्षमता, कठिनाइसँग समायोजन गर्ने, जीवनमा सन्तुलन खोज्ने र सुरक्षित र सुरक्षित महसुस गर्ने क्षमता समावेश छ । उत्कृष्ट स्वास्थ्य कायम राख्नको लागि पर्याप्त निन्द्रा लिनुपर्छ र चाँडै उठ्नुपर्छ । भनिन्छ, चाँडै उठ्ने र सुत्नेले मानिसलाई धनी, बुद्धिमान र स्वस्थ बनाउँछ । यदि ऊ स्वस्थ रहन चाहन्छ भने उसले यो आज्ञा पालन गर्नुपर्छ । थप रूपमा, नियमित व्यायामले उत्कृष्ट स्वास्थ्यमा योगदान पुऱ्याउँछ । व्यायामले शारीरिक तन्दुरुस्ती कायम राख्छ र व्यक्तिको ऊर्जा र जीवन शक्ति बढाउँछ । हिड्नु र दौड्नु दुवै प्रभावकारी व्यायामको उपाय हो ।

व्यक्तिले स्वस्थ आहार कायम गर्न, सफा खाना खाने, र आफूलाई सफा र सफा राख्न आवश्यक छ । उत्कृष्ट स्वास्थ्यको विशेषता भनेको सरसफाइ हो । हामीले स्वस्थ जीवनशैली जिउनको लागि कम फास्ट फुडहरू उपभोग गर्नुपर्छ किनभने तिनीहरू अस्वस्थ छन् । स्वस्थ रहन ताजा फलफूल र हरियो पातदार तरकारी खानुपर्छ । अत्यधिक धुम्रपान र मद्यपान गर्नेहरूले धुम्रपान र मद्यपान कम गर्नुपर्छ वा छोड्नुपर्छ किनभने यी स्वास्थ्यका लागि हानिकारक हुन्छन् । यो आधुनिक युगमा मानिसहरू धेरै यान्त्रिक भएका छन् र मेसिनमा निर्भर भएका छन्, उनीहरू निष्क्रिय र अल्छी भएका छन् । शारीरिक गतिविधि राम्रो स्वास्थ्यको लागि धेरै छ ।

राम्रो स्वास्थ्य कायम राख्न वरपरको वातावरणले महत्त्वपूर्ण भूमिका खेल्छ । वरपर सफा राख्नुपर्छ । प्रदूषणमुक्त वातावरण नै रोगबाट बच्ने एकमात्र उपाय हो ।



आनिया पौडेल

क्रमाङ्क : २७००२

न्यायको लडाईं

विद्यालयमा बिदाको समयमा म र मेरो पूरा परिवार घुम्नको लागि हाम्रो गाउँ गएका थियौं । हास्दै खेल्दै हामी रमाइरहेका थियौं । खाना खाने बेला भएको थियो । आमाले खाना खान आऊ भनी बोलाउनुभयो, सबै जना खाना खाने टेबलमा पुग्यौं । हामी खाना खाइरहेका थियौं । ड्याड्-ड्याड् आवाज आयो के रहेछ छ भनेर हामी हात धोएर बाहिर हेर्न निस्क्यौं । हाम्रो तल्लो घरको ठुलाबाले आफ्नी श्रीमतीलाई कुटिरहनुभएको थियो । अगाडि पछाडिका छिमेकीहरू पनि आएका थिए लडाईं रोक्नुको सट्टा सबै जना त्यहाँ बसेर तमासा हेरिरहेका थिए । यो देखेर मलाई दुःख लाग्यो ।

ठुलोबुबाले भन्नुभयो, “दुई दिन माइत बसेर खाना पकाउन बिसिसकी के हो ? कि माइतबाट बुढालाई मारेर सम्पत्ति लिएर आइज भनेको छ ?” ठुलीआमाले भनिन् , “हैन हजुरले के भन्नुभएको । म किन तपाईंलाई मारौंला ?” ठुलोबाले ठुलीआमालाई थप्पड हान्दै भन्नुभयो “अभै मुखमुखै लाग्छेस् ?”

यो देखेर सबै जना हाँस थाले, तर मलाई भने नराम्रो लाग्यो । ठुलोबाले फेरि ठुलीआमालाई कुट्न थाल्नुभयो । मेरा बुबाले गएर ठुलोबालाई तानेर घरभित्र लिएर जानुभयो । ठुलीआमालाई हामीसँग आमाले हाम्रो घर लिएर आउनुभयो र आमाले भन्नुभयो, “आज राति यहीं सुत, भोलि के गर्ने हो हेरौंला ।” बिहान भयो, सबै जना चिया पिइरहेको बेलामा ठुलीआमाले भन्नुभयो, “अब अत्ति भयो अभै पनि म सहेर बस्न सकिदैनं, म आजै आफ्नै माइत जान्छु ।” आमाले भन्नुभयो तिमी त्यसो नगर, सबैले तिमीलाई गलत मान्छन्, तिम्रो कुरा काट्छन्, बरू तिमी आफ्नो न्यायको लडाइ लड । म तिमीसँग छु, तिमीलाई साथ दिन्छु ।” ठुलीआमाले भन्नुभयो, “म कसरी लड्न सक्छु र, ऊ एउटा पुरुष हो र म महिला । म उसँग कसरी लड्न सक्छु ?”

यो सुनेर आमाले भन्नु भयो “लडाइ भनेको बराबरीको बिचमात्र हुँदैन र लडाईं भनेको कसले ऊसँग गएर हातपात नै गर्नु भनेको छ त ? तिमी अहिले चुप लाग यसका बारेमा म केही सोचौंला, अनि फेरि केही भयो भने चाँहि बोलाउनु । “आमाले यत्ति भनेको सुनेपछि ठुलीआमा हस् भन्दै त्यहाँबाट गइन् ।

ठुलोबुबाले फेरि ठुलीआमालाई कुट्न थाल्नुभयो र आमा बिस्तारै गएर सबैकुरा फोनमा रेकर्ड गर्नुभयो अनि पुलिसलाई फोन गरेर बोलाउनुभयो । ठुलोबुबाले ठुलीआमालाई गरेको सबै कुरा आमाले पुलिसलाई भन्नुभयो र भिडियो पनि देखाउनुभयो । त्यसपछि पुलिसले ठुलोबुबालाई लिएर गयो । यो कुरा सबैजनाले

हेरि रहेका थिए । सबैले आमाको लागि ताली बजाउन थाले र आमाले सबैलाई भन्नुभयो कि,
“अन्याय गर्नुभन्दा पनि अन्याय सहनु सबैभन्दा ठुलो अपराध हो ।”



इशान कुमार राजभण्डारी

क्रमाङ्क : २७०२७

हाम्रो देश नेपाल

मेरो देश नेपाल एकदमै सुन्दर देश हो । मेरो देश प्रकृतिले सजिसजाउ हिमाल, पहाड र तराईले भरिभराउ भएको देश हो । यही कारणले संसारमा नै प्रकृतिले आफ्ना विभिन्न सुन्दर रङका स्वरूपहरू देखाएको छ ।

हामीले हाम्रो देशका पुर्खाहरूको कुरा गर्ने बेलामा त उनीहरूले दिनरात खटेर आफ्नो पसिना र रगत बगाएर हाम्रो देशलाई बनाएका हुन् । उनीहरूले मेहनत नगरेको भए आज त हाम्रो देश पनि रहँदैन थियो होला । त्यही भएर हामीले हाम्रो देशमा भएका सबै देशको सम्पत्ति महत्त्वपूर्ण ठानेर त्यसलाई जोगाउनुपर्छ ।

हाम्रो देशसँग प्रकृतिको यथेष्ट धन छ । हाम्रो देशमा संसारकै सबैभन्दा उच्च शिखर सगरमाथा, घना वनजङ्गलहरू छन् । यी घना वनजङ्गलहरूमा हामीले विभिन्न वनस्पति, जडीबुटी, खनिज पदार्थहरू आदि छन् । त्यही भएर त भन्छन् नि ‘हरियो वन नेपालको धन’ । तर हामीले यसलाई सही तरिकाले उपयोग गर्न सकेका छैनौं । हामीले यी हाम्रै वनस्पति जडीबुटीबाट आयुर्वेदिक औषधीहरू बनाउन सक्छौं र बाहिरी देशहरूमा निर्यात गर्न सक्छौं । यी आयुर्वेदिक औषधीहरूले हाम्रो आय श्रोत पनि बढाउँछ । हाम्रो देशमा विभिन्न प्रजातिका चराचुरुङ्गीहरू छन् । हामीले तिनीहरूलाई जोगाउनुपर्छ । त्यति मात्र नभएर हाम्रो देश जल श्रोतको धनी देशमा पनि गनिन्छ । हामीले त्यसबाट विद्भुत् निर्यात गर्न सकिन्छ । यसबाट देशको आर्थिक स्थिति बलियो हुन्छ ।

हाम्रो देशका पुर्खाहरूलाई सम्मान गर्नुपर्दछ किनभने उनीहरू दिनरात नखटेको भए अहिले न हामी र हने थियौं न त हाम्रो देश नेपाल नै । हाम्रा पुर्खाहरू कुनै देशको अधिनमा पनि रहेनन् र कुनै विदेशीलाई आफ्नो देश पनि बेचेनन् । हामीले हाम्रो देश र पुर्खाहरूप्रति गर्व गर्नुपर्छ ।



श्रीसद् शिवाकोटी
क्रमाङ्क : २७०२६

प्रकृतिले साथ नदिँदा

मेरो घर दोलखा हो । म लगायत मेरो परिवार हरेक दसैँमा दोलखा जान्छौं । पोहोर सालको एउटा दुखद घटना हो कि हामी दोलखा मै थियौं । दोलखामा लोपोन्मुख जात 'थामी' को बसोबास छ । त्यस्तै थामीमध्ये एक "मङ्गली थामी" नामक मानिसको हाम्रो घर नजिक बसोबास थियो । उनका पति विदेशमा काम गर्दथे । त्यही विदेशबाट ल्याएको पैसाले उनले आफ्ना छोराछोरीलाई राम्रो विद्यालयमा शिक्षा दिन्थिन् र बचेको पैसा आवश्यक परेका मानिसहरूलाई दिएर सक्षम बन्न सघाउँथिन् । एक समाजसेवी थिइन्, त्यसैले सबै मानिस उनको नजिक थिए । धेरै मानिसको ऋणदात्री पनि थिइन् ।

दोलखामा हाम्रो एउटा सानो पसल थियो । एक दिनको कुरा हो । उनी हाम्रो पसलमा सामान किन्न आएकी थिइन् । त्यही बेला उनले मलाई देखिन् र मेरो परिचय लिनतिर लागिन् । उनले मेरो नाम, ठेगाना, बुबाको नाम लगायत अन्य कुराहरू सोधिन् । कुरा गर्दै जाँदा उनले मेरो बुबालाई राम्ररी चिनेकी रहिछन् । साँझ ढल्की सकेको कारण उनी आफ्नो काम गर्न गइन् । म पनि सुत्न गएँ । भोलिपल्ट बिहानै म उठेर आँखा मिचिँदै थिएँ, जब मैले मेरी ठुलीआमाले एक्कासि कराएको सुनेँ त्यसपछि म दौडिँदै त्यतैतिर गए । मेरी ठुलीआमा त गइसक्नुभएको रहेछ तर दिदीहरू कौसी मै थिए । त्यसैले म कौसीतिर गएँ र दिदीहरूलाई के भयो भनेर सोधिँ । दिदीले एक भिड मानिसहरूलाई देखाएर "तिमीले हिजो चिनजान गरेको मङ्गलीको हिजो राति नै मृत्यु भएछ" भन्नुभयो । म छक्क परेर भन्डै ढलें । अरू सोधपुछ गर्दा थाहा पाएँ कि उनको मृत्यु दुखद पारामा भएछ । हिजो बेलुका एक जना आफन्तको मलामीमा जान लागेकी रहिछन् र धुप किन्न हाम्रो पसल आएकी रहिछन् । थामीहरूको चाडपर्व, रीतिरिवाजमा सगुन भनेर मादक पदार्थ खाने चलनचल्ती रहेछ । त्यही सगुन मङ्गली थामीले आफ्नो सीमाभन्दा धेरै पिइछन् । त्यसैको नसामा राति अबेला घर फर्केकी रहिछन् । उनको घर जाने बाटो अफठ्यारो थियो । अरू छिमेकीले पनि हामी पुऱ्याइदिन्छौं भनेका रहेछन् तर उनले मानिनछिन् । त्यहीकारण चिप्लिएर तल सडक छेउको कुलोभित्र पसिछन् । त्यही फसेर उनको मृत्यु भएछ । उनले उठ्न कोसिस गरिछन् तर त्यति खेर कमजोर भएर त्यही फसिछन् । फेरि त्यही बेला ठुलो पानी पनि परेछ र पानीमा डुबेर निस्सासिएर मरिछन् ।

उनको दुखद घटनापछि म धेरै सौँचमा परें । धेरै कल्पनाहरूपछि मलाई लाग्यो कि त्यो दिन उनले धेरै मादक पदार्थ सेवन नगरेको भए बाँच्ने थिइन् । त्यसै गरी प्रकृतिले पनि उनलाई साथ दिएन । किनभने यदि पानी नपरिदिएको भए उनको मृत्यु सायद हुने थिएन । यदि त्यहाँको बाटो राम्रो भइ दिएको भए मर्ने थिइन् । त्यो दिन प्रकृतिले भुल नगरेको भए गाउँले एउटा समाजसेवीलाई गुमाउनु पर्ने थिएन । हाम्रो गाउँलाई उनको अभाव सधैं खड्किरहने छ ।



आकाङ्क्षा खड्का

क्रमाङ्क : २७००१

रियाको सङ्घर्ष

“जिन्दगीमा कति समस्या भेल्लुपने होला रियाले मनमनै सोच्छे ।”

नेपाल र भारतको सिमाना काटेसँगै रियाका सपनाहरू पनि जाडोको त्यो चिसो हावासँग हराए । रिया सानैदेखि मेहनती लगनशील व्यक्ति थिई । सानैदेखि अघि बढ्ने स्वभावकी थिई । यसै कारणले उसले धेरै क्रियाकलापमा भाग लिने गर्थी तर उसको बुबा आमाको मृत्युपछि उसको जिन्दगी सधैंभरिको लागि बदलियो । ऊ १३ वर्षकी हुँदाखेरि गाडी पल्टेर उसको आमा बुबाको मृत्यु भयो । आफ्नै काकाकहाँ हुर्की बढी तर आफ्नो घरमा बसेजस्तो कहाँ हुन्छ र ? सानो सानो कुरामा गाली खाइरहन्थी । काम पनि घोटेर गर्थी । समय-समयमा काकाका छोरा छोरीले गिज्याउने नि गर्थे । कक्षा १० सम्म भने काका कै घरमा बसेर पढी । उसलाई अझै पनि अघि बढ्ने सपना थियो तर उसकी काकीले भने दियाको बिहे गरी काँधको भारी बिसाउन चाहन्थिन् । कानूनको विरोधका साथै रियाको अघि बढ्ने सपनाका कारण उसले यसलाई टुक्र्याउन सक्दो प्रयास गरी तर काकी भने कदापि मानिन् ।

यसकारण रिया काकाको घर छोड्न बाध्य भई । उसले आफूसँग भएको केही आमाबुबाको सम्पत्ति बेची र काठमाडौँ आई । काठमाडौँमा एउटा चटपटे पानीपुरी बेच्ने एउटा ठेला राखी । पहिलो महिनामै उसले राम्रो रकम प्राप्त गर्ने सकी । उसले बिहान कलेज जाने ११ बजेतिर घरमा आई पढ्ने र १ बजेतिर सामान ठिक पारी बेच्न जाने गर्थी । यसरी उसले आफ्नो जीविका चलाईरहेकी थिई । त्यत्तिकैमा उसको रुपेनसँग भेट भयो । ती दुवैको भेट रियाको गाडा मै भएको थियो । रुपेन उ भन्दा ५ वर्ष ठूलो थियो । उनीहरू छिटै नजिकिए र एक अर्कासँग धेरै समय बिताउन थाले । रुपेन भने एक वर्षपछि मलेसिया जाने रहेछ तर महानगरपालिकाले एक दिन उसको ठेला गाडा लग्यो । अब भने उसले काठमाडौँजस्तो महँगीले भरिएको सहरमा जीविका चलाउने आधार हराइसकेकी थिई ।

पैसा नभएको कारण उसले कलेज पनि बीचमै छोडी । जसोतसो भारी बोक्ने काम गरी जीविका चलाईरहेकी थिई । यो देखेर रुपेनलाई नराम्रो लाग्यो उसले रियासँग भन्यो, “रिया कतिसम्म भारी बोकेर जीवन चलाउछ्यौ । बरू म मैलेसिया जान्छु र तिमीलाईपनि पढ्ने व्यवस्था गरिदिन्छु । नत्र तिमी पनि मलेसिया नै हिड ।” रुपेनले उनलाई आफूसँग मलेसिया जान मनाउँछ । जियाले यो कुरालाई पहिले मानिन तर त्येसपछि हालत धेरै नराम्रो भएका कारण मान्छे उनीहरू नक्कली विवाह काँड बनाउँछन् । रुपेनलाई भने केही कामका कारण इन्डिया जानुपर्छ । उसले रियालाई पनि फकाएर ल्याउँछ । तिनीहरू दुवैजनाले फ्ल्याट लिन्छन् । विस्तारै रुपेन बदलिन थाल्छ । उसले समयसमयमा रियालाई सानो सानो कुरामा गाली गर्ने हप्काउने मारपिट गर्ने थाल्यो । कोठाबाट बाहिर पनि जान दिइँदैनथ्यो । रुपेनको डरले केही गर्न सकिदैन थिई तर अति भएपछि रिया अब नेपाल फर्किने विचारमा हुन्छे । रुपेनले थाहा पाउँछ अनि केही मान्छे ल्याएर रियालाई बेचिदिन्छ । रियालाई यौनदुव्यवहार चोरीजस्ता धेरै नराम्रो कामहरू गर्न लगाउँछन् । यदि नमानेमा हातगोडा सुनिने गरी कुट्ने गर्छन् । विचरी रिया के गरोस् ऊजस्तै अन्य केटीहरू काम दिन्छु भनी वा प्रेममा परेपछि विवाह गर्ने निउ बनाई बेचेको केटीहरूसँग बसी । उसले १, २ महिनासम्म निकै कष्ट भेली ।

एकदिन त्यो इलाकामा प्रहरीले चाँच गर्छन् । पुलिसहरूले ती व्यक्तिहरूलाई समात्छन् । रिया केही केटीहरूका साथ नेपाल भागछे तर त्यहाँ धेरै मान्छेहरूले उसलाई घृणाको नजरले हेर्ने गर्थे । यतिकैमा उसले अनुराधा दिदीसँग आफ्ना दुखका कथाहरू पोच्छे । आफूजस्तै केटीहरूलाई उनले राखेको थाहा पाउँछिन् । रिया पनि अनुराधा दिदीको आश्रममै बस्न थाल्छे । बिस्तारै बिस्तारै पहिलेको जीविका तर्फ अघि बढ्छे साथै आफूजस्ता केटीहरूको उद्धार गर्न सहयोग गर्छे र यस्ता क्रियाकलापहरू अरू कसैमा हुन नदिन सक्दो प्रयास गर्छे तर अझै पनि उसको दिमागमा समय समयमा नराम्रा ती पलहरू आउने गर्छन् । अझै पनि मानिसहरू उसलाई घृणाले हेर्ने गर्छन् । समाजले उसलाई पूर्ण रूपमा अपनाएको छैन । त्यही पनि लडिरहेकी छे ।



प्रसुन बस्नेत

क्रमाङ्क : २७०२८

नेपाल: सुन्दर बगैँचा

नेपाल संस्कृति र परम्पराले भरिपूर्ण देश हो । यहाँ सांस्कृतिक मिथक, नृत्य, वेशभूषा, भाषा र अन्य विभिन्न धर्म र समूहहरू पाइन्छन् । यहाँ दसैं, तिहार, होली, छठ आदि विभिन्न चाडपर्वहरू मनाइन्छन् । हाम्रो राष्ट्रिय गीतमा एउटा लहर छ, एउटा बगैँचामा सयौं फूल भैं । यो एउटा लाइन मात्र होइन, नारा हो जसले सुखी र गौरवपूर्ण देश हुनुको मुख्य कारणलाई औँल्याउँछ । नेपाल बगैँचाजस्तै हो जहाँ विभिन्न प्रकारका फूलहरू फुल्छन् । यी फूलहरूको सुगन्धले सम्पूर्ण बगैँचालाई सुन्दर र रमाइलो बनाउँछ । त्यसै गरी नेपाली जनताको विविधताले यसलाई सुन्दर देश बनाएको छ । जहाँ प्रत्येक समुदायसँग राष्ट्रमा फर्कनका लागि केही न केही फरक छ । नेपालको यो सारले यहाँका जनतालाई गर्व र खुसी महसुस गराउँछ । नेपाल धेरै जातजाति, संस्कृति र सभ्यताको साझा घर भएकोले विभिन्न जनजातिको विविधताले नेपाललाई सुन्दर बनाउँछ ।

यहाँ, परिवारका व्यक्ति मात्र होइन एकअर्कालाई मद्दत गर्ने चलन छ तर अपरिचित व्यक्तिले पनि एकअर्कालाई मद्दत गर्छन् । यहाँ शिव, गणेश, येशु, गौतम बुद्ध आदि विभिन्न किसिमका देवताको पूजा गरिन्छ । हाम्रो देशलाई एकताबद्ध गराउने पृथ्वीनारायण शाहजस्ता स्वर्गीय राजादेखि लिएर नेपालका हरेक जनता एक अर्काका प्रिय छन् र शान्तिपूर्ण जीवन बिताउन सक्छन् भनी व्याख्या गरेका छन् । यस्तो घृणित भेदभाव नभएको देशमा बस्दा धेरै गौरवको अनुभूति हुन्छ र मातृभूमिप्रतिको सम्मान बढ्छ ।

नेपाललाई बहुभाषिक, बहुजातीय र बहुसांस्कृतिक देश भनेर पनि चिनिन्छ । धेरै पुराना विश्वासहरू पनि आत्म-सन्तुष्टिको लागि अचेल अभ्यास गरिन्छ । यहाँ पहाड, हिमाल र तराई तीनवटै भूभाग एकैसाथ सुखी बस्छन् । यहाँ सबैले आफ्नो समान अधिकारको सेवा गर्छन् र आफ्नो परिवार र साथीहरूसँग रमाइलो जीवन बिताउँछन् ।



क्रिस्टिना राई
क्रमाङ्क : २७००६

दाइजो

भाग-१

“ए निर्जना किन यसरी एकोहोरो टोलाइरहेकी !” अमनाले चिन्तित अनुहार लिएर निर्जनालाई सोधी । गहिरो सौँचमा टोलाइरहेकी निर्जना भसङ्ग भई । अमनालाई पिलिक्क हेर्दै भनी “होइन केही भएको छैन, बिहान गाईलाई घाँस दिन बिसिँएँ कि भनेर त्यही कुरा मात्र सोचिरहेकी” । निर्जनाको कुरामा विश्वास नगरी अमनाले फेरि सोधी, “साँच्चै हो र तँ त हिजो आज कस्तो अध्यारो अँनुहार लिएर एकलै कोठामा बसेकी त ? अनि काकीले पनि भन्नुभएको तैले त राम्रोसँग खाना पनि खाएकी छैनस् रे । केही अफठ्यारो परेको छ र ? कि तँलाई केही कुराले सताइरहेको छ । छ भने भन् म केही सहयोग गर्न सक्छु कि ।”

अमनाको यो कुरा सुनेर निर्जना भन् अँध्यारो अनुहार बनाउँदै चुपचाप बसी तर साच्चै भन्नुपर्दा उसलाई त्यो एउटा कुराले धेरै सताइरहेको थियो । फेरि अमनालाई भन्न पनि अफठ्यारो थियो । आफ्नो पारिवारिक अवस्था किन अरूलाई सुनाउनु, बरू आफूसँगै राख्न ठिक हुन्छ भन्ने उसले ठानी तर अमनालाई यो कुरा थाहा नदिई उसले आफ्नो समस्याको समाधान कसरी गर्थी र ?

फेरि अमना र निर्जना सानैदेखिका मिल्ने साथी । उनीहरू सँगै पढ्थे, सँगै खान्थे र सँगै खेल्थे अनि एकअर्कालाई परेको बेलामा स-साना कुरामा पनि मद्दत गर्थे तर हेर्दा हेर्दै आज आएर निर्जना घरबाट टाढा भई र अर्काको घर जानुपर्ने भयो ।

समय पनि आँखाको भल्को मै बित्यो, हिजोसम्म सँगै भाँडाकुटी खेलेर हुर्केका साथी अब अर्काको घरमा भित्रिएर टाढा हुने कुराले अमनाको मनमा चिसो पस्यो तर छोरी भएपछि अर्काको घर जानै पर्ने, के थाहा अब उसकै पालो पो आउँदै छ कि ? तर पनि निर्जनालाई हेर्दा ऊ दुःखी देखिन्थी । निर्जनाकी आमा अस्ति उसको घर आउँदा धेरै रोइन्, छोरी दिन दिनै निष्क्रिय हुँदै गएको कुराले धेरै चिन्तित थिइन् । त्यसैले उसलाई केही सहयोग गर्न सकिन्छ कि भनेर उनी आज बिहान आएकी हुन् ।

भाग-२

घरमा बुबा आमासँग पनि प्रशस्त धन सम्पति थिएन । भाइको स्कूलको शुल्क तिर्न पनि धौ धौ भइरहेको थियो । त्यसै पनि निर्जनाको बुबाले ऋण लिएर भए पनि निर्जनाको बिहे गरिदिने कुरा भएको थियो तर कुरा यहाँसम्म मात्र कहाँ टुङ्गिनु नि त्यो ऋण लिएको पैसाले छोरीलाई दाइजो दिने कुरा गर्नुभएको थियो ।

बुबाले तिर्न नसक्ने ऋण लिएर दाइजो दिई बिहे गरिदिने कुराले निर्जना धेरै निराश थिइन् । त्यसैले अहिले खुलेर कुरा गरेमा अमनाले केही मद्दत गर्न सकिन्छ कि भनेर निर्जनाले आफ्नो मनमा लागेको कुरा सबै भनिन् । “हेर अमना मेरो

बिहे पनि आउनै लाग्यो । तँलाई थाहा नै छ, घरमा कसैको कमाई छैन अनि भाइको स्कूलको शुल्क तिर्न पनि धौ धौ भइरहेको छ, अनि बाले ऋण लिएर भए पनि मेरो बिहेको दाइजो दिने कुरा गर्नुहुन्छ । “निर्जनालाई यही दाइजो दिने कुराले धेरै सताइरहेको थियो । बाआमा ऋणमा डुब्नुको कारण म नै हुन्छु भनेर उसलाई सकेसम्म बिहे गर्नु थिएन । अमनाले पनि के नै गर्न सक्थी र, त्यही पनि ऊ आफ्नी साथीलाई सक्दो सहयोग गर्न चाहन्थी । “ए त्यसो हो भने म काका काकीसँग कुरा गरौंला अनि अहिले नै बिहे गर्न के को हतार छ र ? पछि बिस्तारै राम्रो केटो खोजेर बिहे गरे भइहाल्छ नि ।” अमनाले भनी ।

“हो यही कुरा बा र आमाले बुझ्नेको भए पो त । त्यही पनि तँ सक्दोसम्म सम्झाइदे है । “निर्जनाले अलि खुसी हुँदै भनी । “भइहाल्छ नि म त्यति त गरिदिम्ला” अमनाले पनि भनी, “बरु तल्लिर हिँड तँले राम्रोसँग खाएकी छैनस् होला । काकीले केही पकाउनु भएको छ कि ।”
दुवैजना कोठाबाट निस्किएर भान्सातिर लागे ।

भाग-३

भर्खर खेतबाट फर्केर निर्जनाको बुबा घर आइपुगेका थिए । निर्जनाकी आमा पनि भान्सातिर भात पस्किन थालेकी थिइन् । हातखुट्टा धोएर निर्जनाको बुबा खाना खान भित्र पसे । त्यस्तैमा निर्जना र अमना पनि टुप्लुक्क आइपुगे । अमनालाई धेरै पछि आएको देखेर निर्जनाको बुबाले भन्नुभयो “ओहो! अमना कहिले आयौ नि, तिमीलाई त मैले नदेखेको कति लामो समय भयो ।” निर्जनाको बुबाले मुसुक्क मुसुक्कुराउँदै भने । “त्यही त सधैं आउने बेला काका कहिले कता कहिले कता, आज चाहिँबल्ल बल्ल भेट्न पाछु, उता बाबाले धेरै सम्झनुभएको छ रे, यसो कहिले माथि गाँउ आउँदा हाम्रो घर पनि पस्नु है काका ।” “ए भइहाल्छ नि, जसरी पनि निर्जनाको बिहेको निम्तो पुऱ्याउनुपर्थ्यो । फेरि असार ४ गते बिहेमा आउन नबिर्स नि ।” निर्जनाको बुबाले भने । भसङ्ग बिहेको कुरा निस्केर अमनालाई अघि निर्जनाले पोखेका कुराको याद आयो । काकाले तिर्न नसक्ने ऋण लिएर दाइजो किन दिन थाल्नुभएको भन्न पनि अफठ्यारो । त्यही पनि अमना निर्जनाकै सहयोगको लागि बिहानै आएकी थिइन् । बरु जे परे पछि भन्दै अमनाले मनमा लागेको कुरा सबै पोखिन् ।

अमनाको कुरा सुनेर निर्जनाको बुबा एकछिन सौँचमा परे । कताकता उसको कुरा ठिक लागिरह्यो । छोरीकै लागि ऋणमा डुबेर, छोरीलाई अर्काको घर पठाउने कुराले उनलाई धेरै दुःख लाग्यो ।

काका एकोहोरो टोलाउन लागेको देखेर अमनाले चिन्तित हुँदै भनिन्, “काका,अहिले नै निर्जनाको बिहे गर्न किन हतार भर्खर पढाइ सकियो, अब अहिले त जागिर खोजेर काम पो गर्ने बेला हो त । तर बिहे नै गर्ने हो भने अलि राम्रै परिवार भएको केटा खोजेर बिहे गर्दिए हुन्थ्यो ।”

“अब खै के गर्ने, उताबाट जसरी भएपनि दाइजो चाहिँन्छ भनेर रात दिन कराउँछन् ।” निर्जनाको बुबाले निरास हुँदै भने तर अमनालाई यो कुरा भन्नु चित्त बुझेन, जे भए पनि निर्जनाकै राम्रोको लागि भनिन्, “अब यसरी जबरजस्ती दाइजो दिन भन्छन् भने, निर्जनाको बिहे नगराइदिए हुन्छ । तपाईंहरूको आर्थिक अवस्थाले पनि दिँदैन, त्यसैले म त यति नै भन्छु । “अमना उठेर आफ्नो चप्पल लगाइन र भनिन् “काका अब आफैँले बिचार पुऱ्याएर बिहे गरिदिएहुन्थ्यो । अब म चाहिँ घरतिर लागे । एसो तल्लो गाँउ आएको बेलामा पसौंला ।”

“अब खै बिहे त अहिले गर्दिन होला कि, पैसा पनि छैन, बरु पछि हेरौंला, आऊ बरु म तिमीलाई घरसम्म छोडिदिन्छु ।” यति भन्दै उनीहरू घरबाट निस्कन्छन् । बल्लतल्ल निर्जनाको मन हलुको भयो । बुबाले अहिले बिहे नगर्ने कुराले ऊ खुसी हुँदै आफ्नो कोठातिर गई ।



आर्य धामी

क्रमाङ्क : २७०२३

बुद्धिको जित

“हेर त त्यहाँ के भएको छ ?” आमाले अचम्म मान्दै भन्नुभयो । “त्यही त मामु, किन त्यहाँ भिड भएको” मैले मेरी आमालाई सोधें । बुबाले भन्नुभयो, “अनि त है किन भिड भएछ, म हेरेर आउछु ।” बुबा केही समयको लागि आउनुभएन, त्यसैले म र मेरो आमा पनि त्यो भिडमा बुबालाई खोज्न गयौ । हामीले बुबालाई खोज्दा खेरि हामीले एउटा धेरै दुःखद् कुरा थाहा पायौ । एउटा मान्छेले आफ्नो छोराको घाँटी काटेर घरबाट भागेछ । यो कुरा सुनेपछि म र मेरी आमा धेरै दुःखी भएका थियौ । केही समयपछि बुबा आएर भन्नुभयो “तिमीहरूलाई थाहा छ, के भयो ? “अनि त कस्तो नराम्रो कुरा पो भएछ नि ! “आमाले भन्नुभयो। बुबाले फेरी भन्नुभयो “मैले सुनेँकी त्यो मान्छेले हत्या गरेपछि घर बाट भाग्यो अनि प्रहरीहरू त्यो मान्छेलाई अहिले खोज्दैछन् । “ओहो! कस्तो कुरा सुन्नु पऱ्यो आज” आमाले भन्नुभयो ।

त्यो घटनापछि हामी आफ्नो बाटो लाग्यौ । यात्रापछि हामी धेरै ढिलो फर्कियौ । हामी घरमा पुग्दा एक जना मानिसले बाटो काट्यो । हामीले त्यो मानिसलाई देखेवित्तिकै, मेरी आमाले उसलाई आफ्नो छोराको टाउको काट्ने मानिस भनेर चिन्नुभयो । त्यसपछि मेरी आमाले कराउनुभयो, “हेर त ऊ नै हैन आफ्नो छोरोलाई मार्ने र?” मेरो बुबाले तुरुन्तै प्रहरीलाई बोलाएर छिमेकीहरूलाई खबर गर्नुभयो । छिमेकीलाई खबर गरेपछि प्रहरीहरू पनि आए । त्यसपछि बुबाले मलाई घरमा पुगेर भन्नुभयो, “बाबु, आजको दिन निकै नराम्रो भयो । अब ज्ञानी बनेर ढोका बन्द गर अनि म र तिम्री आमालाई बाहेक कसैलाई पनि भित्र पस्न नदिऊ है ।” मैले मेरा बुबाले भनेको सबै कुरा मानें ।

म आफ्नो कोठामा बसेर टेलिभिजन हेर्दै थिएँ, त्यही बेला एउटा मान्छेले ढोका ढ्वाङढ्वाङ गर्‍यो । म आमाबुबा आउनुभयो होला भनेर खुसी हुँदै ढोका खोल्न गएँ तर ढोका ढ्वाङढ्वाङ गर्ने मान्छे अरू कोही नै थियो । मैले एकै छिनमा त्यो मान्छेलाई चिनेँ । म घरतिर आउँदा बाटो काटेको मानिस त्यही थियो । त्यो मान्छेले मलाई भन्यो “भाइ, छिटो ढोका खोल नत्र भए म ढोका फुटाएर भित्र आउछु !” यति भनेपछि म डरले काम्न थालें, तर अचानक मलाई मेरो बुबाले भन्नुभएको कुरा सम्झना आयो अनि भने “म यो ढोका खोल्दिन अड्कल ।” अनि म आफ्नै कोठामा फर्किएँ अनि डराएर टेलिभिजनलाई ठुलो आवाजमा हेरेँ । एकछिन पछि फेरि त्यो अड्कलले भन्नुभयो, “भाइ तिम्री नसुन्ने नै भएको हो त ? तिमिले यो ढोका खोलेनौ भने मेरो त जिन्दगी बर्बाद हुन्छ । लौ न भाइ तिमिले ढोका खोलिएदियो भने म तिम्रीलाई धेरै चक्लेट दिन्छु ।” मैले एकछिन सोचें अनि फेरि टेलिभिजन हेर्न थालें ।

मैले टेलिभिजन हेर्दा हेर्दै घरको टेलिफोनको याद आयो । मलाई आमाको फोन नम्बर याद थियो अनि मैले टेलिफोनमा आमालाई फोन गरेँ अनि सबै कुरा भनेँ । सबै कुरा भनेपछि आमाले म आउँदैछु भनेर फोन काट्नु भयो । एकैछिन पछि आमा र पुलिसको आवाज आयो । म आमा र बुबालाई देखेर असाध्यै खुसी भएँ । पुलिस अड्कलहरूले मेरो तारिफ गर्नुभयो । त्यो देखेर म लाज मान्दै सुत्न गएँ ।



जिया सापकोटा

क्रमाङ्क : २५००३

मेरो पहिचान

किशोरावस्थादेखि नै मलाई थाहा थियो कि म एउटा समलिङ्गी पुरुष हुँ । हुन त हुँकिँदा नेपाल जस्तो देशमा हुँकिँदा होला, हुँकिँदा समलिङ्गी मानिसहरूप्रति राम्रो भाव भल्काउने स्वभाव थिएन । पछि जति ठुलो हुँदै गएँ, त्यति बुझ्दै गएँ कि यो गलत होइन । म सानो हुँदा, छोटो कपाल काटेका महिला देख्दा मानिसहरू “छक्का” जस्तो शब्द बोल्ने र “कस्तो केटाजस्तो केटी” भनेर एक प्रकारको टिप्पणी गर्नेहरू पुरुषहरूले महिलाहरूले गर्ने जस्ता कामहरू गरेमा वा केही शृङ्गार गरेमा चित्तै दुख्ने गरी फेरि “छक्का” भन्नेहरू धेरै देख्थे । हुनत सानो बालक अबुभ, यस्तै वातावरणमा हुँकिँदा म पनि यही नै सही होला भन्ने सोचथेँ । समयले मानिसको सोच बदल्दो रहेछ भन्ने कुरा त मैले तब पो मान्नु थालेँ, जब मेरो आफ्नै सोच परिवर्तन भयो ।

मेरो परिवार मध्यम वर्गीय परिवार भएकाले मैले ती धनी विद्यालयहरूमा जाने मौका कहिले पाइन । घर नजिकैको त्यो सानो विद्यालयमा पढ्न जान्थे । जसले गर्दा यस्ता विषयमा सोच्न त कहिले पनि सम्भना आउँदैनथ्यो । कक्षा ७ सम्म त मलाई यो चिज गलत होइन भन्ने नै थाहा थिएन । ७ सम्म त मलाई “गे, लेज्वियन, बाइसेक्सुअल” जस्ता शब्दहरू पनि थाहा थिएन । एक दिन म ९ कक्षामा हुँदा एउटा नयाँ केटा हाम्रो कक्षामा आयो र उसलाई देख्दा मलाई अलग खालको भाव महसुस भयो । यस्तो भाव जुन मैले पहिले कहिल्यै महसुस गरीको थिइनँ । विशेष गरी केटा देखेर । म घर गएपछि त भन्नु सोचमग्न भएँ । मैले यो सोचे कि मैले त्यो भाव त्यही विशेष घडीमा मात्र महसुस गरेँ, तर होइन । मैले उसलाई जति पटक देखे पनि मनमा उस्तै भाव आउँथ्यो । २ महिना बितिसक्दा पनि ती भावनाहरू कहिल्यै हराएनन् । त्यसबेला मैले बेकार महसुस गरेँ । त्यो समयमा त मलाई मद्दत गर्ने कोही पनि थिएन । न अहिले का ती गुगल, टिकटक थिए । त्यतिबेला त ती धनी मानिसहरूले मात्र तथाकथित “टच स्क्रिन” मोबाइलहरूको स्वाद पाउँथे, हामी मध्यम वर्गीय परिवारका मानिसहरूलाई त्यही “टिक टिके” फोन चलाउँदै बेस थियो । तर हाम्रो विद्यालयमा नयाँ शिक्षक आएपछि १० कक्षामा मेरो जीवन परिवर्तन भयो । एक दिन मैले उनलाई विवाहित जोडीहरूले जस्तै अर्की केटीसँग कुरा गरेको देखेँ । मलाई देख्ने बित्तिकै उनले आफ्नो फोन तल राखिन् उनको मुहारमा भुट बोल्नु नसकेको अवस्था प्रस्टै देखिन्थ्यो । केही बेरमै उनले आफू “समलिङ्गी भएको र आफ्ना आमाबाबुलाई थाहा भएको कुरा मलाई बताइन् । मैले यो भइरहेको कुराबारे सोचेको थिइनँ । न त म यसका लागि तयार थिएँ । सानो मुस्कानका साथ मैले “म यो कुरा गोप्य राख्नेछु” भनेँ र हिडेँ ।

त्यस रात म सुत्न सकिनँ । म सबै कुरा बताउन चाहन्थेँ । सायद उनले मलाई केही मद्दत गर्न पो सक्थिन् कि ? मलाई केही मद्दत चाहिएको थियो र मलाई यो थाहा थियो पनि । त्यसैले भोलिपल्ट म उनको टेबलमा गएँ र उनलाई मसँग कुरा गर्न आग्रह गरेँ । मैले महसुस गरेको सबै कुरा बताएँ पनि । मैले ९ मा भएको केटाको बारेमा पनि प्रस्टै बताएँ । त्यसपछि मैले मेरो प्रश्नको जवाफ पाएँ । वास्तवमा उनी मलाई मद्दत गर्न सक्षम थिइन् । उनले मलाई मद्दत मात्र गरिन् । ठुलो विपत्तिबाट बाहिर निकालिन् पनि । उनले मलाई म को हुँ भनेर जान्न मद्दत गरिन् । उनले मलाई आफूप्रति गर्व गर्न सिकाइन् ।

त्यस दिनदेखि मैले आफूलाई समलिङ्गी मानिस भनेर चिनाएँ । उनी पक्कै पनि मेरो जीवनको ज्योति थिइन् । जसले मलाई मेरो मन र मबिचको र समाज अनि म विरुद्ध भैरहेको लडाइँ जित्न सहज भयो । वास्तवमा, यदि हामी सही छौँ भने, हामी समाज विरुद्धको लडाइँ जित्न सक्छौँ । हरेक क्षणमा समाज मेरो विरुद्ध थियो । हरेक समय समाजको सोचाइले म पछि हट्थेँ, तर समाज मेरो विरोधी भए पनि मलाई म गलत होइन भन्ने सधैं थाहा थियो । म “समाज र म” नामक युद्ध जित्न सफल भएँ । म आफू “बनेको मान्छे देखेर मलाई धेरै नै गर्व हुन्छ । आफू को हुँ भन्ने कुरा जान्न सङ्घर्ष गर्न खोजेको केटालाई अब सङ्घर्ष गर्नु नपर्ने कुरा थाहा पाएपछि कति राहत मिल्यो होला । मैले मेरो पहिचान पाएकामा म पनि खुसी छु ।

जति सानो भए पनि दुःख भनेको दुःख नै हो

दुःख सबैले गरेकै हुन्छन् । कसैले धेरै दुःख भोगेको हुन्छ भने कसैले अलि कम तर बढी दुःख गरेकालाई चाहिँ विचारा कस्तो गाह्रो भयो भनेर कम दुःख गरेकाले चाहिँ दुःख नै गरेको होइन भन्नु भनेको एउटा ठूलो गल्ती हो । हामी धेरैको प्रवृत्ति रहेको छ कि हामी आफ्नो जीवन अरूसँग तुलना गर्छौँ । हामीलाई अर्काको जीवन आफ्नो भन्दा धेरै सहज लाग्छ । उसले त यो गर्ने पढेन त्यो गर्ने पढेन भन्न हामीलाई धेरै सजिलो लाग्छ तर अर्काको जीवनमा पनि दुःख र सङ्घर्ष त हुन्छ नै भन्ने कुरा हामी कतिपय अवस्थामा बिर्सिन पुग्छौँ । अरूलाई उसको दुःख आफ्नोभन्दा धेरै कम भएको र सानो दुःख लिएर पिर नमान्नु भन्न केही गाह्रो छैन तर आफूलाई हेर्दा अलिक गाह्रो लागेको कुरा अर्काको लागि ठूलो विपत्ति हुन सक्छ ।



सुनमी पोखरेल
क्रमाङ्क : २५०१८

धेरै टाढाको उदाहरण नलिक्न हामी दैनिक जाने विद्यालयको नै उदाहरण लिऊँ । विद्यालयमा विद्यार्थी र शिक्षक दुवै हुन्छन् । विद्यार्थीको भन्दा शिक्षकको थुप्रै काम हुने गर्दछ । उहाँहरू बिहान हामी आउनुभन्दा अगाडिदेखि विद्यालय आउनुहुन्छ र हामी जानुभन्दा पछिसम्म पनि विद्यालयम नै रहिरहनुहुन्छ । उहाँहरूले आफूलाई दिएका थुप्रै कामहरू सक्नुपर्छ, विद्यार्थीको कापी जाँच गर्नुपर्छ, पढाउन पर्छ, लेखेका आर्टिकलहरू सम्पादन गर्नुपर्छ र घरको पनि कामहरू गरिरहनुपर्छ तर यो भन्दैमा विद्यार्थीले चाहिँ केही नगरेको भने हुँदैन । उनीहरूको पनि आफ्नै पीडा हुन्छ । बिहानै ५-६ बजे उठेर विद्यालय आएर ७ घण्टा पढ्नुपर्छ । रातको १-२ बजेसम्म विद्यालयले दिएको काम गर्नुपर्छ । घरमा अलिकति भए पनि सघाउने पर्छ । फेरि ४-५ घण्टाको नपुगेको निद्रा बोकेर विद्यालय आउने पर्छ । अब यसमा हेर्दा शिक्षकको विद्यार्थीको भन्दा धेरै नै काम देखिन्छ तर विद्यार्थीको काम नै नभएको भन्न कदापि मिल्दैन । त्यसै कारणले गर्दा विद्यार्थीले आफ्नो दुःख शिक्षकलाई सुनाउँदा सान्त्वना दिनुको साटो आफ्नो बाल्यकालमा डाँडाकाँडा चढ्दै, टुकी बाल्दै, गाईबाखा चराउँदै पढेको कुरा सुनाउनु भनेको खासै प्रेरक हुँदैन । त्यसै गरी विद्यार्थीले पनि आफूले मात्र दुःख गरेको र शिक्षकले आफ्नो तुलनामा केही नगरेको भन्न मिल्दैन ।

कुनै बेला विद्यार्थीलाई केही प्रश्नको उत्तर नआउन सक्ला । त्यो बेला शिक्षकको कर्तव्य विद्यार्थीलाई सिकाउने हुन्छ न कि उसलाई जाबो यति सजिलो प्रश्नको उत्तर पनि गर्न सकेनौ भन्न । शिक्षकलाई पो त्यो सजिलो लाग्न सक्ला तर विद्यार्थीको लागि त त्यही कुरा गाह्रो हुन पुग्छ नि । साथीसाथी बिच पनि कोहीलाई गणितका सबै प्रश्नको उत्तर आउन सक्ला र उसले सबै प्रश्नको जवाफ सफा गरी लेखेर आउला तर एउटा प्रश्नको उत्तरका लागि ३-४ पाना कागज केरेर बल्लतल्ल उत्तर निकाल्ने विद्यार्थी पनि हुन्छन् । अब यो बेला सबै प्रश्नको उत्तर लेखेर ल्याउने विद्यार्थीले बढी दुःख गरेको भन्ने कि एउटा प्रश्नको उत्तरका लागि ३-४ पाना केर्नेले बढी दुःख गरेको भन्ने ? शिक्षक र अरू साथीले हेर्दा त पहिलो विद्यार्थीले धेरै दुःख गरेको छ तर दोस्रोले पनि आफ्नो हिसाबमा त धेरै नै सङ्घर्ष गरेकै हो नि ।

भन्न खोजेको कुरा के हो भने, कसैले आफ्नो दुःख सुनाउन खोजेको छ भने, हामीले उल्टै पीडितको भूमिका खेल्नु र आफ्नो पीडालाई उनीहरूको भन्दा खराब हो भनेर व्याख्या गर्नुहुँदैन । यसले उनीहरूलाई नराम्रो महसूस मात्र गराउनेछ र सोही व्यक्तिको मनमा आफूप्रति घृणा उमानेछ । जसरी सानो भए पनि ठुलो भए पनि अपराध भनेको अपराध नै हो त्यसै गरी धेरै होस् या कम दुःख भनेको पनि दुःख नै हो ।

म १२ वर्षकी थिएँ



निहारीका चापागाई
क्रमाङ्क : २५००६

(नेपालको सुदूरपश्चिममा छाउपडी प्रथा अहिले पनि कायम नै छ । महिलालाई महिनावारीको समयमा अपवित्र मान्ने गरिन्छ । यो समयमा महिलाहरूलाई अपवित्र मानिने भएकाले महिलाहरूलाई घरबाट टाढा छाउगोठमा राखिन्छ ।)

महिलाहरू महिनावारी हुँदा गोठमा बस्नुपर्दो रहेछ भन्ने कुरा मैले मेरो मामाघरमा हुँदा पहिलो पटक थाहा पाएँ । मेरी आमा हरेक पटक महिनावारी हुँदा, उहाँ गोठमा जानु अनिवार्य थियो । फलस्वरूप म पनि मेरो बाल्यकालदेखि नै 'यो सामान्य कुरा हो' भनेर विश्वास गर्दै हुर्किएँ । मैले मेरा बाल्यकालका धेरै रातहरू मेरी आमासँग गोठमै बिताएकी थिएँ । म त्यति बेला सानै उमेरकी थिएँ, त्यसैले आमाले मेरो हेरचाह गर्नुपर्ने भएकाले म उहाँसँगै गोठमा बस्ने गर्थेँ । मैले त्यसैले होला मेरा बाल्यकालका अनगिन्ती रातहरू गोठमा नै बिताएँ ।

मलाई म पहिलो पटक महिनावारी हुँदाको समय अझै पनि स्पष्ट याद छ । महिनावारी हुँदा म मात्र १२ वर्षकी थिएँ । घरकी जेठी छोरी, सबै कामको जिम्मेवारी आमापछि मेरो नै थियो । विद्यालय त जान्थेँ तर हरेक दिनको टुङ्गो नै थिएन । कहिले जान्थेँ कहिले बुबाले भन्नहुन्थ्यो, " स्कुल सिस्कुल नजा ! जानुपर्दैन । बरू घरमा भान्सामा सघाएर बस् ! भोलि पर्सिलाई काम लाग्छ । "विद्यालय जाने मरो ठुलो रहर थियो र पढाइ सक्ने पनि । तर त्यो सपना अधुरो नै रह्यो ।

म पहिलो पटक महिनावारी हुँदा, अत्यन्त भयभीत भएकी थिएँ । आमा र गाउँलेहरूले भनेको महिनावारी भएपछि अपवित्र रहने, महिलाको नजिक जान नहुने जस्ता कुराले मेरो मनमा डर जमाइसकेको थियो । मलाई महिनावारीका बारेमा त्यति ज्ञान पनि थिएन र किन गोठमा बस्नुपर्छ पनि थाहा थिएन । त्यसैले होला पहिलो पटक महिनावारी हुँदा कसलाई यसको बारेमा जानकारी गराउने मलाई थाहा नै भएन । मेरा मनमा कुरा खेलिरहे । 'महिनावारी भए पनि गोठमा नगई बसेँ भने म र मेरो परिवारलाई समाजले के गर्छ होला ? के मलाई आमाजस्तै घरबाट निकालिन्छ, र त्यो अँध्यारो डरलाग्दो गोठमा राखिन्छ होला ? के मेरो पनि डम्बरा दिदी जस्तै गोठमै ज्यान जान्छ होला ?' यस्ता कुरा सोचेर म पहिलेदेखि नै असाध्यै डराउँथेँ । गाउँमा धेरै थरीका कथाहरू सुनेकी थिएँ । शान्ति दिदीलाई गोठमा सापले टोकेको, गोठमा निसास्सिएर उर्मिलाले ज्यान गुमाएको र विभिन्न महिलाहरूका अनेकौँ घटना ।

अहिले सोच्दा लाग्छ, त्यति सानी म पनि परिवार समाजले गर्दा कति दबिएकी रहिछु । त्यो समाजले १२ वर्षकी बालिकाको मस्तिष्कमा कस्ता विचारहरू सिर्जना गरिदिएको रहेछ । त्यो रात म निदाउनै सकिन । अन्ततः मध्यरातमा म मेरी आमाको कोठामा बिस्तारै डराउँदै गएँ; एक आमाप्रतिको विश्वास र उमङ्ग बोकेर । उँहाले मलाई एकलै गोठमा पठाउनुहुँदैन होला भन्ने मलाई लागेर । त्यसपछि मलाई तुरुन्तै गोठमा पठाइयो । मेरी आमाले स्वयम् गोठमा पठाउनुभयो । १२ वर्षकी मलाई के थाहा कि उसकी आमा पनि असहाय थिइन् ।

त्यसरी नै मेरो जीवनको ६ वर्ष बित्यो । कहिले गोठमा त कहिले भान्सा कोठामा । म १८ वर्षकी थिएँ । मेरो विवाह भयो । त्यति बेला म कक्षा १० मा पढ्थेँ । विवाहको परिणाम म मेरो पढाइ छोड्न बाध्य भएँ । त्यसपछि म मेरो श्रीमान् र उनको परिवारसँग बस्न माइत छोडेर गएँ । मैले नयाँ परिवारसँग सम्बन्ध गाँसेकी थिएँ । मलाई थाहा थिएन; म त्यो परिवारसँग कसरी मिलेर बस्ने ? त्यही पनि त्यो परिवारमा छिट्टै घुलमिल भएर बस्नु मेरो बाध्यता हो कि रहर थियो ? केही महिनापछि जब म महिनावारी भएँ, तब मैले मेरो नयाँ घरमा महिनावारीको समयमा धेरैभन्दा धेरै अप्ठ्यारा अनुभव सामना गर्नुपर्थ्यो । महिनावारी हुँदा मलाई आँगनमा पस्न वा सामान्य हिँड्ने बाटो पनि प्रयोग गर्न दिइएन । मैले यसबारे कसैलाई पनि भन्न सकिनँ र मेरा दुःखहरू पोख्ने मानिस कोही भेटिनँ । म महिनावारीको समयमा छिमेकीको गोठमा गएर बस्नुपर्थ्यो तर त्यो सधैंका लागि सम्भव थिएन ।

म एक दलित परिवारमा जन्मिएकी र हुर्किएकी महिला हुँ । दलित भएकाले उच्च जातका मानिसहरूले मलाई महिनावारीको समयमा आफ्नो गोठमा बस्न दिँदैनथेँ । धेरै पटक म रातभर ननिदाई बस्नुपर्थ्यो । मेरा लागि गोठमा पनि ठाउँ थिएन । विशेष गरी चिसो र जाडो महिनामा मलाई असाध्यै गाह्रो हुन्थ्यो । खाना खाँदा पनि फोहोर ठाउँमा खानुपर्थ्यो । घरमा दुध र दही हुँदा पनि मलाई भातमा नुन मात्र मिसाएर खान दिइन्थ्यो । प्राचीन समयमा महिनावारीको समयमा दही र दुध खाएमा जनावरले दुध दिन छोड्छन् भन्ने मान्यता रहेछ । मेरो श्रीमान् भने अलि फरक सोचाइको हुनुहुन्थ्यो । उहाँले मलाई महिनावारीको समयमा पनि घरमा बस्नका लागि प्रोत्साहन गर्नुहुन्थ्यो तर यो सम्भव थिएन । मेरो हृदयले आफैलाई नै धोका दियो । मलाई घरभित्र पस्न मेरो हृदयले दिएन । मेरो बाल्यकाल र म बाँचिरहेको समाजका छापले ममा गाडेका जरा उप्किन सकेनन् ।

केही वर्षपछि मैले आफ्नो पढाइलाई अगाडि बढाउने निर्णय लिएँ । मेरो अपुरो सपना मैले पूरा गर्ने इच्छा देखाएर बल्लतल्ल कक्षा १० सकेँ । पढाइ पूरा गरेपछि म स्वास्थ्य कार्यकर्ता हुने विचार गरें । म जीवनमा पहिलो पटक साह्रै खुसी भएँ । मेरा श्रीमानले पनि मलाई सहयोग गर्नङ्गभयो । स्वास्थ्य कार्यकर्ताको तालिम लिँदै मैले मेरो सपनालाई विस्तारै विस्तारै अधि बढाएँ । दलित भएकाले बिचबिचमा मैले धेरै अन्याय सहनुपर्थ्यो । तर मेरो श्रीमानको प्रोत्साहनले मलाई मेरो लक्ष्यमा पुग्न सहज भयो ।

अन्त्यमा मै एक स्वास्थ्य कार्यकर्ता बनेरै छाडें । स्वास्थ्य कार्यकर्ता भएपछि मभित्र छाउपडी प्रथाबारे एउटा विचार आयो । म सानैदेखि नै एउटा विश्वास गर्थेँ कि, 'हाम्रो संस्कार, रीतिरिवाज र परम्परा धेरै जसो गलत हुँदैनन् । बस् हामीले तिनीहरूलाई गलत रूपमा लिइरहेका हुन्छौँ र बुझिरहेका हुन्छौँ ।' यो मान्यता छाउपडी प्रथामा पनि जोड्न सकिन्छ । छाउपडी प्रथामा महिनावारी भएका महिलालाई गोठमा राख्ने गरिन्छ । यदि यही प्रथालाई सुधार गरी महिनावारी भएका महिलाका लागि सुरक्षित घर बनाएर त्यसलाई नै गोठ मानेर उनीहरूलाई त्यहाँ बस्न दिने हो भने यो प्रथामा म गल्ती देखिदैनथेँ होला ।

मेरा विचारमा छाउपडी प्रथालाई कुप्रथा भन्नुको कारण केही सुविधा नभएको असुरक्षित गोठमा महिलालाई अनेक कष्ट दिनु हो । जहाँ महिलाहरूको ज्यान पनि जान सक्छ । मेरो धारणा के छ भने, हामीले महिलाहरूका लागि सुरक्षित महिनावारीको समयमा बस्ने घर बनाउनुपर्छ जहाँ बालिकादेखि लिएर महिलाहरू बस्न उत्साहित होऊन् । जहाँ शरीर र स्वास्थ्य सुरक्षित होओस् । उनीहरूले पर्याप्त आराम पनि पाऊन् । यस्तो प्रकारको घर बन्यो भने मैले चाहेको छाउपडी पनि सम्भव हुनेछ र अरू शान्ति, उर्मिला र डम्बराले आफ्नो ज्यान गुमाउनुपर्ने छैन ।



अनुष्का बस्नेत

क्रमाङ्क : २४०११

मानिस हराएको सूचना

४ वर्ष अगाडिदेखि जति होला, म हराएकी । हराए लगत्तै कसैले थाहा पाएका थिएनन् । अभै पनि कसैलाई थाहै छैन । हराएकी भनेर लापता थिइनँ म । सबैको अगाडि हुँदाहुँदै पनि म एकलै हराउन थालेकी थिएँ । म मात्र १२ वर्षकी थिएँ, हराउन सुरु हुँदा । आफ्नै संसारमा रमाउने, एकलै बस्न चाहने, कोही मान्छे मन नपर्ने ।

गुरु पूर्णिमाको दिन थियो । हामी सबै कक्षाका साथी मिलेर गुरुका लागि केक लिएर आएका थियौँ । सबै कुरा राम्ररी चलिरहेको थियो । म सानैदेखि पातली थिएँ । खाना नै दिँदैनन् कि भनेर सोध्ने मलाई । त्यो दिन सबैलाई केक बाँड्दा मलाई अलि बेसी परेछ । मैले त्यो दिन खाएँ पनि । मेरो एउटा साथीलाई यो मन परेनछ । त्यसैले उसले मलाई “रिया तिमी त कति खाने भएकी, हन्तकली भइछौ” भनिन् । अरू मानिसलाई योभन्दा त्यति असर नपर्ला तर १२ बर्सिया रियालाई यसले ठुलो असर पुऱ्यायो । त्यो सुनेपछि मलाई रुन मन लाग्यो । भोमिट गर्न मन लाग्यो । आफूले आफैँलाई कुट्न मन लाग्यो । म साँच्चिकै अरूको पनि खाइदिने पो भएकी ! म साँच्चिकै धेरै पो खान्छु की ! मैले त खाना खान नपाउनु पर्ने पो हो कि ! यस्ता हजारौँ विचार मेरो दिमागमा खेल्न थाले । त्यसपछि मैले आफूले आफैँलाई घृणा गर्न थालेछु । खानेकुरा जे देख्दा नि रुन मन लाग्ने हुने भए । म कस्ती थिएँ कसैलाई पत्तो थिएन । मलाई आफैँमा आफैँलाई घिन लाग्न थाल्यो । ऐना हेर्न पनि मन लाग्न छोड्यो । एउटा साथीले त्यति भनेर मेरो जीवन नै विग्रिन थाल्यो अनि म यसरी नै हराउन थालें । हातमुख सबै पातलिँदै जान थाले । मेरो शरीरका हड्डीहरू देखिन थाले । एक दिन त म बाटोमा हिँड्दाहिँड्दै शरीरमा शक्ति नपुगेर ढलें पनि । १४ वर्षकी हुँदासम्म त मैले आफूलाई पुरै गलाइसकेकी थिएँ । मलाई सबैसँग रिस उठ्न थाल्यो । सबैले मलाई घृणा गर्न थाले । मेरी आमाले म पातलिँदै गएको र खाना नखाएको कुरा देख्नुभएछ । एक दिन मलाई चिकित्सक कहाँ लिएर जानुभयो । त्यहाँ जाँदा मलाई त “इटिड डिस्अर्डर” भएको रहेछ भनेर थाहा भयो ।

मलाई त्यसपछि लाखौँ चक्कीहरू दिइयो । मेरी आमाले त भन्नु खाना नखाई मलाई कतै जानै दिनुभएन तर यसले मलाई केही सहयोग गरेन । म विस्तारै आफ्नै संसारमा हराउँदै गएँ र अभै हराउँदै छु ।



कृति नेपाल

क्रमाङ्क: २४०२२

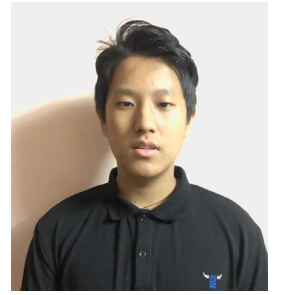
यात्रा

मानिसहरू एक ठाउँबाट अर्को ठाउँमा विशेष गरी विदेशमा घुम्न, सिक्न, पढ्न आदि विभिन्न उद्देश्यका लागि जान्छन् । यसलाई यात्रा भनिन्छ । एक व्यापारी व्यापारको लागि यात्रा गर्दछ । पत्रकार ताजा समाचार र विचार सङ्कलन गर्न यात्रा गर्दछ । कहिलेकाहीं हामी आफन्तहरूलाई भेट्न जान्छौँ । त्यो पनि एक प्रकारको यात्रा हो । कोही पर्यटकहरू रमाइलोको लागि यात्रा गर्छन् भने कोही काममा जान्छन् । विद्यार्थीहरूका लागि यात्रा शिक्षाको एउटा भाग हो ।

यात्राबाट शैक्षिक र मनोरञ्जन दुवै फाइदा हुन्छ । यात्रा शिक्षा र अनुभवको एउटा भाग पनि हो । विद्यार्थीहरूलाई यात्राले किताबलेभन्दा राम्रो ज्ञान र अनुभव सिकाउँछ । उनीहरू वरपरका चिजहरू प्रत्यक्ष देखेर छिटो सिक्छन् । यसरी देखेको कुरा लामो समयसम्म दिमागमा रहिरहन्छ । यो पनि दिगो सिकाइको एउटा भाग हो । यसले ज्ञानको क्षेत्र फराकिलो बनाउँछ । जब हामी कुनै ऐतिहासिक स्थानको बारेमा पढ्छौं तब यसलाई नजिकबाट हेर्न र यसबारेमा थप सिक्ने जति रमाइलो किताबबाट हुँदैन । यात्राले हाम्रो ज्ञानको क्षेत्र बढाउँछ । पुस्तकहरूको विपरीत यात्राले हामीलाई संसारको व्यावहारिक ज्ञान र अनुभव दिन्छ । यात्राको क्रममा हामी विभिन्न प्रकारका मानिसहरूसँग सम्पर्कमा आउँछौं र रमाइला ठाउँहरू देख्छौं । यसले हाम्रो दृष्टिकोणलाई धेरै हदसम्म फराकिलो बनाउँछ । विभिन्न तनाव कम गर्न र मन बहलाउन पनि यात्रा उत्तिकै महत्त्वपूर्ण मानिन्छ । यात्राले मानिसका पुराना विचार र सोचाइमा पनि परिवर्तन गरिदिन्छ । त्यसैले यात्रा भनेको ज्ञानको स्रोत पनि हो ।

यात्रा र पर्यटन

मनोरञ्जन वा व्यवसायको लागि एक ठाउँबाट अर्को ठाउँमा जानुलाई यात्रा वा ट्राभलिङ भनिन्छ । पर्यटन अन्तर्राष्ट्रिय वा कुनै पनि यात्रीको देशभित्र पनि हुन सक्छ । यस्तो यात्रा सुखद वा कठिन जस्तोसुकै हुनसक्छ । यात्राको उद्देश्य मनोरञ्जन लिनु, समय बिताउनु, नयाँ नयाँ ठाउँ घुमी ज्ञान प्राप्त गर्नु आदि जुनसुकै हुनसक्छ । हाम्रो देश नेपाल प्राकृतिक सौन्दर्यमा निकै धनी देश हो । नेपालमा ऐतिहासिक र धार्मिक महत्त्वका धेरै ठाउँहरू छन् । विश्वको सर्वोच्च शिखर सगरमाथा नेपालमा पर्दछ ।



डैन्डुप नोर्फेल शेर्पा
क्रमाङ्क : २३०२०

हिउँले ढाकिएको हिमालको चुचुरो, खोलानाला र भरना, हरियाली वनपाखा, वनस्पति र जीवजन्तुको सौन्दर्यले भरिपूर्ण हाम्रो देश नेपाल पर्यटकीय हिसाबले साँच्चिकै महत्त्वपूर्ण र भरिपूर्ण छ । युनेस्कोका अनुसार नेपाल विश्वकै पर्यटकीय गन्तव्यमध्ये एक हो । नेपाल पर्यटन प्रवर्धनका लागि पनि उपयुक्त छ किनभने प्रकृतिले हामीलाई धेरै चिजहरू दिएको छ । पर्यटकहरू तिनीहरू प्राकृतिक सौन्दर्यको आनन्द लिन्छन् । विदेशी पर्यटकहरूमध्ये कोही पदयात्रा गर्न, पहाड चढ्न त कोही हाम्रो इतिहास संस्कृति र धर्मको बारेमा केही जान्नको लागि हाम्रो देश भ्रमण गर्छन् । केही पर्यटकहरू आफ्नो छुट्टीको आनन्द लिन आउँछन् ।

नेपालमा पर्यटनले महत्त्वपूर्ण भूमिका खेलेको छ । पर्यटनबाट हाम्रो जस्तो देशले धेरै फाइदा लिन सक्छ । हाम्रो देशमा वैदेशिक मुद्रा आर्जन हुनाले देश विकासमा टेवा पुग्छ । यात्रा र पर्यटनसँग सम्बन्धित धेरै मानिसले रोजगारी पाएका छन् । यसले बेरोजगारीको समस्या समाधान गर्न पनि सहयोग गरेको छ । विदेशी पाहुनाहरू नेपाल घुम्न आउँदा हाम्रो राष्ट्रको शिर उँचो हुन्छ । हाम्रो देश नेपाल, नेपाली संस्कृति, परम्परा र यहाँका चिजहरूका बारेमा उनीहरू आफ्ना आफन्त र साथीहरूलाई सुनाउँछन् । जसबाट हाम्रो देश विश्वमा चिनिन्छ ।

नेपाल पर्यटनको लागि राम्रो र आकर्षक देश भए पनि यहाँ केही समस्याहरू पनि छन् । यहाँको प्रमुख समस्या भनेको यातायात हो । सबै ठाउँमा सडक र यातायातको पुग्न सकेको छैन । नेपालका सुन्दर ठाउँहरू दुर्गम क्षेत्रमा छन् । सुन्दर ठाउँहरूमा अहिले प्रदूषण बढ्दो छ । यस्तै सुरक्षाको पनि समस्या छ । नेपालको पर्यटन प्रवर्धनका लागि पर्यटकलाई सबै सुविधा दिनुपर्छ । यसतर्फ हामी सबैले ध्यान दिनु जरूरी छ । सबै ठाउँमा पर्यटकका लागि चाहिने सुविधा पनि छैनन् । यस्तै समस्या पर्यटन क्षेत्रमा रहेका छन् । यी समस्या समाधान गर्न सकेमा नेपालमा पर्यटकको सङ्ख्या अभै बढ्दै जाने छ ।



Aarogya Ghimire
Roll no: 34004

My Favourite Fruit

Watermelon is my favourite fruit because it is juicy and sweet. It is green from outside and red on the inside. It is oval in shape and has many seeds. It is a summer fruit. It is very good for our health. I love to eat it a lot.

Swimming Day

It was a very hot Saturday. So, I went swimming with my parents. There I saw two different pools, one for children and one for adults. I tried to swim in the children's pool. I even enjoyed the slide. The day was very hot but I had a lot of fun under the sun.



Brisha Maharjan
Roll no: 34031

Cow and The Baby

There was a cow sitting on the road. She got hungry, and she ate some grass. She saw a dog. The dog was white. She went near the dog and was really wet. She slept on the farm. She saw a little arm. It was a baby with her mom. The mom gave the cow a big nice bale of grass with her mom. The mom gave the cow a big nice graze with a happy face on top. On a sunny day, the farmer came and said, «Wow, you are big.» The cow gave the baby some tasty milk. On Monday, the baby grew up, and she was very cute. The cow had a calf, and the baby was happy to have a new friend.



Simrik Dhungana
Roll no: 33024



Aiden Pradhan
Roll no: 32028

Importance of Tax

Tax is the payment that citizens pay to the government. The government uses the tax money in the development of the country. They rebuilt roads and other public infrastructures. The money is also used for improving and maintaining the public services. Now, since we all know the importance of paying tax, let's pay it on time.



Sanidhya Tripathee
Roll no: 32033

My Birthday Plan

I celebrated my birthday in an orphanage this year. I left for the orphanage with my parents and cousins. I cut a cake and distributed it among all the children. I played and ran with the friends there. We had a wonderful time celebrating my birthday together.

Teachers

Teachers are people who help us to get knowledge. They are the gifts of God who work hard just to make someone else's career. They guide us towards success. They turn a raw child into a responsible human being. Everyone can owe their progress to the teachers who have taught them. Teachers always spend their entire life trying to give quality education to their students.

As students we must always respect every single teacher as they are our second parents who show the right path and guide us towards our success.



Aaron Singh
Roll no: 32035

Dynamic Dolphins



Akshita Bhattarai
Roll no: 32039

Dolphins are aquatic animals. There are several different types of dolphins found all over the world. Some live in the river whereas some in the sea. They even vary in size and weight. They can swim very fast and leap up to nine meters at a time. Dolphins are carnivores. They survive on fish and squid. They are smart and intelligent with a good hearing and sight. They are good entertainers that's why they are kept in captivity to provide us with fun and pleasure. On the other hand, it's our duty to protect such a dynamic creature.



Aaradhya Dev Joshi
Roll no: 30002

Super Cat

Once upon a time there lived a cat in a valley. The cat used to live in the street. He was a poor, ignored and lonely cat. Nobody was there to take care of him. Many days he spent his nights without having food. Whenever he tried to get food from humans, they usually beat and kicked him out of their house.

One day there was heavy rainfall in the valley and the poor cat did not get shelter to live in. But suddenly, a thunderstorm fell upon the cat. To his surprise, the cat did not get hurt, instead he got super powers. Then he could get whatever he wanted, he was more powerful than many other animals and even humans too. The cat was very kind and smart. By using his super power, he started to help needy and poor people. Now he could talk like a human.

One day, from the nearest jungle, the furious tiger entered the valley. He started to attack and eat the herds. People got scared, they ran to their houses and closed their doors and windows. One small baby was playing near the well and the tiger saw the baby. The baby's mother started to cry. She begged people to save her child, but no one had courage to go in front of the tiger. The cat saw the tiger going closer to the baby. He jumped on the tiger and fought with it. Finally, after half an hour, the cat defeated the tiger and the injured tiger ran away to the jungle. All the people saw the courageous and powerful cat. They begged the cat to forgive them for their past behaviour. From that day on, the villagers learnt the lesson to be kind and helpful to others. All of them started calling him "SUPER CAT" and started to worship him as a saviour of the village.



Bishakha Upadhyay

Roll no: 30010

Importance of Discipline

Discipline is an essential need in our lives. Discipline provides people with rules to live their lives effectively and efficiently. When you have discipline in your life, you can make small sacrifices in the present for a better life in the future. Discipline is taught in our schools and at other formal/informal places. Without education, we would not get a job but without discipline, everyone would hate and disrespect us and still would not get a proper job even if we have adequate education.

Benefits of Discipline in an individual's life:

- Knowledge of good and bad.
- It makes an individual self-aware
- Builds better relationships with others
- Discipline helps to overcome the bad habits
- It helps an individual achieve their goal.
- Discipline makes it harder to get offended.
- Discipline leads an individual to success.

Ways of maintaining discipline:

- An individual should know their strengths and weaknesses.
- An individual should choose an own goal.
- An individual should monitor their progress.
- An individual should manage stress.
- An individual should recover and learn from mistakes.
- An individual should think before doing anything.
- An individual should have a positive attitude.
- Discipline is an essential and noble quality. Therefore, everyone should be disciplined wherever they are.



Yunisha Pathak
Roll no: 30043

Diary

Keeping a diary is beneficial for many people. Keeping a diary is good for an introvert like me. We can make a diary like our best friend. We can write anything in our personal diary like; poems, stories, express our anger and happiness in a diary, we can also write about our family, friends. Diary is the one who knows us very well but never judges us.

If someone is busy in their life, they do not need to remember everything, so in that case keeping a diary is a habit with immense benefits. Some people intend to write daily about things that have happened in their lives. That is also good, if one reads it after years, one will definitely enjoy it.

In today's busy world, people have many tasks. They need to be informed about projects, dates, etc. In this case, it is also beneficial. It is good because any stress in life can be relieved by writing. You may not have a friend in your life, but sometimes a diary serves as your best friend. One can write one day just to make a note, and years later feel the need to revise it.

A diary is an autobiographical tool. Even if you have never had the courage to keep one. You can begin to write down some points of daily experience, and you will see that it not only improves self-confidence and increases the friendly relationship of a person with themselves, but also makes them an easily available friend and partner. Keeping a diary enables you to concentrate on your writing without thinking about what other people may say. And if you do this regularly, it will help you improve your thought process and may even help you become more creative in how you think.



Pritha Khanal
Roll no: 30022

Good Behaviour

Good behaviours are the manners we learn from childhood. Good behavior is taught to us by our parents, family members and then by our teachers. It is very important in our life. It makes a person civilized, mature and reasonable. We can make many good friends if we possess good behaviours. A person with bad manners can not have good friends. We should always behave nicely with others as we are judged great or low by our behaviour. People that have good behavior are successful in life. At home we should respect our elders and love our younger ones. We should cooperate with each other in household chores. We should greet and respect the guests who visit us. In school, we should respect our teachers and not do mischief in class. We should maintain discipline and be helpful to those who are weak. We should treat everyone as equal.

Good behavior or manners cost nothing but earn a lot. If we speak politely to a person, it costs us nothing but it can win a person's love and respect. So everyone should adopt good manners in life to create a distinct identity in society.



Shuvee Lamichhane
Roll no: 29033

The Girl and The Hundred Dresses

Since she was a little girl she was into fashion designing. When she was designing she could design forever. She was a fine young woman. She was born to loving parents who cared for her dearly. She was born in a small town in India. Her life was quite

normal at the start; she was just a “nerdy” girl who was into sewing. But her life turned into a living hell in grade 8 when she found out she was a lesbian. She didn’t think anyone would accept her so she told no one. She had no friends, just a diary which knew all her secrets. She had made the diary into her safe haven. When she finally got her first friend she felt like she was finally fitting into the standards society had set for her. She told her friend everything they were practically inseparable. She also ended up telling her sexuality to her one true friend. Now it was the end of the school year. The most popular girl in school was hosting a party and everyone was invited. Even the nerdy girl of the school. She knew the village would never accept her for who she was. Near the end of the party the popular girl hopped on the stage that was at the party and said out loud the girls secret. She ran to her house with tears in her eyes thinking “how could I have been this stupid” “I should have never trusted her with my secret, how could I have been this foolish”. She spent days in her room sobbing at how people would see her. But she still had one escape: her passion for sewing had kept her alive or she would have ended her life. At the age of 16 she sewed a total of 28 dresses. She loved sewing. It was her one true goal to become a fashion designer. She never wanted to trust anyone except her diary now. She didn’t want to be betrayed again. She knew now that her little town in India would never accept her so she decided to migrate to the US where she could be accepted. So at the age of 21 she migrated to the US thinking she could be expressive with her sexuality at first she had a hard time learning the new language but she got used to it fast. She completed her M.A in the US. In her lifetime she had made a hundred dresses. She loved traveling. She also continued her sewing passion. When she was in Japan exploring the new culture she sat down below a Cherry Blossom tree. There she met a girl. She was beautiful and she had fallen in love. So she and the other girl became close friends and she found out the other woman was also a lesbian. They both went to the US as the other strangely beautiful woman was American. Soon they got married and adopted a child. Now she could proudly say “I am a lesbian”.



Shreevaani Dhungel
Roll no: 29044

Sneak Peak on Anne Frank's Life

Who is Anne Frank you may ask?

Anne Frank was a girl who shared her extraordinary life in her diary named Kitty. I think you all should also have private diaries where you write about your personal life. Anne Frank named her diary and she called it Kitty. Anne Frank was a girl who wished to publish her diary, as she wanted to let people know about her life.

Anne Frank was born on June 12, 1929, in Frankfurt Germany. She had a mother, a sister, and her father in the family. Her father's name was Otto Frank. Her mother's name was Edith Frank. Her sister's name was Margot Frank.

Before World War 2 when Jews were not allowed pretty much anywhere Anne Frank and her family were one of the Jewish people. Before the Jewish people had to wear a yellow star to show that they were Jew. Also, people (who were non-Jewish) used to take the people to a place where they had to give their labor, most of the time they would get killed, and no one would be spared, not even sick or elderly people or not even babies or pregnant women. Well, a little before World War 2 Anne had gotten a diary from her father on her 13th birthday, she wrote a little bit once and then left it for a few weeks and regularly started writing it giving a few days gap. Soon they had to leave their own house, and then she and her family had to hide from the non-Jewish people, so their hideout was in Anne's father's office. They also added up a few people named Auguste Van Pels, Hermann Van Pels, and Peter Van Pels. And Anne called the hideout "The Secret Annexe" (One thing some of them hiding in the hideout were non-Jewish but they were the kind ones).

Well, they lived there for 2 years straight, and Anne kept writing her diary that she named Kitty. Well, on one unfortunate day in the morning on 4 August 1944 the time was between 10 and 10:30 their hideout was found and Jews hiding in the hideout were taken to prison, even the Frank family. After that Anne's mom died from hunger and exhaustion, and then Margot and Anne died due to the Typhus Epidemic disease. Her father managed to escape and as Anne wished to publish her diary he published it and now her life is known to the world.



Aadar Timalsina
Roll no : 29046

Mask of the clover

The names are taken from Naruto and Black Clover

There was a boy named Hawk. He lived in a world of only war, hatred, pain, and suffering. He lived in a kingdom which was destroyed when he was just 3 years old. The only person who survived was Hawk and Hawk only. Even though he is just a kid he hunts boar and tigers and eats their flesh. He is not a normal kid; he is very strong compared to others because he exercises. There are 4 main kingdoms: clover, spade, heart, and diamond. Clover kingdom is the kingdom Hawk is the prince or the only person who lives in it. He is now trying to avenge his kingdom because his own brother abandoned his own kingdom. He loved his brother but his brother Zech didn't have time to play with Hawk when they were young. Currently, Hawk is trying to destroy other kingdoms to avenge his own kingdom. He is trying to destroy the spade kingdom. On his journey he found a dragon trying to stop him but he fought that dragon in an intense battle but he won. He found a deadly scythe inside of the dragon's body. He took that scythe for his own sake and for his own good. He kept on going and found the spade kingdom and he rested in a place but where he went there were devils attacking humans even though he was trying to kill the King and his family he still tried to save the citizens. As he saved a person by blocking a devil's attack, the devil got sucked into Hawk's scythe and connected to Hawk's body. So, he got the power of the devil. He started walking towards the kingdom, killing every single guard who came in front of him. As he went, he heard the King talking about his work about the clover kingdom. He said, "Today is the day the clover kingdom was destroyed and today is the day diamond and our kingdom will attack that Hawk".

Hawk was furious after he heard that he went running to kill the king but a guard saved him. He fought with that guard for 6 hours straight but at last Hawk killed that guard and he went for the king but the king also fought back their fight went for 9 hours and the king was still as strong as he was at the beginning of the fight but after the king started talking about the clover kingdom Hawk raged and unknowingly used the power of the devil but he couldn't control the power because that devil was very strong that devil killed the king easily. Since Hawk already lost his energy so much that he couldn't walk after the king got killed. When he woke up, he found himself in the house of a citizen. He remembered that person it was the person he saved from the devil. He said his name was Blaze. He was shocked to hear the name because Blaze is one of the best swordsmen in the whole world. Hawk invited Blaze to travel with him to kill the people

who destroyed the clover kingdom. After Hawk convinced him to go with him Blaze agreed. They went as soon as possible and ended in the Heart kingdom. The Heart kingdom was the most beautiful thing they had ever seen. Hawk went to the kingdom and talked to the queen. Hawk remembered that the Heart kingdom's queen tried to save the Clover kingdom. After he got some information about the day the Clover kingdom was destroyed. After knowing the history of that he started his journey of going to the Diamond kingdom after he went there he realized he is not strong enough to kill the King and Prince. So, he trained for 3 months and survived and he went there and fought. He thought he won but every citizen of the Diamond kingdom and Spade kingdom suddenly attacked him. He was on the verge of death but he overcame his limits and again activated his devil's power. He started to rage and killed some of the spade and diamond kingdom citizens but most of them ran and saved themselves and they all wanted revenge so they started to trap Hawk and Blaze by saying that they are users of the powers of the devils and they started to get some followers and 1 day Hawk got caught his scythe was with Blaze and they were waiting for this moment for such a long time every last one of those people who betrayed the clover 12 years ago was there right in front of Hawk and Blaze, tossed the scythe to Hawk.

Hawk already mastered the devil's power and he used it all at once everyone fainted but Blaze got severely injured, so Hawk went and got some healing ointment to heal him and Blaze started to feel a bit better but everyone who fainted woke up and attacked Hawk and Blaze. Hawk suddenly shouted open and suddenly people who were thought to be dead who were of the clover started to attack those people with their weapons even though everyone fought bravely Hawk died and his last words were "The death of someone isn't the end, no matter where I will go I will return" and he smiled looking at Blaze. Blaze tried to save him but his body started to fade because Hawk has a devil inside of him and a devil can't die so his body faded all that was left of Hawk was nothing he turned to shreds. Blaze remembered he was still fighting so he fought but at last, a person from the Clover kingdom backstabbed him and the black clover lost or so they thought hawk suddenly got in front of everyone and said "Wake up to reality" and everyone saw themselves die everyone started to get tortured. There was one rumour getting spread about the mask of the Clover 4 years back.

A person claimed seeing Hawk talk about the Mask of the clover but no one believed him but still, they started to talk about it but everyone in the world thought it was just a rumour but it was real. The mask of the Clover is the biggest plan Clover has made to destroy other kingdoms. First, they pretended to be dead but in reality, they were living underground for a very long time preparing for this time of war. Blaze was surprised to think that all of that was a lie but still happy that the Clover kingdom's people are still alive. After all of that, finally, the war was over. Instead of killing every citizen Hawk just killed the people who are gangsters, thugs, hunters, etc. He didn't kill any normal citizens or good people and the world was peaceful.



Rushka Sapkota

Roll no: 29024

Discovery of The Corpse

This story is about 5 young teenagers trying to find a treasure. They don't see the treasure but instead find a corpse.

Stella, Ashely, Nora, Nathan, and Beom Seok were coming from school when Nora had an idea, the idea being that they all meet at the plaza at 6:00 to go to the mall, which they all approved and decided to head home. They all met in the plaza at 6:00, but Stella did not show up. Nathan proceeded to call her but she did not answer. Four of them overlooked the fact that they were forgetting that «Stella,» whose parents were out of town, did not show up because they assumed her parents would not allow her to come. They proceeded to a store to get new clothing; while browsing for clothes, Beom Seok discovered a paper inside a bag. He took it out and read it; it said «Atlanta, Auburn Avenue» in the letter. Beom Seok thought it was a normal thing until he noticed something written behind the paper «Go and find the treasure in the haunted house» he was interested in treasures so he called his friends, all three of them thought it was interesting as well so they decided to ask people about «Atlanta Auburn Avenue» an old man said it was a city named Atlanta and there is a street called «Atlanta Auburn Avenue». Then Nora remarked, «Let's go there, it's not that far.» Beom Seok told Nora to visit the next day early since she didn't realize the time. Since then, everyone said yes as it was Saturday, everyone agreed to meet at the same location at noon. Then they proceeded to the street, and after an hour of walking, they located the haunted home. They went in and found a lot of old items, and Ashely found another envelope. She opened the envelope and read, «The cave will transport you to wealth, but it will give you horrible health.» Reading this, Ashely responded, «Let's not do this; it's unsafe.» 'No', said Nora and Nathan, we'll keep on going. However, Ashley was dissatisfied with Nora and Nathan's choices. Beom Seok stepped into the argument and stated, «Yes, Ashley, it is risky, but consider how much fun we'll have and how much treasure we'll find. Ashley insisted on returning, and Nathan said, «I will do whatever you say.» After further thinking, Ashely prepared a list of ten items that Nathan should get for her. Nathan was hesitant to accept the offer, but he eventually agreed since he wanted all of his friends to work on the project together. Because they didn't know where the cave was, Beom Seok insisted on discovering more items in the haunted home. While Ashley was terrified for her life, she ran into an ancient painting and screamed. Nora arrived with the others and questioned what happened. Ashley said nothing, simply knocked into an old picture and threw it but had no idea there was an entrance to the cave they were looking for, behind the painting so they all walked in the passage and split up and headed to various places. When others were in different areas Nora did find a note, what could be written in that note? As Nora was about to read the note, she suddenly found Stella behind trying to attack her.

Nora returned to her group and began searching for treasure alongside them. They keep looking because no one has found the clue. They go to another cave and decide to split up. While Nora is

alone, the three of them are together. Nora had no idea that the three of them had met up because Nathan overheard Nora's and Stella's conversation. The conversation was about Stella and Nora attacking the three of them and the first being Nathan. So, the three of them Ashely, Beom Seok, and Nathan made up a plan about locking Nora and Stella inside a cave, basically attacking them but in another way. Ashely started to panic more hearing this plan. She kept on saying I should have gone earlier, this is not what I signed up for. The next thing the three of them knew Nora was staring at them from behind. Luckily Nora had just arrived and did not hear their plan. Though, Nora was a little suspicious of them she did not mind because Nora knew by attacking them she and Stella would get the treasure, if you don't know yet remember Nora found a note well in that note was the exact treasure they are going to get, basically it meant that Nora and Stella already knew what the treasure was going to be.

Nathan had only overheard a portion of their plan; he had no idea what the treasure was or why Stella and Nora were going to attack them. They went searching again, and Nora discovered a clue as to where to go next, but she couldn't hide it because Beom Seok was nearby. Beom Seok called up his friends. They decided to go to the target as soon as possible to get supplies such as a torch, tent, food, and so on because the next location they were going to was on top of a very high mountain. So for the next few hours, they concentrate on reaching the summit of the mountain as a group. rather than being concerned about whether the plan will fail. They spend the night in a cave where there is 1 cave but inside the cave, there is 1 room type of thing with a door, so they each have a small corner to themselves. Everything happens in this cave as they set up camp. Ashely plans to lock Stella and Nora in the cave and call the cops. Because Nora didn't have a corner for herself and instead had a whole tiny cave that appeared to be a small room for baby bears, Nora could not hear their plans. Ashely, Nathan, and Beom Seok had corners for them, they were pretty close to each other. Ashely rushed over to Beom Seok, as did Nathan. Ashely informed them of her not-so-nice plan to call the cops on them. Nathan had an even dumber idea of locking them in the cave and expecting them to suffocate and pass out. Beom Seok had enough and yelled, «Stop!» Of course, they expected Beom Seok's screams to wake Nora up. So Ashley and Nathan dashed to their corner and pretended to sleep. Beom seok did the same. So, in the middle of the night, Beom Seok woke up, grabbed his torch, and woke up Ashely and Nathan, and the three of them went outside, where they saw a tree and went to it. They made their plans while sitting beneath the tree.

The following morning, the three of them were prepared with their strategy. Ashley was aware of Nora's wake-up time, so they decided to retire for a short nap just before she got out of bed. After Nora woke up, the other three of them did too. They searched the area for any signs of Nora because it appeared that she was not in the cave. However, as they were walking and looking, they discovered Nora in her small area. However, they had not predicted Stella would be there, so they decided to lock them in and decided they are not going to follow the plan the three of them made last night. After locking the two inside, they were unsure of what to do. They debated whether to contact the police or try anything else. Eventually, they decided to call the police. It took many hours for the police to come, but when they did, they were surprised to see Nora and Stella with knives. All of the police officers were killed as a result of Stella stabbing three of them and Nora stabbing two more. Beom Seok, Ashely, and Nathan were next. The last two remaining, Stella and Nora, were covered in blood, and everyone else in the cave was stabbed to death but Stella and Nora are still on the run, so the story is far from over.



Yureka Adhikari
Roll no: 29049

The Necklace by The Grotto

“There once was a siren,

She had a special rock she’d cry on,

She had a voice so gorgeous it was unreal,

Yet she is a murderer,

A death waiting in the beholder of the necklace with a part of the rock.”

A poem that Shay had come across in a book of mythologies. You see Shay loved all kinds of myths and mysteries. One day she was reading one of her mythological books. This one caught her interest quite a lot. The ocean was what piqued her interest. Just having finished researching about the deadly mermaid given the name of bloody blue she was more than excited for sirens. She had a special diary/scrapbook for these types of myths. It was in one of her favorite shades of blue “pebbly pools”. The second she saw the mention of sirens Shay went wild. The stories around the sirens were so beautiful and gory she stopped all she was doing and ran to her mother “COULD I PLEASE GO TO THE LIBRARY NOW?” Shay started to beg her mom to let her go. Shay loved myths so much that she was a regular at the nearby library. As her mom was familiar with everyone around the neighborhood and it was only a couple of minutes from their house she let Shay go (probably her greatest regrets). Shay was no average girl at the library especially when she was intrigued by the topic so much. She carried her bag with all the essentials. A phone, her special diary, a pen and a couple of stones she had found near the ocean along with this eerie pendant at the age of 5. She never had any interest in myths before then, in fact, that pendant and a story about the lost mermaid who had called out to people through her accessories was what took her down that path. She always tried to figure out its meaning. As soon as she stepped a foot in the library the librarian (Mae) knew what storm had joined her and her establishment. Looking through her transparent pocket in her bag Mae knew why Shay was there.

“The museum and bookshelves were rearranged yesterday. Two rights more than a straight.” Mae said, looking down at her registry.

“How many books today?” She asked, looking at Shay with a soft smile.

“Probably over 5!” Shay replied with a glow in her eyes.

“When do you ever take less than 5? See you in an hour?”

“Yes, an hour or two!”

With that Shay walked to the museum with certain famous legends and myths in the town. Most with special drawings. After an hour of looking, nothing. That’s when Mae came.

“Hey, still looking for it?”

“Yeah!”

“Maybe the legend is in the back! I’ll look for it if you tell me what legend it is”

Shay nodded and showed Mae her book. Mae was awfully shocked but knew exactly what it was. Of course, our Shay lit up upon seeing the 15 books in front of her.

“Do you want to borrow it all? They aren’t supposed to be on the shelves ‘til next month. We’re setting up a special shelf for it!”

“ABSOLUTELY!”

With the books in hand Shay enthusiastically skipped home. She spent the whole weekend day and night reading and writing the books until she got a cohesive myth. Unlike her other myths, this was not normal. Normally the whole myth is easy to put together because they all are similar this was not. There were two versions and even those didn’t stay the same. In the middle of the whole mess there came this version in her diary:

“The Sirens were a group of mermaids. The so-called bad blood of the group. They stopped caring after everything. They slowly distanced themselves from the mermaids gravitating to the land. However, they had grown on a specific animal which sadly wasn’t found around the shores. In order to make up for this, they started calling out pirates and feasting on their blood. Eventually war broke out between the mermaids and Sirens. The last surviving soul was the queen of the Sirens. The mermaids claimed their victory and went home. The Siren queen cried for the last time on her favourite rock. Her only request from her sister the mermaid queen was to have a piece of her rock to be kept safely. Her death happened on the rock, her tears all over it. Her sister followed the siren’s (Idaphia’s) final wish but soon threw it into the water giving her sister the freedom she wanted. The rock was secured in a pendant.”

A mystery remained in Shay’s heart. What would happen if someone found and wore that necklace? For the next weekend on her 13th birthday, she convinced her mother to take her to the grotto where she found the pendant. There she searched for the perfect stone no! The perfect gem. A gem she adored. Finally, according to her notes, she found the perfect fit surrounded by bright blue, pink and purple stones set up like a podium. Shay took that perfect stone and put it in her pendant. Then slowly she turned into a gorgeous but murderous Siren. The queen herself Idapheia had taken control of her but now Shay was in control and Idapheia was her princess. Now was born the queen for the next generation of Sirens Queen no Empress Sabrimisia. Her reign was bloody VERY bloody and she took the legacy of the bloodiest Siren to this day. Not all villains are villains by choice. Some just were the princesses on the wrong path and Shay to Sabrimisia is one of those tales. Yet her happy ending was one that the world hated but she loved.



Aaradhya Prasai

Roll no: 28001

I Was Forced To Be A Model

When I was young, mom and dad swore they had the most beautiful daughter in the world. I had beautiful gray eyes and gray hair. They told me I was an angel and named me Aarize. Everywhere I went, people would stare at me and compliment me.

But it was not easy. I used to get bullied. Once in third grade, a girl came up to me in the cafeteria and started pulling my hair, saying that it was a wig. I kicked her away and called her stupid for thinking my hair was a wig. Just then she began to attack me. Fortunately, a teacher came and separated us. When I was in 7th grade, my parents signed me up for a modeling agency, and I got my job there. They told me that I could be a superstar, but I did not desire to become a model. I hated it when people used to stare at me.

Once on a sunny afternoon, I was doing my shooting, and right after 20 minutes my skin turned red, and I had very bad sunburns all over my face. My parents took me to the emergency room and requested them to save my beautiful face. Soon I was feeling better, but when the doctor told me I had a condition called "Achromasia" which caused my body not to make any pigments, that's why my eyes and hair were gray. I had to protect myself from the sun, so I became extra careful. Even after all this happened, my parents forced me to continue modeling. They made me do so many shoots that I had no more time to do my school any more. My grades went down and whenever I tried to study they told me not to worry about studies.

When I turned 14, I thought now or never. It was enough. I was not doing it any more. My parents said I was so beautiful, and the world needed to see my beauty. I yelled at them, and luckily they did not push me further any more, but they still used to take my pictures everywhere I went. I tried my best to ignore them, but they went crazy.

In 10th grade, I went to a new school. The school was very big and every kid seemed to be rich over there and it seemed that I did not fit in there. I mistakenly got smacked by a door while walking, and the guy who opened the door was the most beautiful guy I have ever seen in my life. He had black hair and blue eyes and his name was Sean. We introduced each other and as I was new he toured me around the school. I was having a really great day on the first day of my new school. We even baked cakes and I made an extra one for Sean. I saw him in the playground with his friend and when I went to him he was so rude to me. With that, I yelled at him and dumped the cake on his head, and went on my own way. While heading to the science lab, I suddenly bumped into Sean. I was about to fall down but he saved me, but I went away from him furiously. He tried to talk to me saying he was searching for me, but I told him to get lost. He acted as if he did not do anything. I angrily rushed into the lab. Suddenly, the announcement box went off and the person speaking there was Sean, who said "Aarize, if you are listening to this, then the person who you were talking to yesterday at the playground was my twin brother

Prinze.” I was embarrassed and was happy at the same time. After school, I found Sean waiting for me and the things he used to do were crazy. From then, I started spending a lot of time with Sean. But after a few days, he went insane. He bought me flowers, made the whole school sing for me, and more.

When Sean was waiting for me, I did not want to talk to him so I hid in the bushes but suddenly, his twin brother Prinze came up and told me that Sean was obsessed with me. He told me that Sean liked me since I was 12 in 7th grade. I asked how and he showed me my shooting pictures which were posted on Instagram. I never had an Instagram before, I said. I went home and searched my Instagram for hours but I could not find it anywhere. I totally knew that it was my parents who did that. They would do anything for money.

The next day, I went to computer class and searched for my name on Instagram and it suddenly popped up. Sean helped me to change the password as well. After that, when I went home and my parents saw me, they started throwing things here and there, saying that we were just searching for something. They asked me if I knew where the password book was and I told them where it was, but I again said the password would not work because I changed it. They were really agitated and asked me how I knew it. I asked them why did you do this? They, of course, again told me that we have to show your beauty to the world. I was not happy with that. I asked why did you create my Instagram without my consent? I told them that the money they gained will be donated and we will shut the page. They told me I could not do that, but I told them unless I would tell the world about their lie. They both agreed. From that day onwards, I started living my life freely without any restrictions. Sean and Prinze were now my best friends. Later, my parents also understood my happiness and feelings, and they never forced me to do modeling and shoot. Now I love spending time alone with a book. Probably in the future I will be a writer.

Failure

It is impossible for anyone to go through life without experiencing some kind of problem and failure is one of them. It is a part of life that a person has to face at one time. Failure is one of the major reasons that holds back people from realizing their potential and goals. Fear of failure or losing stops us from doing something that is outside of our comfort zone, prevents us from moving forward etc. Losing is not easy to take in. Facing failure gives us an alarming feeling. Failure is bitter and sometimes leaves us unfortunate. You feel like there is no other way or solution now. People have their own views on failure. Many think it's the opposite of success and some might think it's the first step to success.



Sayuri Shrestha
Roll no: 28017

In my opinion, it definitely is the first step to success. Many successful people make mistakes. For example, Thomas Edison tried more than 1000 times to create a light bulb. Successful people also fail at one point in their life, but they don't give up and neither should we. There are numerous successful people who have risen to success by not facing loss and not giving up on their aims. Failure does not keep many great people away from fulfilling their goals, so neither should we give up.



Anushree Acharya
Roll no: 28002

Murder, The -D-E-A-T-H- Mystery

I looked at her. My eyes filled up with tears. I felt them rolling down my cheek into my lap. My lips dried up. Then I felt dizzy, I felt my head hit the hard ground. I felt my brother's strong yet loving hands around me. Then I blacked out.

It all started a long time ago. I am 13 and I study in grade 7. I have 2 siblings. My brother is 18 and my sister is 16. My parents are business people, so they are never at home. My sister used to work and take care of everything in the house and me. While my brother was an alcoholic. He was also never home. Even if he was an alcoholic, he loved me to bits. He brought gifts for me. I also loved him but I was never as close to him as much as I was with my sister. She usually came late from work. So I usually cooked food for all of us.

Then came the horrible night. I came home. No one was at home as usual. I did my homework, ate my snacks and was watching TV. I checked the watch. It was 7:30 p.m. That was odd. She was never this late. Then the doorbell rang. I rushed over to open it thinking it was her. But no, it was my brother. To my surprise, there were tears in his eyes. He hugged me. He did not smell like alcohol as usual. I asked him what was wrong. He wiped his tears and said nothing was wrong. He told me to go to bed. I said it was still early. But it turned out it was 10:00 p.m. So I went to sleep.

The next morning, my sister was still not there. It was my birthday. Then the doorbell rang. I went to see what it was. It was the police. They said my sister was no more. Then my brother also came. I broke down. I shook my brother, saying it could not be true. He was silent. Then I fell to the ground. Her body was there but her face was covered. I looked at her. My eyes filled up with tears. I felt them rolling down my cheeks into my lap. My lips dried up. Then I felt dizzy. I felt my head hit the hard ground. I felt my brother's strong yet loving hands around me. Then I blacked out.

I woke up. I thought it was all just a dream. But I looked at my brother, his face told me it was true. They still had not come. They called us and told us not to worry. How could we not worry? They did not even come to meet us when their own daughter was dead. I was so mad. I slammed the phone on the wall and broke it. My brother hugged me.

It had been two years since that accident. I could not move on. My brother stopped drinking alcohol to take care of me. Finally, everything seemed to be going nicely. But again something happened. I was returning from school. I had missed my bus that day. I decided to go through a shortcut which someone hardly ever went through. I was running late, so I did not care. While going along, I heard a bush rustling. Thinking it was just an animal, I walked away. Then again it continued. I started to get

scared. Then I heard a voice. It called my name. It said -»Lydia, run, run away». I was shocked, I recognized that the voice was hers. It was my sister. I turned back. She was running and constantly turning back. I said -»Amelia». She shouted back -»Run». She sounded scared, so I ran like a deer and reached home. My brother was outside. I told him everything. He was also shocked. We went back to check but no one was there. So we went back, rather disappointed.

The next day, my brother went for some work. He returned panting. He said he saw Amelia. She was locked in a house. She called out to him, saying 'Logan', saying his name. We went there without making noise. We saw her there. She was tied to the chair like an animal. She had to kneel down to eat food. Looking at the scenario, my blood boiled. They had tortured her to death. We went in like a fox. Logan and I were taekwondo players, so we knocked all of them out. We rescued Amelia. She was very scared. Then someone hit her on her head with a rod and she blacked out. We took her home.

The doctor came and examined her. She was in a coma. Now we were waiting for her to open her eyes and tell us the culprit's name. Then, after being in a coma for 7 months, she woke up. We called the doctor. The doctor said she was out of danger. We were over the moon. We called our parents and told them about everything. They were shocked. They asked if she said anything. We told her she hadn't. They told us to tell them if she said anything. Logan and I were shocked by their response. But now we know why. Now we are scared to the core of our heart. We don't know what to do. Then there was a knock on the door. It was them. We all screamed and tried to run but they caught us. Then the real culprits came and they had a smirk on their faces. They said, "We know that you know everything....."



Aayotrie Chaudhary
Roll no: 27019

The Gun in The Painting

Her name was Marlene Squiett (mar-lee-n scu-et) and she had solved many of her town's mysteries. The townsfolk called her Detective Marlene of Marshaven. However, that bright Sunday morning Marlene wasn't looking forward to a case. Instead, she was looking forward to going to the new art museum at the end of the town hall with her best friend Ann, whose full name was Annaliese but she always liked to be called Ann instead. Ann had ginger-brown hair which Marlene noticed glowed in the sunlight. Marlene also would notice Ann's lovely eyes which seemed to look either blue or green while she was in different lights.

9:43 am (an hour before the art gallery opening)

Marlene had looked forward to the date with Ann for weeks ever since Ann suggested it. Of course, it hadn't really been decided to be a date but Marlene didn't really care. She ate a quick breakfast of poached eggs and toast and got ready to meet up with Ann. Marlene wore a yellow dress with floral

patterns as well as a light-yellow bow attached as a head accessory. Soon she headed out the doorway saying goodbye to her grandma whom she lived with since her father had passed and her mom couldn't take care of her.

10:26 am (19 minutes before the opening)

Ann

Ann noticed Marlene seemed to be nervous and if she was really true to herself she was a bit nervous too. She was really worried that another case would find Marlene and that then they wouldn't be able to spend time together. She just knew that Marlene wouldn't back out of solving a case, maybe that's why she gave up on the feelings she had for Marlene a while back. At least she thinks she got rid of all the feelings.

When they finally reached the new art gallery they weren't surprised to see that they weren't the only people waiting for the grand opening, they are however surprised to see a quite familiar face it was Jaquel a french art designer and also Marlene's dad's childhood friend who had visited Marlene only once before to let her know that her dad had passed. Marlene's mom hadn't been a big fan of Jaquel and refused to take the painting that Jaquel and Marlene's father had made together to hang in Marlene's house. When Jaquel saw Marlene he rushed towards her and gave her a big smile "C'est un plaisir de vous revoir, how nice to see you again," he said in his thick French accent. "Oh uh hi," Marlene replied back not knowing what to make of him. Ann stood aside awkwardly and just decided to fiddle with her hair until he would go away, but he didn't instead Jaquel kept talking "blah blah blah..." then, Ann heard something quite interesting "oh and il s'est passé beaucoup de choses et tel with the grand opening and getting ze paintings," Ann took French classes and Marlene was desperately looking at her to translate which she did "he said that a lot of things happened and such with the grand opening and getting the paintings," that's when Jaquel noticed Ann "Oh mon Dieu, I did not know you had a friend with you," he apologized with saying "désolé, désolé," and moved on to talk with a few other guests. Ann was confused "I didn't know Jaquel was in charge of the grand opening," Marlene just replied back "you understood all that! I was just zoning out," Ann shrugged and turned around to face the art gallery as the ceremony for the opening had begun. The crowd started to gather and the next thing Marlene and Ann knew a scream arose out of the crowd.

10:47 am (in the art gallery)

Marlene

Marlene's detective instincts kicked in as soon as she heard the scream. She wanted to rush towards the screech but just as she was about to walk off she remembered Ann and looked at Ann feeling a bit guilty for almost rushing off, but Ann wasn't looking at her she was looking at the place where someone had screamed with concern. As Ann also started to walk towards the screech area Marlene hurriedly followed her. When they got to the area there was already a crowd surrounding a person who looked to be clutching their arm tightly. Jaquel was nearby and looked visibly upset when he saw what was happening. He started to yell in a hushed voice to the man next to him and led the same man he was yelling at away into another area. Marlene's detective senses were tingling and she so desperately wanted to follow them and hear what they were speaking about. Marlene excused herself to go to the 'restroom' and soon went up to the door of the room that Jaquel and the other man were speaking in yet not much could be heard through the door except for a few shouts "WRONG...WHERE..GUAR?" Marlene was confused with the last word but her attention was driven somewhere else when she heard police sirens as well as medics coming to take the person who had been clutching their arm away to an ambulance parked outside the art gallery. Marlene met back up with Ann and asked her what was going on "apparently the hurt man was yelling about how someone

shot him in the arm, though from what I've seen and heard there isn't any gun anywhere," Marlene started thinking and zoning out again but then looked back sheepishly at Ann "sorry that mysteries just seem to follow me everywhere," Marlene jokes «well I guess that is true," Ann smiled and they decided to end their trip and head back to their homes.

Once Marlene got home she didn't rest though instead, she was wondering, wondering quite a lot. That's when grandma came into the room. « Look honey, someone at the art gallery is being arrested,» Marlene's grandma said to her. Marlene looked at the news and something just felt off. Even the news said that no one has found the gun so how could- then it hit her. She put together pieces of the puzzle and ran to the art gallery. There a bunch of officers were looking around for the gun. "Hey! You're not allowed over here! This is a crime scene," one grumpy officer said, after he said that though officer Sandy looked at her and recognized Marlene. "No, wait, let's let her take a look around shall we?" Marlene ran towards one of the paintings. It was a picture of a gun battle, but one of the guns looked a bit more realistic than the others. She pulled the gun out of the painting and handed it to the officers. "You should probably take a fingerprint test on this gun.", But even as she handed the gun something still felt missing from the puzzle, so she soon added to police officer Sandy "Hey, maybe also check if he was hired by someone else," officer Sandy looked at her in confusion but soon shrugged it off. The next thing that happened Jaquel and his redhead assassin were off to jail. "How'd you know?" many asked. "Well when you think about it, a gun in a heavy french accent kinda sounds like a gun?" replied Marlene before holding Ann's hand and taking her with her to another art gallery to finish their date.



Srishad Shiwakoti
Roll no:27026

Future of Electric Vehicles in Nepal

The history of automobiles started in 1886 when Carl Benz created his first automobile named Benz Patent-Motorwagen using fuel. It was a three wheeler car and only two people could travel in it. The first hatchback or 5 seater car was Citroën Traction Avant made in 1938. Then there were many automobiles powered by fuel. Then there came the world's first 7 seater car Nissan X-trail Bobsleigh. Now there is also an auto called Limousine which can fit up to 16 people maximum. There are many models in the market. There has been drastic development in automobiles since 1886 from two seater to 16 seater max.

All the cars which people used were mobilized by fuel like petrol, diesel until the world's first successful, modern Japanese electric car 'Nissan leaf' was introduced in the market. There were many electric vehicles created before but the Nissan leaf was modern and the market of electric vehicles started there. The first electric vehicle was invented by William Morrison in early 1890 but it was not used as fuel was better than it and it gave low performance. The first street legal and capable electric

vehicle was Tesla Roadster 2004 but later it showed problems like breaking down and was unsafe. So, Nissan leaf took an opportunity and amazed people then started the trend of electric vehicles. Before, electric vehicles were just for show off and optional but nowadays it is a need as there is an extreme shortage and high price of petrol and diesel. In a landlocked country like Nepal, a huge amount of money goes to foreign countries while importing fuel. Electric vehicles are comparatively expensive than petrol but once bought it is cheap for recharging and servicing. Electric vehicles are also silent and don't pollute air. It has double benefits than fuel cars.

Electric vehicles are also taking a huge market in Nepal. There are many electric cars and scooters seen on the roads of Nepal. There are many good models of Electric vehicles in Nepal like Hyundai Kona, Hyundai Ioniq, Nissan leaf, Tata Nexon, MG (Morris Garages), Kia Niro, Kia soul, Mahindra e2o, DFSK Glory, Peugeot 2008, Tesla model X (rare), model Y (rare) and model 3 (rare). In Fact there is an electric car made by CG motors in Nepal only which is CG Neta EV. Now slowly, if we improve the market of electric vehicles in Nepal and replace petrol cars with electrics, the money used for petrol would decrease dramatically and the air pollution will also reduce.

So, electric vehicles are the best choice now and are improving day by day. If it is successful to replace all cars with electric vehicles then there would be no problem while driving and it will save individuals as well as the country's economy. Electric vehicles are smoother and have more modern features to enjoy. Some electric cars are powered by AI which makes it safer and more comfortable to drive. Some electrics like Tesla have an auto driving function which makes it more comfortable. Some functions of electric vehicles are Auto which makes it more impressive and there is no need for gearbox which decreases the half pressure of driving. So in my opinion I strongly recommend electric vehicles and hope that people will think about buying electric vehicles which benefits the country, our environment and also ourselves.



Aarya Dhami
Roll no: 27023

Importance of Community Services

Community service is the type of positive work which requires a lot of time and energy to do a particular task. Community service is one of the ways to make society a better place. There are many different ways to work as a community servitor which includes volunteering at local hospitals, clinics, and schools as well as other public or private organizations. If you want to do community service you must work with patience and determination. Community service is not a simple job, it is a very important job. If people don't volunteer as community servitors society may face varieties of social problems. As we know, social problems are the main reason that a country becomes under-developed.

Many people think that community service is a very simple job but in reality it is one of the most difficult jobs as it takes so much determination, hardwork and patience. In our country there are many people who work for community service, example Anuradha Koirala who is the founder of Maiti Nepal and she also has saved countless girls from human trafficking and from being sold, Dr. Sanduk Ruit is also a great example of a person who has volunteered for community service, he has saved countless people from blindness and also has cured and prevented many eye diseases. We should be motivated by these great people as they have contributed to the development of society and have also contributed to the development of community service in Nepal.

Most Nepalese people think that only subject book studies are important and nothing else but only 10% of the things we study from the subject books are implemented. But, the rest of the 90% comes from our creativity and hard work as well as determination. Only talent and determination are not enough to be a successful person, but we will need patience, discipline and hard work to become one. The youths of Nepal are only interested in being an engineer or a doctor, nobody is interested in being social/community workers or teachers. This is also one of the reasons that Nepal is increasing in social problems.

So if we want to develop Nepal, we must participate in social activities and volunteer as community servitors. Even if you don't want to be a community servitor, we must solve the social problems as they are the major reason to cause the society to fall down and create conflicts.

Different Place Different Settings



Phoebe Shrestha
Roll no: 26016

My very first day of school in Sifal School, my heart was not actually regular. I was nervous, afraid, and shy, thinking about what will be the time when I enter my classroom. Will people look at me, will I be able to make friends, or sometimes will I be able to speak with them properly? When I entered the classroom, I quietly sat next to a girl. I introduced myself to her and she did. We were talking, smiling, a little bit. I introduced myself to my other friends. They were really sweet to me at that time, they helped me a lot in the subject matters, discipline about the school, wrong and right thing. One month passed, it was actually hard adjusting in this school. Making friends and talking to them was a bit hard for me. Some of them did but some of them didn't. Slowly, I learned about everything that I was clueless of. There was DSSTalk and other many kinds of activities where I tried to learn and I did. DSS talk also gave me confidence to speak in front of people. But, I am still slowly adjusting, making my habit to get used to. It's obviously hard to get used to a place which is very new to you. My friends are also getting close to me, trying to get to know me and vice versa. Here in this school, I learned how to be patient, be friendly, learn many new things, and control our emotions there too. The work which has been given to us, we probably do things on our laptop. The school is very modernized and very outstanding. Not because we are allowed to bring laptops, but also because the environment here helps many people to get a chance to rest, have fun, and also study with a peaceful mind. Sifal school has one quality that everyone would love to join. Previously, it was hard talking with friends and teachers too. But now I am getting used to it. I am having a great time with all of them. Adjusting here, in this school, I found an easy way. It doesn't take long to talk to teachers and also friends. But,

we can have some problems with it. I love the work, discipline, and the whole process of Sifal School. I found everything here to express myself here.

My only and only old school where I left everything back and moved ahead to this school. Galaxy Public School has been a really good experience in 2 years. I never thought that I would be changing my school again, and leave over everything I had done in here for every second, every minute, every hour. It was really good being at that school. But something happens that we need to look forward to and don't think about the past things again. In activity participation and other many activities, this school has always been late or hasn't even organized once. I think that this school also needs to look at discipline. Not only a few, but many students have bad words, always creating a mess. There's no active participation or something a bit better where we could have been physically active. Galaxy is known as an old but well-managed school from the past. This is also the reason why there are so many people who joined that school. There are some particular activities like: Basketball competition, Football competition, E.C.A. But that couldn't keep our mind busy or prevent us from other things. Galaxy school is huge and has many spaces, but in important things like discipline, it has low standards and many students there have been using words which can never be acceptable. But in comparison to both schools, I found Sifal School a very mannered, disciplined school. Even though adjusting in this school is a bit hard, because of the space we've been given from Galaxy school. But at last I found Sifal school to be a more comfortable, caring school. There are lots of differences between these two schools, but the most safe zone I found is Sifal school.



Roji Gurung
Roll no: 26007

The Dangers of a Teenage Heart

Adeline is a sixteen year old girl living with her parents in a big city. She belongs to a high class family. As a single child she is dearly loved by her parents and grandparents. She gets whatever she wants and can do whatever she wants to. She is a spoiled child hence since her childhood she has been careless. Adeline goes to a well known high school. There she has many rich friends. Gossiping and bullying others is the only thing they do. Days and months passed. Adeline's 17th birthday has now arrived. Turing 17 is something Adeline always wished for. She celebrated her 17th birthday partying and spending money. She also has a boyfriend, Lucas. Adeline and Lucas are a popular couple at the school. People admire them alot and see them as a perfect couple. Adeline's parents had always warned her about having a boyfriend, sexual attactment and many other important things but she never cared to listen to them. Months passed Adeline and Lucas were still in a relationship. Adeline enjoyed being with Lucas. She and Lucas started having sleepovers and parties. Adeline's parents did not know about her relationship. One day, Adeline woke up with an uneasy feeling. She was feeling uncomfortable. She started vomiting. She realized that she skipped her periods. She went to the doctor without anyone knowing. She was pregnant. She was shocked, horrified and disgusted by herself. She called Lucas thinking he would accept the baby. But no, he didn't. He broke up with her.

He left her with a wound that can't be healed. She was scared to tell her parents about her pregnancy so she decided to escape. She successfully ran away from her house. She had enough money for her to survive but it all went to vent after she started taking drugs. She was mentally unstable. She was depressed. Drugs started taking over her body. She became a drug addict. She didn't even realize she was pregnant. She became careless and hopeless. Her money was gone. She ended up sleeping in the street. Her home now was the street. Life on the streets was no more like her luxurious life. As drugs are expensive she didn't have enough money to buy it so she started stealing. She lost her baby due to the use of excessive drugs. She was lost. She didn't feel like living anymore. Her life was turned upside down. She always wondered if she had listened to her parents she would have not ended up like this. Only if she was careful about her surroundings. One day while stealing she got caught and was sent to jail. After spending 3 years in jail she was sent to rehabilitation. Spending another 3 years at the rehabilitation center made her free from drugs. 6 years was enough for her to feel light again. Her parents disowned her in the name of reputation. Adeline didn't mind that as it was her fault too. She regretted not listening to her parents. Now, she is a young adult living in a small apartment. She works as a social activist. She conducts many awareness programs about drugs, teen pregnancy and teen behaviors. She even wrote a book about her life. Adeline's life story has made many people aware about their life.



Prashraya Shrestha
Roll no: 26014

The Hierarchy

Once, In a faraway land lived a 14-year-old boy named Casey, he had spots all over his face and was not the brightest student. He was an orphan and had gone through a fair share of abusive adoptive parents. Even with his dark history, he was a joyful person. Conner was Casey's only friend; he belonged to a noble family who bought and sold slaves. Once Casey was adopted by the Simon family, they seemed pretty nice and they used to treat Casey well but after a few days after getting adopted he stopped showing up to school, Conner got worried and tried to look for Casey but was turned down by Mr Simon, Casey's adoptive father. One day, when Conner was sipping an expensive glass of tea leaning down from his big mansion and looking at his massive green garden, there he saw many workers but one caught his eye as he looked oddly similar to his friend, Casey. He rushed to the garden and tried to find him but he was nowhere to be found, later that day he asked Mr

Simon to talk about Casey and with a grin on his face, he said that he sold Casey to a noble family and they paid them a handsome amount of money. Saddened he walked to his home on the way home he caught a glimpse of Casey and followed him. When he called out for him, Casey gave a blank stare and started heading his way. The other day he saw him gardening again and this time he confronted him. The joyful Casey had a blank emotionless face. Casey showed Conner numerous marks of scars, but soon were spotted by the guards, they were presented in front of Conner's parents. They tried to explain to him how nobles were not supposed to talk to slaves like Casey, hence they resorted to meeting secretly in a hut nearby, years pass of them secretly meeting, An underground alliance was founded 'Red Gloves' an by slaves who worked under the nobles and planned to kill their so-called "owners", as a slave Casey was forced to work with the alliance. There he made many new friends and made a girlfriend named Trisha who Casey loved dearly. Meanwhile Conner planned to move to a nearby city for better education. In a meeting held by the alliance, they planned to strike at midnight on 15th July. The same day Conner was leaving. Casey informed Conner about the revolution and planned to safely get him out of the mansion before midnight. The day arrived, as planned Conner was safely transported outside the palace and the attack began, they covered themselves in red paint and attacked every well-dressed person they saw. As Conner was about to leave he remembers his books which he forgot at the palace. He secretly got in from the back door but gets overwhelmed by the chaos occurring in the mansion and was caught off guard by Trisha as self-defence Conner shots her point blank, Casey witnesses the murder and with rage chases after Conner, who hides in the balcony as he had nowhere to go but soon after Casey spotted him and stabbed him with a knife, after seeing his childhood friend in pain he realises what he has done and he whispers to Conner, "This life, we didn't get the chance to be friends because of this stupid hierarchy but I promise you next life we will meet again" and he pulled out a handgun and shot himself.



Sauharda Bajracharya

Roll no: 26010

One Inch Away from Death

If someone were to ask me about my most traumatic experience, I'd be able to give you a clear image of what happened that day. It was a Saturday and spring was just round the corner. I got dressed up and was on my way to my aunt's house in Bhaktapur. I arrived at my aunt's house at around 10 am. After a small talk about the Bisket Jatra and a hearty lunch, we went to Bhaktapur Durbar Square. First and foremost, we ate pani puri there which is now commonly known as 'Chawsaai dai ko pani puri'. There was a huge crowd there and people were decorating the chariot as Bisket Jatra was on the horizon.

Afterwards, we went to my sister's house which was a little far from the Durbar Square. My sister and their daughter had no idea that we were coming, so they were surprised to see us. It started raining heavily when we reached there and we had to spend the night there. The very next day was Bisket Jatra and after eating breakfast, we went to Bhaktapur Durbar Square. It was full of people and the chariot was still being decorated. After eating snacks, we went to see the Bisket Jatra but it started raining. People didn't seem to care that it was raining and were still enjoying the festival. We returned back to my sister's house and watched the Jatra being televised on TV. It just so happened to be the same day that my Final Term Examination's results were out. After having dinner, we returned back to our house. We had to take a taxi home, but the taxi could only be found on the chowk. So, we had to go all the way to the chowk. As we were crossing the road, a tipper came out of nowhere and it was about to hit me when I suddenly moved right. The tipper was just one inch away from me. If I were to not move right then, perhaps I wouldn't be here right now. This incident shook my whole body and will traumatize me for the rest of my life. Whenever I see a tipper I always recall that incident. There have been news of tippers driving over people and killing them, one of them could have been me as well. Whenever I'm crossing roads I always make sure to check both sides for any incoming vehicles. Just one month prior to this incident, I had gotten into another accident where a scooter had almost hit me. The scooter was out of control and the driver hadn't pressed the brakes. Again, after a year alongside this incident, I was traveling to Janakpur and a motorbike had squashed my feet. Such incidents make you feel like you are in a nightmare. From these incidents, I learned that anything can happen anywhere at any time. No one knows what can happen, when and where.



Joya Shrestha
Roll no: 25004

All I Wanted

There was a guy whom I used to admire the most. The way he looked at me made me fall for him. His eyes, his hair, his voice, his hands, his veins and his everything and the way he used to take care of me made me fall in love with him. I always believed that everything that happens has its own reason and when it happens it has no end either. Exactly the same way it happened to me and it turns out that I was falling in love with my boy bestfriend. After being friends with him for more than 13 years, growing up with him sharing my happiness, sorrow, made me realize that he is the one for me. I was just letting it happen. I was not trying to force it.

I always dreamt of having a relationship like my grandparents. The way my grandparents used to love and take care of each other. It was something I always wanted and all those qualities I found in my bestfriend. In the 13 years of our friendship I never had feelings for him. I guess I was not grown up but now as a teenager it just happens right? And now I'm just letting it go and hoping that he is going to be the one even though I don't have any idea what he feels about me. Maybe I'm just a bestfriend for him. But spending time with him feels like dandelions. I mean in the field of dandelions just us talking about the things we love. I have been crushing on him for the past few months and I'm not able to express my love towards him. Now we are at the end of our highschool years and talking about our goals, we have similar goals, our thoughts, our family background, our favorite things are alike and does that mean we are meant to be together or something special? Even though he has seen my flaws, insecurities but still he calls me beautiful. Sometimes I just felt like it was just an attraction but I never felt the same way for any other boys. I never looked for any other guys after him. He was something that I could never find in other guys. I just lost in his eyes the way he used to stare at me. Does that mean he likes me too? But I always controlled my feelings towards him. I never wanted my friendship to end. He was my crying shoulder. He was something that I could ask God for. I always hoped that he is my love of life. I took a step of expressing my love for him on the last day of highschool. We spent our last of school chilling at a cafe and after that he and I were heading towards our home. I was in his car and we were talking about how our highschool ended and it was the best moment for me to express. It was just him and me. I told him how I felt for him and I got emotional too. He knew all of these things but he was just waiting for the right time just like me and we even planned a date on the same day to express his love for me.

Just like I said before, we have similar thoughts and many more. It turned out in reality and I'm the happiest person that exists. I got dressed up and had a wonderful night. After the date he dropped me to my place and we even told our parents about it. Our parents always wanted us to date and they were delighted. I guess these all happened because we are meant to be together. If a parallel universe exists I hope that he is my lover in every one of it.



Krituka Sapkota

Roll no: 25005

Laid to Rest

(All of the students of grade 10 were called into the meeting room suddenly and everyone was curious about why they were called there. Suddenly the principal enters the room and says “Everyone might be wondering why this urgent meeting is held to give the answer to your question, I would like to call one of the parents of a student who studies in your class.” Everyone started whispering about whose parents they could be and why they were there when suddenly a woman gets up on the stage and starts speaking.

“Dear mom dad,

I am writing this because I have had enough of my life. I cannot take this anymore. Everyone thinks I am doing better but no and I feel like I have no one to understand me, no one wants me to be in this world and I felt that I also needed to go far away from this world. I know after I go you would not be happy but please forgive me for this decision and I am so sorry about it. I love you all very much. I have a small request for you after I go. All my friends might ask what happened to me? Why did I do it? and I want them to have the answers so can you please share the story that I have written for my friends below.

This is my story. A story that has been haunting me forever. A part of my life that has left me traumatized for years and years and I don't know when will I even heal from it. Apart from getting trauma, and anxiety. I feel lucky that it was not anything worse. So, I always felt safe around my neighborhood, I never felt unsafe in my area because I always thought this is my area who would dare to touch me or do anything to me (I was the 6th generation of my family being born there and we were the oldest people to live there and everyone knew me and my family.) but I was completely wrong. My thoughts shattered when I found out I wasn't safe there. I got harassed for 4 years straight, the only time I wouldn't get harassed is when I was away from home. And when I started getting harassed I didn't know what it meant and what was happening to me. I feel lucky that I didn't get physically harassed. This incident took place from mid of 2018. From the start, there was a guy around the same age as my mother who I always saw as a brother figure but I didn't know that he would make my life a living hell. Unfortunately, my room and balcony faced right towards his room. Every time he saw me he would do weird signals and open his clothes and start masturbating. He even followed me once while I was going to school alone. This continued for years and years and I had no one to talk to. The people at school who I thought were my best friends started bullying me and I was afraid to tell my family about it. So I had no one, no one to talk to about what was happening and why it was happening to me. Life was miserable but I had to live with the pain and had no one to share. I stopped going to

school and just started staying in my room most of the time. My grades completely dropped. Everyone complained but no one asked why. Slowly I made new friends and shared with them about this which made me feel better and they also helped me as much as they could. I realized that sharing with many people made me feel better so I shared with people I trusted. There are some people I regret telling but some I don't. I still had not talked to my family about it but my friends always pushed me to talk to them but still had no courage to do it. I even started getting suicidal thoughts like "I should jump from here and end everything at once" or while walking on the roads, "If a car came and killed me it would be so fun." Lockdown happened and neither my bully nor harassment stopped. Being home 24\7 made things worse. I could at least avoid my bully but I could not stop my harasser. Days and days passed like that and one day I finally had the courage to tell my mom about it in the middle of 2021. She was shocked to hear this but consoled me right away. Later my brother and then my dad found out about it. My brother really pushed my family to take action against him but I didn't have any proof against him so we kept quiet. I tried collecting proof but I could not. I started feeling unsafe everywhere, the places, once I felt, started being unsafe places for me. Later we shifted from that place and thought I would be happy again and move on with my life but I never could. One of my teachers found out about it and from that day she was always there for me and always helped me no matter what. She really pushed me to get professional help and I convinced my family. It was really hard to convince them but I eventually did. I went to my therapist and got into medication but it did not help me either. The medication kept me tired all day which helped me to think less but when the medication stopped things became worst again. I started feeling numb whenever an unknown male passed by my side or got triggered by hearing words or seeing things related to harassment, rape, self-harm, bully. I started doubting all the male figures around me, once I was the girl who felt safe more around males started getting scared of everyone. But to those male friends, I shared about this always helped me and always made me sure that they were a safe place for me. Life has never been easy and that's why I took this harsh decision. Now if anyone wants to judge me you can judge me all you want and hate me but I think on my part I was completely right and took this decision. I know I am selfish as I took this decision but this was the time I felt right being selfish."

This was a suicidal note placed on her nightstand. She was hanging from her fan when I entered her room. My child Kiyara was one of the bravest and strongest people I have ever met. She fought at an age when most people couldn't. I feel bad that I never told her this but I am really proud of my daughter and really happy that she is my daughter. Losing her was the hardest thing I have ever dealt with but I always knew that she is now in a much better place and away from this cruel world" (Kiyara's mom ended her speech and letter that Kiyara had written before ending her life.)



Smriti Lama

Roll no: 25015

The Life of Two Brothers

In a small inaccessible village, there was a very beautiful family of a couple where they were expecting a baby. The couple's names were Mr. Pradhan and Mrs. Pradhan. They had a twin baby. They were happy that they had twins but at the same time they were scared that they wouldn't be able to fulfill their child's basic needs because of their financial condition. It was a big responsibility for them to raise two children at the same time when they were already having a problem raising their elder daughter. Mr. Pradhan decided to go to the city for work. Mr. Pradhan went to a city and Mrs. Pradhan continued her agricultural work in her village. Mrs. Pradhan was unhappy about his husband going to a city far from her. She was not ready to accept the decision of her husband but somehow she knew that her husband is going to a city just for their own family, to earn money and to fulfill their needs. Their elder daughter was not able to go to school because of financial problems and as well as at that time girls were not allowed to go to school. Their elder daughter, Alisha knows that she should study for her future and also she wants to study. She had a dream to become a successful person in the future but she knew that her dream wasn't going to come true at the same time.

Her uncle came up with a marriage proposal from the house of a very nice family from a nearby village. The boy was well known by every villager because he was the son of a Mukhiya of the village. The boy was educated and also understanding. Mukhiya liked Alisha from her childhood in a respectful way. Mukhiya didn't have any daughter. He had 3 sons Bonaj, Prabesh and Samit. Eldest one was Samit, youngest was Bonaj and Prabesh was a middle child who was adopted. Like he was found near a village river. And Mukhiya felt very bad for him that's why he and his wife decided to raise him. The proposal of marriage was proposed by Samit. Mukhiya always wanted Alisha to be his daughter in law because he knows how beautiful and nice a girl she is. He thinks that Alisha also knows how to take care of the family. So finally, Alisha accepted the marriage proposal because she also feels lucky that Mukhiya wants her as his daughter in law. There is one saying that if there is no other woman in the family then she will definitely stay happy forever and doesn't have to worry about any problems. Alisha was happy because there were no other women in that family except Samit's mother. After some days, Samit and Alisha get married and she leaves her father's house and moves to her husband's house. Mr. and Mrs. Pradhan was also very happy for their daughter's wed-

ding. Mr. Pradhan was also earning good money working in a city. He had taken a flat there so Mrs. Pradhan with her twin sons moved there. After some years, they admitted their son to a private school. Everything was going nice. The oldest twin was named Rupesh where the other one name was Ramesh. Rupesh was very good in studies and everyone liked him. His teachers appreciated him every time. But on the other hand Ramesh was getting spoiled day by day. He had a group of 5 friends and they used to roam all day. His parents would give him money too. He had started smoking and drinking. Rupesh, on the other hand loved his parents and took care of him but the parents always focused on the younger child Ramesh more than Rupesh. Rupesh saw his brother smoking and when he complained that their parents did not believe in him. He was very upset. Instead they scold him for lying. That broke rupesh heart and he decided to leave the house and go abroad.

The father used to love them both equally but the mother loved her younger boy the most. Mr. Pradhan used to tell her that discriminating between our two sons is not a good habit but instead we should love and support them both equally. Whenever Ramesh did anything wrong mother would never scold him. Repuesh went to another country to study as he got a scholarship to a very nice university. Here his brother was slowly falling for drugs. His parents were unaware of it. Now he had become a drunkard. His parents are very sad about his behavior. They were regretting that wy didnot they strict him. Rupesh was aboard and was happy but here his parents were crying because of his brother. Their parents had always neglected the behavior of their younger child. Now Ramesh has become a dunkard he has no work and he is jobless. He always gives trouble to the family. The lives of two brothers are very different. One is abroad having a wonderful life whereas the other one is a dunkard who always gives trouble to their parents.



Jiya Sapkota
Roll no: 25003
"Kathryn"

Margaret, one of the oldest workers of our palace, was gently combing through my hair. She has been working here since my mother was born. She is a sweet lady who has been serving us regardless. People here say that she was the only one who my mother was truly close with. Margaret often used to tell me stories about my mum but I never really felt comfortable learning about her and neither did I like calling her mum, knowing that she was the same age as mine when she had me. I never really had known the story behind my mother's death. So I, out of context, asked Margaret today. She was tying the laces of my corset and I noticed that my questioning startled her. She tried to ignore it as much as possible, she made excuses but I looked her in the eyes and said, "Look, I really need to know this". I saw her looking away so I gently turned her my way and said, "If my mother was capable and old enough to have me at this age, then why do I not deserve to know whatever the reason behind my mother's death

is? Do I not look like I am craving to know the mystery that you all have been hiding since I was born? Does it not look like you all need to clarify about my dead mother? About my literal mother?”. By this time, I had noticed that her gaze shifted towards me, she took my hands and said, “You deserve to know everything, love. But the thing is she was forced. She didn’t want any of it, it’s not about capability or being old enough.” she stated. She didn’t want any of it. These words gave a sharp pain in my chest. Learning that my own mother didn’t want me, seemed undigesting and hurtful.

“Valerie?”

“Your mother was just fifteen when she was carrying you, she had to go through a lot.”

I asked her to go on and share everything.

She began,

“Kathryn was the perfect princess, she was loved and adored. Her beauty was absolutely breathtaking and she had this perfect voice that everybody loved. And she not only had beauty, she was also a kind person with practical thoughts. Almost everyone worshiped her. Of course, the ones who didn’t were probably jealous of how almost perfect she was.

Because of how gorgeous she was, many kingdoms asked her for their sons. Nobody seemed like the right choice though, but the king and queen were deciding to make her marry a young prince named Nicholas Pierce. Although Kathryn didn’t agree to it, she was forced to agree to have a marital relationship with the Prince after turning 18. As part of the agreement, they had to conduct an engagement. Although they were to get married in the future, they had to set up a relationship just for fame and the media. Reminder that Kathryn was all against this but she had to put on an act. Later, After a week of engagement Kathryn was found unconscious in the halls of the palace. She was found fully uncovered. She was immediately rushed to the checkup room. She was raped, Valerie.”

At this time a shiver ran onto my body. I was shocked.

She continued, “She was raped by Nicholas, and so everything was rushed. Both of them were forced to raise the child. No matter how much Kathryn cried and begged, she had to keep the child, she had to listen to what her parents said. It was all for the media, and for the sake of their reputation. Just imagine how much hatred she felt for a man she already used to hate. She was forced into everything, she was just fifteen. She hardly knew things. She was forced during the engagement, the sexual relation, bearing the baby and carrying it for 9 months. She shut herself down for 9 months straight. She was in need of help, she was crippled. She hardly ate anything. She slowly lost her energy and she turned pale and weak. But, she stayed alive for you. To bring you into this world. No matter how much she hated living, she lived for you, but she couldn’t live after giving birth to you. She was pale and weak, she couldn’t bear the trauma too. She saw you and took you in her arms, she named you and shed some happy tears. The same night, she breathed her last breath.”

As she finished, I wiped my tears away. Margaret came towards me and she gave me a hug of comfort. I stayed silent until she left the room. I couldn’t speak, and I know she understood it too.



Niharika Chapagain

Roll no: 25006

'Are you happy?'

I was in my room, sitting on my bed. I had my laptop on my bed desk and was listening to "How to Disappear Completely" by Radiohead. The room was dark and was messy with my clothes scattered in the floor and food items and books scattered on my bed. I myself was not completely clean, with frizzy hair, dirty clothes and an unwashed face. I was vibing to the song, feeling and relating to it. Suddenly the door opened and I saw myself entering the room. The other me slowly entered the dark room, sat beside me on the messy bed and slowly glanced at what I was listening to. As if it knew, it started staring at my face with a painful expression. It observed me, my room, my face and my heart. It saw through my soul and what I was hiding within. I felt exposed and vulnerable. Then after a long time of observing me, the other me finally spoke only to break me down. It asked me, 'Are you happy?' I had no answer and I was confused. I didn't know why, why was I feeling so suffocated right now? The room suddenly felt so small to me and the music felt like it was made for me. My breathing fastened and my heart beat rose, then the tears flowed down slowly.

Then I snapped back to reality. I was actually in the classroom, in my school and sitting on my desk. I absentmindedly stared at nothingness for what felt like an hour. I was going through an internal battle inside me. I was overwhelmed that I did not notice my teacher had been calling me. Then it suddenly hit me. The teacher was trying to make us do meditation for a while and I got carried away. The teacher asked me, 'What did you see?' I gulped trying to control my emotions and replied, 'I saw myself... in my room. I was listening to music.' I took a breath while my teacher encouraged me to speak. I continued, 'And I asked-' My voice quivered and I slowly, trying to gulp down all my emotions, said, 'I asked to myself, 'Are you happy?' Then it was all out; the tears, the suffocation, the burden, the pressure and everything that I had been feeling since last month. I ran out of the class and entered any room I could get to. I couldn't comprehend what room I was in. I cried, not caring about anyone. By anyone I meant, my classmates who were probably laughing at me right now, my friends who might think I was disgusting for feeling like this and those judgemental eyes who always seem to interfere in my life.

I felt the pressure, I could and the suffocation in my chest and tears rolling out of my eyes were the proof of it. Then I slowly started to notice my surroundings. I was in a washroom and staring at myself in the mirror. As I stared, I found myself whispering to myself, 'You are beautiful and talented. You don't need anyone's validation for that.' I realized I wanted to please everyone. But it was not possible. As the process of me satisfying everyone started, the expectations people kept from me increased and became something I couldn't handle anymore. It was the reason I wasn't happy. I always said to myself and reminded myself, 'You are not enough! Try more. Work more. You need to be the best. You need to satisfy your family, your society, your teachers, your friends and even yourself.' I realized I myself was dangerous for me and was killing myself from inside. I blamed everyone

for keeping expectations for me but never could see the expectations I kept from myself. I never saw the moments where I was disappointed in myself for not achieving something and beating myself up to be a perfect child. I never noticed the sulking feeling inside me everytime I lost. Everytime I lost, I blamed myself for not being competitive and intelligent enough. It is not that I did not have happy moments in life. I had and those moments were the best time of my life as they were the times where I forgot to be perfect and accepted my flaws, accepted myself as a whole. While I was drowning in my thoughts, I heard a knock in the washroom. Thought it was probably someone wanting to use the washroom as I was sure no one in the school cared for me and thought of me as their friend to worry about me. But boy, was I wrong!

As I cleaned myself up and got out of the washroom, I was welcomed with a hug by my three best friends. I hugged them for a while and they said the teacher had allowed us to get some fresh air. So we all went for a walk in the school. Our school had many gardens so we went to one of them. I spent my time with them and collected myself together. I realized, I was not the only one feeling the burden, my friends did too. 'I never shared such things with my friends and always kept it to myself. Maybe this was the reason I was overwhelmed today.' I thought. My friends never left my side and made sure that I was okay. Every second they looked at me worried, I got to know that I was loved. I had real friends who at least stayed with me in my highs and lows. We best friends took some time together and returned to the class. As I had expected, my classmates did laugh at me but I didn't care anymore. The teacher understandingly and softly asked me, 'Are you okay? If not, you can take some time.' I took a breath and nodded, smiling to the teacher signifying that I was okay. Then the teacher again instructed us to do the meditation but this time for relaxing me. After the meditation, I was half-relaxed and at least better than before. Then the class ended and the teacher headed to another class reminding me again to talk to them if anything was wrong. I realized what I had done wrong in my life. I realized I need to learn how to complain, how to say no and how to not agree with someone in everything.



Angel Dhimal

Roll no: 25002

Did I Deserve It?

My name is Akriti and this is my story. I am from a tiny village where I lived with my parents who were farmers. We were just a middle class family. Our basic needs were fulfilled but if we had to buy something expensive then we had to think about it. We had a happy life but somewhere we wanted our life to be more beautiful so that we would fulfill all our luxurious needs. Life was only "comfortable".

Mamu and baba used to work all day long and I used to go to school. At night we would sit around the fire and talk about our day. One night while sitting my mother was complaining

that she was not feeling well. She was vomiting. We got the news that our mother was expecting a baby. We were very happy but we realized that having a baby would increase our responsibility and expenses. Mamu and baba were worried about not being able to fulfill our needs or the baby's. Some villagers came to our house and suggested not to send me to school which would help in saving money. Mamu looked like she was in favor of the idea but I somehow convinced baba not to make me leave the school.

Days passed and we were excited in anticipation of the new baby. I was finally the big sister of a baby boy. I was just 13 years old then. Being a sister was a very proud thing for me. But slowly our life changed. We began facing a lot of trouble to maintain our life. As days changed my brother grew up, it was time for him to go to school. The decision taken by my parents shook me real hard. They took me out of the school and admitted my brother there. I was very angry with them. Then I was sent to the landlord's house to work as a maid. I was very upset with my parents' decision. I wanted to study but they favored my brother. I worked day and night at the landlord's house and earned some money. One night my father fell from the roof of the house and got hospitalized. We had a lot of trouble during that time. My father was returned to the house but he couldn't work because of multiple injuries. The landlord had given us a loan to pay the hospital bills and for medicine too. So for that reason I had to work overtime to pay his money. There was a guy who came to the landlord's house often. He was a nice guy. He talked with me. It seemed that he was an educated guy. He comforted me by saying that he would take me to the city, manage a proper job for me and he also said that he would fund my education. He talked with my parents and they were ready to send me to the city. My parents thought that if I went to the city and worked our life might get better. Next day he took me to the city. I don't remember what happened to me after we took a bus but when I opened my eyes I was in bed.

I went out and saw many girls of my age wearing short dresses. I was shocked. Later they told me that I was in a hotel. The man, Mukesh, had sold me at a brothel. I was broken. All my dreams were washed off. The man who showed me dreams of going to school again working in a nice office sold me off. I remembered my parents and cried a lot. My life was hell for the whole 5 years. I always used to question myself, did I deserve this? Somehow me and 3 other girls managed to escape from there when there was no one. I returned to my village. I was scared to go there. Would my family accept me? How would society take me? Things were running in my head but I had nowhere to go so I had to return. I took a bus and arrived in the morning. I went to my house and saw my brother first. He was very happy to see me. Mamu and baba both came out. They too were excited to see me. I could not stop my tears so I cried alot. I told them everything that happened to me. They were very scared and in shock to hear about my situation. I was happy being back with my family. I decided to start a new life. My school was running a campaign for girls I joined there. I got a free education. Now I am a social worker. I work for girls like me who get sold and whose dreams are not valued. I have learnt a very important lesson in my life. I wished no other girl's dreams would get sold and no one would have to be a victim to such a crime. I was lucky to be born to my parents for they loved and accepted me, unfortunately it is not the same for others.



Sunabi Pokharel
Roll no: 25018

Exams shouldn't be prioritized

An examination is considered one of the most important aspects of education. According to google dictionary, an examination is described as the formal test of a person's knowledge and proficiency in a subject or skill. It is a form of educational assessment. But is it actually needed? Well, although I am a bit confused about some factors, I still prefer that examinations should not be prioritized. I am not supporting this statement because I am someone who is scared of examinations but instead I am doing so because exams have cons rather than pros.

If taking examinations is all about educational assessment, then there are various means that can be used to assess the student's knowledge rather than written examinations. Fun activities like quizzes can be held. Also, students can be assessed by their daily activities like behaviors, classwork, homework, and even projects. If we ask a bunch of students about what they find the most tiring part about education, I believe most of their replies will be examinations. The word "examination" itself feels like a huge burden to students. If a person does classwork and homework properly and has answered most of the questions asked in the class, it already means that the person is proficient in the field. There are indeed some students who do nothing at all the whole year, but in the end, they secure good marks on the written tests. This either happens by cheating or by memorizing. So, is this actually practical enough? The answer is no. What will be the effect of learning without even understanding the concept? Also, exams create a feeling of jealousy between classmates. A very unhealthy competition gets created among classmates and even between best friends. We all know that every person is proficient in their own field. There is a quote by Albert Einstein which goes like this. "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." Taking exams and judging students based on them is equally foolish as judging a fish by its ability to climb. Exams are never the factors that determine an individual's skills and strengths. In the greediness of securing a good mark and being in the first position, cheating takes place a lot. When schools value marks more than skills and proficiency, it is not shocking to hear that cheating takes place. As I said previously, an examination is like a burden to students. It causes a lot of stress to the minds of the students. The result achieved after giving the examinations, if bad, might even lead to getting depressed or anxious.

As far as I have seen and experienced, examinations have become the determiner of how well the student has memorized rather than how well have they understood. We can even take the example of Finland. Finland has no standardized tests except for one exam at the end of the senior year of high school. There are no rankings, no comparisons, no competitions, yet Finland is the happiest country in the world. Sometimes, I even believe that not prioritizing examinations is one of the major reasons that Finland is the happiest among all the countries.



Aaditya Uprety

Roll no: 24008

Why Realities Don't Alter Our Perspectives

The easiest thing can't be clarified to the most insightful person assuming they've strongly changed over that he knows previously, without a sad remnant of doubtfulness of what's laid before them. What is continuing then? For what reason doesn't information adjust our perspectives? Furthermore, how could somebody keep on accepting a misleading or wrong thought in any case? How do comparative activities serve us? People need a pleasantly exact perspective on the world to make due.

Notwithstanding, additionally you battle to take successful lead every day, assuming that your model of the truth is chaotically not quite the same as the real world. In any case, verity and delicacy aren't the main impacts that build up to the human brain. People likewise feel like they want to have a place. In *Atomic Habits*, I expressed, "People are group animals. We need to fit in, to bond with others, and to gain the appreciation and gift of our friends. Comparative tendencies are crucial for our endurance. For most of our transformative history, our predecessors lived in lines. Getting isolated from the genealogy — or more terrible, being projected out was a passing judgment." Understanding the variety of a circumstance is significant, yet the remaining piece of a heredity is as well. While these two sales habitually function admirably together, they now and again collide. In various conditions, social association is more useful to your diurnal life than grasping the variety of a specific truth or thought. The Harvard clinician Steven Pinker put it along these lines, "Individuals are embraced or sentenced by their convictions, so one capability of the brain might be to hold convictions that bring the conviction holder the highest number of abettors, safeguards, or votaries, instead of convictions that are probably going to be valid." We don't necessarily accept impacts since they're right. Sometimes we accept impacts since they do right by us to individuals we watch about.

Fulfilling somebody to alter their perspective is actually the most common way of convincing them to change their clan. Notwithstanding, they run the danger of losing social ties, assuming that they forsake their convictions. You can't expect somebody to alter their perspective on the off chance that you bring down their local area as well. Nothing needs their perspective torn piecemeal assuming depression is the outgrowth. The method for altering individuals' perspectives is to come musketeers with them, to coordinate them into your ancestry, to bring them into your circle. Presently, they can change their convictions without the danger of being deserted socially. False convictions can be valuable from a social perspective for sure in the event that they aren't helpful from a real perspective.

We don't necessarily accept things since they are right, however we accept them since they do right by us to individuals we care about. Everyone in the society has to accept the reality even if it's false just to look good in the society. So we can say that realities don't change who we are, nevertheless the one which makes us change is us ourselves.

Grabbing opportunities

The lake was glistening and the sun was setting as I stood there hoping to find some inspiration. The view was amazing but no, there was nothing. My head was completely empty and there was nothing I could think of. My editor would surely yell at me for not writing a single word from my manuscript. I was at a loss. Not knowing what to write I headed home with a heavy heart.



Simone Shree Pathak
Roll no: 24064

I had come to the city in hopes of making it big as a writer but I didn't think it would be this hard. In hopes of pursuing what I truly liked, it seemed I had forsaken my future. I was earning little to none. Maybe I should have just stuck to science just like how my mother wanted. My mother was a very prejudiced person. She may not have had the greatest personality but to me she was a great mother. I missed her more after coming to the city. It was homesickness. She was my only family left. The lack of ideas was making me stressed. When I reached home, I threw myself in my bed and started recalling and reflecting on my day.

Right then, my phone starts ringing. It was my editor. He was a devil in disguise. I really didn't want to pick my phone up. Reluctantly, I answered the phone. I was preparing myself for it but it wasn't my naggy editor on the phone. It was someone else. I was mistaken. The person asked if we could meet tomorrow. I immediately agreed without much thought. It was my first major gig. The person on the phone was a movie director. He had asked me if we could meet tomorrow.

Tomorrow arrived, I woke up all tired although I was asleep just before. I get dressed and get ready to meet the director. His name was Steve. He was known for making non-commercialized movies. This was his first time making one and specifically asked me to write the script to his movie. I knew this movie would be big knowing it had included an A-list actress; Claudette. I was asked to write a thriller. I headed home thinking what to write and just then luck favored me. I saw the news saying of a serial killer who was on a run. I decided to write about murder. I had my first step down. After some constant pondering sessions, I did come up with something. However, I was afraid it wouldn't be good enough.

The story would be about a girl who was an amnesiac but she was hiding something even to herself. After a few meet ups with Steve and a few discussions, the script was ready. The title would be "Concealed". The movie blew up and hit the box office. Of course, so did my career. I got a lot of recognition. Now I've become one of the biggest writers in the literature industry with a bright career ahead. Nevertheless, what I wanted to say was, one must grab every single opportunity they're given before it's too late.

Books or Life Experiences?



Muskan Singh
Roll no: 24023

Books refers to the written documents on different subjects which each individual prefers to get knowledge and a better understanding about the things as well as the world. Although on the other side we have Life experiences which are the experiences that we go through in our day to day life and many of us also get much learning and knowledge through them. So today we are going to compare and contrast between book-knowledge and knowledge from life experiences. We will see which is the most significant in our lives.

Books and Life experiences both have a pivotal role in our lives. As a student for me both have been a great source of knowledge but today we would be looking at a wider angle on both of them. Books are the reference materials which allow us to learn about many things and objects. Many people have achieved something great in their life through books and that's a fact. As we see the scientist, engineer, doctor, or any other person they all have been referring to the books in order to gain knowledge. Ernest Hemingway has also said, "There is no friend as loyal as a book". But the question is that has only books been the one to their success or talent and life experiences have also played an important role?

Now let's move on to the Life experiences which simply are the experience that alters a person. This is connected to difficulties, challenges, taking risks, effort, and creativity whereby people push themselves to develop their character, talents, and knowledge. Life experiences have also been a very important and pivotal part of the learning process in each people's lives. I would share a story of my personal few experiences that have had a great impact on my life. Few days ago there was an orientation session held in our school for the freshers. The session got extended half an hour so it ended up a bit late. I had told my mom that I would be home soon so let's have lunch together. But after the session my friends asked me to come with them as it had been a long, since we had gone out together so I agreed. Unfortunately I didn't have a recharge in my phone so I could not inform my parents but after I reached home my mom was literally very worried and she was searching for me. I learned a very important lesson: never go out without informing your parents. It might seem like a small issue but actually it's not. Similar to this we have many experiences that give great learning and change our perspectives. I feel each experience is most beneficial for the development of our consciousness that will be provided by life.

Now let us compare these two concepts. Books help us understand the physical significance of objects and concepts. It helps us in academics, morals, concepts of nature, materials, society, language, health and makes us more skeptical. George R.R Martin has also said that, "Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers." Life experiences help us be more practical, intellectual, habitual and fit in society norms. Our experiences also impact how we react to different circumstances and life events. Your way of thinking, attitude, desires, expectations, and social behavior are all changed or influenced by our experiences. Numerous of our encounters are typically of a personal type, and many more are conceived. I also believe that people who are aware of their goals as youngsters have different life experiences. We are becoming more aware of how interconnected we are and how, if we capsized the ship we are all on, we would all perish. But at the same time, we have grown so absorbed in our own lives that we believe we are alone. So we all have different perspectives and learnings from our experiences but one thing in common is our knowledge which increases day by day.

Let us contrast these concepts. If we see then, books knowledge is a bit limited. Yes, of course we get to know more about society, science, nature, materials concepts and so on. But we can gain more knowledge from them if we are skeptical, if we are forced then it's nothing but a memorized line of documents to us. So it shows us that books also impact different people in different ways. We need to show how much applicable knowledge has been gained from books. Yes it helps us in examinations and to be clear in concepts whereas if we go in a field related to it then it helps us in our career too. As our principal says, "Book knowledge is applicable to only 10 percent of our life". Somewhat I agree with him because in our society especially children are forced to score good marks whereas after a few years parents and others don't even remember their scores. Similarly the academics reference doesn't help you in grossful situations in our life. I personally have experienced it as I am good with academics but there have been many situations in my life where they all seemed useless to me.

I believe all of our life events have an impact on who we are. And both positive and negative memories have permanently changed how we view our present and future. We are nothing more than a mind over matter that is a result of the experiences we have in particular situations throughout our life. Our choice of response and how we respond to an experience create an almost permanent code for how we will react to similar experiences in the future. The next time we have a comparable event, we are more likely to react in a similar way. Therefore, how we choose to respond to our experiences will have a significant impact on how we learn, understand, react, form ideas, and behave in the future. So I think we can conclude that our Life experiences have played a more important role in our knowledge, mindset and behavior towards life rather than books. Nev Schulman has also said, "Life experience is what defines our character, even if it means getting your heart broken or being lied to. You know, you need the downs to appreciate the ups. Going on the adventure or taking that risk is important."



Aarambha Aryal
Roll no: 24003

Generation Gap and Parenting

In today's world, we can see different problems between parents and their children. This is mainly caused by the generation gap. Generation gap is a psychological gap between older people and younger ones. A difference in opinions, values, attitudes and lifestyle among people of different ages can also be termed as generation gap. It creates misunderstandings between parents and children.

The key to reducing the problems caused by the generation gap between parents and children is good parenting. The success of parenting lies in how effectively parents avoid the differences with their kids. Today, people are very busy with their hectic schedules due to which parents are unable to spend time with their children. Some parents follow the traditional ways of living and tend to be strict towards their children due to which the children are unable to express their thoughts and ideas to their parents and turn into friends for advice, who are inexperienced.

It is essential to bridge the gap between parents and children. Parents should establish a bond with their children instead of distancing themselves from the ideas and opinions of their children. This will reduce the negative effects of generation gap and parents will also be able to guide their children to a better future. Many parents evaluate children by comparing their children's state with that of their own states at the same age. When a parent was in their 20's, they might've wanted a bicycle but their children of the same age may ask for a motorbike. It is due to change in time and modern lifestyle. Therefore, parents need to understand their children better. It is essential for parents to talk to their children and treat them as they should at the age. Always being treated as a child can be humiliating at times.

Love and care are the best antidotes to mitigate the problems of generation gap.



Bidhan Sen Oli
Roll No: 24015

Time Travel

Time travel refers to the process of travelling through time, either to the past or the future. I find the concept of time travel really fascinating. Just the thought of being able to go back to the past or in the future blows my mind. I got into time travel mostly because of movies and series. They consisted of characters travelling through time themselves or just their consciousness travelling through time. Even if the ways they time travel are shown in movies might not seem practical or realistic but just the concept of it itself is mind boggling to think of. Who wouldn't want to travel through time? Imagine the things you could do if you could control time or just have something as simple as a time machine. Most time travel movies consist of the basic plot that goes like this; the character travels through time in order to change the past or the future and all the incidents and consequences that will occur during the journey.

Time travel isn't simply just one genre of movies or shows but actually can go way deeper and become more practical. There are many theories, ideas that revolve around the concept of time travel. One of the most fascinating concepts I find is the grandfather paradox. The grandfather paradox is a problem that occurs when a person travels back in time. Suppose a man goes back in time before his parents were born and kills his grandfather. Since his grandfather died, his mother/father were never born and since his parents weren't born he wasn't born either and never existed. How is this possible? Such interesting ideas and theories are what makes the concept of time travelling engrossing. Similarly, another one of the interesting concepts regarding time travel is The Butterfly Effect. In this system/concept even the slightest change in the past can cause a vast change in the future or even create different timelines which I find absolutely intriguing. The thing that makes

me so interested in this genre is how it doesn't just consist of time but also space and reality. There could be different realities just due to time travel. There will be an infinite amount of questions when dealing with such an eccentric topic.

The most famous and popular movies or TV shows that consist time travel which I've watched and enjoyed a lot are Dark, The Butterfly Effect, The Umbrella Academy, Avengers: Endgame, The Adam Project, Erased, Steins; Gate, Tokyo Revengers, Your name, Re:Zero, Baar Baar Dekho, Lucy, Time Story, Interstellar and countless others. Even though all these shows have a different approach to time travel or some similar, all of them have such compelling plots and stories. I don't know why, but I am immediately attracted to anything regarding time travel and time itself. Due to all these reasons I seem to find time travelling really appealing and interesting. Time Travel has to be one of my most favorite genres and it will never fail to amaze me.



Aarnav Dahal
Roll no: 24005

Effects of Anime on Modern Culture

The word 'anime' is an abbreviation of the word animation in Japanese. Although the original intention of the word was to refer to all sorts of animation, in current times people use it to exclusively refer to animated content made in or originating from Japan. For the longest time anime has been a very niche topic rarely ever talked about online but in recent years it has become a steadily growing cultural phenomenon all over the world.

The reason for the almost underground status of anime in the past was due to the prejudice that people had towards anime thinking that it was just a cartoon made only for kids under the age of 10. Due to that even the most passionate anime fans would refrain from sharing their hobby with others trying to avoid being bullied for liking "cartoons". That being the case there was still an outlet; a place where people could share their hobby of watching anime with others in organized anime events called conventions. Conventions are events specially tailored for people who are interested in meeting other people sharing the same hobby as them. These conventions are akin to a cultural festival where people dress up as the characters they like from their favorite anime. It is also a place where people can buy and share fan-made cosmetics, figurines, fanfics and various other souvenirs related to different anime series.

Lately, anime has picked up in popularity due to many famous youtubers and twitch streamers sharing the fact they have watched anime as well as the anime industry itself has leveled up after the pandemic bringing out one banger anime after another. This wave of change has created an opportunity for anime to become a mainstream topic. The major effects of the change brought by anime can

be seen the most in the online platforms where anime has created many different memes and quotes loved by many online users. Not just that but anime has created a platform for use to view great stories portrayed by anime. Yes, although there are a lot of anime out there that are pointless and a huge waste of time but there are many diamonds in the rough waiting to be found by us and be a witness of the story they tell.

I have been watching anime for almost a decade now so I am very pleased with the increase in the popularity of anime. I also hope that soon anime will be viewed as genuinely great source of media and not just some dumb “cartoon” for children.

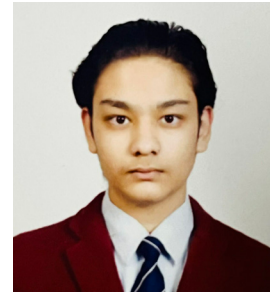
A Guide on How to Create a Dystopia (How to not run a society)

In one of my little thought experiments today, I was thinking about how we could make society so miserable and manipulated that the people are driven to the point of insanity. Well, it turns out the world is full of such experiments, most of them have the tendency to be violent dictators, but they give us useful psychological data to work with.

Okay, first of all, we need to know what is a dystopia, it's a sad and pathetic environment with everything under chaos, mistrust, and mismanagement where the masses are manipulated socially and mentally to destroy the sense of humanity for the people there. The word itself highlights that the human mind is fragile, yet so powerful.

For the first step we have to take to create a dystopia, the first thing we ought to do is to wipe out every form of creative thinking and brutally suppress it, maybe through “re-education” or concentration camps. We must shatter all hope of free-thinking, so much so that no one shall dare speak out against the system. After the first step is done, we must move towards a distraction, something so significant that it will change the attention of the people from how cruel our society's intentions are to another event, a war would be a great idea, find a reason to go to war with another system of government, or perhaps even a country, remember, we are trying to make our society miserable. After doing that you'll have a huge populous terrified without having any clue of what's going on, they're just like sheep waiting to be fed. Okay, let's consider you've got them all right and have done everything smoothly. The next thing you want to do is create a social hierarchy with yourself at the center, or with all the power, with that happening no one can question your authority. Now for the last step, strike the education. If you want to destroy a country or even a society, I repeat, strike its education down, in this way no one will get any “ideas” and it will mark you and your party as the “all-knowing entity” which will make you some kind of God basically.

If you manage to do the following steps smoothly, Congratulations! You have officially created a dystopian society with your authority and rule unquestioned, I strongly recommend whoever is reading this article to not take the words literally, but as a guide on how to not govern a society or perhaps even a country, as it is just a small thought experiment. This article strongly portrays the society that was present in George Orwell's 1984.



Shubhashish Uprety
Roll no: 24040



Himani Bhattarai
Roll No: 24021

Abortion: A legal Women's right

In simple words abortion can be defined as termination of human pregnancy. Abortion has become a very sensitive issue as it deals with topics such as morality and public health. Laws regarding abortion varies from place to place. Some places have legalized abortion whereas in some places abortion is still illegal.

There are many reasons that leads to abortion. The main reason for it is unwanted pregnancy which is the result of rape, failed contraceptive methods and unwanted sexual activities. In some cases medical experts recommend abortion due to greater health risks. Various campaigns are being held in different countries all over the world for the legalization of abortion. Scrolling through social media I see posts of rallies and campaigns all over my feed. "Our bodies, our choice", "government must not control our bodies", These are the major quotes and slogans I have seen in social medias regarding the issue of legalization of abortion. Women have started fighting for their rights. Despite their efforts abortion is still illegal in many countries. But the question is, Should abortion be legalized?

In my opinion, Yes abortion should be legalized. Pregnancy may come at the age or time when the woman is not capable and ready to give birth and raise the child on their own. Is it a good thing to force them to give birth when they are not ready? No it isn't. This brings greater effects on the mental as well as physical health of the woman. Raising a baby is not a child's play. It needs commitment. The couple or the individual should divert their attention to the baby and take good care of them until they are grown up to look after themselves. Mostly in unexpected pregnancies, the couple are not ready to raise a child so is it good for them to give birth to one? No it is not. In the future they might neglect the child as they were never ready for one. They might not be financially ready as well, which might lead to poverty. Banning abortion does not really stop it. People will find illegal ways to terminate the baby. They will find unsafe measures to abort the child. Unsafe and illegal ways of abortion carries greater risk and the women might die during the process so it is better to make it legal and provide safe abortion services. If not women have to die untimely just because government decided to make abortion illegal and control their body.

A fetus can be considered as an organism which has no life. So, I think it is better to terminate it if the women or the parents are not ready rather than giving birth to make it suffer more. Abortion must be a legal women's right. After all it's the women who go through all the pain they should have the right to decide what happens to their body rather than letting the government control it.



Pranjal Khatiwada

Roll No: 23030

Battle of the Fantasies

Can anybody even remember how Game of Thrones ended? The epic fantasy world of powerful lords and dragons reigned on television but sadly resulted in a hasty and anticlimactic ending. But that hasn't stopped network executives from once again taking on the challenge of launching more fantasy shows into the Game of Thrones (GOT) world. So, let's look at how the two fictional titans, one on HBO and the new Lord of the Rings: The Rings of Power on Amazon Prime will compare one another.

First, up, George RR Martin's competitive streak is inflammable, Game of Thrones author George RR Martin's excited to see the planned prequel series House of the Dragon also with the Lord of the Rings: The Rings of power. The House of the Dragon will premiere on HBO less than two weeks before the Rings of Power is released on Prime Video. That means fantasy lovers will be able to watch two big-budget streaming programs based on two of their genre's most famous books at the same time. Some are portraying this as a type of battle. They're encouraged by rumors that Amazon is spending roughly three times as much money on its Lord of the Rings prequel as Warnermedia is on its Game of Thrones prequel. Martin is looking forward to seeing both programs, as a lover of the genre. The author says he hates how articles immediately release headlines pitting one show against the other. Fantasy supremacy has always had this problem with classic Harry Potter versus Twilight debates, and many more. However, Martin didn't pretend to be humble about hoping his series takes the lead during award season. He said that if Rings of Power wins 6 Emmys then he hopes House of the Dragon goes on to win seven. The verbal battles have already started.

The rings of power will be loosely based on The Silmarillion. Martin observes that Rings of Power's premise is unusual. While there have lately been some doubts about the rights of JRR Tolkien's Middle Earth, Prime Video appears to be limited to working with The Silmarillion to construct its new series set during Middle Earth's second age. Martin, whose novels were the reason for Game of Thrones' popularity, was eager to learn what readers thought about rings of power. Amazon purchased Tolkien but didn't obtain all of his writings. They couldn't get their hands on the Lord of the Rings, The Hobbit, or The Silmarillion. They didn't receive farmer Giles of Ham or Leaf by niggler. But they did get the supplement. They're working on a second-age narrative about it. Until it's released we can only guess what is in store for us.

George is still astounded by how people react to minor modifications of the source material. After all, he's been the target of fan rage in the past. The rings of power hasn't even been released yet, but their critics have begun to talk. It'll be available on Amazon in September, but the Internet debate around it reminds us of World War Two. Fans are ripping each other down. There are disagreements over some Marvel shows and movies, and certainly about DC characters. Perhaps it's because the

fantastic worlds we grew up loving are evolving.

On August 21st, HBO will debut *House of the Dragon* and on September 2nd, *The Lord of the Rings: The Rings of Power* will be available on Prime Video. Television networks are always on the lookout for the next hit series. Martin shared his experience in Hollywood saying that the networks are frequently searching for an idea that can match the success of their predecessors. The author described how *Game of Thrones* was once presented to networks as *The Sopranos of Middle Earth*. The author remembered how David Benioff and Dan Weiss originally marketed *Game of Thrones* to him while he was still writing. The showrunners were the ones that approached HBO to see if they would acquire or option the program. *The Sopranos in Middle Earth* was their pitch.

Following the popularity of *Game of Thrones*, executives were likely tempted to allow additional series of the same type to be developed in the hope that they too would skyrocket to fame. Talking about that we can say that *House of the Dragon* has an upper hand against *The Rings of Power*. Some of the greatest and most interesting characters in *Game of Thrones* were so-called grey characters, people who were ethically ambiguous and couldn't be classified definitively as good or bad. Littlefinger and Jamie sprang into my mind, so it was highly upsetting when this three-dimensional component of their personalities appeared to be lost in later seasons. And this is what I hope might change during *House of the Dragon*.

In the *House of the Dragon*, the story of the Targaryen Civil War, on the other hand, is morally questionable from all aspects, which is a good thing for the show storyline because it's the setting for the *House of the Dragon*. In comparison to the *Lord of the Rings* series, where things are black and white, Sauron versus Frodo, good vs evil, etc.. but the protagonists of *House of the Dragon* will have the potential to be typically great characters with whom the viewer may select whom to support. Removing obviously good and bad characters leaves viewers to decide for themselves who they like and detest. The story's political differences will most likely go unlabeled, allowing for significantly more audience participation, with the story being told.

The unveiling trailer for *Rings of Power* aroused controversy of not being true to the writer Tolkein's works. In other news, writer Ryan Condal of *House of the Dragon* stays true to fire and blood. The new series is based on the book *Fire and Blood* by George RR Martin. It describes the events of the dance of the Dragons, the horrific civil war fought between competing factions of the Targaryen Dynasty, which was at the height of its power at the time. We're talking about brother against brother, mother versus daughter, and of course, Dragon versus Dragon. HBO has hired writer Ryan Condal to serve as showrunner alongside Miguel Sapochnik, who helmed the *Game of Thrones* episodes such as *Battle of the Bastards*, *The Winds of Winter*, and *Hardhome*. George RR Martin chose Condal at the helm of the series intentionally. The two have been long-standing friends, and the author was quick to trust him with the script writing for the show. This seems predestined because Condal has been a fan of this series for 20 years. Condal promised readers he'll be true to his word and replicate the series as a devoted fan and thus the hardcore fans can bet *House of the Dragon* won't disappoint.

The Iron Throne has been upgraded. Since its inception, this metal throne of Kings and Queens, made from 1000 Blades, has served as the symbolic root cause of all civil struggles in Westeros. The one question on everyone's mind during the *Game of Thrones* series was who would sit on the Iron Throne? Because whoever sits on the throne reigns over the Seven Kingdoms. In the new series, looking attentively at how it looks in the literature, there are considerably more swords surrounding

it and several steps to climb to sit on it. Although it's nearly impossible to duplicate the book's portrayal of the throne, as it measures 40 feet tall, the House of the Dragon is a significantly more realistic representation than its predecessor looking at the new trailers released by HBO recently.

Amazon is spending a lot of money on rings of power. Amazon has been keeping a lot of information about this series under wraps, but as the launch date approaches, the covers are falling off. In the newest edition of Empire, Series Co-creator JD Payne discusses the hefty budget. According to him, if you frame things correctly, the rings of power is being made on a cheap budget. It all boils down to what you receive for your money, the season is an 8-hour film. This is the length of three Marvel films completed in two days on a budget of one. In the streaming era, TV and movies have become so intertwined that it makes sense to compare what Marvel could spin on a blockbuster movie to what a company like Amazon will spin on its flagship program. While the budget still feels unreal. we'll wait and see if it's been put to good use.

Looking at the trailers of both House of the Dragon and The Lord of the Rings: The Rings of power, I have a feeling that House of the Dragon will have the upper hand over The Rings of power because reading some pieces of Fire and Blood, House of the Dragon was seemingly more realistic in touch to the writer's work while looking at the criticism and comparisons being made of The Rings of Power you can say that the writer's work has not been well presented. As a neutral fan, I liked both the happenings of Rings of Power and House of the Dragon. We will just have to wait and see who remains true and who will win the battle of the fantasies.

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How to live a normal life outside the lab

Resting peacefully on the chair after a long day of work, I heard a knock on the door. 'Who might it be?', I thought before opening the door to see... a man. How old was he? I don't know... He didn't look that much older. Maybe around 17 or 18? His expression suggested that he had given up on his life and planned to let his broken life go, completely controlled by his emotions. He had a suffocating aura around him. He looked like he had nobody to take care of him. I have been living alone my whole life. I had parents but I preferred to live alone and do my own thing. Besides, I never really cared what my parents were upto and they did the same. so I could sympathize but I couldn't. It felt wrong to compare myself to him. He had black hair which barely grazed his shoulder and an alluring face of an angle. However, his expression was far from innocent... like it had realized the harshness of the world and left itself of its heavenly feelings. The most noticeable things were the scars on his body.



Aisma Wagle
Roll No: 23050

He wore a white t-shirt with a black jacket. Along with black jeans and black boots but I could see... The battle scars on his neck, on his hands and his face. Certain parts of his shirt were soaked in red stains, making it look like a dyed shirt from an unnoticeable distance. He looked like a bird who broke all its bones to get out of the tiny hole between the bars. It didn't care if it died, it just wanted to get out of that hellscape.

He asked, "Are you Dr. Von?"

Dr. Von? Who is that? Neither my name is Von nor have I ever been addressed as a 'Dr.' Also, I have never seen him in my life but he looked.... familiar. Like I have been with him his whole life and he came here to punish me for something I have done to him. I didn't want him near me nor did I want to feel his presence. But he made sure to get what he came for.

I asked harshly, "What do you want with Dr. Von?!" but I knew he caught onto my unconfident voice crack right away. He smiles but it wasn't a normal friendly smile. That smile had a mixture of pain and suffering along with anger and revenge written all over it.

"Do you remember when you met me 11 years ago?"

He spoke in such a voice which didn't match his appearance at all. His hazelnut coloured menacing eyes and his deep growling, questioning voice was so horrifying yet pitiful at the same time. It almost felt like I was being pinned down by a stranger with a dagger on my neck, his hand shaking, not wanting to do what he was about to.

"W-who are-"

"Ambrogio. Do you remember me now? Dr. Ethan sent me here to you."

There was a moment of silence.

"I am not here to harm you. As long as you answer me, I will have no reason to do anything to you."

“Dr. Ethan? Who is he?”

I felt a lot calmer. He felt more and more familiar as time went on. I could feel that he didn't want to say crucial details standing on the door so I let him in.

“So, Who is Dr. Ethan, Ambrogio?”

“One of the research doctors in the lab. He said you were a researcher who will be experimenting on...”

“That's absurd! I WOULD NEVER DO ANYTHING SO INHUMANE!!”

“He told me to come here and give this letter to you.”

The letter in a yellowish white paper with some blood smeared on it was handed to me. While opening it, hundre- no thousands of things came through my mind, 'Am I associated with this man? When did I meet him? What connection could I have with a research lab? Is this a prank? Have I met Dr. Ethan? Isn't researching humans illegal? Why is he bleeding? Why did they send him to me? For experimentation? Who is this Dr. Von? What is going on?!

After I opened the letter, Everything became a little clearer. I am no older than the man himself. Dr. Ethan is the best friend of Dr. Von. Who is Dr. Von? It's not written so clearly but the way it is described, it's as if he desperately wants me to know that this man is connected to me. Is that how I met this man? The last sentence is what made it more confusing. It said, “I put him in your care, Dr Von a.k.a Mr. Adams.

Adams? My surname is Adams. I definitely know this man...

“Ambrogio, Who is this man called 'Mr. Adams'?”

“Only Dr. Ethan knows about this man. He said that Mr. Adams was a young doctor. Looked like he was in his early 30s.”

“Is Mr. Adams the real name of Dr. Von?”

“Maybe. Only Dr. Ethan knows about Mr.Von. We will never be revealed of their real names.”

“Did Dr. Von look like me?”

“Yea. He had light blond hair and was 6 feet 3 inches.”

'If he says he looked to be in his early 30s then he should be in his early or mid 40s by now. There is a possibility that he just looked that young when he was already old.' I read the letter again and again. Trying to figure out Dr. Von or Mr. Adam. Were they my distant relatives or someone close to me? That I could research later. First, I have to take care of this man.

“Let's get to the experiment. It will be called 'How to live a normal life outside the lab'”

Months passed and years went by. The kid whom I put in my care not knowing who he was before, has turned out to be a gentle and a kind person who is very hardworking and helpful. Teaching him

basic things such as how to sit properly? Or how do normal people interact? was a challenging part. He is living in this college dorm with his friends. He visits me often and tells me how his friends love him dearly. That makes me very happy to see how far he has come.

Recently, I have been receiving letters from the lab. It was a plan to take this kid to a normal environment saying Dr. Von will be continuing the experiment. It seems like Mr. Adam- no my dad, Vance Adams, was one of the researchers at the institution. He wanted to cut ties with the institution after he realized they started experimenting on humans but he just couldn't. Why? Because of this kid. He treated him like his own child and wanted to take him away.

My father used to talk about me a lot, he said, and was sad that he never got to treat me as a baby because I matured so quickly. Maybe that was an excuse to not make me feel jealous of another kid? Maybe he really did talk about me with this man. But that doesn't matter. He always wanted me to meet this Ambrogio kid. After his disappearance, Ambrogio started acting differently, like he had lost a purpose to live. That's why he was sent to me. I am sure that my father had predicted this happening 11 years ago. He knew, although I love being alone, I was still lonely and yearning for someone to be with me.

It's somehow not that surprising seeing how he predicted it before I could figure it out. Although the trauma can never be erased from his timeline, it's nice seeing him healing and moving forward. Whenever I write to Dr. Ethan, I always make sure to let him know how happy I am to have him by my side. I have someone that I want to protect. He is known as 'Aiser Adams' meaning 'Fresh Start'. He is no longer 'Ambrogio' or a test subject. He has found his freedom and I have found a baby brother.



Meemansha Acharya
Roll no: 23027

An Unforgettable Dream

Dreams are an integral aspect of life. Some people think dreams actually exist and have significance that point to good or negative things that might occur in the future. It is also thought that each dream has a unique meaning, and individuals often try to predict the future based on their dreams. My mom and grandfather have each given me a few interpretations of various dreams. There is a probability that wife and husband will argue if anybody of them has dreamt of a fire. It is considered bad luck to dream of eating meat and rice or seeing dead animals. The meaning of dreams can differ from what is seen, and it is also thought that the same signs on dreams do not always mean the same thing. The meaning of dreams might differ from what is observed, and it is also thought that the same signs, like fire, can signify various meanings. The «activation-synthesis hypothesis,» a well-known neurobiological theory of dreaming, states that dreams don't actually mean anything: they are merely electrical brain impulses that pull random thoughts and imagery from our memories. So, there are different

thoughts and ideas, and perceptions of what exactly is the dream.

I don't often dream, but when I do, they usually involve something terrifying. I therefore constantly wished I hadn't dreamt. My mom does have a belief in dreams and thinks they might come true. Just thinking about these things makes me anxious. I had had a dream that I will never forget. It occurred maybe four or five years ago. In my dream, my parents and I were just sitting in the living room, joking about and talking. We discovered the water bottles were empty all of a sudden. As a result, my mother stayed in the living hall while my father and I went upstairs. My father quickly opened the door; outside, everything was completely dark and I couldn't see a thing. So, my father turned on the lights but the lights were not bright, it was dull. We were going up, the corner light was not working as usual. We reached up, my father was just beside me holding water bottles. I was going to open the door, but suddenly the door opened itself. The door was opened by my mom who was looking different, her whole body color seemed to be blue and I could see her in the dark room. She was bright like a bulb. She was staring at us like a ghost. I was terrified, then I suddenly in a scary tone said «Mommy!». Just in a second, I fell towards the corner of the stairs.

I didn't realize that my father was with me and I didn't even realize how I fell down the stairs while running or my mom had pushed me. The yellow light bulb in the corner was turning on and off. The image was hazy, but I suddenly realized that my father was beside me and my brother was holding my hand if he had come along with me from downstairs. The image started to fade away and I suddenly woke up. It was the worst night and dream I've ever experienced. I was all wet with sweat. I couldn't stop thinking about how terrifying it was.

I couldn't sleep that night because I couldn't stop thinking and speculating about it. I was shocked to see my mother there as a ghost who was downstairs. Was it a real ghost? or my mom had become a ghost? At one point, I thought I had lost my mother, or it was a certain indication for the future. I'm not sure what happened to me that night, but I constantly felt like my mother was leaving me. It wasn't only the dream but the fear of me losing my mother was making me even more afraid. I recall praying to God multiple times that evening, asking God not to let anything bad happen to my mother. I woke up in the morning and ran to see my mom, she was there which made me feel better and I immediately thanked God.

For a few days, I was afraid to pass through the corner which reminded me of the dream of me falling through stairs. After, few days I shared this with my mother. She laughed and asked me what would you do if I were a ghost? I didn't answer and laughed with her. At that point I felt so silly and stupid for sharing this to my mom. Even after sharing and after a few weeks also I couldn't stop thinking about it. It used to trigger me so much that sometimes while passing through the corner and door, I used to think of it. Now, I have completely overcome it but whenever somebody asks or talks about a dream, this incident always comes to my mind. What strikes me is that I could still recall the entire circumstance. This may be the only dream that I can still recall vividly. I don't know what triggered me so much that I still remember this dream.

I rarely have dreams, but when I do, I never really understand what the dream is trying to say. Most of the time, I can't remember my dreams and they are hazy. But I do sometimes feel that the thing that I have just done has already been performed by me in my dream. I feel that some life events have already happened before we experience them. I've also come to understand that our actions may cause dreams. If you keep on thinking of the same thing repeatedly, you will start dreaming about it.



Aarnov Adhikari
Roll No: 23003

Expectation and Reality

As we know, things do not always turn out the way they are supposed to. We expect something to happen but it doesn't always turn out for the best or as we want it to be. All our actions result in our reality. So people often blame their actions for the reality they face which is inevitable as reality itself is the result of our actions. We do something for the good and yes sometimes it results good, sometimes it doesn't happen so because not everything we do is done best. We mess up our work as a result we pay for the consequences. We excel at our work and we get rewarded.

It's a wonderful life isn't it? Excelling in every work that you do. Getting the best rewards for it. Sadly that's just an utopian society and it's far from the real world. This reality is nothing close to just works and rewards. Our world evolved in a way people started to revolve around power. If you have power, you are blessed, you are successful, you are respected and you are rewarded. People who work truly and earnestly aren't always rewarded. They aren't always respected. Most importantly people with hard work, honesty, and dignity aren't even justified. This is our society where the powerful ones have an ideal life and the honest people are outcasted, boycotted and falsely accused. Taking some examples would be great but it wouldn't be ideal as no matter how successful a person may look from the outside we can never experience their struggle and reality so it's pointless to judge people without facing their reality first. Taking a simple example a king is supposed to have the most ideal life in the country but what we overlook is that being king doesn't mean having all the countries' privileges with yourself. As we know with great power comes great responsibility. A single mistake from the king can result in war. One single mistake from the king can leave the kingdom to shambles. Not to mention getting assassinated, threat from own brothers and much much more. So our expectations can be taken as an example of our ideal world, but it cannot be compared with the current reality because things don't turn out how we want them to.

It's impossible to stop imagining or stop expecting things. It's just human nature and it's very hurtful when your expectations fail to meet reality. That's why people say, "Reality is often disappointing." Like I mentioned before, we can't stop expecting things but I believe that if we work earnestly, honestly and respectfully even in our society our expectations can actually become reality one day due to enthusiastic and peace hungry youths evolving our society day by day.

EVENTS AND ACTIVITIES OF THE SCHOOL



संविद ठकाल

क्रमाङ्क : ३००२८

पुस्तकवार्ता

हाम्रो विद्यालयमा धेरै प्रकारका कार्यक्रमहरू हुन्छन् । ती कार्यक्रमहरू धेरै रमाइला हुन्छन् । ती विभिन्न किसिमका कार्यक्रमहरूमध्ये पुस्तकवार्ता पनि एक हो । हामी महिनामा दुईवटा अतिरिक्त किताब पठन गर्छौं । त्यसमा हामीले एउटा नेपाली र एउटा अङ्ग्रेजी पुस्तक पठन गर्छौं र हरेक महिनामा हामीले लेखक वा साहित्यकारहरूसँग अन्तरक्रिया पनि गर्ने अवसर पाएका छौं ।

हाम्रो विद्यालयमा कहिले नेपाली पुस्तकका लेखक पुस्तकवार्तामा आउनुहुन्छ, भने कहिले अङ्ग्रेजी पुस्तकका लेखक आउनुहुन्छ । असार १ गते हामीले अन्तरिक्षको धर्ती शीर्षकको कवितासङ्ग्रह पाएका थियौं । त्यस कवितासङ्ग्रहका लेखक सुदेश सत्याल हुनुहुन्थ्यो । उहाँका कविता उत्कृष्ट थिए । त्यसैले हाम्रो विद्यालयले असार महिनाको पुस्तकवार्तामा सुदेश सत्याललाई नै बोलाएको थियो । कार्यक्रम असार २२ गते बुधवार परेको थियो । कवि सुदेश सत्याल हाम्रो कार्यक्रममा आउने खबर पाउँदा म निकै उत्साहित भएको थिएँ । किनभने मैले ३ वर्षको उमेरमा नै उहाँको कविता फर्केर आऊ घर वाचन गरेको थिएँ । सुरुमा उहाँ आएर आफ्ना पहिलाका कुरा सुनाउँदा हामी सबै विद्यार्थीहरू चकित भयौं । उहाँले धेरै पटक कविता प्रतियोगितामा भाग लिनुभएको रहेछ र ती प्रतियोगिताहरूमा उहाँ जहाँ गएर भाग लिनुहुन्थ्यो त्यहाँ प्रथम हुनुहुन्थ्यो रे । यस्तै यस्तै कुराहरू सुनाउँदा हामी सबै विद्यार्थीहरूले पालैपालो प्रश्नहरू सोध्न थाल्यौं । उहाँले पनि एक-एक गरी रमाइला उत्तरहरू दिनुभयो । उहाँका उत्तरहरू रमाइला र रोचक थिए । उहाँको स्वर निकै मिठो रहेछ । उहाँले विचविचमा कविता पनि सुनाउनुभयो । त्यसपछि हामी विद्यार्थीहरूले पनि कविता वाचन गरेर सुनायौं । जताततैबाट फेरि एकपटक फेरि एकपटक भन्ने शब्द आएको थियो । त्यसपछि फेरि पनि कविज्यूले हामीलाई सोध्नुभयो, “म कुन कविता वाचन गरेर सुनाउँ ?” जताततैबाट फर्केर आउ घर भन्ने आवाज आएको थियो । त्यसपछि उहाँले त्यही कविता सुनाउनुभयो । पछि फेरि उहाँको शिखरिणी छन्दको आवाज आयो । उहाँले त्यही कविता सुनाउनुभयो । अन्त्यमा उहाँले ताली नमान्नु अब शीर्षकको कविता वाचन गर्नुभयो । त्यही बेला माहोल निकै तात्थ्यो । त्यो कविता निकै व्यङ्ग्यात्मक रहेछ । ताली नमान्नु अब भनेर वाचन गर्दा हामीले भनौं ताली बजायौं किनभने त्यस कविताले हामी सबैमा उत्साह भरेको थियो । अन्त्यमा लक्ष्मी गुरुआमाले कार्यक्रमको समापन गर्नुभयो र अतिथिज्यूलाई मायाको चिनो पनि दिनुभयो । कार्यक्रम सकिएपछि हामी आ-आफ्नो कक्षामा गयौं । हामी साँच्चै नै भाग्यमानी हौं । हरेक महिना यस्ता महान् साहित्यकारसँग अन्तरक्रिया गर्न सबै विद्यार्थीले पाउँदैनन् । हाम्रो विद्यालयले यति राम्रो नयाँ कार्यक्रम गरेर हामी सबैमा हौसला बढाएको छ । जसले गर्दा हाम्रो भाषिक, बौद्धिक र साहित्यिक विकास भएको छ । दैनिक कुनै न कुनै कार्यक्रम हुने हुँदा हामीलाई विद्यालयको वातावरण निकै रमणीय लाग्छ ।

INTERESTING FACTS AND FIGURES



श्रेयांश पोखरेल
क्रमाङ्क : २४०३९

पाण्डाबारे १० रोचक तथ्य

- १) पाण्डा २० देखि २२ वर्ष सम्म बाँच्न सक्छ । मानिसको लागि एक वर्ष पाण्डाको लागि ३ वर्ष बराबर हुन्छ ।
- २) पाण्डाहरू सामान्यतया मानिसहरूको वरिपरि पाइँदैनन् । अधिकांश पाण्डाहरूमध्ये चिनको बाँसको जङ्गलमा बस्छन् ।
- ३) पाण्डाले एक पटकमा दुई सन्तान जन्माएमा पाण्डा आमाले एउटा पाण्डाको मात्र हेरचाह गर्छिन् र अर्कोलाई छोडिछ्छन् ।
- ४) धेरैलाई यो थाहा छैन तर पाण्डाहरू पौडी खेलन सक्छन् ।
- ५) पाण्डाहरू बाँसको जङ्गलमा बस्ने भएकाले तिनीहरूको खानाको मुख्य स्रोत बाँस हो ।
- ६) पाण्डाहरू धेरै पहिलेदेखि पृथ्वीमा थिए र मांसाहारी जनावरहरू हुनुअघि पाण्डाहरू मासु खान्थे ।
- ७) भर्खरै जन्मेका धेरै साना पाण्डाहरू मर्छन् किनभने तिनीहरूको आमाले गल्तीले तिनीहरूमाथि पाइला राखिछन् ।
- ८) पाण्डाले एक दिनमा २८ किलोसम्म दिसा गर्न सक्छ ।
- ९) पाण्डाहरू कहिल्यै हाइबरनेट गर्दैनन् किनभने तिनीहरूले नियमित रूपमा खाना खानुपर्छ ।
- १०) विज्ञानका कारण पाण्डाहरू अब लोपोन्मुख छैनन् तर सङ्ख्यामा भने कम छन् ।



Sampanna Dhungana
Roll no: 30029

Facts about the Internet

Do you know how old the internet is? The internet is 50 years old. The internet was invented on January 1, 1983. You know that the internet is popular with 5.03 billion users all around the world. Right! That is a lot!

How often do you use Google to search the internet? Yes, Google averages nearly 3 billion searches per day.

We all know Spotify right? The fact about Spotify is that it has 13.37 M downloads! I also have spotify.

And there is 60% of the internet on our phones because of lights going out and coming. Did you know that Twitter has 250 million users? Most celebrities have Twitter, like Rock, Tom Holland, Elon Musk etc.

Do you know YouTube uploads 72 hours of video every minute? I am shocked to know this fact. And there is another fact that half of 14 to 15 years olds are more addicted to the internet, so children are advised not to spend more than 2 hours online for a healthy life.

Our neighboring country, China, has a treatment camp for people who suffer from internet addiction.

(Reference: The information was taken from bluespan, July 15, 2016 - Internet, New Technology
<https://bluespan.com/blog/20-interesting-facts-about-the-internet>)



Surabhi Ghimire
Roll no: 26012

Alice in Wonderland Syndrome

Alice in Wonderland syndrome (AIWS) is a rare neurological disorder that causes difficulty in perceiving proportions, it can also be what they call “Todd” syndrome. The patients of this disorder are known to have hallucinations, sensory distortion and more. The most common symptom, though there are many others, is altered body image, when patients are uncertain of the size and shape of certain body parts. At night, the most common perceptions occur. Frequently linked to drug usage, brain tumors, or recurrent headaches. This test that was done by some people in a department :

“Due to the optical perception that objects are farther away and smaller due to microscopy, a 6-year-old male boy came to our department. These erroneous perceptions occurred, especially in the evening for about 15 to 20 minutes. The results of cerebral magnetic resonance MRI were negative. No abnormal findings were found on the electroencephalogram. The symptomatic treatment process has started.” Based on this small experiment, we can conclude that this is a mental condition. The cause for this disorder isn’t known, it is found that it can be genetic or from irritation. As shown in a 2016 evaluation, the most likely reasons for AIWS have seemed to be migraines and Epstein-Barr virus infections. The influenza A virus and mycoplasma were indeed two other highly infectious diseases that can cause AIWS. Though there’s no cure for Alice in Wonderland Syndrome, the best way to treat it is merely to make the patient more comfortable. If somehow the problem is caused by migraines, treating the migraine could be the most impactful solution to overcome the symptoms. Migraine diet and prophylaxis are the main components of the treatment strategy. The Alice in Wonderland Syndrome is transient because it ceases to exist over time and occur with the people that have schizophrenia or brain lesions. It is believed that only kids can get this syndrome but that’s just a myth. You can also get it as an adult but it is very rare. According to Lanska et al, “A variety of conditions, which include infestation, severe headache, poisonous encephalitis, major depression, epileptic seizures, medicines, and cerebrovascular disease, make a contribution to AIWS.” A connection between severe depression and AIWS has only ever been seen in two case reports so far. This syndrome’s name, in my opinion, is appropriate. Since the movie Alice in Wonderland depicted changes in size and shape, it can be associated with no problem. The interesting part is that the syndrome was named in 1955 by an English mental health professional called John Todd. The term is derived from Lewis Carroll’s book, Alice’s Adventures in Wonderland, where the main character, Alice, confronts similar scenarios to those associated symptoms. The fact that Alice consumes potions, eats mushrooms, and experiences hallucinations similar to those associated with LSD, all while the world around her shifts horrifyingly and her mood and perceptions are significantly altered. This is another reason why the book and various films have all been interpreted as making reference to drug abuse. It’s relevant because substance abuse could be one of the causes of the Alice in Wonderland syndrome.

Reference : <https://frontida.co.za/alice-in-wonderland-syndrome-aiws/>



Rushina Tamang
Roll no: 26008

Bees who build jewels while making their nests.

Bauhinia variegata, sometimes known as the “Orchid Tree,” is a small semi-evergreen to deciduous shrub or tree that is prized for its orchid-like blossoms. It has a spreading canopy of light green leaves that are 6-8 in. long (15-20 cm) and deeply split at the apex and base, giving them the appearance of butterfly wings. The orchard mason bee, also known as the blue orchard bee or *Osmialignaria*, is a megachilid bee that builds nests in reeds and other natural cavities, dividing the chambers in which its brood lives with mud. Orchard bees are animate gems. On the head, thorax, and abdomen, the majority are dark green, lustrous, and have sparse hairs, but they can also be dazzling blue, purple, red, gold, brassy, or a combination of these hues. Blue orchard bees love orchards as in their name. They are orchard tree farmers’ best-friends. Because they are the best at pollinating them. A few hundred of these bees can pollinate as many thousands of honey bees. They are even portable due to their tube nests. But they are very hard to distribute to farmers. Because they reproduce much slower than Honeybees. They only have 15 babies a year while a queen honey bee reproduces 500 times a day. They work alone unlike other types of bees who work in colonies. The bee uses two enormous mandibles, which resemble pincers, on her face to scrape the dirt off the ground and collect it. To construct her nest, she gathers mud. Orchard bees construct their nests using straw-like openings. She constructs a mud wall first. After that, it collects food. The source is orchid flowers. Orchids have purple pollen. The pollen is on its anther. The bee snatches the anthers and smears the pollen onto the scopa on her abdomen. In the wake of that, it takes a sip of nectar from the flower’s bloom. After that, she climbs back into her mud-covered nest and turns the pollen and nectar she collected into a sweet morsel. She puts the morsel next to the mud wall. On the purple morsel, the bee lays one singular egg. The bee repeats this process several times in her straw-like nest. First, the mud wall, then the morsel and then the egg and so on. And when she’s done with her nest, she covers it up with even more mud to secure the nest. And when we look at the nest from the side, it looks like jewellery. Then, the eggs hatch one after the other. After hatching they start to feed on the purple morsel that was prepared by their mother. After feeding on the morsel, they build their cocoon. And hatch as adult bees. After hatching, they follow their parent’s footsteps and head on to find a beautiful orchid farm to repeat the process of the creation of beautiful purple jewellery. And we should be thankful for these bees because despite their small size, due to their hard work, we can enjoy almonds and cherries on our plates.

Reference:

Quirós, Gabriela, Aug 7, 2018 <https://www.kqed.org/science/1928378/watch-this-bee-build-her-bee-jeweled-nest>

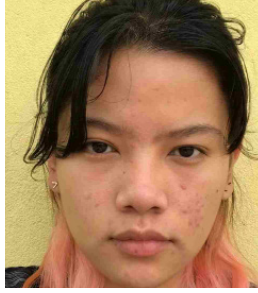


Saki Shrestha
Roll no: 23051

Abortion laws in different parts of the world

Abortion is the process of removing a developing baby or embryo from the uterus in order to stop a pregnancy. Abortions may be carried out for many reasons. They may be done to protect the mother's life which is on risk, to stop a pregnancy that resulted from rape or unsafe sex or to stop a birth for social or economic reasons and many more. These are some of the main reasons why couples get abortion. However, there are several abortion-related legislations in different parts of the world. Whether abortion should be legal, encouraged, or restricted has proved to be a challenging issue. Countries and territories have different abortion regulations, and these laws have evolved over time. With approximately 50 countries changing their abortion restrictions, significant progress has been made in securing women's access to abortion during the previous few decades. A portion of this change has been progressive, allowing women to have a legal abortion only in life-threatening situations or in cases where rape has caused the pregnancy. According to the legislation of the following nation, abortion is illegal in every situation, even when the woman's life or health is at risk. Egypt, El Salvador, Haiti, Iraq, Jamaica, Laos, Philippines and other 17 nations fall under this category. This law covers 24 nations worldwide. Next is the law where abortion is permitted on request. And 72 countries fall in this category which includes Nepal, Germany, France, Portugal, Hungary, Iceland, Ireland, Italy, Spain, Sweden, Ukraine and 61 other countries. So, we can see there are a huge number of countries following this law. These data were collected from "The world abortion laws".

Also, recently there was news regarding the abortion laws in the US. Abortion is now banned in nine states of the US. The legislation will prevent women from getting abortions in many parts of the South and Midwest part of the country. The World Health Organization estimates that 23,000 women die each year from unsafe abortions, and many suffer serious health problems. Legal limits on abortion do not lead to a decrease in abortion rates, they force women to seek unsafe abortion treatment, putting their lives and health at risk. Women or girls should have the right to decide whether she wants the child or not. There must not be any laws or opinions of people restricting her to do what she wants.



Norah Lama
Roll no: 23060

Fallen leaves

In a way, it is sure an evil, but it is still difficult to deal with the emotions this installation has aroused. It stands as an important tribute to the tragedies of mankind and those who have died as a result of brutality without mercy. This piece was created by Kadishman in 1997. It can be found in the Jewish Museum Berlin's Memory Void. The museum was designed by architect Daniel Libeskind with a number of empty rooms, or voids, to symbolize the absence of Jews from German culture. One of the two voids that you can really walk through if you dare is this one.

The floor is covered in more than 10,000 open-mouthed iron plate faces. They appear to be sobbing in pain. We crush them into the ground while we stand above them, turning the audience into a guilty offender. This seems to me to be an uncomfortable reminder that, even if it's not who we think we are, the human mind may be effortlessly tricked into performing the worst atrocities.

One of the most disturbing parts of the walk is probably how difficult it is to recognize the faces. We are reminded of how Jews were robbed of their individuality and reduced to a statistic, symbolizing a time when humanism was the furthest thing from a concern. They become something that can be walked on and kicked around.

This piece obviously reflects our recent history of World War II. It is simple to understand how the victims of prison camps are linked to the unidentified faces. But Kadishman does not want us to restrict this piece's understanding to the Holocaust. The artwork is designed to represent all those who have died as a result of violence and war, as well as the souls of the past, present, and future. One of those artworks that really hits home is this one. It compels you to pause and consider our current environment.



Arpan Acharya
Roll No: 23010

The Israeli Silicon Valley

Israel, widely recognized as a start-up nation, hosts several international and national companies and their research labs in Silicon Wadi. IBM is a great example for that. Silicon Wadi literally refers to Silicon Valley in Hebrew. Silicon Wadi is considered as a global center for the dynamic and advancing technology. Talking about the companies of Israel itself have you ever bumped into an advertisement for Wix ? Have you ever thought of freelancing on Fiverr ? Well I do not know about your experience but I surely know the home of these cool tech companies is Israel. Yes, these two companies were founded in Israel. But to be honest that is nothing. The most exciting thing is that Israel is home to 92 unicorns. For people living under the rock, a unicorn is a startup company with a value of over \$1 billion. Can you imagine 92 unicorn companies valuing over \$1B in a country that is 7 times smaller in terms of area compared to Nepal. Israel, whose area is approximately 21,937 sq km, had 92 unicorns, combining a total value of \$ 255 billion. More than a quarter of a trillion dollars.

Israel is successful in integrating technology in various other sectors such as agriculture. It is ahead in BIOTECH with many agricultural technologies flourishing in the nation. Most famous is the technology of drip irrigation, yes it was also invented in Israel. As a result only 2.5 % of the Israeli population is involved in agriculture but is enough to satiate the needs of 9.2 Million Israeli population. But they do not stop here, in addition they also export agricultural items to countries like the US, Italy , Switzerland , Germany and Poland.

Nepal is said to be an agriculture oriented nation, more than 80 % of the 29.14 million Nepalese are involved in agriculture. However Nepal depends on India for fulfilling its demand of agricultural products. Comparing our state with Israel in contrast, I become very skeptical when people quote Nepal as “krishi pradhan desh”. In my opinion we can only achieve this prosperous title if we let technological advancements happen in our country rather than limiting the quotas of admissions in private IT colleges. Thus, we might conclude that technology is so potent that it can make use of and extract the maximum value even when resources that are relatively low in numbers, such as the nation’s entire territory and its people population. Which brings me to my concluding thought in this article, which is the question raised by Mr. Rudra Pandey in his own words “ What is preventing Nepal from becoming the Silicon Valley of South Asia ?” to which I take as a trigger point that led me to writing this article.



Kunjal Shrestha
Roll No: 23025

Interesting facts

- Dead skin cells are a main ingredient in household dust
- Humans lose 200 million skin cells an hour, according to experts at Imperial College London, and these cells need to go somewhere when we're inside. If the concept of skin dust bothers you, you should know that an American Chemical Society study discovered that a skin oil called squalene naturally lowers indoor ozone levels by up to 15%.
- The bumblebee bat is the world's smallest mammal
- The bumblebee bat, also known as a Kitti's hog-nosed bat, has a wingspan of 5.1 to 5.7 inches, weighs 0.05 to 0.07 ounces, and is 1.14 to 1.29 inches from head to body. It is the smallest mammal in the world, according to the Guinness Book of World Records.
- German chocolate cake was invented in Texas
- German chocolate cake's "German" origins are American men, not European nations. In particular, it bears Sam German's name, who developed the recipe for Baker's Chocolate Company's mild dark baking chocolate bar in 1852, afterwards known as Baker's German's Sweet Chocolate. Let's go to June 13, 1957.
- There's enough gold inside Earth to coat the planet
- As it turns out, our planet has a significant amount of gold: 99 percent of the precious metal may be discovered in the Earth's core, according to Discover Magazine. How much of it exists? sufficient to cover the Earth's surface with 1.5 feet of gold.
- It takes a drop of water 90 days to travel the entire Mississippi River
Spanning 2,340 miles, the Mississippi River is the third-largest watershed in the world. That's one long stretch of water. So long that it takes one drop of water approximately 90 days to travel its entire length.

Source: <https://www.rd.com/list/interesting-facts/>



Suprabha Thami

Roll no: 23043

Facts About Tears

What would be the first thought when we hear the word ‘tear’? Well, the words the heart cannot express is what comes to my mind. A happy ending to a story, a sad break-up, an onion chopped into pieces – they all can trigger your tears, can’t it? Basically, tears are a clear liquid secreted by the lacrimal glands (tear gland) found in the eyes of all land mammals (except for goats and rabbits). Tears are made up of water, electrolytes, proteins, lipids, and mucins that form layers on the surface of eyes. Everything seems more complicated and confusing when we look at things from a scientific manner, things might just turn up interesting.

Tears are essential to keep your eyes healthy and to help us see properly. They also help to communicate our emotions. It is known that tears are of three types: basal, reflex and emotional tears. For a brief introduction: basal tears are the tears that are in our eyes and help us to nourish and protect our cornea, whereas reflex tears are the tears formed when your eyes need to wash away harmful irritants, such as smoke, foreign bodies or onion fumes. The real talk is about the emotional tears that are produced in response to joy, sadness, fear and other emotional states.

Tears are not just saline. They have a similar structure to saliva and contain enzymes, lipids, metabolites and electrolytes. Each tear has three layers:

1. An inner mucus layer that keeps the whole tear fastened to the eye.
2. A watery middle layer (the thickest layer) to keep the eye hydrated, repel bacteria and protect the cornea.
3. An outer oily layer to keep the surface of the tear smooth for the eye to see through, and to prevent the other layers from evaporating.

For interesting facts on tears, on average a person’s eyes make 15 to 30 gallons of tears a year. Some scientists hypothesize that the tears we cry when we are feeling strong emotions contain hormones and proteins that aren’t present in tears that protect the eyes. Although many animals shed tears, emotional tears—tears produced as the result of feeling—are a uniquely human phenomenon.

It is also scientifically proven that women cry more frequently than men do. Hormonal levels are probably to blame for this. Prolactin, which is more prevalent in women, may aid in promoting crying, whereas testosterone, which is more prevalent in men, would suppress crying. These conclusions, however, are not solely based on observations from nature. According to a 2011 study, crying occurred either slightly more frequently in Nepal or at slightly higher rates than in Chile, depending on the culture.

Humans connect and form social bonds with one another thanks to emotional tears. Consider a baby who is still learning how to speak. The baby's cries and tears serve as a signal to her parents that she requires assistance. This continues far into adulthood. Another study found that crying made people's features appear more dejected.

Well, never thought that a single drop of liquid from our eyes could be this complicated and interesting. Tears are a way of communicating our feelings. Scientifically proven that our emotional tears are made up of something different than our other types of tears. This proves to us that the tears are sometimes even more efficient than our words. Tears have their own meaning according to the situation. It is known that if the first tear comes from our right eye, it means happiness and if it comes from the left tear then it means sadness, and if it comes from both then its frustration.

The perspective of tears can differ from person to person. For some people it may be an expression of emotions when they are feeling the emotions strongly, but for other people it may be an expression used from time to time. Surely, crying helps us to cleanse ourselves but too much of it may not be too good either. It helps people relax and pour out their emotions which actually helps a lot.

Emotional sobbing is a component of the human experience and probably strengthens our bonds with one another and provides emotional support to those around us, even though the science of why we cry is still being studied. Maintaining your eyesight is crucial regardless of the eye disease you're experiencing.

Sometimes tears can have a bad timing. It may ruin a situation or make the situation worse. But it may not be the case all the time, sometimes it may help the situation to get better or make a moment even more beautiful. Tears can be controllable but the tears that carry the strongest of the emotions cannot be stopped no matter what. We don't have to be ashamed of our tears but be grateful for them because since birth, it has always been a sign that we are alive.

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Shashwot Poudel
Roll No: 23039

Gold or Crypto

Gold v/s crypto is the ongoing market battle for sustaining the general economy. Gold has ruled the base of any finance since decades ranging from the time of ancient Greece civilization or the historical Indus valley civilization. Crypto on the other hand has boomed and skyrocketed in the last 10 year and depicts the highest growth of interest despite the 2020-21 fall of crypto. Which among the two is the best for investment and financial stability in the long run with better growth.

Gold offers an annual growth rate of 24.43% of closing rates while crypto has offered a growth of 8251% in the last 10 years. But gold has remained stable in the last 10 years as it has always remained since a long era of finances but crypto has gone through various crests and troughs within the time frame. Gold still holds the money printing rights all over the world and is the only accepted value at the IMF for printing and other needs, the national prosperity of a nation is determined on the basis of gold while crypto is extremely ungoverned. The origin of crypto is still hypothetical and the founder still unknown, crypto lies beyond the monetary rules.

The market is still open to various crypto currencies and the market cap is completely unsustainable and unknown. Since there are hundreds of crypto, the crypto market is varying in terms of its offering whereas gold offers a unit. The entire crypto market cannot still compete with the base provided by gold in terms of investment but some crypto unlike bitcoin and dogecoin are at a point to challenge gold. Gold on the other hand has maintained similar progress in all sectors over the last 10 years too. The ungoverned system led crypto from being banned over many nations including Nepal but its huge potentiality has made it acceptable over several multinational organizations, at petrol pumps and even groceries in some nations. Crypto certainly has the potential to replace the current hand cash. Gold isn't yet traded in groceries or at regular destinations, it needs to be turned to cash.

Crypto is the most convenient way of transferring money from one nation to another with extreme ease while gold isn't even available to be traded from one nation to another. Gold must be converted.

Crypto surpasses the deficiency of gold, the unavailability of gold and the weakness of cash is all overcome to a huge extent by gold yet the gold is supported for the reason of extreme ups and downs caused by crypto. Then eventually which is the best option to invest. Till the present date crypto is still a gamble where the market is unpredictable and the gold lies as the safest point of investment for decades and yet gold is the perfect safe investment choice if money needs to be converted.

Crypto today is the best method of finance remittance and the easiest method to trade without any limit caused by the banks and government. Crypto gives you the authority to your money which cash or gold cannot. Crypto is the investment in authority.



Sashwat Paudel
Roll No: 23038

The Northern Lights : What are they and why do they occur?

The Northern Lights, also known as the aurora borealis, are one of the many spectacular beauties on Earth that display brilliant dynamic patterns appearing as curtains, rays, spirals or dynamic twinkling. This article will explain what they actually are and how they came to be.

The solar system and space in general is quite intriguing and astonishing. Auroras are beautiful and look very simple, but once you try to dig deeper into why they happen, things can get complex pretty quickly. Who would've guessed that the reason behind it is actually charged particles from the sun at temperatures exceeding 14,500° Fahrenheit?

Auroras are an atmospheric phenomenon and it takes place when electrically charged particles from the sun interact with the gasses in the atmosphere. The interaction releases energy, which creates the beautiful patterns. To explain, we have to start from the sun. It is a well known fact that the sun is a beaming hot lump of gas that derives its energy from nuclear power. At temperatures as hot as the sun, matter exists in a fourth state. This is the state where electrons wander away from the nucleus. This state is called plasma.

Plasma might be a new concept for most people. To simplify, as the temperature of a substance increases, so does the distance between its molecules. Evidently, solid transforms into gas given that sufficient heat is provided. You may have heard about the three states of matter, solid liquid and gas. Given that a substance changes its state as it gains heat, have you ever wondered what would happen if we were to continuously provide heat to gas as well? The result is that after a huge amount of energy would be supplied, we would be left with plasma. This concludes that plasma is the fourth state of matter.

The sun, being a big lump of plasma, regularly ejects this into outer space. The ejected plasma travels through the solar system at high speeds. The term solar wind refers to the plasma that gets ejected into outer space by the sun. We

are safe from this because the earth's magnetic field creates a shield for us. While shielding us from the charged particles, the magnetic field itself gets distorted. This partially lets some of the particles interact with the atmosphere. The places that experience auroras are usually located in the poles of the earth, which is also a place where the earth's magnetic field is weak.

The characteristic lights, however, are the result of the energized particles of plasma imparting their energy on the atmosphere. When an atom is struck by these particles, energy is created. That energy elevates the atoms into an excited state. An atom is known to be excited if it gets energy sufficient enough for its electrons to jump orbits, but this state is temporary. The atom has to return to its original(ground) state, and releases the energy in the form of photons of varying wavelengths.

This is the reason why auroras, or the northern lights. When protecting us from the plasma, the earth's magnetic field is not able to stop all the plasma from entering our atmosphere. Auroras can be seen in the poles of the earth because its magnetic field is weaker there. The same plasma particles, which are charged, interact with the gasses in our atmosphere and excite oxygen and nitrogen atoms, which are the most abundant gasses. These interactions cause the lights.

IS GIGACHAD REAL? THE TRUTH OF BERLIN.196

You can never escape the face of Giga Chad on the internet, and it is definitely a sight to behold. Wherever you go, this beast of a guy with his endearing grin and unfathomably sculpted jawline will be there. Giga Chad has emerged as the ideal embodiment of extreme masculinity. He is an alpha guy, but other than his photo and the name «Berlin.1969» or «Ernest Khalimov,» not much is known about him. He is allegedly a bodybuilder and «Seek'N'Tears» model who resides in Russia.



Ashraya Karki
Roll no: 23066

Many people have been asking how to tell whether Gigachad is real because of his almost superhuman muscularity, lack of an online presence, and recent steadfast reluctance to remark on his internet popularity. Does gigachad really exist?

We must first learn about Krista Sudmalis, the artist behind the Sleen'N'Tears art project, in order to locate the answers. The Russian photographer and her companion began the project in July 2011 under the alias ``Robert Fremer. For many years, the project produced works using digitally altered images of herself and other projects with an emphasis on horror and dark art. They gradually transitioned from dark art to the naked male body by 2014, with the project's current focus being on investigating the masculine principle.

In a 2016 interview, Sudmalis discusses her project's central idea and its five primary models. She mentions her partner at the time, a model from Moscow named Arthur Farad, in the interview. Numerous of her 2015 writings include Farad and three other bodybuilders, whom she refers to as Zloy Kaa, Adamov, and Vugar, although many new characters appear in 2016. The individual you already know is the fifth core of the project. Man sporting the tattoo "Berlin 1969" on his hip. Following the virality of his initial photographs on 4chan and fitness forums, there has been discussion as to whether Giga Chad is real. The first pieces of proof that the pictures of the cartoonish alpha male are digitally altered images of actual guys were discovered by users of the 4chan fit board and other message boards like lookism. Some people believe that Sudmalis was deliberately photoshopping her lover Arthur Farad for her project. One photograph in particular caught people's attention because it looked like Sudmalis had photo-shopped Giga Chad next to a picture of herself as a toddler to make him look like her father. This father-daughter dynamic wasn't lost on online theorists either.

You may find other people's digitally altered photos online with a quick search. But even without this visual proof, there are still enough cues that suggest he is only a fiction. For starters, he has no other internet presence outside his photo and the «berlin.1969» account on Instagram. Furthermore, it is impossible to find a single high-quality video of giga chad.

Online investigators have hypothesized that Sudmalis's tribute to her father may be represented by this berlin.1969 work. Her father's birthdate, 1969, is referenced in the direction, as Sudmalis noted on Instagram. When asked directly, "Is he truly your father?," Sudmalis refers to him as dad and characterizes him as a father figure, even saying, "I'll leave this as a maybe." He may be a digital invention, but his body is based on actual models. While the person most likely to have been photo-shopped into Giga Chad is model Arthur Farad, who was formerly Sudmalis's lover, the mystery of who is actually speaking as Giga Chad remains.

Giga Chad replied to his online stardom in April and May of 2021. The final comment, which reads "Water and time will not wash away the steel," is written entirely in Lithuanian, despite the majority of the responses being written in English. Sudmalis is partially Lithuanian. Therefore, given the information at hand, it is possible that Sudmalis built the Giga Chad as a work of art, perhaps with the help of her father as an inspiration. What Giga Chad stands for is what gives him meaning to us. More than anything else, the concept of a guy who is in perfect harmony with both himself and the environment around him is what makes Gigachad so Chad.

POETRY



आर्फा शाक्य
क्रमाङ्क : ३४००३

मेरो प्यारो

मेरो प्यारो बाबा
दिनुहुन्छ पापा
मेरी प्यारी आमा
दिनुहुन्छ नाना
मेरो प्यारो दाइ
दिनुहुन्छ मिठाई



निक्लेश बराल
क्रमाङ्क : ३४०१३

मेरो परिवार

सानो मेरो परिवार
एकअर्काप्रति जिम्मेवार
चारजना छन् सदस्य
माया गर्ने सबैको उद्देश्य
सबैभन्दा सानो म
सबको प्यारो म
सानो मेरो परिवार
एकअर्काप्रति जिम्मेवार ॥



आरभ श्रेष्ठ

क्रमाङ्क : ३४००२

विद्यालय

विद्यालय हाम्रो
सबैभन्दा राम्रो
गुरुहरू यस्ता
बाबाआमा जस्ता
हामी साना नानी
सबैजना ज्ञानी
आउनुभयो गुरु
पढ्न गरौं सुरु



विवेचना डङ्गेल

क्रमाङ्क : ३०००९

नदी

हिमालको हिउ पग्लिएर
नदी बन्दछ
डाँडाकाँडा वनजङ्गल हुँदै
सागरमा मिल्दछ
नदीको कलकल आवाजले
सबैलाई मोहित बनाउँछ
हामी सबै मिलेर
नदीलाई सफा राख्नुपर्छ
नदीमा हामीले कहिल्यै पनि
फोहोर फाल्नुहुँदैन
नदी सफा भएमा
पानी प्रयोग गर्न मिल्दछ
नदीलाई हामी भगवान मान्छौं
नदीको जल मन्दिरमा चढाउँछौं ।



अनुप्रस्थ लुइटेल

क्रमाङ्क : ३००५८

म

म हुँ सानो बालक
गर्छु सबको आदर

बनी असल मानिस
बन्छु देशको सेवक

गुरु-गुरुआमाले दिनुहुन्छ ज्ञान
म राख्छु सधैं उहाँहरूको मान

मलाई राम्रो लाग्छ, मेरो देश नेपाल
चिनाउँछु म गरी काम विशाल

किताब



साम्भावी मैनाली
क्रमाङ्क : ३१०३७

हेर्दाखेरि सानो छ
किताब मेरो साथी
पढी गुनी हामी सबै
जाँदै छौं धेरै माथि
ज्ञान गुण सिकाउने हामीलाई
किताबमा किताब मात्र एक
पढेका कुरा बुझ्नलाई
कापीमा पनि लेख
संसारलाई नै ज्ञान दिने
किताब कति जाती
स्कूलमा पढ्छौं लेख्छौं
जान्छौं कोरीवाटी
धेरै पढौं किताब
राम्रो हुन्छ बानी
पढेपछि भइहालिन्छ
हामी सबै ज्ञानी

आमा

आमा तिमीले कोखमा नौ महिना राख्यौ
तिमी मेरो लागि देवी हौ
तिमीले नै संसार देखायौ
आमा तिमी हौ ममताकी खानी
तिमी नै मेरी मन मन्दिरकी रानी
आमा तिमी सधैं मेरो मनमा फुल्छ्यौ
मेरो अधिपछि छाया बनि डुल्छ्यौ
आमा तिमी हौ ज्ञानकी सागर
मेरो हेरचाहमा दिन्छ्यौ धेरै जाँगर ।



सताक्षी पाण्डे
क्रमाङ्क : ३१०२९



सम्भाव्य पाण्डे
क्रमाङ्क : ३००२७

मेरो काम

बगैँचामा भुर्रभुर्र डुल्ने भँमरा ।
कति राम्रो पहुँलो त्यो जौका जमरा ॥
रातो टिका निधारमा कति सुहाउने ।
जाई फुल्यो जुही फुल्यो मनै रमाउने ॥

दसैं आयो तिहार आयो जान्छु मामाघर ।
हजुरबुबा हजुरआमा छैन मलाई डर ॥
बुबा आमा दुवैलाई गर्छु माया म ।
नराम्रो काम गरें भने साह्रै डराउँछु म ॥

हजुरबुबा हजुरआमा फुपू फुपाजु ।
दिनुहुन्छ अनेक मिठाइ खान्छु म काजु ॥
सवेरै उठी गृहकार्य गर्छु अनि खाजा खान्छु ।
खाना खाई लुगा लगाई अनि स्कुल जान्छु ॥

टिफिन बोकी दौडीदौडी स्कुलमा आउँछु ।
अनुशासित हुँदै पढ्छु नाम कमाउँछु ॥
साथीभाइसँग सदा हुन्न भगडा ।
स्कुलमा कहिल्यै पनि हुन्न लफडा ॥

आदरपूर्वक प्रणाम गर्छु गुरु वर्गमा ।
उच्च नाम दाम कमाई बस्छु हर्षमा ॥
बाबा, आमा, देशको नै सेवा निरन्तर ।
सेवा गरी रोशन गर्छु नाम अन्तर ।



विशाखा उपाध्याय
क्रमाङ्क : ३००१०

मेरो देश नेपाल

विदेश जति नै राम्रो भए पनि
आफ्नो देश जस्तो कदापि हुँदैन
स्वदेशीपन आफ्नो देशमा हुन्छ ।
आफ्नै रङ्ग, रूप र भेषभूषाले गर्दा
जे गरे पनि प्यारो नै हुन्छ ।
विदेशमा कुनै पनि मान्छे आफ्नो हुँदैन
तर स्वदेशमा कोही पनि पराइ हुँदैन ।
भेषभूषा र भाषा सबै जातजातिका अलग-अलग छन्
तर पनि आफ्नो देशको शोभा राम्रो नै हुन्छ ।
नेपालमा सबै मिलेर बसेका छौं ।
राम्रो तन राम्रो मन आफ्नोपन अनि नेपालीपन
यहीं नेपालमा जन्मिन्छु यही नेपालमा मर्छु पनि ।
यही नेपालमा बाँचिन्छु ।
यही नेपालमा बसिन्छु ।
म जान चाहन्न कुनै अरु देश ।
प्यारो छ मलाई आफ्नै स्वदेश ॥
यही नेपालको माटोमा म खेलेको हुँ
यही नेपाली भूमिमा म जन्मेको छु
मलाई यही भूमिको माया लाग्छ
यही जन्मभूमिको मान्छे यहीं मर्छु यहीं बाँच्छु ।



पासाड डोमा शेर्पा
क्रमाङ्क : ३००१९

मौसम

मौसम तिमी कति रमाइला छौ !
जहिले पनि बदलिरहन्छौ,
जाडो, गर्मी, तातो, चिसो
जहिले पनि बदलिरहन्छौ ।
वायुमण्डलको अवस्था हौ तिमी,
हुन्छौ तिमी यही भूमिमा ।
अनुभव गर्छु तिमीलाई ।

रमाइलो लाग्छ तिमीसँग मलाई ।
बस्छु म शीतल छायायामा,
पग्लेर गयौं हामी सूर्यको मायामा ।
ऋतुहरूमा पनि तिमी बदलिरहन्छौ ।
किन बदलिरहन्छौ तिमी ?
मौसम तिमी कति रमाइलो हुन्छौ !
नाचिरहूँ, गाइरहूँ, खेलिरहूँ जस्तो ।
जहिले पनि बदलिरहन्छौ ।
जहिले पनि बदलिरहन्छौ ।

अब भयो धेरै गफ,
बादल रुन थाल्यो तपतप ।
अब जाऊ साथीलाई उत्साह देऊ,
मलाई थाहा छ तिमी जहिले हुन्छौ मेरो छेउ ।
तारा तिमी चम्किरहनु,
तारा मलाई कुरिरहनु ।
मलाई कुरिरहनु ।



युरेका अधिकारी
क्रमाङ्क : २९०४९

तारा

लाखौं ताराहरू आकाशमा डुली बस्छन्,
हरेक परिस्थितिमा चम्किन सक्छन् ।
ती ताराका बिच नगन्य आकाशचरीहरू,
तर कुनैले छेक्न सकेन
तिनका सौन्दर्यताका गुणहरू ।

हरेक उज्यालो बाटोको सुरु
दिनभरि त बत्ती बाल्दिन्छौ हामीलाई
तर सहारा देखाउँछौ जब रातले सोध्छ अब म
धर्ती ढाकूँ ?
चन्द्रले हामीलाई छोड्छ तर तिमी छोड्दैनौ,
मानिसले धोका देला
तर तिमी दिदेनौ ।

सुनन मलाई एक चोटी,
एउटा प्रश्न छ, कसरी
रुन मन लाग्दा बस्छौ बनी एक चम्किलो
मोती ?
भनन मलाई रहस्य,
थाहा पाउछु लुकेका तिम्रा कुरा अवश्य ।

आकाश ढाकी अरूका लागि जिउछौ,
तिम्रा चाहना पूरा गर्न मन लागेको छैन र ?
कि ती भावना छेकेर बस्दछौ ।
हाम्रो मात्र नभई चन्द्र हौ तिमी नै सहारा,
तिमी हौ उज्यालो, तिमी हौ तारा !



हार्दिक शर्मा फुयाल
क्रमाङ्क : २९०४७

उन्नतिको द्वारमा

कमिलाले मेहनत गरी बोक्छ भारी तिन गुना
त्यही कमिला मर्दछ आज आफ्नो परिवारलाई सदा
योगदान गरी

मान्छेले अल्छी गरेर आफ्नै जीवन घटाउँछ
उल्लुले दिनको दृष्टि छोडेर रातको अन्धकार पाउँछ ।

सफा मान्छे सधैं आफ्नो घर सजाउँछ
मौरीले आफ्नो ठाउँको शोभा मात्र बढाउँछ ।

राम्रो मान्छे पाउन यसैले एकदमै गाह्रो छ
नराम्रो काम नगरी जीवन काट्न त देवतालाई
पनि सारो छ ।

सृष्टिले नराम्रो मान्छेलाई फूलमा पनि काँडा
देखाउँछ

राम्रो मान्छे हेर अन्नबाली मै रमाउँछ ।
रुखो बोली बोल्नेलाई कागले मात्र मन पराउँछ
मान्छेले जस्तो बोली पायो त्यस्तो फर्काउँछ ।

मेहनत गर्ने मान्छेले धेरै सम्मान पाउँछ
सानो कमिला सबैभन्दा बलशाली जनावर
कहलाउँछ ।

राम्रो मान्छेले सधैं सम्मान पाउँछ
सम्मान गर्न सिक्यो भने सारा दुनिया मुठीमा
आउँछ ।

राम्रो मान्छेले पानीलाई पनि अमृत मान्छ
सुनारले मात्र हिराको राम्रो मूल्य राख्छ ।

आमा



जेनियल गिरि
क्रमाङ्क : २९०५४

संसारको सबभन्दा पवित्र यो नाता
धेरै नामले पुकार्दछन् आमा अनि माता
आमा तिमी प्रथम गुरु मानव सभ्यताको
तिमी बिना कहाँ चल्छ सृष्टि संसारको

सृष्टिकर्ता तिमी नै हौ पालनकर्ता तिमी
तिम्रो बयान गर्ने छैन सबै शब्द तिमी
माया कति रित्तितेन टाढा हुँदा पनि
गौरव लाग्छ आमा भन्ने शब्द सुन्दा पनि

अरू केही चाहिँदैन पाए तिम्रो काख
तिमी नै हौ ठुलो मेरो अरूभन्दा लाख
यस्ती प्यारी निस्वार्थ देवी नै हुन आमा
पाईदैन कहिल्यै किन्न जन्म दिने आमा !!

नजाउन विदेश



आद्याश्री पौडेल
क्रमाङ्क : २९०६०

कसरी गरूँ र वर्णन आज मेरो यो स्वदेश
नजाउन तिमी पराइ बनी रमाउन विदेश
उत्तरमा पहाड शिरमा हिमाल टलल टल्किन्छ
संसारकै सुन्दर प्रकृति हाम्रो झलल झल्किन्छ ।

गरौँ न श्रम फुलाऔँ न फूल आफनै माटोमा
बढ्ने छ देश अगाडि सधैं विकासको बाटोमा
लागन आजै पसिना भारी सिर्जना फुलाउन
नसोच अब विदेशमा नै आफूलाई भुलाउन ।

तिमीले गरे परिश्रम यहाँ सुन यही फल्दछ
विश्वको सामु हाम्रो यो देश गौरवले बल्दछ
फर्केर आऊ परदेशी तिमी आमालाई हँसाउन
लाग्दैन बेर सपनाको वस्ती सुन्दर बनाउन ।



प्रार्थना क्षेत्री
क्रमाङ्क : २९०२१

धर्ती हाम्रो घर

धर्ती हो हाम्रो एउटा घर
धर्ती सफा गर्ने गरौँ रहर
माटो पानी सबै यता हुन्छ
अन्नहरू छन् यही सबै पूर्ण ।

सफा र हरियाली यहाँ राख्नुपर्छ
फोहोर पार्नु कहिल्यै नि हुन्न
धर्तीलाई माया धेरै गर्ने गर
खुसीयाली जीवनभरि भर ।

पहिला जननी तिमी नै त हो नि
तिमीबिना छैन कसैको जीवनी
माया छ तिम्रो पहाडको उचाइ
आँसु तिम्रै हो समुद्री गहिराइ ।

कपासजस्तो छ त्यो बादल भैं
मसिना छन् ती पहाडका घाँस
हात्ती कमिला तिमीले बनायौ
सारा संसार तिमीले बसायौ ।

धर्ती हो हाम्रो एउटा घर
धर्ती सफा गर्ने मनमा रहर ।

मेरी सानी बहिनी

मेरी सानी बहिनी जो अहिलेसम्म बोल्ल जान्दिन
मोबाइल चलाउछे नचलाऊ भन्दा भनेको मान्दिन ।



मानस्वी निरौला
क्रमाङ्क : २९०१५

ताते ताते गर्दै दगुर्नुपर्ने
माटो धुलोसँग रमाउनुपर्ने
चुपचाप हामीजस्तै बसी एक ठाम
जपिरहन्छे जतिबेलै मोबाइलकै नाम ।

खाना खाँदा खाजा खाँदा सुत्ने बेला पनि
मोबाइल नै हेरिरहने लाग्यो अब बानी
रुँदाखेरि फकाउन खुसी बनाई हँसाउन
मोबाइल नै चाहिने भयो उसको बानी ।

मेरो मात्र होइन प्रत्येक घरको हो यो कथा
धेरै अभिभावकले भोगिरहेको हो यो व्यथा
साना साना बच्चालाई मोबाइलबाट टाढा राखौं
स्वच्छ सुन्दर समुन्नत परिवारमा बाँचौं ।



ओजस्विनी लामा
क्रमाङ्क : २९०१९

मेरो गाउँ

हिमाल र खोलाको बिचमा छ मेरो गाउँ
मलाई निकै प्यारो लाग्छ मेरो ठाउँ
पहाडको हरियाली कति स्वच्छ लाग्छ
जङ्गलको हावा पानी सधैं यतै तान्छ ।

सहरको भिडभाड र हुलबाट टाढा
मलाई प्यारो मेरो गाउँको खोला नाला
सबै जना एक अर्कासँग मिली बस्छौं
दुःख सुख सबै एक आपसमा साट्छौं

साथीभाइको सहारा अनि आमाबुबाको माया
चौतारीमा बस्दाको सितल छाया
छिमेकी दाइदिदीहरूको सम्भना
शान्त वातावरण र आनन्दको कल्पना

निकै आनन्द र भरिपूर्ण छ मेरो गाउँ
मलाई जानु छैन कतै छाडी यो ठाउँ
यहाँबाट सहर गई कसरी पो बाँच्नु
सहरको हुलमुलमा कसरी पो भुल्नु

जता गए पनि मेरो घरकै याद आउने
कहिले घर फर्किनु भन्ने पिर लाग्ने
चाहन्न म यो ठाउँ छोडी टाढा जान
प्यारो गाउँ र यो ठाउँलाई भुल्न

आकाश



सुभया श्रेष्ठ

क्रमाङ्क : २९०३५

यही आकाशमा छन् सबै कुरा,
तारादेखि सूर्य चम्किला ।
काला र सेता बादलहरू,
चन्द्रमा र ताराहरू,
बनाउँछन् पुरै आकाश चम्किला ।
सुत्छौँ आकाश हेरी,
के गर्नु आकाश तिमी यति राम्री ।
निलो आकाश, सेतो र कालो बादल,
छ धेरै बादल यो आकाशमा ।
राति चाहिँ आकाश कालो,
साँभमा आकाश पहिलो ।
दिनभरी आकाश निलो,
सबैलाई आकाश मन पऱ्यो ।
बादलले आकाश भरि हुन्छ,
बिहानदेखि रातिसम्म ।
यही हो आकाश मलाई शान्ति दिने,
यही आकाशमा चित्र लुकिरहने ।
तारा र बादलले बनाउने चित्र,
आकाशसँग कुरा गरी रहन्छु ऊ नै मेरो मित्र ।
बादल भैँ चलिरहन सकूँ,
यही हो आकाश हाम्रो पूर्ण चित्र,
यही हो आकाश हाम्रो पूर्ण चित्र ।



श्रीदा रिजाल
क्रमाङ्क : २९०३१

बुबा

मेरो सुखको लागि आफ्नो सुख बिसर्प्यौ
मेरो लागि ज्यानको बली दियौ
रातभरि पसिना खलखली बगायौ
आफ्नो दुख मेरो सुखको लागि लुकायौ ।

काममा रगत कति बग्यो होला
तिमीले म नआतिउँ भनेर कति सट्ट्यौ होला
कोही कोही त आफ्नो सन्तानको लागि काम गर्छन्
र त्यही सन्तान बिग्रेर हिँडछन्
मनमा भए पनि देखाउँदैनौ चोट
देखिन तिमीमा कुनै पनि खोट
जे भनेको मान्ने मान्छे
मैले तिमी भेटें ।

म पैसाले धनी नभए पनि
बाबाको मायाले धनी छु
गोजी खाली भए पनि नाइ नभन्ने मान्छे तिमी
धेरै माया दिने मान्छे तिमी
मेरो प्रेरणा तिमी
मेरो उज्यालो भविष्य तिमी
तिमी नै मेरो भगवान
किनकि बाबा
तिमी छौ बाबा धेरै महान् ।



इशानी मानन्धर
क्रमाङ्क : २८००४

वसन्त ऋतु

वसन्त ऋतु फूलको मौसम फूल फुलिरहन्थ्यो
त्यही मौका पाई भँमरा फूलमा भुमिरहन्थ्यो ।
कुहुँ कुहुँ कोइलीको मधुर वाणी
नाच्यो मयुर वन वन छानी
फुक्यो कमल सरोवरमाथि
मनै भुल्यो वन है साथी ।

वानर भालु सोभा वनको
हो वन जीवन उनीहरूको
वन वन डुल्ने जीवन उनको
वन नै उनको प्राण हुने भयो ।

हरियालीले वन नै ढाक्यो
वनैभरि फल फूलहरू पाक्यो
मधुर वासनाले मनमोहित
हेरी वन भए म चकित ।

हेर वन फूलको मौसम
राखी रहेछु मनमा हर्दम
वसन्त ऋतु आऊ न आऊ
सधैं भरि वन सजाऊ
वनसँग तिमी मित लगाऊ ।

वसन्त ऋतु फूलको मौसम फूल फुलिरहन्थ्यो
त्यही मौका पाई भँमरा फूलमा भुमिरहन्थ्यो ।

आज म निःशब्द भाछु ।



प्रशान्न पोखरेल

क्रमाङ्क : २८०२०

समुन्द्र पारिको देश
धेरै मानिस जान्छन् समुद्र तरी पर-पर
तर थोरै मात्रै फर्किन्छन् सकुशल
धेरै ठुलो सोच र सपना राखी जान्छौ समुन्द्र पार
तर धेरै जसो आउँछन् ऋणको भारी लिएर ॥

आँसु, पसिना र रगत बगाई काम गर्नु किन विदेशमा
धन-सम्पत्ति कमाउन एकदमै ठुलो आशामा
आफ्नै देशको विकास गर्नुछ किन जान्छौ विदेशमा
किन जान्छौ छोडी तिमि आफ्नो परिवार स्वदेशमा ॥

मानिसको जीवनको भविष्य टिक्छ आफ्नो श्रम र क्षमतामा
किन जान्छौ तिमि विदेशमा आफ्नो श्रम र पसिना बगाउन
स्वरोजगारीका अवसर तिमि आफ्नै देशमा सिर्जना गर
किन जान्छौ विदेश तिमि आफ्नै देशमा रोजगार गर ॥

असार

आकाशभरि कालो बादल धुँवा भै छायो
गड्याड गडुड गरी ठुलो स्वरमा गर्जियो
तप तप पानीको थोपा जब झन्ड्यो
यो दृश्यले किसानको मन हर्षित भयो ।

छुपु छुपु धान हिलोमा रोपेर
रोपाको धुनमा खेती आली जोतेर
साउने गीत घन्किन्छ खेतालाको तालमा
साउने पानी टपक्क भर्छ रुखको पातमा ।

खाजा र पानी खेतालालाई बोकी दिदी आइन्
लय मिलाएर असारै गीत गाइन्
दही र चिउराले भोक मेटाउने गर्दछन्
हरियो चुरा छन्काई धान रोप्छन् ।

किसानको जीवनमा रमाइलो गर्ने असार साउन
हामी पनि धान रोप्न खेतमा जाउँ
मानो खाएर मुरी उब्जाउने आयो है समय
परिवार कठिन पर्दा खेतमा नगए ।



आकाङ्क्षा खड्का

क्रमाङ्क : २७००१



कृष्मा थापा
क्रमाङ्क : २८००५

नारी

छ ढाकेको त्यो शरीर
समाजको डरले गर्दा
नाना थरी भन्ने गर्दछन्
एक नारी केटीले ॥१॥

दोष लगाइन्छ नारीलाई
देखाइन्छ दोष कपडाको
नारीलाई मानिन्छ बलियो
तर गर्छन् घृणा ॥२॥

हेपिन्छ विधवा नारीलाई
भनिन्छ नानाथरी

गल्ती देखाउँछन् नारीको
कष्टहरू भोगेकी ती ॥३॥

यो समाजको दृष्टिमा छ खोट
आरोप लगाइन्छ अर्कालाई
के छ र त्यो नारीको गल्ती
कि पाउँदैनन् स्वतन्त्रता ॥४॥

हेपिन्छ हाम्रो समाजमा
बुहारी र छोरीमा छ भेदभाव
बुहारीलाई लिँदैनन् छोरी भैँ
गरिन्छ हेला यहाँ ॥५॥

रुन्छन एकान्तमा उनी
पोख्न सक्दैनन् रिस
ती नारीले भोगेकी छिन्
दुःखकष्ट एकैसाथ ॥६॥

आँखा छन् रसिला
छैन कोही साथी यहाँ
समाजले गर्दछ घृणा
त्यो पराइ नारी माथि ॥७॥



मान्सी सिंह
क्रमाङ्क : २७००८

साथी

साथी यिनीहरू हाम्रा सहर हुन्,
यिनीहरू हाम्रा रहर हुन्,
यिनीहरूले जहिले साथ दिएका छन्,
सधैँ हामीलाई सहयोग गर्छन्,
यिनीहरू दुखमा पनि साथ दिन्छन् ।

उनीहरू धेरै राम्रा छन्,
कहिलेकाहीं रिसाउँछन् पनि
कहिले हलचल मच्चाउँछन्,
राम्रो साथीले भनेको कुरा मान्छन्,
कहिलेकाहीं एकअर्कालाई कुट्छन् ।

साथीहरू रुन्छन् पनि
साथीले भनेको राम्रो कुरा सिकाउनु,
राम्रो काम पनि गराउने,
नराम्रो काम पनि सिकाउने,
कोही साथी खराब हुन्छन्,
अनि कोही असल पनि ।

हरेक पल काम गर्न साथीकै साथ चाहिने,
सङ्गतले नै जीवन स्वर्ग वा नर्क बन्ने,
साथ लिऊँ साथ दिऊँ सुख अनि दुखमा,
असलको नै सङ्गत गरौँ धोका नखाऔँ जीवनमा ।



सुकृति सिलवाल
क्रमाङ्क : २७०२४

हाम्रो शरीर

डराउनुपर्दछ राति हिँड्न,
के सुरक्षित छैनौं हामी ?
घरमा थुनिन्छ हामीलाई,
त्येसैले गुमायौं लाखौं अवसरहरू ।

आफ्नै शरीर ढाक्नुपर्दछ,
नराम्रो नजरले हेर्छन भनेर ।
के यो हाम्रो शरीर हैन र ?
कि छैन हाम्रो हाम्रै शरीरमाथि अधिकार ?

चिन्तामा हुन्छन् बाबु आमा,
छोरी घर बाहिर निस्कँदा ।
के छैन र यो समाज सुरक्षित,
एउटा बालिकाको लागि पनि ?

छोरालाई छाडिन्छ खुल्ला,
बाँधिराखिएको छ लक्ष्मीलाई ।
न त गरिन्छ हाम्रा यी लक्ष्मीलाई सम्मान,
न त छ आफ्नै शरीरमाथि आफ्नै अधिकार ।

जीवनलाई मौका दिँदै,
अगाडि बढ्दै छन् सपना ।
शरीर हाम्रो भए पनि,
विचार दिने छ समाज ।

हरेक पल डराउनुपर्दछ हामी,
किन गरिँदैनन हामीलाई सम्मान ?
किन उठ्न दिँदैनन हामीलाई
हाम्रो खुट्टामा ?

के हामी मानिस हैनौं र ?
उठ्न देऊ हामी कन्याहरूलाई,
गर्वले शिर उठाउने छन् हाम्रा बुवा आमाले
नबाँध हामीलाई घरको ढोकाभित्र,
अघि बढ्न देऊ हाम्रा सपनातिर ।



रुसिना तामाड
क्रमाङ्क : २६००८

उसको मन

तनले हेर्दा छु म अलि अग्लै,
छेउमा अलि सानी ।
मनले हेर्दा
एउटा पर्वतारोही,
ऊ हिमचुली ।

उसको परोपकारी भावको किताब,
महाभारतभन्दा ठुलो छ ।
उसको दया भावको रकम,
आकाशभन्दा अग्लो छ ॥

उसको मायाको भाषा दिनु हो,
लिनुभन्दा धेरै दिन्छे ।
आफ्नो दुःखलाई छोडेर,
अरूको पीडाबारे सोच्छे ॥
जेठी छोरी भएर हो कि,
अरूलाई नपुगे आफैँ चिन्ता गर्छे ।
भगवानको रूप भएर हो कि
अरूलाई दिन पाए ऊ खुसी मान्छे ॥

उसको दानी हुनुको कारण,
मैले कहिल्यै बुझिनँ ।
ऊभित्र लोभ नभएको भाव,
मैले कहिले बुझिनँ ॥

ऊ असाध्यै परोपकारी छे,
आफूभन्दा अगाडि अरूलाई राख्छे ।
धेरै परोपकारी भएको देखेँ भनेँ,
म पनि भनिदिन्छु,
कहिले घमण्ड गर्दा हुन्छ के ?

ऊ चन्द्रमा जस्तै छे,
सधैं चम्किरहन्छे ।
हैन ऊ त तारा हो,
किनकि
उसले अरूको उज्यालो चोर्दिन,
आफैँ उज्यालो छर्दै हिँड्छे ॥

चन्द्रमा

रातको समयमा टहटह गर्दै
बुभुछौ तिमीले मेरो पीडा
त्यो शान्त र एकान्त रातमा
हेछौँ एकअर्कालाई तिमी र म ।



रोजी गुरुङ
क्रमाङ्क : २६००७

को छैन होला यहाँ
हेनेँ त्यो चन्द्रमालाई
देखिन्छ ऊ सारै प्रिय
मन लाग्छ भन्न मेरो भावना बुझ्न है ।

मनमा छन् धेरै पीडा
पोखेँ सबै त्यो रातमा
एकलै हुँदा चन्द्रको साथमा
रमाइलो लाग्यो एकान्त रातमा ।

दाग पनि धुँवा जस्तै
छ निकै सुन्दर र हँसिलो ।
त्यो सुनसान रातमा
एकलै बसिरहेको छैन कोही साथमा ॥

एउटा छ साथी मेरो
घुम्छ सधैं विश्वको फेरो
मेरो मनको भावना बुझ्ने
राति मुस्कुराउने दिउँसो लुक्ने ।



ऋद्धिश शर्मा
क्रमाङ्क : २६००६

गाउँमै बस तिमी

ती साना घरमा बसी
सहर जाने कुरा गर्नेहरू
शान्त गाउँबाट
प्रदूषित् सहर आउनेहरू

जीवन त गाउँमै छ
न प्रदूषण छ न त हल्ला
एउटा ठुलो परिवार छ
गाउँको माया र छाया छ ।

अविकसित भए पनि
जीवन कठिन भए पनि
हामी गाउँमै बस्नुपर्छ
गाउँकै विकास गनपर्छ ।

गाउँमै रम्नुपर्छ
गाउँको विकास गरी
गाउँमै जम्नुपर्छ
गाउँलाई राम्रो बनाउनुपर्छ ।



आयुषी श्रेष्ठ
क्रमाङ्क : २६००२

पानी र म

निलो थियो त्यो आकाश
भयो अचानक कालो ।
वादल आयो अचानक
ठोकिए एकअर्कासँग ॥

आवाज आयो गड्याङ्गुडुङ्
बस्यो पानी भरर ।

अँध्यारो भयो त्यो दिन
नरमाइलो लाग्यो एक छिन ॥

भयालबाट बाहिर हेर्छु,
पानीका थोपाहरू भरिरहेछन् अभै ।
पानीका थोपा भैँ भरि र बिलाए
पुराना यादहरू मेरा ।

पानीसँगै आँखाबाट भरि मेरा आँसु
पानीसँगै पोखें मैले मेरा पीडा ।
पानीसँगै दुख्यो र पोखियो मेरो मन
रहेछ धेरै सम्भेर के गर्नु दुख्यो मन ॥

ती रमाइला बाल्यकालका दिन
खेल्ये साथीसँग पानीमा ।
अब कहिल्यै पनि आउँदैनन् ती दिन
यादमा मात्र बसिरहनेछन् छिन छिन ॥



आभाष मल्ल
क्रमाङ्क : २६००१

मित्रता

मानिन्छ मित्रका शब्दलाई महत्त्वपूर्ण
भनिन्छ र हुन्छ यसमा बलियो साथ ।
सानैदेखि पढ्दै आए यहीं
बुझ्ने धेरै कुरा देखे पनि यहीं ॥

हुँदो रैनछ भने जस्तो यहाँ
छन् सबैका आआफ्ना साथी ।
एकलो भई बसेका नि माथि
जहाँ हेच्यो त्यहाँ रमाई रमाई ॥

मानिन्छ मित्रका शब्दलाई महत्त्वपूर्ण
भनिन्छ र हुन्छ यसमा बलियो साथ ।
सानैदेखि पढ्दै आए यहीं
बुझ्ने धेरै कुरा देखे पनि यहीं ॥

हुँदो रैनछ भने जस्तो यहाँ
छन् सबैका आआफ्ना साथी ।
एकलो भई बसेका नि माथि
जहाँ हेच्यो त्यहाँ रमाई रमाई ॥



आरभ बि. सी.
क्रमाङ्क : २५००१

अब म घर फर्किन्छु

म घर जान चाहन्छु
म यो अज्ञात ठाउँमा फसेको महसुस गर्छु
यी अनौठा मानिसहरूसित काम गर्दा
मलाई मेरो निर्णयले पछुताउँछ ।

घाम उदाउनुअघि नै उठी
काम गर्न हतार गर्नुहोस्,
भाँडा सफा गर्न हतार
दिनभर मिहिनेत गर्नुहोस् ।
राती अबेर घर आउनुहोस्
केही घण्टा सुत्नुहोस्
भोलिपल्ट उही दिक्क दिनचर्या ।

मैले जीवनमा हार खाएँ
मैले मेरो देशको लागि केही गर्न सकिनँ
मलाई घर फर्किन मन छ
मेरो देशलाई अघि बढाउन मन छ ।

म घर जान चाहन्छु,
म यो अज्ञात ठाउँमा फसेको महसुस गर्छु,
यी अनौठा मानिसहरूसँग काम गर्दै
मलाई मेरो निर्णयले पछुताउँछ,
अब म घर फर्किन्छु ।



निशान श्रेष्ठ
क्रमाङ्क : २५००८

ऊ

म आँखा चिम्लेर सुत्न खोज्दा
विउभाउँछे ऊ मलाई
मनमा कुरा खेल्दा
सम्भाउँछे ऊ मलाई ।

उड्ने चरी हुँ म
ऊ पनि उड्न खोज्छे
मेरो प्वाँख समाई
बाटो विराउन खोज्दा
सही बाटोमा डोर्‍याउँछे ऊ मलाई ।

म अन्धकारमा भए पनि
उज्यालो किरण दिन्छे मलाई
नराम्रो बाटोमा लाग्दा
समातेर सही बाटोमा ल्याउँछे मलाई ।

म टुकी भए पनि
बत्ती मान्छे मलाई
अँध्यारोमा नदेखिए पनि
जुन भन्छे मलाई ।



प्रकर्ष तब्दार
क्रमाङ्क : २५०१०

पुस्तक

तिमी पृष्ठहरूको सङ्कलनले बनेका छौ,
तिमी मानिसलाई जीवनमा सफल बनाउन सक्छौ ।
तिमी मानिसलाई मूर्खबाट सज्जन बनाउन सक्छौ,
तिमीले जतिको ज्ञान मानिसलाई कसैले दिएको छैन ।

तिमी जहाँ गए पनि महत्त्वका छौ,
मानिसलाई डाक्टर बनाउछौ तिमी,
मानिसलाई इन्जिनियर बनाउछौ तिमी,
त्यसैले तिमी धेरै महत्त्वका छौ ।

तर,
तिमीले विद्यार्थीको जीवन गाह्रो पनि पारेका छौ,
तिम्रै कारण विद्यार्थीले गृहकार्य गर्नुपर्छ,
घर र स्कूल जहाँ पनि पढ्नुपर्छ,
भन्छन् सबै पढेर अधि बढ्नुपर्छ ।

तिमीले धेरै नयाँ कुरा पनि सिकाउँछौ,
तिमीले मानिसलाई जीवनमा सफल बनाउँछौ ।
तिमी नभए को भए आज हामी हुँदैनथ्यौं होला
फेरेका छौ तिमीले मानिसको चोला ।



जोया श्रेष्ठ
क्रमाङ्क : २५००४

जिन्दगीको शिक्षा

शान्ति खोज्दै हिँडेको मान्छे म
अहिले गुम्सिएर बसेकी छु ।
आफूलाई शान्त बनाउन खोज्ने म
आज हारलाई रोज्न बाध्य भएकी छु ।

किताब अहिले अनौठो लाग्छ,
जीवनले सिकाएको पाठ महत्त्वपूर्ण भै लाग्छ ।
आफूले चाहेको कुरा यो मनले माग्छ ।
तर परिवारको जिम्मेवारीले
आफ्ना चाहना सबै पाखा लाग्छन् ।

सफलताको सिर्षी चढ्दा खुट्टा तान्ने धेरै हुन्छन्,
साथ दिने कोही हुँदैनन् ।
ताल न बेतालको ताली बजाउने धेरै हुन्छन् ।
तर, दुःखमा साथ दिने कोही हुँदैनन् ।

जिन्दगीको शिक्षा कहिले पनि सकेन किताबले
धेरै चोटी लड्ने जिन्दगीको शिक्षा लिन,
तर, कहिले उठाउन सकेन गणितको हिसाबले
सिक्न अझै बाकी छ समयले सिकाउँदै जाला
समयसँग हिँड्न कठिन रहेछ, यो सिकाएन हिसाबले ।



कृतुका सापकोटा
क्रमाङ्क : २५००५

म चाहन्छु

म मुक्त हुन चाहन्छु
मभिन्नको थकानबाट,
पीडा र व्यथाबाट
चाहना र लोभबाट ।

म यो संसार छोड्न चाहन्छु
म स्वतन्त्र रूपमा दौडिन चाहन्छु ।
म स्वतन्त्र उड्न चाहन्छु
म अधि बढ्न चाहन्छु ।

थकानको भावना
केवल मलाई तल तान्न चाहन्छ ।
तर म सबै पछाडि धकेलेर
अधि बढ्न चाहन्छु ।

मलाई थाहा छैन मलाई किन यस्तो
लाग्छ

के यो सबै म तनाव भोग्दै छु ?
के मैले यहाँबाट मुक्ति पाउने छु ?
मेरा खुसीका दिन पनि आउने छन् ?

किन म मेरो जीवनमा
भासिएको महसुस गर्छु ।
अनिश्चित रातहरू र
डरलाग्दा विचारहरू मसँग अड्किएँ
तर म यी सबैलाई पछि धकेलेर
अधि बढ्न चाहन्छु ।



प्रत्युष सापकोटा
क्रमाङ्क : २४०२८

गणित

सङ्ख्या र सूत्रहरूले भरिएको विषय,
जसले यसलाई अचम्मको विषय बनाउँछ,
मलाई सबै कुरा अनियमित जस्तो लाग्छ,
र यसले एउटा ठुलो समस्या सुरु गरिदिन्छ ।

म सन्दर्भको लागि पुस्तकमा हेर्छु,
पढेको मिलेन भनेपछि मलाई गारो हुन्छ,
म यसलाई अनलाइन खोज्ने प्रयास गर्छु,
तर मैले सिकेको सबै कुरा मेरो दिमागमा खाली हुन्छ ।

मानिसहरू भन्छन् गणित भनेको
कल्पनाको कुरा हो रे,
तर, एक पटक मैले कल्पना गरेपछि
यसले मलाई सन्तुष्टि दिँदैन
एउटा समस्या समाधान गर्न
मैले एउटा कापी लिएको,
तर समस्या बुझ्न मलाई गारो हुन्छ ।

मलाई गणित कठिन छ, जस्तो लाग्छ,
मलाई थाहा छ मेरा शिक्षकहरू रिसाएको,
मैले भन्नुपर्दा गणित गाह्रो छ,
पछि थाहा भयो कि मेरो गल्ती गाह्रो थियो ।

पर्ख न समय



आरसी शाक्य

क्रमाङ्क : २४००४

ए समय ! पर्ख न पर्ख एकछिन
हतारिँदै लतारिँदै जान्छौ तिमी कहाँ ?
मलाई अलपत्र पारी भाग्छौ तिमी कहाँ ?
ए समय ! पर्ख न पर्ख एक दिन ।

हातको धुलो माटो भैं फुस्कन्छौ
माछो भैं चिप्लिँदै जान्छौ तिमी कहाँ ?
मलाई अस्तव्यस्त बनाएर जान्छौ तिमी कहाँ ?
ए समय ! पर्ख न पर्ख

म तिमीलाई कैद गर्न सकूँ,
तर, त्यति तागत छैन ममा ।
तिमी संगै दौडिन सकूँ,
तर, तिमी जस्तो छिटो छैन म ।

ए समय ! पर्ख न पर्ख,
मलाई पनि लैजाऊ तिमीसँगै,
मलाई पनि बनाऊ तिमी जस्तै
मलाई पनि गर्न देऊ केही खास,
आशा गर्छु मैले
नबनाऊ है निराश
ए समय ! पर्ख न पर्ख ॥
ए समय ! पर्ख न पर्ख ॥

पुनर्मिलनको चाहना



अरुणेश मानन्धर
क्रमाङ्क : २३०११

याद छ अभै
हामी सँगै बोलेको,
नडराई, नलजाई
एकअर्कासँग मनको कुरा खुलेको,
थिए मेरा कमीकमजोरी,
आए बाधाअड्चन,
जुनी जुनीसम्म साँच्ने सम्बन्ध,
वर्षादिनसम्म पनि रहन सकेन ।

समयको पोल्टा,
रितिन आँटिसकेछ,
तर हाम्रो मिठो सम्झना
भरिँदै गएछ,
चाहन्छु एकदिन
फेरि भेट होस्,
फेरि कुरा होस्,
सकिएका हामी जहाँ थियौं,
त्यहीँबाट सुरुवात होस् ।



प्राञ्जल खतिवडा
क्रमाङ्क : २३०३०

म अल्छी छु !

म एकदमै अल्छी छु !
मलाई लेख लेख अल्छी लाग्छ !
मलाई पाठ पढ्न अल्छी लाग्छ !
अहिलेको उमेरमा खेलन नि अल्छी लाग्छ !
मलाई एउटा कोठाबाट अर्को कोठा सर्न अल्छी लाग्छ !
तपाईंहरू विश्वास गर्नुहुन्न होला,
मलाई आफैँ पानी वाल्टनबाट निकालेर पिउन पनि अल्छी लाग्छ !
के रहेछ त अल्छी ? भन्दै म यसो सोचन थालें !
तर के गर्नु त्यो के कुरा सोच्ने भन्ने कुरामा पनि म त अल्छी छु ।

यसो कविता लेखूँ भनेर बसेको म,
यसो केही नयाँ कुरा गरूँ भनेर बसेको म,
यसो गुरुलाई राम्रो भनेर देखाइदिऊँ भनेर बसेको म,
कविता त जसरी तसरी लेखेछु हौ !
तर यसो कविता कस्तो रहेछ भनेर पढेको त कविताजस्तै पो रहेनछ, न गद्य हो, न पद्य !
तर अब त्यो कुरा के सुधानु र !
किनकि म त अल्छी छु !

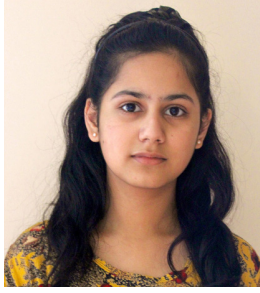
यो अल्छी हुनु भनेको पनि एउटा कला नै रहेछ !
केही काम नगरी यत्तिकै सुतेर बस्नु भनेको पनि एउटा सिप रहेछ !
तर कसले बुझिदिने यो ?
कसले एउटा अल्छीको पीडा सम्झिदिने ?
यसो सम्झाऊँ भनेर पनि प्रयास गरेको तर अब कसले सम्झाउँछ र ?
किनकि म त अल्छी छु !

निद्राको सुरमा आफू अहिले कविता लेख्दै छु,
अल्छी लागे पनि यो कविता कनी कनी लेख्दै छु,
आँखा भ्याप्प भइसक्यो, त्यही पनि लेख्दै छु,
कविता नराम्रो नै भयो कि भनेर यसो त्रासको साथ पनि दिमाख खेलाउँदै छु,
कुरा खेलाउँदा खेलाउँदै निद्रा लागेर सुत्न पनि बेर छैन भनेर डराउँदै छु,
आफू अल्छी रहेको ज्ञात गरी हाँस्दै पनि छु !
जे भने नि म त अल्छी नै छु !

कविता कविता भनेर कविताकै बारेमा लेख्न नि अल्छी लागिसक्यो,
अब केही नयाँ कुरा सोच्नुपर्‍यो भनेर मेरो अल्छी दिमाग दौडिसक्यो,
नयाँ कुरा म अल्छीको जीवनमा के नै छ र ?
आफूले केही हासिल पनि गरेको छु र ?
म त केवल एउटा अल्छी हुँ,
जो दिउँसभर गीत सुन्दै बस्छ,
जो खाना खाएर भान्छामा नगईकन कोठाको थालमा नै मुख चुट्छ,
जो कविता लेख्न अल्छी गर्छ,
जो कविता नि अल्छी गरेर अल्छीकै बारेमा लेख्छ,
योभन्दा बढी अल्छीको प्रमाण अब चाहिएको छैन होला,
तपाईंहरूले मेरा बारेमा के सोचिरहनुभएको होला,
तर त्यो सोच्ने मलाई जागर छैन !
किनकि म त अल्छी छु !

कविता लेख्दा लेख्दै अब अल्छीपनाको सीमा नाघिसकेको छु,
मेरो हात नि गलिसकेको छ,
मेरा आँखा निद्राको “हाई हाई” ले रसाइसकेका छन्,
जसरी तसरी कविता नि लेखियो !
कस्तो भयो ? अब तपाईं पढ्नेले आफैँ सोचिस्यो !
राम्रो भयो कि नराम्रो भयो भनेर गुरुले आफैँले सोचिसेला,
त्यो कुरा सोचन मजस्तो निद्राले पीडित भएको अल्छीले अहिले नसक्ला !

मानिसहरू सबै अल्छी हुन्छन्,
कोही बढी त कोही कम,
अरू प्रकारमा नि अल्छीहरू विभाजित छन् होला,
तर अब त्यो लेखेर बस्नेवाला को छ र ?
किनकि म त अल्छी छु !



अंशु निरौला
क्रमाङ्क : २३००९

बिलाई गयो मानवता कहाँ ?

संसारको भुमरीबाट आज
भाग्न खोजेँ टाढा टाढा
मेरा सपनाहरूमाभ
भुलेँ वास्तविकता कहाँ ?

भावना 'खेल' र माया 'जाल'
बिलाई गयो मानवता कहाँ ?
मन 'खेलौना' र विश्वास 'सम्भौता'
कोही मलाई बचाउन आऊ यहाँ ।

अनौठा छन् यी सब कथा
गरिब सारा दुःखी यहाँ
आउँदैन व्यथा धेरै त्यहाँ
पैसा हुन्छ टन्न जहाँ ।

आमालाई छैन सम्मान घरमा
आँसु भर्छन् आँखाबाट
मात्र ठुलो कुरा समाजमा
खोज्न जाऊँ सत्य कहाँ ?

अन्धकारमा बलेको सानो बत्ती पनि
निभिगयो कता कता ?
पुतली बनी उडिगए
आशा मेरा मनका सारा ।



मीमांशा आचार्य
क्रमाङ्क : २३०२७

प्रवासी मजदुर म

हजारौँ सपना बोकेर विदेसिएको म,
कति ठाउँ आफूलाई नै बेच्दै गएको म,
आज न त परिवारको साथ, न त साथीभाइ
आज एकलो छु, केवल एकलो ।

जिन्दगी सोचेजस्तो कहाँ हुँदो रहेछ र ?
आगो र हिउँमा पनि तडपिन सिक्नुपर्ने रहेछ,
जननी छोडी आएँ, परिवार छोडी आएँ,
तर के भेटेँ मैले ?

ज्यानलाई पैसामा बेचिरहेको छु,
घामको तातोपनलाई अँगालिरहेको छु,
रातको शीतलतालाई जीवनको खुसियाली बनाएको छु,
आफ्नो आँसुलाई लुकाउन सिक्किरहेको छु ।

बाँचिरहेको छु, बाँचिरहनु नै छ,
म एकलोको ज्यान गए के हुन्छ र ?
मेरा प्रिय आमा र बुबा एकला हुने छन्,
मेरी प्रिय पत्नी विधवा हुने छिन,
मेरा निर्दोष छोराछोरीको भविष्य अन्धकारले घेरिने छ,
यही डरले बाँचिरहेको छु, बाँचिरहनु नै छु !



श्रीविषा श्रेष्ठ
क्रमाङ्क : २३०४०

हेर्नु छ मलाई

हाम्रा नेपाली दाजुभाइ दिदीबहिनीमा
वीर गोर्खालीको जोस र जाँगर हेर्नु छ मलाई
पुर्खाहरूभैँ हरेक नेपालीमा
एकताको सद्भाव हेर्नु छ मलाई
देशप्रेम र भाइचाराको सही पाठ
सिकाउनु छ मलाई
त्यसैले
भगवान ! यदि मिल्छ भने
एक दिनका लागि भए पनि
पृथ्वीनारायण साहलाई पठाइदेऊ यहाँ ।

छिमेकी देशहरूले मलाई
निल्ल लागिसके भन्दै रोइरहेकी
नेपाल आमाको ओठमा हाँसो हेर्नु छ मलाई
हरेक नेपालीलाई
देशभक्तिको सही अर्थ बुझाउनु छ मलाई
त्यसैले
भगवान ! यदि मिल्छ भने
एक दिनका लागि भए पनि बलभद्र कुँवर र
अमरसिंह थापालाई पठाइदेऊ यहाँ ।

सगरमाथाभैँ कहिले नभुक्ने त्यो नेपालीलाई
फेरि फर्काउनु छ मलाई
अरूको रक्षक भएर बसेको हेर्न मन छैन मलाई
सबै नेपालीहरू
आफ्नै खुट्टामा उभिएको हेर्नु छ मलाई
लुकी लुकी हैन, छाती फुलाएर
आफ्नो देशको हितका लागि
लडेको हेर्नु छ मलाई ।



तत्सम गौतम
क्रमाङ्क : २३०४५

म आफैँलाई बुझ्न सकिदैन ।

म आफैँलाई बुझ्न सकिदैन,
आफूसँगै हजार कुरा गर्न सक्छु,
तर अरूको अगाडि एक शब्द निकाल्न सकिदैन ।

वरिपरि सबै ठिक नै देख्छु म
तर मलाई कुनै न कुनै कमीले गाँज्दै छ,
समयसँगै जाँदै छु म
तर मेरो मन भने कतै अन्तै जाँदै छ ।

मलाई थाहा छैन, मलाई किन नराम्रो
लागिराछ ?
कोहीसँग कुरा गर्न मन पनि छ
र मन छैन पनि ।

आफूलाई अर्कै देखिराछु म
कहिले आफूसँगै लडाइँ गर्छु ,
त भने कहिले आफूसँगै खेल्छु,
केही न केही त खोज्दै छु आफूमा
तर थाहा छैन म के चाहन्छु ?

म खुसी छु तर देखिन्न कहिल्यै,
म केही राम्रो लेख्न चाहन्छु तर सकिदैन कहिल्यै
म आफैँलाई बुझ्न सकिदैन,
आफूसँगै हजार कुरा गर्न सक्छु,
तर अरूको अगाडि एक शब्द निकाल्न सकिदैन ।



अश्विन सिवाकोटी
क्रमाङ्क : २३०१४

यही नै हो जीवन

धेरै मानिस आए र गए यो जीवनमा
सिकाए धेरै कुरा मलाई,
सिकाए कि जीवन कहिल्यै उस्तै रहँदैन
सिकाए कि आँसुपछि खुसी आउँछ
जीवनमा उस्तै समय कहिले रहँदैन ।

परिवर्तित हुन्छ समय
परिवर्तित हुन्छ यो संसार
परिवर्तित हुन्छ मानिसको मस्तिष्क
जसले बुझाइदिन्छ जीवनको महत्त्व ।

यसरी नै सुरु हुन्छ सबैको कहानी,
कसैको केवल छिटो अन्त्य हुन्छ र
कसैको भने चलिरहन्छ,
चलिरहन्छ हावाको वेगभैँ
कहिले यता त कहिले उता
चलिरहन्छ पानीको लहरसँगै
केवल यही नै हो जीवन ।

कोही भने हार मानेर छोड्छन्,
कोही भने हार नभएर छोड्छन्,
यस्तै नै रहेछ यो नौलो संसारमा
केवल यही नै हो जीवन ।



इशान अधिकारी
क्रमाङ्क : २३०२३

के छ र अस्तित्व ?

के छ र मेरो अस्तित्व यहाँ ?
जहाँ मेरो मेहनतको कदर छैन,
के छ र मेरो इज्जत यहाँ ?
जहाँ मेरो क्षमताको कुनै मूल्य छैन ।

के छ र खुसीको अस्तित्व यहाँ ?
जहाँ मैले नचाहे पनि दुःखी नहुन सकिदैन,
के छ र हाँसोको महत्त्व यहाँ ?
जहाँ मुहार हाँसिलो भए पनि आत्मा हाँस्न सक्दैन ।

के छ र रगत, पसिनाको अर्थ यहाँ ?
जहाँ मैले गरेको श्रमको मूल्य दिइँदैन,
के छ र बाँच्नुको अर्थ यहाँ ?
जहाँ हरेक दिन पीडाले मृत्युलाई समेत सुन्दर देखाउँछ ।

के छ र मेरा लाख कोसिसको अस्तित्व यहाँ ?
जहाँ हरेक कोसिसको फल असफलता नै हुने गर्छ,
के छ र अस्तित्व मजस्ता लाखौँ मजदुरको यहाँ ?
जहाँ तेलभन्दा पानी महँगो र कमाइभन्दा खर्च बढी हुने
गर्छ ।



Arsan Bajimaya
Roll no: 34007

Apples

Apples, Apples, Apples
Yummy yum apples!
Red, Golden, Green
Delicious apples!
Sweet and sour apples
Tasty, tasty apples!



Diwit Raj Sharma
Roll no: 34009

School

I study in a small, pretty school.
All my teachers and friends are cool.
Under blue sky and white clouds.
We have a beautiful playground.
We play tennis and basketball.
On the monkey climb we hang and fall.



Aayash Subedi
Roll no: 34037

The Rain

Rain on the grasses.
Rain on the trees.
Rain on the housetop.
But not on me.



Yug Shrestha
Roll no: 33034

My Cutie Pie

I have a pet. Her name is Sincha.
She has a sister. Her name is Dincha.
She is a dog but not a pug.
Her colour is white and she looks very bright.
She likes cheese but not tea.
When it's time for a shower, we need super power.
When I come from school, she wiggles her tail.
I want to say to everyone that she is not for sale!



Shaswat Poudel
Roll no: 33036

My Planet Earth

Earth is my name.
I am full of life.
Round is my shape.
The sun makes me bright.
70% is full of water and 30% is land.
Many countries I cater to
made of soil and sand.



Sarvani Manandar
Roll no: 32016

Earth

Earth, the only planet where we survive on,
Can get heat and light from the sun.
Our lovely planet is Earth,
In the solar system, it is the third.
The Earth had seventy one percent of water.
Now, we have made it to its quarter.
The continents are seven.
My planet is more like heaven.



Eshaan Manandhar
Roll no: 32036

Flowers

I like flowers,
which are in my garden.
They bring us charm and power,
helps us to hearten.

Different flowers, different colours,
They are of multi colours.
They are the gift of nature,
which brings us pure pleasure.

The Moon

Looking bright with the stars beside,
It gives us light all through the night.
It shines like a pearl in the sky.
Far from me, very high.



Nitika Kapali
Roll no: 30016

It rises in the evening.
Oh! What a great feeling,
It looks lonely but still shines.
Oh moon! You are like a friend of mine.

I still sit beside my window looking at you,
Oh moon, you're so beautiful!
Your shine will never change.
It was beautiful and will always be.

You look calming and kind,
You seem to have a peaceful mind.
I must belong to the moon,
Cause I always think of you all the time.

Truth, how badly it is,
It depends on the lies....
That you may miss,
That's the point, it is!



Pasang Doma Sherpa
Roll no: 30019

Lies are everywhere,
But truth, it is rare!
Truth is always bittered,
It will always be considered.

It's in the dark,
You can hear it!
It's inside you,
You can feel it!

Truth

Truth is a friend you can trust.
You try to hide it.
And it is a must,
For it comes out!

Truth is a friend you can trust.
You try to hide it.
And it is a must,
For it comes out!



Aarjan Khadka
Roll no:29003

Hi ! I am beauty standard

I judge people if they are
Beautiful or handsome
Society they live in keeps them teasing
About their body and appearance.

I know how it hurts people
They feel they don't belong here
People say girls should have great figure and be slim
Boys they say they should have biceps and go to gym
I know I am nothing but a pain

I feel very ashamed of myself
Though the people themselves created me
I wish that one day everyone would abandon me
I wish they would wipe away me
So that people would be free
Free from Beauty Standard and that's me!

Perfection

What is perfection?
Do you know my friend?
Is it the perfect laugh?
The perfect smile?
Or perhaps the perfect life?

What is perfection?
Is it the people dying every day?
Is it the mothers that are crying every day?
Is it the global pandemic?
The prices are rising
The ocean is dying
Our government is corrupted and there is nothing we can
do about it.
We are still puppets being contained, controlled.
So tell me my friend, is there such a thing as perfection?



Shuvee Lamichane
Roll no: 29033



Jenial Nepal
Roll no: 29054

Feeling Called Gross

Bad luck of mine never goes away
In everything, it's always coming my way
Feeling bit low
Walking in the driveway very slow
I don't have much time to think
But I know I can hope
Watching across the slope of the mountain
I felt like jumping from the highest of those
Trying to calm myself down
But the surrounding around is making sound
You can't do this you can't do those
But can't I just have hope
A question started to grow on me
Am I cursed?
Am I just a useless fellow?
Just when I thought it was over
They started to give me even more load
Everyone Putting all those expectations on me
I can't fulfil any of those
Then saying I didn't think to fail
Now I just won't be far away from throwing the feeling
called gross



Prasiddhi Dangol
Roll no: 28009

Lie

Something which has to be hidden,
Always comes out,
A world different from reality,
Something we all have done.

It's hard to tell the truth,
But it is hard to lie too.
Something in the dark,
Will always come to light.

Some are honest, some are not,
Things that have to be done.
Soon, reality comes back,
And you can be caught.

So don't try to lie cause,
You will have to do it 1000 times.
Keep your head high and speak the truth.
Because lying will not do you any good.

Trapped

Because of my caste, I was trapped in a cage,
Inside a fence to spend lonely days,
I was trapped in a cage with no mistake of mine,
Still, no one in the country went against this crime.

From here, no one can hear me crying,
From the place, where every 100's are dying,
They would show us no mercy,
For days they would leave us hungry and thirsty.

A boy came and often talked to me,
I felt safe and happy with him only,
But there was a fence separating me and him,
Being free and talking to him was all I would dream.

One day he crossed the fence and came to me,
Together, we two were very happy,
But in there, all we would get is pain,
but he didn't know that it was the last time we saw each other again.

(Inspired by "The Boy In the Striped Pajamas")



Prasanna Dhungel
Roll no: 28021



Aakanchya Khadka
Roll no: 27001

The Other Queen

She was in a crowd full of laughter and joy
Yet she felt alone
She was a woman who was unloved
A woman who craved his attention
She adored, worshiped him, loved him
Holding hands with the senior queen
She used to get filled with hatred and jealousy
But what could she do if she was the other queen?
Her own sister was his other half
A bold and strong character she could compete
She cried days and night wanting to go back to the past
A past when they were close
A past where she felt needed and loved
She never got loved as the senior queen
She was a machine for bearing a child for him
She impersonated her own sister
wanting to get back wanted she truly deserved
She found someone else who accepted the way she was
Happiness and laughter came back to her face

Every moment with her lover felt like a world to her
That world she never wanted to part away from
Her sister passed away, she came into power
But their eyes watching her every move
Filled with hatred and thirst that couldn't be washed away
Her world went upside down when they shot her lover to death
Was it really her fault? She was the other queen who was never loved

Inspired by the novel The Other Queen written by Sheeba Shah



Manavi Regmi
Roll no: 27007

A Dead Memory

Memories oh! memories
Thousands of suffering brings you back
I wish I could forget you
But it always stays in my heart

Looking here and there to get rid of it
But, the memories bring memories back
It is very dreadful and cursed
Full with painful screams

It was all in past
But the memories keep happening in the present
I get scared remembering those scenes
I wish I could get rid of all of them

Finally, I wanted to get away
And one day I got away
But one piece of the memory
Was still in my heart.



Sukriti Silwal
Roll no: 27024

Dreams

The little eyes,
With big dreams
Like the water
Running down from the mountain,
Flowing around in my mind.
Staring at the clouds,
Holding onto those dreams.

Hoping to make the stormy days,
The brightest blue.
Slowly opening my eyes,
To see that
The dreams that I once longed for,
All coming true.
Accepting every bit of me
With all that I am
And living a life
All that I dreamt of.

The Last Text

It was that gloomy day I still remember
The blood dripping down from her wrist
Glasses shattered everywhere
And there she was lying down there helpless.

The loud screams and cries of her mother
making the whole surrounding disconsolate
I still remember the tears she shed that day
Losing her one and only daughter

I saw my friend on the floor looking pale as ever
Her eyes closed as if they couldn't bare to open
I cried, I cried looking at the unbearable sene
Right in front of me, right in front of my own eyes.

I was shattered, but more was she
The last text she sent me that day
Now it was more clear, that it was her final goodbye
The last text that holds every second of her life.



Kristina Rai
Roll no: 27006



Aayusi Shrestha

Roll no: 26002

Ugly

Ugly! Ugly! Ugly!
Says the voice at the back of my head.
Why can't I be prettier?
I wonder, sobbing continuously.

I look in the mirror,
With tears in my eyes.
I've tried everything,
But still I can't look pretty.

I feel so jealous,
Of everyone else.
They all look so pretty,

Unlike me.
I've always hated
How I look.
And I've been starving,
To fit the "beauty standards".

Once again I am standing there,
In front of the mirror,
With my hand tracing my skin,
And my eyes getting teary.

Whenever I see my reflection,
I feel disgusted.
I can always hear the voices
Calling me ugly.



Aarav B.C

Roll no: 25001

Failure

I don't want this feeling inside me,
A feeling of failure in my chest.

I tried my best,
But could not succeed yet.

Had spent hours and hours,

And tried my best,
But failed at the final test,
I want this feeling out of my chest.

I got a big question mark in my head
Did I not try my best?
Is this the same feeling everybody gets
When they fail and become helpless?

But I shall try my best again,
Until I pass my test.
This feeling left a mark on my chest,
I want this feeling inside me to fade.

I don't want this feeling inside me,
A feeling of failure in my chest.

I tried my best,
But could not succeed yet.
But could not succeed yet.



Jiya Sapkota
Roll no: 25003

Full of Secrets

She was the cold hearted lady
With no flaws,
And cunning eyes.
She looked more beautiful in the night
“Center of attention”
That’s what she was

but,
“sickening” is what she was declared of
As she was dressed in “those” clothes
“Too short” “too tight” or maybe “too close”
She was full of secrets

“A mystery box” is what they called
“Heard she’s expecting”
“Oh I heard she’s a call girl”

The words she heard
Made her break
The same words she was
Compelled to forget

So, she remained as she was,
As there were no faults in her.
She remained as strong,
As persistent and as tough.



Aarya Chhetry
Roll no: 24006

Just a day in my life

Opened my eyes, accompanied by surrounding flies
Clear sky with bright sunlight, piercing through dried sight
Stones and mud as my mattress and pillow, neighboring with five and below
I get up and go on my daily journey for food, moving from the point where I stood.

Wish to hasty walk to fulfill my hunger faster, so that I can rejoice later in laughter
But I have to make work with these frail feet till I find or get something to eat
Walking on the same path from the day I can remember even if it is summer or December
Fearless of getting lost, guided by the corpses of the dead, till I reach the town’s gate.

Have been walking for quite a while hope the town is only a mile
At the horizon I see the town's culture, eases me up after being followed by a
vulture
Reaching at the outskirts of town I met with the guard who was as I was brown
Seeing my dried up stomach he offered me food which greatly lightened my
mood.
Just a loaf of bread feels huge on these skinny hands, in no position to ask for
demands
I make my way around the path to where I belong after all the exhaustion I had
undergone
Meeting up the others of my age, hearing about their day during our play I finally
go to rest
Wishing my eyes won't open for the next day would be for the best.



Anushree Rajbhandari

Roll No: 24012

Melancholy

So tired, Being dragged by these seemingly unbreakable chains,
Deep to this never ending chaos and darkness,
It's sucking my life out, making my whole being suffer.
As time goes by in this never-ending abyss,
My eyes grow tired,
It's hard to stay sane.

Chains that constrict me to make me lose the sight of myself,
To control me like a marionette.
It's getting harder to breathe as the chains draw in,
Blurring the vision in front of me.

But as I hear the beautiful paling melodiously,
The chains that were seemingly unbreakable start to crack,
Making me see the beautiful world and fun adventures that await.
If only I could listen to this melody forever and live in the world with eternal amnesty.



Kriti Nepal
Roll no: 24022

Born a Daughter

As I sit lonely and stare above at the vast sky,
All my pain seems to fly away somewhere high.
The moon and stars seems to shine especially
bright,
It fills my forsaken heart with some hope and
light.

I who was abandoned and forgotten since long,
All I seek now is for a place where I can belong.
I was just a little child when they sold me off,
Raising a little girl with love, was it that tough?

Born a daughter they considered it a sin,
Unknown of this cruel world, I wandered in.
The people of my blood that I considered my own
family,
Sold their daughter to labor for a little money

happily.

I wandered what my family would be like I
were a boy,
Would I have been living a life now that I
could enjoy?
Still I didn't give up and tried to escape my
fate,
What could a little girl like me could do in
her current state?

I wandered all over places wanting to be
needed,
Thoughts ran in my head, "Is this how I
should have been treated?"
Even now I feel like I was never meant to be
loved,
Why was I being born a daughter this mis-
judged?

FRIEND OF MINE



Siddhant Regmi
Roll no: 24041

There was a friend of mine
I have known him since I was nine.
We used to play games together
We promised to stay friends forever.

We went to school and did silly things
From which we used to create messy scenes.
We used to get in trouble for doing so
We still wanted us to be friends though.

One day we went out to eat different stuff
That day he ended up getting lost.
I went to the police station to ask for help
They said, "Don't worry We'll find your friend."

After a while I found my friend and we cried so much
Then we promised not to do this sort of stuff.
We went to the park after things got better
Still we decided to stay friends forever.

Many years has passed by but I still talk with him
My memory of him is still not dim.
We don't want to lose each other
So we swore to live and die together.

A Saint Born Among Demons



Asim Paudel
Roll no: 23013

A pure white soul born among demons seemingly the depths of hell
surrounded by darkness the light list its existence
struggling for living it became engulfed by darkness
resulting the pureness to lose its existence
A mistake by the gods or his broken destiny
Saint becoming evil due to an altered destiny
it's hard to fight against the written destiny
but is possible due to some extremity
Mind which was once like a clear pond
can become as rigid like stone
it all depends on the decisions we take
and destiny is the future that we make
Sometimes others alter our choices
but it's our fault for not staying righteous
unwritten destiny is not altered by others
its written by the choices one follows

POLITICS AND CURRENT AFFAIRS



सुफियाना धिमिरे
क्रमाङ्क : २७०१६

मेरो समाजमा घटेका घटनाहरू

“होइन ! यहाँ हुन चाहिँ के भएको ?” अगाडि भएको भिडलाई देखेर मैले साथीलाई सोधें । “खै ? के भएको, मैले आमालाई सोध्दा त छिमेकी आन्टीको विदेशबाट आएकी छोरीलाई कोरोना लागेर बित्नुभयो रे ।” मेरो साथीले मलाई जवाफ दियो । “तर उँहाले त कोरोनाको सुई लाइसक्नुभएको थियो हैन र ?” मैले अचम्मित भएर फेरी प्रश्न राखें । “यही कारण त म पनि यहाँ छक्क परेको छु”, भनेर मेरो साथीले मलाई उत्तर दियो र उसले यो उत्तर दिँदादिँदै एम्बुलेन्स पनि आयो र म घर फर्किएँ ।

त्यस दिनको भोलिपल्ट नेपालमा २०६ कोरोना देखिएको समाचारले बतायो । समाचारले यस्तो बताएको कारण मनमा कता कता डर लाग्न थालेको थियो तर मलाई थाहा थियो कि, यदि मैले सुरक्षाका उपायहरू अपनाउने हो भने मलाई कोरोना लाग्ने सम्भावना एकदमै थोरै हुने छ । यो घटना मेरो समाजमा स्थानीय तहको निर्वाचनपछि घटेको थियो । यसपालिको स्थानीय तह निर्वाचनमा बालेन्द्र साहले काठमाडौँ नगरप्रमुखको रूपमा जितेका थिए ।

मैले पनि अस्ति भर्खरै कक्षाकार्यको रूपमा हाम्रो नगरप्रमुख बालेन्द्र साहलाई सिसडोलमा फोहोर व्यवस्थापन गर्न अनुरोध गर्दै चिठी लेखेकी थिएँ किनभने सिसडोलमा थुपाउँ आएको काठमाडौँको १० वर्षको फोहोरले त्यहाँका बासिन्दाहरूलाई त्यस ठाउँमा बस्न असाध्यै गाह्रो बनाएको छ । त्यति मात्रै होइन यहाँ थुपारिएको फोहोरको कारण विभिन्न रोगहरू लाग्ने जस्तै छाती दुख्ने र छाला सम्बन्धि रोगको फैलावट भइरहेको थियो । रोगकै कुरा गर्ने हो भने मेरो विद्यालयमा मेरा साथीभाइ र भाइबहिनीहरूले (Current Affairs talk) समसामयिक कुराकानी गर्ने कार्यक्रममा नेपालमा हैजाको फैलावटको बारेमा भनेका थिए । हैजा भनेको हाम्रो आन्द्रालाई सङ्क्रमण गर्ने एक प्रकारको ब्याक्टेरियाका कारणले हुन्छ । मान्छेलाई हैजा लागेपछि भाडापखाला र बान्ता आउनेजस्ता लक्षणहरू देखिन्छन् ।

मेरा समाजका यी घटनाहरू कुनै नराम्रा छन् भने कुनै फाइदाजनक छन् । समाजमा घटिरहेका नराम्रा घटनाहरूलाई हामीले एकअर्कासँग सल्लाह लिएर अर्कोपटक यस्तो घटनाबाट समाजलाई नराम्रो हुनबाट रोक्न सक्छौँ । त्यति मात्रै होइन यदि हामीले हाम्रो समाजको नियमलाई निरन्तर रूपमा पालना गर्नु भने हामीले हाम्रो समाजलाई सफा र शान्त राख्न सक्छौँ ।



सौहार्द बज्जाचार्य

क्रमाङ्क : २६०१०

रो बनाम वेड

रो बनाम वेडको विषय संसारभर घुमिरहेको छ । सन् १९७३ मा अमेरिकामा गर्भपतनलाई कानुनी रूपमा मान्यता दिइएको थियो तर सन् २०२२ जुन २४ मा गर्भपतनलाई गैरकानुनी घोषित गरियो । पहिले त गर्भपतन भनेको के हो बुझौं । गर्भपतन भनेको एक महिलाले आफ्नो पेटमा बोकेको बच्चालाई एक निश्चित समयभित्र बाहिर निकाल्नु हो । गर्भपतनलाई गैरकानुनी घोषणा गर्नुका दुई मुख्य कारण थिए । पहिलो इसाई धर्ममा गर्भपतनलाई पापको रूपमा मानिन्छ किनभने यसले एक बच्चाको हत्या भएको मानिन्छ । दोस्रो धेरै मानिसहरूले गर्भपतन गरे भने अमेरिकामा अमेरिकी गोरा बच्चाहरूको जनसङ्ख्या कम हुँदै जान्छ । अमेरिकाको सर्वोच्चको अदालतको फैसलाअनुसार कसैसँग पनि गर्भपतन गर्ने अधिकार छैन ।

महिलालाई आफ्नो शरीरसँग जे गर्न मन लाग्छ त्यो गर्ने अधिकार हुनुपर्छ । अमेरिकाको मानव अधिकारको घोषणापत्रमा स्वतन्त्रताको अधिकार छ तर, महिलाहरूले आफ्नो शरीरसँग गर्न चाहने काम गर्ने अधिकार छैन । महिलाहरूलाई गर्भपतन गर्नुछ भने उनीहरूले गर्न किन नपाउने ? आफूले चाहेको काम गर्ने अधिकार सबसँग हुनुपर्छ । यदि महिलाहरूले गर्भपतन गर्न चाहन्छन् भने, उनीहरूलाई त्यो गर्ने अधिकार हुनुपर्छ । इसाई धर्ममा गर्भपतनलाई पाप हो भनेर लेखेको भने पनि आमाको ज्यान जोखिममा हुँदा यसले बच्चालाई त मार्छ तर बच्चाको जीवनको सट्टामा आमाको जीवन बचाउँछ । गर्भपतन नगरे आमा र बच्चा दुवैको ज्यान जान सक्छ । दुवैको ज्यान जानुभन्दा त एक जनाको ज्यान बचाउनु राम्रो । मानव अधिकार हनन गर्नु भनेको गुडियाहरूको खेल खेलाइ जस्तो होइन ।

अमेरिकाको एक राज्य टेक्सासमा बन्दुक बोक्न कानुनी मान्यता छ । यसैकारण त्यो राज्यमा विद्यालयहरूमा विद्यार्थीहरूको हत्या गरेको र बाटोमा पनि मान्छेहरू मारेका धेरै घटनाहरू भएका छन् । बन्दुक बोकेर हत्या गर्नु गैरकानुनी नहुने तर गर्भपतन गैरकानुनी कसरी हुने ? रुस, चीन जस्त देशहरूलाई हेर्ने हो भने राष्ट्रपतिले केही भने पछि एउटा बैठक बसेर यो कुरामा छलफल गरिन्छ र मात्रै लागु हुन्छ तर अमेरिकामा यस्तो हुँदैन । अमेरिकाको सर्वोच्च अदालतअनुसार कसैले पनि गैरकानुनी रूपमा गर्भपतन गर्यो भने १५ वर्षसम्मको जेल सजाय हुन सक्छ तर त्यही सर्वोच्च अदालतअनुसार कसैले पनि बलात्कार वा यौन दुर्व्यवहार गर्यो भने ५ वर्षदेखि १० वर्षसम्मको जेल सजाय मात्र हुन्छ । अदालतका एकजना न्यायाधीशले भनेका थिए, “तिम्रो शरीर, मेरो रोजाइ” । न्यायाधीशहरूको काम न्याय दिने हो । मेरो विचारमा गर्भपतनलाई कानुनी मान्यता दिनुपर्छ र हरेक महिलालाई गर्भपतन गर्ने अधिकार हुनुपर्छ । सन् १८८० तिर पनि गर्भपतन गैरकानुनी थियो तर सन् १९७३ मा गर्भपतनलाई कानुनी मान्यता दिइयो । सन् २०२२ मा पुनः गर्भपतन गैरकानुनी बनाइयो । अमेरिकामा धेरै मानिसहरू गर्भपतनलाई फेरि कानुनी मान्यता दिन सरकारको विरोध गरिरहेका छन् । महिलाले आफ्नो इच्छानुसार गर्भपतन गर्न पाउनुपर्छ । हाम्रो देश नेपाल अमेरिकाको पछि नलागोस् । देशको कानूनअनुसार अहिले महिलाले पाएको अधिकार नखोसियोस् ।

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आदित्य सापकोटा
क्रमाङ्क : २३००१

युवा राजनीति र राष्ट्र निर्माण

राजनीति भनेको देश वा क्षेत्रको शासनसँग सम्बन्धित गतिविधि हो । देश र जनताको सेवामा समर्पित व्यक्तिलाई नेता भनिन्छ । यस्ता थुप्रै नेताहरू र विभिन्न पार्टी वा एउटै बहुमतको पार्टीको देशको एउटा सरकार बन्छ । अहिलेका युवाहरू राम्रोसँग शिक्षित छन् । त्यस्ता शिक्षित र पढेलेखेका युवाहरूले राम्रोसँग देश विकास गर्न सक्छन् । हामीले उदाहरणका लागि हामीले काठमाडौँ महानगर पालिकाका मेयर बालेन्द्र शाहलाई लिन सक्छौँ । बालेन्द्र शाह सिभिल इन्जिनियरिङमा मास्टर्स गरेका छन् । उनको विकासतर्फको योजना, प्रक्रिया, आदि एकदमै राम्रो छ । उनी अहिले काठमाडौँ महानगरलाई राम्रो र व्यवस्थित सहर बनाउन लागि परेका छन् ।

अहिलेको समयमा राजनीतिमा रुचि भएका मानिसहरूलाई विश्वविद्यालयमा राजनीतिसँग सम्बन्धित धेरै विषयहरू पनि पाठमा समावेश छन् । यसले गर्दा राजनीतिमा युवाहरूको चासो बढ्दै जान्छ । राजनीतिमा युवाशक्ति आए भने अवश्य पनि देश विकास हुन्छ । पहिलेदेखि अहिलेसम्मको लगभग सबै आन्दोलनदेखि लिएर क्रान्तिका कामहरूमा युवाहरूको ठुलो हात रहेको छ । राणाशासनको अन्त्य गर्दा पनि गंगालाल श्रेष्ठलगायतका चार सहिदहरूको ठुलो हात रहेको थियो । २०४७ सालमा प्रजातन्त्र ल्याउन अनि २०६२ को जनआन्दोलनमा पनि युवाहरूको ठुलो हात रहेको थियो । युवाहरूकै साथ र सहयोगले नेपालमा गणतन्त्र आयो तर नेपालमा ती पुराना नेताहरूले भने जसरी काम गरेका छैनन् । उनीहरूले राजनीतिमा नयाँ जोसजाँगर भएका युवाहरूलाई मौका दिनुपर्छ । ती युवाहरूमा भएको शिक्षा उनीहरूले देश विकासमा लगाउँछन् । अनि मात्र नेपालमा सोचे जस्तो विकास हुन सक्छ ।

अहिले बेरोजगारीका कारण नेपालबाट बाहिर जाने युवाहरूको सङ्ख्या पनि बढिरहेको छ । नेपालबाट ज्ञान र शिक्षा भएका युवाहरू विदेश गएर उतै बस्ने गरेका छन् । यसलाई रोक्नका लागि अहिले सरकारले रोजगारीको लागि ठुलो काम गर्नुपर्ने हुन्छ । विगतमा नेपालमा शान्ति सुरक्षा नभएको र नेताहरू भ्रगडा मात्र गरिरहँदा सरकार परिवर्तन भइरहने र पार्टी टुटफुट हुने गरेका थिए तर अब यस्तो हुनु हुँदैन । नेपाली जनताका आशा भने बढ्दो रूपमा गइहेको छन् तर सरकारले भने कुनै पनि चाहना पूरा गर्न सकेको छैन । यी सबै जनताका चाहना पूरा गर्न युवाशक्ति अगाडि आउनुपर्छ । जब ज्ञान र शिक्षा भएका युवाहरू अगाडि आउनेछन् तब नेपालमा पक्कै राम्रो परिवर्तन आउने छ ।



Pratik Dangol
Roll no: 27009

Is Nijgadh International Airport Helpful for the Development of Nepal?

Talking about the airport, it is a proposed international airport located in Kolhabi near Nijgadh town. The total estimated cost of the project is US \$6.7 billion. The airport is planned with a 3600x45 single runway and 3600x23 parallel taxiway with 23 aircraft stands. If the airport is built then it will be the largest airport of South Asia, and the fourth largest airport in the world. The airport is expected to serve about 6.7 million passengers every year.

The project has faced too much conflict due to environmental concerns. The area is a native forest land that conserves various wildlife species and plants. The project may lead to the deforestation of more than 2 million trees and the relocation of many locals. Deforestation may lead to flooding in different places too. The area is also home to 500 species of bird, 23 endangered flora and 22 endangered species. So, all together the project is also the cause of flood, deforestation, etc.

Talking about people's opinions many people suggested not building as some suggested upgrading the TIA building. Chandra Rana the social activist suggested building the airport in Murtiya site as it is perfect in that area. He is the one who filed a case against the airport in September 2019 with 10 other social activists. This led the Supreme court of Nepal to halt the construction of the airport. The top court however has kept options to build it as an alternative to TIA. The nation has already spent more than 2 billion on these projects for an area measuring and chopping trees.

Now to talk about its importance Nepal is a landlocked country and it is very hard for transportation and import-export too. As per the data that it can give service to around 6.7 million people every year it can affect tourism, trading and the economy of Nepal. The airport will also be connected with the capital of Nepal Kathmandu by another project known as Terai-Kathmandu fast track. So being a landlocked country we have to depend on our neighboring countries for import and export but if the airport is made then cargo planes can be used for the trading too. Now Nepal has almost 3 international airports TIA, PIA and GBIA that are handling the pressure but after some years these international airports will not be able to handle the air traffic so a big and sustainable alternative shall be built, Nijgadh International airport can be that alternative.

Lastly my opinion is that the airport shall be constructed but with minimum destruction to nature. A report says that 8000 hectares of land are not necessary as the project can be done with 2000 hectares of land too. Not only that many solutions are submitted to the supreme court so the project should have first detailed study then further work should be done.

This airport may be the key to the development of the country in different fields like tourism, trading, economy and many more.

SCIENCE AND TECHNOLOGY

Brightest Star

The sun is the biggest and brightest star in the solar system. We get light and heat from the sun. The sun is the closest star to the Earth. It is the center of our solar system. The planets move around the sun. The sun is a hot gas ball. It is the source of all energy, like heat, light, and oxygen. It takes 365 days for the Earth to complete its rotation around the sun.



Riwaan Shakya
Roll no: 33018



Swopnil Amir Kansakar
Roll no: 33046

Electrical Vehicle - Today's Need

Electric vehicles do not need petrol. Electric vehicles need electricity. Electric cars do not make a sound. Electric vehicles come in different models and colors. Models include Electric vehicles that do not pollute the environment.

Television

Television is a modern means of entertainment and communication. It was invented by John Logie Baird in 1926 AD. It is one of the greatest inventions of science and technology.

'Tele' means far and 'vision' means sight. It gives us news, entertainment and education. We can see pictures as well as hear voices on the television set. The pictures and voices are transmitted from a television station. We can see the whole of the world by sitting in our home. We can enjoy songs, film, drama, sports on T.V. Nowadays, it is quite common and almost every household has a TV set. Many T.V programs help us to improve our general knowledge.

A television may be black and white or colored. A coloured television gives us greater pleasure. There are many advantages and disadvantages of Television:

Some of the advantages are: It is a main source of entertainment, watching television with the family members creates bonding, helps us know about the news around the world by sitting in our room and many more.

Some of the disadvantages are: Spending too much time on television weakens our eyesight and spoils our study, consumes our time and distracts us from doing our work on time. We should watch only useful programmes. It is wise to watch the TV programmes properly.



Paridhi Pant
Roll no: 30054



Sakshyam Karna
Roll no: 26013

Neutron Star

A big star's core may collapse during the final moments of its existence and become a tiny, extremely dense entity with only slightly more mass than the sun. Neutron stars are the tiny, highly dense cores of exploding stars. They rank among the universe's strangest objects. The mass of a neutron star is about 1.4 times that of the sun, although it may reach up to two solar masses. Now imagine that the size of our sun is 100 times that of the Earth. All of the massive material, up to nearly twice the amount of our sun, is contained within a neutron star, which is only about 10 miles (15 km) wide, or about the size of a city on Earth.

Materials are being ejected from some neutron stars at speeds that are almost as fast as light. These rays flare like a lighthouse's bulb when they pass Earth. Since they appeared to pulse, scientists gave them the name "Pulsar". In contrast to millisecond Pulsars, which may spin up to 700 times per second, normal Pulsars rotate between 0.1 and 60 times per second. The material pouring from larger partners is captured by X-ray Pulsars, where it interacts with the magnetic field to create powerful beams that may be seen in the radio, optical, X-ray, or gamma-ray spectrum. They are sometimes referred to as "accretion-powered pulsars" due to the fact that their primary power source is made up of material from its partner. High-energy electron interactions with the pulsar's magnetic field above its poles cause "spin-powered pulsars" to rotate, which in turn drives the star's rotation. Before they cool, young neutron stars can potentially emit X-ray bursts when certain regions are hotter than others. The neutron star emits gamma rays as material within a pulsar speeds within its magnetosphere. These gamma-ray pulsars slow the star's rotation by transferring energy. Researchers are exploring exploiting pulsars for space navigation since their flashing is so regular. According to NASA's Goddard Space Flight Center's Keith Gendreau, several of these millisecond pulsars are "very regular, clock-like regular" in 2018. In the same way that GPS navigation systems use atomic clocks, we employ these pulsars, according to Gendreau. The magnetic field of the typical neutron star is quite strong. Astrophysicist Paul Sutter estimates that the magnetic field of the Earth is around 1 gauss and that of the sun is approximately a few hundred gauss. But the magnetic field of a neutron star is trillions of gauss. The magnetic fields of magnetars are 1,000 times greater than those of the typical neutron star. The star's rotation takes longer because of the associated drag. As the current winners of the global "strongest magnetic field" competition, it places magnetars in first place, according to Sutter. "The statistics are there, but they are difficult for our minds to comprehend." Atoms near magnetars stretch into pencil-thin rods as a result of these fields' destructive effects on their immediate surroundings. High-intensity radiation bursts can also be generated by the dense stars.



Aaditya Sapkota
Roll no: 23001

Technological Advancements and its Effect on Daily Lives of People

Over the years, technological advancements have come a long way. Anything and everything is at our fingertips. Various multi-functional devices have paved the way to an advanced society. Technology has made our lives easier, better and faster.

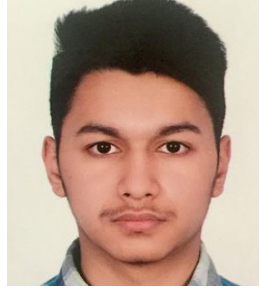
Technology has had a great effect on communication in daily lives. We can talk to anyone anywhere in the world. They just have to be

connected to a cellular sim. We can even video call someone and talk to them face to face without being in the same place as them. We can even shop while we are at our house. We can place our orders and wait for delivery all in our house. Online shopping has helped people in a great way. But all these advancements have decreased our privacy a lot. By using and enjoying various social media and other sites, we are giving hackers a free chance to hack onto our accounts. They can even get your financial information.

We can get various information from the internet as well. You don't have to go to the library if you have any queries, all the answers are just one search away. We can also use other various apps like google maps which is developed from the idea of gps. We can locate the place which we are going to or see the location of other people through our phones. Everybody has their own virtual life on social media. People post pictures and videos about their life and other people can view it. We can see what other people are doing and what is going on with their lives through it. Use of social media has increased a lot among all the age groups. There are various marketing opportunities generated from social media as well. We can even keep track of our health. New mobile phones have an in-built health tracker that tracks your daily steps, heart rate, suggests you exercises, keeps you sugar level on track.

Anything overused or over exploited can become bad for us. Technology has made many positive changes in our world. There are various negative impacts of it. Social media and all the technological devices like laptops and mobile phones have led to psychological and physical issues. It has increased anxiety and depression. This all has major effects on teenagers and kids. The people who use social media highly seem to isolate themselves from others which can create anxiety. People who have positive interaction on social media seem to have no problems at all but people who have had bad experiences and interaction deal with all the mental and physical pain. This has had an effect on children too. Children that use social media a lot suffer from various issues. They seem to have low creativity. They don't go out and find their interests. They get bad postures from sitting in their bedrooms all day. They will get physical inactivity by not going out and playing other sports.

Even though technology seems to have helped us a lot, it also brought out many negatives from us. Even medicines overused can be poisonous. Technological advancements are good but exploitation of them are not. People try to find bad things to do from them like scam calls, identity theft, cyber bullying, etc. We can all just step back from using any type of device for a week. This might help us overcome physical pain like eye strain, stress, etc.



शुभम रिमाल,
क्रमाङ्क : २३०६५

अन्तरिक्ष अन्वेषणको युग

मानव जातिको विकास अचम्म लाग्दछ मलाई । ढुङ्गाबाट बनेका औजार प्रयोग गर्नुदेखि अन्तरिक्ष अन्वेषणसम्म पुग्ने यो सफर सानो कुरो होइन । पहिलो पटक अन्तरिक्षको अध्ययन सन् १६०८ मा गरियो । जब नेदरल्यान्डका हान्स लिप्पर्शेले सबैभन्दा पहिलो टेलिस्कोप बनाए तब पहिलो अन्तरिक्ष टेलिस्कोपको प्रक्षेपण सन् १९६८ को ७ डिसेम्बरमा गरियो । त्यस बेलादेखि अहिलेसम्म ३८९१ बाहिरी ग्रहहरूको खोजी भइसकेको छ । अब जाऔं केही दशक अगाडि जब दुनियाँभरमै सबैभन्दा पहिलो मानवनिर्मित वस्तु अन्तरिक्ष पुगेको थियो, र त्यो हो सोभियत सङ्घद्वारा निर्मित स्पुतनिक-१ । सन् १९५७ को ४ अक्टोबरमा प्रक्षेपण गरिएको स्पुतनिक-१ पहिलो मानव निर्मित उपग्रह हो जुन अन्तरिक्षमा ४ महिना पृथिवीको परिक्रमा गर्‍यो र ४ जनवरी सन् १९५८ पृथिवीको सतहमा खस्यो । त्यसै गरी सोभियत सङ्घले पहिलो मानिसलाई पनि अन्तरिक्ष पुऱ्यायो । रुसका युरी गागरिन पहिलो व्यक्ति थिए जसले अन्तरिक्ष भ्रमण गरे ।

वास्तवमा अन्तरिक्ष भ्रमणको सुरुवात अमेरिका र रुसबिचको प्रतिस्पर्धाको कारण भएको थियो । जब स्पुतनिक प्रक्षेपण गरियो, त्यसको केही महिनापछि अमेरिकाले “एक्स्प्लोर” नामक उपग्रह प्रक्षेपण गर्‍यो । युरी गागरिन अन्तरिक्ष पुगे । सन् १९६१ मा चन्द्रमामा पहिलो कदम राख्ने व्यक्ति भने अमेरिकी अन्तरिक्ष यात्री निल आर्मस्ट्रङ हुन् । यस प्रतिस्पर्धालाई नाम दिइयो “स्पेस रेस” अनि यो प्रतिस्पर्धामा धेरै जसो सोभियत सङ्घ विजयी भयो । अन्तरिक्षमा पहिलो उपग्रह प्रक्षेपण, पहिलो कुकुरको प्रक्षेपण, पहिलो मानव प्रक्षेपण र पहिलो स्पेसवाक सबै रुसले पहिला गर्‍यो । त्यतिबेला अमेरिकाका राष्ट्रपति थिए जोन एफ केनेडी र उनले भनेका थिए कि अमेरिकाले एक दशक पूरा हुनु अघि नै पहिलो मानिसलाई चन्द्रमामा पुऱ्यायो र अमेरिकाले त्यो भनाइलाई यथार्थमा पनि परिणत गर्‍यो ।

अब कुरा गरौं हालै हासिल गरिएको उपलब्धिबारेमा । नासाले हालैमा जेम्स वेब स्पेस टेलिस्कोपले खिचेको तस्विर बाहिर ल्याएको छ । त्यस तस्विरमा हामीले आफ्नो अवलोन योग्य ब्रह्माण्डको चित्र देख्न सक्छौं । यो उपलब्धि हामी मानव जातिका लागि धेरै नै गर्वको कुरा हो किनभने हामीले अन्तरिक्ष यात्रामा यति टाढा कहिले पुगेका थिएनौं । त्यसैगरी हालै एउटा उपग्रह सूर्यको बाहिरी वायुमण्डलमा पुग्न सफल भएको छ । यो पनि हाम्रो लागि ठुलो उपलब्धि हो किनभने सूर्यको तापमानका कारण हामी कहिल्यै त्यति नजिक पुग्न सकेका थिएनौं । मलाई विश्वास छ कि छिट्टै सूर्यको भित्री वायुमण्डलमा पनि गहन अध्ययन र अनुसन्धान हुने छ र अर्को ग्रहमा पनि छिट्टै मानिसहरू कदम राख्ने छन् ।

सन्दर्भ:

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SOCIAL AND CONTEMPORARY ISSUES



सुप्रभ आचार्य
क्रमाङ्क : २७०१४

महिला हिंसा: एक सामाजिक समस्या !

हाम्रो समाजमा लिङ्गका आधारमा गरिने हिंसालाई नै लैङ्गिक हिंसा भनिन्छ । हिंसा विभिन्न प्रकारका हुन्छन् । विशेषतः नेपालमा लैङ्गिक हिंसा, महिला हिंसा र घरेलु हिंसाका बारेमा कानूनहरू पनि बनेका छन् । महिला भएर जन्मिएकै आधारमा महिलामाथि कुनै हिंसा गरिन्छ भने त्यो महिला हिंसा हो । महिला, पुरुष वा तेस्रो लिङ्गी भएर जन्मिएकै आधारमा हिंसा गरिन्छ भने त्यो लैङ्गिक हिंसा हो भने घरमा बसेका मानिसले घरैमा बसेका मानिसलाई कुनै मानसिक वा शारीरिक रूपमा हिंसा गर्दछ भने त्यो घरेलु हिंसा हो । यी हिंसाले सामाजिक रूपमा समाजलाई, परिवारलाई र वरिपरिको वातावरणलाई नकारात्मक असर गरिरहेको हुन्छ ।

हाम्रो समाजमा भएका कुरीति, अन्धविश्वास, परम्परा, पुराना रीतिरिथिति र चालचलनले गर्दा महिला, पुरुष र अन्य विचमा विभेद गरिन्छ । महिलालाई गाली गर्ने, कुटपिट गर्ने, स्वतन्त्र रूपमा हिडडुल गर्न नदिने, आफ्नो बारेमा आफैँ निर्णय गर्न नदिने, महिला भएर जन्मिएकै आधारमा घरभित्रको काम गर्नुपर्ने जस्ता कुराहरू लैङ्गिक हिंसाका उदाहरण हुन् । लैङ्गिक हिंसा गम्भीर प्रकारको सामाजिक अपराध हो । यसले समाज र सामाजिक विकासमा नकारात्मक असर पार्दछ । यति हुँदा पनि यसका बारेमा खुलेर कुरा गर्ने वातावरण हाम्रो समाजमा अझ पनि छैन । पुरुषवादी सोचका कारणले र गरिबी, बेरोजगार, अशिक्षा, सामाजिक कुप्रथा, रूढीवादी परम्पराका कारण महिला हिंसा बढ्दै गएको हो भन्ने गरिन्छ । महिलालाई सानै उमेरमा विवाह गरिदिने, बेचबिखन गर्ने, घरभित्रका काम महिलाले मात्र गर्नुपर्ने, दाइजोका कारणले महिला मार्ने वा शारीरिक र मानसिक यातना दिनेजस्ता व्यवहार महिला हिंसाका उदाहरण हुन् ।

नेपालमा नेपालको संविधान २०७२ मा महिला हकको बारेमा व्यवस्था गरिएको छ । यसका साथै नेपालले अन्तराष्ट्रिय स्तरमा विभिन्न सन्धि र महासन्धिमा नेपालका पक्षबाट हस्ताक्षर गरेको छ जस्तै: महिला विरुद्धका सबै प्रकारका भेदभाव उन्मूलन गर्ने महासन्धि एक उदाहरण हो । महिला अधिकारलाई मानव अधिकारका रूपमा व्याख्या र सुरक्षा गरिएको छ तर पनि महिला हिंसा वा लैङ्गिक हिंसाका बारेमा सशक्तीकरणका कार्यक्रमहरू अझ धेरै गर्नुपर्ने देखिन्छ । लैङ्गिक हिंसा सम्बन्धि कानून लागु गर्न नेपालमा विभिन्न निकायहरू छन् जस्तै: अदालत, राष्ट्रिय महिला आयोग, सरकारी वकिलको कार्यालय, जिल्ला प्रशासन, स्थानीय सरकार, गैरसरकारी निकाय र मिडिया । जतिसुकै निकाय खोलिए पनि यसको प्रभावकारी कार्यान्वयनमा गर्न नसक्ने नेपाल सरकार कमजोर देखिन्छ । विशेष: गरी बलात्कार, यौन हिंसा र घरेलु हिंसाका घटनामा नेपाल सरकारले प्रभावकारी काम गर्न सकेको छैन । समाजमा घट्ने यस्ता घटनाको रोकथाम, अपराध अनुसन्धान गर्ने जिम्मेवारी नेपाल प्रहरीको भएता पनि राम्ररी काम नगरेको गुनासो धेरै छ । खास गरेर सुरक्षित र महिलामैत्री वातावरणको सृजना गर्न लैङ्गिक हिंसाका घटना रोकन वा न्यूनीकरण गर्न समाजमा जनचेतनाका कार्यक्रमहरू घर घरमा पुऱ्याउनुपर्दछ । यसका लागि सबै निकाय सक्रिय हुनु जरुरी छ र महिला हिंसा रोकथाममा सबैभन्दा बढी परिवार शिक्षा, अविभावक चेतनाको आवश्यकता रहेको छ ।



आइस्मा वाग्ले

क्रमाङ्क : २३०५०

लैङ्गिक हिंसा

मानिसहरू भन्छन्, “सबैको लागि सुरक्षित हुने ठाउँ उनीहरू बस्ने घर हो ।” यो भनाइ सबैमा सधैं लागू हुन्छ भन्ने कुरा भने रहँदैन । कति मानिसहरू आफ्नै घरमा बस्न डराएर अन्य कुनै सुरक्षित ठाउँहरूको खोजीमा हुन्छन् । सबैका लागि त्यस्तो सुरक्षित ठाउँ नहुन पनि सक्छ । जसले गर्दा पीडा सहनुको विकल्प हँदैन । पछिल्लो समयको गतिलो उदाहरण हो आजसम्म पनि महामारीको रूप लिइरहेको कोरोना रोगको बेला घरमा हुने दुर्व्यवहार । हामीले महामारी पार गरिसकेका भए पनि यो प्रश्न अझै पनि एक जवाफ विहीन प्रश्न चाहिँ होइन । आज म यो विषयलाई औँल्याउन चाहन्छु, जनु विषय पहिलेदेखि नै लेख्न रुचि राखेकी थिएँ ।

सम्बन्धित विषयको अध्ययन, अनुसन्धान र विश्लेषणतिर जान्नुअघि हामीले यौन हिंसा वास्तवमा के हो ? भनेर राम्ररी जान्नु आवश्यक छ । यौन हिंसा गैरकानुनी, असहमति तथा विभिन्न प्रलोभनमा पारी अथवा जबरजस्ती यौन कार्यमा सहभागी हुने र सहभागी हुन उत्प्रेरित गर्ने खालका अपराधिक क्रियालापलाई बुझाउँछ । यस विषयमा एउटा सामान्य तर गलत धारणा पनि छ । यौन हिंसा सधैं शारीरिक हुनुपर्छ भन्ने कुरा सत्य होइन । शारीरिक हिंसा गरे मात्र यौन हिंसा हुन्छ भन्ने सोचाइमा परिवर्तन ल्याउनुपर्छ । विपरीत लिङ्गप्रति गरिने अस्वभाविक प्रकारका हावभाव, शारीरिक तथा मानसिक दबाव पनि यौन हिंसा हुन् । यसबारे सचेत गराउनका लागि यौन शिक्षा अत्यावश्यक हुन्छ । खासगरी ग्रामीण क्षेत्रमा किशोर किशोरीहरूका लागि यौन शिक्षाको धेरै महत्त्व रहेको छ । यौन शिक्षालाई प्रभावकारी बनाउन विद्यालयीय पाठ्यक्रममा समावेश गर्न आवश्यक हुन्छ । यौन विषयबारे पाठ्यपुस्तकमा उल्लेख गरे पनि शिक्षकहरूले नै अप्ठ्यारो र लाजबाट बच्न पछि पढ्ने भनी वा पढाउँदै नपढाएर नै छोड्ने गरेको पनि भेटिन्छ तसर्थ यसलाई कुनै अश्लील विषयको रूपमा लिई ती कुराहरू आफैसँग राख्ने मानसिकतासँग किशोरकिशोरीहरू हुर्किन्छन् । यस प्रकारको सोचाइले यस्ता किसिमका हिंसाहरूलाई अज्ञात बनाउँछ र निरन्तर घरभित्रै यो अवस्था सहिरहेका पीडितहरू त्यसबाट भाग्न नसक्ने अवस्थाको सिर्जना हुन्छ ।

घरेलु हिंसाका अधिकांश पीडितहरू पुरुषको तुलनामा महिला धेरै हुने गर्छन् र उनीहरूले चिनेकै व्यक्तिले दुर्व्यवहार गरेको हुन्छ । मानिसहरू अक्सर हिंसाको विरोध गर्छन् । त्यो पनि शारीरिक हिंसाको लागि मात्र लड्ने गर्छन् । यहाँ भावनात्मक तथा मानसिक हिंसाको वास्ता धेरै गरिदैन । बालबालिकालाई यौन दुर्व्यवहार गर्नु, बलात्कार गर्नु, कसलाई यौन उत्पीडन गर्नु, लुकीलुकी कसलाई पछ्याउनु आदि सबै यौन हिंसामा समावेश भएका कार्यहरू हुन् । सबैले यसबारे सजग हुनुपर्छ किनकि हामी जान्दछौँ कि यी घटनाहरू कुनै पनि उमेरको समूहलाई हुन सक्छ ।

मैले यस विषयमा अध्ययन अनुसन्धान गर्दा निकै रोचक तथ्यहरू फेला पारेकी छु । मे १७, २०२० मा ‘द हिमालयन टाइम्स’ मा प्रकाशित एउटा लेखले मेरो ध्यान खिच्यो । त्यो लेखमा एउटी महिला र एउटी आमाको बारेमा लेखिएको थियो । त्यहाँ महिलाहरू कसरी परिवार, बालबालिका र वृद्धहरूलाई बचाउन धेरै व्यस्त भइरहेका र यस समयमा उनीहरूले मनोवैज्ञानिक र मानसिक रूपमा पीडा

भोग्नुपरेको भन्ने विषयमा औँल्याएको थियो । व्यक्तिगत रूपमा, यो सही नै थियो । परम्परागत रूपमा नेपालमा एक महिलालाई सधैं घरेलु कामदारको रूपमा सोच्ने गरिन्छ । यद्यपि सहरी क्षेत्रमा यस्ता प्रवृत्तिहरूको परिवर्तन भइसकेको छ तर यो अझै पनि गाउँमा हुने गर्छ । त्यस्तै अन्य पत्रिकामा पनि पुरुष सदस्यहरूले उनीहरूलाई सहयोग गर्न अस्वीकार गर्दा महिलाहरूले भारी बोझ बोक्न परेको भन्ने विषयमा प्रकाश गरेका थिए । न्यायलयमा कुनै घटना पुग्दा महिलाहरूलाई उनीहरूले कसरी व्यवहार गर्छन् ? भनि प्रश्न उठाएको थियो । उनले पुरुषले त ख्याल राख्छन् तर महिलालाई बढी गाह्रो हुन्छ भन्ने कुरालाई पनि न्याय दिएको थिइन् । त्यस्तै गरी युएन.एफ.पी.ए.ले जारी गरेको दिशानिर्देशमा उल्लेख गरेको थियो, “रोगको प्रकोपले महिला र पुरुषहरूलाई फरक-फरक असर गर्छ-महामारीहरूले महिला र केटीहरूको लागि विद्यमान लैङ्गिक असमानतालाई बढाउँछ ।” यसलाई विचार गर्न आवश्यक छ । “डब्लु.ओ.आर.सी.ई.नेपालको लेखमा उल्लेख गरेका साङ्खिकीय सूचकहरूबाट” महिला विरुद्धको हिंसा बारे थप जानकारी पाउन सक्छौं । एन.एफ.सी.सी. को एक हटलाइन सामाजिक सञ्जालमा जहाँ पति वा अन्य व्यक्तिद्वारा हुने दुर्व्यवहारका बारेमा सार्वजनिक गरेको थियो । उक्त हटलाइन परामर्श दाताहरूका अनुसार उनीहरूले किशोर साथीको काकासँग असुरक्षित महसुस गरेको, आफ्नो भाइसँग असुरक्षित महसुस गरेको, आफ्नो पति वा पत्नीबाट डरको महसुस भएको भन्दै धेरै फोन कलहरू आएको बताए ।

उक्त हटलाइनको तथ्याङ्कअनुसार पीडित बालबालिका र किशोरकिशोरीहरूले गरेको कलहरूको संख्यामा २२% वृद्धि भएको पाइयो । तिनीहरूमध्ये, ७९% ले उनीहरूको दुर्व्यवहार गर्ने व्यक्तिसँग बस्ने सूचना गरेको र ६७% ले परिवारका सदस्यहरूलाई उनीहरूको दुर्व्यवहार पहिचान गरेका थिए । २३१ वटा घटनाको यो मुद्दाको विश्लेषण गर्दा ३४ वटा बलात्कारका घटनामध्ये २ वटा सामूहिक बलात्कार र १ वैवाहिक बलात्कारका रहेको देखियो । यस्ता घटनामा सबैभन्दा बढी प्रभावित उमेर समूह १७ देखि २५ सम्मका थिए । १०२ ले प्रहरी चौकीमा उजुरी दर्ता गरे भने ३० मध्यस्थता समितिमा गरे, ३० जना हिंसा सहन नसकी आफ्ना आमाबुबा वा आफन्तको घरमा बस्न गए जबकि बाँकी ६९ महिला र केटीहरूले वातावरण सहज भएपछि सहयोग खोज्ने भनी सहयोगको लागि कुनै पनि अधिकारीसँग गुनासो गरेनन् । अन्तिम विचार स्पष्ट रूपमा राम्रो सोच होइन । त्यसले यो बुझिन्छ कि यहाँ अझै पनि धेरै मानिसहरू आफ्नो समस्या सार्वजनिक गर्न तयार छैनन् । वर्तमान अवस्थामा न्यायको ढोकामा पुग्न साहस गर्न सक्ने वातावरणको विकास गर्न सबैको सकारात्मक भूमिकाको आवश्यक पर्छ ।

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Sabhya Marasini Pradhan
Roll no: 30039

Anti-Social Activities

Anti-social activities are activities that can harm society or social harmony. For example: vandalism, kidnapping, theft, abusive behavior, threats, using guns illegally, etc. The people who perform anti-social activities or people who commit crimes are called criminals. If somebody is found guilty, they will be arrested or will have to pay a penalty. If there are strict laws, there might be minimal crimes. If the government takes action against criminals, maybe the rate of crimes could go down. People feel insecure when they have to suffer or see these activities and crimes. To spread awareness of the importance of a healthy society, many things can be done. For instance, organizing rallies about harmful practices.

Here are some tips on how to get protected from these activities:

We should close our windows and doors before leaving our house. We should not eat food given by strangers. We should not ask someone to look after our house while we are not home. We should install security cameras in our houses to see what is going on. We should immediately call the police if we see any suspicious activities and people in banks, our house, shop, etc.

So anything done to disturb the balance of society is anti-social. Governments and people should join hands to suppress these elements.

Phone Addiction



Sherab Wongbu Sherpa
Roll no: 30049

The overuse of anything can be so dangerous, in some way. Any kind of addiction can disturb and affect a person's quality of life. If we talk about the present time, addiction to mobile phones comes first.

Mobile phones have become the most important device in today's time. From children to old age everyone uses the mobile and it is the easiest and essential device too. It helps to connect with our relatives, friends and family who are far away from us. The phone helps to shop online, search information, read ebooks, order food, pay online bills, promote business and earn money, use GPS and many others. As we all know, mobile phones have many advantages, but the excessive use of phones can lead us to addiction. Phone addiction is easy to get but it is hard to get rid of it. It distracts us from the present moment and disturbs child and parent bonding, relationships etc. These days, phone users are suffering from phone addiction.

Moreover, when we watch too much our eyesight will get poor. Phone addiction also leads to depression, anger, break up in relationships, waste of time, cyberbullying, distraction from work, wastage of

money and many others.

Phones are created to make our lives easier and faster. But nowadays, phone addiction is increasing and to recover from it we should minimize the use of phones to keep our lives healthy. We should engage in outdoor activities, household chores, read books and limit the set time for phones. Phone addiction can be recovered if properly used.



Nishkarsha Joshi
Roll no: 28027

Child Marriage

Child marriage is a tradition that prevails mostly in our Nepali community. This is a very bad tradition. This tradition was common earlier in our community. In this tradition, young boys and girls get married at an early age because of this tradition, some children even commit suicide as they get tortured. Due to this tradition, many problems occur, like early pregnancy and sometimes mothers even die during labor pain. Now times have changed, this tradition is practiced less in our community nowadays, but in rural areas it is still going on.

Child marriage is illegal and to stop it we should aware people about its adverse effects. It may cause problems like rape and increase the risk of domestic violence, forced pregnancy, and negative health impact. This also denies education for young children and economic opportunity. These days, girls and boys are educated so they can talk to themselves, so child marriages are decreasing. Although the general marriageable age is 18 in the majority of countries, most religions allow underage marriage with parental permission. Now, the legal age to marry is 20 for boys and girls under Nepali law. If someone forces girls and boys to marry at a young age against their rights, they can go against them and file a case and drag them to court to take legal action against them. If someone is known to be under 20 at the time of marriage, the government takes action against them and their parents. Most countries have taken action against child marriage and prohibited it. Civil marriage is required by legal, moral or other rules in those countries. Nepal has the third highest rate of child marriage, with 37% of girls marrying before 18. Finally, we should aware people against child marriage and protect young girls and boys from its impact.

SPORTS, TRAVEL AND TOURISM AND ENTERTAINMENT



निष्कलेश बराल
क्रमाङ्क : ३४०१३

खेलकुद

खेलकुद हाम्रो जीवनमा धेरै जरुरी छ । खेलकुदले हामीलाई स्वस्थ बनाउँछ । खेलकुद नियमित खेल्नुपर्छ । मलाई मन पर्ने खेल भकुण्डो हो । म घरमा भकुण्डो खेल्छु ।

चिडियाखाना

हामी गएको शनिवार बिहानको खाना खाएर चिडियाखाना घुम्न गयौं । त्यहाँ बाघ, भालु, हात्ती, गैंडा, घडियाल, गोही, हरिण, चितुवा, बँदेल, नीलगाई, जलगाँडा, कछुवा, बाँदर, स्याल, कालिज, सारस, मयूर, डाँफे, सुगा, ढुकुर, परेवा, हाँस, चील, रातो पाण्डा, लोखर्के, सेतो मुसा, सर्प, अजिङ्गर, माछा, दुम्सी छन् । त्यहाँ एउटा ठुलो पोखरी पनि छ । चिडियाखाना घुम्दा धेरै रमाइलो भयो ।



वेदाङ्ग अर्याल
क्रमाङ्क : ३४०१८

चितवन यात्रा



उद्दती भट्टराई
क्रमाङ्क : ३२०४०

नयाँ वर्षको सुरुमा कहाँ घुम्न जाने भनेर सल्लाह भइरहेको थियो । परिवारका सबैबाट फरक-फरक सुझावहरू आइरहेका थिए । अन्त्यमा चितवनको 'कविलास' जाने कुरामा सबै जना सहमत भयौं । वैशाख ३ गते बिहानै गाडीमा सामानहरू हालेर हाम्रो परिवार चितवनको लागि निस्क्यो । बाटो घुमाउरो भए पनि दृशहरू निकै रमाइला थिए । गफ गर्दै हिँडेकाले करिब चार घण्टामा हामी मुग्लिन पुग्यौं । त्यहाँ खाना खाएर नारायणी नदीको किनारको बाटो अघि बढ्यौं । करिब एक घण्टामा हामी कविलास पुग्यौं । कविलास रिसोर्टमा मनोरञ्जनका लागि धेरै गतिविधिहरू रहेछन् । जस्तै; पौडीपोखरी, सानाठुला पानीका सुरेलीहरू, पानीका छाल, फेरिश क्लिब, कोलम्बस आदि खेल्दा निकै रमाइलो भयो । त्यो दिन बेलुका र भोलिपल्ट बिहान पनि हामीले धेरै खेल्यौं । खेलेर थकाई लागेपछि खाना खाएर काठमाडौँतर्फ हिँड्यौं । छोटो भए पनि कविलासको यात्रा धेरै रमाइलो भयो ।



सौर्य श्रेष्ठ

क्रमाङ्क : ३२०२६

बर्दिबास भ्रमण

मेरो बर्दिबास भ्रमण रमाइलो थियो । म बिहान उठेर खाना खाएँ । त्यसपछि म, मेरी आमा र बुबाले लुगा लगायौं । त्यसपछि लुगा मिलाएर हामी गाडी चढेर गयौं । लामो समयपछि हामी बर्दिबास पुग्यौं । हामीले रमाइलो कुराकानी गर्नुभयो । हामी विभिन्न ठाउँमा घुम्न गयौं । त्यहाँ हामीले माछा, कुखुरा, गाई आदि देख्यौं । त्यहाँ ठुला जङ्गल र ठुलठुला रुखहरू पनि थिए । हामी त्यहाँबाट जनकपुर पनि गयौं । त्यहाँ पनि हामी विभिन्न ठाउँमा घुम्नुभयो । त्यहाँबाट घर फर्किँदा हामीले आँप ल्यायौं । हामी यस भ्रमणमा धेरै रमाइलो गरेर फर्कियौं ।



रेमन संगत

क्रमाङ्क : २५०१२

आउँदै गरेको विश्वकप २०२२ मा मेरो उत्साह

विश्वकप हरेक चार वर्षमा हुने गर्छ । यस वर्षको विश्वकप नोभेम्बरमा कतारको राजधानी दोहाको लुसेल रङ्गशालामा आयोजना हुँदैछ । विश्वकपमा कुल ३२ टोलीको सहभागिता रहने छ । हरेक वर्ष विश्वकप गर्मीको समयमा हुने गर्दथ्यो तर यस वर्षको विश्वकपले जाडो मौसममा हुने भएकाले आगामी विश्वकपको लागि म निकै उत्साहित छु । विश्वकपमा परिवारका सबै सदस्य र दाजुभाइहरू जम्मा भएर हेर्ने गर्छौं । विश्वकपमा मैले सानैदेखि अर्जेन्टिनाको समर्थन गर्दै आएको छु । अब पनि मैले अर्जेन्टिनालाई नै समर्थन गर्ने छु । हामी परिवार सबै अर्जेन्टिनाका समर्थक हौं र यस वर्ष अर्जेन्टिनाले कोपा अमेरिका पनि जितेको छ । यस वर्ष अर्जेन्टिनाको टोली राम्रो भएकामा म धेरै खुसी छु । यस वर्ष अर्जेन्टिना मात्र नभई अरू देशका पनि टिमहरू धेरै राम्रा छन् । त्यसैले म यस वर्षको विश्वकपको लागि धेरै उत्साहित छु । यो वर्ष मैले सुनेको छु कि त्यहाँ अर्जेन्टिनाको खेल हेर्न १२ लाखभन्दा बढी मानिस जाने छन् । विश्वकपको समूह विभाजन पनि भइसकेको छ र समूह विभाजनपछि म निकै खुसी थिएँ किनभने अर्जेन्टिनाका लागि प्रतिद्वन्द्वी त्यति गाह्रो थिएन । अहिले धेरै ले विश्वकपको टिकट बुकिङ गर्न थालेका छन् । हामीले पहिला कहिल्यै पनि विश्वकप जाडो महिनामा भएको सुनेका र देखेका थिएँनौं । यस वर्ष विश्वकप जाडो महिनामा हुन लागेको भएर म धेरै उत्साहित छु ।

मलाई खेल हाम्रो जीवन हो जस्तो लाग्छ । हामी खेलहरू हेर्नको लागि नेपाली समयअनुसार राती अवेरसम्म बस्नुपर्छ किनभने हाम्रो समय फरक छ । प्रिमियर लिग, लाइगा, च्याम्पियन्स लिग, आदि जस्ता धेरै फुटबल रातको समयमा हेर्दै आएका छौं । जब हामी विश्वकप हेर्छौं हाम्रो उत्साहको स्तर धेरै माथि हुन्छ । मलाई यस वर्षको अर्जेन्टिनाको विश्वकप जर्सीको डिजाइन पनि मन परेको छ । यस वर्षको विश्वकपमा धेरै नयाँ खेलाडीहरू छन् । दुःखको कुरा यो हो कि यस वर्ष मेरो मनपर्ने खेलाडीको विश्वकप खेल्ने अन्तिम विश्वकप हो । मलाई आशा छ उनीहरूको टिमले विश्वकप जित्ने छ र खुसी मनाउने छ । टुफी लिएर स्वदेश फर्कनेछ ।

अन्त्यमा, सबैले आफ्नो मनपर्ने टोलीलाई समर्थन गर्न र विश्वकपको आनन्द लिन सबैलाई आग्रह गर्छु । मलाई आशा छ, यो वर्षको विश्वकप स्मरणीय हुनेछ ।



एम्बिरा प्रधान

क्रमाङ्क : २४००९

मेरो नारायणगढ यात्रा

जेठ महिनाको ११ गते म र मेरो परिवार सबै उठेर तयार भई गाडीमा बसी नारायणगढतर्फ लाग्यौं। हामीहरू बिहान लगभग ४-५ बजेतिर घरबाट निस्किएका थियौं। त्यतिखेर हामीले आफ्नै गाडी लिएर गएका थियौं। गाडी बाबाले चलाउनु भएको थियो। म र मेरी बहिनी चाहिँ एकछिन गाडीमै सुत्थौं। त्यसपछि हामीले खानेकुरा खायौं। यात्रा एकदमै रमाइलो थियो किनकि हामी गीत बजाउँदै र सुन्दै गएका थियौं। (मानेस्किनका गीत) मैले (The Witches) नामक पुस्तक पढेकी थिएँ र यात्राको क्रममा मैले सबैलाई लगभग एक घण्टासम्म यसको कथा सुनाएँ। हामी सबैले धेरै रमाइलो गर्यौं।

म काठमाडौँदेखि नारायणगढ सडक धेरै पटक यात्रा गरेकी छु। किनभने नारायणगढ, चितवन मेरो जन्मस्थल हो र मेरा धेरै आफन्तहरू त्यहाँ बस्नुहुन्छ। चुनावको कारणले हामी नारायणगढ गएका थियौं। हामी बिदाको कारण नारायणगढ गएका थियौं। त्यतिबेला मेरी बहिनीको बिदा लगभग सकिन लागेको थियो। हामी सबैलाई बिदा चाहिएको थियो। बिदा भयो र हामी नारायणगढ गर्यौं।

बाटोमा जाँदा हामीले लामो भरनाको सङ्केत भएको बोर्ड देख्यौं। त्यसपछि हामीले त्यहाँ जाने निर्णय गर्यौं। भरना जानको लागि टिकट लिनुपर्थ्यो जुन रु.५० प्रतिव्यक्ति थियो। करिब एक किलोमिटर टाढा थियो त्यो भरना। हामी त्यहाँ नजिकै पुग्यौं र सुन्दर भरना देख्यौं। त्यसपछि हामी केही मिनेट हिँडेर भरना पुग्यौं। त्यहाँ पुग्दा लगभग ८ बजेको थियो। हामीले केही तस्विरहरू खिच्यौं। हामी भरनामा रमायौं। पानी चिसो र आनन्दको थियो। हामी भरनामा कम्तीमा एक घण्टा खेल्यौं; रमायौं र नुहायौं। त्यसपछि हामीले हाम्रो ब्रेकफास्ट खायौं - नगेट्स, चिप्स र ससेजसँग बिरयानी। त्यसपछि हामी देवघाट वरिपरि गर्यौं र देवघाट पुलमा हिँड्यौं। दिउँसोको १२-१ बजेको थियो। निकै गर्मी थियो। हामीले देवघाटबाट लिची किनेर बाटोमा खायौं।

हाम्रो नारायणगढको यात्रा जारी राख्दै हामी घर पुग्यौं। थकानले म र मेरी बहिनी केही घण्टा निदाएका थियौं। त्यसपछि हामी हाम्रो आजाअजी (मामुकी आमा र बुबा) लाई भेट्न गर्यौं। परिवारका पुराना तस्विरहरू हेरेर केही घण्टा रमाइलो गर्यौं। मामुका पुराना तस्विरहरू हेरेर मलाई धेरै रमाइलो लाग्यो।

हामी घर फर्कियौं र खाजा खाने समय भयो। त्यसैले म र मेरी बहिनी अलि पर केही खाजा लिन गर्यौं। हामीले खाजा खायौं। त्यसपछि हामीले बुढीआजीलाई भेट्ने निर्णय गर्यौं किनकि हामीले उहाँलाई लगभग एक वर्षदेखि भेटेका थिएँ। हामी बुढी आजीसँग केही बेर कुरा गर्यौं र हाम्रो घरतर्फ लाग्यौं। मैले म र मेरी बहिनीलाई हेर्नको लागि एउटा कार्यक्रम डाउनलोड गरेकी थिएँ। हामीले केही बेर त्यो हेर्यौं र ओछ्यानमा सुत्न गर्यौं।

भोलिपल्ट बिहान मैले दुध र तरकारी ल्याउनुपर्ने भयो। त्यसै समयमा म बाहिर निस्किएँ र मैले मेरो साथी प्रान्जललाई पनि भेटें। ऊ आफ्नो ट्युसन क्लास जाँदै थियो। हामीले हेल्लो मात्र भन्यौं र आआफ्नो बाटो लाग्यौं। धेरै समय भइसकेकोले हामीले 'जुबिन' भाइलाई भेट्ने निर्णय गर्यौं। हामीले केही बेर कुरा गर्यौं र (Jenga एंड UNO) खेल्यौं। त्यो दिन हामीले धेरै रमाइलो गर्यौं।

भोलिपल्ट चुनावको दिन थियो। मा र बा चुनावका लागि निस्किसक्नुभएको थियो। माले हामीलाई चुनाव भइरहेको ठाउँमा बोलाउनुभयो। त्यसैले हामी चुनाव भएको ठाउँमा पुग्यौं। त्यहाँ हामीले धेरै चिनेका मान्छेहरू भेट्यौं। एकछिन गफ गर्यौं। घर पुगेपछि हामीले खाना खायौं। त्यसपछि मामुनी र आजिका आउनुभयो। केहीबेर हामीहरू कुरा गर्यौं। हामी अर्को दिन काठमाडौँ जाने भएर आजीले केही सामानहरू पठाइदिनुभएको थियो। घरमा हामी सबैजनाले आआफ्ना सामानहरू मिलायौं र सबै जना सुत्न गर्यौं।

अर्को दिन छिटो उठेर समानहरू गाडीमा राखेपछि हामीहरूले ब्रेकफास्ट खायौं। अजीलाई बाइ भनी नारायणगढ-मुग्लिन राजमार्ग बाटो हुँदै हामी फेरि लामो भरनातर्फ गर्यौं। लामो भरनामा फेरि सबै जना पौडी खेल्यौं। हामी सबै जना मज्जाले पौडी खेलेपछि पाजुलाई बाटोमा भेटेर सँगै गफ गरेर, सुतेर, गीत सुनेर काठमाडौँ लगभग ४ बजेतिर आइपुग्यौं। त्यसपछि नुनुको घरमा खाना खाएर घर आइपुग्यौं। यो यात्रामा एकदमै रमाइलो भयो।



Aarashi Shakya

Roll no: 24004

Bungee Jumping

Bungee Jumping, also spelled as bungy jumping, is an entertaining sport activity. In this sport a person jumps off the high cliff with a large elastic cord tied on their foot. Bungee jumping is very popular and loved sports among the blood full of youthness. This adventurous activity can become a person's most memorable life time experience. Bungee jumping originated in 1988 A.D New Zealand. Before 1988 bungee jumping was practiced but it was considered illegal. The word "bungee" means "Anything thick and squat". At the beginning this name was used for rubber erasers. The Oxford dictionary recorded this word in around 1938 A.D. Looking into the history of bungee jumping during the second world war, Europeans appeared on Pentecost island in the southpasafic and found out that locals used to do this as their traditional ritual because they had a legendary story. One of the native was abusing his wife while the wife being abused wanted to get away to save her life so she ran and climbed the coconut tree to hide from her husband. When her husband found out, the wife tied up lianas around her ankle and in the movement her husband tried to catch her she jumped from the tree. Her husband jumped after her, hit the ground and died.

After such an incident all the men in the island started practicing jumping by tying lianas so that women couldn't outplay men ever again. They had built a 28-meter high tower in the village to practice the ritual. Men would take a bath and climb the tower while their wife is brought to the tower and the wife has to listen to her husband complain in front of the whole village, after the speech the men jump off the cliff. It was a ritual to dominate women in society.

However, now bungee jumping has unrolled all around the world, not as a ritual but as a thrilling adventurous activity. People all over the world enjoy this fun activity. Likewise, it has a lot of benefits. Bungee jumping helps a person to lose fear of height and make them fearless and daring .It will make you forget about every problem in your life, and makes you feel free as a bird. So it is very good for your mental health too. Besides all these if you are bungee jumping with your partner then it will bring you closer. Bungee jumping will give you a sensation of accomplishment in your life as it is a lifetime experience.

In context of our country Nepal, a country which lies in the lap of Himalaya, where there are a lot of high heels and lower valleys where bungee jumping is possible. In fact Nepal has the third highest bungee jumping spot which is in Bhote koshi river. It is a 3 hours drive away from Kathmandu. Bungee jumping is also a major element to attract tourism in Nepal. Best season for bungee jumping is winter because it is dry and cool.

Bungee jumping is a very cool and fun activity to experience about once in a lifetime. It brings out the joy and playful personality of a person. It helps to maintain mental health and cope with stress. Bungee jumping has a very legendary history though bungee jumping is practiced all around the world. Besides, it has also become the pride of our nation.



Umang Khatiwada
Roll no: 23047

Idolizing Athletes in popular Sports

“Parents ought to serve as examples. I shouldn’t be the one to raise your children just because I can slam dunk a basketball.” Charles Barkley, a former NBA player, popularized this quote in a Nike commercial. Most people are unaware that athletes do not choose to enter their career with the expectation of serving as every young child’s role model because they are professionals, they should be perfect and shouldn’t engage in any wrongdoing, according to their expectations. The majority of athletes, on the other hand, are able to keep everything a secret and avoid issues with the law or the media. The subject of whether or not their children should look up to these athletes as role models has become highly popular in the day and age where athletes are caught cheating or getting arrested stays in the public’s mind. They were some of the most well-known athletes in the world and some of the biggest names in the sport.

It could go either way if kids are running around idolizing players for the individuals they are. You don’t really want to hear the truth about athletes if you idolize them. False idols are created from real people. They might have made a wise decision if the athlete ends up being like Charles Woodson, who is not only a good player but also has a positive impact on the neighborhood. Young people can learn some important lessons from successful athletes. Athletes embody virtues like strength, speed, endurance, concentration, and assurance on the playing field. They deserve praise for their steadfast work and dedication to their game. Indeed, even young individuals without aspirations of becoming athletes may learn a lot from the never-say-die attitude that players display on the field. These qualities undoubtedly make them exceptionally good examples.

The people who exhibit the traits we aspire to have are our true role models. The people we look up to as role models have influenced us to become better people. They are people that other people look up to, admire, or copy. There are positive role models that encourage others to achieve greatness and negative role models who have negative influences. There are even counter-role models, dubbed “bad girls” or “bad boys” by the media, who serve as excellent examples of what to avoid if you want to succeed and be respected in life. Since I spent the most of my time participating in sports in high school and college, I think role models for young people should be athletes.

To sum up, in reality, there are a few traits that make athletes ideal role models for young people. They can exhibit youth-specific traits like devotion and tenacity. However, a sizable portion of them also possess a great deal of disadvantages. Children must understand that they are praising the player on the field, not the person off it.



Utsav Gautam
Roll no: 23048

Are Professional Athletes Overpaid?

Sports person is anyone who plays any kind of sport professionally. They are known to have high earnings. For one match at a high level they get paid more than the yearly salary of the US president. It's not ridiculous, it's facts. Footballer with highest salary currently is Mbappe with \$61M per year. According to Forbes, Messi in total earns around \$130M yearly with his salary and endorsements. It is crazy seeing those numbers. That's out of the world compared to daily occupations.

If salary is given as per the importance of one's job. Sports is just entertainment. Teaching is a more important field. But it is seen that the weekly salary of athletes is higher than the average yearly salary of teachers. On the other hand, people who save lives are doctors, firefighters, police officers and even the military. They get paid very little compared to the nature of work they do. But why? Why is it that they get paid so much? This is because of the total income of the market. The sports industry is greater than most other industries. The high income of industry is high income of clubs and therefore the athletes are paid more. It is crazy how big the sports industry has become. Almost all of us know Messi, he is like the king of football currently. He left FC Barcelona in which he played for more than 25 years. In the last conference, he had a lot of tears and he wiped it with a normal tissue. Later that tissue was on the market for £1M. One million euro for that. It's really crazy. Likewise, people love athletes of different sports. The popularity of the players leads to them getting more and bigger sponsorships. Sports clubs invest in players for better performance in sports as well as more interest of fans in their team for their income.

However, it's not the athlete's fault that their salaries are so high. The main problem is the huge amount of money involved in professional sports. Team owners and the big leagues earn in billions. In 2018, Floyd "Money" Mayweather earned \$275M just from his fights. Boxing is a very risky sport. This is a jaw dropping figure but not compared to the money he actually earned. He fought a number of fights with PPV(Pay Per View) so every single person paid to go to the stadium or paid to watch in one form. This racked up millions just for one fight. He just got a fraction of it.

So, are athletes overpaid? I don't think so. They are paid for what they have done according to the market. If the industry generates more than they give more. Yes, there might be some athletes who are overpaid but not all. The pressure and the training they put in shouldn't be ignored. The numbers might be ridiculous but taking it as a fraction of the sports industry's income, it is fair.



SIFAL SCHOOL