

THE DEERWALKER

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Sifal School

Welcome

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

Dear Reader,

We are delighted to welcome you with the 13th issue of "The Deerwalker".

The Deerwalker is an assortment and agglomeration of all the remarkable articles researched and written by the students of Sifal School ranging from elementary school all the way to high school.

We have carefully knit picked the most genuine articles for this magazine so that you, the reader, will have the best possible understanding of the viewpoints of our students. This magazine covers topics such as poetry, opinions, book and movie reviews, as well as many other eccentric and our students' specialized interests. It serves as a forum for the publication of buried and innate knowledge, in the form of a magazine.

The Deerwalker is a magazine created by the students for students and everyone else to read. It is a separate

entity that is assembled by students and is amalgamated with the conceptualization of our students' minds through an arduous process. The primary objective of the magazine is to enhance the spectrum of knowledge of the student and to engage in research about the topic they have already ascertained or on areas they are uninterested in.

Through the combined efforts of the students, The Deewalker team, and respective language teachers, we hope that our platform can serve as a beacon of knowledge for students and all readers who happen to come across it.

Regards,
Manip Maharjan
Co Editor in Chief
(English)

स्वागतम्

प्रधान सम्पादक
भाषा विभाग

सह-सम्पादक
सौहार्द ब्रजाचार्य

सम्पादक
सुप्रभ आचार्य
रुसीना तामाङ
मानश्वी सापकोटा

डिजाइन
डियरवाक डिजिटल ल्याब,
डियरवाक सिफल स्कूल ।
काठमाडौं, नेपाल ।
सम्पर्क
टेलिफोन ०१-४५९९२४०,
contact@sifal.deerwalk.edu.np

‘द डियरवाकर’ सिफल स्कूलद्वारा
प्रकाशित विद्यार्थीहरूको पत्रिका हो

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प्रिय पाठकवर्ग,
हामी तपाईंलाई गर्वका साथ हाम्रो विद्यालयको पत्रिका
‘द डियरवाकर’ को १३ औं संस्करणमा स्वागत गर्दछौं ।
हाम्रो पत्रिका सिफल स्कूलका प्राथमिक तहदेखि हाइस्कूल
तहसम्मका विद्यार्थीहरूले लेखेका अनौठा रचनाहरूको
सङ्ग्रह हो । डियरवाकर पत्रिकाको मुख्य उद्देश्य
विद्यार्थीहरूको रचनात्मक लेखन दिमागको वृद्धि गराउनु
हो । विद्यार्थीहरू कविता, रचनात्मक लेखन, रोचक तथ्य
र तथ्याङ्क, खेलकुद र मनोरञ्जन, र थप विषयहरूमा
संलग्न हुन सक्छन् । यस पत्रिकामार्फत विद्यार्थीहरूले
आफ्नो ज्ञान र प्रतिभा अभिव्यक्त गर्दै आएका छन् ।

हामी डियरवाकर क्लबले यी सबै रचनाहरू सम्पादन र
सङ्कलन गर्न सक्दो प्रयास गरेका छौं । सम्पादन र
सङ्कलन गर्दा, हामीले धेरै उत्कृष्ट र महत्त्वपूर्ण
रचनाहरू देख्यौं, यसबाट म व्यक्तिगत रूपमा पाठक
हरूलाई यो बताउन पाउँदा खुसी छु कि, डियरवाकर
पत्रिका रचनाहरूको एउटा अद्भूत सङ्ग्रह बनेको छ ।

हामी विद्यार्थीहरूलाई थोरै वा कुनै जानकारी नभएको
विषयको खोजी गर्न प्रेरित गर्ने प्रयास गर्छौं । यसका
साथसाथै, उनीहरूलाई पहिले नै थाहा भएको विषयको
बारेमा पनि अनुसन्धानमा संलग्न हुन प्रेरणा दिने प्रयास
गर्छौं । यसले हाम्रो ज्ञानको सागरलाई अझ राम्रोसँग
वृद्धि हुन मद्दत गर्दछ ।

अन्त्यमा, म हाम्रा सबै पाठकहरूलाई सबै सिर्जनाहरू
अनुरोध गर्दछौं र थप रचनात्मक सुझावको अपेक्षा

मन लगाएर पढी हौसला दिनुहुन हार्दिक
राख्दछौं ।

सौहार्द ब्रजाचार्य
सह-सम्पादक
नेपाली

Features

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

BOOK AND MOVIE REVIEW



तेजस्वी बस्नेत
क्रमाङ्क: ३३०४८
मलाई मन पर्ने पुस्तक

मलाई मन पर्ने पुस्तकको नाम माछासँग घुमघाम हो । यस कथामा एउटा माछी हुन्छ । उसले एक दिन माछा मार्दा एउटा सानो बुचो माछा भेट्टाएर घर लग्यो । त्यो माछालाई तिउनमा हाल्न भनेर श्रीमतीलाई भन्यो तर छोराले त्यो माछा मारुनुहुँदैन । म यो माछा पाल्छु भन्यो । माछाले आफ्नो नाम जलवीर बतायो । जलवीर समुन्द्रमा बस्ने रहेछ । समुद्रमा नै खानेकुराहरू खाँदो रहेछ । केटाले सपनामा माछासँग घुमेका धेरै ठाउँहरूमा पुगेको देख्यो । उसले सपनामा माछाले आफूलाई छोडेर गएको कुरा देख्यो । यस्तो सपनाले ऊ धेरै तर्सको थियो ।



विश्रान्त सिटौला
क्रमाङ्क: ३२००६
मुस्कान र मह

मुस्कान र मह कथा माधव गाङ्गीलले लेख्नुभएको हो । यो कथा निकै रमाइलो कथा हो । मुस्कान एक इच्छाधारी नाग हुन्छ । एकदिन मुस्कान भालुको रूप लिएर लमजुङ जान्छ । ऊ त्यहाँ मिठो मह खान गएको हुन्छ । भालु र माहुरीको दुश्मनी भइरहेको हुन्छ । भालुले माहुरीको चाका भत्काउने रहेछ । त्यहाँ माहुरीका चाका भित्रका अन्डा, लार्भा र प्युपा पनि हुने रहेछन् । त्यो कुरा मुस्कानले थाहा पायो । मुस्कान इच्छाधारी भूत भएकाले ऊ कर्मी माहुरी बनेर रानी माहुरीसँग कुरा गर्न गयो । भालुहरू उनीहरूले माहुरीको चाकामा गर्दै आएको क्षति कम गर्ने कुरा गरे । यसरी दुवैबिच सहमति भयो । भालुहरू अब महिनाको एकदिन एउटा समूहमा जाने र चाका नबिगारी मह खाने भए । तर एकदिन फागु पूर्णिमाको दिन मत्ते भालुले नसाको सुरमा गएर सबै चाका एकैपटक फाँटियो अनि मह र अण्डा समेत खाइदियो । अब फेरि माहुरी र भालुहरूबिच युद्ध सुरु भयो । माहुरीहरूले मत्तेलाई पनि धेरै टोके । मुस्कान फेरि मधुबती रानीसँग कुरा गर्न गयो । अब भने माहुरी र भालुको बिच फेरि सहमति भयो । मत्ते भालुलाई उनीहरूले कहिल्यै पनि मह खानलाई जान नसक्ने गरी सजाय दिए । त्यसपछि मुस्कान आफ्नै ठाउँ फर्कियो । कीर्तिपुर आएपछि मुस्कानले थाहा पायो वैज्ञानिकहरूले माहुरीलाई क्षती नपुऱ्याई मह काट्ने प्रविधिको विकास गरेका रहेछन् । यस कथा पढ्दा माहुरीको बारेमा र महको बारेमा धेरै कुरा थाहा पाइने भएकाले मलाई यो कथा धेरै मन परेको हो ।



दिनिशा सिवाकोटी

क्रमाङ्क: ३१०४२

पुस्तक समीक्षा: वीर बलभद्र

कथावस्तु: वि.सं १८४६ सालको माघ १७ गते सरदार चन्द्र कुँवरका माइलो छोराको रूपमा वीर बलभद्र कुँवरको जन्म हुन्छ। उनी सानैदेखि तीक्ष्ण बुद्धिका हुनुका साथै तरवार चलाउन पनि सिपालु हुन्छन्। उनको विवाह छिट्टै मल्लिका देवीसँग हुन्छ। विवाह भएको एक वर्षपछि उनी पल्टनमा जागिर खान्छन्। भारतमा अङ्ग्रेजहरू व्यापार गर्ने निहुँमा भारत कब्जा गरेर बसेका हुन्छन्। उनीहरूको दाउ नेपाललाई पनि कब्जा गर्ने थियो। अङ्ग्रेजहरू नेपाल कब्जा गर्ने खोजीमा लागेका थिए। सीमा सुरक्षाका लागि अनुभवी आँटिला सैनिकहरूलाई खटाउँदै जाँदा वीर बलभद्रलाई गढवाल खटाइयो। उनले नालापानीमा किल्ला बनाई बसे र लडाईंका लागि हातहतियार पनि तयारी अवस्थामा राखे। युद्धको घोषणा गरेको आठ दिन अगाडि नै अङ्ग्रेजहरू गढवालमा लडाईं गर्न अगाडि बढे। अङ्ग्रेजले बलभद्रलाई एउटा चिठी पनि पठाएका थिए। जसमा आत्मसमर्पण गर्न भनी लेखिएको थियो तर वीर बलभद्रले त्यो चिठी नपढिकन नै च्यातिदिए। नेपाल अङ्ग्रेज युद्ध सुरु भयो। युद्ध गर्दै जाँदा अङ्ग्रेजले तेस्रो पटकमा आफ्नो सेनापति गुमायो र उनीहरूको मनोबल घट्यो। नेपाल र अङ्ग्रेजतर्फका थुप्रै सैनिकहरू मारिए। अङ्ग्रेजहरूले नेपाललाई हराउनका लागि नालापानीको मुहान नै बन्द गरिदिए। करिब ६०० सङ्ख्यामा रहेका सेना अब ६०/७० मात्र पुगेका थिए। वीर बलभद्रले आफ्ना सैनिकहरूका साथ किल्ला परित्याग गरे। उनीहरू निडरताका साथ अगाडि बढेको देखेर अङ्ग्रेजहरू पनि छक्क परे। नेपाल र अङ्ग्रेजबिच एउटा सन्धी भयो। जसलाई सुगौली सन्धि भनिन्छ। सुगौली सन्धिले गर्दा नेपालले एक तिहाइ भू-भाग

गुमाउनुपर्थ्यो। त्यसपछि बलभद्र कुँवर पन्जाबमा रणजीत सिंह कहाँ सैनिक हुन पुगे र उनको मृत्यु त्यही भयो।

परिवेश: यस कथामा परिवेशको रूपमा घर वरपरका वातावरण, अग्लो ठाउँका किल्ला आदिको वर्णन गरि एका छन्। किल्लाको स्थिति किल्लाभित्र मारिएका सैनिक पनि प्रस्तुत गरिएको छ।

पात्रहरू: यस कथामा असल पात्रको रूपमा बलभद्र कुँवर र नेपाली सैनिकहरूलाई प्रस्तुत गरिएको छ। खर अब पात्रको रूपमा अङ्ग्रेज र अङ्ग्रेजी सेनाहरूलाई प्रस्तुत गरिएको छ।

सिफारिस: म यो पुस्तक सबैजनालाई पढ्न सिफारिस गर्दछु किनभने यस पुस्तकले हामीलाई एउटा महान व्यक्तिको बारेमा जानकारी दिएको छ र यसबाट हामीले हाम्रो देशको इतिहासको पनि ज्ञान पाउन सक्छौं।



प्रसिद्धि डड्ढोल

क्रमाङ्क: २८००९

पुस्तक समीक्षा: हजुआमाको लौरो

विषयप्रवेश: 'हजुआमाको लौरो' रामदेव पाण्डेद्वारा लिखित बाल उपन्यास हो। यो उपन्यास देवी

नेपालद्वारा सम्पादन गरिएको हो । पहिलो पटक यो किताब २०६८ मा प्रकाशित भएको थियो र यो पछि २०७३ मा फेरि प्रकाशित भयो यसको ग्राफिक लेआउट दिपक सुनारद्वारा बनाइएको हो । यो पुस्तक ऐरावती प्रकाशन प्रा.लिद्वारा प्रकाशित भएको थियो । यो पुस्तक आधुनिक समाजमा वृद्धवृद्धाहरू उपेक्षित हुनुपरेको र जसको प्रभाव बालबालिको सिकाइमा परेको घटनासँग सम्बन्धित छ ।

कथावस्तु: एक दिन जब छाया उठ्छे, उसले आफ्नो परीक्षामा पहिलो हुने सपना देखिन् तर हजुरआमालाई यो कुरा बताउँदा हजुरआमाले सपनाहरू मात्र उल्टो आउँछन् भन्ने कुराले दुखी दुखी भएर विद्यालय जाँछिन् । छायाले थाहा पाइन् कि उनी वास्तवमै पहिलो भएकी थिइन् र खुसी भएकी थिइन् जब उनी स्कूलमा थिइन् उनको आमाले उनका साथीहरूलाई निम्तो दिएका थिए र उनीहरूले कसरी आफ्ना छोराछोरीहरूलाई होस्टेल लगेका थिए र होस्टेल पठाएको बारेमा कुरा गरिरहेका थिए र छायाकी आमालाई पनि छायालाई होस्टेल राख् भनेर उनका साथीहरूले उक्साइरहेका थिए । म पनि त्यस्तै गर्नुपर्छ भनिरहेका थिए । छाया घर आइपुग्दा यो कुरा उनले हजुरआमाको कोठाबाट सुनिरहेकी थिइन् । यी सबै कुरा सुने पनि उनीहरूलाई बीचमा बाधा नपुऱ्याउन चाहेको भन्दै उनी हजुरआमाको कोठामा गएर बसिन् । उनी पहिलो बनेको बताइन् त्यसपछि उनले आफ्ना बुबालाई फोन गरिन् र उनलाई क्रिकेट ब्याट ल्याउन भनिन् र उनका बुबाले सहमति जनाउनुभयो र उनको बुबा घर आएपछि उनी क्रिकेट ब्याट देखेर धेरै खुसी भइन् र त्यसपछि आमाले छायालाई गाउँको विद्यालयमा राखेर हुँदैन सहरमा लगेर राम्रो विद्यालयमा पढाउनुपर्छ भनी निर्मलसँग कुरा गरिन् । पहिले उनका बुबा राजी थिएनन् तर पछि निर्मलाको ढिपीका अगाडि हार खानुपऱ्यो तिनीहरूले छायालाई अर्को दिनमा होस्टेल लैजाने निर्णय गरे । उनीहरू काठमाडौँ गए र त्यहाँ पुग्दा रात पऱ्यो । त्यसैले उनीहरूले होटेलमा बस्ने निर्णय गरे र अर्को दिन होस्टेलमा पुगेपछि उनीहरू गएर छायालाई होस्टेलमा राखे र फर्के । सुरुका केही दिन उनी धेरै रोइरहेकी थिइन् तर पछि पढाइमा ध्यान दिन थालिन् र केही वर्षपछि दसैंको बिदा मनाउन घर आइपुग्दा छाया धेरै खुसी थिइन् किनकी उनले १० दिनको बिदा पाएकी थिइन्, उनले यो कुरा आमाबुबालाई भनेकी थिइन् । घर आउँदा आमाबुबालाई खाना खाइरहेको देखेपछि उनी त्यहाँ गइन् र उनीहरूसँग सामेल भइन तर हजुरआमा त्यहाँ नभएको थाहा पाएपछि उसले आमाबुबालाई सोधिन् र उनकी आमाले छायालाई भनिन् कि उसलाई यहाँ हजुरआमाको आवश्यकता छैन तर त्यसपछि छायाले भनिन् कि उसकी हजुरआमा नभएसम्म उसको खानाको अर्को टुक्रा खाने छैन ।

त्यसैले उनकी आमाले हजुरआमालाई ल्याउने निर्णय गरिन् त्यसैले उनी माथिल्लो तलामा हिड्न थालिन् र छाया आफ्नी आमाभन्दा छिट्टै गइन् र बन्द ढोका भेटाइन् र आमाले खोलेपछि त्यहाँ उनकी हजुरआमा थिइन् । ओछ्यानमा पल्टिएर रोइरहेकी थिइन् र कोठामा पस्ने बित्तिकै उनले आफ्नो आँसु पुसिदिइन् र तल लगिन् र त्यसपछि छायाले खाना दिइन् जुन उनले सुरुमा खाएइन् तर पछि खाइन् ।

त्यसपछि छायाले क्रिकेट खेल्ने निर्णय गरिन् र बाहिर गइन् तर आधा सामान बिर्सको कारणले फर्के र आउँदा उनले बुबा, आमा र हजुरआमाको बहस सुनिन् त्यसैले उनले लुक्ने निर्णय गरिन् र आफ्ना आमाबुबाले हजुरआमासँग बहस गरिरहेको देखिन् । कही समयपछि आमा रुन थाल्नुभयो तर अचानक काका आएर छायालाई बोलाए र उनी डराइन् तर छाया र काकाको कुरा सुनेर आमाले नक्कली आँसु पुछिन् र उहाँले सोध्नुभयो कि उनी पहिले नै फर्किसकेकी थिइन् ? त्यसपछि उनी आएर बिर्सको चिज लिएर फर्कइन् ।

काठमाडौँ जाने दिनभन्दा अघिल्लो दिन छाया हजुरआमासँग सुत्न लाग्दा उनकी आमा आएर उनको कोठामा जबरजस्ती लैजानुभयो । त्यसैले आमासँग सुत्नुपऱ्यो.. त्यसपछि उनले सुतिरहेको जस्तो नाटक गरिन् र केही बेरपछि आमाले भन्नुभयो । छाया तिमी सुतिरहेकी छौ ? जुन छायाले जवाफ दिइन् र त्यसपछि आमाले बुबासँग हजुरआमालाई वृद्धाश्रममा छाडेर जाने कुरा गर्न थालिन् । उनी भोलिपल्ट फर्किन् तर हजुरआमालाई छाडेर गएका हो कि भनेर सधैं डराइरहन्थन् त्यसैले हरेक दिन फोन गरेर हजुरआमालाई पहिले कुरा गर्न भन्थिन् त्यसपछि आमाबुबाको पालो आएपछि उनले फोन राखिन् ।

एक दिन छायाले आमालाई फोन गर्दा आमा रोइरहेकी थिइन् र उनकी हजुरआमा हराएकी थिइन् तर आमाले चिन्ता गर्नुपर्दैन भनेकी थिइन् । किनभने उनका बुबाले रिपोर्ट गर्नुभएको थियो । पछि उनलाई थाहा भयो कि उनकी हजुरआमा वास्तवमा हराएकी छैनन् र उनका आमाबुबा भुटो बोल्दै थिए । छायाले हजुरआमा आफैँ खोज्ने निर्णय गरिन् । त्यसपछि उनले आफ्नो गाई दाइको सहयोगमा रिसेप्सनिस्टलाई ठग्न सफल भइन् कि उनका काका उनलाई लिन आएका थिए र त्यसपछि ट्याक्सी लिएर उनी हजुरआमा खोज्न गइन् र पुगेपछि गाई दाइलाई फोन गरेर समाचार दिइन् । त्यसपछि छाया केही दिनसम्म नफर्किएपछि रिसेप्सनिस्टले उनका आमाबुबालाई फोन गरी प्रहरीलाई खबर गरिन् । केही दिन खोजी गर्दा छायाको उमेर भएकी बालिकाको शव भेटिएपछि उनका आमाबुबा आएर रुन थाले तर पछि थाहा भयो कि त्यो छाया होइन । एक दिन छायाका आमाबुबा टिभी हेर्दै गर्दा छायालाई देखे र तुरुन्तै काठमाडौँमा वृद्धाश्रमतिर गाडी चलाउन थाले र पुगेपछि रिपोर्टरहरूले छाया र उनकी हजुरआमालाई घेरेर बसेको देखे ।

हजुरआमा र छायाले उनीहरूलाई नचिनेको बताए तर धेरै सम्झाएपछि छाया र हजुरआमा उनीहरूसँग घर जान राजी भए । घर फर्कदा छायाले मन्त्रीबाट पुरस्कार पाउने कुरा थाहा पाइन् जसलाई उनले आफूले मन पर्दैन थियो किनकी मन्त्रीले आफ्नी आमालाई हजुरआमालाई वृद्धाश्रममा छाड्न प्रेरित गरेका थिइन् । त्यसैले त्यो दिन पुरस्कार पाउनुको सट्टा उनले आफ्नी आमालाई कसरी वृद्धाश्रममा छाडेकी थिइन् भन्ने कुरा सबैलाई सुनाइन् ।

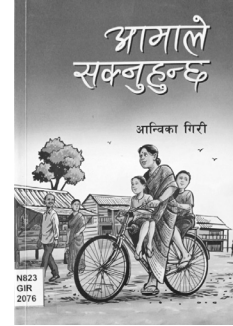
केहीले छायालाई मन पराउँथे र केहीले मन पराउँदैनथे तर तिनीहरू सबै यो खराब छ भनेर सहमत भए र उनीहरूले भोलिपल्ट थाहा पाए कि मन्त्रीलाई उनको पदबाट हटाइयो र त्यसपछि र मन्त्रीले आफ्नी आमालाई घरमा ल्याएर राखे । छाया दोब्बर पुरस्कार राशीका साथ सम्मानित भइन् र पछि सबै परिवारको राम्रो मिलन भएपछि उपन्यास समाप्त हुन्छ ।

पात्र: यस पुस्तकमा धेरै पात्रहरू छन् । मुख्य पात्र छाया हो भने सहायक पात्रहरू हजुरआमा, आमा र बुबा हुन् । उनीहरू सबै मानवीय पात्रहरू हुन् । पात्रहरू जस्तै गाई काका, रिपोर्टर, मन्त्री, प्रहरी आदि पात्रहरू सबै सहयोगी पात्रहरू हुन् । कथा छायाको जीवनमा आधारित छ जसमा उनले कसरी उनकी हजुरआमालाई माया नगरेपछि उनकी हजुरआमालाई वृद्धाश्रम पठाइयो, उनलाई होस्टेलमा पठाइयो तर उनले हजुरआमालाई खोजेर उद्धार गर्न सफल भइन् । यस कथामा अन्य पात्रहरूले पनि मद्दत गरेका छन् र आफ्नो महत्त्व देखाएका छन् तर मुख्य भूमिकामा छाया नै रहेकी छिन् ।

परिवेश: यो उपन्यासमा घटना विभिन्न ठाउँमा घटेका छन् । छायाको घर, विद्यालय, होस्टेल, भान्साघर, बैठक कोठा, ट्याक्सी, वृद्धाश्रम, बिमलको गाडी आदि स्थलगत परिवेशको रूपमा आएका छन् । छायालाई होटलमा पठाइयो, दसैँमा फर्किइन् १० दिनको लागि, उनले आफ्ना आमाबुबाले आफ्नी हजुरआमालाई कसरी वृद्धाश्रम छोडेर जाँदै छ भनेर थाहा पाइन्, उनी आफ्नो होस्टेलमा फर्किन्छिन्, उनी गाई दाइको सहयोगमा आफ्नो होस्टेलबाट भागिन्छिन्, उनी वृद्धाश्रम पुगिन्छिन् र हजुरआमालाई भेट्नुपर्छ, हजुरआमासँगै बस्न थालिन्छिन्, छाया हराएको खबर पाइन्छ, प्रहरीले खोज्ने प्रयास गर्छन् तर अनुसन्धान गर्दा छायाकै करिब उमेरकी केटीको शव भेटिन्छ तर त्यो छाया हुँदैन, छाया वृद्धाश्रममा फेला पछिन्छिन् र आमाबुबा लिन आउँछन्, उनी र हजुरआमाले सुरुमा अस्वीकार गर्छन् तर अन्त्यमा आमाबुबासँगै घर जान्छिन् तर कोही पनि खुसी थिएनन्, पछि छायालाई आफूलाई मन नपरेको मन्त्रीबाट पुरस्कार पाउने कुरा थाहा हुन्छ, उनी त्यहाँ जान्छिन् तर सबैलाई बताउँछिन् कि उनले आफ्नी आमालाई वृद्धाश्रममा छोडेकी थिइन् र उनलाई उनको पदबाट हटाइयो र कथा अन्त्यमा एउटा सानो गीतको साथ समाप्त हुन्छ । यी अवस्था अनुसार कालगत परिवेश लगभग ५ वर्ष भएको हुनुपर्छ ।

सिफारिस: म यो पुस्तक सिफारिस गर्न चाहन्छु किनभने यो पुस्तकबाट हामीले धेरै कुरा सिक्न सकिन्छ । यो किताब हाम्रो समाजमा घटिरहेका कुराको आधारमा लेखिएको हो र विशेष गरी दुर्गम क्षेत्रहरूका घटनाहरू जहाँ मानिसहरू राम्रोसँग शिक्षित छैनन् । म विशेष रूपमा यो पुस्तक मेरा अभिभावकलाई सिफारिस गर्न चाहन्छु किनभने यस पुस्तकका अभिभावकहरू महत्त्वपूर्ण पात्रहरूको एक भाग हुन् यस पुस्तकले हामीलाई सही र

गलत विचको भिन्नता र कसरी हामीले आशालाई कहिल्यै छोड्नुहुँदैन र कडा परिश्रम गरिरहनु पर्छ भनेर पनि सिकाउँछ। यो पुस्तक धेरै रोचक छ र यसले हामीलाई प्रत्येक पाठ पूरा गरेपछि थप पढ्न मन लगाउँछ।



अमु शाक्य
क्रमाङ्क: २७०२१
'आमाले सक्नुहुन्छ' पुस्तकसमीक्षा

विषयप्रवेश:

'आमाले सक्नुहुन्छ' नामक पुस्तक एक सचित्र कथा श्रृङ्खला हो। यो पुस्तक आन्विका गिरीद्वारा रचिएको हो भने हाम्रो मासिक अध्ययन पुस्तकलाई काठमाडौंको पुतलीसडकस्थित सांग्रिला पुस्तक प्रा.लि. ले प्रकाशन गरेको हो। यस पुस्तकका मुख्य पात्रहरूको कथा अर्थात् तिनीहरूको जीवनी लेखन लेखक आन्विका गिरीकी सुपुत्री अवनी गिरीले सघाएकी छिन्। त्यसैगरी भाषिक शुद्धताको जाँच गर्ने भूमिका भुवनहरि सिग्देलद्वारा निभाइएको छ। यस कथाको परिमार्जन गर्न केदार शर्मा र मनोज दाहालले सुझाव दिएका हुन्। साथसाथै वहाँहरूले कथा सम्पादन समेत गर्नुभएको हो। त्यसैगरी कुलदीप जङ्गबहादुर गुरुङ्गले यस पुस्तकको छविहरू सिर्जना गरेका छन्।

पात्रहरू:

यस कथाको मुख्य पात्रको भूमिका माधवीद्वारा निर्वाह गरिएको छ र उनको सानो भाइ र दाइलाई सह-पात्रको रूपमा राख्न सकिन्छ। त्यसै गरी आमा र बुबाले पनि सहपात्रको भूमिका निर्वाह गर्नुभएका छन्। साथै यस पुस्तकमा अन्य थुप्रै पात्रहरू पनि छन्। साथै माधवीको खुट्टा तान्ने पात्रहरू पनि छन्। जसमध्ये उनकी विद्यालयकी मिल्ने साथी रश्मिको नाम अग्रपङ्क्तिमा आउँछ। त्यसैगरी उनको खुट्टा तान्ने नकारात्मक पात्रहरूमध्ये प्रारम्भिक रूपमा उनकै दाइ प्रकाश पनि हुन्। अन्त्यमा प्रकाशका विद्यालयका साथीहरू पनि माधवीका लागि शत्रु समान भएका थिए। यस पुस्तकमा माधवीको ज्यादै भूमिका भएर मात्र मुख्य पात्र भनेर परिचित भएकी होइनन्। एक किशोरी भएर समाजको भेदभावको विरुद्ध उठेकी हुनाले पनि उनी मुख्य पात्रका रूपमा यस पुस्तकमा परिचित छिन्।

कथावस्तु:

एक मध्यम परिवारमा जन्मिएकी माधवीले यस पुस्तकको मुख्य भूमिका निर्वाह गरेकी छिन्। उनी उमेरले १३ वर्षकी मात्र भएपनि समाजको भेदभावको विरुद्धमा उठ्ने एक जाज्वल्यमान ताराभन्दा केही कम छैनन्। उनी समाजमा घट्ने लैङ्गिक भेदभाव, जातीय भेदभावको सधैं विरुद्धमा उठिन्छन्। महिला पुरुषभन्दा केही कुरामा पनि कम छैनन् भन्ने धारणा पनि राखिन्छन्। एकदिन विद्यालयले फुटबल खेलको आयोजना गरेको थियो, तब उनी पनि भाग लिने भनेर त्यहाँका शिक्षकलाई अनुरोध गरेकी थिइन्। त्यस समयमा उनका अन्य पुरुष साथी लगायत उनकै दाइ र साथीहरूले महिलाले नि फुटबल खेल्छन् भनेर मजाक उडाएका थिए। साथै खेलमा अवरोध उत्पन्न गरेका थिए। उनका दाइ बहिनीलाई मजाक गर्ने विरुद्धमा जानुपर्ने थियो, बहिनीलाई सहानुभूति दिनुपर्ने थियो, तर त्यसको विपरीत बहिनीको मजाक बनाइरहका

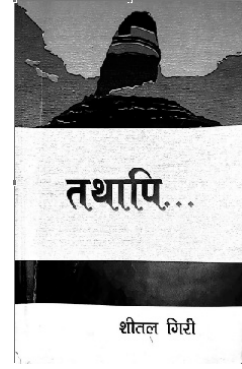
थिए । यस घटनापश्चात् माधवी धेरै दुःखी भएकी थिइन् तर सकेसम्म त्यो अवरोधको सामना गर्न प्रयास गरिरहेकी थिइन् । यस घटनाले लैङ्गिक भेदभावको संज्ञा दिइरहेको थियो तर उनको निरन्तर प्रयासले उनले सफलता हासिल गरिन् र अन्त्यमा त्यस खेलमा उनको छनौट भयो । अर्को घटना उनको मिल्ने साथी रश्मिसँग भएको थियो । त्यो घटना पनि सामाजिक भेदाभवासँग आधारित छ । जब उनकी साथी रश्मिलाई रजस्वला भयो, तब उनलाई एउटा गोठमा पशुजस्तै व्यवहार गरी राखिएको थियो । जब माधवीलाई यस कुराको अवगत भयो, तब उनी निकै उदास भएकी थिइन् । समाजमा भइरहेका भेदभावका विरुद्धमा आवाज उठाउँदा उठाउँदा उनी थाकिसकेकी थिइन् तर उनले कहिल्यै विश्राम लिन चाहिनन् । महिलाहरूलाई रजस्वलाको समयमा गोठमा राख्ने कुरामा उनी सधैं विरोधमा लाग्थिन् तर केवल असफलता मात्र प्राप्त हुन्थ्यो । अर्को घटना थियो वनभोजको । जब विद्यालयको शिक्षक तथा छात्र- छात्राहरू वनभोजका लागि गएका थिए, तब शिक्षक र छात्रहरू मजा लिदै खेलिरहेका हुन्छन् । उनीहरू भकुण्डो, क्रिकेट आदि खेलिरहेका हुन्छन् । शिक्षिका, छात्राहरू खाना पकाउने, भाँडा धुने आदि कामहरू गरिरहेका थिए । यस विषयमा पनि माधवीले आवाज उठाएकी थिइन् । तर सबैले उनलाई हकारे । यस घटनामा समेत लैङ्गिक भेदभाव स्पष्ट देखिन्छ ।

परिवेश:

माधवी नामकी एक छात्रा एक ग्रामीण ठाउँमा बसोबास गर्छिन् । उनी मध्यम परिवारबाट हुर्केकी हुन् । उनका बाबु आमा खेतीपाती गर्नुहुन्छ । खेतबारीमा तरकारी उब्जाउने र सोही बेचेर केही नाफा कमाउँने गर्नुहुन्छ । यही पैसाले उनीहरूको गुजारा चल्छ । यसैबाट बालबच्चाहरू पढ्न पाइरहेका थिए र दैनिक आकाङ्क्षाहरू जेनतेन पूरा भइरहेका थिए । बुबाआमाले गर्नुभएको मेहनत र सङ्घर्ष बालबच्चाहरूले चाल पाउँदैनथे अर्थात् त्यस विषयमा ध्यानाकर्षण नगरी आफ्नो आकाङ्खालाई कसरी परिपूर्ति गर्ने भन्नेतिर मात्र सोच्ने गर्थे । त्यसैको परिणाम स्वरूप छोराछोरीहरू अन्तिममा पछुताउनु बाहेक अरु केही बाँकी नरहने हुन्छ । अन्तिममा उनका छोराछोरीको आकाङ्क्षा थियो टि.भी. किन्ने । यसका सबै दृष्यहरू स्थलगत ग्रामीण परिवेशदेखि सुरु भएर त्यही परिवेशमा नै अन्त्य भएको देखाइएको छ ।

निष्कर्ष:

अन्त्यमा, यस किताबका जम्मा १५८ पृष्ठ अन्तिम पुग्दा यस किताबले विशाल सन्देश हस्तान्तरण गर्दछ । यो पुस्तक बालमनोविज्ञानसम्बन्धी एक पुस्तक भएको कारणले यो पुस्तक अहिलेका पढ्न जरुरी छ । किशोरावस्था नाघिसकेका अर्थात् ठुला किशोर किशोरीहरूले बडाहरूलाई यस पुस्तक पढ्न अवरोध गरिएको पनि छैन । यस पुस्तकमा आमाबुबाहरूको छोराछोरीप्रति ममता र छोराछोरी चाहिँ आफ्नो आकाङ्क्षा, रुचि र चाहना प्राप्तिका लागि मात्र आमा बुबाप्रति नक्कली ममताको भाव देखाउँछन् भनेर चित्रण गरिएको छ । कथामा एक पटक पूर्ण प्रवेश गर्दा, जब आमाबुवाहदोकान खोल्ने योजना बनाइराखेका थिए, तब त्यस विषयको विरुद्ध उठ्दै टि.भी. किन्ने भनेर अति कर गरे । यति मात्र नभई खाना समेत नखाएर आमा बुबाको मायाको भरपुर फाइदा उठाए बच्चाहरूले । यसो हुँदा हुँदै पनि नमिलेको पक्ष भनेको लेखिका आन्विका गिरीले पाठकहरूलाई पाठहरूमा भावविह्वल र जिज्ञासु त बनाए तर पाठकहरूको त्यस जिज्ञासाको उत्तर दिन सकेनन् । मैले पनि त्यस जिज्ञासा राखेको र उत्सुकता जनाएका पाठकहरूको उत्तर प्राप्त गर्न असर्मथ नै रहे । त्यसै गरी, एक पाठमा उनले माधवीकी विद्यालयको एक मिल्ने सहेली महिनावारीको पलमा हुँदा एउटा गोठमा चरालाई पिँजडामा राखे सरह गरी राखे तर त्यसको न्याय उनकी मित्र रश्मिले प्राप्त गरेकी थिइन् । लेखकको त्यो कुरा पनि छुट्टिएको थियो र आगामी उनका पुस्तकहरूमा त्यस कुराहरूलाई समावेश गर्न आग्रह गर्दछु ।



निहारीका चापागाईं
क्रमाङ्क: २५००६
पुस्तक समीक्षा: 'तथापि'

विषयप्रवेश:

'तथापि' रौतहटको इतिहास र यादवगोत्रीय राउतहरूसँग सम्बन्धित विभिन्न पौराणिक अनुसन्धेय विषयहरू जोडिएर बनेको एक निबन्धसङ्ग्रह हो। यो पुस्तक विशिष्ट साहित्यकार शीतल गिरीले लेखेका हुन्। साहित्यकार शीतल गिरीले आफ्नो जीवनको अधिक समय जागिरमा बिताए तापनि उनले यो किताब प्राचीन इतिहासको शोधखोज, स्वाध्ययन र अनुसन्धान गरेर लेखेका छन्। उनले रौतहट आफ्नै जन्मभूमि भएकाले यो किताब लेख्ने निर्णय गरेका हुन्। यो निबन्ध सङ्ग्रह नेपालको प्राचीन सामाजिक विषयवस्तुलाई आधार बनाएर लेखिएको छ। यसमा रहेका विषयवस्तुले रौतहटको ऐतिहासिक कालदेखिको परिवेश पाठकमाथि चित्रण गर्दछ। समग्रमा यस किताबमा १३ वटा निबन्ध रहेका छन्, जहाँ लेखकले रौतहटको सुरुवात, त्यहाँको विकास तथा इतिहासमा भएका विभिन्न अनुमानित घटनालाई प्रस्तुत गरेका छन्।

विषयवस्तु:

पहिलो निबन्ध 'बज्जी गणराज्यको अभिनन्दन' मा लेखकले यादवगोत्रीय राउतहरूका साथसाथै बज्जी गणराज्यको अस्तित्वको इतिहास चित्रण गरेका छन्। यसमा लेखकले पौराणिक मान्यतालाई पनि जोडेका छन्। लेखकको अनुमान अनुसार दासराज युद्धपछि यादवगोत्रीय राउतहरू आर्य भूमिबाट पूर्वतर्फ हानिदै, बागमती नदीको पश्चिमी तटमा पुगेपछि त्यसै ठाउँमा बस्न थाले। रौतहटका राउतहरूमा जातीय भावना, मान्यजनको चलन र जन्मदेखि मृत्युसम्मको सहयोगी भावना पाउन सकिन्छ र यसको प्रमाण उनीहरूको इतिहास नै हो। राउतहरूले आफ्नो जातीय गौरव बचाउन भोगेका कष्ट र भोगेको पेट लेखकले प्रमाण स्वरूप यी निबन्धमा राखेका छन्। राउतहरू युद्धपछि कोही उपत्यकातर्फ लागे त कोही रौतहटमा बस्न थाले। बज्जी गणराज्य एक पशुपालक गणराज्य थियो र बज्जीसङ्घका राउतहरू घुमन्ते पशुपालक भएको कुरा लेखकले बताएका छन्।

'छल' निबन्धमा दक्षिण भारत कर्णाटकका राजा विक्रमादित्य, उनका सेनापति नान्यदेव र उनको शक्तिशाली सेनाले उनको साम्राज्य विस्तार गर्न बज्जी गणराज्यमा आक्रमण गरेको परिवेश रहेको छ, तर युद्धमा विक्रमादित्य बज्जी गणराज्यका गणपति मोहितसँग पराजित भएर घाइते हुन्छन् र नान्यदेवले सन्धि प्रस्ताव राखेर घाइते विक्रमादित्यलाई लिएर आफ्नो राज्य फर्कन्छन् तर १ महिनापछि सन्धिको वचनलाई मिथ्या बनाई नान्यदेवले गणपति मोहितको हत्या गरे र त्यसरी छल गरेर कर्णाटक राज्यको पराजय विजयमा परिणत भयो।

'सिम्रौनगढ र भग्नावशेष' निबन्धमा विक्रमादित्य र बज्जी गणराज्यको युद्धपछिको परिणामलाई देखाइएको छ। युद्ध जितेपछि विक्रमादित्य उत्तरपूर्वी भारतका केही क्षेत्रलगायत नेपालको गण्डकीदेखि मिथिलाप्रदेशसम्म आफ्नो राज्य विस्तार गर्न सफल हुन्छन् तर उनको निधनपछि नान्यदेव एक स्वतन्त्र राजाका रूपमा परिचित हुन्छन्। राजा भएपछि नान्यदेवले सिम्रौनगढलाई राजधानी बनाउँछन् र राज्यमा सुरक्षाको व्यवस्था पनि गर्छन् तर तुर्क बादशाह गयासुद्दिन तुगलकले

सिम्रौनगढमा आक्रमण गरेपछि डोय राज्यको विनाश भयो । लेखकका अनुसार सिम्रौनगढ भग्नावशेषमा परिणत भए पनि त्यहाँका कला र कथाहरू वर्तमान पुस्ताले थाहा पाउनु आवश्यक छ ।

‘सिम्रौनगढ र विस्थापित’ निबन्धमा सिम्रौनगढ र भग्नावशेषको विनाश भएपछि त्यहाँका विस्थापित जनताहरू गैँडाटार गएर बसेको लेखकले भनेका छन् । विस्थापितहरूमा एकता भएकाले उनीहरूले बस्ती बसाल्न लमाहा र चाँनी नदीको दोभानमा भएका गैँडालाई भगाएर त्यस ठाउँलाई गेडही नाम र खेको कुरा लेखकले यस निबन्धमा अनुसन्धान गरेर भनेका छन् । त्यसपछि ‘सुगौना वंश र मधुवन’ निबन्धमा तुर्क बादशाह गयासुद्दिन तुगलकले सिम्रौनगढमा किन आक्रमण गरेका थिए भन्ने कुराको खुलासा भएको छ । गयासुद्दिनको फौजले बङ्गालबाट विजयी भई लुटेको धन सम्पत्ति बोकेर फर्कदा, सिम्रौनगढका लुटेराहरूले त्यो धन सम्पत्ति लुटेर लगेछन् त्यसैले उनले सिम्रौनगढको देशद्रोही कामेश्वर ठक्कुरको सहयोगबाट सिम्रौनगढलाई नष्ट गरे ।

अन्त्यमा ‘नुनथर’ निबन्धमा लेखकले रौतहटमा स्थित सांस्कृतिक र ऐतिहासिक महत्त्वको क्षेत्र इतिहास बताएका छन् । रौतहटको अग्लो भूभागमा पर्ने नुनथर स्कन्द नुनथरको पुराणअनुसार शिर ध्वज जनकको मिथिला राज्यभित्र पर्दथ्यो तर नान्यदेवले डोय राज्यको स्थापना गर्दा नुनथर पनि यसै राज्यमा पर्न आयो । जब हरिसिंहदेव पराजित भए र सुगौना वंशी कामेश्वर ठक्कुर नुनथरका राजा भए तब केही वर्षपछि मकवानपुरका सेन वंशले यस राज्यलाई हातमा पारे अनि पृथ्वीनारायण शाहले मकवानपुरलाई युद्धमा पराजित गरेपछि नुनथर पनि एकीकृत नेपालमा गाभियो ।

मूलभाव:

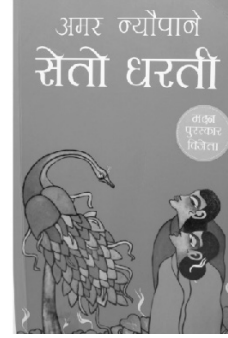
यस निबन्धले रौतहटको इतिहासबाहेक अरू थुप्रै शिक्षा पनि दिएको छ । ‘छल’ निबन्धले हामीलाई पराजय र जितको बारेमा एक महत्त्वपूर्ण ज्ञान दिएको छ । अन्त्यमा नान्यदेवले छलेर राज्य त प्राप्त गरे, तर त्यो एक तरिकाले उनको हार पनि थियो । उनले आफ्नो वचन तोडे र सन्धिलाई पनि मानेनन् । त्यसै गरी ‘सिम्रौनगढ र भग्नावशेष’ निबन्धमा हामीले देख्न सक्छौं कि नान्यदेवले डोय राज्यको सुरक्षाको व्यवस्था मिलाउँछन् । छलेर जितेको राज्य भए पनि उनी एक राम्रै राजा थिए । उनले राजधानी सिम्रौनगढमा पोखरी, रुख, मन्दिरहरू आदि बनाए र यसले उनलाई एक असल राजाका रूपमा चित्रण पनि गर्न सकिन्छ ।

यो निबन्ध पढ्दै जाँदा मलाई लेखकको लेख्ने तरिका र भाषाशैली असाध्यै मन पर्‍यो । उनले अनुसन्धान त गरे तर उनले निबन्धहरूमा आफ्ना विचार र विभिन्न घटनाबारे आफ्ना अनुमानहरू पनि थपेका छन्, जसले पाठकलाई जिज्ञासु बनाउँदछ । लेखकले बिचबिचमा जीवनसँग सम्बन्धित आफ्ना विचारहरू पनि राखेका छन् । उनले इतिहासका जटिल पानाहरूलाई सरल बनाउन सक्दो प्रयास गरेका छन्, जसले गर्दा मलाई किताब पढ्दा असाध्यै सहयोग पनि भयो । मेरो विचारमा निबन्धकारले यो पुस्तकको नाम तथापि राखेका हुन् किनभने हाम्रो इतिहासमा हाम्रा पुस्ताहरूले विभिन्न परिस्थितिसँग लडेर, आफू बलवान् र देशप्रति लगनशील भएर छुट्टै इतिहास खडा गरेको भए पनि हाल त्यो इतिहास धुमिल भएजस्तो देखिन्छ । विगतमा कति शासक आए, कति युद्ध भए, कति मानिस मरे, कत्राकत्रा सभ्यता विनाश भए, कति भाषा संस्कृति लोप भए, त्यसै गरी फेरि अरू नयाँ आए, फेरि ती विस्थापित भए र त्यसरी नै इतिहासको चक्र चलिरह्यो । यो चक्र र समयलाई छाडेर हामी आधुनिकीकरणतर्फ लागिस्क्यौं तर पनि हाम्रो देश विकास भएको छैन । त्यसैले मेरो विचारमा लेखकले यस निबन्ध सङ्ग्रहको नाम तथापि राखेका हुन् । अहिले देशभक्तिको ज्वाला मानिसहरूमा हराइसकेको छ । यस निबन्धद्वारा हामीले नयाँ पुस्तालाई हाम्रो इतिहास देखाएर, बुझाएर, देशभक्तिलाई मर्न दिनुहुँदैन भन्ने आशय लेखकको रहेको छ भन्ने मलाई लाग्छ ।

निष्कर्ष:

यस निबन्ध सङ्ग्रहको मुख्य उद्देश्य मेरो विचारमा, हामीजस्ता नयाँ पुस्ताहरूलाई आफ्नो देश, ठाउँ, जन्मभूमिको इतिहास जानकारी गराउनु हो । इतिहासलाई खोजेर, अनुसन्धान गरेर अनि सत्यलाई चित्रण गर्नु भनेको एक असाध्यै कठिन कार्य हो, जसलाई पूरा गर्न मेरो विचारमा लेखक सफल भएका छन् ।

लेखक आफ्नो व्यस्त जागिरे जीवनबाट समय निकालेर आफ्नो जन्मभूमिको इतिहासको अनुसन्धानमा लागे । उनको यो लगनशिलता र आफ्नो जन्मभूमिप्रतिको गौरवबोधबाट हामीले पनि हाम्रो अस्तित्वको इतिहास खोज्ने र त्यसबारे नयाँ पुस्तालाई जानकारी दिने प्रेरणा लिन सक्छौं । सुरु सुरुमा केही निबन्ध पढ्दै गर्दा म असाध्यै अल्मलिएकी थिएँ । म पनि आफ्नो देशको इतिहाससँग परिचित छैन र पौराणिक मान्यताहरूमा म खासै विश्वास राखिदैन तर यो किताब पढेर मलाई पनि रौतहटको इतिहासको बारेमा धेरै ज्ञान भयो । पहिलो पटक सुनेको इतिहासलाई बुझ्न कठिन त थियो तर यो जान्न आवश्यक छ त्यसैले म यो पुस्तक विशेष गरी १५ देखि ३० वर्ष उमेरसम्मका मानिसहरूलाई सिफारिस गर्न चाहन्छु ।



प्राञ्जल खतिवडा
क्रमाङ्क: २३०३०
पुस्तक समीक्षा: 'सेतो धरती'

विषयप्रवेश :

'सेतो धरती' उपन्यास लेखक अमर न्यौपानेद्वारा रचित फाइनप्रिन्ट प्रकाशनले प्रकाशन गरेको एक उपन्यास हो, जसले बाल विधवाहरूको समाजमा दयनीय अवस्थालाई भावनात्मक रूपमा चित्रण गरेका छन् । अमर न्यौपाने एक नेपाली लेखक र उपन्यासकार हुन् । उनले उपन्यास पानीको घामबाट आफ्नो लेखन यात्रा सुरु गरेका थिए । 'सेतो धरती' उपन्यास फाइनप्रिन्टद्वारा वि.सं. २०६८ मा प्रथम पटक प्रकाशित भएको थियो र त्यही वर्षमै उक्त कृतिले मदन पुरस्कार पनि प्राप्त गर्‍यो । लेखकले बालविधवाहरूले सानै उमेरदेखि भोग्ने कठिनाइहरूलाई समेटेर, उनीहरूको निर्दोषतालाई सुन्दर र मार्मिक ढङ्गले उपन्यासमा प्रस्तुत गरेका छन् । निर्दोषता, समाजको नियम पालना, लैङ्गिक सीमाहरू, पितृसत्तात्मक प्रभुत्व जस्ता कुराहरूले गर्दा पात्रहरूको जीवनमा आएको मोडको कैयौं कथाहरू उपन्यासमा समावेश छन् ।

विषयवस्तु:

'सेतो धरती' उपन्यासको कथा बालिका ताराबाट सुरु हुन्छ । बाल्यवस्थामा तारा पवित्रता, निर्दोषता र सादगीले भरिएकी बच्चा थिइन् । जसलाई देउतीमाताको घर जानु, बाको पिठ्युमा र हजुरबाको काख चढ्नु, हजुरआमाले बनाउने च्वाइ रोटी खानु, बहिनी कलासँग र आफ्ना अरू बालसखाहरू गोविन्द आदिसँग बिआको खेल खेल्नुबाहेक संसारमा केही चाहिँदैनथ्यो । नभन्दै ७ वर्षको उमेरमा, घरमा पूजाको आडमा तारालाई बिहेको अर्थ पनि थाहा नहुँदै उसको र उसँगै उसकी बहिनीको विवाह भयो । पतिको घर जाने बित्तिकै ताराले आफू ठुलो भए जस्तो महसुस गरिन् । उनी भाउजू भइन् । तारामाथि समाजले बनाएको कैयौं नियमको पहाड खस्यो । आफ्नो दुल्हा भगवान् समान हुन्, उनको गोडाको पानी खानेदेखि लिएर ससुरालीमा ठुलाहरूले भनेको हरेक कुराको केही चुइक्क पनि नबोलीकन पालना गर्ने जस्ता कुराहरूले निर्दोष ताराको मनमा द्वन्द उत्पन्न भयो । तारा सानै भएकाले उनलाई घरमा बस्न परिहालेन र अझै २,४ वर्ष आफ्नै माइतीमै बस्न पाइन् र उनी खुसी हुँदै फर्किन् ।

सपना जस्तो विवाह भएको घटनाको २ वर्षपछि आफ्नो प्यारो गाउँमा आनन्द लिइरहेकी तारामाथि अर्को पहाड खस्यो । आफूसामु के भइरहेको छ भन्ने कुराको ज्ञात पनि राम्रोसँग नभएकी उनी बाल विधवा भइन् । आफ्नो दुलाहको अनुहार र गन्धसमेत थाहा नभएकी ताराले एउटा विधवाले गर्नु पर्ने सबै क्रिया, द्वन्दले भरिएको बालक मनलाई सम्हाली केही प्रतिरोध नगरिकनै पूरा गरिन् । निस्तो,

निस्सार, सादा र सेतो जीवन लिएर तारा छोराको भैं जीवन बाँच १० महिनापछि घर फर्किन् । ताराकी साथी पवित्रा पनि बालविधवा भएकी हुनाले उनीहरूसँगै आफ्ना दिनहरू बिताउन थालिन् । तारा गोविन्द भनेपछि हुरूक्क हुन्थिन् । उनले केही समयको गोविन्दसँगको आफ्नो सादा जीवनलाई पछि सारी, केही क्षणहरू जीवनको आनन्द बेलुन उडाएर, अक्षरहरू लेख्न सिकेर बित्यो । ताराकी सासु गर्भवती भएकी हुनाले उनी फेरि केही समय घरमा फर्केर त्यहाँ उनले आफ्नी सासुका धेरै परीक्षाहरूको सामना गर्नुपथ्ये । त्यही गाउँमा रहेकी मधुमाया दिदीले त्यस समयमा उनलाई सासूहरू कतिसम्म आफ्ना बुहारीहरूलाई सताउँछन् भन्ने कुरा बताइन् र गर्नु पर्ने कामहरूमा तारालाई धेरै सघाइन् ।

पवित्रा गाउँमा आएका साधु युवकहरूसँग उनको सेवा गर्ने भनेर उनीहरूसँग गइन् । गोविन्द पनि पढ्ने भनेर बनारस गयो । यही समयमा ताराले गीता पढ्न पनि सिकिन् । उनले गाउँमा अर्को साथी बनाइन् यमुना । आफूले वैवाहिक जीवनको सुख भोग्न नसकेकी ताराले यमुनाको सुखी दाम्पत्य जीवनको कथाहरू सुनेर आफ्नो मनलाई सन्तुष्ट पार्न खोजिन् । केही समयपछि तारा आमाको मृत्यु भयो । अब आफ्ना भाइहरूका लागि उनले आमाको भूमिका निभाउनुपथ्यो । उनका पिताले दोस्रो विवाह गरे र ताराले आफूभन्दा सानी सौतेनी आमा पाइन् । समय बित्दै जाँदा तारा पनि ठुली हुँदै गइन् । उमेर बढ्नासाथ उनले आफ्नो मानसिक र शारीरिक परिवर्तनका कारण उत्पन्न कठिनाइहरूको सामना गर्नुपथ्यो । भाइहरू पनि ठुला भए र उनलाई अब आफ्नो घरमा बस्न पनि लाजमर्दो र बोझ भएको जस्तो लाग्यो । यही सोचाइका साथ उनी आफ्नो बाँकी भएको जीवन भगवानको शरणमा बिताउँछु भनी देवघाट गइन् । देवघाटको गलेश्वर आश्रममा ताराले आफ्नो बाँकी जीवन भजनहरू सुन्न र अरूको सेवा गरी बिताउन थालिन् । उनले आफ्नो प्रमुख भगवान् कृष्णलाई मानिन् र पूजा गर्न थालिन् । शिवानन्द स्वामीजीसँग भलाकुसारीको कुरा गर्दै उनी धेरै नजिक हुन थालिन् र स्वामीजीमा गोविन्द नै देख्न थालिन् । स्वामीजी सम्बन्धी उनका मनमा कैयौं विचारहरू आए तर उनले विधवाले पालना गर्नु पर्ने कुरा तोडिनन् । तारा तीर्थ गइन् । आफ्नो परिवारसँग पनि भेटिन् र आफ्नी बहिनीको पारिवारिक जीवनमा मद्दतसमेत गरिन् ।

यमुना पनि एक दिन त्यही आश्रममा आइन् र सुखले भरिएको जीवन त्यागी आफ्नो अन्तिम क्षणहरू भगवानकै शरणमा बिताउन थालिन् । उमेर बढ्दै जाँदा तारामा धेरै मानसिक र शारीरिक परिवर्तनहरू देखापर्न थाले । उनले थोरै बोल्ने बानी बसालिन् र मौनव्रत बसिन ताराको सानो भाइ हराएको थियो र त्यही सानो भाइ आश्रममा फर्केपछि एक वर्षको उनको मौनव्रत पनि टुट्यो । एउटा साधिका गङ्गेश्वरी एक दिन आश्रममा आउँछिन् र तारालाई आफू उनको पुरानो साथी पवित्रा भनेर बताउँछिन् । पवित्राले आफू कसरी गङ्गेश्वरी भएको भनेर आफ्नो कहानी सुनाउछिन् । कसरी उनी युवा साधुको आश्रममा मीरा थिइन् र त्यहाँबाट भागेर वेश्या अभिसारिका भई वेश्यावृत्ति गर्न थालेको, गर्भ बसेको, पछि सबै छोडेर आध्यात्मिक र धार्मिक पुस्तकहरू पढी साधिका गङ्गेश्वरी भएको कुरा बताइन् । तारालाई पहिला त यो कुरा सुन्दा एकदमै घिन लाग्यो कि कसरी आफ्नो विधवा हुनुको कर्तव्य पालना नगरिकन यस्तो कदम उठाई होला जस्तो लाग्यो तर पछि उनले आफ्नो मनभित्र हेर्दा आफू गलत रहेको महसुस गरी पवित्रालाई माफ गरिन् । जीवन त चक्रिय बाटो छ, भनेभैं अन्तिममा ताराको भेट उनले आफ्नो जीवनमा सबैभन्दा बढी चाहेको गोविन्दसँग हुन्छ ।

मूलभाव:

'सेतो धरती' उपन्यासले तत्कालीन नेपाली समाजको यथार्थ चित्रण गरेको छ । उपन्यासले मुख्यतः निर्दयी समाजको कथा बताउँछ, जहाँ बालविवाहलाई हल्का रूपमा लिइन्छ र बाल विधवाहरूले भोग्नुपरेको पीडा एकदमै मन छुने पीडादायी तरिकाले प्रस्तुत गरिएको छ । यसले एउटा समाजको कथा बताउँछ, जहाँ नियमहरू महिलाका लागि मात्र बनेका छन् । महिलालाई नराम्रो व्यवहार गर्ने, भ्रमले भरिएको समाजको चित्रण उपन्यासले गरेको छ । बालविधवाहरूको व्यथा, पीडा र उनीहरूमाथि समाज, संसार र नियमका अग्ला अग्ला पहाडहरूले घेरिएको समाजको चित्रण गरिएको छ । हामीले तत्कालीन समाज र अहिलेको

समाजलाई पनि तुलना गर्न सक्छौं । त्यतिबेलाका महिलाको सङ्घर्षलाई भावनात्मक रूपमा देखाउँछ । एक हिसाबले अहिलेका मानिस र समाजमा कति परिवर्तन आएको छ भन्ने कुरा देखा खुसी लाग्छ ।

प्रस्तुत उपन्यास महिलाहरूको मानसिक द्वन्द्वलाई केलाउन सफल भएको छ । उपन्यासमा मुख्य पात्रको कथा मात्र नभई, सहायक नारी पात्रहरूको कथा पनि हामीले यस उपन्यासमा पाउँछौं । उपन्यासका अन्य नारी पात्रहरू छन्, जसका आफ्नै कथाहरू छन् । ताराको कुरा गर्दा उनी समाजमा स्थापित मूल्यमान्यता नियम पालना गर्ने नारी हुन् । उनी आफूमाथि थोपरिएका नियमहरूभन्दा बाहिर जाने र सोच्ने प्रयास गर्दैनन् । उनी पिंजरामा थुनिएको चरा जस्तै छिन्, जसले आफ्नो जीवनको बारेमा निरन्तर मानसिक सङ्घर्ष गरिरहेको छ । पवित्राको कुरा गर्दा उनी घुमफिर गर्ने स्वतन्त्र चरा जस्तै छिन् । उनी आफ्नो इच्छाअनुसार आफ्नो जीवन आफैँ चलाउन सफल भईन् । निर्दयी समाजले आफूमाथि थोपरेको सिमानाभन्दा पर गई पवित्राले आफ्नै तरिकाले जीवन बिताइन् । उनी एउटी साहसी महिला थिइन्, जो समाजले बाँधेका असहज नियमहरूबाट फुत्किन सफल भइन् । यी दुई महिला पात्रहरूले जीवनभर धेरै समस्याहरू भोगे । अर्कोतर्फ हामीसँग यमुना छिन्, जसको जीवन खुसीले भरिएको थियो र अझै पनि उनी खुसी हुन सकिनन् । यी तीन महिलाहरूको चरित्र धेरै तरिकामा समान छैन पनि । यहाँका हरेक महिलाहरूको जीवन अगि चल्दा, उनीहरूले मानसिक र शारीरिक परिवर्तनका कारण हुने कठिनाइको सामना गर्नुपरेको थियो । यमुना र पवित्राले समाजमा स्वतन्त्र जीवन बिताउनको लागि सङ्घर्ष गरे पनि ताराले गरिनन् ।

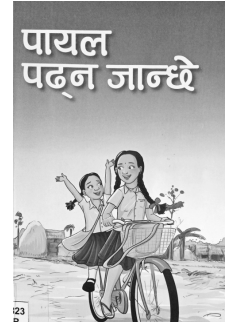
यस उपन्यासका मुख्य पात्रहरूको अन्त्यमा भेट भनेको देवघाटमै भयो र जे भने पनि अन्त्यमा भगवानको शरणमा नै पर्नुपर्ने रहेछ, भनेर हामीले जीवनको एउटा सत्यता बुझ्न सक्छौं । कतिपय पात्रको जीवनमा सुखद अन्त्य भयो भने कतिपयको भएन । जीवन निर्दयी छ र सबैको जीवनमा सधैं खुसीको अन्त्य हुँदैन । ताराले जन्मदेखि वृद्ध अवस्थासम्म भोगेका पीडा जे जे भए पनि अन्तिममा उनले केही खुसीका क्षणहरू गोविन्दसँगको वार्तालापबाट पाइन् । लेखकले उपन्यासमा पात्रहरूको मनोदशाको सुन्दर ढङ्गले चित्रण गरेका, जसले पाठकहरूलाई कथाभर जोडिएको महसुस गराउँछ । लेखक पुरुष भए पनि नारीको इच्छा, सोचाइ, भोगाइ, समाजलाई हेर्ने दृष्टिकोण कुनै नारीले नै लेखेको जस्तो लाग्छ । नारीहरूले भोगेको चिज पाठकहरूले पनि भोग्न सक्छन् र समग्रमा उपन्यासका हृदयस्पर्शी भावनाहरूले हामीलाई भावुक बनाउँछन् ।

निष्कर्ष:

अन्त्यमा प्रस्तुत उपन्यासमा अमर न्यौपानेले विगतको समयमा बालविधवाहरूले भोगेको पीडालाई लिएर एउटा भावनात्मक रूपमा कथा प्रस्तुत गरेका छन् । अहिलेको नेपाली समाजमा पनि कैयौं पति गुमाउने विधवाहरूलाई दुर्भाग्यको संज्ञा दिइन्छ, अभागी भनिन्छ । उनीहरू परिवारबाट उत्पीडन परेका हुन्छन् र समाजबाट बहिष्कृत हुन्छन् । विधवाहरू आफ्ना मृतक पतिप्रति अविश्वासी हुने छैनन् भनी सुनिश्चित गर्न रङ नलगाउने जस्ता चलनहरू बनाइएका अझै पनि छन् । यी निषेधहरू तोड्ने विधवालाई लाजमर्दो मानिन्छ, र चलनहरू प्रायः बल प्रयोग गरेर राखिन्छन् । लेखकले अहिलेको समाजमा पनि महिलाहरूले यस्तो उत्पीडन भोगेका हुन सक्छन्, भनी हामीलाई बालविवाहले एउटा निर्दोषको मानिसको जीवन बरबाद हुन सक्छ, भनेर सचेतसमेत पार्न खोजेका छन् । उपन्यास नेपाली समाज र बालविधवाको पीडा, व्यथा, राम्रोसँग केलाउन सफल भएको छ । उपन्यासले बाल विधवाहरूको पीडा मात्र नभई, समग्र नेपाली समाजको यथार्थता झल्काएको छ । यसले हामीलाई यो पनि देखाउँछ, कि कहिलेकाँही सामाजिक नियम पालना नगरी आफ्नै तरिकाले जीवन बिताउनु पनि आवश्यक हुन्छ । लेखकले कथालाई यति सुन्दर र मार्मिक ढङ्गले प्रस्तुत गरेका छन्, कि यसले पाठकहरूलाई पात्रहरूको पीडामा आसुको पोखरीमा डुब्न बाध्य बनाउँछ । सरल र सहज भाषामा लेखिएको यो उपन्यास सबै पाठकका लागि बोधगम्य छ ।



आरोहण तिमिसिना
क्रमाङ्क: २९०५७



पुस्तक समीक्षा: 'पायल पढ्न जान्छे'

परिचय: 'पायल पढ्न जान्छे' उपन्यासका लेखक आन्विका गिरी हुन्। यस पुस्तकलाई साङ्गिला बुक्स प्रा.लि.ले प्रकाशन गरेको हो। यस पुस्तकको चित्र डुडल आर्ट्स नेपा: प्रा.लि. द्वारा बनाइएको हो। यस पुस्तकमा लैङ्गिक भेदभावको बारेमा लेखिएको छ।

पात्र: यस कथामा धेरै पात्रहरू छन्, जस्तै पवनी, पायल, पायलकी हजुरआमा, आमा, बुवा, वरुण काका, बिहेको कुरा ल्याउने काका, गाउँलेहरू, पुलिस, प्रदीप, प्रदीपका बुवा, प्रदीपकी आमा, रानो, कविता, अमित, रन्जिता आदि हुन्। यस पुस्तकका असल पात्र पवनी, पायल, पायलकी हजुरआमा, आमा, बुवा, वरुण काका, बिहेको कुरा ल्याउने काका, गाउँलेहरू, पुलिस, प्रदीप, प्रदीपका बुवा, प्रदीपकी आमा, रानो, कविता, अमित, रन्जिता आदि हुन्। यस पुस्तकमा प्रमुख पात्र पायल हुन्। यस पुस्तकका सहायक पात्र अमृता आमा, बुवा, रानो, पवनी, हजुरआमा, बैभनवाली हजुरआमा, गाउँले आदि हुन्। यस पुस्तकमा कुनै मानवेतर पात्र छैनन्। यस पुस्तकमा कुनै खराब पात्र छैनन्। सुरु सुरुमा आमा र बुवाले गलत काम गरेको हुनाले उनीहरू खराब पात्र हुनुहुन्थ्यो तर पछि आमा र बुवाले सबै कुरा बुझ्छन् र असल पात्र बन्छन्।

कथावस्तु: पायलकी हजुरआमा उसलाई पवनी यादवको कथा भन्दै थिइन्। पवनी यादवको खेत धेरै पर थियो। त्यसैले पवनी यादवको खेतसम्म पैनी पुग्दैन थियो। त्यसकारण धेरै भगडा हुने गर्थ्यो। पवनी यादवलाई त्यो कुरा राम्रो लाग्दैन थियो त्यसैले उनले पैनी खन्ने योजना बनाइन्। पवनीले पैनी खन्ने कुरा गाउँका मानिसलाई सुनाइन् तर कसैले मानेनन्। पवनीलाई सबैले भने पैनी खन्ने सरकारको काम हो। त्यसैले पवनी सरकारी कार्यालयमा गइन्। धेरै दिन सम्म गए पनि त्यहाँको हाकिमसँग पवनीको भेट भएन। उनी एक दिन सिधै हाकिमको कोठामा गइन्। हाकिमलाई थर्काइन् र हाकिमबाट पैनी खन्ने अनुमति लिइन्। त्यसपछि पवनी आफैँ बिहान सबै उठेर बेलुकीसम्म पैनी खन्थिन्। त्यसपछि उनी धेरै काम गरेर बिरामी भइन्। पैनी आफैँ ठुलो हुँदै गयो। गाउँका लोग्ने मानिस त्यो कसले खन्या हो भनेर पत्ता लगाउन एक दिन राति पैनी भएको ठाउँमा गए। त्यहाँ त गाउँका सबै महिला मिलेर पैनी खन्दै थिए। त्यसपछि त पैनी थोरै समय मै ठुलो बन्यो। पवनी वडा अध्यक्ष पनि बनेकी थिइन्। त्यो कथा सुनेपछि पायललाई पनि नेता बन्ने रहर लाग्यो। हजुरआमा बितेको दुई वर्ष भइसकेको थियो। पायल सरकारी स्कूलमा पढ्थी उसलाई स्कूल पुग्न धेरै बेर लाग्थ्यो। ऊ हिँडेर स्कूल जान्थी। पायल र उसकी बहिनी घरको सबै काम सकेर मात्र स्कूल जान्थे। उ र उसकी बहिनी जहिले स्कूल ढिलो पुग्ने गर्थे। उनीहरूलाई साइकल किन्नु थियो त्यसैले उनीहरू पैसा जम्मा गर्ने गर्थे। एक दिन अमृतालाई वरुण काकाले आफ्नो साइकल बेच्ने कुरा गर्छन्। त्यो साइकलको अवस्था राम्रो थिएन तर त्यो साइकलको दाम धेरै थियो। वरुण काका धेरै जिद्दी थिए त्यसैले उनले पैसा धेरै घटाएनन्। पायल र अमृतासँग वरुण काकाको साइकल किन्ने पैसा नभएको कारण उनीहरूले वरुण काकाको साइकल किन्न सकेनन्। आमाले प्रदेश सरकारले आठ कक्षामा पुगेका विद्यार्थीलाई साइकल बाँड्ने खबर ल्याउनुभयो। त्यसपछि पायलले साइकल पाइन् र खुसी भइन्। आमाले त्यसपछि एउटा खबर ल्याउनुभएको थियो। त्यो खबर रानोले बच्चा जन्माउन नसकेर उसको र उसको बच्चाको मृत्यु हुनु थियो। रानो पायलकी साथी थिई उसकी सानै हुँदा विवाह भएको थियो। ऊ र पायल

धेरै कुरा गर्ने गर्थे र मिल्ने साथी थिए । पायल त्यो खबर सुनेपछि ऊ अत्यन्त दुःखी भई । रानो को मृत्युपछि अर्को एउटा खबर पनि आएको थियो त्यो खबर ९ कक्षाकी छात्रा कल्पनाको बिहे हुन लागेको बेला ऊ घरबाट भागेकी थिई । यो खबर सुनेपछि धेरै केटीहरूको बिहे हुन थाल्यो र केटीहरूमाथि निगरानी बढेको थियो । कविताको कुराले गर्दा पायलसँग पनि केही नराम्रो भयो । पायलको बिहेको कुरा हुँदै थियो । पायलको बिहेको कुरा उसका काकाले ल्याएका थिए । अर्को दिन काका उनीहरूको घरमा आए । उनले पायलका बुबाआमासँग कुरा गरे । काका फर्किन लागेको बेला पायलले भनिन् म बिहे गर्दिनँ तर उसका बुबाले भने बिहे हुन्छ हुन्छ । त्यसपछि पायललाई बुबाआमाले स्कूल पनि जान दिएनन् । पायलले त्यसपछि आफ्नो स्कूलका प्रधानाध्यापकलाई निवेदन दिई त्यो निवेदनमा उसको विवाहको बारेमा र उसलाई विवाह गर्नु छैन भनेर लेखिएको थियो । त्यसपछि उसले त्यो निवेदन अमृतालाई दिई र अमृतालाई त्यो निवेदन प्रधानाध्यापक लाई दिने जिम्मा लाग्यो । अर्को दिन पायलको स्कूलका प्रधानाध्यापक उसको घरमा आएर पायलको बुबालाई सम्झाउन खोज्छन् तर पायलका बुबाले प्रधानाध्यापकले भनेको सबै कुरा हलुका मान्छन् । प्रधानाध्यापक पायलका बुबालाई सम्झाउन नसकेर फर्कन्छन् । त्यसपछि बुबाले पायललाई धेरै गाली गर्छन्, हात पनि उठाउन खोज्छन् तर अमृता बुबालाई सबै कुरा भन्छिन र कुटाइ खान्छिन । पायलले बुबाआमालाई धेरै अनुरोध गरेपछि मात्र पायलको बुबाआमाले पायल लाई स्कूल पठाउनुभयो । एक दिन पायल अमृतालाई मलाई महिनावारी भयो भनेर घर जाने बहाना बनाउँछिन तर अमृताले पायल अर्को गाउँतर्फ लागेको देखिन्छन् । पायल वडा कार्यालय जान्छिन । पायल त्यहाँ पुगेको बेला पवनी यादव त्यहाँ हुँदिनन् । पायल पर्खिन्छिन त्यसपछि त्यहाँ बैभनवाली हजुरआमा आउँछिन । पायल आमाबाट लुकिन्छन् र उहाँ गएपछि पवनीको काम गर्ने ठाउँ जान्छिन । त्यहाँ उनी पवनीसँग बोल्न सकिदैनन् र स्कूल फर्कन्छिन । स्कूलमा पायल अमृता लाई सबै कुरा भन्छिन । अमृताले त्यसपछि पायललाई वडा अध्यक्षलाई पनि चिठी लेखेर दिने सुझाव दिन्छिन अर्को दिन पायल र अमृता टिफिन खाने बेला वडा कार्यालय जान्छिन र चिठी दिन्छिन । जब प्रधानाध्यापक पायलको घर आएका थिए तब एउटा सानो घटना घटेको थियो । उहाँ फर्किन लागेको बेला पायलले उनलाई पानी पिउनुस् भनेकी थिइन् । पायलको परिवार दलित थियो । त्यसैले सबैले उनीहरूलाई हेप्थे । त्यसकारण प्रधानाध्यापक रिसाउँदै गएका थिए । पायल स्कूल जान थालेपछि प्रधानाध्यापकले पायललाई उनको अफिसमा बोलाए र गाली गरे त्यसपछि पायल सर मिस र प्रधानाध्यापकलाई सबै जातजाति एउटै हुन् भनेर सम्झाएर गइन् । पवनी यादव पायलको बुबा आमालाई सम्झाउन आइन् । एक दिन पायल र उसकी आमा बिहेको लागि सामान किन्न जान्छन् । त्यहाँ गएको बेला पायल उसले बिहे गर्ने केटाको बारेमा आमालाई सोधिन्छन् । आमाले सबै कुरा भन्छिन । त्यसपछि पायल नुन किन्न गएको बेला बैभनवाली हजुर आमाले सोधिन्छन् तँ किन वडा कार्यालय गएकी ? पायलले त्यसको उत्तर दिन सकिदैनन् । त्यसपछि आमाले भन्छिन पुलिस बोला नभए तेरो बिहे रोकिँदैन । आमाले बालविवाहको बारेमा बुझेकी रहिन्छिन । त्यसपछि पायल एकछिन कुरा गरेर घर जान्छे ।

अर्को दिन पायल र अमृता केटासँग कुरा गर्न केटाको स्कूल जान्छन् । उनीहरू त्यहाँको गाउँको बाटोबाट लुकी लुकी जान्छन् । त्यहाँ पुगेपछि पायल अमृतालाई केटा बोलाउने भनेर भन्छे । पायलले चटपटे पनि किनिदिन्छिन । त्यसपछि अमृता प्युनलाई भुटो बोलेर केटा बोलाउँछिन । तर त्यो केटा मैले यिनीहरूलाई चिन्दिन भनेर जान्छ । त्यो केटाको नाम प्रदीप हुन्छ । प्रदीपको स्कूल बिदा भएपछि पायल प्रदीपलाई भेट्छे तर प्रदीप पायलसँग कुरा गर्दैन र साइकल लिएर पर जान्छ । पायल प्रदीपको साइकल रोकिन्छन् र प्रदीपलाई सम्झाउँछिन । पायल त्यो दिन घर गएर आफ्नो सबै स्कूलको सामान आमालाई फिर्ता गर्छे । समान फिर्ता गर्दा आमा भावुक हुन्छिन । त्यसपछि अर्को दिन पायल पवनी यादवको घर जान्छिन । पवनी यादवले पायललाई गाली गर्छिन तर जब पायल आफ्नो साइकल फिर्ता गर्छिन त्यसबेला पवनी पनि धेरै भावुक हुन्छिन । केटाको बुबाले पायलका बुबाआमालाई बोलाएका थिए । जब बुबा र आमा घर फर्के पायल केटाको पट्टिबाट बिहे रोकिएको कुरा सुनेर धेरै खुसी हुन्छे । त्यसपछि पवनी पनि आएर साइकल फिर्ता गर्छिन र

पायलको आमाबुबालाई सम्झाउँछिन् । पवनी उनीहरूको घरको पानी पनि पिउँछिन् । पवनी आएपछि एउटा पुलिसको गाडी पनि पायलको घरमा आउँछ । पुलिसले पायलका आमाबुबालाई थर्काएर जान्छन् । त्यसपछि आमाले भन्छिन् मैले पुलिस बोलाएको । बुबा आमासँग रिसाउँछन् तर उनले पनि कुरा बुझिसकेका हुन्छन् । यसपछि कथा सकिन्छ र पायल र उसको परिवार खुसीका साथ बस्छन् अनि पायल पढ्न जान्छे ।

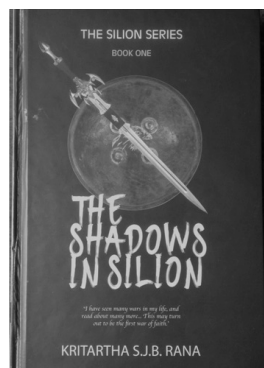
परिवेश: यस उपन्यासको स्थलगत परिवेशमा पायलको घर, पायलको स्कुल, पायलको स्कुल जाने बाटो, वडा कार्यालय जाने बाटो, प्रदिपको स्कुल जाने बाटो, बजार जाने बाटो, बजार पर्दछन् । यसको मुख्य परिवेश भने तराई प्रदेश रहेको छ । यस पुस्तकको अवस्थागत परिवेशमा हजुरआमाले पायललाई पवनीको कथा सुनाएको, हजुरआमा बित्तुभएको, पायलले साइकल पाएको, रानो बितेको, कविता भागेको, पायलको बिहेको कुरा भएको, पायलको स्कुल जान बन्द गरिदिएको, पायलले प्रधानाध्यापकलाई निवेदन लेखेको र प्रधानाध्यापक पायलको घरमा आएको, पायल वडा अध्यक्षको मा गएको र कही बोल्न नसकेको, अमृताले पायललाई चिठी लेख्ने सुझाव दिएको, पायल र अमृताले पवनीलाई चिठी दिएको, पायल बिहेको लागि सामान किन्न बजार गएको, बैभनवाली हजुरआमाले कुरा बुझेको, पायल केटा भेट्न गएको, केटाको तर्फबाट बिहे रोकिएको, पवनी र पुलिस पायलको आमा र बुबालाई सम्झाउन आएका, सबै जना खुसी भएको कुरा पर्दछन् । यस किशोर उपन्यासको कालगत परिवेश हेर्दा यो घटना ६-७ वर्षसम्म घटेको घटना भनेर अनुमान लगाउन सकिन्छ ।

सिफारिस:

यस पुस्तक सरल भाषामा लेखिएको एक छोटो उपन्यास हो । यस उपन्यासले हामीलाई धेरै कुरा सिकाएको छ । यस उपन्यासले लैङ्गिक भेदभाव र जातजाति बिच हुने भेदभावलाई इङ्कित गरेको छ । यो उपन्यास म सबैलाई सिफारिस गर्न चाहन्छु । यो उपन्यास भावुक पनि छ र मलाई धेरै मनप्यो ।

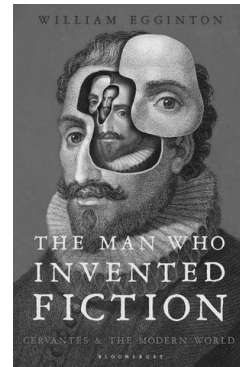


Ridika Gurung
Roll no: 31024



Book Review: "The Shadows in Sillion"

The Shadow in Sillion is a story of impossible love, ambition, fanaticism, and heroism. The author of this book is Kritartha S.J.B. Rana. His birthday is on December 27, 1991. This book is published in March 2021. This book has 406 pages. We can buy this book at Ratna Pustak Shop, Ekta Book Shop, and Daraz Online Shop. The main character names are Erik Buxtor and Arina. Framed for a crime he didn't commit, Erik Buxtor is forced to flee the only home he has ever known, which has corrupted his homeland; he has to become someone new to survive. set against the backdrop of civil war and religious conflict.

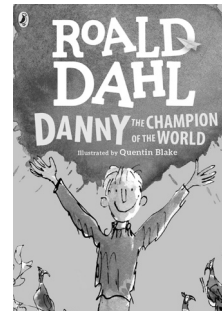


Samman Guragain

Roll no: 31028

The Man Who Invented Fiction

First we need to know what fiction is. Fiction is literature created from the imagination, not presented as fact, though it may be based on a true story or situation. A person named Cervantes invented fiction and made the world more creative and gave students knowledge. The fiction books are: 20,000 leagues under the sea and a journey to the center of the earth are some examples of fiction books. Not just books but movies also have fiction like: squid game or stranger things. So in conclusion fiction made the world brand new and creative.



Pratik Karn

Roll no: 30048

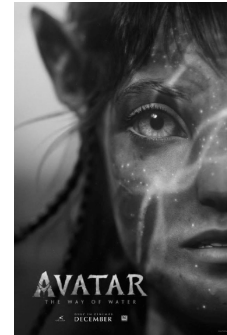
Book Review: Danny The Champion Of The World

Author: Roald Dahl

Illustrator: Quentin Blake

Last month I borrowed the book “Danny the Champion of the World” from the library. The story is interesting and adventurous. It tells the life and struggles of nine-year-old Danny and his extraordinary father. It is a children’s novel by Roald Dahl. There is a boy named Danny and his father, William, who live in a gipsy caravan and make their living poaching pheasants from a wealthy landowner. The story follows their adventures as they hatch a plan to outwit the landowner and save their home. The novel explores themes of family, friendship, and standing up for oneself while also depicting the class struggle between working-class characters and wealthy landowners. The book is known for its descriptive language, well-developed characters, and exciting plot but is also criticized for its stereotypical portrayal of certain groups. I liked the book very much. I liked the part of the book when

Danny went to save his dad when he was in trouble for poaching. This book depicts their strong bond and love, as well as their adventures together, which are filled with humor and heart. This is a book from which we can learn how much our parents love us and much more. I would prefer that you read this. In terms of rating, I would give this book 9 out of 10 because it is so interesting and educational with many more morals.



Aagat Mani Sharma

Roll no: 29050

Movie Review: Avatar: The Way of Water

Genre: Sci-fi

Director/Written/Co-produced by: James Cameron

Release date: December 16, 2022

This movie has the story after the first movie of Avatar franchise. It has the story of how Jake Sully and his family are living after the war against sky people. He has 2 sons and one daughter. He also has another daughter that he found in the avatar of Kiri. No one knows who her father was. He was the leader of his clan. They were living a happy life until the sky people returned. Colonel Quaritch also had returned in an avatar. So to protect his family and clan he goes away from them to the sea clan.

This movie has many actors who played different roles. There is Sam Worthington as Jake Sully, Zoe Saldana as Neytiri, Sigourney Weaver as Kiri Sully, Kate Winslet as Ronal, Stephen Lang as Colonel Quaritch, Michelle Yeoh as Dr. Karina Mogue, Cliff Curtis as Tonowari, Oona Chaplin as Varang, Trinity Bliss as Tukrirey, Jamie Flatters as Neteyam, Britain Dalton as Loak, Filip Geljo as Aonung, Bailey Bass as Tsireya, Jack Champion as Spider, Chloe Coleman as Loak, Giovanni Ribisi as Parker Rubisi, Edie Falco as General Ardmore, Joel David Moore as Norm Spellman, Jemaine Clement as Dr. Ian Garvin, Dileep Roa as Dr. Max Patel, C.C.H. Pounder as Moat, Keston John as Varu.

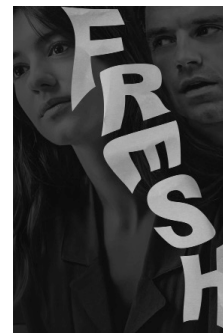
The Sky people had left the planet. Some good humans and Avatar are living together. Then we are introduced to the clan leader Jake Sully and his family. His wife Neytiri, his younger daughter Tuk, his sons Loak and Neteyam, and their adoptive child Kitty from Kiri's avatar. They also lived with some humans. One of them was a spider. Jake was the leader of the clan. They were living a good life. But once the sky people return, they didn't come to gather resources, they came to

invade the planet. Jake's clan had moved to another place. They started gathering resources from the trains that carried resources.

Colonel Quaritch's memories also had been added to an avatar. The humans were succeeding but the colonel wanted revenge on Jake. So he wanted to go to the place where he died but Jake's children and spider, they got caught. They informed their father and they were rescued because of their jungle skills but the spider fell down and got caught. Then they tortured him but he did not say anything. But spider was the colonel's son so he joined them. Then he knewed the clan's location so he starts to target Jake and his family. So to protect his clan and family his family moved away from his clan to the sea clan. The clan's leader agreed for them to live there but they didn't know their ways so they learned it. But one day when Kitty went to her mother and watched her ancestors she saw Kiri but she got unconscious and a helicopter from Jake's clan was brought but that didn't work, she was cured by a traditional way. After a big fight they finally won against the colonel. But he ran away.

This movie was interesting and entertaining and the vfx was amazing but there are some things that I didn't like about the movie. The story is pretty weak and the movie is 3hr 10min long and sometimes the movie felt boring.

I do recommend the movie. But I suggest that before watching the movie it is important to watch the first part.



Shuvee Lamichhane

Roll no: 29033

Movie Review: Fresh

Genre: Horror/Thriller

Written by: Lauryn Kahn

Release date: January 20, 2022

Last weekend I watched the movie "Fresh". The movie was written by Lauryn Kahn and directed by Mimi Cave. The duration of the movie was 1 hour and 57 minutes long. It was in the horror thriller category. This movie was, I would say very interesting, I enjoyed it and I would definitely watch it again.

The film tells the story of a young girl Noa and her best friend Molly. Noa had always had bad luck with boys. At the beginning of the film we see Noa going on a date with a guy who is obsessed with hot sauce and puts it on everything. He

tells her how hot sauce gives him terrible acid reflux but he still eats it but he never asks her about the things that she likes. So she sits through that date and ghosts him. The next day she goes grocery shopping where she meets a guy. The guy shows some grapes and asks where of she had tried them. They were delicious. Noa is confused and asks him grapes?. Yes but they are cotton candy grapes and he takes one out and gives it to her. She finds it amazing. Soon she finds out that the guy's name is Steve and that he is a doctor. So they start hanging out together and Noa sends the picture of this guy to Molly and says that they were going on a trip. So Molly gets concerned, so on the drive there Noa tries to text Molly but she can't get phone service so Steve tells her that there would be service when they would get to the place. Then we see them arrive at Steve's mansion then Steve gives her a drink and she falls asleep. When she wakes up she is chained to the wall and we see a girl named Sarah and another one named Melissa.

We get to know that Steve actually sells human meat. This shocks Noa. Soon Steve comes to check on Noa and Noa wishes to take a bath. While taking a bath she attempts to escape when Steve catches her and in the next scene we see Noa on a table and Steve cutting her butt off. Noa cries and tells Steve that she wouldn't do it again but he cuts her butt off. On the other side Molly starts to get suspicious and finds out more information about Steve and finds out that he is married. So she goes to his house and talks to his wife. Molly tells his wife about everything then we see Steve come home and Steve and his wife standing there. It turned out that his wife was also in on it. Then we go back to Noa who doesn't know that Molly is also there so she tries to gain Steve's trust by asking him "What does it taste like?". Steve says come with me to dinner tonight. As she sits there that night as Steve prepares the meat. She tries not to gag as she eats the meat. She asks him different questions that night and dances with him too. The next night she goes on another dinner date with him. The last night he had shown her where he keeps the stuff that the girls bring with them. Noa had also recognized Molly's phone case so she immediately knew that Molly was also there. So that night Noa knocks Steve out and goes to free Molly after that she frees all the other girls. Noa also finds a gun and keeps it with her. By the time they get out Steve also wakes up and starts chasing them. Then Noa takes out the gun and shoots him. Then we see his wife who tells a bodyguard to clean up his body and that's how this film ends.

I overall enjoyed watching this movie a lot and I would definitely watch it again. I think that this movie was wonderfully directed and written and all the actors also did a great job on the acting. Overall I have nothing bad to say about this movie.

I wouldn't say that this movie is exactly for the light hearted people. It was very thrilling but enjoyable to watch.



Jiya Sapkota

Roll no: 25003



CORPSE BRIDE: A MOVIE REVIEW

Director(s): Mike Johnson and Tim Burton

Release date(s): 23rd Sept, 2005 AD [USA], 13rd Oct, 2005 AD [The UK]

Genre(s): Musical, Drama, Romance, Fantasy, etc.

Produced by: Tim Burton and Allison Abbate

Corpse Bride is an animated dark fantasy movie directed by Tim Burton and Mike Johnson. The characters are the original characters created by Tim Burton which also is the reason why the movie is alternatively known as Tim Burton's Corpse Bride. Tim Burton is an American filmmaker who is famous for his movies having interestingly distinctive characters that look gothic and eerie. The main characters of this movie include Victor Van Dort, Victoria Everglot and Emily which are voice casted by Johnny Depp, Emily Watson and Helena Bonham Carter respectively.

The movie starts off with Victor visiting Victoria's house as they had been arranged for a marriage by their respective parents. While in the house, Victor decides to play the piano and Victoria catches him right there. This happens to be their first interaction but they fall in love instantly. Then the arrangement for their wedding starts. They begin practicing the vows but Victor messes it up often due to his nervousness. Later, he gets scolded by the pastor due to which he goes outside to catch his breath and practice alone.

After repeatedly reciting the vows, he places the ring on top of what was thought to be a "root". Doing so, makes a very strange looking woman in a wedding dress emerge from the land below. The root ends up being a finger of the lady. This sudden action makes Victor pass out. After finally waking up, he finds out he's woken up in a strange land called, "The land of Dead". The land was filled with all half-dead looking people who either were just skeletons, or had few organs or had most of their organs, or were slowly fading away. Emily, was a member living in the land. She had on the bride's dress because she died on the day of her wedding as she was waiting for someone to come for her. She had thought that since Victor was chanting the vows and the ring was on her finger, he would marry her. But Victor hadn't even thought of her, it was all about Victoria inside his head.

Victor started plotting a plan to get out of the land and marry Victoria. He decided to

trick Emily. He states that he wanted to meet his parents. They somehow reach the land of living. Victor rushes to go meet Victoria and share everything that happened since the vow practising time period. She believes him. They share a small moment with each other and lean in for a sweet kiss when Emily appears and sees them both. She feels hurt and betrayed but still takes Victor back with her to the land of the dead.

Then the movie continues with some twists and a very beautiful ending awaits us. This movie is a family movie which can be enjoyed by everyone. This movie has a different flavour in it that makes it so good. Well, even the character design made the movie's vibe so edgy and appealing in such a different way. This is the exact kind of movie that I'd like to watch on a Friday or Saturday night, relaxing. It's definitely a worth-watching movie!

SOURCE:

"Corpse Bride", Film, Corpse Bride Wiki, Fandom



Kriti Nepal

Roll no: 24022

Character: Movie Review

Released on: 11th June, 2021

Writers: Takashi Nagasaki, Akira Nagai, Anna Kawahara

Directed by: Akira Nagai

Actors casting: Masaki Suda, Fukase, Mitsuki Takahata, Shun Oguri, Shido Nakamura

Genre: Crime, Horror, Thriller

Plot:

A manga artist with drawing talent who lacks the ability to make a realistically strong and compelling villain required to draw the audience in due to his good personality asks, "What will happen if you base a villain "character" on a serial killer you just witnessed?" Following the same plot, Yamashiro Keigo (played by Masaki Suda), a manga assistant aiming to become an independent artist, is on a hunt one night to sketch a house filled with happiness at first glance and stumbles upon one. However, something else is in store for him; upon entering the house, Keigo discovers the dead bodies of a family of four and catches a glimpse of the serial killer (played by Fukase) a bit further from the bodies. Being the only eyewitness of the crime scene, he is questioned by the police, particularly Kota Makabe and Shunsuke Seida (played by Shido Nakamura and Shun Oguri), but instead decides to lie about seeing the face of the murderer and withholds the

information to himself. A few days later, a decoy for the murderer confesses to murder and is caught instead. Horrified by the crime he had just witnessed and flashbacks of the serial killer's face, Keigo then starts to draw a "character" named "Dagger" based on the same serial killer. Eventually, his crime manga "34" is serialized about a serial killer named "Dagger" who targets and murders families of four, creating a truly evil character that was lacking in his previous works and becoming a huge success. Yamashiro Keigo then becomes a popular manga artist with huge followings, gets married to his girlfriend Natsumi (played by Mitsuki Takahata), and seems to be living a good life. Finally, as things seem to be going well, he is contacted by Shunsuke Seida, who seems to be a fan of the manga 34. He realized a murder almost identical to the one drawn by Yamashiro Keigo in one of the chapters of the manga (chapter 34) had occurred and was suspicious. While they are conversing and detective Seida walks out to attend to a call, Keigo is approached by the same serial killer he saw the night of the murder he witnessed. The serial killer claims to be Morozumi, a fan of the manga 34 who re-enacts the murders in the manga almost identically and realistically. How will things end up for Keigo as he now risks baiting the serial killer to his house by drawing the serial killer attacking the manga author and his family as the last chapter to end the manga?

Personal opinion/ ratings:

'Character' overall was an amusing and surely thrilling watch that had me at the edge of my seats anticipating what happened next. The plot development was a bit slow here and there and even a few plot holes were yet to be filled by the ending which was a bit upsetting and disappointing but the phenomenal acting and suspense build up made up for it. Unlike our common protagonists with strong sense of justice and unshaken character, seeing a protagonist who readily lied and kept the identity of the killer to himself only to use him as an inspiration for work was a whole different experience. Similarly the portrayal of various emotions was splendid however I feel the movie lacked a bit of character depth and kept hidden motives hidden throughout. Even though the movie has its own downfalls and lacks in some aspects overall the movie is quite enjoyable if you're a fan of the crime, thriller and mystery drama genres and especially Masaki Suda. I would rate this movie a solid 7/10 and recommend it for at least once a watch.



Anushree Rajbhandari
Roll.no: 24012
Lady Bird

“Lady Bird” is a 2017 coming-of-age movie directed by Greta Gerwig, starring Saoirse Ronan as Christine “Lady Bird” McPherson, a high school senior who is trying to find her place in the world. The film is set in Sacramento, California, in the early 2000s, and follows Lady Bird as she faces the challenges and joys of growing up. The movie centers on Lady Bird’s struggles in her relationships, particularly her complicated and troubled relationship with her mother, Laurie Metcalf, who is both overbearing and loving in the movie. Sharp and realistic, Gerwig’s writing for these characters captures both the humor and the pain of their relationship. The story revolves around Lady Bird and her experiences and struggles as a high school student. She is a complex and dynamic character who is portrayed as a young woman who is trying to find her place in the world and understand her own identity. She is a rebellious and stubborn teenager who loathes her life in Sacramento and desires to leave the city and go to college on the East Coast. She is also a complex character who wants to break free from her Catholic school upbringing and her overbearing mother while still looking for love and acceptance. Throughout the film, Lady Bird faces a number of struggles that are typical of the teenage years, including fitting in, self-discovery, and the joys and pains of first love. Lady Bird struggles with her romantic relationships. She has a sweet but somewhat tumultuous romance with her first love, played by Lucas Hedges. The film portrays the ups and downs of first love, the pain and joy of it, and Lady Bird’s struggles to understand and accept her feelings. In general, “Lady Bird” depicts a teenager’s journey through a number of relationships, romantic and platonic, and the different emotions that come with them, exploring how these relationships shape who she is and how she sees herself. She also deals with the pressure of college admissions while trying to figure out who she is and what she wants out of life. The film explores Lady Bird’s journey of self-discovery and how she navigates the various obstacles that stand in her way. The audience can relate to her struggles and experience the raw emotion of her journey. “Lady Bird,” when it was released, received a lot of positive reviews and was nominated for five Academy Awards, including Best Picture and Best Original Screenplay. With many applauding Gerwig’s script and Ronan and Metcalf’s performances, it is regarded as one of the best independent films of the year. “Lady Bird” is definitely worth watching if you’re looking for a relatable, beautifully made coming-of-age movie.



Sheetal Mulmi
Roll no: 24036



Monster: A Series

Aired: Apr 7, 2004 to Sep 28, 2005

Writer: Naoki Urasawa

Director: Masayuki Kojima

Characters: Kenzo Tenma, Johan Liebert, Anna Liebert, Inspector Lunge, Eva Heinemann, Dieter and many more

Genres: Drama, Mystery, Suspense

Plot:

Elite neurosurgeon Dr. Kenzou Tenma recently became engaged to the daughter of the hospital director and is rapidly moving up the hospital's hierarchy. That is, until one evening, when a seemingly insignificant incident completely changed Dr. Tenma's life. He is getting ready to operate on someone when the hospital director calls and instructs him to switch patients and save a famous musician's life by performing brain surgery. While his colleagues, fiancée, and hospital director applaud his success, the swap resulted in the death of a poor immigrant worker, posing a serious problem for Dr. Tenma. As he thought, the patient who came first should be the one to be treated first. As a result, in a similar circumstance, Dr. Tenma maintains his morality and chooses to operate on young Johan Liebert rather than the town's mayor. Tenma's decision has unfortunate consequences for him, one of which is losing his social position as the head of the neurosurgery department. The hospital slowly begins to turn against him. But one day the director and the doctor who were in Tenma's way die in a mysterious way, and the children whom Tenma operated on also disappear. The police suspect Tenma, but they have no evidence and can only question him. Tenma is the chief surgeon at Eisler Memorial after nine years. A convict named Adolf Junkers mutters something about a "monster" after being saved. When Tenma comes back carrying a clock for Junkers, he discovers the guard who was standing outside his room dead and Junker missing. Tenma discovers Junkers being held at gunpoint after following the trail to the site of a half-finished building under construction next to the hospital. Junkers urges him to flee and issues a warning against approaching. When Tenma declines, Johan Liebert is identified as the shooter. Johan shoots Junkers despite Tenma's efforts to talk with him. Tenma is too horrified to interfere as the man walks off into the night after telling him he could never harm the man who saved his life. Johan also reveals that he was the one who killed the director and the doctor nine years ago. The police are suspicious of Tenma, and BKA Inspector Lunge specifically is searching for further information concerning who Johan is because he thinks that Tenma is suffering from a multi-personality disorder. And Johan is this character that Tenma created in his mind to justify his horrible acts. But Tenma is not having it and goes looking for Johan. He quickly learns that the boy's sister is an adopted daughter living a lovely life with no memory of her past. On her birthday, Tenma discovers Anna, whom her foster parents afterwards renamed Nina. He hides her from Johan, but it is too late to stop him from killing her foster parents. Tenma eventually discovers the origins of this "monster," which range from the author of children's books used in a eugenics experiment in the former Czechoslovakia to the former East Germany's attempt to use a secret orphanage known as "511 Kinderheim" to create perfect

soldiers through psychological reprogramming. After gaining this information, he goes looking for Johan, making many new friends along the way. And this story ends with Tenma operating on Johan as he did at the beginning of the story to save Johan's life.

Personal Opinion:

In my opinion, this anime says that children need to sense that there is someone out there who cares about them and wants them to live. Without such a person, a child will be deprived of everything. It's very heavy on psychological and philosophical themes. It is a bit slow-paced, but it is truly worth the wait. But it is really thrilling to watch. The only downside to this anime is that it takes quite a while to get into the thick of things. Some of the characters introduced seem to have nothing to do with the plot and are there just to extend the watch time. But when you get past all that, the ending is surely worth the patience. I would personally give this anime an 8.5 out of 10, and I will surely recommend it to others.



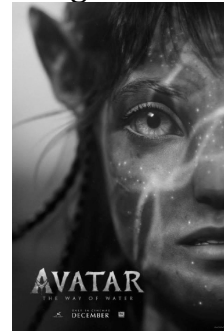
Sushant Nepal
Roll no: 23044

REVIEW ON 'KNIVES OUT'

Writer & Director: Ryan Johnson
Release Date: 7th September 2019
Country: USA
Budget: \$40 million
Box Office: \$311.9 million
IMDB: 7.9/10

"Knives Out" is a 2019 American mystery film directed by Rian Johnson, starring an ensemble cast that includes Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis, Michael Shannon, Don Johnson, Toni Collette, Lakeith Stanfield, Christopher Plummer. The film follows the investigation of the death of a wealthy crime novelist, Harlan Thrombey (Christopher Plummer) and the suspects are his eccentric family members. The film is a masterful blend of both old-fashioned and modern filmmaking. The movie takes inspiration from Agatha Christie's novels and other classic whodunit mysteries but adapts it to a present-day setting. The director Rian Johnson, who is known for his work in "Brick" and "Looper", did a fantastic job of creating the perfect balance of comedy and mystery. The cast is top-notch, with Daniel Craig taking on the role of detective Benoit Blanc, and he delivers a performance that is both humorous and

compelling. Chris Evans as Ransom Drysdale, Jamie Lee Curtis as Linda Drysdale, Michael Shannon as Walter Thrombey, Toni Collette as Joni Thrombey, and Lakeith Stanfield as Lieutenant Elliott are all equally impressive. They all brought to life complex and interesting characters that are enjoyable to watch. Ana de Armas as Marta Cabrera, Harlan's personal caretaker and confidant, is a standout as the protagonist of the story and a scene-stealer with her charming and likeable performance. The film's production design and visuals are outstanding. The Thrombey mansion, where the majority of the action takes place, is beautifully designed and adds to the film's atmosphere. The film's score by Nathan Johnson also adds to the overall experience, and it's a delightful mix of classic and contemporary. The story of the film is well-crafted and full of twists, with a satisfying and unexpected conclusion. The screenplay is sharp, witty, and engaging. The pacing is perfect, keeping the audience on the edge of their seats throughout the film. The ending is a masterful twist that brings the entire story together in a satisfying way. "Knives Out" is a clever and complex mystery that showcases Rian Johnson's skill as a filmmaker. The film is a thoroughly enjoyable watch that is well worth your time. With a talented cast, sharp writing, and a clever twist ending, "Knives Out" is a must-see for fans of mystery, comedy and cinema in general. The film was a commercial and critical success and it's definitely a movie that can be enjoyed on multiple watchings. The film's clever mixture of old-fashioned and modern storytelling makes it a great watch for all ages.



Dhendup Norphel Sherpa

Roll no: 23020

Movie Review: Avatar-The Way of Water

Releasing Date: Dec 16, 2022

Run Time: 3 Hrs 10 Min

Director: James Cameron

Genre: Action, Adventure, Fantasy

Cast: Zoe Saldana, Michelle Yeoh, Jamie Flatters

Jake Sully lives with his newfound family formed on the planet of Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their planet. The success of 2009's Avatar heavily influenced the direction of digital filmmaking and distribution, and though the world has changed a lot in the 13 years leading up to this sequel. Avatar: The Way of Water isn't afraid to be weird as hell, as it doubles down on the first movie, refocuses the plot on more interesting characters, and yes, it has to be said, sets the high water mark for visual effects in the film all over again. The first Avatar was a 3D sci-fi which Cameron delivered in 2009. Now, after 13 years of

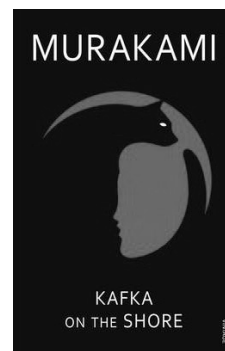
unimaginably expensive Vfx Quality of the movie. This one is available in 3D and 2D. Yet the whole idea of the “Avatar” from the first movie the artificially created body that can be remotely piloted into an unknown world and which crucially formed a dramatic part of the audience’s 3D experience has been left behind. The effects now, technically impressive as they are, amount to high frame-rate motion smoothness. At the beginning of the story everyone was so excited to watch the long waited Avatar movie. Each and every part of the movie was worth it to watch, all the scenes were so eye-catching that I was not even bored watching it for a second. The story was wrapped up in the 3 hours of movies, as it explained each and every character properly with proper screen time. The movie was really good, and I enjoyed watching it. This movie was one of the best movies with good visuals and VFX. It cost around more than billions of dollars . As it was a superhit movie it earned more than billions of dollars. As it is now on the list of top highest-gross movies.



Manip Maharjan

Roll no:

Kafka on the Shore Book Review



Kafka on the Shore is a novel that is written by prominent writer Haruki Murakami. Murakami is a talented author when it comes to writing fiction novels as well non fiction novels with him writing many works of nonfiction from real life events that transpired in Japan. Kafka on the Shore is a book that explores the sense of identity, belonging, and the relationship between a person and their environment in a complex and thought-provoking way.

This novel is narrated by the two protagonists years apart from each other with them being Kafka Tamura, a runaway teen and an old man named Nakata who can somehow communicate and talk to cats. Though both the narrator don’t ever meet each other there are certain hints that the author has sprinkled which leads the reader to believe that both the narrator’s paths are intertwined by fate and one narrator’s action has led to severe impact on the other narrator.

The two narrators are in different points in life but one thing both the narrators are searching for is self discovery. Kafka Tomura is the first narrator that we are introduced to. Kafka is just an alias for our young narrator. Kafka is not just your average 15 year old, he claims to be the toughest 15 year old and it can be seen through his actions. You see Kafka is a runaway and seeks refuge in a library called Komura Memorial Library where he meets Miss Saeki and her assistant Oshima. Kafka is shy and keeps his thoughts primary to himself but he forms a close friend-

ship with Sakura and Oshima. The reason he left his home is due to his tyrannical father who happens to be a really famous sculpturer. Kafka does not have a mother but the only memory he has of her is when his whole family were on a beach other than that he has no recollection of his mother nor her face. We are led to believe that Kafka's mother abandoned him and his father and took off with her young sister who Kafka speculated to be adopted. But why did she not take Kafka instead this is the question that forever haunts Kafka. He speculated but could never come up with a logical answer to this predicament. Kafka is an individual plagued by his fate with his father supposedly casting a curse on him which he vows to break but he fails. You see, fate sometimes is a cruel thing. The action you may do may have a significant impact on others lives like how Nakata's action took so much effect in the life of Kafka.

Fate also plays a cruel hand in the life of Nakata who is an elderly man when the story begins. We are led to believe that Nakata is just an old man who actually is really dumb and just has a unique trait of talking to cats but that would be just scratching the surface of this character. You see, Nakata had a terrible incident when he was a child. He was struck by a mysterious illness and was in a coma for a few months. When he woke up from his coma his intellect and memory were wiped out dry. He was just a shell of his former self. He would go on to have a terrible life where he would get constantly mistreated by his own family and others. Nakata can't remember what happened to him during the coma, but he has a vague feeling that his mind briefly traveled to another world, a belief that intensifies over the course of the novel. Nakata feels guided by fate to find the mysterious entrance stone but even he doesn't know what it is and with his new found companion Hoshino he travels to find this mysterious stone.

Both narrators have a theme and a role that they play. At its core, Kafka on the Shore is a deeply engaging philosophical novel tackling that problem of isolation, abandonment and the search for the meaning of life in this intricate and unforgiving world. Kafka and Nakata are like the opposite ends of a coin. As a young person trying to find his place in the world, Kafka battles feelings of isolation and a sense that he is not connected to those around him. Uncertain of who he is or where he belongs, he struggles with his own identity and looks for his own way in life. Nakata, on the other hand, is a metaphor for the acceptance and wisdom that can come with experience. Despite being faced with his own mortality and experiencing a profound sense of loss, he eventually finds peace and understanding, accepting his place in the world and his function in the greater scheme of things.

In the end, Kafka on the Shore is a beautiful and thought-provoking analysis of the human experience that skillfully and insightfully outlines themes as universal as identity, loss, and the search for meaning. I would recommend this book to anyone who wants to learn more about the intricacies of the human condition and the fates that one may have to encounter.

CREATIVE WRITING AND OPINION



आर्सन बजिमया
क्रमाङ्क: ३४००७
ग्लोबल वार्मिड

ग्लोबल वार्मिड एक खतरनाक घटना हो । यो विश्वभर अनुभव भइरहेको छ । यो मानव गतिविधिहरू र नियमित प्राकृतिक प्रक्रियाहरूका कारण पनि हुन्छ । विश्वमा जलवायु परिवर्तन हुनुको पछाडि ग्लोबल वार्मिड नै कारण हो । ग्लोबल वार्मिडका कारण पृथ्वीको सामान्य तापक्रम बढिरहेको छ । यसले कतिपय क्षेत्रमा वर्षा बढाएर र कतिपय स्थानमा घटाएर मौसममा बाधा पुऱ्याउँछ । ग्लोबल वार्मिड रोक्न हामीले रुख रोप्न थाल्नुपर्छ र अरूलाई पनि त्यसै गर्न उत्प्रेरित गर्नुपर्छ ।



सिद्धिका मल्ल
क्रमाङ्क: ३४०२५
मेरो दाइ

मेरो दाइको नाम शिद्धार्थ मल्ल हो । उहाँ १० वर्षको हुनुभयो । मेरो दाइ सिफल स्कुलमा कक्षा ६ मा पढ्नुहुन्छ । उहाँ मायालु र नम्र स्वभावको हुनुहुन्छ । उहाँ फुटबल खेल मन पराउनुहुन्छ । मेरो दाइलाई प्राय सबै खानेकुराहरू मन पर्छ । उहाँलाई गणित विषय मन पर्छ । उहाँलाई घुम्न र नयाँ नयाँ ठाउँ हेर्न मन पर्छ । मेरो दाइ एकदम स्वस्थ र सुन्दर हुनुहुन्छ ।



वेदाङ्ग अर्याल
क्रमाङ्क: ३४०१८
घोडा

घोडा धेरै उपयोगी घरपालुवा जनावर हो । यो प्राय सबै देशहरूमा पाइन्छ । घोडाको दुईवटा आँखा, दुईवटा कान, चारवटा खुट्टा र एउटा पुच्छर हुन्छ । घोडाको गर्धनमा सुन्दर लामा रौंहरू हुन्छन् । घोडा धेरै छिटो कुद्न सक्छ । घोडा शाकाहारी जनावर हो । घोडा काला, सेता र खैरा रङका हुन्छन् । घोडाको प्रयोग रथ तान्ने, घोडा दौड र घोडे जात्रामा गरिन्छ । हिमाली भेगमा घोडालाई सवारीको रूपमा पनि प्रयोग गरिन्छ । घोडा तबेलामा बस्छ । घोडा अरू जनावर जसरी बस्न सक्दैन । यो जनावर उठेर नै निदाउने जनावर हो । मलाई घोडा धेरै मन पर्छ ।



वृषा महर्जन
क्रमाङ्क: ३४०३१
सुगा

मलाई मन पर्ने चरा सुगा हो । सुगालाई खुर्सानी खान मन पर्छ । सुगाले मान्छे जस्तै बोल्न सक्छ । सुगालाई हामी घरमा पाल्छौं । सुगाले गीत पनि गाउन सक्छ । मेरो मामाघरमा दुईवटा सुगा पाल्नुभएको छ । त्यो सुगाको नाम मिठु हो ।



आरभ श्रेष्ठ
क्रमाङ्क: ३४००२
आमा

मेरी आमाको नाम सरिता मास्के हो । मेरी आमाको मन पर्ने रङ रातो हो । मलाई आमाले मिठा मिठा खानेकुरा पकाइदिनुहुन्छ । उहाँ मोबाइल कम्पनीमा काम गर्नुहुन्छ । मलाई मेरी आमा धेरै मन पर्छ ।



इभान कार्की
क्रमाङ्क: ३४०११
मेरी आमा

मेरी आमाको नाम रिना पन्थी कार्की हो । मेरी आमा मेरो सबैभन्दा मिल्ने साथी हुन् । मेरी आमा बिहानै उठ्नुहुन्छ । आमाले मिठो खाना पकाउनुहुन्छ । आमाले मलाई गृहकार्य गर्न सहयोग गर्नुहुन्छ । आमा धेरै मेहेनती हुनुहुन्छ । मेरी आमा दयालु र मायालु हुनुहुन्छ । म मेरी आमालाई धेरै माया गर्छु ।



निभान अर्याल
क्रमाङ्क: ३४०२९
जाडो बिदा

मलाई जाडो महिना असाध्यै मन पर्छ । जाडो महिनामा एकदम चिसो हुन्छ । कात्तिक, मङ्सिर, पुस र माघ जाडो महिनाहरू हुन् । जाडो महिनामा कुनै कुनै ठाउँमा त हिउँ पनि पर्छ । चिसो बढेर हामीलाई रूघा, खोकी पनि लाग्न सक्छ तर हामीले न्यानो कपडा लगाएर तातो तातो सुप खानुपर्छ । यसो गरेमा हामी चिसो बाट बच्न सक्छौं । जाडो महिनामा मलाई मेरी आमाले घाममा तेल मालिस गर्दिनुहुन्छ । हाम्रो विद्यालयले पनि जाडो बिदा दिन्छ । मलाई दिनभरि घाम तापेर सुन्तला खान कस्तो रमाइलो लाग्छ । त्यसैले मलाई जाडो महिना एकदम मन पर्छ ।



दिवित राज शर्मा
क्रमाङ्क: ३४००९
समाजसेवा

जाडो बिदामा म कतै घुम्न गइँनँ । आमासँग एक शुक्रवार हामी सबै परिवार गोल्फुटारमा रहेको दिव्य सेवा निकेतन आश्रम गयौं । त्यहाँ आश्रय लिनुहुने आमाहरूलाई हामीले चिसोबाट जोगाउने न्यानो कपडा र खानेकुरा बाँड्यौं । आफूले सकेको समाजसेवा सबैजनाले गर्नुपर्छ ।



प्रिशा पौडेल
क्रमाङ्क: ३३०३९
तमु ल्होसार

तमु ल्होसार यो वर्षको पौष १५ गते परेको छ । यो चाड गुरुङ जातिले नयाँ वर्षको रूपमा मनाउने गर्छन् । नयाँ वर्षको अधिल्लो दिन पूजापाठ, नाचगान र भोजभतेर गरी मनाइन्छ ।

। भोलिपल्ट नयाँ वर्षको दिन ढोगभेट गर्ने, आशीर्वाद आदान प्रदान गर्ने र मिठा खानेकुरा खाने चलन छ। परम्परागत भेषभुषामा सजिएर भोजभतेर गरेर यो चाड सम्पन्न गरिन्छ।



रिवान शाक्य
क्रमाङ्क: ३३०१८
माघेसङ्क्रान्ति

माघको पहिलो दिनलाई माघेसङ्क्रान्ति भनिन्छ। यस दिनमा बिहानै नुहाएर पूजा गरिन्छ। यस दिनमा घिउ, चाकु, तिलको लड्डु र तरुल खाइन्छ। माघेसङ्क्रान्ति मगर र थारूहरूको महान चाड हो। यस दिनमा धेरै ठाउँमा मेला लाग्ने गर्दछ। यो चाड सबै नेपालीहरूले रमाइलो गरी मनाउँछन्। माघेसङ्क्रान्तिलाई मकरसङ्क्रान्ति अथवा माघी पनि भन्ने गरिन्छ।



रिसिमी मेवाहाड
क्रमाङ्क: ३३०१७
सुन्तला

सुन्तला एउटा फल हो। यो रुखमा फल्छ। यो काँचो हुँदा हरियो रडको हुन्छ र पाकेपछि यो सुन्तला रडको हुन्छ। यो जाडो महिनामा फल्ने फल हो। यो गोलो आकारको हुन्छ। यसलाई बोक्रा छोडाएर खाइन्छ। यसको भित्री भागमा केसा केसा हुन्छन् र त्यो केसा भित्र दाना हुन्छ। यो गुलियो र रसिलो हुन्छ। मलाई सुन्तला साह्रै मन पर्छ।



काश्वी सत्याल
क्रमाङ्क: ३३०१०
मेरो दैनिकी

म बिहान छ बजे उठ्छु। उठेपछि दाँतमा माभन्छु अनि मुख धुन्छु। म लुगा लगाएर खाजा खान्छु। कपाल कोर्छु र स्कुल जान भोला तयार गर्छु। मेरो बुबाको गाडी घरअगाडि आउँछ। म बुबाको गाडी चढेर स्कुलमा जान्छु। स्कुल भित्र आफ्नो कक्षामा गएपछि आफ्ना कापी किताब ठाउँमा राख्छु। ११:२० मा खाना खाने समय हुन्छ। म खाना खान्छु अनि केहीबेर साथीहरूसँग खेल्छु। फेरि मेरा कक्षाहरू सुरु हुन्छन्। अन्तिम कक्षाभन्दा अगाडि मेरो खाजा खाने समय हुन्छ। म खाजा खाएर अन्तिम कक्षा लिन्छु। चार बजे म स्कुलबाट छुट्टी भएर घर जान्छु। घरमा गएर हातमुख धुन्छु। लुगा फेरेपछि स्कुलमा दिएका गृहकार्यहरू म समयमै गर्छु। म रातिको खाना खान्छु। एकछिन टेलिभिजन हेर्छु। राति म कौसीमा तारा हेर्न पनि जान्छु। निन्द्रा लागेपछि म आफ्नो कोठामा आउँछु अनि म सुत्छु। यसरी म बिहानदेखि बेलुकीसम्म कामहरू गरिरहेकी हुन्छु।



अपूर्व गोपाल अर्याल
क्रमाङ्क: ३३०४३
सगरमाथा

सगरमाथा विश्वको सबैभन्दा अग्लो हिमाल हो। यो हिमाल हाम्रो देश नेपालमा छ। सगरमाथाको उचाइ ८,८४८ मिटर छ। यो हिमाल नेपालको सोलुखुम्बु जिल्लामा पर्छ। सगरमाथा

हाम्रो देशको पहिचान हो । यसको नाम इति हासशिरोमणि बाबुराम आचार्यले राख्नुभएको हो । हाम्रो देशमा सगरमाथा भएकाले धेरै पर्यटकहरू नेपाल घुम्न र हिमाल चढ्न आउने गर्दछन् । नेपालका नोर्गे तेन्जिङ शेर्पा र न्युजि(ल्याण्डका नागरिक सर एडमन्ड हिलारीले सगरमाथाको प्रथम सफल आरोहण गरेका थिए ।



अस्विथ आचार्य
क्रमाङ्क: ३३०३०
कपाल

कपालले हामीलाई राम्रो देखाउँछ । कपालले हाम्रो शरीरलाई न्यानो पनि बनाउँछ । सबै जसो मानिसका शरीरमा कपाल हुन्छन् । कपाल विभिन्न रङका हुन्छन् । कपाल कालो, खैरो, सेतो, सुनौलो आदि विभिन्न रङका हुन्छन् । मलाई कालो रङको कपाल मन पर्छ किनकि मेरो कपाल पनि कालो रङको नै छ । कपाल भएन भने हामी मानिसहरू राम्रा देखिँदैनौं । त्यसैले हामीहरूले हाम्रो कपालको जतन गर्नपर्छ । हामीले हाम्रो कपाललाई सधैंभरि सफा राख्नुपर्छ । हामीले दैनिक रूपमा नुहाएमा हाम्रो कपाल सफा हुन्छ । यसका साथै हामीहरूले कपाललाई भर्न बाट पनि जोगाउनुपर्छ । कपालमा अनावश्यक क्रिम र तेल लगाउनुहुँदैन । शुद्ध तोरीको तेल लगायो भने कपाल बलियो हुन्छ ।



सानिध्य त्रिपाठी
क्रमाङ्क: ३२०३३
रुख

रुख धेरै थरीका हुन्छन् । रुखलाई हामीले गोड मेल गर्नुपर्छ अनि मल जल गर्नुपर्छ । रुखले फालेको अक्सिजनबाट हामी बाँच्छौं । हामीले फालेको कार्बनडाइअक्साइडबाट रुख बाँच्छ । रुखको जरा बलियो हुन्छ । कुनै रुखमा पातहरू मात्र हुन्छन् भने कुनै रुखमा फलफूल र फूलहरू हुन्छन् । रुख कुनै साना र कुनै ठुला हुन्छन् । रुखलाई हामीले जोगाउनुपर्छ । रुख भनेको नेपालको धन पनि हो ।



उज्ज्वल ढकाल
क्रमाङ्क: ३३०२३
मेरो जाडो बिदा

मेरो विद्यालयमा जाडो बिदा हरेक वर्ष पुस महिनामा पर्ने गर्दछ । यो वर्ष पनि पुस ९ गते देखि सुरु भएर जम्मा दुई हप्ताको बिदा भएको थियो । तर मेरो जाडो बिदा भने एक हप्ताकै मात्र भयो किनभने चित्रकला प्रदर्शनीका लागि म पनि छानिएको थिएँ । त्यसको अभ्यास गर्नका लागि मेरो एक हप्ता स्कूलमै बित्यो । अब मेरो बिदा एक हप्ता थियो । एक हप्ताभित्र मैले धेरै कुराहरू गरेँ जस्तै: विद्यालयको गृहकार्य सिध्याएँ । कथाहरू रेकर्ड गरेँ । मेरो सेरोफेरोको परियो जना कार्य गरेँ । घरमा नयाँ नयाँ कुराहरू सिकें । म यो एक हप्ताको बिदामा धेरै गाउँहरू घुम्न पनि गएँ जस्तै: साँखु, सिन्धुपाल्चोक, नमोबुद्ध, धुलिखेल आदि मेरो जाडो बिदा रमाइलो गरी बित्यो ।



रूजेन जंग खड्का
क्रमाङ्क: ३२०१४
प्राकृतिक प्रकोप

प्राकृतिक प्रकोप भनेको प्रकृतिमा आउने प्रतिकूल अवस्था हो। प्रकृतिमा धेरै प्रकारका प्रकोपहरू आउँछन्। जस्तै; बाढी, भूकम्प, पहिरो, भूक्षय, हुरी अतिवृष्टि, आगलागी आदि। प्राकृतिक प्रकोपले जीवन र सम्पत्तिमा धेरै हानि पुर्याउँछ। प्राकृतिक प्रकोप दुई प्रकारका हुन्छन्।

१. प्राकृतिक प्रकोप : प्रकृतिमा आफैँ घट्ने प्रकोप भनेको प्राकृतिक प्रकोप हो। यसलाई न त मानवले रोक्न सक्छ, न त निम्त्याउन नै सकिन्छ। यस्ता घटनाहरूले मानव लगायत सम्पूर्ण सजीव वस्तुमा प्रभाव पार्दछ।

२. मानव निर्मित प्रकोप : मानिसले गर्दा हुन सक्ने विनाशकारी घटनाहरू मानव निर्मित प्रकोप हुन्। जस्तै: यातायात दुर्घटना, वातावरण प्रदूषण, वनजङ्गल विनाशका कारण पहिरो जानु आदि।

प्राकृतिक तथा मानव प्रकोप व्यवस्थापन गर्न जनचेतनाका साथ पूर्व तयारी गर्ने, प्रकोप पिडितहरूलाई छिटो भन्दा छिटो भौतिक तथा आर्थिक सहयोग गर्ने, वृक्षारोपण गर्ने तथा वनजङ्गलको संरक्षण गर्ने, सावधानी अपनाउने जस्ता कार्य गर्न सकिन्छ। प्राकृतिक प्रकोपलाई हामी रोक्न सक्दैनौं तर यसबाट हुने जोखिमलाई न्यूनीकरण गर्न भने पक्कै पनि सक्छौं।



परिमल प्रकाश नेपाल
क्रमाङ्क: २४०८४
जीवन यात्राको उद्देश्य

एक समयको कुरा हो, घुमाउरा पहाडहरूमा बसेको एउटा सानो गाउँमा, परिमल नामका एक युवक बस्थे। परिमल एक साधारण मानिस थिए। आफ्नो जीवनमा उनी धेरै सन्तुष्ट थिए र आफ्ना बालीनाली र वस्तुभाउको हेरचाह गरेर आफ्नो दिन बिताउने गर्थे।

एकदिन, उनी खेतबाट हिँड्दै गर्दा उनले रूख मुनि बसेका एक वृद्ध ज्ञानी मानिसलाई देखे। ज्ञानी मानिस गहिरो विचारमा थिए। उनका निधारमा देखिएका रेखाहरूले पनि उनी एकाग्रतामा रहेको आभाष दिन्थ्यो। शुभदिन गुरु, वृद्ध ज्ञानीको नजिकै गएर परिमलले भने, “हजुरलाई केही समस्या पत्थो कि ?”

ज्ञानीले परिमललाई हेरेर मुस्कुराए। “नमस्कार युवक। हो, मलाई साँच्चै केही समस्या परेको छ। म प्रकृति र जीवनको वास्तविक उद्देश्यलाई विचार गरिरहेको छु।” ज्ञानीको शब्दले परिमल छक्क परे र उनको छेउमा बसेर उनका विचार सुन्ने निर्णय गरे।

हेर युवक, “मैले विश्वास गरेको छु कि जीवनमा हामीले देख्ने र गर्ने दैनिक व्यवहारहरूभन्दा पनि धेरै कुराहरू छन्। यी सबैको गहिरो अर्थ छ, एउटा उद्देश्य जुन हाम्रो बुझाइभन्दा बाहिर छ। यही उद्देश्यले हामीलाई अगाडि बढाउँछ, जसले प्रतिकूलताको सामना गर्दा आशा र प्रेरणा दिन्छ।”

“तर हामीले यो उद्देश्य कसरी फेला पार्न सक्छौं ?” परिमलले सोधे, “हामीलाई कसरी थाहा हुन्छ यो के हो ?”

ज्ञानीमुस्कुराएर आफ्नो टाउको हल्लाएर गम्भीर सोचमा पुगे भैं गरे। “अहह, त्यो जीवनको जीवनको ठूलो रहस्य हो, युवक। यो हामीमध्ये

प्रत्येकले आफ्नै लागि पत्ता लगाउनुपर्ने कुरा हो । कोही मानिसहरू आफ्नो जुनूनमाफत आफ्नो उद्देश्य पत्ता लगाउँछन्, कोही अरूसँग हुने सम्बन्धको माध्यमबाट, र अर्को, अरूले यसलाई आफ्नो विश्वास वा आध्यात्मिकतामाफत भेट्छन्।”

“के हजुरले आफ्नो उद्देश्य भेट्नुभयो ?”

ती ज्ञानी मानिसले लामो सास फेरे र टाढा टाढा हेरे। “मैले त्यो प्रश्नको उत्तर खोजेको छु, तर अहिलेसम्म भेट्न सकेको छैन । तर यात्रा पनि गन्तव्य जित्ने महत्त्वपूर्ण छ भनेर सिकेको छु । हामीले सामना गर्ने सङ्घर्ष र चुनौतिहरूबाटै हामी अगाडि बढ्छौं र सिक्छौं र यी अनुभवहरूबाट नै हामीले आफ्नो र संसारमा हाम्रो स्थान बुझ्न सक्छौं।”

“त्यसोभए जीवन गन्तव्य हैन, यात्रा हो भन्ने कुरामा विश्वास गर्नुहुन्छ?” परिमलले सोधे ।

“हो, ठ्याक्कै, “ज्ञानीले जवाफ दिए ।” र यो एउटा यात्रा हो जुन हामीले खुला हृदय र दिमागका साथ सफर गर्नुपर्छ । सधैं सिक्न र बढ्नको लागि प्रयास गर्दै र आफू नै सबै भन्दा राम्रो आफू बन्ने कोसिस गर्दै ।”

ज्ञानीका शब्द सुनेर परिमल निःशब्द भए । उनले महसुस गरे कि उनी दैनिक कार्यहरूमा यति केन्द्रित थिए कि उनले बाहिरी जीवनको बारेमा सोच्न सकेनन् ।

धन्यवाद गुरु, “आजदेखि मेरो हरेक जीवन यात्रामा हजुरका यी शब्दहरू मार्गदर्शक हुने छन् ।

ज्ञानी मुस्कुराए । “खुसी छु युवक, सोच एक जीवनको सोभो यात्रा हो, त्यसको सफर गर्नु लामो र घुमाउरो बाटो हो, तर त्यो नै गन्तव्य प्राप्तिको शुभारम्भ हो ।”

र त्यससँगै, परिमलले ज्ञानीलाई प्रणाम गरी आफ्नो बाटो लागे । उनको दिमाग नयाँ नयाँ विचारहरूले भरियो ।



अनुज पुरी

क्रमाङ्क: २४०६५

विद्यार्थी जीवनमा मोबाइल फोनको प्रभाव

आजकल, लगभग सबै विद्यार्थी र केटाकेटीहरू मोबाइल फोनमा धेरै आकर्षित छन् । मोबाइल फोन विद्यार्थीहरू माझ धेरै लोकप्रिय छ ।

मोबाइल फोन एक वायरलेस ट्यान्डहेल्ड उपकरण हो जसले प्रयोगकर्ताहरूलाई कलहरू गर्न र प्राप्त गर्न अनुमति दिन्छ । आजकल विद्यार्थीको हातमा मोबाइल फोन सजिलै उपलब्ध छ । साथै, हामी सबैको घरमा वाइफाई र इन्टरनेट पाउन सक्छौं । त्यसैगरी, हामीले यो पनि देख्न सक्छौं कि प्रत्येक विद्यार्थीसँग आफ्नै ल्यापटप र मोबाइल फोनहरू छन् । मोबाइल फोनले विद्यार्थीको दैनिक क्रियाकलापमा नराम्रो असर पारेको छ । मोबाइल फोनले विद्यार्थीको दैनिक क्रियाकलापमा मात्रै असर गर्दैन यसले विद्यार्थीको पढाइ, स्वास्थ्यलगायतका क्षेत्रमा पनि असर पारेको छ ।

मोबाइल फोनले मुख्यतया विद्यार्थीको पढाइ प्रभावित भएको छ । विद्यार्थीहरू मोबाइल फोनप्रति यति आकर्षित हुन्छन् कि तिनीहरू आफ्नो पढाइमा ध्यान दिँदैनन् । उनीहरूलाई मोबाइलको लत पुरै छ । पहिले राम्रो अङ्क ल्याउने विद्यार्थीले मोबाइल फोनका कारण नराम्रो अङ्क ल्याइरहेका छन् । तिनीहरू समयमै अध्ययन गर्दैनन् र आफ्नो गृहाकार्य समयमै पूरा गर्दैनन् । तिनीहरू रातमा मोबाइल फोन खेल्दै धेरै घण्टा बिताउँछन् ताकि तिनीहरू कक्षामा सुत्न सक्छन् र ध्यान दिन सक्दैनन् । मोबाइल फोनका कारण विद्यार्थीको एकाग्रता घट्दै गएको छ । उनीहरूले पनि आफ्ना आमाबुवा, शिक्षक र बुढापाकाको आज्ञापालन गर्दैनन् । उनीहरूले पढाइमा चासो र ध्यान गुमाउँदै गएका छन् । विद्यार्थीहरू मोबाइल फोनमा भिडियो गेम खेल्नुभन्दा शारीरिक खेल खेल्न सक्दैनन् । यसरी मोबाइल

फोनले विद्यार्थीको पढाइलाई असर गरिरहेको छ ।

समयमा नखाने, समयमै सुत्न नपाउने आदिका कारण विद्यार्थीको स्वास्थ्यमा पनि मोबाइल फोनले असर गरेको छ । उनीहरू मोबाइल फोनको लतले यति धेरै मानसिक रूपमा विचलित र डिप्रेसनमा परेका छन् । जब तिनीहरू मोबाइल फोनको लतमा हुन्छन् तिनीहरू धेरै आक्रामक हुन्छन् र आफ्ना आमाबाबु र शिक्षकहरूसँग भगडा गर्न सक्छन् । मोबाइलमा भिडियो गेम खेलेर अभिभावकको पैसा चोर्न पनि विद्यार्थी आकर्षित भएका छन् । मोबाइलमा भिडियो गेम खेलेर धेरै समय बिताएर सानै उमेरमा चस्मा लगाउनु पर्ने कारण विद्यार्थीमा आँखाको समस्या देखिएको छ । यसले विद्यार्थीको शारीरिक स्वास्थ्यमा पनि असर गर्छ । तिनीहरूले व्यायामको लागि समय पाउँदैनन् र तिनीहरूको तौल पनि बढ्न सक्छ । यसरी भिडियो गेमले विद्यार्थीको जीवनलाई असर गर्छ ।

मोबाइल फोन खेलेर समय बिताउन थाले पछि उनीहरू सामाजिक रूपमा पनि अलग भएका छन् । उनीहरूसँग आफ्ना अभिभावक, साथीभाइ, आफन्त, छिमेकी आदिसँग कुरा गर्ने समय पनि हुँदैन । विद्यार्थीहरू आफ्ना परिवारका सदस्यहरूभन्दा पनि खेलहरूमा ध्यान केन्द्रित गर्छन् । तिनीहरू केवल आफ्नो मोबाइल फोनमा भिडियो गेम खेल्दा एकलै हुन चाहन्छन् । तिनीहरू यति छिटो आक्रामक हुन्छन् जब कसैले तिनीहरूलाई मोबाइल फोन छोड्न वा बाहिर निस्कन भन्छ । तिनीहरू शारीरिक खेल र अतिरिक्त गतिविधिहरूमा पनि भाग लिँदैनन् । तिनीहरू खेल खेल्नमा यति व्यस्त छन् कि, उनीहरूलाई थाहा छैन कि उनीहरूको वरिपरि के भइरहेको छ ।

यसले पनि केही सकारात्मक प्रभाव पारेको छ । यसले विद्यार्थीको सिर्जनशीलता बढाउँछ । यसले विद्यार्थीको सोच्ने क्षमता पनि बढाउँछ । यसले हामीलाई अध्ययनमा पनि मद्दत गर्छ । तर विद्यार्थीहरू मोबाइल फोनको यति धेरै लतमा छन् कि उनीहरू अन्य गतिविधिहरूमा संलग्न हुँदैनन् । त्यसैले, मोबाइल फोनले मुख्यतया विद्यार्थी जीवनमा नकारात्मक प्रभाव पार्छ ।



युनिल घिमिरे

क्रमाङ्क: २४०५०

सहरीकरण काठमाडौंको प्रदूषण

सहरमा जनसङ्ख्या वृद्धि हुँदै जानुले प्रदूषण पनि बढिरहेको छ । मानिस विभिन्न ठाउँबाट गाउँगाउँबाट सुख सविधाका नाममा सहरतिर बसाइ सराइ गरेकाले दिनप्रतिदिन सहरको जनसङ्ख्या बढिरहेको छ । सहरी क्षेत्रहरूमा विस्तारित जनसङ्ख्याको आवागमनले सहरहरूमा धेरै प्रदूषण र समस्याहरू निम्त्याउन सक्छ । जहाँ धेरै कलकारखाना र उद्योग हुन्छन् ती क्षेत्रहरूमा वायु प्रदूषणको ठूलो जोखिम हुन्छ । जसले अत्यधिक मात्रामा धुवाँ र धुँवाजन्य कणहरूका साथै अन्य प्रदूषणहरू निम्त्याउन सक्छ । सहरी क्षेत्रहरूमा ध्वनि प्रदूषण अर्को चिन्ताको विषय हो । जहाँ धेरै मात्रामा गुडिरहने यातायातका साधन, भवन निर्माण, र अन्य मानव गतिविधिहरूले अत्यधिक ध्वनि प्रदूषण हुन्छ ।

नेपालको सबैभन्दा ठूलो सहर काठमाडौंमा सहरीकरणले गर्दा हालैका वर्षहरूमा प्रदूषणको स्तरमा उल्लेखनीय वृद्धि भएको छ । सहरको बढ्दो जनसङ्ख्या र बढ्दो सवारी साधनको सङ्ख्याले हावामा धुवाँ र कणको मात्रा बढेको हुँदा वायु प्रदूषण प्रमुख चिन्ताको विषय बनेको छ । चर्को ट्राफिक र निर्माणका कारण पनि सहरले ध्वनि प्रदूषणको समस्या भोगिरहेको छ । प्रशोधित ढल र औद्योगिक फोहोर सहरका खोला र अन्य जलस्रोतमा फ्याँक्ने भएकाले काठमाडौंमा जल प्रदूषणको समस्या छ अत्यधिक छ स्वच्छ बाग्मती नदीमा अहिले ढल बगिरहेको छ । यसले मानव स्वास्थ्य र वातावरणमा खलल पुऱ्याइरहेको छ ।

काठमाडौंमा उपत्यका देशकै ठूलो सहर र राजधानी पनि हो । फोहोरमैला व्यवस्थापन यहाँको प्रमुख समस्या बनेको छ । यस सहरबाट हरेक दिन धेरै मात्रामा फोहोर र अन्य

फोहोरजन्य पदार्थहरू निस्कन्छन् । अधिकांश फोहोरको उचित व्यवस्थापन हुँदैन र ल्यान्डफिल वा सडकमा समाप्त हुन्छ, जसले मानवस्वास्थ्य र वातावरणीय समस्याहरू विभिन्न गडरहेका छन् । काठमाडौंको तीव्र सहरीकरणले प्राकृतिक वातावरणमा नराम्रो प्रभाव पारेको छ । देशभरि सहरको द्रुत विस्तारले जङ्गलको विनाश, सिमसार र कृषि जग्गाहरू गुमेका छन् । यसले वरपरका क्षेत्रको जैविक विविधता र जलस्रोतमा नकारात्मक असर पारेको छ । यी समस्याहरूलाई सम्बोधन गर्न नेपाल सरकारले प्रदूषण र फोहोर व्यवस्थापनलाई सम्बोधन गर्न विभिन्न नीति तथा कार्यक्रम कार्यान्वयनमा ल्याएको भए पनि कार्यान्वयन पक्ष कमजोर र अपर्याप्त रहेकाले समस्या जहाँको तही छ ।



यावत मल्ल
क्रमाङ्क: २४०४९
मौका आउँछ पखँदै

समय सबै मानिसको समान र सबैभन्दा महत्त्वपूर्ण सम्पत्ति हो । 'मौका आउँछ पखँदै न'- यो नेपाली उखानले समयको महत्त्वलाई सङ्केत गर्छ । हुन पनि समयको गति एकनास छ । समय नदीभैँ भएर कतै नरोकी बगिरहन्छ, र सबैको लागि एकै हुन्छ । घाम भुल्कन्छ, दिउँसो हुन्छ, रात पछि तारा उदाउँछन् - समयका आआफ्नै क्रम छन् । मानिसलाई जुन मौका हात लाग्छ त्यो फुत्केर गयो भने फेरि भेटाईँदैन। मौकामा काम नगर्ने मानिसको अवस्था असहाय हुन पुग्छन् । मौका आएर पनि समयमै पाइला नचालेमा सफलता पाउन सकिँदैन ।

मानिसको जीवनमा एक-एक पलको पनि महत्त्व हुन्छ । सबै मानिससँग उत्तिकै समय भए पनि उस्तै सरहको सफलता भने हुँदैन । एउटा मान्छेले आफ्नो समय बिताउने तरिकाले नै उनीहरूको प्रगति र दुर्गतिको

निश्चय गर्छ । त्यसकारण, उज्ज्वल भविष्य बाँचनका लागि आउने हरेक अवसरलाई सदुपयोग गर्ने प्रयास गर्नुपर्छ । प्रयास नगर्नुभन्दा प्रयास गर्दा असफल हुनु राम्रो हो । सफल हुन मानिससँग आफूसँग आएका मौका, अवसरहरूलाई र चुनौतीहरूलाई स्वीकार गर्ने साहस हुन जरुरी छ । समयलाई बिसिँएमा वा वास्ता नगरेका खण्डमा यो चिप्लिएर गएको पत्तो पाइँदैन । यसबाट अत्यावश्यक काम बिग्रन सक्छ, महत्त्वपूर्ण यात्रा छुट्न सक्छ, र हाँस्ने बेला पनि रुनुपर्ने हुन सक्छ । भनिन्छ- 'अधि सम्भे सदा सुखी, पछि सम्भे सदा दुःखी । प्रस्तुत उक्ति यस्तै अनुभवको सार हो । बुझ्नेहरूलाई यो एकै वाक्य धेरै ज्ञानमुलक छ ।

कति मानिस मौकालाई पैसासँग दाँज्न खोज्छन्, तर यसलाई पैसासँग दाँज्न सुहाउँदैन । पैसा भनेको कमाउन पनि सकिन्छ, हराउन पनि सक्छ । मौकालाई चाहिँ कमाउने र हराउने सवाल उठ्दैन । पैसालाई मानिसले नियन्त्रण गर्छन्, तर मौकालाई भने कुनै शक्तिशाली राष्ट्रले पनि नियन्त्रण गर्न सक्दैनन् । विभिन्न व्यक्तिहरूको लागि मौका विभिन्न रूपमा आउँछ । आफ्नै मुहूर्तमा आइरहन्छ, आफ्नै गतिमा गइरहन्छ । एकपल्ट आएर गएपछि मौका बित्यो, बित्यो । फेरि त्यसलाई पल्टाएर हिजोलाई आज र आजलाई भोलि बनाउन सकिने कुरा होइन । त्यसैले आएको मौकालाई पहिचान गर्न हरेक व्यक्तिको लागि आवश्यक हो ।

मानिसले हरेक अवस्थामा मौकाको ठिक-ठिक उपयोग गर्न जान्नुपर्छ । मौकाको राम्रो उपयोग गर्ने मानिस गफमा भुलेर, बरालिएर, खेलबाडमा मात्रै लागेर बस्दैन । ऊ बेला छँदै आफ्ना साधन र साहसको, ल्यागत र तागतको प्रयोग गरिहाल्छ । यसो नगर्ने हो भने लक्ष्यमा पुग्न सकिन्न । पछि पढुला भनेर डुकुलन्ठक हुने विद्यार्थी परीक्षामा गुल्छन् । आजको काम भोलि गरूँला भनेर छाड्ने मानिसले हातमा परिसकेको लड्डु पनि गुमाउँछ । मौकाको सदुपयोग गर्न नसक्ने मानिसको चाल खरायोको जस्तो हुन्छ । अरू मानिस भने कछुवाकै चालमा पनि अधि पुगिसक्छन् । यसरी अरूले मौका छोपिसकेपछि आफू चाहिँ वाल्ल भएर बस्नुपर्छ । यसैले भविष्यका निम्ति अधिबाटै सतर्क भएर मौकाको उपयोग गर्नु बुद्धिमानी हो । सबैको लागि असल सुभाष हो ।

जसले मौका छै काम गछ उसको सामु सधैं विजयको ध्वजा फरफराइरहन्छ । काम गर्दा 'शुभस्य शीघ्रम्' भन्नाको तात्पर्य यही हो । मानिसले मौकालाई सुनौलो चरा सम्झनुपर्छ । यो एकचोटि गइसकेपछि उडेको चरी र गुडेको दुङ्गाजस्तै हुन्छ, फेरि सितिमिति फर्केर आउँदैन । यसैले पनि मौकालाई सितैमा फाल्नुहुँदैन । यसको महत्त्वको आभास गर्नुपर्छ । मानिसलाई समय जति प्यारो हुन्छ, जीवन त्यत्तिकै प्यारो रहेछ, भन्ने कुरा थाहा हुन्छ । त्यसैले भविष्यमा पछुताउनुभन्दा वर्तमानमा सतर्क हुनु राम्रो हो ।



विधानसेन बली

क्रमाङ्क: २४०१५

बलिवुड र हलिवुडका समस्या

बलिवुड शब्द प्रायः सम्पूर्ण भारतीय चलचित्रलाई बुझाउन प्रयोग गरिन्छ । यद्यपि, यो ठुला भारतीय चलचित्र उद्योगको एउटा अंश मात्र हो, जसमा धेरै भाषाहरूमा चलचित्रहरू निर्माण गर्ने अन्य उत्पादन केन्द्रहरू समावेश छन् । बलिवुड भारतको सबैभन्दा ठुलो फिल्म निर्माता हो, जुन विश्वमा फिल्म निर्माणको सबैभन्दा ठुलो केन्द्र हो । यहाँ निर्माण गरिएका चलचित्रहरूमा व्यापक गीत र नृत्यका साथै जीवन्त, रङ्गीन पोशाक र ठाउँहरू प्रयोग गरी चलचित्र निर्माण गरिन्छ । बलिवुड चलचित्रहरू बलियो कथा कथन, उचित पात्रहरू र सुहाउँदो नाटकीय कथानकहरूका लागि परिचित छन् ।

मुम्बईमा रहेको हिन्दी भाषाको फिल्म उद्योग बलिवुडले विभिन्न कारणले बेलाबेलामा आलोचना र चुनौतीहरूको सामना गरेको देखिन्छ । बलिवुडमा सीमान्तकृत समुदायहरूको प्रतिनिधित्व नभएको भन्ने पनि सुनिन आउँछ

। बलिवुड प्रायः महिलाहरूलाई आपत्तिजनक बनाउन र तिनीहरूको बारेमा नकारात्मक कथानकहरूलाई अभि मलजल दिने काम भएको भन्दै आलोचना गरिन्छ । जस्तै: महिलाहरू वा पीडामा परेका युवतीहरूको यौनजन्य रूपको चित्रण बढी गरिएको, बलिवुड चलचित्रहरूमा मौलिकता र रचनात्मकताको कमीको कारणले उचित फाइदा नदिई हलिउड र अन्य अन्तर्राष्ट्रिय फिल्म उद्योगहरूबाट नक्कल र भारी ऋण लिने उद्योगको आलोचना भइरहेको छ । यस्तै विश्वभर फैलिएको कोभिड-१९ को महामारीले बलिवुड उद्योगमा पारेको प्रभाव, जसका कारण कैयौँ चलचित्रको प्रदर्शन स्थगन वा रद्द हुने, अनलाइन पाइरेसीजस्ता आर्थिक चुनौतीहरू पनि उद्योगले सामना गरिरहेको छ ।

यदि बलिवुड र हलिउडलाई तुलना गर्ने हो भने, हामी तिनीहरूमा धेरै भिन्नता र समानताहरू देख्न सक्छौं । हलिउड बलिवुड र संसारका दुई ठुला चलचित्र उद्योगहरू हुन् । प्रत्येकका आ-आफ्नै विशेषता र भिन्नताहरू छन् । दुई बिचका मुख्य भिन्नताहरूमध्ये एउटा भाषा हो: बलिवुडले मुख्य रूपमा हिन्दी भाषाका चलचित्रहरू उत्पादन गर्दछ, जबकि हलिउडले मुख्य रूपमा अङ्ग्रेजी भाषाका चलचित्रहरू उत्पादन गर्दछ । बलिवुड चलचित्रहरू तिनीहरूको रंगीन र विस्तृत गीत र नृत्यकालागि परिचित छन्, जुन सामान्यतया हलिउड चलचित्रहरूमा पाइँदैन । यी दुई बीचको अर्को भिन्नता भनेको उनीहरूका दर्शक हुन् । बलिवुड चलचित्रहरूमा मुख्यतया भारतीय दर्शकहरूका साथै अन्य दक्षिण एसियाली देशहरूमासमेत धेरै समर्थकहरू छन्, जबकि हलिउड चलचित्रहरूले विश्वव्यापी पहुँच र विश्वभरका दर्शकहरूलाई प्रभाव पारेका छन् । बलिवुड चलचित्रहरूमा प्रायः धेरै मेलोड्रामेटिक र जीवनभन्दा ठुलो अनुभव हुन्छ, जबकि हलिउड चलचित्रहरू बढी यथार्थवादी हुन्छन् । बलिवुड चलचित्रहरू उनीहरूको बलियो कथा कथनको लागि पनि चिनिन्छन्, जबकि हलिउड चलचित्रहरू प्रायः विशेष प्रभाव र एक्सनमा बढी केन्द्रित हुन्छन् । बजेट र राजस्वको हिसाबले हलिउड चलचित्रहरूमा

सामान्यतया ठुलो बजेट हुन्छ र बलिवुड चलचित्रहरूको तुलनामा बढी कमाइ पनि हुन्छ । यद्यपि, बलिवुड चलचित्रहरूका अझै पनि भारत र विदेशमासमेत धेरै अनुयायीहरू छन् । यी भिन्नताहरूको बावजूद, बलिवुड र हलिउड दुवैले समान आलोचनाको सामना गरेका छन् । जस्तै समावेशीताको कमी, उनीहरूका चलचित्रहरूमा महिलाहरूको नाङ्गो चित्रण । तसर्थ, बलिवुड चलचित्रहरूको भारत र विदेशमा ठुलो फलोअर्स भए पनि सेन्सरसिपलगायत विभिन्न मुद्दाहरूका साथै, साहित्यिक चोरीजस्ता विभिन्न आलोचनाको सामना गरिरहनुपरेको छ । यति आलोचना हुँदाहुँदै पनि बलिउडले हालैका वर्षहरूमा निर्माण भइरहेका केही ठुला सफल ठुला चलचित्र कम्पनीहरूले भारतीय संस्कृति र मनोरन्जनपूर्ण चलचित्र निर्माण गर्न सफल भएकाले प्रशंसा पनि पाएका छन् ।

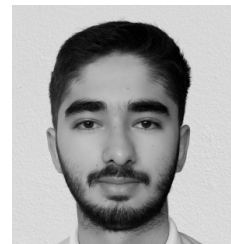


अनुष्का बस्नेत
क्रमाङ्क: २४०११
जीवन

आज मैले मेरो डाक्टरको डिग्री पाएँ; आज, म माया थापाले आफ्नो डाक्टरको डिग्री पाएँ । जति खुसी हुन्छु जस्तो लागेको थियो त्यति रमाइलो नै लागेको छैन । यसै डिग्रीको लागि मैले मेरो पूरै जीवन खेर फालेकी थिएँ तर आज जब जीवनको एक मात्र लक्ष्य पूरा हुँदै छ । त्यति रमाइलो नै भएको छैन । डाक्टर माया थापा भनेर मान्छेले बोलाउँदा खुसीले छाती फुलाएर हिँड्छु भनेर सोचेकी थिएँ । सायद जीवनमा कहिलेकाहीं चाहिएको कुरा पूरा हुँदा पनि खुसी लाग्दैन होला । कयौँ रातहरू मेरा अनिदोमा बितेका थिए । पहिला मेरो कपाल मेरा लागि सबैभन्दा ठुलो गौरवको विषय थियो । तर, आज मेरो कपाल एक मुट्टीभित्रको पनि छैन ।

आमाले भन्नुहुन्थ्यो, “नानी राम्ररी पढ्, भोलि जीवनको सारा खुसी पाउने छौ ।” आहिले आमा

नै हुनुहुन्न । पढ्ने भन्दाभन्दै आमालाई नै जो गाउन सकिन्न । जीवनमा के के न गर्छु हो ला सोचेकी थिएँ तर आज आएर यो कागजी डिग्रीबाहेक मसँग केही र कोही छैन । आफ्नो जीवनको अस्तित्व नै मेटिएको भएँ लाग्छ । म कक्षा १० मा पढ्दै गर्दाको कुरा हो । तिमिले डाक्टर बन्नुपर्छ है, भनेर मलाई बाबाले भन्नुभयो । कक्षा १० मा पुगेको दिनदेखि रातीको १ बजे मात्र सुत्न जान्थे र बिहान ५:३० मै उठ्थे । यति नि गरेन भने त केको डाक्टर भनेर बाबा भन्नुहुन्थ्यो । विद्यालयमा ७ बजे पुग्नु पर्थ्यो । बिहान ७ बजेदेखि साँझ ५ बजेसम्म विद्यालयमा पढ्थे । ६ बजेदेखि ८ बजेसम्म गृहकार्य गरी सक्थे । त्यसपछि फेरि पढ्थे । बाबाले त्यतिबेला नै मोटो किताब ल्याएर पढ्नु भन्नुहुन्थ्यो । मेरो किशोरावस्था यसरी किताबमा घोट्लेर नै सकियो । आज १० वर्षपछि २६ वर्षको उमेरमा आफ्नै जीवनसँग रिसाउने अवस्थामा पुगेछु । कहिले कसरी म यो अवस्थामा पुगेँ आफैँलाई पत्तो छैन । सायद मैले मन लागेको विषय क्षेत्रमा पढ्न पाएको भए यस्तो हुँदैन थियो कि ? सायद त्यतिबेला बाबासँग आफ्नो कुरा राखेको भए मेरो जीवनमा यस्तो उथलपुथल हुँदैन थियो । तर, अब यी सबै कल्पनाका कुरा न हुन् । अब त यही नै हो मेरो जीवन । अब त केही गर्न नसकेर नै जीवन सकिन्छ होला । मेरो मन मुटु जीवन सबै रित्तिएको मैले अनुभव गरिसकेँ । कति रातहरू त रुन्थेँ । म आफूलाई हेरेर, आफैँलाई धिक्कारेर । मेरो खुसीको अगाडि मेरा पिताले आफ्नो जीवन राखे । आफ्नो सपना पूरा गर्न आफूले सकेनन् त्यसैले ममाफत आफ्नो सपना पूरा गर्न खोजे । तर अब मैले दुःखको गाथा सुनाउनुबाहेक केही नै गर्न मिल्दैन । त्यसैले यो सपना पूरा गर्न आफ्नो सन्तानमाथि दबाव राख्ने अभिभावकको दुस्साहस अब आफूसँगै अन्त्य गर्ने छु ।



आदित्य उप्रेती
क्रमाङ्क: २४००८
राष्ट्र निर्माणमा युवाको भूमिका

राष्ट्र निर्माणमा युवाहरूको भूमिका महत्त्वपूर्ण हुन्छ । किनकि उनीहरू जनसङ्ख्याको ठुलो हिस्सा, र देशका भावी नेतृत्व पनि हुन् । युवाहरूसँग आर्थिक वृद्धि, सामाजिक परिवर्तन ल्याउने र देशको राजनीतिक परिदृश्यलाई आकार दिने क्षमता छ । यद्यपि, यो म्भावनालाई साकार पार्नको लागि, उनीहरूलाई त्यसो गर्ने अवसर र समर्थन दिनुपर्छ । युवाहरूले नेपालको भविष्यलाई आकार दिन सक्ने सबैभन्दा महत्त्वपूर्ण तरिका भनेको कार्यबलमा उनीहरूको सहभागिता हो । नेपालको अर्थतन्त्र धेरै हदसम्म कृषि र पर्यटनमा निर्भर छ, तर सूचना प्रविधि र उत्पादन जस्ता उद्योगहरूमा दक्ष कामदारको आवश्यकता बढ्दो छ । नेपालका युवाहरूसँग यी भूमिकाहरू पूरा गर्ने र आर्थिक वृद्धिलाई अगाडि बढाउने क्षमता छ । तर, यो हुनको लागि उनीहरूलाई गुणस्तरीय शिक्षा उपलब्ध गराउनुपर्छ । थप रूपमा बेरोजगार युवा नेपालीहरूको ठुलो सङ्ख्यालाई कम गर्न यी उद्योगहरूमा रोजगारीका अवसरहरू सिर्जना गर्नमा ध्यान दिनुपर्छ । नेपाल समृद्ध सांस्कृतिक सम्पदा भएको देश हो, तर यसले गरिबी, भेदभाव र असमानताजस्ता धेरै सामाजिक चुनौतीहरूको पनि सामना गरिरहेको छ । नेपालका युवाहरूसँग यी क्षेत्रमा परिवर्तनको अभिकर्ता बन्ने क्षमता छ, तर त्यसका लागि उनीहरूलाई आवश्यक स्रोत र सहयोग उपलब्ध गराउनुपर्छ । युवाहरूमा देशको भविष्य अन्य महत्त्वपूर्ण तरिकाहरूमा पनि आकार दिने क्षमता छ । उदाहरणका लागि नेपाली युवाहरूसँग कला र संस्कृतिमा आफ्नो सहभागिताद्वारा देशको भविष्य निर्माण गर्ने क्षमता छ । देशको भविष्य निर्माण गर्न नेपाली युवाहरूको महत्त्वपूर्ण भूमिका छ । यो देश हिमालय लगायत विभिन्न प्रकारका पारिस्थितिक प्रणालीहरूको घर हो, जसले जलवायु परिवर्तनको प्रभावको सामना गरिरहेको छ । यी चुनौतीहरूलाई सम्बोधन गर्न नेतृत्व गर्ने क्षमता नेपाली युवाहरूसँग छ ।

निष्कर्षमा भन्नुपर्दा, नेपालका युवाहरूसँग दशको भविष्यलाई सकारात्मक ढङ्गले आकार दिने क्षमता छ तर त्यसका लागि उनीहरूलाई अवसर र सहयोग उपलब्ध गराउनुपर्छ । यसमा शिक्षा र प्रशिक्षणमा पहुँच, राजनीति, सामाजिक परिवर्तन, र वातावरण संरक्षणमा भाग लिने अवसरहरू प्रदान गर्नुपर्छ ।



आर्नुभ दहाल
क्रमाङ्क: २४००५
सार्वजनिक स्थानमा धुम्रपान निषेध

धुम्रपान भनेको चुरोट, पाइप वा चुरोटको माध्यमबाट जलेको सुती, गाँजा वा अन्य कुनै पनि पदार्थको धुवाँ सास फेर्ने र बाहिर निकाल्ने कार्य हो । यो धुम्रपानले धुम्रपान गर्ने मानिस र वरपरका अन्य मानिसहरूलाई समेत स्वास्थ्यमा गम्भीर समस्या उत्पन्न गर्छ । सुर्तिजन्य पदार्थ जलाउनाले धुवाँमा ७००० भन्दा बढी रसायनहरू समावेश हुन्छन्, जसमा ७० भन्दा बढी क्यान्सर निम्त्याउने रोगहरू छन् । यी जोखिमहरूमा फोक्सोको क्यान्सर, एम्फिसेमा, हृदयघात, स्ट्रोक, र अन्य धेरै गम्भीर अवस्थाहरू निम्तिन्छन् । धुम्रपानले मानव शरीरमा धेरै नकारात्मक प्रभाव पार्छ । मुटु सम्बन्धी रोग: धुम्रपानले हृदय रोग, स्ट्रोक, र अन्य अवस्थाहरूको जोखिम बढाउँछ, जसले रक्त नलीहरूमा अवरोध उत्पन्न गर्न सक्छ । श्वासप्रश्वासमा समस्या: धुम्रपानले सास फेर्न गाह्रो बनाउँछ । यसले फोक्सोको क्यान्सर र फोक्सोको अन्य रोगको जोखिम पनि बढाउँछ ।

क्यान्सर: फोक्सोको क्यान्सर बाहेक, धुम्रपान घाँटी, मुख, नाक, प्यान्क्रियाज, मिर्गौला, मुत्राशय र पाठेघरको क्यान्सर सहित अन्य धेरै प्रकारका क्यान्सरहरूको प्रमुख कारण हो । प्रजनन समस्याहरू: धुम्रपानले पुरुष र महिला दुवैमा प्रजनन समस्या निम्त्याउन सक्छ, गर्भपात र अन्य गर्भावस्था जटिलताहरूको जोखिम बढाउँछ । समयपूर्व बुढ्यौली: धुम्रपानले छलामा चाउर पिना र समयपूर्व बुढ्यौलीका अन्य लक्षणहरू निम्त्याउन सक्छ । कम प्रतिरक्षा कार्य: धुम्रपानले शरीरलाई संक्रमण र रोगहरू लड्न गाह्रो बनाउन सक्छ । जब कसैले सार्वजनिक स्थानमा धुम्रपान गर्दछ, धुम्रपानको धुवाँले धुम्रपान नगर्ने नजिकका मानिसहरूले जब सास लिन लिन्छन्,

जसलाई सेकेन्ड ह्यान्ड स्मोक भनिन्छ । दोस्रो धुवाँ एक ज्ञात स्वास्थ्यको खतरा हो । यसले फोक्सोको क्यान्सर, हृदय रोग, र श्वासप्रश्वास जस्ता स्वास्थ्य समस्याहरू निम्तिन्छन् । अर्को तिर वातावरणलाई पनि हानि पुऱ्याउन सक्छ । जसले अनावश्यक सम्पत्तिको क्षति हुनुका साथै चोटपटक र मृत्युसमेत हुन सक्छ । सार्वजनिक स्थानहरूमा धुम्रपान गर्नेहरूले आफूलाई मात्र नभएर अरूलाई पनि अप्रत्यक्ष रूपमा अरूलाई पनि हानि पुऱ्याइरहेका हुन्छन् ।

धुम्रपान गर्ने मानिसलाई धुम्रपानबाट रोक्नु सजिलो काम होइन, किनकि धुम्रपान एउटा लत हो । जसलाई तोड्न गाह्रो हुन सक्छ । मानिसहरूलाई धुम्रपानबाट रोक्ने सबैभन्दा प्रभावकारी तरिका भनेको यसका हानि र बे फाइदाबारे जानकारी गराउनु हो । जति धेरै मानिसहरूलाई धुम्रपानका नकारात्मक प्रभावहरूबारे थाहा हुन्छ, उनीहरूले धुम्रपान छोड्ने सम्भावना त्यति नै बढी हुन्छ । विभिन्न किसिमका जनचेतना फैलाउने काम गर्नपर्छ । सरकारले पार्क, सार्वजनिक यातायात र सार्वजनिक स्थानहरूमा धुम्रपानमा प्रतिबन्ध लगाउने कानून र नियमहरू बनाउनुपर्छ । स्वास्थ्य संस्थाहरूले पनि धुम्रपानलाई निरुत्साहित गर्न सञ्चार माध्यममा अभियानहरू चलाउनुपर्छ । यी अभियानहरूमा टिभी, रेडियोलगायत सामाजिक सञ्जालमा धुम्रपानका जोखिमहरू र धुम्रपान छोडेमा हुने फाइदाहरूबारे प्रचार प्रसार गर्नुपर्छ । सार्वजनिक स्थल मात्र नभएर धुम्रपानको अन्त्य गर्न सकेमा सबैको स्वास्थ्य राम्रो हुन्छ ।



निहारीका चापागाई
क्रमाङ्क: २५००६
अन्धविश्वासको सिकार

हिमालयको फेदमा रहेको एउटा सानो गाउँमा माया नामकी एउटी युवती आफ्नो श्रीमान्

विक्रमसँग बस्थिन् । उनी दयालु र कोमल आत्मा भएकी एक असल र जिम्मेवार श्रीमती थिइन् । प्रेमले भरिएको हृदय र उज्यालो चम्किलो आत्माको साथ उनी आफ्नो श्रीमानसँग जीवन बिताउन चाहन्थिन् । उनको र विक्रमको सम्बन्ध राम्रो थियो र दुवैले आफ्नो सानो घरमा आफ्नो सानो संसार एक अर्कासँग बसाएका थिए । जीवनले उनको बाटोमा ल्याएका चुनौतिहरूको बाबजुद, माया आशावादी किसिमको मान्छे थिइन् । त्यही आशा बोकेर माया जीवनमा अधि बढ्दै थिइन् ।

एक दिन मायाको जीवनमा एउटा ठुलो विपत्ति आइलाग्यो । मायाको श्रीमान् विक्रमलाई खेतमा काम गरिरहेको बेला विषालु सर्पले टोकेछ । त्यस दुर्गम ठाउँमा अस्पताल कहाँबाट हुनु, नजिकै को स्वास्थ्य चौकीमा उनको श्रीमानलाई हतार हतार लगियो । स्थानीय स्वास्थ्यकर्मीको प्रयासका बाबजुद पनि उनी रातभर बाँच्न सकेनन् । माया आफ्नो प्यारो श्रीमान् गुमाएपछि स्तब्ध भइन् । उनी गहिरो शोकमा थिइन् र धेरै समयसम्म उनी निराशाको अवस्थामा रहिन् । श्रीमान्को मृत्युको खबर सुनेपछि उनलाई आफ्नो धरातल नै खस्किए जस्तो भयो । विक्रमसँग मायाको माया गाँसिएको बीस वर्षभन्दा बढी भइसकेको थियो । विक्रम मायाको लागि एक विश्वासपात्र र जीवनसाथी थिए, र मायाविक्रमविनाको संसारको कल्पना पनि गर्न सकिदैन थिइन् ।

सुरूमा मायाले आफ्नो श्रीमान्को निधन भएको भनेर विश्वास गर्न नै सकेकी थिइनन् । उनलाई परिस्थितिको वास्तविकता स्वीकार गर्न कठिन भयो । दिन बित्दै जाँदा मायाले आफ्नो दुःखको पूरै भार महसुस गर्न थालिन् । उनी पश्चा तापले भरिएकी थिइन्, उनले आफ्नो श्रीमानलाई भन्न नसकेका प्रेमका कुराहरू र हराएका ती खुसीका सबै अवसरहरू सोच्दै । उनलाई सुत्न वा खान गाह्रो पर्न थाल्यो । उनी आफूले विक्रमसँग बिताएका सम्झनाहरू याद गर्दै धेरैजसो दिनहरू विक्रमको लुगा पकडेर, खाटमा पल्टिएर बिताउँथिन् ।

मायाका साथीहरू र परिवारले उनलाई सहयोग गर्न र उनको साथ दिन सक्दो प्रयास गरे, तर उनीहरूले मायाको पीडाको गहिराइलाई पूर्ण रूपमा बुझ्न सक्दैनथे । माया शोक र निराशाको चक्रमा फसेकी थिइन् । अगाडि बढ्ने बाटो

देख नसक्ने भएकी थिइन् । महिनौं बित्दै जाँदा मायाले आफ्नो शोकको बोझले निसारिसिएजस्तो महसुस गर्न थालिन् । उनी एकलो महसुस गरिरहेकी थिइन्, जस्तो कि उनी संसारमा एक मात्र व्यक्ति हुन् जसले आफ्नो श्रीमान गुमाएकी थिइन् ।

अन्ततः मायाभिन्न केही परिवर्तन देखिन थाले । बिस्तारै मायाले उनी विगतका कुरा सोचेर बाँच्न सकिदैनन् र उनले आफ्नो लागि नयाँ भविष्य निर्माण गर्दै आफ्नो श्रीमानको सम्झना लाई सम्मान गर्ने बाटो खोज्नु आवश्यक छ भन्ने कुरा बुझिन् । यो एक लामो र कठिन प्रक्रिया थियो तर मायाले शोकबाट मुक्त भएर समयका साथ शान्तिको भावना प्राप्त गर्न सफल भइन् । उनले फेरि हाँस, साना साना कुराहरूमा खुसी हुन र जीवनमा नयाँ सम्भावनाहरूको लागि आफ्नो हृदय खोल्न सकिन् । मायाले आफू शोकबाट मुक्त हुँदै गर्दा उनी आफूले सोचेभन्दा बलिई छिन् र अकल्पनीय पीडा सामना गर्दा पनि उनले फेरि खुसी पाउन सकिछन् भन्ने कुरा महसुस गरिन् ।

त्यसपछि आफ्नो श्रीमानको जीवन कटाउन जब उनी दिनहुँ सङ्घर्ष गरिरहेकी थिइन् तब मायाको भेट उनको गाउँको एक साधुसँग भयो । त्यस साधुका अनुसार उनका श्रीमानको मृत्यु उनका श्रीमानलाई एक दुष्ट आत्माले दिएको श्रापको कारण भएको थियो । यस श्रापको बारेमा बिस्तारै पुरै गाउँलेहरूलाई थाहा हुन पुग्यो । गाउँलेहरूको दृष्टिकोणमा माया एक श्रापित विधवा बनि सकेकी थिइन् । यसै पनि एक विधवाको जीवन सजिलो हुँदैन, त्यसमाथि माया श्रापित छिन् भन्ने कुरा गाउँभरि फैलिएपछि मायाको जीवन कठिन हुन थाल्यो । श्राप तोड्ने दृढ सङ्कल्पका साथ, मायाले त्यस साधुलाई श्राप मुक्त हुने समाधान सोधिन् । साधुले भनेका जति सबै निर्देशनहरू मायाले पालना गरिन् । उनले देवताहरूको पूजाआजा गरिन् । अन्धविश्वासका कामहरू गरिन् र उनी आफ्नो बहुमूल्य सम्पत्ति त्याग गर्नसम्म पनि तयार भइन् । एउटा सुन्दर सुनको हार जुन उनको परिवारबाट पुस्तासम्म हस्तान्तरण गरिएको थियो । उनले त्यो बहुमूल्य सम्पत्तिलाई पनि त्यागिन् । तिनले जे गरे पनि, श्राप भने गएन । त्रासदी मायाको जीवनमा बारम्बार आइरह्यो, र मायाले एकपछि अर्को कठिनाइको सामना गरिरहनुपर्थ्यो । उनले आफ्नो

घर, आफ्नो सम्पत्ति, र आफ्ना साथी, परिवारलाई पनि गुमाउनुपर्थ्यो । उनको परिवार उनी श्रापित छिन् भन्ने कुरामा विश्वस्त थिए र मायाको विरुद्ध भए ।

अन्तमा, माया एकलै भइन् । उनीसँग उनका लुगा र टुक्रिएको हृदयबाहेक केही पनि थिएन । उनी अन्धविश्वास र डरको शिकार भएकी थिइन् । वास्तवमाभन्दा उनीमाथि केही पनि श्राप थिएन । त्यस अस्तित्वहीन श्राप हटाउने प्रयासमा उनले आफ्नो जीवनका सबै प्रिय कुराहरू त्यागिन् भन्ने कुरा उनले ढिलो महसुस गरिन् । आफ्नो गाउँको गल्लीमा घुमिरहँदा, एक असहाय महिला, मायाले आफ्नो जीवनमा कहिल्यै अन्धविश्वासलाई नियन्त्रण नगर्ने भनेर मनमनै वाचा गरिन् । उनले पुनः आफ्नो जीवन राम्रो बनाउने आफूमा परेका कठिनाइहरूलाई पार गर्ने र आफ्नो लागि नयाँ भविष्य सिर्जना गर्ने बाटो फेला पार्न थालिन् । आफूसमक्ष रहेका धेरै चुनौतिहरूको बावजूद माया साहसी थिइन् र उनी एक पीडामुक्त जीवन बिताउन तयार थिइन् ।



जिया सापकोटा

क्रमाङ्क: २५००३

यी सुन्दर सम्झनाहरूका लागि धन्यवाद !

सिफल स्कूलमा भर्ना गर्ने निर्णय मैले मेरो जीवनको १६ वर्षमा गरेको सबैभन्दा राम्रो निर्णय हुन पुग्यो । नयाँ विद्यालय र नयाँ नाम अनि कक्षा ५ मा पुग्ने भन्ने कुरा सोचेरै मलाई सिफल स्कूल आउनुभन्दा एक रात पहिले निन्द्रा लागेको थिएन । विद्यालयमा भर्ना हुनुभन्दा पहिले, मैले मेरो नाम परिवर्तन गरेकी थिएँ । मानिसहरूले मलाई अर्को नामले बोलाएको सुन्ने अनुभूतिले मलाई फरक महसुस भयो ।

पहिलो दिन म साँच्चै गम्भीर थिएँ तर केही समय पछि सबैसँग घुलमिल भएपश्चात् मलाई भिन्न महसुस भएन तर ५-८ कक्षासम्मको समय त मलाई निकै छिटो बितेको जस्तो लाग्यो, हुनत

त्यतिका वर्ष केही राम्रो भने भएको थिएन, साथीभाइहरूसँग पनि राम्रो सम्बन्ध हुन सकेन। इमानदारीपूर्वक भन्नुपर्दा, म ७ औँ कक्षाको समयमा डियरवाकमा टाँसिरहनुको एउटै कारण डियरवाकका कार्यक्रमहरू र शिक्षकहरूको कारण थियो। तर बिस्तारै ८ को अन्त्यदेखि म सबैसँग मिल्न थालें अनि बिस्तारै मित्रता गाँसिन थाल्यो। सबैभन्दा खुसी त मलाई मेरो र सुनवीको मित्रता देखेर लाग्छ। यदि केही वर्ष अगाडि कसै ले मलाई आएर तिमी सुनवीसँग निकै नजिक हुन्छ्यौ र आफ्ना कक्षाका साथीहरूसँग धेरै सम्भनाहरू बनाउँछ्यौ भनेको भए म तिनीहरूलाई भापड नै दिन्थेँ होला किनभने त्यतिखेरको सोचाइमा त त्यो केवल असम्भव नै थियो नि।

यहाँका शिक्षकहरूजस्ता शिक्षक चाहिँ म अन्त कुनै विद्यालयमा पनि पाउन सकिदैन भन्छु। सबै शिक्षक निकै राम्रा र बुझ्ने भएकाले यहाँको वातावरण छाडेर कहीं जानै मन लाग्दैन। राम्रा र नराम्रा शिक्षक भन्ने हुँदैन, तर केही शिक्षकहरूको व्यवहार निकै डरलाग्दो र नराम्रो थियो, तर अधिकांश शिक्षकहरू साँच्चै राम्रो हुनुहुन्थ्यो। म उहाँहरूको धेरै सम्मान गर्छु। अङ्ग्रेजी शिक्षक पुकार सरको अहिले निकै सम्भना आउँछ। कक्षा ५ देखि उहाँले मेरा हरेक कार्यमा निकै प्रशंसा गर्नुहुन्थ्यो। उहाँले नपढाएको एक साल पनि धेरै लागेको थियो तर फेरि ८ कक्षामा त उहाँले विद्यालय नै छाड्नुभयो। सबै भन्छन् कि हामी हाम्रा शिक्षकहरूमध्येबाट मनपर्ने छनौट गर्न सक्दैनौं, तर म भन्छु कि पुकार सर मेरो जीवनमा भएका सबै राम्रा शिक्षकहरूमध्येको सूचीमा पर्नुहुन्छ।

कहिलेकाहीँ म यसको बारेमा पूर्ण रूपमा बिसन्धु, तर मसँग भएका आधा सिपहरू मैले यो स्कुलको कारणले नै पत्ता लगाएकी हुँ। मलाई कहिले थाहा थिएन म धेरै मानिसहरूको अगाडि टिकेर बोल्न सक्छु, मलाई कहिल्यै थाहा थिएन कि मसँग अभिनय गर्ने सिप छ, म कविता लेख्न सक्छु भनेर कहिल्यै थाहा थिएन, म केही भाषाहरूमा लेख्न लेख्न सक्छु, जुन मलाई कहिल्यै थाहा थिएन। मलाई कहिले पनि थाहा थिएन कि म कविताहरू सुनाउन सक्छु, मलाई कहिल्यै थाहा थिएन कि ममा यस्ता किसिमका क्षमता छन् भनेर। मेरो जीवनको सबैभन्दा सुन्दर पल पोयट्री नाइट च्याम्पियन-२०२२ को उपाधि जित्नु

थियो र सबैभन्दा सन्तोषजनक पल एकल नाटक पूरा गरेपछिको थियो। जसमा मैले ज्वरो आएको बेला लगातार ३ दिन काम गरें। त्यो नाटक निकै राम्रो भएको दर्शकको प्रतिक्रिया पाएकी थिएँ। अब म १० कक्षापछि नयाँ विद्यालयको यात्रा सुरु गर्ने सोचमा छु। इमानदारीपूर्वक भन्नुपर्दा, डियरवाकसँगको लगाव यस बिन्दुमा बढेको छ, जहाँ ममा डियरवाक छोड्नुपर्छ भन्ने सोच लगभग हरेक रात आउँछ। म अचानक आफूलाई डराएको र गम्भीर भएको महसुस गर्छु। म यी अद्भूत वर्षहरू र यी सुनौला पलहरूको लागि डियरवाकलाई धन्यवाद दिन चाहन्छु। यात्रा सकिए पनि सम्भनाहरू सदा रहने छन्। म मेरो बाँकी जीवनको लागि ती सम्भनाहरू समातेर राख्ने छु।



रूसीना तामाङ
क्रमाङ्क: २६००८
प्रभु येशुको नम्बर वान भक्त

म यस संसारमा अरू कुनै कुरामा विश्वास नगरे पनि, म सधैं प्रभु येशुमा विश्वास गर्ने छु। यस्तो किन र? तिमीलाई कहानी सुन्नु नै छ हैन? ल सुन।

“जब म सानी थिएँ, मसँग केही पनि थिएनन्। म भेडाहरू जस्तै गरिब आमाबाबुसँग हुर्किएँ। मेरा आमाबाबुले मेरा लागि कहिल्यै चासो दिएनन्। उनीहरूलाई रक्सी, चुरोट र जुवामा मात्र रुचि थियो। मलाई थाहा पनि छैन, कहाँ बाट तिनीहरूले कसरी विभिन्न सामानहरूको पैसा तिर्छन् भनेर। तिनीहरूका लागि, म अदृश्य थिएँ। म कहिल्यै स्कुल गइँन मेरा साथीहरू थिए। धनीहरूका छोराछोरीहरूलाई हेर्दा मसँग उनीहरूसित भएको कुरा किन भएन भनेर सोच्ने गर्थेँ। किन मलाई माया गर्ने कोही थिएन? एक दिन मैले आमालाई सोधेँ किन हामी यति गरिब छौं? आमाले पूरा कथा भनिनन्। यति मात्र भनिन्, हामीलाई धोका दिने व्यक्ति नभएको

भए धनी हुन सक्यौं । त्यो क्षण थियो जुन मैले निर्णय गरें कि म फेरि कहिल्यै कसैलाई वा कुनै कुरामा विश्वास गर्दिनं । त्यो एक व्यक्तिको कारणले, मैले मलाई माया गर्ने सबै गुमाएँ । एक दिन, मेरा आमाबाबु घर फर्किएनन । लागु औषध बिक्री गर्दै गर्दा उनीहरू पक्राउ परेका थिए । मलाई के गर्ने थाहा थिएन । म त्यो घरमा एक महिना बसें तर घर मालिकले मलाई कोठा खाली गर्न अनुरोध गरे । बुबा आमाले ५ महिनाको भाडा तिर्नुभएको थिएन । मैले मेरा सामानहरू प्याक गरें र बाँकी रहेका खाना र पैसा लिए र सडकमा बस्न लागें । मैले एउटा चर्च नजिकैको ठाउँ भेट्टाएँ । चर्चको नजिकै बस्दै मैले भगवान यशुको बारे मा थोरै कुरा सिक्न पाएँ तर मलाई लाग्थ्यो उसको बारेमा सबै कथाहरू केवल कथाहरू हुन् । मैले सडकमा ३ महिना बिताएँ । एक दिन एकजना भद्रभैँ देखिने मानिस मेरो नजिक आए । उनले मलाई मेरो नाम के हो भनेर सोधे । जब मैले माथि हेरें म छक्क परें । ती मानिसको लामो दाही र लामो कपाल थियो । उनले सेतो कपडा लगाएको थिए । उनी ठ्याक्कै भगवान यशुजस्तै देखिन्थे । मैले अलिकति सङ्कोचका साथ उनलाई मेरो नाम यो हो भने । उनले मलाई किन सडकमा बस्छौ ? भनेर सोध्यो । मैले उनलाई आफू सडकमा पुगेको पुरै कथा बताएँ । उनले मलाई भोक लागेको छ भनी सोधे । मैले साँच्चै भोक लागेको छ भने । उनले मलाई नजिकैको रेस्टुरेन्टमा लगेर सबैभन्दा राम्रो खाना खुवाए । केकको एक टुक्रा पनि खाएँ । म त्यो केकको स्वाद कहिल्यै बिर्सने छैन । त्यसपछि उनी भोलिपल्ट फर्किए । यसपटक धेरै मानिसहरूसँग थिएँ । उनले मलाई सोधे कि तिमी एक परिवारसँग ठूलो घरमा बस्न चाहन्छौ ? मैले हुन्छ भने । मलाई जीवनभर माया चाहिएको थियो । उनले मलाई कारमा ठूलो घर भएको ठाउँमा लगे । जो एक अनाथालय थियो । मलाई त्यहाँ लगेपछि अनाथालय मेरो नयाँ घर हुने छ भने । त्यसपछि मैले उनलाई कहिल्यै देखिनं । अनाथालयमा मैले मेरो पहिलो साथी बनाएँ । मैले मेरो पहिलो परिवार पाएँ । मसँग केही थियो, जसले मलाई माया गर्यो र मेरो हेरचाह गर्‍यो । यो सबै ती मानिसको कारणले भएको थियो । मैले सधैं सोच्ने गर्छु, ती मानिस वास्तवमा प्रभु यशु

आफै हुनुहुन्थ्यो । सायद उनले मेरो प्रार्थना सुनेका थिए र मलाई परिवार खोज्न मद्दत गर्न पृथ्वीमा आएका थिए । त्यसैले म संसारमा अरू विश्वास नगरे पनि सधैं भगवान येशुमा विश्वास गर्ने छु ।” । ओहो ! कथा त चलचित्रजस्तै रहेछ, त तपाईंको बाजे ?

मान्छे जन्मेको हिरो ! आज भगवान यशुको जन्मदिन दिन हो । म जहिले पनि टप्किन सक्छु । तर, म आजकै दिन टप्किन्छु ।

ओहो बाजे । यसरी जुन दिन टप्किन मन लाग्छ, त्यही दिन टप्किन्छु भनेर कहाँ हुन्छ र ?

हेर नर्स नानी । म आजको दिन जसरी भए पनि टप्किन्छु । आज तिमीले मसित बोल्न पाउने अन्तिम दिन हो । भोलिदेखि तिमीले मेरो आवाज सुन्न पाउने छैनौ । भन्दैको छु ।

ल,ल बाजे । अब तपाईंको सुत्ने बेला भएको छ । अब आनन्दले सुत्नुस् ।

मैले ती बुढा बाजेलाई त्यसरी सुताइदिएकी थिएँ तर ती बुढाको दृढ सङ्कल्प जस्तो थियो । बुढाको हिजो राती ठ्याक्कै ११:५९ बजे नै मृत्यु भएको रहेछ । बुढा मरेपछि मेरो दिमागमा एउटा मात्र सोच आइरहेको थियो । सायद बुढा अहिले आफ्नो यशु भगवानसित पो छन् कि,

अर्को दिन म बुढाको अन्त्येष्टिमा गएँ । सबै सामान्य अन्त्येष्टिजस्तै थियो । मेरो आँखामा थाहै नपाइकन आँसु बगेका रहेछन् । म डेढ महिनादेखि बुढाको उपचारमा लागेकी थिएँ । उहाँसँग सधैं कुरा हुन्थ्यो । उहाँ एक साथीजस्तै हुनुहुन्थ्यो र हामी धेरै राम्रो साथी बनेको थियौं । अचानक, मैले बुढाको लासमाथि कोही माँ नसले फूलहरू फारेको देखें । मानिसको लामो कपाल र लामो दाही थियो । ऊ सेतो पनि थियो । बुढाले वर्णन गरे जस्तै, ठ्याक्कै । म उसलाई हेरेर स्तब्ध भएँ । अनि अचानक त्यो मानिस भिडमा हरायो । त्यो दिनदेखि मैले प्रभु यशुमा विश्वास गर्ने निर्णय गरें ।



कृषिना राई
क्रमांक: २७००६
त्याग (नाटक)

भाग: १

(सुस्त सुस्त पर्दा खुल्छ । अगाडि एकिकाकी दिदी, योगेन्द्रकी जेठी छोरी तमनाले बिहान बिहानै घर अगाडिको आँगन बढारि रहेको दृश्यको परिवेश देखाइन्छ । ६ महिनाले गर्भवती भएकी तमना स्याँ स्याँ गर्दै आँगनको पिँढीमा थकाई माछेँ । त्यहाँ राखिएको अम्बोरको पानी घट्टघट्ट पिउँदै बाहिरबाटै चिच्याउँदै आफ्नी प्यारी कान्छी बहिनी एकिकालाई पुकाछेँ ।)

तमना: एकिका, ए एकिका, स्कूल जानुपर्छ उठ है अनि उठेर त्यहाँ टेबुलमा राखिएको मेरो फोन पनि ल्याऊ त, भिनाजुलाई फोन लगाउनुपर्छ ।

(नरेश तल गाउँको ओम काकाको आफ्नै भान्जो। भर्खर विदेशबाट आएको लगभग २ महिना भएको रहेछ । एकिकाको बुवा योगेन्द्रले केटो राम्रै लागेर आफ्नी जेठी छोरी तमनासँग टीकाटालो गरिदिने भनेर गत वर्षको फाल्गुण महिना विवाह गरिदिनुभयो । त्यसपछि घरधन्दा सम्हाल्न र पैसा कमाउन भनेर फेरि विदेशतिरै लागे । त्यतिबेला तमना २ महिनाकी गर्भवती थिइन् । उनले नरेश जाने दिन आँखाभरि आँसु बोकी कठोर मनले उसलाई बिदाइ गरेकी थिइन् । त्यसपछि त के हो के हो, उताबाट न त फोन आउँथ्यो, विचरा तमना त्यही फोन आउने आशामा अहिलेसम्म कुरिरहेकी छे, अनि ऊ यसै पनि एकलै के नै गर्थिन् र ? बरू अहिले माइतीमै आएर बस्न ठिक हुन्छ भनेर यता आएकी छ ।)

(आँखाबाट तपतप आँसु झार्दै पिँढीमा बसेर एकोहोरो टोलाइरहेकी तमनालाई एकिकाले घचघच्याउँदै बोलाउँछिन् ।)

एकिका: दिदी, ए दिदी ! किन यसरी टवाल्ल परेर टोलाइरहेर रुनु भएको, भिनाजुको सारै सम्भना आयो कि क्या हो ? यसरी रोएर तनाव लिएर बस्यो भने त स्वास्थ्यमा धेरै असर पाछेँ । (एकिकाले रुन्चे स्वरमा तमनाको आँसु पुछ्दै भनी ।)

तमना: छाडिदे यस्ता कुरा कान्छी, बरू भान्छामा हिजो राति बनाएको रोटी राखिदिएको छु, त्यो खा, अनि दाइलाई पनि दे है अनि आमालाई अहिले ठ्याक्कै ७ बजे औषधी दिन नबिर्सनु नि । म एकछिन मै बुबालाई खेतमा खाजा लगिदएर जान्छु ।

एकिका: हस् दिदी, बरू बुबालाई खाजा म नै पुऱ्याउन जान्छु नि, तपाईं यस्तो अवस्थामा धेरै नहिडनुस्, यही घरमा आराम गरेर बस्नुस् ।

तमना: पर्देन हुन्दे, तेरो स्कूल जाने बेला पनि हुन थाल्यो (घडी हेर्दै) अनि जा त आमालाई पनि औषधी खुवाईदे । म बालाई खाना बनाउन जानुपर्छ ।

(ऊ त्यहाँबाट उठेर भान्छाकोठातिर लाग्छे । एकिका पनि आमालाई औषधी खुवाउने भन्दै माथि कोठातिर लाग्छे । त्यति नै बेला नरेशलाई फोन गर्नुपर्छ भनेर फोन निकाल्दै थालेकी थिई । माथि कोठाबाट एककासि एकिका चिच्याएकोले तमना आत्तिदै जान्छे ।)

तमना: कान्छी, कान्छी, कान्छी !

के भो किन चिच्याएकी (ऊ माथि कोठामा बल्ल तल्ल पुग्छे ।)

पानीको गिलास एकातिर र औषधी एकातिर, एकिका आमालाई घचघच्याउँदै रुँदै भन्छे)

एकिका: दिदी, आमा उठ्नु नै हुन्न ।

भाग: २

जीवनले मानिसलाई कहिले सुखै सुखको बाटो मा लग्छ, भने कहिले दुःख, कष्ट र पीडा लिएर मात्र अघि बढ्नुपर्छ । त्यसै गरी आज एकिकाले आफ्नी आमाको कठोर वियोग सहनु परेकोले ऊ यस कुराले अत्यन्त दुःखी छे तर यसरी नै तप तप आँसु झार्दै ऊ जिन्दगीभर यही अवस्थाले अघि बढ्न पनि सकिदैन थिई । यो कुरा उसलाई राम्ररी थाहा थियो तैपनि एसो आँखा चिम्लेर सम्भन्दा उसलाई भल्भल्ती आमाको मायालु अनुहारको सम्भना आउन्थ्यो ।

फेरि पीडाले साथ छोड्न त गाह्रै मान्दो रहेछ । एकशाकी प्यारी दिदी तमनालाई अहिले अस्पतालमा भर्ना गरिएको छ । बिचरीलाई यो खबरले धेरै दुखित पारेको रहेछ । अनि यस्तो बेला ऊ यसरी तनाव लिँदै बस्यो भने उसको स्वास्थ्य लाई धेरै असर पार्ने छ र पछि आमा र बच्चा दुबैको ज्यान मृत्युको मुखमा पुग्न सक्ने सम्भावना छ । बुबालाई पनि साह्रै पीडा थियो । एता घरमा छोरी एकशा र छोरो सलोन एकलै थियो, बुबाको त एकछिन फुर्सद पनि हुँदैनथ्यो । कहिले खेतमा आदि दिन नै बिताउनुहुन्थ्यो भने कहिले तमनालाई खाना खुवाउन बिहानै अस्पताल गएर बेलुकी साँझमा फर्कनुहुन्थ्यो । अनि दिनभरको भोग मेटाउन घरमा केही खान नभएकोले, पानी पिएरै भए पनि रातको भोजन छोडिदिनुहुन्थ्यो ।

केही समयपछि एकशाको घरमा पैसाले ठुलो तनाव ल्यायो । यता दुवै दाइ बहिनीको स्कूलको शुल्क नतिरेर बिजोग थियो भने फेरि अर्कोतिर तमनाको अस्पतालको उपचारको लागि निकै कम पैसा मात्र बाँकी थियो । अब पैसाको व्यवस्थाको लागि केही उपाय नभएपछि बुबा नै घरबाट टाढिनुपर्ने अवस्था आयो । छोराछोरीले पढाइलाई निरन्तरता दिन पाउनु र उता अर्की जेठी छोरीको औषधी उपचार खर्च पनि पुगोस् भनेर पल्ला घरे ठुलो दाइ सँगसँगै अबको ७ गते विदेश उड्ने भन्ने निधो गरे । यस कुराले एकशाको मन साह्रै दुखेको थियो तर परिस्थिति र समयले कहिल्यै साथ नदिँदो रहेछ । नचाहेका कुराहरू जबरजस्ती भोग्ने पर्ने रहेछ । हुँदाहुँदै बुबा जाने दिन पनि नजिकै आउन थाल्यो । एकशाले मन मारीमारी बुबालाई खुसीको मुस्कानले कसरी बिदाइ गर्ने भनेर केही दिनदेखि विचार गरिरहेकी थिई । नभन्दै बुबा जाने दिन पनि आइपुग्यो ।

भाग: ३

(बुबा जाने दिन)

योगेन्द्र: सलोन, बहिनी र दिदीको राम्रो ख्याल राख्नु, केही आपत परे माइला काकालाई भन्नु अनि मैले दराजमा यो एक महिनाको लागि पुग्ने खर्च राखिदिएको छु, राम्ररी त्यो पैसा चलाउनु । म महिनाको अन्तिममा उताबाट पैसा पठाइदिन्छु तमनाको औषधि खर्च जुटाउनु है बाबु ।

सलोन: हुन्छ बुबा, म बहिनी र दिदीको राम्रो ख्याल राख्ने छु ।

(एकशा आँखाभरि आँसु लिएर भन्छे)

एकशा: राम्रोसँग जानु ल बा, अनि चाँडै नेपाल फर्कनु । (बुबालाई अँगालो हाल्दै)

योगेन्द्र: हस् म चाँडै फर्कन्छु । तैले नि आफ्नो राम्रो ख्याल राखेस्, अनि दाइले भनेको मान्नु, अटेरी नगर्नु ।

ल त म हिँडेको तल बस आउने बेला भयो । (घडी हेर्दै)

(बाले यसरी घर छोडेर जानुपर्ने अवस्थाले एकशालाई रुन मात्र मन लागिरेको थियो।)

(समय बित्दै जान्छ)

बुबाले घर छोडेर गएको पनि लगभग चार महिना हुन थालेको थियो । उताबाट पैसा नआएकोले सलोनलाई एकलैले घर चलाउन धेरै गाह्रो भइरहेको थियो । त्यसैले माइला काकासँग सापटी लिएर केही महिनाको लागि राहतको व्यवस्थापन गर्नु तर एकतिर काकासँग लिएको कर्जा कहिले तिरुम् भनेर ऊ रातभरि सोचमा पर्छ्यो । त्यसैले तल गाँउतिर कुनै काम पाइन्छ, कि भन्ने आशामा सलोन बिहानै हिँड्छ ।

(क्रिड, क्रिड, क्रिड गर्दै फोन बज्छ ।)

एकशा: दाइ, दाइ ! बिहान भै सक्यो । अभै अबेर गरेर सुत्दै बस्ने हो कि के हो । (सलोनको कोठातिर पर्दै)

लौ हेर यति बिहानै कता जानुभएछ नि ।

(फोन अभै क्रिड, क्रिड, क्रिड गर्दै बज्छ एकशा कुदेर गएर फोन उठाउछे । अनौठो व्यक्तिको स्वरले ऊ भ्रमित हुन्छे तर अगाडिको खबर सुनेर ऊ केही बोल्दिन कसैले भिरबाट धकेलेको जस्तो भएर ऊ बङ्ग भुइमा लड्छे ।)

एकशा: दिदी हुनुन्न!

भाग: ४

(एकशा: बिहान बिहानै अस्पतालबाट आएको त्यो फोनले म अभै आफूलाई यस विश्वासमा अल्झाएर बस्न चाहन्न । यस दोहोरो जीवनको वास्तविकताले मलाई अभै त्रसित पार्छ ।)

सानैदेखि यही पाइला पिच्छे हिँड्ने बाटो बना उन सिकाउने र यही हातले क देखि ज्ञ सम्मका सबै शब्द एक एक गरी पढ्न, लेख्न र उच्चारण गर्न सिकाउने, साथसाथै मलाई मायाले हेर्ने मेरी प्यारी दिदीले मेरो साथ यति चाँडै छोडिन् ।

(दाइले मलाई पढ्न सहर पठाउने)

सलोन: एकिशा मैले तँलाई केही त दिन सकिन्न बरू जति नै मैले पीडा सहनु परे पनि परोस, मैले तेरो कलेजको लागि पैसा जुटाइ दिएको छु । तँ पर्सि बिहानै सहर जानुपर्छ ।

एकिशा: दाइ, तँले मेरो लागि मात्र किन यति धेरै गच्छस, आफूलाई पनि केही त गर् न ।
सलोन: केही छैन, तँ राम्रोसँग पढेर ठुलो मान्छे हुनु, अनि दाइ भनेर सम्भन्नु, फेरि नबिर्सनु । त्यसरी नै गाँउ छोडेर सहर जाने समय आयो । दाइलाई छोड्ने कुराले त भन् मलाई अभै नरमाइलो लागिरहेको थियो ।

शहर आएपछि त मैले लगातार आफ्नो पढाइमा मात्र ध्यान दिएँ । गाँउमा दाइको हालखबर कस्तो छ भनेर सोध्न एक कल फोनको लागि फोन थिएन । दाइले यत्रो दुःख गरेर सहरमा पढ्ने मौका दिनुभयो, त्यसको लागि म अहिलेसम्म धन्य छु, उहाँजस्तो दाइ पाएको मा । विचरा दाइको जीवन साह्रै साँघुरिँदै गयो, न त उसको आशाले बुबा नै घर फर्किनुभयो । भएकी एउटी प्यारी बहिनी म, अहिलेसम्म दाइको धेरै सम्भना आएको छ भनेर दाइ लाई अँगालो हाल्नसम्म पनि पाएकी छैन । त्यसैले अब आउने दसैँमा दाइलाई नभेटी म निधार थाप्दिनँ भनेर गाँउ गएँ तर दाइ, दाइ कतै भेटिनँ, म दौडँदै माइला काकालाई सोध्न जाँदै थिएँ ।

जोगेस: ओहो, एकिशा नानी, कहिले आयौ नि सहरबाट ?

एकिशा: म त अघि भर्खर आएकी नि, बरू दाइ चाहिँ कता पो हो क्यारे! यसपालिको दसैँ मा दाइकै हातबाट टिका लगाउँछु भनेर आएकी बरू दाइ पो कता गाको हो कुन्नि ?

जोगेस: (न्यास्रो अनुहार बनाउँदै) नानी सलोन बाबुले यो गाँउ छोडेर गएको ६ महिना भई सक्यो । कतै गएर काम गर्छु भनेर यहाँबाट हिडेको हो ।

भाग: ५

एकिशा: म दाइबाट यति धेरै टाढिएको रहेछु, न त हामी सम्पर्कमा नै थियौ, तैपनि मैले दाइलाई जसरी नै भेट्ने आशा राखेकी थिएँ । यस संसार मा मलाई अन्तिमसम्म साथ दिने मेरो दाइ, मलाई मेरो सपना पूरा गर्न मेरो लागि मरिमेट्ने मेरो दाइ, अहिले कता छौ, के गरिरहेका छौ, केही थाहा छैन । जीवनको परिभाषा बुझ्ने हो भने हामीले सुखभन्दा दुःखका पलहरू धेरै भोगिरहेका हुन्छौँ तर पनि ती त्यस्ता पलहरू लाई छोडी हामी अघि बढ्नुपर्छ । जीवनको बाटो लामो छ, कुन बेला के कस्ता पीडा सहनुपर्छ, कसैले सङ्केत दिन आउँदैन, मैले धेरै दुःख भोगेर पनि मलाई मेरो भगवानतुल्य दाइले दिनुभएको यो पढ्ने मौकाको राम्ररी उपयोग गरेर आफ्नो लक्ष्य र सपना पूरा गरौँ ।

आजको यस कार्यक्रममा मलाई आमन्त्रित गर्नु भएकोमा म कुशलज्यूलाई धेरै धेरै धन्यवाद दिन चाहन्छु । यसरी आएर मैले दुई शब्द बोल्न पाउँदा म असाध्यै खुसी छु । अब हिलो नगरी म यो मञ्चबाट विदा हुन चाहन्छु । धन्यवाद ! (मञ्चबाट ओर्लदै गर्दा सबैको अनुहारमा मुस्कान थियो । सबैले जोडले ताली बजाए ।)

कुशल: आजको एकिशाजीले यसरी आएर आफ्नो जीवनी हामी माझ खुलाइदिनु भएकोमा धन्य छौँ । त्यसै गरी अब हिला नगरी म अब हाम्रो अर्का अतिथि रचना कार्कीलाई मञ्चमा आमन्त्रण गर्दै कार्यक्रमलाई अघि बढाउँछु ।

(सबैले ताली बजाउँछन् पर्दा बन्द हुन्छ ।)



आनिया पौडेल
क्रमाङ्क: २७००२
समाज (नाटक)

(सुस्त सुस्त पर्दा सँछ । मञ्चमा सफासुगधर कोठाको दृश्य छ । सोफामा आमा छाया स्वेटर बुनेर बसिरहेकी छिन् । उनी छोरी रमा कहिले

आउंली भनेर पर्खी बसेकी छिन् । ठोकामा घण्टी बज्छ । आमा ठोका खोल्न जान्छिन् ।)

आमा: (आमा ठोका खोलेर रमालाई देखेर भन्छिन् आइपुगिस्, कहाँ गएकी थिस् । तलाई कति चोटी घर छिटो आइज भनेर भन्नु । आज तेस्रो दिन हो, तँ घर ढिलाआएको । पल्लो घरेले सोधखोज गर्न थालिसके ।

रमा: (रमा घरभित्र छिरेर ब्याग भुइमा राख्दै भन्छे ।) आमा मैले हजुरलाई हिजो पनि भनकै थिए । मेरो परीक्षा आउँदै छ । त्यसैले म मेरो साथीको घरमा पढ्न गएको थिएँ । म पढ्न गएको भन्ने थाहा हुँदाहुँदै छिमेकीले कुरा काटे भनेर हजुरले मलाई गाली गर्नुपर्छ र ?

आमा: तँ पढ्न गएको मलाई त थाहा छँदैछ नि तर पनि घर ढिला आएको देखेर समाजमा कुरा काट्ने बाटो हुन्छ क्या छोरी, त्यसैले अब देखि समयमा घर आउने गर ल ।

(आमाको कुरा सुनेर रमा रिसले आफ्नो कोठामा जान्छे)

रमा: (कोठामा छिरेपछि रमाले भन्छे) आमाले पनि मेरो विश्वास नगरेर अरूको कुरा सुनेर मलाई गाली गर्नुहुन्छ भन्या ।

(पर्दा बन्द हुन्छ)

(विस्तारै विस्तारै पर्दा खुल्छ । बिहान भएको हुन्छ । रमा उठेर हात मुख धोएर नुहाई धुवाई गरेर बैठक कोठातिर जान्छे । बैठक कोठामा आमा चिया पिउँदै बस्नुभएको हुन्छ)

आमा: छोरी, तिमी हिजो मैले गाली गरेको भनेर रिसाएकी हो कि क्या हो । मैले तिमीलाई गाली गरेको हैन नि । समाजमा बसे पछि समाजको पनि डर मान्नुपर्छ भनेर सम्झाएको मात्र हो क्या ।

रमा: (रमा सोफामा बस्दै भन्छे) आमा अहिले को जमानामा पनि समाजले कुरा काट्छ भनेर हजुरले मलाई पढ्नै नपठाउने त ?

आमा: (रमालाई चियाको कप समाउन दिँदै

भन्नु हुन्छ) रमा मैले तिमीलाई पढ्दै नपढ त भन्न खोजेकी हैन, तर पढ्न पनि जाऊ र बेलामा घर आऊ भन्न मात्र खोजेको हो ।

रमा: आमा मैले हजुरले भन्न खोजेको कुरा त बुझें तर हजुरले समाजको डर मानेर मलाई गाली गर्नु त भएन नि । त्यहाँमाथि अहिलेको जमानामा समाजको यसरी डर मानेर के गर्ने ?

आमा: डर मान्नु परिहाल्यो नि छोरी, आखिरीमा हामी यहीँ समाजमा बस्नुपर्छ । भोलि गाह्रो प्यो भने हामीलाई यही समाजले त मद्दत गर्ने हो ।

रमा: मैले समाजको डरै मान्नुहुँदैन भन्न खजकी हैन नि, समाज चाहिन्छ भनेर मलाई पनि थाहा छ, तर समाजको पछि दौडेर आफ्नो भविष्य नै त बिगार्नु भएन नि आमा ।

(आमा छोरीको गन्थन नसकिँदै पर्दा बन्द हुन्छ)

(सुस्तरी सुस्तरी पर्दा खुल्छ, रमाको कलेज जाने बेला हुन्छ । रमा कलेज जान भनेर घर बाट निस्कन्छे । ऊ कलेज पुग्छे । कलेज पुगेर उसका साथीहरूसँग हिजो आमासँग भएका कुराहरू सुस्मिता, आस्मा र सितासँग भन्छे)

रमा: साथीहरू, म हिजो घर ढिला गएकोमा आमाले मलाई गाली गर्नुभयो नि । तिमी जहिले पनि घर ढिला किन आएको, समाजले के भन्छ भनेर ।

सुस्मिता: (कुसीमा बस्दै) सबैका आमाबुवालाई आफ्ना छोराछोरीको चिन्ता त भइहाल्छ नि, र समाजमा बसेपछि समाजले केही भन्ने हुन् कि भन्ने डरले गर्दा मात्र हामीलाई सम्झाउन खोज्नु भएको होला, चिन्ता नगर्नु ।

सीता: (ब्याग टेबुलमा राख्दै) सुस्मिता, तिमीले भनेको पनि ठिक हो तर रमाले भन्न खोजे को पनि गलत हैन । मानिसहरू समाजले केही भन्ला कि भन्ने डरले यसरी नै पछि हुँदै जाने हो भने कसैले पनि केही काम गर्न सक्दैनन् ।

आस्मा: (कुसीमा बस्दै) तिमीहरू सबैले भनेको कुरा ठिक हो तर समाजमा बसिसकेपछि समाजको रीतिथितिअनुसार चल्यो प्यो । त्यसैले

आमा बुबाले भनेको कुरामा हामीले रिसाउनुहुँदैन । सकेसम्म उँहाहरूलाई बुझाएर हामीले हाम्रो काम गर्नुपर्छ । यसैमा सबैको भलो हुन्छ ।

(रमाले टाउको हल्लाउछे, यतिकोमा पर्दा बन्द हुन्छ ।)



सुप्रभ आचार्य
क्रमाङ्क: २७०१४
बुढेसकाल (नाटक)

दृश्य: एक

स्थान: उमेशको घर

समय: बिहान र दिउँसो

(तल्लाघरे काकाकोमा काका (उमेश), काकी (कल्पना), बुढी हजुरआमा, काकाको छोरा (रूपश) र छोरी (बन्दना) बस्छन् । काका सहरमा सरकारी जागिर गर्छन् । काकी पनि नजिकको विद्यालयमा पढाउनुहुन्छ । काकाको छोरो अमेरिका डिभी परेर गएको पनि पाँच वर्ष भइसक्यो । छोरी भने कलेज पढ्दै छिन् । छोरीको उमेर त्यस्तै २४/ २५ जस्तो देखिन्छ । एक दिन काका सहरबाट घर आएका हुन्छन् ।)

काकी: हरे यो घरको पारा देखेर पनि म त हैरान भइसकेँ । कोही केही गर्ने होइनन् । म एउटीले कति थोक मात्र गर्ने होला ?

(फत्फताउँदै घर कसिङ्गर गर्दै कोठाभित्र पस्छिन्) हरे आज पनि आमाले सबै ओछ्यान फोहोर गर्नुभएछ । कोठा भरि पनि फोहोरै फोहोर । यो मलाई के हत्ते ।

काका: के भयो फेरि किन कराएको हो त्यसरी ? बुढी मान्छे उठ्न सक्नुभएन होला । गाह्रो भयो होला । सके त शौचालय गइहाल्नु हुन्थ्यो नि । (काकीलाई कराउँदै) तिमी पनि तिललाई पहाड बनाउँछौ ।

काकी: आफूले गर्नुपर्ने हैन । कहिलेकाँही आयो पाहुनाको जसरी अनि मिठो मुख गरे भइगयो । गर्नु परे पो थाहा हुन्छ त कति दुःख हुन्छ भनेर ।

हजुरआमा: (लामो सुस्केरा हाल्दै) लौ न तिमीहरू भगडा नगर । मलाई आज राति सन्चो भएन । पेट दुखेर धेरै गाह्रो भयो । तिमीहरूलाई बालाएँ पनि तर सुनेनौ । नातिनीलाई पनि बोलाएँ । उसको कोठामा बस्ति त बलिरहेको थियो तर सुनिन क्यार आइन । म चर्पी पुन नै भ्याइनँ । गाली नगर न है वा मलाई । तिमीहरू नि नबाभ । बुढेसकाल यस्तै हुँदो रहेछ । मैले दुःख दिन्छु भनेर त होइन खै के गरूँ के गरूँ ।

काकी: (भकिँदै) तपाईंलाई मात्र लाग्छ बुढेसकाल ? मेरो माइतीमा पनि तपाईंभन्दा बुढी हजुरआमा हुनुहुन्छ । यस्तो दुःख त दिएको देखिदैन । आफूले पनि अल्लि बल गरेर केही काम त गरे मलाई पनि त सजिलो हुन्थ्यो नि । घरको काम भ्याउ कि अफिस भ्याउ कि तर मेरो समस्या त कस्ले बुझ्ने हो र यो घरमा ।

काका: भैगो कल्पना नकराऊ । तिमी भान्साको काम गर । म आमाको कोठा सफा गर्छु । कहिले काहीं बुढाबुढी भएपछि यस्ता कुरा हुन्छन् सहनुपर्छ हेर । हामी नि बुढाबुढी हुन्छौं । के थाहा योभन्दा गाह्रो पो हुने हो कि । एउटा भएको छोरो पनि विदेशमा छ । हामीलाई त भन् कस्ले हेर्ला र ? (काका सफा गर्ने सामान लिएर हजुरआमाको कोठातिर जान्छन्, काकी के के भन्दै नसुनिने गरी बर्बराउँदै भान्सातिर पस्छिन् । छोरालाई कोठामा देखेर हजुरआमा रून थाल्नुहुन्छ । काका केही बोल्दैनन् । छोरी बन्दना पनि भर्खर उठेर आफ्नो कोठाबाट आँखा मिचिँदै बाहिर निस्कन्छिन् ।)

पर्दा लाग्छ

दृश्य: दुई

स्थान: उमेशको घर

समय: दिउँसो र बेलुका

(घर बिदामा आएको भएर उमेश काका घरैमा देखिन्छन् । काकी कल्पना पनि शुक्रवार भएर विद्यालयबाट १ बजे नै घर आइपुग्छिन् । छोरी बन्दना कलेज गएकीले उनी घरमा छैनन् । हजर आमा बरन्डामा घाम तापिरहनुभएको छ । काकी स्कूलबाट आएर भान्सामा पस्छिन् । काका पनि काकीसँगै भान्सातिर लाग्छन् ।

कल्पना काकी: है न हो रूपेशको बाबा, हाम्रो जीवन अब यसरी नै बित्ने हो भन्थ्यो ? तपाईं उता

जागिरमा म यता घरमा । घरमा बुढीआमा भएर
म त कतै हिड्न नि पाउँदिन । रात दिन भात
पकायो खुवायो । जति गरे नि जस पनि दिने है
न बुढीआमैले । अब हिउँदै विदा हुन लाग्या छ
मेरो स्कूलको । नानीको पनि
कलेज विदा हुन्छ भन्दै थिई तर के गर्नु यी बुढी
भएर कतै जान पाउँने होइन । लौ न केही उपाय
निकाल्नुस् के ।

उमेश काका: लौ कल्पना के भनेको त्यस्तो ?
यस्ती ८० वर्षकी आमालाई अब के गर्ने भन त
। एकलै घरमा छोडेर तिमीहरूलाई मेरो जागिर
मा आऊ म कसरी भनू भन त । तिमीजस्तो
बुझे मान्छेले पनि यस्तो भनेर हुन्छ ? तिमीहरू
विदामा आउन पाउन्नौ भनेर त म विदा लिएर
आएको नि अहिले । आमालाई एकलै पारेर
हिडने कुरा चै मलाई नगर है हेर । (काका दिक्क
मान्छिन्)

कल्पना काकी: कुरो बुझे हैन, त्यसै करायो भै
गयो । मैले कहाँ आमालाई एकलै छोडौं भन्न
खोजेको हो त केही उपाय छ कि सोचौं पो भन्न
खोजेको त । अहिले मैले भन्दा तपाईंलाई नमिठो
लाग्छ । भोलि यही आमाका कारणले हामी
छोराले बोलाउँदा पनि अमेरिका जान पाउं
दैनौं जस्तो छ । त्यही भएर केही दीर्घकालीन
योजना सोचौं पो भनेको त तर के गर्नु मैले भने
को त बुहारीले भनेको हुन्छ । राम्रो पनि नराम्रो
सुनिन्छ । (चुलोमा चिया पकाउँदै काकी बोल्दै
गर्दै छिन्)

उमेश काका: के भन्न खोजेको हो त भन न
बुझे गरी । दीर्घकालीन योजना भनेको के ?
कि उतै मेरो जागिरतिर सबै जना जाऔं भन्न
खोजेकी कि के ? त्यो हो भने पनि छोरीको
कलेज लाग्दै छ । लु तिम्रो त बोर्डिङको जागिर
छोडेर जान्छु भन्दा पनि हुन्छ । छोरीको पढाइ
त छुटाउनु भएन नि ।

कल्पना काका: हैन हैन । घर छोडेर जाने भने
को होइन । बन्दनाको फाइनल पढाइ छ । कहाँ
छुटाउन हुन्छ र ? फेरि त्यसलाई पकाएर खान
पनि आउँदैन । बरू आमालाई चै (लामो स्वर
मा काकी बोल्दै डाइनिङ टेबुलमा चिया
राखिदिन्छिन्)

उमेश काका: के आमालाई चै ? भन्न खोजेको
मैले बुझिन नि (काकाले पनि चियाको चुस्की
लगाउँदै भन्छन् । भाइकोमा पुन्याइदेऊ भन्न
खोजेकी हो भने पहिले पनि भाइसँग नमिलेर मैले
यहाँ लिएर आएको हो । बहिनीकोमा छोडौं भन्न
खोजेकी हो भने बहिनीकोमा बुढा भएका उसैका
सासु ससुरा हुनुहुन्छ ।

कल्पना काकी: त्यो पनि कहाँ दीर्घकालीन
योजना हो र हजुर । मैले त्योभन्दा नि दीर्घ
कालीन पो सोचेकी छु त । (मुसुक्क हासेर
कल्पना काकी उमेश बसेको अर्को पट्टिको
कुर्सीमा बस्छिन् । उमेश आश्चर्य हुँदै
कल्पनालाई हेर्छन् । बाहिर गेटमा घण्टीको
आवाज आँउछ । सबैको ध्यान उतै जान्छ ।
बरन्डामा बसेकी हजुरआमाले बन्दना आएको
खबर भन्छिन् । उमेश गेट खोल्न तलतिर लाग्छ
।)

**पर्दा खस्छ
दृश्य तीन**

स्थान: उमेशको घर

समय: बेलुका

(साँझ पर्न लाग्छ । बरन्डामा बसेकी हजुरआमा
भिन्न पस्नुहुन्छ । साँझ बत्ती बाल्न नातिनी
लाई अह्वाउनुहुन्छ । नातिनी बन्दना आफू व्यस्त
भएको बताउँदै साँझ बत्ति बाल्न हजुरआमालाई
भन्छिन् ।)

कल्पना काकी: हामी आमा पनि कुन काममा
ब्यस्त भएका हुन्छन् भन्ने नबुझी प्याच्च
अह्वाउनुहुन्छ । भर्खर कलेजबाट आएको मान्छे
लाई के को साँझ बत्ती बाल्न भनी राख्या नि ।
त्यति जाबो काम त आफैँ पनि गर्न सकिन्छ त
। दिउँसभरि बसेर हात खुट्टा नि कुजिएका हो
लान् । (काकी भर्कैँदै साग केलाउँदै गर्छिन् ।)

हजुरआमा: सक्दा त गरे कै हो त बुहारी मैले
पनि । आज अशक्त भएका बेला पहिलेका सबै
कुरा बिसर्गयौ । गरुञ्जेल सबैको प्यारो
भइँदो रहेछ । बुढेसकाल भएर अशक्त हुँदा
सबैको भनाइ खानुपर्ने । तिमीहरू पनि बुढाबुढी
हुन्छौ अनि थाहा पाउँछौ बाबै । अहिले त उमेर
छ । जेभन्दा पनि, जे गर्दा पनि हुन्छ । अचेल
तिमीलाई के भएको छ कुन्नी मसँग रिसाउछौ ।
मात्र । केही बिराएकी भए भन न है तर बचन
नलाऊ न है ।

कल्पना काकी: अचेल त आमालाई केही बोल्नु पनि हुँदैन। छोरो आएर हो कि के हो ? मुख मुख लाग्नुहुन्छ। मैले गरेको पनि त देख्नु हुन्न नि तपाईं। सधैं गुनासै पोखेको सुनिराखेको छु। छोरासँग। (कल्पना काकी अल्लि रिसाएको पारामा हजुर आमालाई बोल्छन्। हजुरआमा मलिन अनुहार लगाउनुहुन्छ। बन्दना पनि भान्सामा आउँछिन्।)

बन्दना: गलेर घर आयो सधैंको किचकिच। घर पनि आउँन मन लाग्नु छु। मलाई त। दादा विदेश गयो, उसलाई कति आनन्द। मलाई भने रात दिनको घरको किचकिचले दिमाख खाइसक्यो। (यत्तिकैमा बुबा पनि भान्सामा आइपुग्छन्। छोरीको अनुहार हेर्छन्।)

उमेश काका: के भो फेरि ? किन रिसाएकी छोरी ? (बुबाले सोध्छन्।)

बन्दना: के हुनु नि, सोध्नुस् न आमा र हजुर आमालाई। घरभित्र पस्यो कि कचकच, किचकिच सधैं भइरहन्छ। दिक्क लागिसक्यो। दादा त अमेरिका गयो गयो। यस्तै हो भने म नि अब प्रोसेस गर्न बेर लाउन्न। बुढाबुढी भएपछि त कति किचकिच हुने रहेछ साच्चै।

(उमेश र कल्पना एक अर्काको मुख हेराहेर गर्छन्। हजुरआमा लामो सुस्केरा काड्नुहुन्छ। कल्पना भान्सामा खाना बनाउन थाल्छिन्। बन्दना कालो कफी लिएर कोठातिर पस्छे। उमेश टिभी खोलेर समाचार हेर्छन्। हजुरआमा भजन गाउँदै आफ्नै कोठामा पल्टिरहनुभएको छ।)

कल्पना काकी: खाना पाक्यो है। सबै जना आउनुस् खान। आमालाई रोटी पकाइदिएकी छु। लगिदिनुस् उतै। माथि त आउन नसक्ने होला।

(उमेश काका केही नबोली आमालाई खाना लिएर कोठामा जान्छन्। आमालाई उठाएर रोटी तरकारी राखिदिएर आफू भा(न्सामा आउँछन्। बन्दनाले अहिले खाना नखाने भन्दै कोठाबाट कराउँछिन्। उमेश र कल्पना खाना खान बस्छन्।)

कल्पना काकी: अँ, मैले दिउँसो भनेको कुरामा केही विचार गर्नुभयो त ? यो विषय गम्भीर भएर सोच्नुपर्ने है हजुर।

उमेश काका: के हो भन न। भने पो बुझिन्छ। कुरा चपाएर कसरी बुझ्नु ?

कल्पना काकी: छोरी पनि ठुली भई। अब त्यसको नि विवाह गरिदिनुपर्छ। बुढी आमा लाई नि अब दिन दिनै स्याहार गर्ने गाह्रो हुन्छ। जति गरे पनि गरे भन्ने बचन कहिल्यै छैन। त्यसै भनेका रहेनछन् पहिलेकाहरूले पशु बुढो भो भीर खोज्छ, मान्छे बुढो भयो निउ खोज्छ, भनेर बरू कति पैसा लाग्छ, एसो बुभ्केर राम्रो स्याहार गर्ने विद्याश्रममा राखी दिऔँ अब आमालाई। त्यो भयो भने आमालाई पनि त्यहाँका बुढाबुढीसँग दिन बिताउन सजिलो। हामी पनि फुर्सदिला हुन्छौँ। अब हजुरको पनि पेन्सन हुन लाग्यो। मेरो त निजी विद्यालयको जागिर, मन नलागे छोडिदिउला अनि उतै छोरासँग अमेरिका जाऔँला। आमालाई नेपाल आएका बेला भेट्न जाउँला।

(कल्पनाको यस्तो कुराले उमेश हतासिन्छ, राता राता आँखा पारेर कल्पनालाई हेर्छ।)

उमेश काका: कल्पना, यस्तो कुरा तिमीले कसरी सोच्न सकेकी हँ ? तिमीलाई थाहा छ तिमी के भनिरहेकी छौ ? हाम्रो मोजमस्तिका लागि मैले आफ्नी आमाको काख वृद्धाश्रममा लगेर सेलाइदिनु ? म १० वर्षको हुँदा सिउँदो पुछ्नेकी मेरी आमालाई आज म सक्षम भएपछि मबाट टाढा पठाउँ, यो के भनेकी तिमीले कल्पना ? तिमीले यस्तोसम्म भन्न त के सोच्न सक्छौँ होला भन्ने मैले कल्पनासम्म गरेको थिइन। धिक्कार तिमीलाई। दुई दुई जना सन्तान कि आमा तिमीले मातृत्वलाई बुझ्न सकिनौ हैन ? के भरोसा तिम्रो छोराले पनि तिमीलाई सँगै राख्छ, भन्ने हँ ? तिमीले त यस्तो सोच राख्यौ। माफ गर कल्पना म यो तिम्रो योजनामा साथ दिन सकिदैन। तिमी लाई म र मेरी आमालाई बस्न समस्या छ भने तिमीले अर्को विकल्प रोज्न सक्छौ तर म मेरी आमालाई मबाट अलग्याउन सकिदैन र दिन्न। बुढेसकालमा सन्तानको सहारा चाहिने बेलामा यस्तो गर्न म कदापि सकिदैन। माफ गर कल्पना।

(उमेश दिक्क मान्दै र आक्रोशित हुँदै खाना खाएको ठाँउबाट उठेर जान्छन् र हजुरआमाको कोठामा पस्छन्। उनी आमालाई खाँदै गरेको रोटी र तरकारीको गासलाई गहिरो तरिकाले निहा)

ल्लन् र आमाको छेउमा बसेर आँखाबाट आँसु
खसाल्लन् कल्पना आफ्नो गल्ती महसुस गरी
रातो मुख गरेर नबोली बस्छन् ।

पर्दा खस्छ ।



श्रीसद् सिवाकोटी

क्रमाङ्क: २७०२६

हेल्मेट (नाटक)

पात्रहरू: रमेश, विनिता (रमेशकी आमा), हरि
(रमेशको बुवा), कमल (डाक्टर), राम बहादुर
(गाडीवाला), पुलिस ।

दृश्य १

(रमेश, विनिता र हरि आफ्नो आँगनमा हुन्छन्
। रमेश आफ्नो मोटरसाइकल कुदाउन हतार
गरिरहेको हुन्छ)

हरि: छोरा रमेश, बाइक चलाउनुअगाडि जहिले
पनि हेल्मेट लाउनुपर्छ नि ।

रमेश: छि ! कति कराइरहेको बुवा, टाउकै
अररो हुने गरी कति लाउनु हेल्मेट !

विनिता: हो छोरा, बुवाले भन्नु भएको कुरा
ठिक हो, हेल्मेट लाउनु भनेको कानुनी नियम
हो ।

हरि: कानुनी नियम मात्र नभई आफ्नो ज्यान
जोगाउन भए पनि हेल्मेट लगाउनुपर्छ ।

रमेश: खोइ, मेरो साथी सुरज, सयमहरू
हेल्मेट लाउँदैनन् त, त्यही पनि उनीहरू
मरेका त छैनन्

विनिता: कुन परिस्थितिमा के हुन्छ कसलाई के
थाहा ?

हरि: अनि बिस्तै अस्ति सयम दुर्घटनामा परेर
अस्पताल पुगेको ?

रमेश: त्यो त उसको गल्ती हो नि त चलाउन
नआएको ।

हरि: खुरुक्क हेल्मेट लाएर जा नत्र (बुवा अलि
रिसाउनुहुन्छ)

रमेश: नत्र के ? (हाँस्टै) अब म ठुलो भैसकँ
हजुरले डर देखाएर केही हुँदैन ।

विनिता: जे भए पनि हामी तेरा बुआ आमा हौं,
क्यारे, सानो हुँदा माकुरा देखेर डराउथ्यो अहिले

ठुला कुरा गर्दो रहेछ ।

रमेश: यसो उसो गत्यो जहिले एउटै कुरा
गर्नुहुँदोरहेछ, ल हिँडे अब म (फनक्क फर्केर
बाइक चढ्छ)

(रमेश हेल्मेटबिना बाइक चढ्छ र भुर्रि जान्छ
तर बुवा आमा अभै चिन्तित हुन्छन्)

दृश्य १ समाप्त हुन्छ ।

दृश्य २

(रमेश रोडमा बाइक चढिरहेको हुन्छ । एकछिन
सास लिन बाइक रोकेको हुन्छ ।

रमेश: आहा! हेल्मेट नलाई चलाउनु कति
मजा आउदो रहेछ)

पुलिस: मजा त तब आउँछ जब तैले १०००
रुपियाँ तिर्नुपर्छ केटो (रमेशको कुममा हात
लगाउँदै (पुलिस आउँछ)

रमेश: (आतिएर) लौ कहाँबाट टप्कियो यो पुलिस
?

पुलिस: जहाँ कानूनविरुद्ध काम हुन्छ त्यहाँ पुलिस
हुन्छ, ल हिँड केटो अब मामाघर !

रमेश: नाई जान्न म (बाइक हुँकाउँछ)

(रमेश पुलिसबाट बच्ने भन्दै पछाडि
हेदै कुदाइरहेको हुन्छ तब अगाडिबाट एउटा
गाडी आएर रमेशलाई ठक्कर दिन्छ)

रमेश: आइया !!!! गाडीवाला

ओइ के भयो ? (गाडीवाला बाहिर निस्कन्छ)

(त्यतिखेरै अधिको पुलिस आउँछ र रमेशलाई
अस्पताल लैजान्छ । सबै घटना नियालेर हेर्दा
रमेशको गल्ती हुन्छ किन भने ऊ पछाडि
हेदै अर्काको लेनमा हिँडिरहेको हुन्छ । पुलिसले
उसको फोन लिएर उसको बुवा र आमालाई
बोलाउँछन्)

हरि: के भयो मेरो छोरालाई!!

पुलिस: ऊ दुर्घटनामा पत्यो र टाउकोमा चोट
लाग्यो । डाक्टर कमलले भन्नुभएको छ कि
हेल्मेट लाएको भए उसलाई कही हुने थिएन तर
दुर्भाग्य! उसले हेल्मेट लाएको थिएन!

विनिता: (रुँदै) घरमा त सम्झाको हो तर
मानेना

पुलिस: मैले पनि बाटोमा रोकेको थिएँ, ऊ त
भन् अटेरी भएर भाग्यो ।

(हरि र विनिता रुँदै निस्कन्छन् र अस्पतालतिर
जान्छन् ।)

दृश्य: ३

(गाडीवाला रामबहादुर र डाक्टर गफ गरिरहेको
ठाउँमा उनीहरू बस्छन्)

बिनिता: उसलाई कही त हुँदैन नि डाक्टरसाब ?

कमल: टाउकोको अप्रेशन गरे केही हुँदैन नगरे कोमामा पुग्छ । उसको टाउकोमा रडले लागे को छ अरू । कही भएको छैन ।

हरि: अप्रेशनको कति पर्छ डाक्टर ?

डाक्टर: ६ लाख पर्छ किन भने यो धेरै गाह्रो अप्रेशन हो तर यो गर्दा मर्ने मौका चै छैन र यो सबैभन्दा उत्तम अप्रेशन हो ।

हरि: यो गर्न त म तयार हो तर पैसा ..(हरि निराश हुन्छन्)

राम: पैसाको त चिन्ता गर्नुपर्दैन । ४ लाख म तिर्दिन्छु बाँकी तपाईं तिर्नु)

(बिनिता र हरि रामबहादुरको खुट्टा ढोग्न जान्छन् तर रामले रोक्छन्)

राम: त्यसो नगर्नुस, मेरो पनि छोरा छ त्यसैले म बुझ्छु ।

(पैसाको काम सकिन्छ र रमेशको अप्रेशन पनि सफल हुन्छ । रमेश बाहिर निस्कन्छ र बुबा आमालाई अँगालो हालेर माफी माग्छ र अबदेखि हेल्मेट नलगाइ बाइक नचड्ने कसम खान्छ ।)



प्रतीक डहोल
क्रमाङ्क: २७००९
दयालु साहुजी

गोविन्द र सुजन बाउछोरा थिए । उनीहरू भापाको एउटा सानो गाउँमा बस्थे । सुजनकी आमाको सुजन सानो हुँदै मृत्यु हुनाले सानै देखि उसलाई बुबाले हुर्काएका थिए । उनीहरूको नाममा सानो घर र घर अगाडि सानो खेतबारी थियो । गोविन्द आफ्नो जीविका चलाउन मजदुरीको काम गर्थे । त्यसले धेरै आम्दानी नहुनुको कारण आफ्नो अगाडिको खेतमा थोरै तरकारी उमार्थे ।

सुजन ६ वर्षको भइसकेको थियो । ऊ अहिले

सम्म विद्यालय गएको थिएन । ऊ दिनहुँ आफ्ना बुबासँग काममा जान्थ्यो । गोविन्द आजदेखि राम श्रेष्ठकोमा काम गर्न थाल्यो ।

आज कामको पहिलो दिन, गोविन्दलाई आठ बजे बोलाइएको थियो । ऊ बिहान पाँच बजे नै उठ्यो । केही समय ऊ खेतमा काम गर्‍यो अनि आफ्नो काममा छिट्टै गयो । ठाउँ टाढा हुनाले उसलाई पुग्न एक घण्टा लाग्यो। ठाउँ टाढा हुनाले आज काममा सुजन गएन । उसका बुबा सात बजे नै काममा पुगे । राम श्रेष्ठले उसलाई नचिनेको हुनाले मिठो स्वरमा सोधे, “तिमी को हो ?” गोविन्दले पनि राम्रो मुखले भन्यो, “मेरो नाम गोविन्द हो । म यहाँ रामको घरको कामको लागि आएको हुँ । हजुर को होला ?” रामले हाँस्दै भन्यो, “ए ए म नै हुँ राम तर मैले त आठ बजे बोलाको थिए अनि दश बजे आउँछौं भनेर आस गरेको त सातै बजे पो आएछौ त ?”

त्यसपछि केही समय दुवै जना गफ गर्छन् । उहाँको यस्तो स्वभाव देखेर गोविन्द अचम्ममा थियो । उसलाई आफ्नो पुरानो मालिकको सम्झना आयो । त्यो मालिकले त गोविन्दलाई अलिकति पनि मानव भै व्यवहार गर्दैन थियो । त्यसपछि अरू सबै काम गर्ने मानिसहरू आए । त्यसपछि ठेकदारले सबैलाई काम दिए । त्यो दिन गोविन्द मरी मरी काम गर्‍यो । सात जना काम गर्नेमध्ये गोविन्द नै मिहिनेत गरेर काम गर्ने रहेछ भनेर मालिकले बुझिसकेका थिए । दुई तीन दिन त्यसरी नै बित्यो, मालिक भने उनीहरूलाई हेरिरहेका थिए ।

आज पाँचौं दिन । गोविन्द बिहान पाँच बजे उठेर खेतमा काम गर्दै थियो । आज कहाँबाट सुजन पनि छिट्टै उठेछ । उसले बाबासँग घरमा एकलै केही काम हुँदैन र भयाउ लाग्ने गुनासो पोख्यो । त्यसपछि उसले मलाई पनि आज काममा लग्नुन भनेर अनुरोध गर्‍यो । बुबाले एकै छिन सोचेर हुन्छ भन्नुभयो ।

आज पनि गोविन्द आफ्नो छोरासँग छिट्टै गएर दिन भरि मिहिनेत गरी काम गर्‍यो । मालिकले आज छोरो पनि आएको रहेछ भनेर ध्यान दियो तर धेरै चासो लिएनन् । एको दिन भने बिहानै गोविन्द र मालिक पहिलो दिन भैँ कुरा गर्न थाले । मालिकले कुरैकुरामा हिजो आज बाबु

किन विद्यालय नगएको भनेर सोधे । गोविन्दले जवाफ दियो, “बाबु त विद्यालय जानै थालेको छैन र मसँग नै हुन्छ ।”

यस्तो भनेर कहाँहुन्छ त, आफ्नो बच्चालाई पनि नपढाएर आफू जस्तै बनाउने हो ? मालिकले रिसाउँदै भने ।

गोविन्द अलि गम्भीर भयो । ऊ एकैछिन सोचमा पुग्यो । उसलाई आफूमाथि नै नराम्रो लाग्यो । मैले बाबुलाई आमाले दिने हरेक माया दिए तर बुबाको रूपमा म कसरी चुकेँ ? गोविन्दले मनमनै सोच्यो ।

के सोचेको हँ! मालिकले रिसले सोधे । गोविन्दले पछुतो मान्दै जवाफ दियो, “मबाट ठुलो भुल भएछ, म पिता भएर आफ्नो जिम्मेवारी पूरा गर्न सकिनँ । म छुट्टी हुनासाथ बाबुको भर्ना गर्न विद्यालय जान्छु ।”

त्यसपछि ऊ उसकै गाउँको विद्यालय गयो । आफ्नो छोरो भर्ना गर्न खोज्दा नगद चार हजार भन्यो । यो सुनेर गोविन्द भित्रैबाट टुट्यो । उसको आम्दानी धेरै थिएन रासन र अरू खर्चहरू जोड्दा महिनामा एक दुई हजार गाह्रो ले जोगाउन सक्थ्यो । ऊ अरू विद्यालयमा अलि सस्तो छ कि भनेर धेरै विद्यालयमा बुझ्न गयो । अरू विद्यालय अलि सस्तो भए पनि टाढा हुनाले गाडी भाडा जोड्दा धेरै पैसा लाग्ने उसले थाहा पायो ।

अर्को दिन मालिकले के भन्छ भनेर ऊ काममा पनि गएन । एक दुईदिन पछि मालिकले ऊ नआएको ध्यान दियो अनि सोच्यो, “अस्ति विद्यालय पठाएसी आएन त कि छोरो को भर्ना गरेन?” त्यसपछि उसले गोविन्दसँग काम गर्ने लाई जाँच गर्न पठाए ।

त्यसपछि मालिकले सबै कुरा थाहा पाए र मदत गर्ने विचार गरे । मालिकले गोविन्दको गाउँको विद्यालयमा गएर सुजनको भर्ना गरी एक वर्षको शुल्क तिरे अनि विद्यालयलाई गोविन्दसँग कुरा गर्नु तर मेरो नाम नलिनु भनेर अनुरोध गरे । त्यति मात्र हाइन केही दिनपछि गोविन्दको घरमा सुजनको लागि

किताब कापी पनि पठाए।

यो सब हुँदा सुजन धेरै खुसी थियो र बाबाले गर्नुभएको भन्ने सोचिरहेको थियो तर बुबालाई भने कसले गरेको हो यसबारे केही थाहा थिएन । केही दिनपछि गोविन्दको निधन भयो । सुजन केही समय सम्म शोकमा पुग्यो ।

त्यसपछि राम श्रेष्ठले उसलाई आफ्नो घर लग्यो र एकलो हुनबाट बचायो । राम श्रेष्ठको पनि केही समस्याले गर्दा छोराछोरी रहेनछन् । त्यसैले उनले सुजनलाई बुबा भै माया गरे र सुजनले आमाको पनि माया पायो । केही समयसम्म सुजन धेरै निराश भए पनि पछि आमा बुबाको माया पाएर एउटा नयाँ जीवन सुरु गर्‍यो ।



आयोत्री चौधरी
क्रमाङ्क: २७०१९
प्रकृति

दृश्य १:

(कोठामा दुई खैरा सोफा छन् र एउटा सानो टेबल छ । टेबलमाथि एउटा निलो गमला छ र त्यसमा धेरै सुन्दर फूलहरू छन् । एउटा सोफामा आमा गीता र बाबा पारस बसेका छन् । अर्को सोफामा छोरी माधवी बसेकी छिन् ।)

(ढोकामा ढक- ढक सुनेर सबै छक्क पर्छन् ।)
माधवी: (सोफाबाट उठेर ढोका नजिक गइन् ।)

यति बिहान को आउनु भयो होला ?

(ढोका बाहिर माधवीका दुई साथीहरू छन्, सरीता र दिया)

गीता: (ठुलो स्वरले) को आएको हो ?

माधवी: मेरा साथीहरू, सरीता र दिया!

गीता: भित्र बोलाऊ !

(सरीता र दिया भित्र जान्छन् ।)

पारस: आज किन आए सरीता र दिया ?

सरीता: हामी वनभोजमा जाने हो र माधवीलाई पनि जाने मन होला भनेर सोध्न आएका ।
 पारस: माधवी जाने हो ?
 माधवी: हुन्छ, तर के खाने कुरा लाने हो त ?
 दिया: हामीले माम, दाल, र खरबुजा भोलामा राखेका छौं ।
 माधवी: हस, अहिले जाने हो ?
 सरीता: जाने हो दिया ?
 दिया: (घरबाट निस्किएर) हुन्छ, धेरै बेला लग्दैन, हामी हिँड्न सक्छौं ।
 (तीन जना पार्कतिर लागे ।)

दृश्य २: पार्क

(सरीता, माधवी, दिया पार्कमा पुगेर वनभोज कम्बल भुईमा राखे र बसे ।)
 माधवी: म यो पार्क धेरै दिन आएको छैन ।
 धेरै दिन अगाडि यो पार्कमा कति धेरै सुन्दर फूलहरू थिए र धेरै हरिया रूखहरू पनि थिए ।
 सरीता:अहिले किन छैन होला ?
 दिया: तिमिलाई थाहा छैन ? धेरै रूखहरू काटिएका छन् र धेरै रद्दी, फोहोर फालिएको छ ।
 सरीता: हो त ? किन गरेको ?
 दिया: गरेकोलाई सोध, मैले गरेको छैन ।
 सरीता:(चुप लागेर खान थालिन् ।)
 (तिन जना खान खाएर एक अर्कालाई जिस्क्याउन थाल्छन् । घाम अस्ताउन थाल्छ र माधवीले उनका आमा र बाबालाई फोन गर्छिन् ।)
 माधवी: सरीता र दिया दियाको घरमा जाने र त्यतै सुत्ने, म पनि दियाको घरमा बस्छु ? म उतैबाट सरीता र दियासँग स्कुल जान सक्छु ।
 पारस: हुन्छ, तर ढिलोसम्म नसुत !
 माधवी: हस् बाबा!

दृश्य ३: दियाको घर

(सरीता, दिया र माधवी दियाको घरमा जान्छन् र त्यसपछि उनीहरू कुराकानी गर्छन् ।)
 सरीता: (नराम्रो मुख बनाई)
 माधवी:के भयो सरीता ?
 सरीता: मैले पार्कको बारेमा सोचेको थिएँ ।
 दिया: नराम्रो भयो त ?
 सरीता: होइन! तर, रूखहरू काटिएका थिए र

फूलहरू थिएनन् ।

दिया: अनि? त्यो मात्र हो ?

सरीता त्यो पार्कमा कति धेरै प्रदूषण थियो! कसै ले पनि केही गरेको छैन !

दिया: के गर्नु ? हामी तीन जना केटीहरू मात्रै हो, होइन र ?

सरीता: (उदास मुख बनाई)

माधवी: हामी भोलि स्कुलबाट फर्किँदा पार्कमा गएर सफा गर्न सकिन्छ ।

दिया: हामी तीन जना मात्र ? त्यो ठुलो पार्क ?

माधवी: भोलि सबै सफा गर्नुपर्दैन, पर्सिपल्ट पनि जान सकिन्छ !

सरीता: स्कुलबाट अरू केटाकेटीलाई पनि हामी लाई सहयोग गर्न सोध्न सकिन्छ !

दिया: गरे हुन्छ, तर सकिएन भन्ने दुखी नहुनु है! (त्यसपछि तिनै जना सिरकमा गुटुमुटु भएर सुत्छन् ।)



अमु शाक्य

क्रमाङ्क: २७०२१

सन्तानको त्याग

रामेछाप गाउँस्थित एक सरिता नाम गरेकी किशोरी बस्थिन् । उनी भर्खरै १३ वर्षकी थिइन् । उनका साथमा उनका आमा, बुबा र एउटा सानो भाइ पनि बस्थ्यो । उनकी माताको नाम मनिसा पाण्डे थियो भने भने पिता हरिराम आचार्य थिए । उनको सानो भाइको नाम मनिराम आचार्य थियो । एकदिनको कुरा थियो । बुबालाई विमारीले निकै सताएको थियो । ग्रामीण क्षेत्रमा घर भएको हुनाले उत्कृष्ट सुविधा भएको अस्पताल पनि थिएन । काम गरेर पैसा कमाएर परिवार पाल्ने घरको मुल सदस्य नै विरामी परेको कारण घर को आर्थिक अवस्था दयनीय हुँदै गएको थियो । उनीहरू आफ्ना आफन्तजन, साथीभाइ आदिको घरमा बसिरहेका थिए । उनको मामाघर सहर मा थियो । मामाघरबाट बुवाको उपचार गरि दिने आश्वासन पाए पनि सबैजना खुसी थिए । उपचार गर्न काठमाडौँबाट एउटा गाडी पठाइयो ।

त्यस गाडिको पछाडि बा लेखिएको भएर मनमा खुल्लुली भएको थियो । यहाँ आउने गाडीमा त अर्कै अक्षर लेखेको हुन्थ्यो भन्ने मनमा लागि रहेको थियो । नभन्दै भाइले ड्राइभरलाई सोधेर दिदीको जिज्ञासालाई पूर्ण गरे । ड्राइभरले यसको प्रत्युत्तरमा काठमाडौं नेपालको राजधानी प्रदेश ३ बाग्मती प्रदेश भनेर परिचित गराइएको छ । भाइले नबुझे पनि ए ए भनेर बसे तर दिदीले आफूले सामाजिक शिक्षामा नेपालका प्रदेशहरू भन्ने पाठ पढेको हुनाले सबै कुरा बुझेकी थिई । देश र प्रदेशकै कल्पनामा डुबिरहेका सरिता र भाइ, बुवाले गाडी भित्रबाट बाइ भनेपछि भ्रसङ्ग भए र बुवालालाई हात हल्लाउँदै विदाइ गरे । आमा, सरिता र भाइले भित्री मनबाट उहाँको शीघ्र स्वास्थ्य लाभको कामना गरे । भाइ सानो भएकोले धेरै कुरा बुझ्दैनथ्यो र ध्यान खेलतिरै केन्द्रित हुन्थ्यो तर सरिता किशोरी भएकी हुनाले आमाको दुःख बुझ्ने भइसकेकी थिई । आमालाई घरको काममा सघाउने गर्थी । सरिताको ८ कक्षाको जिल्ला स्तरीय वार्षिक परीक्षा पनि नजिकिएको थियो । उनलाई बढी दबाव तथा चाप थियो । एकातिर जिल्लास्तरिय परीक्षामा उत्कृष्ट अङ्क नआउला भन्ने डर अर्कोतिर बुबा विरामी भएको र आमा एकलै भ्याइनभ्याइ काम गरी बुबा जस्तो विरामी पर्ला भन्ने डर मानिरहेकी थिई । सरिता आमालाई काममा सघाउने वा पढाइमा ध्यान दिने भन्ने कुराको दोधारमा थिई । आमाले त पढाइमा नै ध्यान दिनु भन्नुहुन्थ्यो तर यो सुभाबलाई सहजै सरिताले स्वीकार्न सकि-रहेकी थिइन् । आमाले सरिताको पढाइ बिगारेर पाप बोक्न सकिदैन भनी जिद्दी गर्नु र पढाइलाई पहिलो प्राथमिकता दिनुपर्छ भन्नुभयो । सरिता नेपाली विषयको पाठ पढ्दथी । पढ्दै गरेको समयमा उनलाई आफ्ना गुरुहरूले धेरै टिप्पणी गरेको कुरा याद आयो । पहिला ज्यादै राम्रो पढ्ने आजकल किन कमजोर भई ? ८० देखि ९० सम्म आउने अहिले किन ६० - ६५ मा भन्थ्यो भन्ने र माथि जानुपर्नेमा भन्नु किन तल झरेको भन्ने गुनासो थियो तर यस कुरालाई मनमा नलिई उनी साइलीको दुखद कथा पढेपछि सरिता निकै भावविह्वल भई । कथामा साइलीको बुबाको क्यान्सरबाट मृत्यु भएको कुराले सरिता दुखी भएर र बुवालालाई सम्झन थाली । मध्यम परिवारका हुनाले घरमा जसो

जसो एउटा मोबाइल थियो । आमासँग मोबाइल मागेर बुबासँग कुरा गरी, बुवाले आफू गम्भीर अवस्थामा रहेता पनि ठिक छु भनेर कुरा फेरे । घरमा पनि सबै ठिक छ भनी सरिताले घरको आर्थिक अवस्थाको बारेमा बुवालालाई भन्दा धेरै चिन्तित हुनुहुन्छ भनेर होला । आमालाई पनि बुबाको स्वास्थ्य ठिक छ भनी अवगत गराई आफू पढ्न बसी र मनमनै उनको जीवनमा यस्तो नहोस् भनी कामना गरी । यस पाठमा श्रष्टाले गरेका सर्घषहरूको पनि चित्रण गरिएको थियो । बुबाको अप्रसन्नको लागि पैसा बचाइरहेको भन्ने सानो वाक्य अनुच्छेदमा धेरै सङ्घर्षहरू लुकेका छन् । त्यस सानो कथाबाट आमाको अवस्था र आफूले पढाइमा अझै सङ्घर्ष गर्नुपर्छ भन्ने कुरामा सरिता प्रेरित भएको देखिइएको छ । साथीकोमा पढ्न जाने बहानाले अरूको घरमा काम गर्न जाने जस्ता घटनाहरू देखाइएको छ । साथै एकदिन आमाले सरिताको पाइन्टबाट पैसा भेट्टाइछन् र आमाले केरकार गरेपछि जन्म दिने आमाको अगाडि भुठो बोल्ने सामर्थ्य भएन । आमाले सरिताको क्रियाकलाप हेर्न आफूले पिछ्छा गरी सत्य तथ्य पत्ता लगाइन् र आमा धेरै भावुक भइन् । बुबा पनि केहीदिनपछि सन्चो भएर घर फर्किन्छन् । परिवार र सबै छिमेकीहरूले उहाँको भव्य स्वागत गर्छन् । आफ्नी छोरी सरिताले घरको लागि गरेका कुराहरू सबै आमाले बुवालालाई सुनाउँछिन् र सरिता जस्ती छोरीलाई जन्माएकोमा गर्व गर्छिन् । बुवाले भन्नुहुन्छ, सन्तान हुनु त सरिताजस्ती हुनु नै है ।



इसिता लाल
क्रमाङ्क: २८०१५
दुस्मन

म बिहान सबेरै फोन कल पाएपछि व्युँभिएँ । तिनीहरूले मलाई ठाउँमा आउन भने । म जान चाहन्नँ, किनकि यो अझै रात थियो र म आधा निदाएको थिएँ तर मसँग कुनै विकल्प थिएन ।

मैले मेरो पुरानो कालो कालो कोट लगाएँ त्यस ठाउँमा म पुगें र पुरानो भवनभिन्न गएँ । त्यहाँ म एक लिफ्टमा गएँ, यस्तो देखिन्छ कि यसले काम गर्दैन तर यसले काम गर्दैन । म सिधा भवनको मुनि पुगें । म सिधा हिँड्न थालें, यहाँ धेरै नचिनिएका मानिसहरू थिएँ । म विशेष कोठामा गएँ । म ठूलो टेबलमा बसिरहेको व्यक्तिको समूहमा सामेल भएँ ।

म पेमा हुँ । यो मेरो वास्तविक नाम होइन, मेरो वास्तविक नाम अरू केही हो । म जासुस समूहको सदस्य हुँ । अहिले, म प्रस्तुति गर्दै छु । मेरो पुरानो अभियानको । मलाई रोयक भन्ने केटासित साथी बन्न खटाइएको थियो । ऊ खतरनाक समूहको मुख्य सदस्य हो भन्ने कुरामा सबैले शङ्का गर्थे । यो विषयमा मैले उसँग धेरैपटक कुरा गरेको थिएँ । उसले त्यसपछि आफ्नो बारेमा सबै कुरा सुनायो ताकि उसको जन्म रुसमा भएको थियो । अभिभावक अज्ञात हुनुपर्छ । कुनै आफन्तहरू छैनन् । कुनै आपरिधिक रेकर्ड छैन । के कुनै आपराधिक रेकर्ड छैन ? त्यसो भए ऊ कसरी संदिग्ध हुन सक्छ ? उसले भन्यो, मलाई अर्डरअनुसार सारियो । म उनी बस्ने सहरमा आएको छु । ऊ फोटो ग्राफरको रूपमा काम गर्दछ । मैले फोटोग्राफरको रूपमा जागिर पाएँ र उसलाई जङ्गलमा भेटें । सबै योजनाअनुसार भइरहेको थियो तर मैले याद गरेँ, ऊ त्यस्तो थिएन । एक दिन हामी पहाडहरू जहाजमा लिन गयौँ र उसले मलाई भन्यो कि उसका आमा बुबा उबाट अपरिचित थिए । उसको बाल्यकाल एकदमै डरलाग्दो थियो । एकलो अज्ञात विश्वद्वारा यातना पाउँदै थियो । मलाई थाहा थियो कि ऊ एक हत्यारा हो तर ऊ मसँग कुनै साधारण व्यक्ति जस्तो देखिन्थ्यो ।

एक रात, जब म मेरो अपार्टमेन्टमा जाँदै थिएँ । मैले मलाई बिन्ती गरेको कुरा मैले देखें, मैले बाहिर बोलाएँ र बथान हेर्दै गएँ ।

“नडराउनु, म भर्खर तपाईंलाई तपाईंको फोन दिन कोसिस गर्दै थिएँ, तपाईंले यसलाई काममा छोड्नुभयो ।”

“धन्यवाद दिनुहोस्, मैले भनौँ । कुनै समस्या त छैन, तर म पनि एउटा कुरा सोध्न चाहन्थेँ”

“जानुहोस्, केही सोध्नुहोस्।”

“हामी साथीको रूपमा बिताएका सबै दिनहरू,

ती 'नक्कली' थिएँ?” उनले ती शब्दहरू भने । म केही भन्न सकिनँ ।

“यो सबै समय, म तपाईंका लागि केवल एक लक्ष्य हुँ ? ! मैले सोचें कि तपाईं मेरो साथी हुनुहुन्छ । मैले सोचें कि तपाईंले मेरो बारेमा थाहा पाउनुभयो, हैन ?” ऊ रिसाउनुभन्दा बढी दुःखी भयो ।

“के गलत भयो,” मैले भनौँ ।

“म तिमीलाई बुझ्छु, तर तिमी गलत मार्गमा छौ, तिमीले मानवतालाई नष्ट गर्दैछौ, के गलत छैन ?!” मैले उनको अन्य घातको कुरा महसुस गरेँ तर मैले थप थपें ।

“तपाईं ती निर्दोष मानिसहरूलाई मार्नुहोस्, हैन ? ! तिनीहरूको भावना नि? म एक अफिसरलाई के गर्दैछु, एक जासुस र अब तपाईं मेरो पहिचानको बाटोमा हुनुपर्दछ । अहिले, तपाईं र म दुश्मन भन्दा बढी छैनौँ । “मैले भनेका शब्दहरू जुन शब्दहरू मैले चाहिनँ । मैले यस्तै लक्ष्य अनुभव गरेको छु तर ऊ खराब थिएन । त्यसो भए, हामीले लड्यौँ । बन्दुकसँग छैन, कुनै पनि हतियारसँग होइन तर हात, खुट्टा, र भावनासँग। उहाँ मेरो साथी हुनुहुन्थ्यो वा उहाँ मेरो शत्रु हुनुहुन्थ्यो । दुवै ? ब्याकअपले हामीलाई दुवै तिर घेरिदिए । हामी दुवै घाइते भएका छौँ तर यो उसको लागि अन्त्य थियो । अझै, म उहाँसँग आँखा भेट्न सकिदैन । मलाई लाग्यो कि ऊ अब समर्पण गर्ने अवस्थामा थियो तर ऊ यसबारे एकदमै दुःखी र क्रोधित थियो । उनी मलाई आक्रमण गर्न उफ्रिए तर गोलीले उनको शरीर बाट छेड्छ । त्यसपछि मात्र, सबै चुप भयो र एउटा सानो आवाज सुनिएको थियो । “तपाईं एक राम्रो मित्र हुनुहुन्थ्यो, माफ गर्नुहोस् र धन्यवाद । मेरा आँखाहरू आँसुले भरिएका थिए तर मैले तिनीहरूलाई नियन्त्रण गरेँ ।” म उभिँएँ, म एउटा जासुस थिएँ । यहाँ मेरो प्रस्तुतीकरण समाप्त भयो । कोठामा उपस्थित सबैलाई मेरो प्रस्तुतीकरण सँग धेरै सन्तुष्टि थियो । ठिक छ, तपाईं ठिक भन्नुहुन्न म जासुस हुँ, म पनि एक एजेन्ट हुँ तर यो रमाइलो छैन, यो सपना साकार छैन । म सोच्छु जस्तो म कोठा बाहिर जाँदैछु, एक जना मान्छेले एक पटक “सबै शत्रु खराब छैन” भने । यो तपाईंले महसुस गर्न मात्र सक्नुहुन्छ तर तपाईंलाई कहिल्यै थाहा हुँदैन ।



अनुश्री आचार्य
क्रमाङ्क: २८००२
अन्धकारको बाटो

आफ्नो सपनालाई त्याग्नुबाहेक अरु केही विकल्प देखिएको थिएन । आफ्नो सपनालाई छोडेर अर्को मार्गमा पाइला चाल्ने अवस्था पनि आइसकेको थियो । मनमा गहिरो चोट बोकेर म आफ्नो सपनाबाट टाढा कदम चाल्न थाले । के यही अन्त्य थियो र ?

जीवनका केही पानाहरू सधैंको लागि रहस्य बनेर पनि जानै गर्छन् तर ती पानाको बारेमा थाहा पाउन जीवनको सबैभन्दा महत्त्वपूर्ण पाना खुल्छ र त्यो पाना जन्मको हो ।

ताप्लजुडको पाँचथरमा मेरो यो पाना पल्टिएको थियो । मेरा आँखाका ढकनी खुलेसँगै मेरी आमाको आँखा सधैंका लागि बन्द भए । त्यसैले मैले मेरो जीवनका पाइला बुवासँगै टेक्न पुगे । मातृवात्सल्यबाट बन्चित भएकी मलाई बुवाले दोस्रो विवाह गरेर पूर्ण गर्न खोजेका थिए । आमा नभए पनि मलाई आमाको स्नेहबाट नुहाएकी थिइन् मेरी सौतेनी आमाले ।

म करिब ६ वर्षकी हुँदा मेरा दुईटा भाइको जन्म भएको थियो । त्यस समयपछि पनि आमा ले मलाई उत्तिकै स्नेह गरेकी थिइन् । सोही वर्ष बुवाको देहावसान भएको थियो । एउटी टुक्रा टुक्रा भएकी छोरीलाई मेरी आमाले जोडे की थिइन् । आमा र बुवा दुवैको स्नेह दिएकी थिइन् आमाले म अनाथ र एकलै परेको बेला । मैले मेरी आमालाई भगवानको दर्जा दिन पुगे की थिएँ

जीवन सधैं भैँ चलेको थियो । जीवनका कैयौँ पानाहरू खुलेका थिए र कैयौँ खुल्ने प्रक्रियामा थिए तर जीवनको सबैभन्दा ठूलो पाना १६ वर्षको कलिलो उमेरमा खुल्छ भनेर मैले

सपनामा पनि सोचेकी थिइन् । म कक्षा १० मा पढिरहेकी थिएँ । भाइहरू कक्षा ८ मा पढिरहे का थिए । आमा धेरै बिरामी हुनुभएको थियो । घर धान्न धेरै कठिन भएको थियो । मैले काम गर्नुपर्ने अवस्था आएको थियो । मेला, विवाह, गुन्यू चोलो जस्तो गाउँमा कार्यक्रम हुँदा ज्याला गर्न भाइहरू र म जाने गरेका थियौँ । यति गर्दा पनि नपुग्ने भएको थियो । मैले गोठालो बन्ने जस्ता अरु काम पनि गर्न थालेँ । यति मात्र नभएर घरका सबै काम पनि मेरा यी कलिला काँधमा आएका थिए तर यस्तो समयमा पनि मेरो अनुहारमा सूर्यको किरण छरिएकै हुन्थ्यो । मेरो आँखामा डाक्टर बन्ने ठूलो सपना थियो । यो सपना पूरा भएको कल्पनामा म हरेक दिन डुबेकी हुन्थेँ । विद्यालयमा म प्रथम हुने गर्थेँ । आफ्नो ध्यान कतै नलगी म आफ्नो लक्ष्यतिर पाइला चाल्दै थिएँ । आफ्नो जिम्मेवारी र पढाइलाई मेरा काँधमा सम्हालेकी थिएँ तर एक दिन मेरा काँध मुक्त हुन पुगे । प्रथम त्रैमासिक परीक्षा सुरु हुने बेला भएको थियो । आफ्नो ध्यान र मन दुवै यस परीक्षामा लगाएकी थिएँ तर त्यस दिन मलाई किन हो छुट्टै लागेको थियो । आकाश काला बादलले ढाकिएको थियो । पानीका छिट्टा बर्सिन थालेका थिए । आकाश पीडाले गर्जिन थालेको थियो । मेरो मनमा डर पलाउन थालेको थियो । त्रास बोकेर म घर फर्किएँ । घरमा दुई जना अन्जान व्यक्ति आएका थिए । आमाले मलाई छेउमा बोलाउनुभयो । मेरो मन डरले फुले को थियो । आमाले भन्नुभएको थियो, “सुहाना! तिम्रो विवाहको उमेर भएको छ । मलाई पनि तिम्रीलाई हेर्न कठिन परेको छ । त्यसैले म तिम्रो विवाह गराउँदै छु ।” आमाले यति भनिसक्नु अगाडि मेरो आँखा आँसुले भरिएका थिए । मैले सोधेँ “तर मेरो सपना” “यति भनी नसक्दा म रुन थालेँ आमाले फेरि भन्नुभयो, “मैले तिम्री लाई यति वर्ष हुर्काएको पैँचोको रूपमा हेर यस लाई । आमाले बिन्ती गर्नुभयो ।” मेरी आमा मेरो विश्वासको मजाक बनिन् र मैले आमाले भनेजस्तै गरें । मैले आफ्नो सपनालाई त्याग्नुबाहेक अरु केही विकल्प देखिनँ । आफ्नो सपनालाई त्यागेर अर्को मार्गमा पाइला चाल्ने अवस्था आइसकेको थियो । मनमा गहिरो चोट बोकेर म आफ्नो सपनाबाट टाढा हुँदै नयाँ कदम चाल्न थालेँ तर के यही अन्त्य

थियो र ?

मेरो विवाह हुने भयो । मैले विद्यालय पनि छोडें । सपना पनि त्यागें र म अन्धकारको बाटोमा हिड्न बाध्य भएँ ।



सुमेधा अधिकारी
क्रमाङ्क: २९०३६
मेरा रहरहरू

मानिसहरूका धेरै रहरहरू हुन्छन् । कोही डाक्टर बनेर बिरामीहरूको उपचार गर्न चाहन्छन् भने कोही इन्जिनियर बनेर डिजाइन बनाउन चाहन्छन् त कोही पाइलट बनेर हवाईजहाज उडाउन चाहन्छन् । त्यसै गरी कोही शिक्षक बनेर पढाउन चाहन्छन् । सबैको फरक फरक रहरहरू हुन्छन् ।

मेरा रहरहरू पनि यस्तै छन् । म हवाई जहाजमा चढ्ने, पाइलट बनेर आकाशमा हवाई जहाज उडाउन मन लाग्छ, अथवा परिचारिका बनेर हवाईजहाजमा बसेका

मानिसहरूको मद्दत गर्न मन लाग्छ । कहिले शिक्षकहरूले पढाएको र राम्रा तथा असल कुरा सिकाएको देखेर शिक्षक बनेर सबैलाई असल कुरा सिकाउँ जस्तो पनि लाग्छ । शिक्षकहरूले हाम्रो जीवनमा ठुलो भूमिका खेल्नरहेका छन् । विद्यार्थीहरूलाई ज्ञान, सिप सिकाएर जीवनमा सफल हुनको लागि निरन्तर सहयोग गर्ने व्यक्ति नै शिक्षक हुन् । शिक्षकले विद्यार्थीहरूलाई जीवनको लक्ष्यमा पुऱ्याउनको लागि आफ्नो सेवा तथा मद्दत गरी रहन्छन् । शिक्षकहरू बालबालिकालाई राम्रो, उज्यालो बाटो देखाउने आदरणीय अभिभावक हुन् । शिक्षकहरूलाई गुरु तथा गुरुआमा भनिन्छ, किनभने उहाँहरू नै ज्ञानको ज्योतिका प्रकाशक हुन् । गुरुले हामी विद्यार्थीहरूलाई जीवनको

लक्ष्यमा पुग्ने शिक्षा प्रदान गरिरहेका हुन्छन् । त्यसैले मलाई शिक्षक बन्न पनि धेरै रहर छ । लेखनाथ पौड्याल, लक्ष्मीप्रसाद देवकोटा, बालकृष्ण सम, आदिकवि भानुभक्त आचार्य, मोतिराम भट्ट, बदरीनाथ भट्टराई जस्ता महान् लेखकहरूका कृतिहरू पढ्दा मलाई धेरै आनन्द लाग्छ । उहाँहरूका अनुभव र ज्ञानले खारिएका कृतिहरूले हामीलाई ज्ञानको ज्योति प्रदान गर्दछन् । मलाई पनि यस्ता लेखक जस्तै बन्ने इच्छा जाग्दछ । त्यसै गरी इतिहास, अनुसन्धानबारे धेरै किताबहरू लेख्ने महान् योगी तथा लेखक योगी नरहरि नाथ र इतिहास शिरोमणि बाबुराम आचार्यको ऐतिहासिक पुस्तकहरू पढ्दा मलाई पनि यस्ता लेखक जस्तै नाम कमाउने रहर जागेर आउँछ । कहिले त मलाई पशुपन्थीको माया गर्ने, सेवा गर्ने रहर लाग्छ । उनीहरूलाई अरूले दुःख दिँदा मलाई पनि धेरै दुःख लाग्छ । बिचरा ती आफ्नो कुरा भन्न नसक्ने प्राणीहरूको उपचार गर्ने, सेवा गर्ने मेरो मनमा इच्छा पलाउँछ । त्यसैले मलाई भेटेनरी डाक्टर बन्ने रहर पनि उठेको छ । यसरी मेरा जीवनमा अनगिन्ती रहरहरू रहेका छन् ।



शुभी लामिछाने
क्रमाङ्क: २९०३३
काठमाडौंको हावापानी

अहिलेको समयमा काठमाडौंको हावापानी पहिलाजस्तो स्वच्छ छैन । हामीलाई थाहा भएकै कुरा हो कि काठमाडौं नेपालको राजधानी हो । यहाँ नेपालका विभिन्न जातजातिका मानिसहरूको बसोबास छ । यो सहरमा धेरै जनसङ्ख्या भएकाले होला फोहोर पनि धेरै हुने गरेको छ । नेपालका धेरै गाउँहरू अहिले पनि विकास हुन नसकेकाले मानिसहरू विकासको खोजीमा काठमाडौंमा आउने गरेका छन् । हामीलाई थाहा छ कि, काठमाडौं नेपालको सबैभन्दा विकसित सहर हो । यहाँ धेरै जसो नदीहरूमा घरका ढल मिसाइएका कारणले प्रदूषित र

दुर्गन्धित भएका छन् । धुवाँ धुलोले गर्दा प्रदूषण बढेको छ ।

फोहोर पानीले गर्दा मानिसलाई विभिन्न प्रकार का वायुजन्य रोगहरू लागेका छन् । नेपालका धेरै गाउँहरू विकसित भएका छैनन् तर ती गाउँहरू काठमाडौँजस्तै फोहोर छैनन् ।

किनभने अरू साना साना गाउँहरूमा काठमाडौँजस्तो धेरै जनसङ्ख्या छैन तर अहिले एउटा नदीबाट अर्को नदीमा बगेर गाउँमा पनि विभिन्न पानीजन्य रोगहरू फैलिरहेका छन् ।

यी रोगहरूले ससाना गाउँमा महामारी नै फैलाउन सक्छ । हाम्रो देशमा धेरै ठाउँहरूको विकास नभएका कारण मानिसहरूको बसोबास सहरमा नै बढी छ । सहरमा प्रदूषण बढ्दो छ ।

धेरै फोहोरहरू वातावरणमा नै मिसिने गरेका छन् । अहिले यो फोहोरमैलाले मानिसहरूमा विभिन्न रोगहरू फैलाएको छ । काठमाडौँमा रहेको स्वच्छ नदी बाग्मती पनि बढी जनसङ्ख्या भएको कारण फोहोर भएको छ । हामी सबै लाई थाहा नै छ कि, अहिलेको समयमा नदीदेखि सागर सबै फोहोर भएका छन् ।

यी समस्याहरूले नेपालको विकासको गति रोकिएको छ । काठमाडौँ सहरको हावापानी धेरै फोहोर भएको कारणले यहाँ जीवन जिउन सार्ने गाह्रो भएको छ । यसरी काठमाडौँमा भन्ने धेरै जनसङ्ख्या बढ्दै गएपछि हावापानी भन्ने फोहोर हुँदै जाने छ तर नेपालको अरू ठाउँहरूको पनि विकास गर्न सके काठमाडौँको वातावरण पनि स्वच्छ हुँदै जाने थियो ।

त्यही भएर हामी जनताहरू जुटेर हाम्रो देशको विकास गर्नु भन्ने काठमाडौँ र विभिन्न गाउँको जीवन धेरै सजिलो हुन्छ । अहिलेको समयमा काठमाडौँका समस्याहरू धेरै छन् र यहाँ जीवन जिउन पनि गाउँभन्दा गाह्रो भएको छ ।

हो गाउँमा नराम्रा कुप्रथाहरू भए पनि त्यहाको वातावरण, हावापानी काठमाडौँभन्दा धेरै राम्रो छ । हामी हाम्रो देशको जनता भएको कारण हाम्रो पनि कर्तव्य हो कि, हामीले पनि हाम्रो देशको विकास गर्न सहयोग पुऱ्याउनुपर्छ र हामीले हाम्रो देशलाई भावी पुस्ताको लागि राम्रो बनाएर छाड्नुपर्छ ।

हामीले काठमाडौँ मात्र होइन अरू सहर र गाउँहरू पनि विकास गर्दै लैजानुपर्छ ।



रुस्का सापकोटा

क्रमाङ्क: २९०२४

डरलाग्दो रात

नाम थाहा भएन । एक बेनामीको एक रात आफ्नो बस छुटेको थियो । उनको नाम अनिल थियो । बस स्टपमा कुँदै गर्दा उसको साथीलाई फोन गरेर उठाउने सोच थियो तर खोल्ने प्रयास गर्दा फोन स्वीच अफ भयो । एकैछिनमा एक जना मानिस आएर उनको छेउमा बसेर अनिल लाई हेरिरह्यो । अनिललाई घर हिँड्ने सोच थियो त्यसैले उनी उठ्दा उनको छेउमा बसेको मान्छे पनि उठ्यो । अनिलले यो घटना मात्रै हो भनी सोचे तर अनिल अँध्यारो गल्लीमा हिँड्न थालेपछि त्यो मानिस अनिलको पछि लाग्यो ।

अनिल नामका मानिस त्यस ठाउँमा बस्थे । एक दिन उनी राति अबेरसम्म काम गरिरहेका थिए । अनिल अफिसमा काम गरिरहेको बेला ढोका ढकढकको आवाज सुनें । अनिलले को हो भनें तर कसैले जवाफ दिएनन् । उनी निकै डराए तर पछि थाहा पाए कि यो उनको सुरक्षा गार्ड मात्र हो ।

सेक्युरिटी गार्डले अनिललाई भने, “कृपया जे गर्दै हुनुहुन्छ छिटो गर्नु रातको ११ बजे भैसकेको छ ।” अनिलले ठिक भन्यो र आफ्नो काम गर्न थाल्यो । आफ्नो काम गर्दा गर्दै उज्यालो भिलिमिली हुन थाल्यो र उनी फेरि डराए ।

गार्ड दाइ कराउन थाल्यो ? “गार्ड दाइ ? सेक्युरिटी गार्डले बत्ती निभाउने र निभाउने हो” भन्ने सोच्ये । अब कसैले जवाफ नदिएपछि उनी भनै डराए । उनले टेलिफोनको मद्दतले सुरक्षा गार्डलाई बोलाए र गार्डले अनिललाई हल्का समस्या भएको र सकेसम्म चाँडो समाधान गर्ने बताए ।

त्यसपछि अनिल आफ्नो काम सकेर घर जान तयार भए । घर जाँदा उसलाई कोही पछाडि छ जस्तो लाग्यो तर फर्केर हेर्दा कोही देखेन । उनी बस स्टेशनमा पुगे तर अनिल बस स्टेशन पुग्ने लाग्दा बस गयो । उसले चिच्यायो “दाइ ए दाइ मेरो लागि पर्खनुहोस्” तर बस

रोकिएन । त्यसपछि अर्को बस आउने आशामा बस स्टपमा बसें अनि केही बेरपछि कालो र रातो लुगा लगाएको मान्छे आएर अनिलको छेउमा बस्यो । अनिलले पछि बस आउन धेरै समय लाग्ने भएकाले उसलाई लिन साथी हरूलाई फोन गर्ने योजना बनाएको थियो तर फोन गर्ने प्रयास गर्दा उनको फोन बन्द भएको थाहा भयो । त्यसपछि घरमा हिँड्ने निर्णय गरे जब उनी उठे र उनको छेउमा बसेको मानिस पनि उभियो । अनिलले घटना भएको ठानेर हिँड्न थाले तर हिँड्न थालेपछि त्यो मानिस जहाँ गए अनिललाई पछ्याउन थाल्यो । अनिल डराएर भाग्न थाले । केही बेर दौडिएपछि उनी मुख्य सडकमा आइपुगे जहाँ मानिसहरूको भीड थियो र उनको पछि लाग्ने मानिस भागे । त्यसपछि भोलिपल्ट अफिस गएर फेरि राति बस्नुपर्ने भयो । अनिल हिजो निस्किएकै समयमा अफिसबाट निस्कियो र हिजोजस्तै उसको बसले उसलाई बिसियो । उसले त्यो मानिस फेरि आउने आशा गरेको थिएन तर त्यो मानिस फेरि आयो र त्यस्तै भयो र त्यो मानिस फेरि उसको पछि लाग्न थाल्यो । अनिलले फेरि मुख्य सडकमा दौडिने निर्णय गरे र त्यहाँ पुगेपछि त्यो मानिस हिजो जस्तै भाग्यो । अनिल साँच्चै डराएको थियो त्यसैले घर पुग्ने बित्तिकै उनले साथीलाई भएका सबै कुरा बतायो । उसको साथी हरि लाई प्रहरीमा खबर गर्न सुझाव दियो । त्यसैले भोलिपल्ट बिहानै उनीहरू प्रहरीमा गए । जब उनीहरूले प्रहरीलाई सबै कुरा बताए, प्रहरीले सोध्यो कि त्यो मानिस किन सधैं एकै समयमा आउँछ भनेर । त्यस पछि प्रहरीले अनिललाई यसपटक जानाजानी राति अबेरसम्म बाटोमा बस्न अह्वाए र बाटोमा आइपुग्दा सधैं भैं अलि नलले बस छुटायो । अनिल उठेर हिँड्न थाले को देखेपछि त्यो मानिस फेरि आया । अनिललाई पछ्याउँदै ती व्यक्ति पनि पछाडिबाट हिँडे पछि प्रहरीले नियन्त्रणमा लिएको थियो । यो जना सफल भयो ! अनिलले चिच्यायो । अलि नललाई पछ्याउने मान्छेले भन्यो “के योजना र, मलाई छोडिदेऊ” । पुलिसले भने “तिमीलाई पक्रने योजना थियो, तिमीले सधैं अनिललाई पछ्याइरह्यौं र उसले आज हामीलाई यसको रिपोर्ट गर्‍यो । त्यसैले हामीले एउटा योजना बनायौं । आज अनिल राति आफ्नो अफिसमा

बसेर यहाँ आइपुग्दा ऊ हिँड्न थालेको हामीले देख्यौं, तिमी पनि उसको पछिल्ट हेर्दै थियौ । त्यसपछि हामीले तिमीलाई समाउन सफल भयौं । अब भन त, तिमी उसलाई किन पछ्याउँदै थियौ ?” त्यसपछि त्यो मान्छेले जवाफ दियो “म निर्दोष छु, मैले उसलाई पछ्याएको होइन, म अफिसमा काम गर्छु अफिस अनिलको नजिकै त्यहीँ छ र मैले अचेल नाइट सिफ्टमा जागिर गर्छु । एकदिन मेरो बस छुट्यो र त्यो दिन नै मैले अनिललाई देखें । जब अनिल पनि यही बाटो जाँदै थिए । मैले पनि उसलाई पछ्याएको हुँ । मैले अनिललाई बसको लागि पर्खन भन्न खोज्दै गर्दा अनिल दौडिए, मलाई पनि डर लाग्यो त्यही भएर अनिलको पछिपछि दौडिएको हुँ । यसरी दौडिँ जाँदा हामी मुख्य सडकमा पुग्यौं र मैले बसको लागि नयाँ बाटो फेला पारें त्यसैले हरेक दिन म मुख्य सडकमा पुग्न उहाँलाई पछ्याउँछु, म भुट बोल्दिन मलाई माफ गरिदिनुहोला ।” अनिललाई पछ्याउने व्यक्तिको कुरा सुनेपछि अनिलले प्रहरीलाई उसलाई छाडिदिन अनुरोध गर्‍यो र त्यो सुने पछि प्रहरीले पनि उसलाई छोडिदिए र आफ्नो बाटो लागे । प्रहरी गएपछि अनिलले त्यो केटा(लाई सोध्यो, “तिम्रो नाम के हो?” अनिललाई पछ्याउने केटाले भन्यो “मेरो नाम प्रशान्त हो र मलाई माफ गर्नहोस्” । यो सुनेर अनिलले उसलाई माफ गरिदियो र त्यही दिनदेखि अनिल र प्रशान्त साथी बने ।



रुद्रायणी श्रेष्ठ

क्रमाङ्क: ३००२५

असल व्यवहार

हामी सबैको असल व्यवहार छ होला है ? असल व्यवहार हुने मान्छेहरूले आफूलाई राम्रो छु भन्ने ठान्छ र समाजले पनि राम्रो नै ठान्छ । हामीले नराम्रो काम गर्नुहुँदैन । हामीले नराम्रो बोल्नुहुँदैन । हामीले आफूभन्दा ठुलालाई सम्मान गर्नुपर्छ । शिक्षकले भनेको मान्नुपर्छ । गृहकार्य पनि समयमा नै गर्नुपर्छ । गृहकार्य

राम्रोसित लेखनुपर्छ । आमाबुवालाई सहयोग गर्नुपर्छ । खाना फाल्नुहुँदैन । नम्र र मिठो बोल्नुपर्छ । यसरी मिठो बोल्ने व्यक्तिलाई सबै ले मन पराउँछन् । हाम्रा पाँच इन्द्रियहरू छन् । आँखा, कान, नाक, जिब्रो र छाला । यी पाँच इन्द्रियलाई ज्ञानेन्द्रिय भनिन्छ । आँखाले हेर्छ, कानले सुन्छ, नाकले सुँघ्छ, छालाले कुनै कुरा छोएको थाहा पाउँछ र जिब्राले स्वाद लिने काम गर्छ । जिब्राको एउटा मात्र दुइटा काम गर्छ । जिब्राको एउटा काम हो मिठो नमिठो, गुलियो, नुनिलो र तितो स्वाद छुट्याउने । त्यसै गरी अर्को काम हो बोल्नु हो । यसरी जिब्राको प्रयोगका आधारमा मानिसको असल र खराब

व्यवहारको पहिचान हुने गर्दछ । नम्र बोली असल व्यवहारको परिचय हो भन्ने कुरालाई कहिल्यै विर्सनुहुँदैन । त्यसैले हामी सबैले सधैं मिठो बोलौं र असल व्यवहार देखाऔं ।



श्रेयसा डंगोल
क्रमाङ्क: ३००३२
विद्यार्थी जीवन

विद्यार्थी मानिसका लागि धेरै महत्त्वपूर्ण छ । विद्यार्थी जीवन पनि बाल्यकालबाट नै सुरु हुन्छ । विद्यार्थी जीवन घरको जग जस्तै हो । त्यसैले विद्यार्थी जीवनलाई सही ढङ्गले सदुपयोग गर्ने हो भने उसको सम्पूर्ण जीवन राम्रो हुन्छ । यस समयमा विद्यार्थीहरूले समयको सही सदुपयोग गर्नुपर्छ । यस समयमा सही र गलत छुट्याउन सक्नुपर्छ । यसरी सही र गलत छुट्याउन सके गुरुले विद्यार्थीहरूलाई सहयोग गरेको बुझिन्छ । विद्यार्थी जीवनमा विद्यार्थीहरूले आफ्नो सम्पूर्ण ध्यान केन्द्रित गरेर ज्ञान आर्जन गर्नुपर्छ । त्यस्तै पढाइवाहेक विद्यार्थीहरूले आफ्नो स्वास्थ्यमा पनि ध्यान दिनुपर्छ किनभने स्वास्थ्य राम्रो भएन भने पढाइ गर्न सकिदैन । त्यस्तै गरी विद्यालयमा हुने विभिन्न खेलकुद प्रतियोगितामा पनि

सहभागी हुन सक्दैनौं । व्यक्तिगत सरसफाइमा पनि त्यतिकै ध्यान दिनुपर्छ । आफ्नै घरमा बनेको पोषणयुक्त खाना खानुपर्छ । यसरी पोसिलो खानेकुरा खानाले हामी सधैं स्वस्थ रहन्छौं । विद्यार्थी जीवनमा अनुशासन महत्त्वपूर्ण हुन्छ । हुन त हामी सधैं अनुशासित भएर बस्नुपर्छ । अनुशासनले असल विद्यार्थीको परिचय दिन्छ । त्यसैले अनुशासन विद्यार्थीको गहना हो । अनुशासन नभएको व्यक्ति व्यवहार वा चरित्रमा नराम्रो हुन्छ । त्यस्तो व्यक्तिलाई विद्यालय र समाजमा कसैले पनि राम्रो मान्दैनन् । विद्यार्थी मात्र नभएर मानव जीवनलाई सुन्दर बनाउन अनुशासनको ठूलो भूमिका हुन्छ ।



सिद्धार्थ चौलागाईं
क्रमाङ्क: ३००३३
स्वास्थ्यको महत्त्व

स्वास्थ्य हाम्रो लागि धेरै महत्त्वपूर्ण छ । हामी स्वस्थ भएनौं भने बिरामी हुन्छौं । त्यसले हामीलाई धेरै हानि पुऱ्याउँछ । हामी अस्वस्थ भयौं भने कुनै पनि कार्य गर्न सक्दैनौं । हामीले आफूलाई हानि हुने खानेकुरा कहिल्यै पनि खानुहुँदैन । हामीले नखान हुने खानेकुराहरूमा जाँड, रक्सी, चुरोट, खैनी, आदि पर्दछन् । यस्ता कुराको सेवन गर्नाले हाम्रो ज्यानमा खतरा हुनसक्छ । त्यसैले पनि आफ्नो भलाइका लागि र अरूको भलाइका लागि पनि हामीले स्वास्थ्यलाई पहिलो प्राथमिकतामा राख्नुपर्छ । आफूले खाने कुरा मिठो अथवा स्वादिलो भए पनि त्यसको असर हाम्रो शरीरमा केकस्तो परेको छ भन्ने कुराको पनि हेक्का राख्नुपर्छ । पछिल्लो समयमा बजारमा धेरै किसिमका खानेकुराहरू छन्, जस्तै: पानीपुरी, चटपटे आदि जस्ता खानेकुरा धेरै खानाले स्वास्थ्यमा नराम्रो असर पर्न जान्छ । स्वस्थ भए सबै राम्रो हुन्छ, अस्वस्थ भए सबै नराम्रो हुन्छ भन्ने कुरा कहिल्यै पनि विर्सनुहुँदैन ।



युनिशा पाठक
क्रमाङ्क: ३००४३

स्वस्थ शरीर

हामी सबै प्राणी हौं । हामी हाम्रो जीवनमा धेरै काम गर्न सक्छौं तर हामीले कहिले पनि आफ्नो स्वास्थ्यको बारेमा सोच्दैनौं । हामी जहिले पनि बाहिरको खाना खान्छौं । हामीले आफ्नै घरमा बनेको पोसिलो खाना कहिले पनि खादैनौं । हामी जहिले पनि पढ्न जान्छौं । काम गर्न जान्छौं । बेलुका थाकेर घर जान्छौं । हामी घर गइसकेपछि पनि आराम गर्दैनौं । हामी त उल्टो टिभी हेर्छौं । मोबाइल हेर्छौं र बेलुकाको ११/१२ बजे सुत्छौं । बिहानको ५ बजे उठ्छौं । फेरि काम गर्न र पढ्न जान्छौं । हामी कहिले पनि आराम गर्दैनौं । हाम्रो शरीरले आराम खोजिरहेको हुन्छ । यही कारणले हामी नराम्रोसँग बिरामी पर्छौं । हामी बिरामी परिसकेपछि बल्ल हामीलाई स्वास्थ्य भनेको के हो ? भनेर थाहा हुन्छ । हामीले आफ्नो स्वास्थ्यलाई सजिलो तरिकाले लिनुहुँदैन किनकी स्वास्थ्य नै जीवन हो । यदि स्वास्थ्य नै भएन भने त्यो जीवनको केही पनि महत्त्व छैन ।

अब हामी स्वस्थ रहन के के गर्नुपर्छ । हामी स्वस्थ रहन दिनदिनै आफ्नो व्यक्तिगत तथा शारीरिक सरसफाइमा पनि ध्यान दिनुपर्छ । त्यस्तै गरी हामीले सधैं घरमा नै बनेको पोसिलो खाना मात्र खानुपर्छ । हामी आफू कामबाट आइसकेपछि आराम गर्न बिसनुहुँदैन । त्यस्तै पढेर घरमा आएपछि पनि केही समय आराम गर्नुपर्छ । त्यस्तै राति सुत्नुभन्दा अगाडि एक गिलास पानी खानुपर्छ । यसरी विभिन्न कुरामा ध्यान दिएर स्वास्थ्यलाई हेरचाह गर्नुपर्छ भने खुसी जीवन जिउन सक्छौं । हामीले कहिले पनि स्वास्थ्य नै सबभन्दा ठूलो धन हो भन्ने बिसनुहुँदैन ।



सर्वेश अधिकारी
क्रमाङ्क: ३००५६
त्यो खराब दिन

मेरो जीवनको सबैभन्दा नराम्रो दिन मेरो हजुरबुबा बितेको दिन थियो । त्यतिबेला हजुरबुवासँग के भइरहेको थियो भन्ने मलाई केही थाहा थिएन । म हजुरबुबालाई भेट्न अस्पताल गएँ । उहाँ निकै थकित र निद्रा लागेजस्तो देखिनुहुन्थ्यो । त्यो बेला म र.प.न. पढ्थेँ । त्यो दिन मेरी आमाले मलाई उहाँ क्यान्सरबाट पीडित हुनुहुन्छ भन्नुभयो तर मलाई क्यान्सर के हो थाहा थिएन । त्यो दिन हाम्रा धेरै आफन्तहरू पनि उहाँलाई भेट्न आएका थिए । भोलिपल्ट आमाले मलाई मेरो हजुरबुबा देवताको ठाउँमा गएको बताउनुभयो । म यसको अर्थ के भन्न खोजेको भनेर अलमलमा परें । त्यो दिन मैले आमालाई यसको अर्थ के हो ? भनेर सोधेँ तर आमाले मेरो प्रश्नको जवाफ दिनुभएन र जानुभयो । भोलिपल्ट हामी सबै जना मकवानपुर जिल्लाको हेटौँडामा गयौं, जहाँ अष्ट्रेलियाबाट आएका मेरा काका, काकी, कान्छी दिदी, फुपू, भाउजू र मेरा दुई ठूला दाइलाई देखेँ । तिनीहरू सबैले सेतो लुगा लगाएका थिए । त्यसैले म र मेरी बहिनी अलमलमा पर्‍यौं । एक हप्तापछि उहाँहरू एउटा कोठाबाट बाहिर आउनुभयो । पहिले उहाँहरूले हामीलाई छुन दिनुभएन तर केही दिनपछि उहाँहरूले हामीलाई अनुमति दिनुभयो । त्यसपछि मैले दौडी गएर बुबालाई अँगालो हालें र मेरी सानी बहिनीले मेरो काकालाई अँगालो मारी । केही दिनसम्म परिवारसँग हेटौँडा बसेँ तर केही दिनपछि घर फर्किएँ । म मेरी सानी बहिनी र दुई ठूला दाइहरूसँग खुसी थिएँ । जब म र मेरो परिवारले उनीहरूलाई एयरपोर्टमा छाडेर ट्याक्सीमा घर फर्किएँ गर्दा मेरो मनमा फेरि प्रश्न आयो । मैले आमालाई मेरो हजुरबुबा कहिले फर्किनुहुन्छ भनेर सोधेँ । भगवानको घर जानुभएको कुरा

मात्र भन्नुभयो ? आमाले मलाई हजुरबुबा आउने दिन कहिले पनि भन्नुभएन । त्यो दिनदेखि मैले पनि कहिल्यै भनिन । मेरो दिमागमा भने कति धेरै प्रश्नहरू थिए तर, अब मलाई त्यो हप्तामा के भएको थियो सबै कुरा थाहा छ । म फेरि मेरो हजुरबुबालाई भेट्न चाहन्छु किनभने उहाँले मलाई धेरै माया गर्नुहुन्थ्यो र मैले पनि उहाँलाई धेरै माया गर्थेँ तर अब मलाई थाहा छ, म उहाँलाई कहिल्यै भेट्न सकिदैन ।



पूजा खनाल
क्रमाङ्क: ३००२२
दिक्क लाग्दो दिन

एकदिन, लिसा ब्युँभन्नुभयो र थाहा भयो कि उनको जाडो बिदा सुरु भएको थियो । भालि पल्ट उनको १५औँ जन्मदिन थियो, त्यसैले उनी आफ्नो रुख र घर सजाउन चाहन्थिन् तर पसलहरू टाढा थिए । उनी त्यतै हिँड्न थालिन् । त्यहाँ पुग्न करिब ३० मिनेट लाग्थ्यो तर पनि उनी ८:३८ मा हिँड्न थालिन् । उनी पनि केही समयको लागि उनको सबैभन्दा मिल्ने स्कुलकी साथी मुनुको घरमा रोकिइन्, जहाँ उनका साथीका आफन्तहरू त्यहाँ भएकाले उनीलाई बेवास्ता गरियो । त्यसैले उनी फेरि सजावटको पसलतिर हिँड्न थालिन् । उनी १२:५६ मा पसलमा पुगिन् । उनी पसलमा पुग्दा सजावटका सबै सामान बिकिसकेका थिए । लिसा मलिन अनुहार लिएर घर फर्किइन् । उनले सोफामा सुतिरहेका आफ्ना बुबालाई सबै कुरा बताइन् तर लिसालाई सजावटका सामानहरू लिन मद्दत गर्नुको सट्टा आराम गर्न चाहन्थे । लिसा रिसाउँदै आफ्नो कोठामा गइन् जहाँ उनी २ घण्टा सुतिन्, अहिले घडीमा ४ बजेको थियो । लिसा अल्छी महसुस गर्दै ब्युँभन् । उनी टिभी हेर्न गइन् तर उनकी आमा यसमा व्यस्त थिइन्, त्यसैले उनले

आफ्नो आइप्याड समातिन् र गुगल गरेर आफ्नो अर्को दिनको जन्मदिनको योजना बनाउन चाहन्थिन् तर इन्टरनेटले काम गरिरहेको थिएन । त्यसैले उनी छिमेकी साथी लक्ष्मीकहाँ गइन् । लक्ष्मी आमाबुबासँग फनपार्क गएको थिइन् । उनी घर फर्किएर आफ्नो कान्छो भाइ रामसँग खेल्न थालिन् तर राम धेरै आक्रामक भएकोले राम्रो खेल्न सकिनन्, त्यसैले उनी अब आमालाई अँगालो हाल्न गइन् तर आमा बेलुकाको खानाको लागि भान्साकोठामा व्यस्त हुनुहुन्थ्यो त्यसैले उनी नजिकको पार्कमा गइन् तर जाडोको समय भएकाले बाहिर निकै चिसो थियो । लिसा अब निराश भएर फर्किइन् तर अचम्ममा परिन् उनका साथी लक्ष्मी र मुनु उनकै घरमा उपस्थित थिए र उनकै रुख र कोठा सजाउन उनका आमाबुबालाई मद्दत गर्दै थिए । यो एक धेरै दिक्क लाग्दो र घमाइलो दिन थियो तर साँझ भने आश्चर्य र हाँसोले भरिएको थियो ।



प्रतीकआनन कर्ण
क्रमाङ्क: ३००४८
आशा

श्रेया ! श्रेया ! यता आउनुस् । हजुरबुबा केशवले बोलाउनुभयो । श्रेयाले छोरा कृष्णलाई गएर हजुरबुबालाई के भयो हेर्न भनिन् । कृष्ण हजुरबुबाको कोठामा गए । हजुरबुबा केशवले भर्खरै पढेको पत्रिकामा ठुला समाचार आएको बताउनुभयो । कृष्णले उत्साहमा उसलाई खबर सोधे । हजुरबुबा केशवले फेरि सुरु गर्नभयो तिमिलीलाई विज्ञान र नयाँ आविष्कार मन परेको ले नटराजको छ वटा पेन प्याकेटमा कुपन हुने खबर छ । त्यस कुपनको मद्दतले तपाईंले विज्ञान अध्ययन गर्न सक्नुहुन्छ र तपाईंले विज्ञान प्रयोगका लागि पनि चिजहरू पाउनुहुनेछ । यो ८ महिनाको लागि र पूर्ण रूपमा निःशुल्क छ । तपाईं यसलाई कुनै पनि प्याकेट प्राप्त गर्न

सक्नुहुन्छ। तर तपाईंले कलम किन्दा होसियार हुनुपर्छ किनभने यो तीमध्ये कुनै पनि दुईमा हुन सक्छ। कृष्ण दौडेर भान्सामा गएर आमा लाई खबर सुनाए। त्यसपछि एक्कासि श्रेयाले आफ्नो काम छोडेर कृष्णलाई हेरी। त्यसपछि उनी शयनकक्षतिर दौडिइन्। उनले हतारमा दराज

खोलिन्। अनि तीनवटा पेनका प्याकेट निकालिन्। श्रेयाले भनिन्, कलममा लेख्नको लागि एक थोपा मसी पनि छैन भनी तपाईंले भन्नुभएपछि हिजो मैले यो किनेकी हुँ। हेरौं, कुपन यहाँ छ कि छैन। त्यसपछि कृष्ण र श्रेया दुवैले एउटा पाउने आशामा तीनवटा प्याकेट खोल्न थाले। तीनवटा प्याकेट खोलेपछि नतिजा आयो कि कलम मात्रै पाए। त्यसपछि दुवैको अनुहारबाट उत्साह हट्यो। त्यसपछि उनीहरू दुवैले केही मिनेटअघि गरेको काम गर्न थाले। साँझ ६ बजे तिर कृष्ण किताब पढ्दै थिए। त्यतिबेला उनकी आमा श्रेया परिवारका लागि खाना पकाउँदै थिइन्। हजुरबुबा केशव आफ्नो कोठामा सुत्नु भएको थियो। घर सुनसान थियो र चुलो र कुकरबाट मात्र आवाज आयो। चर्को आवाज आयो। ढोकाबाट आवाज आयो। कृष्णका बुबा शम्सा घर फर्किए। कृष्ण दौडेर आफ्ना बुबा सम्साकहाँ गए। हजुरबुबा केशवले दिउँसो सुनाएको खबर सुनाए। वास्तवमा शम्सा सरकारी विद्यालयमा शिक्षिका थिइन्। पूरै परिवार चलाउन तलब निकै कम थियो तर परिवार राम्रै चलिरहेको थियो। खबरसुनेपछि सम्साले विद्यालयमा सम्सालाई दिइएको १० वटा पेन प्याकेट निकालिन्। दुवैले प्याकेट खोले। र आश्चर्यका साथ तिनीहरूले एक कुपन फेला पारे। भोलिपल्टदेखि उसले विज्ञान पढ्यो। हुर्किएपछि उनी वैज्ञानिक बने र संसारमा भइरहेका धेरै समस्याहरू हल गरे।



आयान राई
क्रमाङ्क: ३१००६
कुरिलोको अनुभव

यसपालिको बिदामा मैले कुरिलोको तरकारी खाएँ। कुरिलो पोषणयुक्त तरकारीमध्येमा पर्दछ। मलाई कुरिलोको तरकारी स्वादिलो नलाग्ने भएकाले यसपालि चाइनिज तरकारीले पकाउने निधो भयो। सबैभन्दा पहिला मेरी बजैले कुरिलोलाई राम्रोसँग धोइ पखाली टुक्राटुक्रामा भाँचिदिनुभयो त्यसपछि हामीले यसलाई तातो पानीमा एक मिनेटसम्म पकाएर चिसोपानीमा राख्यौं। त्यसपछि हामीले कुरिलोका लागि सस तयार पार्थ्यौं। एउटा कचौरामा बाक्लो र पातलो दुवै किसिमको सोया सस राख्यौं। त्यसमा नुन, चिनी र सेतो मरिच हाली पानी थपेर राम्रोसँग घोल्यौं। अर्को कचौरामा कर्न स्टार्च र पानी मिसाएर राख्यौं। कुरिलो पकाउनका लागि तेल तताएर लसुन भुटिसकेपछि कुरिलो हाली एक मिनेटसम्म पकायौं र त्यसमा सस र कर्न स्टार्चको घोल थप्यौं। एकछिन चलाएपछि कुरिलोमा अलिकति तिलको तेल मिसायौं। त्यो पाकेपछि हामीले कुरिलो कपाकप खायौं। पहिला मिठो नलाग्ने कुरिलोको तरकारी अहिले आएर असाध्यै मिठो लाग्यो। यो स्वास्थ्यको लागि अत्यन्त लाभदायक पनि हुनेरहेछ। हामीले घरमा कुरिलो खाइ राख्नुपर्ने पनि रहेछ।



हिमांशु बल
क्रमाङ्क: ३१००९
मनसुन

पृथ्वीमा जाडो, गर्मी, वर्षाजस्ता मनसुन आउँछन् । खासगरी छवटा ऋतुहरू हुन्छन् । किसानहरूका लागि वर्षा ऋतु निकै महत्त्वपूर्ण हुन्छ । वर्षायाममा बाली वर्षाको पानीमा भर पर्छ । किसानहरूले यही समयमा धान रोप्ने गर्दछन् । वर्षाबाट हामीले पिउने पानी पाउँछौं । जनावर र बोटबिरुवाहरूलाई पनि वर्षाको पानीले फाइदा पुऱ्याउँछ । यस समयमा जङ्गलहरू हरिया देखिन्छन् । वर्षाऋतु एक सुन्दर मौसम हो । यो ऋतु गर्मी मौसमपछि आउँछ । यस मौसममा हामी घरबाहिर जाँदा छाता, बर्सादी आदि बोकेर हिँड्छौं । यो मौसममा हाम्रो वातावरण हरियाली र सफा देखिन्छ । यो मौसममा धेरै पानी पर्ने भएकाले नदीनाला पोखरीहरू सबै तिर पानी नै पानी भरिएको हुन्छ । यसलाई वर्षाऋतु पनि भनिन्छ । यसले नयाँ रुखहरूमा नयाँ र हरिया पातहरूको विकास गराउँछ । यो मौसम मलाई मन पर्ने मौसम हो ।



रचित भट्टराई
क्रमाङ्क: ३१०२१
मलाई मन पर्ने खेल

मलाई मन पर्ने खेल क्रिकेट हो । यो खेल विशेष गरी इङ्ल्यान्डमा खेलिन्छ । यो खेल ब्याट र बलले खेलिन्छ । यो खेल नेपाल र भारतमा पनि खेलिन्छ । यो खेलमा एउटा मानिसले बललाई फाल्छ र अर्को मानिसले त्यो बललाई ब्याटले हान्छ । त्यहाँ मानिसहरू धेरै हुन्छन् । तिनीहरूले त्यो बल भुईँमा नछोड्कन समाते भने त्यो समात्ने मानिसले अब खेल खेल्न सक्दैन । यो खेलमा एघारजना खेलाडी हुन्छन् । क्रिकेट खेल खेल्ने मानिसलाई क्रिकेटर भनिन्छ । यो खेल एउटा समूहमा खेलिन्छ । क्रिकेट खेल्न ठुलो मैदान चाहिन्छ । मैदानको वरिपरि गोलो धर्का लगाइएको हुन्छ । मानिसले आफ्नो ब्याटले बललाई हानेर त्यो बलले घेरालाई छोयो भने वा त्यो घेराभन्दा बाहिर गयो भने बललाई हानेको मानिसले अङ्क पाउँछ र त्यो समूहलाई फाइदा हुन्छ । म यो खेल घरभन्दा बाहिर साथीहरूसँग खेल्छु । म यो खेल राम्रोसित खेल्छु । म ठुलो भएपछि क्रिकेटर बन्न चाहन्छु ।



ज्योती थापा
क्रमाङ्क: ३१०१०
घर

सबै मानिसहरूका आ-आफ्ना घर हुन्छन् । घर भनेको मानिसहरूको वासस्थान वा बस्ने ठाउँ हो । मानिस मात्र हैन सबै जनावर पशुपन्छी आदिका घर हुन्छन् । कुनै घर साना हुन्छन् भने कुनै घर ठुला हुन्छन् । सहर र गाउँका घर पनि फरक फरक हुन्छन् । सहरमा कुनै घर ठुला हुन्छन् भने कुनै घर साना हुन्छन् । सहरका घरहरू कुनै धेरै अग्ला हुन्छन् भने कुनै होचा पनि हुन्छन् । सहरका घरहरूमा ठुलाठुला पसलहरू पनि राखिएका हुन्छन् । गाउँमा पनि कुनै घर ठुला हुन सक्छन् र कुनै घर साना हुन्छन् । आधुनिक घर बालुवा, फलाम, रोडा, टायल, मार्बल, सिमेन्ट आदिबाट बनेको हुन्छ । गाउँघरका घरहरू भने ढुङ्गा, माटो, काठबाट बनेका हुन्छन् । यी घरहरूका छाना खर, पराल, जस्तापाता, ढुङ्गा आदिका हुन्छन् । घरमा भान्साकोठा, सुत्नेकोठा, बस्नेकोठा, आदि हुन्छन् । सबै परिवारका सदस्यहरू आफ्ना घर भित्र सुख दुःख साटासाट गरेर बसेको देखिन्छ ।



कृजन् राजवंशी
क्रमाङ्क: ३१०११
बालअधिकार

हरेक समाजमा रहेका बालबालिकाहरूको समान रूपले बाँच्न पाउने अधिकार नै बालअधिकार हो । बालअधिकारमा आमा

बुबासँग बस्न पाउने, शारीरिक सुरक्षा, खाना, शिक्षा, स्वास्थ्य सेवा, मनोरञ्जन आदि बालअधिकारका विषयहरू हुन् । यी कुनै पनि विषयहरूबाट बञ्चित भएन भने मात्र ती बालिकाहरूले बालअधिकार पाएको महसुस हुन्छ तर नेपालमा धेरै बालबालिकाहरूले राम्ररी खान र विद्यालय जान सम्म पाएका छैनन् । कति बालबालिकाहरू बालअधिकारका उपयोगबाट बञ्चित भएका छन् । बालअधिकार बाट बञ्चित भएका बालबालिकाका लागि हामीले विभिन्न सहयोग गर्न सक्छौं । आमाबुवा नभएका बालबालिकाका लागि अनाथाश्रम खोल्न सक्छौं ।



अक्षिता भट्टराई
क्रमाङ्क: ३२०३९
निद्रा

सबै जीवहरूलाई निद्रा जरुरी हुन्छ । निद्रा पुगेन भने थकाइ लाग्ने, टाउको दुख्ने र दिमागलाई काम गर्न गाह्रो हुने हुन्छ । ८ देखि १० वर्षका नानीहरूलाई एक दिनमा ८ देखि ९ घण्टा अनिवार्य सुत्नुपर्छ । निद्रा नपुगेको मानिसहरूलाई धेरै अल्छी लाग्छ र धेरै रिस पनि उठ्छ । सुत्ने र उठ्ने समय एकनासको भयो भने निद्रा राम्रो हुन्छ अनि उठ्ने बेलामा मानिसले फुर्तिलो महसुस गर्छन् ।



रवि हर्ष अधिकारी
क्रमाङ्क: ३२०१३
नेपालमा नदी

नेपाल एक पहाडी देश हो । यहाँ धेरै वन जङ्गल र नदीहरू हुन्छन् । नेपाल विश्वमै दोस्रो पानीको धनी देश हो । नेपालमा ६ हजारभन्दा बढी नदीहरू छन् । नेपालमा हिमाल, पहाड, र चुरे क्षेत्रबाट नदीहरू बग्छन् । सबै नदी मिल्दै मिल्दै अन्त्यमा समुन्द्रमा मिल्दछन् । नेपालका मुख्य नदीहरू कोसी, नारायणी, गण्डकी, भेरी, कर्णाली आदि हुन् । नेपालको सबैभन्दा लामो नदी कर्णाली हो र सबैभन्दा ठुलो नदी सप्तकोशी नदी हो । नेपालका धेरै जसो अञ्चलका नामहरू पनि नदीकै नाममा राखिएका छन् । नदीको पानी हामी पिउन, सिँचाइ गर्न, विद्युत् उत्पादन गर्न, माछा पालन गर्न, पौडी खेल तथा अन्य धेरै काममा प्रयोग गर्दछौं । नदीबाट हामी गिट्टी, बालुवा, ढुङ्गा जस्ता बहुमूल्य पत्थर र बहुमूल्य धातु जस्तै सुन, चाँदी पनि पाउँछौं । काली गण्डकी नदीको बगरमा शालिग्राम ढुङ्गा पनि पाइन्छ । हामीले नदीलाई सधैं सफा राख्नुपर्छ । नदीमा बाँच्ने जीवजन्तुको संरक्षण गर्नपर्छ । नदीको छेउछाउ रुख बिरुवा रोपी बाढी पहिरो जानबाट बचाउनुपर्छ ।



दृष्टान्तराज सापकोटा
क्रमाङ्क: ३२०४५
खेलको महत्त्व

बालबालिकाको जीवनमा खेलले निकै ठुलो महत्त्व राखेको विभिन्न वैज्ञानिक अनुसन्धानहरूबाट पनि पत्ता लगाइसकेको कुरा हो । खेलको माध्यमबाट नै उनीहरूलाई पढाउन र कुनै पनि कुराहरूलाई सिकाउन सकिन्छ । खेलहरू विभिन्न किसिमका हुन्छन् । घरभित्र खेलिने खेल र घर बाहिर खेलिने खेल जसमा बालबालिकाका इच्छाअनुसार उनीहरूको खुसीको लागि हामीले एउटा अनुशासनमा रही विभिन्न साधारण कार्यहरूको माध्यमबाट उनीहरूलाई सिकाउन र बुझाउन सकिन्छ । खेलका माध्यमबाट नै उनीहरूको मस्तिष्कको क्षमता पनि बुझ्न सकिन्छ जसअन्तर्गत बालबालिकाहरूले उनीहरूको सम्पूर्ण जीवनको ढाँचाको बुद्धि र विकास पनि बढिरहेका हुन्छन् जसलाई आजको दिनमा अभिभावकले बुझ्न अति नै जरुरी छ । यसअनुसार खेलकुदलाई हामी एउटा खेल मात्र नभई विद्यालयको पाठ्यक्रममा राख्ने हो भने बालबालिकाहरू खेल खेल्नबाट वञ्चित हुनु पर्दैन थियो होला ।



सर्भानी मानन्धर
क्रमाङ्क: ३२०१६
नदी

नदी एउटा पानीको स्रोत हो । नदी नभए हामी बाँच्न सक्दैनौं । हाम्रो देशको सबैभन्दा लामो नदी कर्णाली हो । संसारको सबैभन्दा लामो नदी नाइल हो । नाइल इजिप्टमा छ । नेपालमा ६ हजार भन्दा धेरै खोला र नदीहरू छन् । अमेजोन नदी विश्वको सबैभन्दा ठुलो नदी हो । त्रिशूली नदी नेपालको सबैभन्दा गहिरो नदी हो । कोसी, गण्डकी र कर्णाली नेपालका प्रसिद्ध नदीहरू हुन् । नेपाल पानीको दोस्रो धनी हो । खोलाहरू हिमालबाट बन्छन् ।



सुशान्त पोखरेल
क्रमाङ्क: ३२०२०
तमु ल्होसार

तमु ल्होसार गुरुङ जातिको ठुलो चाडको रूपमा मनाइन्छ । तमु भन्नाले गुरुङ समुदायलाई जनाउने अर्को नामको रूपमा बुझिन्छ । त्यसै गरी ल्होसार भन्नाले नयाँ वर्षलाई बुझिन्छ । तमु ल्होसारदेखि गुरुङ समुदायको भित्तिपात्रोमा नयाँ संवत् सुरु भएको मानिन्छ । हरेक वर्षको पुस महिनाको १५ गतेलाई यो चाडको रूपमा मनाउँदै आएको छ । विभिन्न जातजाति, भाषा, धर्म र संस्कृतिका समुदायको बसोबास भएको

हाम्रो मुलुकमा नेपाल सरकारले तमु ल्होसारको दिन सार्वजनिक बिदा दिने गरेको छ । यो चाड गुरुङ जातिहरूले आफ्नो भेषभूषामा सजिएर एक आपसमा शुभकामना आदान प्रदान गरी नाचगान गरी भोज भतेर समेत गरी मनाउने गर्दछन् । तमु पात्रोमा विभिन्न जनावरका नामबाट १२ वटा वर्गहरूको नामाकरण गरिएको छ । तमु ल्होसार पर्व एक रमाइलो पर्व हो ।



एडेनमान न्हुछे प्रधान
क्रमाङ्क: ३२०२८
म र मेरो ज्वरो

केही दिन अगाडि मलाई भाइरल ज्वरो आएको थियो । मलाई धेरै नरमाइलो लागिरहेको थियो । मेरो शरीर पूरै तातो हुँदै गइरहेको महसुस हुँदै थियो । म मेरी आमासँग खाटमा सुतिरहेको थिएँ । मलाई सुत्न मन लागिरहेको थिएन तर पनि म आनन्दैले सुतें । मैले गुलाफी र सेतो रङको औषधी खाएँ । सेतो औषधी मलाई मिठो लाग्दैन थियो तर त्यतिखेर मैले त्यसको स्वाद नै पाइँन । मलाई ज्वरो भनेको के हो भन्ने प्रश्न मनमा आयो अनि त्यो प्रश्न मैले मेरी आमालाई सोधें । आमाले मलाई युटुबमा खोजेर हेर्न सल्लाह दिनुभयो । युटुब हेरेर मैले थाहा पाएँ कि ज्वरो त हामीलाई बचाउनलाई पो आउँदो रहेछ । तातो भएर किरा मर्छ त्यसैले ज्वरो आउँछ । हाम्रो शरीरलाई राम्रो भए पनि नराम्रो भए पनि मलाई ज्वरो आएको मन पर्दैन किनभने ज्वरोले मलाई कमजोर बनाउँछ ।



Shaina Shrestha
Roll no: 34015
My Dream House

I have a dream of a beautiful house. I want a separate room for myself that has pink walls with beautiful decorations. Everything in that house will be of my choice. I wish I had a personal balcony too where I could stand and feel the rain and fresh air coming into my room.



Vedanga Aryal
Roll no: 34018
My Mother

My mother's name is Saraswati Aryal. She is thirty- two years old. She is five feet tall. She has long hair. She wears kurta and suruwal everyday. Her favorite color is red. She cooks delicious food for us. She guides me in my homework. She helps me take baths. She helps me to clean my room and wash my clothes. She takes care of me and my family. She tells stories to me and my sister. We love her stories. She is the best mom in the world and I love my mother very much.



Aarush Yadav
Roll no: 34021
My Birthday

My birthday is on the 24th of December. My family celebrates my birthday with a lot of joy and excitement. My parents usually throw a grand party to celebrate my birthday. We invite all my friends and relatives to the party and the whole house is decorated with colorful balloons. I get many gifts and surprises on my birthday. A lot of candles are lit on the cake. Then I blow all the candles and cut the cake. My father also buys me a new birthday dress. My mother prepares dishes of my choice. This is how I celebrate my special day every year.



Brisha Maharjan
Roll no: 34031
My Winter Vacation

My winter vacation was about two weeks. I enjoyed it a lot. I did my homework, did coloring, played with my little brother and visited different places. I also went to my uncle's house. There we celebrated my uncle's birthday. I even worked on my English and Nepali book log.



Pranish Pandey
Roll no: 34022
My Birthday

I celebrated my birthday on December 31st. I woke up early in the morning and went to Pashupati temple with my parents. I wore a new dress gifted by my father. At night, I went to a restaurant and celebrated my birthday with my family. I blew out the candles and cut the birthday cake. I got many gifts. I ate delicious food. I felt very special and enjoyed the day very much.



Prarthana Niraula
Roll no: 33047
Festivals

I love festivals. Our festivals are Dashain, Tihar, Holi, and the New Year. First is dashain, in dashain we put red and pink tika. We wear red dresses, and we get lots of money. Second is Tihar. In Tihar, we do cow worship, crow worship, and dog worship too. We also eat sweets. My mom did worship the goddess Laxmi. We make Goddess Laxmi's footprints on the floor. Then there's Holi, when people throw water balloons at each other. We also throw colors at each other. Last new year, and in the new year we cut cake and have a party.



Apurba Gopal Aryaal
Roll no: 33043
Christmas

Christmas is a festival in which you can drink hot chocolate on Christmas Eve, you might get presents, and if you behave badly, you will get coal. "Coal" stands for bad luck, but if you get presents, it means good luck. We celebrate Christmas on December 25, and while some people believe Santa Claus comes to deliver gifts under their trees, the gifts are actually delivered by your mother or father.



Saanvi Shrestha
Roll no: 32015
Good Habits

Good habits are very important to be successful in life. A person with good habits makes steady progress in studies, career, personal life and all. We should go to bed early and wake up early. We should always be polite towards others. We should use polite words like please, thank you, I'm sorry, excuse me, whenever we talk with others. We should respect elders and love juniors. After you start to practice good habits, it brings positivity in your life. Good habits include eating healthy food,

exercising and meditation, spending time with loved ones and self-grooming. We should be happy and focus on what we have.



Nirvik Gurung
Roll no: 32022
Rishi Sunak

The current UK prime minister is Rishi Sunak. Rishi Sunak was born in May, 1980 and he is now 42 years old. His parents name is Yashvir and Usha Sunak. His wife's name is Akshata Murthy. His children's names are Krishna and Anoushka Sunak. He studied at Winchester College, Lincoln College and Stanford University. He started his career in an investment bank Goldman Sachs and later worked in various fund firms. About his political career, he joined Conservative party in 2010. He became MP in 2015, he worked in different departments of Conservative party. He became chancellor in 2020. Then he became prime minister on 25th October, 2022. He loves sports and fitness. He loves to watch Star Wars movies. He is the richest prime minister in UK history.



Subhashish Shahi
Roll no: 32031
I Love My School

I really like my school and it is the place where I usually spend my time. I get to do arts and crafts where I create and draw. During math class, I learn to add, subtract, multiply, divide and many more things. One of my favorite classes is general sports where I play and make myself physically healthy. I can nearly hit a goal from far away when I play football. I also enjoy learning difficult words to spell in English class. I always get alert by the school bell for lunch, snacks and classes. I really like my school and just want to say I am always excited for the very next day. I love my school.



Samrag Shrestha
Roll no: 32041
My Mother

'Mother' is the most beautiful word. My mother understands my problems and is always there when I need her. My mother is beautiful, helpful and polite to everyone. My mother takes care of my family members. My mother is a strong woman who never gives up on anything. Mother is the most important person in my life. My mother is always there to help me and she loves me a lot. She even corrects my mistakes and teaches me to be a good person. She is my favorite person. I love her very much.



Smarika Bhattarai
Roll no: 32042
My New Room

My room was old for me so I shifted to a new room. My new room is not fancy. I am planning to color the walls of my room with my favorite color. There is a study table next to my bed. There is even a small playing area where I usually play with my dolls. I have a Barbie, a doll house and some of my old toys. My bed is placed near the window. I even have a small cupboard where I keep my school's stuff like books, copies and stationery items. My new room is small but I love it.



Aarav Thapa
Roll no: 32044
The Aquarium

Aquarium is the place where fishes are kept. Aquarium with colorful fish looks beautiful. I also have an aquarium in my home. There are two goldfish and they are two years old. At first, there were seven fish but five of them died because of over feeding. My aquarium has colorful light, colorful pebbles and a water filter. I love my aquarium.



Medhansh Rana
Roll no: 31013
My Father's School Life

My father was born in a remote village. They used to live in a joint family, and resources were limited. He had to walk an hour to reach school. When he was very young, his father took him to India. He finished his education there. As he was growing, he learned extracurricular activities like singing, dancing, playing musical instruments, sports, etc. along with his studies. He attended an army school where the teachers were extremely strict. He had to maintain discipline all the time. Every now and then, he shares his experience and knowledge with us.



Aarika Jha
Roll no: 31003
Winter Vacation

This winter vacation didn't go as planned because of a viral cough and cold. My younger brother was the first to bring it home from school. Secondly, I was infected. I transmitted it to my mother; my mother transmitted it to my aunt (my mother's sister-in-law). Ultimately, everybody in the house was infected. The sound of coughing and sneezing was coming from all the rooms. The worst is over, and everyone is getting better. Now, I think we could go to the 1 and 2 places we planned earlier.



Nitika Kapali
Roll no: 30016
Not A Normal Cinderella

"Mom, my hair looks like a mess!" Charlie screamed. "No, Charlie, your hair looks just fine," Isabella replied. Isabella, who came from a middle-class family, had a little sister and a mother. Her mother never knew how to express her feelings for Isabella, and her father left her when she was young. Her mom

has still not recovered from the heartbreak. Her story was so much like Cinderella. But she is "not a normal Cinderella." She was returning home from school. On her way, she saw a diary. It didn't appear old, but it also didn't appear new. She looked inside the diary to find the name of the owner. But the name was washed off with water, which made it look very blurry. She couldn't figure out the name, but the school address written on the page was the same school she studied at. She looked inside the book. It was full of poems and stories. She started reading, going from page to page, not realizing that she was still in the middle of the footpath. After a few minutes, when she was still lost in reading, she heard a voice from behind: "Excuse me, you're blocking the way." For a while, she was in shock, having completely forgotten that she was alive on Earth. After that, she slowly moved home. Days earlier, she had kept the diary safe under her study desk. After school, she always read everything, page by page, written in the diary. She had no idea whose book it was—is it the senior's or the junior's? She used to ask herself each night: "At any cost, I have to return it to the owner and praise them for their amazing stories and poems that touch the heart." She decided one day that she had no choice but to return it to the owner. She took the book to school and tried to find the owner, but in the end she still couldn't find the. She sat down in the park near where she found the book at the end of the day. She had the book in her hand, but she looked lost. She really wanted to find the owner. At that time, she heard the excited voice of a boy from behind. "Oh my God, that's my diary!" She immediately looked behind. It was the boy from the other section. She felt like

she had achieved something. She ran to him and gave him the diary. They had a quick introduction. It turned out that the boy's name was Felix. Isabella told everything about how she found the diary and how she felt about the stories and poems inside it. Soon after that, they became best friends. And that's how the story ended. Oh, wait, you might be asking that. In the story, Cinderella fell in love with the prince in the castle, but isn't love between friends too?



Aarshit Khanal
Roll no: 30003

An Alien Who Wanted To Rule The Earth

Once upon a time, a Alien came to earth and disguised as a monkey, but the humans caught him and put him in the zoo. That night, the alien monkey broke his cage and freed every animal from the zoo. Next morning, all the animals were chasing humans and putting them in the zoo. The alien monkey wanted to rule the earth. Another spaceship landed on earth and a police alien came out. He was searching for an alien who had infiltrated the earth. The alien monkey revealed its identity and began fighting with the police alien. All the animals and people inside the zoo were watching their battle. Finally, the police alien won the battle and arrested the bad alien in a space jail. Then the alien police freed the people and returned to his planet. After that, the zoo was banned and humans and animals lived happily forever.



Irada Timsina
Roll no: 30053

Should Zoos Be Abolished?

Yes, zoos should be abolished. Animals also have the right to be free. Imagine being locked up in a small place. Even if you were fed the finest food to exist, wouldn't you still want to be in your home?, with your family. Imagine being teased every day by humans who tried to feed you strange foods. Consider yourself to be that animal, and the others are coming to feed you grass. Wouldn't you hate it? Now, do not make a big deal about animals not having a place to live. Is not it true that we destroyed it to create this very cage that they hate? Isn't it true that we forced them out of their homes in order to put them in jail? Do not try to defend abusing these animals by saying that "We use zoos to study them in order to make life easier for them later." National parks are a much better source for this. Honestly, at the end of the day, it is just us humans trying to cover up the fact that we view animals and their lives as entertainment and a way to make money. Humans are simply selfish and refuse to admit it. We speak against abolishing zoos because we enjoy the entertainment. We are too selfish to realize that this earth is not just ours. The animals also need their own privacy. If we only take care of the animals, they will forget the art of survival. All living beings need nature to live in, and animals need that too. We are the ones who cut down the forests to make our homes and our lives easier.



Yureka Adhikari
Roll no: 29049
The Mask

Smiling Breyas came, though her favourite place her smile was wiped off her face the second she was alone. The mask she put on was too hard to see through, I say too hard but it was impossible. You are probably confused about where she went and what happened. To explain, I'll let Breyas diary do the work. "The first day of school and it was amazing!" Breyas was an enthusiastic little girl. She was a busy bee even when she was just 5. She had a million hobbies to occupy her time. Time was the most important thing to her. Everything she did she kept in mind one thing and that one thing was TIME. She not only understood its importance but mainly if she ever wasted time she felt like she just wasted a bit of her life. She constantly wanted to make sure she was never forgotten. This is what hurt her the most. Her drive to make use of every millisecond to the fullest in an effort to not be permanently erased from the world by being forgotten. Breyas may have been an intelligent girl but she certainly wasn't able to stop herself from trying to reach perfection. Though not a bad thing at the start but this want soon turned into an obsession. She felt a need to fake herself constantly.

Coming back to the present she had wiped her smile essentially breaking her

image as "Miss Perfect". No longer was there the soft spoken happy girl instead a human, someone with real emotions, someone who expresses themselves like a human not a doll. Her safe place, her room, her diary, her sketchbook. Nothing more than a cluster of pages to us but for Breyas it was her way of getting her mind clear. Just her way to disappear from the world that just gave her pain. The constant thoughts of life, time and her fear with her time ending just was too much for her to deal with day and night. Her own world, her ideal life was not this "perfection" it was just her chasing her dreams without being afraid of the world erasing her. "Is it too much to ask for me to just not worry about the world?" Her thoughts were kept to herself, this question specifically haunted her mind 24/7. "Breyas, come to eat dinner dear!" Her mom shouted after an hour of her being in her safe place. Finally cooled down with her feelings in check, Breyas with her fake smile went to eat dinner. Still just wanting to go back and to be left alone with her thoughts she ate. "Dear diary, how does Barbie live so happily? It's a pain to keep this smile on my face yet she can do that while juggling a million things, how? Just how is she so perfect?" The only thing in her diary that day. Breyas may not be a princess locked in a tower and a damsel in distress saved by a smiling brave prince but she certainly was the witch who locked herself to a tower of thoughts kept inside the walls "Rapunzel, how could you be locked up for 16 years while the thoughts I locked up are already half way down the tower and it's been a week?" The first thing written the next day. Breyas certainly loves or loved fairy tales and no wonder as she was trying to write one herself.

Three years later now, Breyia (14) is not just faking her face, her life has become a mask. Out of pure desperation to control her image to not be forgotten she spends every second of her life now being productive. Overwhelmed and now afraid of the world she can only think of what will happen if she was to waste a second. "PERFECTION, why do you exist, WHY! Why are you the only way for the best? WHY perfection WHY!" Breyia now asks this everyday still with the fear she'll be forgotten no matter what, everything she had done flashes through her mind regretting a trillion decisions every second of the day.

Breyia was not trying to be perfect, no, she was also trying not to be forgotten. Breyia had no issue with being the best, she was a straight A student, soft spoken, loved, no complaints of her ever, she was the ideal person but she wasn't only trying to keep an image for the time being she was trying to make a legacy. She was never afraid to die physically. She accepted death that way but she didn't want to die from people's heart, trying to do that she killed the real Breyia mentally. No longer was there a girl who genuinely wanted to dance, write, sing and so on. Now it was replaced with a girl who thought of her image and cared only for things that would help no one forget her. She wasn't living life no, she was playing it as if it was chess. "If I move the pawn here then I might get the queen back" is exactly how she thought while doing every move of her life. Each breath she took was thought out but not in a happy or positive way instead all she thought about was the negatives. No longer was there the critical girl who helped herself improve instead a meaningless hater bringing herself to the

lowest of lows.

Breyia had been the girl with everything organized and I mean organized. She sorted her pencils in a particular order. All her books and notebooks were decorated in a way you'd mistake it for paintings, gorgeous ones at that. Her life was managed as she understood time and management of it. Her room was so neat and clean, her hair perfectly styled and not a strand ever falling out of place. That girl now had her room in a mess, her once organized routine was now failing her. This is not something from years ago I mean a routine working yesterday and had been for a week suddenly had stopped working the next day.

Breakdowns became an essential part of her life. She had no control and felt it as much. She was tired day in and out. Soon enough she started self-harming. Suicidal thoughts became normal for her. She felt her mask slipping but with no energy left she couldn't do anything about it. One day as we were doing a project at Breyia's house I noticed she wasn't acting like she used to and asked Breyia if she was ok. Breyia finally snapped and broke into tears talking about how she felt. I knew exactly how to comfort Breyia, we had been friends for seven years at that point and I knew the way she comforted me. After Breyia calmed down I took her and went to Breyia's parents.

Breyia started going to a therapist from there on and she started doing much better. She had many instances where she felt too overwhelmed and broke down almost committing suicide but those instances grew fewer and fewer. After it all she finally became her "old" self. The one she loved and missed so dearly. She finally

became happy and enjoyed all the things she missed about herself. Where is Brea now? To be honest I don't know. All I know is she's in a better place than she was in when I knew her.



Anushree Acharya

Roll no: 28002

Madness Of a Scarred Child

People say revenge is sweet. But is it? In my case, revenge was very sweet. I may regret my decision, but I also think I made the right decision by doing it. If I had another chance, would I do it again? Maybe I would, maybe I wouldn't. It started a long time ago. I didn't quite have a perfect life. I lost my mom. I was an 8-year-old child. I lived with my mom. But one day, she went to get me a star that was jumping off the balcony. Then she never returned. The incident traumatized me for life. Later, my biological father adopted me. I had a passion for art. So I joined art school. But my dreams were shattered when my classmate accused me of ruining her art in a huge competition. Without any further investigation, the school expelled me because of the status of my classmate. When I reached home, my father threw me out, saying I was a disgrace. Just like that, my whole life came crashing down. Years later, I joined a small start-up art company. Due to my skills and talent, the company reached great heights. But my past had always

haunted me. I was furious at my father for disowning me for no reason. I was mad at my stepsiblings for calling me a disgrace every time they saw me. Those cruel, heartless people had ruined the mental health of a child who was already scarred. This hatred got the better of me without my knowing it. Then I made the biggest mistake.

One day, I got a project for my family's business. Looking at it boiled my blood. I had to get there and face my worst nightmare. The day passed in a blink. Then I found myself in front of the same people who had humiliated and disowned me. There was not a single wrinkle on their forehead for what they did. I didn't want to continue staying there. But the faces of my friends and colleagues, who placed all their beliefs in me, appeared right ahead of my face. Then I spoke. Everyone liked the idea. So we officially signed the deal. The impulse to have the taste of revenge took over me. Since I was an official part of the company, I had the right to go around every corner of the office. So when everyone was gone, I sneaked in, hiding from the security. Once I reached inside my dad's office, I got my hands on some dirty things they did. So I did what I had to. I anonymously tipped it off to the media. The next day, there was a huge commotion in the country regarding the biggest group getting into a huge mess. The mess I had created. Later, I got to know that my dad had a stroke because of it. I felt bad. So I went to meet him. When he saw me, he called me a disgrace in front of everyone and said that I should never show my face again to him. Heartbroken, I went back. But I gathered myself together. After all, I still had some more damage to do. And who knows what I will do next?



Prasiddhi Dangol

Roll no: 28009

Books: Our Best Friends

Most people say that books are our best friends. Books are objects that provide us with a wealth of information and education. We go to school, where we can learn a lot of new things. They teach us a lot and tell us a lot about this. However, to fully understand all the concepts in the subjects and be able to express them in our own words, we need to read the books properly. People who tell us, teach us, or advise us are not always with us, as once you are born, you have to leave the earth. But books are always with us, no matter what. We can refer to them to clear our doubts, remind ourselves of some point that we have forgotten, or learn a point that we have not studied so far for future benefits. Buying books can be expensive, but still, good books are worth more than money, as money goes after you spend it, but you can't spend books or knowledge like money. They give more than money can buy. When we travel and have to spend time on the road, it is good to read books, but only if there is no dust, as it will be harmful for our eyes. When we are at home and have nothing urgent to do, it is better to read books than spend time mindlessly scrolling on our phones. Like that, our time is well spent, and we get to know interesting things. We must make good use of books. We have to organize them well. We must read the right kind of books at the right time. Some people with disturbed minds try to occupy their minds and find peace by reading great and sacred epics such as the Ramayana or some Stotras of the Gods. Books written by great personalities evoke noble thoughts in us. They also provide us with analytical skills. They help in conceptualizing concepts and practical problems. People sometimes make fun of serious book readers. It is essential to be more than just a reader when it comes to applying the knowledge gained from books. Using books well means learning proper knowledge, be it technical, linguistic, general, or related to entertainment, which helps us spend our time being productive. When using books, we shine with a bright face and have more confidence in ourselves. While reading a book, it is also very important to jot down important points, thoughts, doubts, or footnotes in a good notebook. We should use the books carefully without damaging them. Like we should not write in them, tear pages, etc., we should protect them from a humid environment and protect them from dust, and they may get stains. We shouldn't make many drawings or funny and crazy comments about books mocking anyone or any concept. One advantage of reading books is that we can choose what we want to read and read it whenever we want. In the modern world, books are also changing their appearance from printed paperbacks to ebooks on the Internet, but for me, it is better with a hard copy as it is always with us, whereas e-books disappear when there is no internet connection. It depends on

whether we are comfortable reading a hard copy or a soft copy on a computer. Finally, I will say that we have progressed a lot in this age because of the concepts, science, ideas, inventions, discoveries, and efforts that our forefathers documented in the form of books. These books have been accelerating the whole progress of our civilization.



Rushav Paneru
Roll no: 28018
J.K Rowling

I'm sure everyone has heard of the blockbuster franchise Harry Potter. You also probably know its writer, J.K. Rowling, the writer of the whole Harry Potter. Her books have been sold worldwide and have broken sales records. More than 500 million copies have been sold all around the world. J.K. Rowling was born on July 31, 1965, in Yate, England. She was born at the Yate General Hospital. Her actual name was Joanne Kathleen Rowling. She liked to write when she was a child. Her father's name was Peter Rowling, and her mother's name was Anne Volant Rowling. Her father was an aircraft engineer at Rolls Royce. Her mother was a science technician and a teacher at the Chemistry Department at Wyedean Comprehensive. Joanne herself studied at Wyedean Comprehensive. In her school days, she was very good at studying and used to score straight A's in examinations and tests. Her mother, Anne Volant Rowling, had been diagnosed with multiple sclerosis. Her mother got very critical and died in 1990, when Joanne was a teenager. She also had a sister named Di. Joanne basically grew up in a garden of books when she was young. She used to read so much. People would call her a bookworm, and because of that, she started writing at a very young age. People won't believe this, but she wrote her first book when she was just six years old. Her first book was a story about a rabbit. The book's title was also Rabbit. She was so into writing that she wrote a novel when she was 11 years old. The novel's title was "About Seven Cursed Diamonds and the People Who Owned Them." She was very focused on her education too. Joanne studied at Exeter University. She was one of the best students there. She used to read so much from the university library that she had to pay a 50£ fine for overdue library books. She used to take so many books and read them so deeply that she used to forget when she had to return the book. She mainly used to read classics. Her university course included a one-year stay in Paris, France. She used to say that Paris was her favorite place. After she completed her university studies, graduated at one of the top ranks, and got her degree, she moved to London. She worked very much and changed many jobs. She worked the longest as a researcher at Amnesty International. One day, when she was on a train, she magically got the idea to write a book about a young sorcerer. She took out a piece of paper and began writing the map of all seven books. On that map, she planned out how she would write the books and how

she would publish them. It took her five years to complete the planning of the books. After those five years, she started writing. At first, she would write a giant mass of notes on the first book on some random piece of paper. Rowling, taking her mass of notes with her, moved to Portugal. Because she was great at English, she used to teach English as a foreign language in Portugal. She had met a man named Jorge Arantes. They were just friends at first, but it soon turned into love, and they married. Arantes was very supportive of Rowling's writing efforts. They soon had a daughter, whom they named Jessica. They again moved to England, to Edinburgh. Joanne had a whole suitcase with only the first three chapters of the first Harry Potter book, "Harry Potter and the Philosopher's Stone." In Edinburgh, she again started a teaching career but also continued to write at every spare moment she had. When she completed the first book, her happiness had no limits. When she went to publish it, the publisher immediately fell in love with her work and decided to publish it. But the book's title was changed to "Harry Potter and the Sorcerer's Stone." It was published by Bloomsbury Children's Books in June 1997. In 1998, it was reprinted in the American Scholastic. She continued to write. Her book made record-breaking sales following the six other Harry Potter books. Warner Bros. saw this as a chance and contacted Rowling to ask her to use her work and create a movie. When the first part of the Harry Potter franchise as a movie was released, the readers went crazy and instantly liked the movie. The Harry Potter franchise soon had record-breaking sales. Now, eight parts of Harry Potter have been released. Rowling soon became the talk of society. Many critics were amazed by her work. She has also released a book recently called "The Christmas Pig," which has also achieved huge sales. She has received over 15 awards, including the Companion of Honour, for services to literature and philanthropy, in 2017, the PEN America Literary Service Award, in 2016, the Hans Christian Andersen Award, Denmark, 2010, Chevalier de la Légion d'Honneur, France, 2009, Lifetime Achievement Award, British Book Awards, 2008, and the South Bank Show Award for Outstanding Achievement, 2008 Booksellers Association Author of the Year, 1998 and 1999 These are all the awards she won. Her books have won many more. She is now again writing a book that is still unknown to the outside world, and we hope to read it soon. She is currently 57 years old. Her contributions to the field of literature are remarkable.



Sayuri Shrestha

Roll no: 28017

Kim Garam

Kim Garam was born on November 17, 2005, in Sangju, South Korea. She was a trainee under the entertainment company Source Music, which was under Hype Labels. Hype and Source had planned to debut a girl group called 'Le Sserafim' (I'm Fearless) consisting of six members: Sakura, Chaewon, Yunjin, Kazuha, Garam, and Eunhae. This group had a big hype as one of the biggest entertainment companies in South Korea was handling them, and they had 2 former members of a famous girl group. On April 5, 2022, source music announced Kim Garam as the second member of Le Sserafim. After a few hours, some comments stated that she did not deserve to make her debut and that it would be better for everyone if she stayed out of the industry. Nonetheless, On May 2nd, Le Sserafim debuted with their first album, 'Fearless', they immediately reached success after their release. Eventually, even after her debut, some of the "fans" called her out for being rude to the other members. After that, some of Garam's classmates from her school posted online, accusing her of bullying her classmates, assaulting them, and using inappropriate words and actions. None of these rumors were confirmed by anyone other than the ones who posted them. After the posts were up, many people demanded that Garam be kicked out of the group and that she was ruining its appearance; they were attacking Garam and the company. On May 16, an official picture from the school violence committee was uploaded with more evidence saying Garam was the victim in the case. But on May 19, a supposed victim came forward to confirm that the innocence of Garam was false and to state how her condition had been after Garam was proven innocent. She explained she had to drop out of school, transfer schools, and later had anxiety attacks, panic attacks, etc. She requested that Hype release the correct information about the situation, and if not, the victim would release the full text of the results of the school violence committee, including an overview of the case. Then Hype uploaded a statement saying they would explain the current situation. On May 20, Source Entertainment announced that Garam would be taking a break from group activities due to the scandal. And until her return, Le Sserafim would carry out activities as a group of five. Garam was officially removed from the group on July 20, 2022. On August 10, Garam made her first statement since her release through a friend's social media account, saying that she had never bullied or assaulted anyone. She stated that when she was in middle school, she was trying to save a friend from getting bullied and used inappropriate words to defend her friend from the bullies. Her intentions were good, but the way she stated them was wrong. Thus she noted that her way of acting towards the bullies was immature and incorrect, and she apologized for her wrongdoing. Her company did not look into the issue properly

and concealed it with no proper explanation; her whole career was ruined because of some false accusations. She was treated miserably even after departing from her group. The group's success and hard work were also overshadowed by the scandal.

References: https://kpop.fandom.com/wiki/Kim_Garam



Eshanee Manandhar
Roll no: 28004
Fernandez, The Polaroid Camera

Hello! My name is Fernandez. And guess what? I am a camera. Well, not like a normal one. Are you thinking about what makes me so unique or special compared to other cameras? Well, I have the special ability to print the photos instantly after they have been clicked. That is why I call myself special and unique. I mean, yes, I do click photos like every other camera around, but have you ever seen a camera instantly print out the clicked photos and even in high quality? Yes, that's me and a Polaroid camera.

My origin and history are not the best stories to tell, but they are also not the worst. Many of you might have thought that I was broken or in a dump. But, no, I was not. I was a normal camera. You see, I was invented by a guy named Brent Woods. There were a lot of cameras around that time, but he wanted something different. As far as I know, my creator was definitely the type of person who suited the quote "think outside the box." He wanted something different. When he was in school, he needed to print out his photos; he needed to click. As he grew up poor, for him, the printing price of 2 dollars seemed like the cost of 1 karat gold. So, he wanted to fix that problem. He wanted to invent something that could instantly print out photos. As he did not have the money, he got involved in a robbery. Thankfully, he did not get caught, because if he had, I definitely would not have been invented. So, from the things he stole, he sold them and gained money, and after almost a year, he finally invented me. And as I have the unique ability to print photos, many shops agreed to sell me. His company grew as his business expanded. Due to health problems, he died in 2007. Some anonymous person leaked about his robbery and stealing things that people did not like, and soon the people started to boycott him. The company went downhill. Then some guy stole me from the company while it was being shut down. The guy took me to his home and only kept me on a shelf. One day, he took me off the shelf and customized it for me. I'm not going to lie; I liked the way I turned out.

After 12 years, I was finally on a shop shelf, where I was noticed by many people. It was a little pricey, so I put it off for about 6 months. But then, one day, a couple came in with their daughter, and as soon as their daughter saw me, she demanded that I leave. Maybe she was a spoiled rich girl, I thought. And yes, my prediction came true. She

indeed was a spoiled girl, and her name was Vanessa. Even though she was spoiled, she did take care of me and used me well. One day she went to the sea to capture some photos of the sea. But suddenly a person came on a jet ski and took me out of her hands. She screamed and called the guards, but they could not come. And the person who was carrying me on the jet ski, being clumsy, literally dropped me in the freaking sea. I thought, "What a great time to get dropped off." I saw Vanessa's face, and I purposely bumped into a stone to see her face one last time since I was sinking. I thought that it would be the last time I would see my owner, who used me for 2 years. And there I was, traveling across the sea, and after 26 hours, my battery died. I don't remember what happened to me after that. But the next thing I saw was me at a table. After two hours of dying of boredom, a man dressed like a mafia member arrived. He was a genius, despite his mafia appearance, and he fixed me. I couldn't be happier when he clicked his face at me. To be honest, the way he clicked his photos was not very good. The boy's name was Arch.

The boy got used to me and eventually got better at taking photos. Arch named me Fernandez, and I was over the moon because it was the first time someone had ever named me. He was definitely 10 times better than my previous owner, Vanessa. He bought a case for me. And the designs of me and the case were matching. The photos he snapped were literally for sale. Everybody liked the way it turned out and the special features I had. And just like that, the popularity of the Polaroid camera grew. He then bought a house for his parents and him. And God knows how proud I am because of him. Even though he was rich, his behavior and habits did not change. He quickly became a professional photographer and was hired by various companies to take photos. Every single photo that I printed out was either stacked up on his room's wall, in museums, or in different places as their logo and slogan.

After a few years, I noticed something strange about how Arch began to spend most of his time on his phone because he would either use me for clicking photos or drawing. And it somewhat disturbed me because I thought that he had forgotten me. Then, after some weeks, something bizarre happened. He kept his phone under the table where I was, and I found him using a dating app. It said that the match was found, and when I looked at who he matched with, it was Vanessa. Soon, Arch spent hours calling Vanessa and drawing portraits of her. I didn't know that he was this interested in love. But I still didn't want to meet Vanessa. One day, Arch brought Vanessa over to his place. When Vanessa entered the room and saw Arch's shelf, her soul left her body. She suddenly became teary-eyed and turned to Arch. She shouted, saying, "You were the freaking one who stole my camera." Well, if I'm being honest, if I were in Arch's situation, I would have slapped her and kicked her out of the house because she wasn't even letting Arch speak. She then became overly dramatic and started to share her fake "perfect" journey with me. Suddenly, she gave me the name Stri. Wow! She could definitely win the title "Drama Queen." Then Arch just told her to shut up and tried to explain what had happened. I felt sad because I didn't know that this could all happen because of me. I wanted to cry and just break myself.

Arch shut me down in a box, and the last words I heard were, “You remind me of the day I was suddenly depressed.” My battery died. I never got to know what happened to the depressed Arch, but I felt that he was definitely doing better. After 4 months, Arch took me out of the box, and I felt like I was alive again. He had a much more beautiful, kinder, and good partner, with whom I was really happy with. And surprisingly, his partner also liked photographs. His partner also had a Polaroid camera, so I was happy that I got a new friend. The other camera’s name was Lotto, and he and I felt like buddies. Both of them clicked many pictures of me and Lotto. Even though that was a lot of work, I was never exhausted because I was happy. The photos that I had printed out were hung on his walls. And sometimes I just felt like a part of his life. I saw him through all his pain, happiness, etc. He uses me every day, and when his son saw me, he said, “I’ll capture my whole life from here.” This was the missing part of my life. The things he said really touched me. As he was Arch’s son, indeed, he captured his whole life through me, and he has a whole separate room for hanging and pasting the pictures I printed. And they also invented new types of Polaroid cameras. The whole series was known as “The Polaroid Camera Family.”



Krishma Thapa

Roll no: 27005

Be Your Own Home

As we move ahead in our life. There is a lot we go through and each problem we face, we learn a lesson. There are a lot of friends we made once but we don't have a lot of them with us now. It's always not like how we expect things to be. Our high expectations keep hurting us later. It's something we will never forget and it will be like traumatic for us. We are always curious about why we are hurting inside, but we never care about it being us. There are things we feel low about a lot of the time.

Good things take time. We should avoid thinking negatively all the time. Nearly 800,000 people die by suicide each year. Things are always not easy and there are a lot of people going through the same things you are going through. They are having a hard time too and are dealing with it. We may do a lot for someone close to us but later knowing they were actually not the one we thought of. You will feel low about it of course. Don't be harsh on yourself. Things take time and you should give time to yourself too. Don't let yourself go away for someone who is worthless and who was the one to cause you a big wound.

It may take time but gradually things will start getting better. Life is tough. Take yourself as your safe place, never let yourself go away so easily. Think about you hurting yourself too. We never care about what we are going through. We complain

about others not caring about ourselves but do you actually ask yourself about you being harsh to yourself. It's real that life never goes with a smooth line but there are a lot of difficulties we have to go through.

Ending your life or trying to end it is never a solution. You will never be able to face things and that's not the solution. It may be an easy option for yourself but never for your family and friends. Think about others too, about your close ones. Don't be so selfish letting yourself go away. You are distancing yourself. Take time and think about the improvements. There is a lot left for you to see. A lot for you to explore and actually enjoy your life. Things may seem out of pace and you might feel like you are lagging behind but everyone has their own speed and pace in life. Remember a person might have to wait for 5 years after graduating to get a job while someone could get a job immediately after college.



Sarthak Dahal
Roll no: 27022

Is A.I Really The Future, or The End of Humanity?

Artificial intelligence (AI) has been a topic of much discussion and debate in recent years, with some people seeing it as the future of humanity and others viewing it as a potential threat. In this essay, I will explore both sides of this argument and try to come to a conclusion on whether AI is truly the future or the end of humanity.

One argument in favor of AI is that it has the potential to revolutionize various industries and make our lives easier and more efficient. For example, AI can be used to automate tasks and processes, freeing up human workers to focus on more complex and creative work. AI can also be used to analyze large amounts of data, identify patterns and trends, and make decisions based on this analysis. This can help businesses and organizations make more informed and accurate decisions, leading to improved efficiency and profitability.

Additionally, AI has the potential to improve healthcare by analyzing patient data and providing recommendations for treatment, or by diagnosing diseases more accurately than humans can. It can also be used to develop new drugs and treatments, or to predict and prevent epidemics. In short, AI has the potential to greatly improve our quality of life and make the world a better place.

However, there are also valid concerns about the potential negative impacts of AI. One concern is the potential for AI to replace human jobs, leading to widespread

unemployment and social unrest. There is also the potential for AI to be used for malicious purposes, such as creating autonomous weapons or hacking into systems. Additionally, there are concerns about the ethics of AI and the potential for it to perpetuate and amplify biases present in the data it is trained on.

Ultimately, whether AI is the future or the end of humanity depends on how we choose to use it. If we are careful and responsible in our development and deployment of AI, it has the potential to be a hugely beneficial technology. However, if we do not address these concerns and make sure to mitigate the risks associated with AI, it could have negative consequences for society.

At the 2018, SXSW conference Elon Musk said this- "Mark my words A. I is far more dangerous than nuclear weapons." So, is it true? A.I is said to be the next generation for humanity. Us humans can make them do anything we want from washing clothes to driving cars. But is A.I really the future or the end of humanity? For example, this year in April two men died in a car crash in a Tesla Model S engaged in Full Self Drive mode(FSD). The autopilot missed a slight curve on the road and rammed into a tree. A.I can be far more dangerous than we can ever imagine. We can't rely on artificial intelligence for everything in our life.

Elon Musk states that in a few years the robots will start to move so fast that we can't see them easily with our naked eyes. He also states that soon humanity is going to vanish in a robot apocalypse. A.I is not very far from taking over the world. It can easily wipe out humanity if we're not more careful. A.I are now found in our daily life for eg- in cars, mobiles, etc. We have lost lots of lives due to the failure of A.I. For instance, the well-known app 'Uber' had also got the idea to launch autopilot cars. A tech company in Hong Kong has already developed a humanoid robot whom they've named 'Sophia'.

In conclusion, AI has the potential to be both the future and the end of humanity, depending on how we choose to use it. It is important that we carefully consider the potential risks and benefits of AI and take steps to ensure that it is used in a responsible and ethical manner. So, it's our responsibility to shape the future of AI in a way that benefits humanity as a whole



Aayotrie Chaudhary

Roll no: 27019

The Kite

Mabel Rd park, Waco Tx, USA. 1:28 PM

It was a cold autumn day in the park, the leaves had already fallen off the trees and were cluttered upon the path in the public park. I was alone walking, the other kids were off at school at this time of day. Some feel pity for me for not being able to go to school, but I'm too busy caring for my mother to care about their thoughts and whispers.

It all happened about 5 years ago, my father passed when I was just 7 years old, I never knew him well, he was always in his study working on his book series he didn't even eat dinner with us. Yet, even though he didn't interact with us, my mother loved him, and I guess I did too. I always secretly hoped that one day he would finish that book series and read it to me, the hope eventually faded away as his health began to decline, and one day, he was just gone. My mother hasn't recovered since. My best friend, and, well, only friend, Marie said my mother was suffering from something called depression and that for some people it lasts longer than for others. Now the only thing I secretly hope is that my mother can get better and we can finally live a normal life. A life where she would cook and clean and do the laundry, and I would go to school and study. I have lots of secrets, but not anyone to tell them to. Marie is always busy with schoolwork and she's busy being friends with other kids at school, meanwhile I'm alone in the park, staring in amazement at the fact I can see my own breath.

I look up at the sky and think of what secrets I would share if I had someone to share them with. I would share about my life at home, how I sneak the books that my father wrote from his studies even though I can't read all too well. I would share about the secret ingredients I use to make pasta at home, even if my mother doesn't often bother to come out of her room to taste what I created. I would share how I feel lonely, but, then again if I really had someone to talk to then I probably wouldn't feel lonely anymore, right? Just then, as I'm looking up at the serene, white, clouds, I see a yellow thing soar in the sky, too bright of a yellow to be any sort of bird. I had nothing to do, so I went to see what it was and where it came from. I eventually found my answer to what the yellow thing was. It was a kite, and it was also stuck in branches of an oak tree. I climb up the rough bark of the tree to go retrieve the kite stuck in the branches. When I get the kite unstuck I plop down onto one of the lower branches of the tree to examine it. A tag on the back of the kite says Dylan Murreck, house 12 on Marlie Jane Rd , Newport Rhode Island, USA . I didn't know where Rhode Island was but I had planned to go to Marie's house in the evening anyways, now I would have an actual reason to go. I took the kite and hopped down from the tree and onto solid ground. The leaves crunched under my feet as I walked home to waste some time until Marie's school was over.

Once I got to my house door and opened it, I was surprised to see my mother standing

next to another lady looking brighter than ever. "What is going on...?" I said slowly with a confused look on my face. "This is your aunt and we are going to stay with her until we get back on our feet. We are also admitting you into a school so you can learn to read," My mother said. The lady next to her, who was supposedly my aunt, turned to her with a bewildered expression on her face "The girl doesn't know how to read?" she uttered. I ignored the woman though at the same time I couldn't help but be awestruck that she managed to get mother out of her bedroom and looked so lively. I actually wasn't used to people interacting with me other than Marie and very few times mother, usually people would just whisper behind my back and I'd ignore them. I turned to my mother and asked "Where?," she promptly replied back with "Rhode Island, it's a state up north," I widened my eyes at that. "When?," I asked. My mother made a sheepish smile and just said "Well I was thinking of going right now, I've already packed your shirts and pants, and everything," she made a solemn expression. "It didn't even fill one suitcase, and it was all so old," her eyes glanced up from the floor and looked up at me before she finished what she was saying "Why did you never tell me?," I'm not going to lie those words she said broke me a little inside, how come I never told her? How come she never came out of her room and cared for me like an actual parent?! I bit my tongue from blurting out those words, my anger. "I didn't want to disturb you and worry you," I just said instead. I quietly walked off into my room and looked at the emptiness, it didn't look that different except the flashlight I used for light was gone and there was this maroon colored suitcase on the floor, she hadn't really touched my bed though, well, beside the stuffed animals I had laid out on my bed previously. I opened the suitcase and sure enough, there were all my things, well except a few, I rummaged under my mattress and breathed a breath of relief as I felt the pages brush against the palm of my hand, I slowly pulled them out careful not to damage it. It was my father's novel that he had been writing before he passed away. I would secretly read them before bed, even though I didn't understand much. I hid them under my clothes and zipped up the suitcase before bringing the suitcase and the kite to our living room. "What's that," asked the lady, in a honey coated voice. I didn't reply to her question. I just left the suitcase in the living room and headed out the door. I had only entered the living room to check the time. The clock was broken but by now I had understood what time it was supposed to be saying, and right then, it was time to go to Marie's house and tell her what was happening. When I got there however, her parents opened the door and with a smug look on their face said "Marie is with her actual friends," exaggerating the word 'actual'. Marie's parents didn't like me, they thought I was too dumb and poor to be friends with their daughter. I was about to ask them to leave a message from me to Marie when they slammed the door in my face. I sighed knowing there would be no way to talk to her and just walked off to my home sluggishly. When I reached home my mother and the lady seemed to have been waiting for me. "Young lady," my mother said in a strict tone. "How come you didn't ask before you left the house?," she said sternly. "You never cared before," I muttered under my breath. "What was that?," she said, raising an eyebrow. "Sorry mother," I just said in a cold voice. I turned to go to another room but my mother stopped me. "Stay here, we'll be leaving soon," she said and walked to the kitchen. The lady tried to make small talk but I just answered with dumb answer so she would

leave me alone. "What religion are you," she would ask, "I dunno," I would respond "You don't know your religion?," she would again ask, I just replied with a "nope," "Come on, you can tell me," she would say, I just answered again with a dumb answer hoping that if I sounded too dumb then she would stop asking the boringest questions, why not a fun question like "if you were in a zombie apocalypse , what type of sword would you choose?," now that would be interesting. She wouldn't stop persisting though even when I had already answered with answers I personally thought were dumb enough to make her stop, answered with all sorts of answers, even one that went like "oh you know, the one religion people have in America, christian or something," she quickly responded back with "people have many religions in America, not just Christian," . Obviously I knew that, I just didn't want to answer the question but it seemed like she couldn't get a hint. Luckily my mother walked into the room again and told us to get up. We walked outside into the garage area and got into a silver car. I got the whole back area to myself while the suitcases went in the back and my mother as well as the lady got into the front two seats. I hadn't gone in a car in years so it was quite a journey. It took 1 night and 1 day to reach Rhode island. We just slept in the car in a random parking lot one night and trust me, I was so sore the next morning, but finally we reached a house in Newport, Rhode island.

Saint Haven Way, Newport Rhode Island, USA. 1:28 PM

I looked at the house we were going to stay at, not too shabby I thought as I entered. The house was a cornflower blue color with white accents. It had brown wood flooring and its aroma smelled like lemons inside. The walls were different shades of blues and greys and the kitchen had a window kind of hole to look into the dining room. I liked the dining room. It had a rectangular wooden table that could fit 6 people and a window with a comfy looking window seat. The seat itself had an anchor plush and decorative pillows. The living room had a small television and glass coffee table with knitted coasters on it. The couch was grey and had a knitted blue blanket on it while the other chair had a mini ottoman added. There were stairs that led up to 2 bedrooms and one bathroom with aqua coloured walls, a bathtub, two beige coloured sinks, a toilet and also a closet with a washer and dryer. One bedroom had very dark blue walls and the other had light grey ones. There was also an attic that the lady apparently had separated into two more rooms, one was her home office the other was just storage space. I turned to my mother to ask a question but her brightness had worn off and her face looked tired and gloomy so I just turned away. The lady led mother to the light gray bedroom and told her to rest. I just stood in the hallway awkwardly with my suitcase not knowing if I should follow or where I should go. When the lady emerged out of the room she saw me standing there and led me up the stairs to the attic. I was quite amazed at the design of her office, it was so bright and beautiful and there was a small window which you could see the seaside through, it was very different from father's back at home. She didn't lead me upstairs to show off her office though, she led me to the storage area of the attic which I hadn't seen yet. She opened the door and said "SURPRISE!," in a pleasant voice. The storage space had been designed to look like a child's bedroom. The walls were painted a mint green shade and there was a little bed with a few artistic metal designs and a bedsheet that had blueberries on it. The

blanket had blue bonnets on it. "I chose blue bonnets because it's the state flower of Texas so I thought it would remind you a bit more of your home back in Texas. The bedsheet was chosen because it kinda matched the blanket. Oh! And the walls are painted your favourite colour, I asked your mother," she rambled. I was shocked, well that might be an understatement, I was flabbergasted. "Mint green was my favorite color when I was 6, but thank you," I said in a calm voice. The lady pointed to some brochures on the bed "there are the options for your schooling, let me know which one you choose," she said also calming her voice down a bit but you could still tell she was excited. She then pointed at a large chest in front of the bed. "That's where you can store your clothes and other items," she said. She then slowly turned and left the room. I flopped onto the bed before I heard the door creak again and see the lady come in. "By the way, your kite is still in the car, wanna go get it," she asked. "It's not my kite," I answered back tiredly, "what?," The lady made a confused face and sat down on the bed with me. "I found it in a tree," I say hoping she would just leave me be for a bit "who's it," she probes on. "I don't know, their name is on the back if you wanna check," I say "why don't we look at it together," she cheerily says and pulls me up off the bed, I follow her down to her car and we look at the kite together. "house 12 on Marlie Jane Rd huh? Well that's just down the road, want to take a quick trip up to the house and see if we can find the owner or do ya wanna keep it for yourself?," she asked in a joking manner. I didn't replayed I just started walking the wrong way. The lady showed me the correct way and we walked to the house, it wasn't that far and the walk was surprisingly peaceful, the ocean waves crashing and the seagulls squawking from above. When we reached the house I felt a sense of dread looming over it, but I couldn't put my finger on exactly why. The door was red with a golden knocker, as the lady called it. I didn't actually know what a knocker was but I soon found out as the lady held the part of the knocker that wasn't screwed directly onto the door and used it to knock on the door with. A man opened the door and his eyes widened so much it seemed like they were going to pop out of his eye sockets. I looked at the lady and her eyes were the exact same. We all stood there for what seemed like minutes but really it was only a few seconds before the lady, seeming to regain her voice to some extent said "C-Callum, is that you, aren't you supposed to be dead?," she inhaled sharply. The man looked around and he looked as he was trying to come up with some sort of excuse. Eventually he realised there wasn't really any way to hide it so he just replied with a quiet "yes, it is me," I stared intensely at this man, he seemed familiar yet so strange, Callum, hmm where had I heard that name before, then it struck me and I felt a shiver go down my spine. That name was the author of the books I had been reading. The man that stood right in front of me was my father who I, and many others had thought to be deceased.

Millions of questions ran through my mind at the same time and few were answered when this fairly pretty lady came along to the door and held my dad's arm. "Who are these people? Tom the woman asked," with that my supposed aunt blew up "Tom?! TOM? What do you mean Tom? Care to explain this Calum, or should I say TOM! Have you been here this whole time while everyone thought you were deceased? While your wife and the mother of your child was depressed thinking you were dead? HOW

COULD YOU! Do you even recognize this girl right here next to me? Huh? This is your daughter, do you know, just the one you left without a father figure thinking that you were dead!” The woman next to my previously presumed deceased father had a face expression so funny I would’ve laughed if my face wasn’t the same level of shock. “Listen , listen, I can explain,” his eyes darted towards the kite and he stopped what he was about to say and instead he said “ where did you get that kite?” At that my aunt blew up again “WHY DON’T YOU ANSWER WHERE YOU’VE BEEN GONE ALL THESE YEARS!” I answered his question ignoring the fact my aunt was practically blowing smoke out of her ears, I figured if I answered his question maybe he would answer ours. “I found it stuck in a tree, who is it?,” I inquired. “It’s my son’s,” the woman standing next to my father spoke up. “Where is he?,” I, now speaking directly to the woman. Her eyes seemed to well up with tears but she quickly wiped eyes and bent down to speak with me. “My son is unfortunately no more, in my eyes he finally got peace and had to stop fighting okay?,” for some reason I just blurted out “Maybe he is still out there though! After all, I thought he was dead,” I pointed to my dad.

After I said that everyone became quiet. It was silent except the howling wind and the crashing waves. My father invited us inside and before my aunt could get mad again I agreed and looked up at her with pleading eyes. Once we got in the room they called the sitting room and sat down, my father began his explanation. To sum it up, it was a really bad excuse. Even I could’ve thought up an excuse better than that, he had so much time to think of a better excuse and yet the one he came up with was that when his health was decreasing he got moved to a hospital in Massachusetts, which is another state near Rhode island and he met another woman, the woman that was next to him, her name was Michelle and she was from Chicago, however, due to her son’s decreasing health she also was in Massachusetts. They fell in love or something and so when Michelle’s son died, he just knew he couldn’t leave her, so he faked his death. I ain’t going to lie, when I first heard that story, I laughed. That’s when I found out he wasn’t kidding. My aunt got up right then and took me with her saying “I think we’ve heard enough,” We walked out the door and we didn’t even return the kite. “Are we going to tell mother?,” I asked while we were walking home. “No, she’s suffered enough and she’s only finally healing, if we tell her now that it was all for nothing, she might just break entirely, forever.” She sighed .

When we got home I went to the dining room and sat there waiting for my aunt to go wake my mom up and bring her down to eat. The waiting went on for a few minutes and I heard a cry. I rushed up the stairs to find my aunt kneeling on the floor with my mother laid out. At that moment from my aunt’s face and the pill bottle in my mom’s hand, I could already tell what had happened. I couldn’t help but feel my world shatter beneath my feet. My mother had overdosed. The letter that was on the bedside table later also confirmed my thought, my mother had been suicidal for a long time, it’s just that she wanted me to have a good home before she left the planet.

The day of the funeral I was dressed in a black dress, my mother had picked it out in advance, she knew. My face was wet with tears and my nose was snotty. I walked back to the car and cried there by myself for a while. As I was walking back, a gravestone caught my eye. It wasn’t the unique designs on it that really caught my eye, kite designs, but rather the name written on the gravestone. Dylan Murreck. I quickly went back to

the car and took out the yellow kite. I then carefully tied the string onto a big heavy rock. Then, I left the kite on his grave. A gust of wind came and made the kite soar. I felt lighter as well. I hurriedly rushed back to the funeral where I gave a tight hug to my aunt, and with that hug, for some reason, I felt like a new beginning was just about to begin.



Aayusi Shrestha

Roll no: 26002

Should Parents Stay Together for The Kids?

Parents should not be staying together for the “kids,” in my opinion. The parents in many families frequently argue with one another. They fight on a daily basis but do not want to divorce. The majority of parents wait to divorce until their children are older so that they can manage it more readily, but the reality is that parents are unaware of the trauma their children will experience if they continue to fight constantly while remaining together for “the children.” This phrase is frequently used; however, in my opinion, some parents simply use their children as an excuse to spend time together rather than actually staying for them. Most of the time, parents continue to love one another despite frequent arguments. A lot of people who grow up in toxic households go through a lot of traumatic experiences. Most of the parents who stay together for their children always try to blame their kids when they fight with each other. Parents believe that their children will be able to handle divorce better as they get older, but let’s face it: no one, regardless of age, can handle divorce well. Parents shouldn’t use their children as an excuse, and being in a relationship even if you don’t enjoy it can have negative effects on everyone in the family. Giving up without ending the relationship simply makes the wounds worse. In my opinion, parents should not stay together for their kids even if society tells them to. Many kids gradually begin to despise their lives as a result of the toxic environment that their parents have created. When children grow up in homes where there is frequent conflict, stress, and sadness, they may have less successful adult lives, or it may even lead to suicide. Rather than having both parents under the same roof and living a miserable life, a lot of people would choose to live happily with only one parent. I agree that divorce has a negative impact on children’s lives and mental health, but I also believe that living in an abusive or toxic home can make things far worse for them. Most of the households in Nepal have parents who are in a complicated or toxic relationship. Children are traumatized by divorce, as are frequent toxicity and arguments. Most of the time, the parents are told to stay together for the kids by the relatives or family members, but to be honest, if the parents and children are not happy with the toxic relationship, then why should they be pressured to? Children begin to isolate themselves and stop being involved in family events; they may not even want to spend time with their parents if they are exposed to a toxic environment. Also, if the parents are not really happy with each other and stay together only for their children, that would lead the parents to be

depressed and ruin their lives. The worst thing parents can do for their children is not necessarily divorce. Fighting while still married is worse since it involves awful language, anger, or violence. There are pros and cons to divorcing and staying together, but if a child stays in an unhealthy environment, it will have lots of negative consequences. A child can be diagnosed with mental disorders. They can suffer from anxiety, loneliness, isolation, poor mentality, bad social skills, communication problems, and more. In conclusion, I believe that both divorcing and staying together cause trauma, and the better solution is to divorce rather than fight all the time and be unhappy with their partners.



Rushina Tamang
Roll no: 26008

Curiosity, Desire and Corruption

You all might be wondering, desire does lead to corruption but how is curiosity associated with it? Well, every path of corruption initiates from curiosity. We all have learned about how desire for power and money leads to corruption. But that desire starts from curiosity. The curiosity about what power against others feels like or what it takes to be rich. And overall, curiosity is what leads people to do almost everything. It is the beginning of some of the most fraudulent acts and desire just gives a strong stand for that curiosity. Desire is like the fuel for a car to help it run.

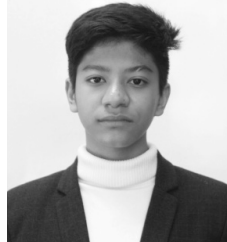
So, let us take an example to understand this concept even better. Let's say a child who has been fed with info about the feeling of euphoria that comes with being rich and the unconquerable power that they hold. Now that the child has been familiarized with this type of information, their mind will be filled with curiosity about what it feels like to be rich and powerful. That curiosity soon turns into a desire and let's also assume that the child is uneducated. Because in most cases a child with this mindset will find a better way to be rich and powerful if they are educated. But in the case of illiteracy, that child is bound to set foot into the path of corruption for them to accomplish their desire. And undoubtedly, this is the background narrative of most corrupt leaders and the rich.

Going back to what I mentioned earlier, "Curiosity leads people to do almost everything". As a basic example to explain this concept, ancient humans didn't just create fire just because they felt like it. NO. They created fire with the curiosity of what striking two rocks against each other hard enough would create. Almost everything surrounding you, the concept of their creation started with an idea or a feeling. Even biologically, it is the curiosity of what it feels like to have a child that drives most

parents into the process of childbirth. Us humans wanted to know what it felt like to touch the sky. But that idea of wanting to touch the sky led us to discover space and the universe. Even the greatest discoveries started with a matter of interest.

Hence, it is the mindset that leads most people into becoming renowned corrupt leaders. Not their fate or them being a spawn of the devil. The reason for their misdeeds is undoubtedly their surroundings itself. Therefore, we can say that we are the ones who created the corrupted. In a philosophical sense, we can say that “Humans are their own demise”. A parent with bad parenting skills raises a child and after the child takes on their bad behaviors, the parent says to the child that “I didn’t raise you to be like this”. This is what we are doing as a nation. We are raising people with the most corrupt mindsets and after they start to set foot on the path of corruption, we start blaming them.

What we are missing here is, we are only looking at the cover of the book. We aren’t actually reading the concept and story that it holds. Which is also why we should think twice before blaming others. And the mindset of a person can always be changed. Even the mindset of a person who has gone far into the path of corruption can be changed. Because there will always be time to correct your mistakes as long as you are alive. Even I myself was curious about what really led people to becoming corrupted, which led to me discovering the concept of this article. Lastly, I would like to say that curiosity is a very compelling thing. So, instead of changing people after they have gone corrupt, let’s start from the beginning. Let’s start teaching people from youth about how corruption is unacceptable. Let’s start teaching them about the right way to achieve their desires.



Sauharda Bajracharya

Roll no: 26010

Does Argentina hate Nepal?

There is a widespread misconception amongst people about Argentinians hating Nepalese. People believe that Argentinians utterly despise Nepalese people, Argentina does not give visas to Nepalese residents and that Nepal does not have an Argentine embassy. It is also believed that every year, Argentinians burn and bury Nepal’s flag. So, why do Argentinians hate Nepalese so much or is it just a hoax?

The story starts on an island called ‘Falkland’ located near Argentina (approx. 1521 km away). There had always been an argument between Argentina and the United Kingdom on who was the rightful owner of the island. Later, France and Spain joined in the argument and tried to claim the island as their own. Initially claimed by France, the island was later conquered by the United Kingdom. Subsequently, the island was captured and claimed by Spain. Again during the rise of the British Empire, Falkland island was recaptured and claimed by the United Kingdom. However, the Argentine government did not like their island being captured by different countries after

countries. Thus, on April 2, 1982, the Argentine government sent their troops to the island and claimed it as their own. The United Kingdom (Britain) had lost the island two times now, but they would not give up. The United Kingdom sent Nepali Gurkha Armies to the island as a part of a 180 year contract. They also spread rumors about Nepal Gurkha soldiers being the fiercest and human eating cannibals. The Argentinian soldiers were terrified and after a fierce battle for 2 months, Argentinian soldiers surrendered to the fierce Nepali Gurkhas representing Britain. Due to this reason, many believe that Argentinians hate Nepalese people, but this is just a hoax. Argentinian residents of today's generation do not even know that a country named 'Nepal' even exists. For those who know, they only know that it is the country where the tallest mountain, 'Mount Everest' is located and that our country's flag is not in rectangular shape. For those who know about the Gurkha soldiers and the Falkland war, they do not hate Nepalese. In fact, they praise the Nepali Gurkha soldiers. Late Diego Maradona (Professional Argentine football player), praised Nepali Gurkha soldiers and even gave an example of them in the football field.

Therefore, Argentinians/Argentina hating Nepalese/Nepal is just a hoax. However, there is no Argentinian embassy in Nepal but, it is nothing to be surprised about. At present, there are only 20 embassies of different countries in Nepal and other than India and Pakistan, South Asian countries do not have an Argentine embassy. If there are any problems, we can contact the Argentine embassy via India/Pakistan's Argentine embassy or contact them through the Brazilian embassy in Nepal. Another misconception amongst people is that Argentina does not give visas to Nepalese residents. This claim is totally false and anyone can get a visa to Argentina through the embassy's online website. There is no reason to believe that Argentina hates Nepal. After the devastating earthquake in 2015 A.D. Argentina built health care centers in Nepal. In conclusion, Argentina/Argentinians do not hate Nepal/Nepalese and the diplomatic relation between the two countries is also very good.



Pusparaj Dhungana
Rollno: 24058
Music Therapy

In order to meet a person's physical, emotional, cognitive, and social requirements, music therapy is also an option. It is a strong instrument that can be utilized to improve communication, expressiveness, recovery, and healing in people of all ages and skill levels. A licensed music therapist who has received specific training in the application of music as a therapeutic tool often oversees music therapy sessions.

Together with the patient, the therapist develops a unique therapy strategy that may entail a range of activities, including singing, music composition, playing an instrument, and listening to music. The capacity of music therapy to enhance social and communication skills is one of its key advantages. Music can offer a nonverbal way of communication for people who struggle to articulate themselves and can be utilized to promote social connection. In addition to addressing physical and emotional difficulties, such as pain management and problem-solving, music therapy can help improve cognitive abilities, including memory and attention. Ancient civilizations used music in a variety of rituals and ceremonies because they thought it had healing effects. Since then, music has also been used as a therapeutic intervention. Today, music therapy is employed in a variety of contexts, including hospitals, schools, rehabilitation centers, and mental health facilities. It is acknowledged as a valid form of treatment. According to research, music therapy is useful in a variety of settings, including enhancing dementia patients' quality of life, lowering anxiety and despair, and enhancing results for people with developmental impairments. Additionally, it can be utilized to assist people with physical impairments, such as individuals coping with Parkinson's disease or stroke survivors. Music therapy can be a potent tool in the entire treatment plan for people with a range of requirements, even though it is often employed as a complementary treatment. It can be a source of pleasure and relaxation as well as a sense of accomplishment and purpose. Studies have shown that music therapy is useful in treating the signs and symptoms of illnesses like cancer, heart disease, and persistent pain. It can give them a sense of control and help them cope with the physical and mental difficulties of the situation. It can raise one's quality of life, calm one down, and give one a feeling of belonging and direction. There are several places where music therapy can be used, including hospitals, schools, rehabilitation centers, and An increasing body of research is being done to examine the efficacy and possible applications of music therapy. A wide range of illnesses, including mental health issues, are currently treated with it. It has been demonstrated that music therapy is useful in treating diseases like depression, anxiety, and trauma. It can offer a secure and encouraging setting for people to express their emotions and work through difficult events. **Developmental impairments:** Music therapy can be utilized to support the cognitive, social, and communication needs of people with developmental disabilities. Additionally, it can boost your self-confidence and give you a sense of success. **Physical impairments:** Music therapy can help people with physical limitations by enhancing their strength, coordination, and movement. Additionally, it can be applied to relieve tension and control pain. facilities for mental health and ion centers It can be done alone or with others, and it can include a variety of activities like singing, music composition, playing an instrument, and listening to music.

Overall, music therapy is a beneficial therapeutic alternative that can aid patients with a variety of requirements by enhancing their physical, emotional, and cognitive abilities. It is a potent instrument that can aid in expression, communication, and healing. As a helpful therapeutic tool, music therapy can be utilized to address a variety of physical, emotional, cognitive, and social issues. It is an effective tool that helps people of all ages and abilities communicate, express themselves, and heal.



Pranish Khanal

Roll no: 24080

Can You Enjoy Music Without Knowing The Lyrics?

Some people have lives, while others have music. Music is a form of art that echoes companionship, brings in liveliness, and thaws the mind from its inevitable wintering. The magic intertwined within the tangles of lyrics, beats, rhythm, and melody in music can do wonders and bind one to awe. While music has had a steady definition, its scope has widely varied. It has always been around, just remixed as time goes on. Music doesn't need human language to express something; it is the language itself. Moreover, the various rhythms, tunes, melodies, and tonal shifts overshadow the paucity of lyrics. Music creates an atmosphere, a mood, and an internal response within a person, summoning the absolutes of one's mind. Songs with lyrics in different languages no longer stand as a hurdle, and they go beyond the linguistic boundaries. "Despacito", an international song with over eight billion views on YouTube, is breaking charts. It is a song widely celebrated despite being Spanish when only eight percent of the world's population speak Spanish. People listen to it to feel the flow and tune of it. People seem to remember the lyrics and enjoy singing them without having a grasp of their meaning. Another excellent example is the widely popular K-pop music. Music is much more than the play of words; instead, it is the play of emotions, which exceeds semantic boundaries.

In addition, many people appreciate music for its cultural and historical significance, even if they do not understand the lyrics. Traditional music from different countries and regions, as well as world music, which includes traditional and indigenous music from around the globe, both have dedicated followings of fans who are interested in experiencing and learning about other cultures through their music. For instance, festivals such as Celtic Connections and WOMAD attract thousands of visitors from around the world who are interested in traditional music and its cultural significance. In fact, according to a report by the World Music Network, world music accounts for over 5% of global music sales, demonstrating the widespread appreciation for music from other cultures. This demonstrates that many people appreciate and are interested in music from other cultures, even if they do not understand the lyrics. Also, we can't completely deny the fact that lyrics do matter when it comes to a certain style of music. In some genres, lyrics hold a pivotal position. The lyrics in a song will help one gain further depictions in the music; however, music does not all rest on the lyrics. There is a complex interplay of factors that shape music and connect us to it. The musical rhythm has the power to broadcast the purpose of its composition. Different lo-fi music with their lyrics remixed and edited in various ways can help one stay calm or gain momentum while performing

tasks.

In conclusion, the amalgamation of human emotions and connections with music makes it possible to appreciate music even if we cannot understand the lyrics. If one is able to get along with the music and have their ears and mind tempted, only then can one truly value and appreciate it. The beauty of music truly lies in the atmosphere it is able to build and draw an audience into. Music helps reconcile the disputes between one's mind and soul, bring in solace, or even tug at one's heartstrings. However, understanding the lyrics would be a cherry on top, despite the fact that it can be enjoyed with very little understanding of the lyrics.

Reference: The Philosophy of Music (Stanford Encyclopedia of Philosophy). 11 July 2017, plato.stanford.edu/entries/music.



Prijom Khadka

Roll no: 24076

Don't Let Yourself Drown

There are certain mornings when I wake up and my brain just doesn't want to function. It looks for a million different excuses not to get up, get dressed, go out, and face the world; there are nights when I wake up all drenched in sweat because of some random nightmare and then I fail to go back to sleep. Mental health is as important as if not more important than physical health. While physical sickness can be seen by others, mental illness is hard to figure out. So, it may seem that a person who happens to be mentally ill, is merely making excuses, but that is not what it looks like: Students these days seem to suffer more frequently from mental health disorders than in the past. The fast-paced "Information Age" has increased competition like never before. So, what can one do when they feel like the whole world is weighing down on them and when the four walls around them seem to be closing in? Well, the first thing I can suggest is to keep reminding yourself that you are not alone. Talk to a close friend or member of your family about what you are feeling and how you are feeling. This serves you well by taking the weight off your shoulders. Another thing you can do is find a hobby: drawing, reading, exercising, listening to music, playing an instrument, or writing anything helps, and having a hobby is like having an outlet. It reduces your stress and releases the good chemicals in your brain that will make you feel better. One thing here, that we should keep in mind, is that our hobbies could be way far from being perfect and that should not be a case of botheration. Also, do some yoga; yoga helps regulate your breathing. It sends lots of oxygen to your brain, which is really good for mental health. Do not restrict yourself in your room. It will just make you feel worse. Get up and take a shower: go out for a walk or even just sit on your balcony.

These are a few things that worked for me and I am sure that some things will work for you too. It might not be the same, but there may be other things that will work for you. So, find one. The anxiety that one day, we are going to lose everything, is real for so many of us. The important thing to remember is that, in the end, you are you. Just because you have finished a chapter in your life doesn't mean your life is over. Just focus on yourself and enhance the real you! There is so much more ahead of you. There is much to see and experience. Just don't think that you are alone. There are people who can help you with whatever you are going through because they might have also gone through the stage where you are at the moment. Do not let anything stop you from doing the things you like or the things you want to do; even if you are afraid of failing, do not be afraid of landing...



Chahat R.S. Rathour

Roll No: 24018

The Impact of Internet on Personal Relationships

The internet has a great impact on personal relationships. It is multifaceted and complex. While it has undoubtedly made it easier for us to connect with one another, it has also changed the way we form and maintain relationships around us. The internet has had both positive and negative impacts on any personal relationships we build. On the positive side, the internet, as mentioned, has made it easier for people to connect and communicate with each other, regardless of where they lie and no matter how massive the distance between them is. With the advent of social media, messaging apps, and others, it is now possible to stay in touch with friends, families, and loved ones on a daily basis. Even if they are on the other side of the world, with just a click on our computers, we can connect to them and share our talks. The internet has also made it easier for people to meet and form new relationships. With the advancement of dating apps and websites, it is now possible to find and connect with potential matches or partners online. This has made it easier for people to find compatible partners, regardless of their location or even their social circle. The internet has both positive and negative aspects. One of the biggest challenges is the issue of digital distractions. With so much information and entertainment online, it is pretty easy for us people to get lost in our screens, get distracted by it, and neglect our personal relationships. This can lead to a feeling of loneliness and disconnection, even when physically surrounded by others. There is also the issue of online communication. While it's convenient to be able to message or chat with someone at any time, the lack of facial expressions, body language, hand-eye gestures, and face-to-face communication in general can make it difficult to accurately interpret

tone and intention, which can further lead to misunderstandings and conflicts that might not have occurred in person. The internet has altered the way we communicate. In the past, people would mainly communicate in person. Some through phone calls and letters, but mostly through in-person conversations. However, with the advent of the internet, communication has become increasingly digital. Email and other social media apps have all made it easier for people to stay in touch, but they have also changed the way we communicate. One of the main changes is the way we use language. In the past, people had to be more mindful of their word choice and tone because there were fewer opportunities to clarify misunderstandings. Now, with the ease and speed of digital communication, people may be more likely to use casual or abbreviated language, which may lead to misunderstandings and even conflict. Another impact of the internet on personal relationships is the way it has changed our social circles. In the past, people's social circles were largely determined by their physical location and the people they interacted with on a daily basis. However, the internet has made it easier for people to connect with others who share their interests and values, regardless of location. This led to the creation of online communities and the development of relationships that might not have been possible in the past. Overall, the impact of the internet on personal relationships is complex and significant. While it has made it easier for us to connect and communicate, it has created new challenges and potential pitfalls. It has also changed the way we form and maintain relationships. Hence, it is important for individuals to be mindful of the impact of digital communication and make an effort to maintain balance in their online and offline relationships.



Suravi Niraula
Roll no: 24083
Charles Mahoney

The Mahonys were a showy family. There had been previous instances where I had floated through the night sky, past the large iron gates, and over the acres of lawn and garden towards where the Mahoney mansion loomed proudly. It was such a lovely house that I would pause and gaze down at the beautifully arranged garden—red blooming roses complemented by spiraling green bushes. It was nighttime, but that was the least of the worries in the Mahoney household. There were things to be done: tiles to be cleaned, ceiling-high, rain-splattered windows to be wiped spotless, and sparkling gold lights to be fitted in the marble swimming pools. Cynthia Mahoney wouldn't have it any other way. She wouldn't be satisfied unless every inch of the mansion left their guests with envious eyes. I'd been doing this for years and years, and I can tell you that I'd never wanted time to stop. It was better if I came quickly and left quickly. There was no other way—I didn't want to stop and dwell. That would just make it all so much harder. And yet, there I was, wishing that instead of death, it was time that was in my hands. I wanted time to stand still, give in, and simply watch. Watch the workers as they tumbled in and out, feet restless, as they arranged the chairs and tables, fixed the fairy lights mounted on the walls, and set up the cutlery and champagne glasses. But I didn't have time. I never do. I was there for one job and one job only—to take the soul of a seven-year-old boy named Charles Mahoney. It was bustling outside, but inside, there was deafening silence. The family of three was sitting at the grand dining table, though none of them was eating. Cynthia, dressed in a neat gray shirt and a pencil skirt, sat in perfect posture with her head buried in her hands. Their annual winter gala was tomorrow, and Cynthia was a bundle of nerves. Her head was spinning. So much could go wrong. It had already gone wrong—the rain earlier had set back the time for the final preparations. It wasn't meant to rain, but still, it came pouring down, and the workers and Cynthia simply sat inside, not being able to make use of the very minimal time they had left. It had dried now, but who was to say it wouldn't rain again? She was stressed, to say the least. The only sound came from Charles, who was sitting across from her, with his color pencils pressing down and scrawling on paper. He could see the fumes coming out of his mother's ears and the redness in her cheeks. Her white pearl necklace was tight against her neck, heaving up and down with every ragged breath she took. Charles feared that her head would either explode or that the necklace adorning her neck would snap.

The small, gray-haired maid named Wendy peered in cautiously from the kitchen.

She, just like Charles, was concerned about how long Cynthia had sat there with her head pressed against her hands. Wendy, as she had to feed Charles, was the only one exempt from the Winter Gala duties. Gabe, the head of the family, sat at the end of the table, back facing the kitchen, with a glass of whiskey in front of him. The top button of his pristine white shirt was unbuttoned, and his tie was loosened. He'd dealt with Cynthia's nerves all day, so surely he deserved a glass of whiskey. "Mummy?" Charles had asked, setting down his red-colored pencil and picking up his sketchbook. Cynthia barely hummed. "Do you want to see my artwork, Mum?" "I drew you!"

She looked up briefly, offered a forced smile, and said, "Not now, sweetie." Charles nodded, stared down at his artwork for a few seconds, and then, deciding he had given his mother enough time, asked again, "How about now?" "Can you look at my artwork now?" Gabe responded this time, "Hey, kid." She said later, yeah? She's busy." Charles ignored his stepfather, looking straight at his mother and saying, "Mummy! Please!" Gabe raised an eyebrow at Charles, but Cynthia finally looked up, a fake smile on her face, and said, "Wow, Charles! That's incredible!" Her head was back in her hands as she stared blankly at the table. Charles laughed: "You didn't even look at it!" Mummy, please!" I had watched as the first incident unfolded very quickly. Gabe had slid his leather chair back on the marble floor, the loud scraping sound being one that still rings in my ear from time to time. His gruff voice bounced off the walls: "God, are you stupid, kid?" "Did you not hear her the first time?" He tried stepping away from the chair, but with the alcohol finally taking a toll on him, he stumbled on the leg of the chair and fell face first onto the marble floor.

Charles giggled lightly, and it was at this moment that Gabe decided he had had enough of this seven-year-old boy. His fists clenched and his veins protruding against his neck, he towered over Charles as he grabbed the small boy's neck tightly. Ignoring Cynthia's cries of "Gabe! Gabe, let him go!" he began yelling in turn, "Do you have any manners?" "What is wrong with you, kid?"

Cynthia had tried to push her husband away from her son, but her feeble attempts didn't help. She'd only just gotten her manicure done that day, and I imagined she couldn't bear the thought of them already snapping off. Her nails were bright and smooth, a contrast to Gabe's jagged nails digging into the soft skin of Charles' neck. Gabe's teeth were barred as he continued the assault on his son—cold and calloused hands, capable of such unsightly violence. His words were just about as gentle as his hands on his son's throat: "I wouldn't have even married her if I knew I would have to put up with you!"

Cynthia felt weak, as if she was going to collapse right there and then. Her eyes stung, and her head was dizzy. She stepped back, grabbing onto the arm of the chair behind her. She felt pathetic. Her husband was about to choke her son to death, and here she was, wondering, "Does he truly feel that way about our marriage?"

Charles had fought and tried to pry his stepfather's fingers away from him, but I had already prepared myself for the fact that I would have to carry this innocent blond-headed boy's soul away in my grimy hands. I had been wrong, however, as the old and feeble maid tiptoed slowly towards Gabe, a fierce look in her eyes and a large frying pan in her hands. I had merely laughed at the irony that the maid was making more of an effort than Charles' own mother was. Of course, Cynthia probably didn't

want to get her hands dirty. So you can understand why it surprised me when Cynthia grabbed Wendy's pan and smacked her husband in the back of the head.

As soon as Gabe collapsed on the ground with a loud thud, the commotion taking place just seconds ago disappeared completely. The maid, a young Charles, and Mrs. Mahoney stood around Gabe's body and stared quietly. When Gabe woke a few hours later, in his bed rather than on the cold floor of their dining room, it was like nothing had ever happened. He didn't remember anything except that he had passed out from sheer exhaustion, and no one told him otherwise. I still wonder from time to time how it possibly could be that on a night of so much hustle and bustle, no one else seemed to hear a single sound from the dining room. That was the first time I learned that although the Mahoney mansion was the epitome of beauty, the events unfolding through the windows were nothing of the sort.

Many years passed before Charles Mahoney would follow in Gabe's footsteps and succumb to alcoholism. With the sound of whiskey pouring into his father's flask within seconds of it being empty and the dainty crystalline wineglass a permanent fixture in his mother's hands, it was inevitable that alcohol would become a constant in Charles' life. An uncle offering more than just one innocent sip wasn't a foreign concept. Neither was Gabe asking him to fetch a bottle of wine from the cellar. Before Charles could even comprehend what alcohol was, it was thrust within his reach. The path had already been paved for him. The Mahoney wine cellar called out to him—wine, beer, whiskey, everything. Wendy had caught him once, a twelve-year-old Charles, crouching in the space between the wall and the counter of their mini-bar, gulping down a bottle of beer. She stared at him incredulously—he'd always been such a good kid; what had happened now? And she asked him, but he merely shrugged. His eyes were bloodshot red. She'd snatched the bottle off of him, asking him what was wrong, but he stayed silent. She warned that she would tell his parents, but once again, he just shrugged. She had, in fact, informed the Mahoneys of the incident, and they, just like their son, had merely shrugged at the news. As much as the Mahoneys loved their alcohol, they also knew where the limit was. Maybe not in the privacy of their own home, but when they were hosting a big event with an incredible amount of people, they were able to put on a good show of sobriety. They would clink their glass of champagne with guests, take a small sip, and remain sober for the remainder of the event. It was in this particular aspect that Charles didn't follow in his parents' footsteps. Maybe it was because alcohol was his only form of entertainment at a party he didn't even want to attend, or simply because he didn't know when to stop. One glass would become two, two would become four, and the cycle continued until he would lose count and end up passed out on the tile floor in the middle of a Mahoney gathering. That was perhaps where Charles' second encounter with me began. I lingered outside the door of the Mahoney mansion, peering in to see the commotion inside. Charles Mahoney had been sprawled out on the tile floor just below where the grand staircase leading up to the second floor was. The guests stared down at him, whispering into each other's ears about the atrocity that Gabe and Cynthia Mahoney's son was. This certainly wasn't the first time. Some guests had seen the first version of Charles passing out on the tiles at previous functions. Some had watched his mother rush him

upstairs; a small trail of vomit soon became visible where Charles had staggered upwards.

Certainly, Gabe's patience has improved since the first incident, but in certain moments, you would think he's still the drunken father who leapt at his seven-year-old stepson's throat. And this had been one of those moments. Charles was once again passed out on the tile floors, eyes closed and drool dripping from his mouth, as the guests stared at him and whispered quietly to one another. Cynthia hadn't even seen the state that her son was in, but from the change in atmosphere, she could guess without a second thought what had happened. She walked towards where her husband was standing in a circle with other men, all dressed in neat black suits and each with a glass of champagne in hand. "I'm sorry, could I just borrow him for a few moments?" she said, elegantly linking her arms with her husband.

Without a response, she dragged him away, whispering in his ear, "I think he's done it again." "I heard a few women whispering, and when I approached them, they went silent." He talked quietly, smiling at guests as they walked by slowly. "What are we going to do with him?" "I believe we sh-" He went silent, and when Cynthia looked up at him in confusion, he simply motioned to where the crowd was. They had formed a circle around Charles, all looking down at him with scrutinizing eyes. Cynthia sighed. "I'll go take care of it." She pushed her way through the crowd as Gabe followed behind, murmuring, "Sorry, let me just get him." The crowd dispersed immediately when they saw Cynthia and Gabe, all standing back and whispering as discreetly as they could.

Cynthia knelt on the ground, gently grabbing her son's arm and bringing him up with Gabe's help. His hair was messy and ruffled, his tie was undone and loosely hanging around his neck, and the top buttons of his shirt were undone. His drool left marks on what had previously been a neat, pristine white shirt. Charles had grunted as he was brought up, sleepily mumbling, "What are you doing?"

Cynthia said in a quiet voice, "Charles, you have to go up now, okay?" "I'll take you up now, and you're going to bed." Charles chuckled, "Oh, we're doing this again? "You're making me leave now and tomorrow morning, and you're going to wake me up by yelling at me and threatening to cancel my credit card?" She was quiet, but Gabe cut in, "Don't talk back to your mother, Charles." "You're already walking on eggshells as it is with your drinking, so I suggest you--"

"With all my drinking?" Shouldn't you be proud that I followed in your footsteps? "After all, I learned from you," Charles laughed, and when Gabe didn't respond, he said, "Oh, right, sorry." They're all here. With a beer bottle in hand, he motioned to the groups of noblemen in polished suits and the elegant women with pearls around their necks. "We can't drink too much in front of them."

"I can't wait for that one day when they actually see you for what you are: an alcoholic and an abusive, terrible husband and father," Charles chuckled. "One day, I'm telling you, one day." It seemed that Gabe had forgotten about the event they were hosting and about all of the wealthy, high-class people that had been there when he had bellowed, "Be quiet, Charles!"

Silence reigned; the guests' attentive gazes became all the more intense. "Ah, there we go!" said Charles, smiling. that temper of yours! What are you gonna do next, hit me?

Choke me? like you've done countless times before?"

And that was exactly what Gabe did next. He swung his fist hard towards Charles' left cheek, sending him stumbling backwards. Cynthia shrieked, pulling her husband back, but just like all of the previous incidents, her feeble arms made no difference. But this time, Gabe didn't need his wife or their chef to stop him. He had already realized what he had done.

Gabe blinked, looked around at all the guests watching him with wide eyes, and then at his son. Charles stood far, far away from Gabe, wincing as he held his cheek. Gabe spoke: "Charles, I'm very sorry." "I don't know what came over me."

I couldn't tell whether the apology was for his son or for the guests.

Charles had shaken his head. He grabbed his car keys from his pockets and then stumbled out the front door, slamming the door shut behind him and drowning out his mother's cries of, "Charles! You can't drive right now! "You are too drunk to be driving!" I zoomed through the air as a drunken Charles staggered, swaying slightly as he raced towards his car parked beside the fountain. He made his way towards his seat, slammed the car door shut, and sped out of the Mahoney mansion.

I was sure that this was it: this was when I would carry Charles Mahoney's soul away, as I had watched his fury, mixed with the amount of alcohol in his system, decide his fate. He sped outside the iron gates and through the lone roads as the car engine roared to life. As I soared through the sky, I expected that at any moment Charles' car would drive straight into another, rolling and tumbling countless times, and I would have not only Charles' soul to carry away but perhaps another one or maybe even a few more. Or, as I had thought, maybe the car would swerve off the road and collide with a tree. No matter what it was, I had expected that the night would end in a haze of gray smoke, an explosion, and a burning wreck.

It had been just when Charles was going so fast that I thought he would finally lose control of his vehicle that I was proven wrong for the second time. He was furious and intoxicated, unwilling to take his foot off the pedal. This is it; this is what I had thought. But in a few strange moments, Charles' fury turned into frustration, his frustration into sadness, before he completely broke down. He finally stopped, and in the middle of the road, he started sobbing miserably. I had watched as he hit his head repeatedly against the steering wheel in between sobs. I soared higher and higher into the night, looking for more souls and watching as Charles' red car in the middle of a lonely road faded farther and farther away.

A few days later, Wendy heard the sounds of Charles sobbing in his bedroom. She'd been vacuuming the hallway near his room, but even the roar of the machine couldn't block out Charles' cries. She was unsure what to do. If it had been ten years earlier, she would've barged into his room and held him until all his worries faded away, but it was so different now. He barely talked to her. He always seemed to be somewhere else, almost running away from everything he had in his life.

Reluctantly, Wendy knocked lightly, only to be met with a cry of, "Go away, Mum!" She squeaked the door open slightly and peered through it. Charles turned around and said, "I told you so," before pausing and tilting his head, "Oh." "It's just you." He wiped his tears and stared at her, eyes lost and unsure. He didn't glare or glower; he just looked at her. In that moment, it made Wendy feel as though they were a decade in the

past—his teary eyes the same as when he would fall on the concrete and scrape his knee or when he would wake up from his afternoon nap, weeping about the monsters in his nightmare.

“I don’t know what to do,” Charles said. “I feel like I’m going to be stuck here, in this god-awful house, forever.” “I’m so sick of them.”

Wendy talked to him until he calmed down, grabbing the beer bottle out of his hand. He’d smiled at that. just like old times. It was only a few days later that once again, a drunk Charles, in a rage of fury, got into his car and drove recklessly away from the Mahoney residence. His head was throbbing, and he could barely see straight, but that didn’t matter. He needed to get away. When I spotted his name on my list, I merely laughed—he had already escaped me twice before; surely he could do it again.

So when I saw him waiting for me, I felt unprepared for the scene that was waiting for me. Normally, I’m the one waiting. I waited until men, women, boys, and girls fell into my trap, but this time it was Charles Mahoney who was waiting for me. His car had swerved off the road, tumbled a few times on the gravel, and collided straight into a tree. I arrived just as he took his last few breaths. His mangled lip was caked in scarlet-red blood, trickling down his face—a sight that absolutely pained me. Glass dug into his skin, sending blood gushing from every inch of his body. He could feel it—the tang of blood in his mouth and his motionless hand clutching his stomach, where blood oozed out. His eyes fluttered a few times and then, altogether, stopped.

I cradled his soul, unwavering and cold, tightly in my arms. Having held thousands upon thousands of souls, my withered hands had grown accustomed to their shape and energy. I despised how natural it felt to hold the young man’s life force like this, wishing I could push it back into his broken body and fix him. We flew away, gliding through the amorphous trees beneath the night sky. I remember my breathing being particularly heavy that night.

He’d cheated me twice already; he wasn’t meant to give up just on the third try, I thought. But as I waited for him to cheat me, I realized he didn’t. I had thought wrong, and so I found myself hovering over Cynthia as she stood by her only son’s grave. She was joined by Wendy, and once and for all, I floated far, far above and drifted away from where the two women silently stood beside Charles Mahoney’s grave.



Yawat Malla

Roll ni: 24049

The Vegetarian Guide

The first thing you often get asked when people find out that you are a vegetarian, after their dumbfounded looks, is “For how long?” or “Ever since?” In my case, first I try to figure out why they are making such a surprised face, and later I reply, “Kind of.” Honestly speaking, I don’t know the best answer to the question, since I don’t remember how long I have been a vegetarian, but I do remember that it was from a very young age. So, it happens to be a particularly hard question to answer if you have been a vegetarian for a long time. Life as a vegetarian is in no way easy. It is an unspoken truth that being a vegetarian or vegan has its own upsides and downsides. You may or may not already be acquainted with those yourself, but nonetheless, I am not going to talk about those pros and cons; I will simply share my personal thoughts and experiences regarding the path of vegetarianism. For me, living as a vegetarian is like living through many “battles.” These battles are not actual battles; they are the challenges that a vegetarian has to face as they walk the path of a vegetarian. Being a vegetarian is frequently fraught with guilt. When walking down the roads, you stumble across countless stores, markets, parks, and schools, but the ones you find most alluring are the ones with animals. I am not referring to pet shops; the ones I am particularly trying to point out are butcher shops. When you hear the bleats of goats or the clucks of chickens waiting to satisfy someone’s hunger, you are relieved that you are not that “somebody,” but when you see the bodiless goat and the headless chicken, you try to remember why you were so relieved because, no matter what you do, they are nothing more than somebody’s dinner or momentary happiness. Many times, being a vegetarian is a philosophical battle. The battle of philosophy for a vegetarian comes with a cause. Honestly speaking, the reason for my vegetarianism is not a thing like love for animals; it is simply because of my sense of guilt and pity. There have been many times when I have wondered if my cause is really strong enough to support my ideals. If there are other vegetarians or vegans reading this, I am sure that they have come across a similar situation. When you tell people you’re a vegetarian, the infamous question “Doesn’t stopping eating meat unbalance the species population?” is thrown in your face. From a geobiological perspective, it is certainly convincing. But as a human, I find it difficult to digest the fact. I am not trying to sound like the greatest animal lover, but is such “imbalance” really a good enough reason for non-vegetarianism? Or is it simply an excuse? I may sound almost critical, but these are the thoughts that have arisen in my mind as a result of my experiences. Being a vegetarian is frequently fraught with regret. I would be lying if I said that there weren’t times when I thought about starting to eat meat again. But the reason for this thought is not my temptation or craving for the

flavor of meat; it is because of the circumstances. Socially, life may turn out to be a bit difficult for vegetarians or vegans. In social gatherings, on occasions, or simply hanging out with friends, it is difficult to fit in when the people around you are all non-vegetarians. While I understand that in this modern age, everyone is a person of their own choosing, and my friends and acquaintances are not often bothered by my diet, an odd feeling exists deep within me, a feeling of guilt or regret that the entire group has to compromise because of me, which feels impossible to shake. Sometimes, at gatherings, you can find yourself in a hard situation when a lot of people are encouraging you to take a piece of that barbecue. Refusing may even leave negative impressions, so you must be careful as to how you handle the situation. While it may be difficult, if you deal with it enough times, you will be able to live with it. That pretty much sums up my vegetarian guide.

Again, being a vegetarian or not is simply a matter of personal choice, and while being a vegetarian might be hard, it definitely is not the worst. While I do have to hear arguments time and again, there are many positive sides to being a vegetarian as well, and I am happy with my choices. Another question you may get asked as a vegetarian is “Will you continue being a vegetarian in the future?” to which there is no definite answer. For me, I am pretty sure that I will be down this path for a pretty long time, but who knows what the future might hold? Finally, a final piece of advice: looking for that green dot or checking the ingredients for the snacks you just bought may be somewhat bothersome, but there is nothing you can’t achieve with a little more effort and control, so keep that perseverance going.



Sadhana Uprety

Roll no: 24092

What a Wonderful World

The literal meaning of the word 'world' is the earth and all the things upon it. But, in scientific cosmology, the world simply means 'everything'. Everything in the world that has been, is, or will be; well, what is this 'everything' then? The term 'everything' can't actually be defined. One might say that the entirety is everything. But the thing is, there is no such thing as an entirety because there has to be something beyond it. In short, there is no limit to this expanding world, or universe. And this is exactly why this world is so wonderful.

What is there that this world doesn't have? Well, basically nothing. While we look at this universe, we see galaxies, nebulae, planetary systems, and other astronomical objects. Going deeper, we see asteroids, planets, satellites and stars. There's even life on one of the planets. You might say there are many things missing in this world, such as a flying human. Well, simply look at the birds, and you'll get your answer. Since the world or the universe is 'everything' to us, shouldn't everything be present here? You might be confused, right? Well, so am I. The reason behind this confusion is the beauty, the mystery and the wonderfulness of this world. Just imagine sitting near a lake. You see water, a shining sun, trees, singing birds, hills, and mountains far from the lake. Where did all of these come from? Where did the earth come from? What was there before the Big Bang? Did the Big Bang even happen? All of these questions might arise while you were near that lake. We have hundreds of questions just from seeing a glimpse of this world. Why so? Well, maybe because what a wonderful world this is! The world is full of mysteries and wonders that continue to captivate and inspire us. The more we learn about the world, the more we realize how much there is still to discover and understand. The beauty and mystery of the world is not just limited to outer space and the natural world. Human society is also full of wonders and mysteries. From the ancient civilizations that built impressive structures and developed complex systems of governance to the modern world with its advanced technology and interconnected global economy, the world is constantly evolving and changing.

Even within individual human lives, there is so much mystery and beauty. The relationships we form with others, the experiences we have, and the personal growth we undergo are all sources of wonder and inspiration. The world is a truly amazing place, and it is up to us to explore, learn, and appreciate all that it has to offer.

So, the next time you are sitting by a lake or looking up at the night sky,

take a moment to appreciate the beauty and mystery of the world around you. There is always something new to discover and learn, and the journey of exploration and understanding is what makes this world so wonderful.



Ojaswi Pathak
Roll no: 24066

Long Distance Relationships Between Parents and Their Children

One builds a lot of bonds with different people throughout their life; it is how we survive, and one of the strongest bonds we form is with our parents. The attachment between parents and children is very strong. Strong attachment between parents and children helps promote a child's intellectual, emotional, and social development. Living apart from family can cause the family members to feel stressed and disconnected. Once we start living without our parents, we would get used to it, but according to me, it seems that the relationship between parents and children would not be strong anymore. If we start sharing our stuff with our parents, we would be able to go through everything very easily, but once we start hiding our things from them, there would not be any coming back. When children are away from their parents, it takes a negative toll on them. Parents are supposed to be there to see their kids reach adulthood, but when they can't, the children get affected. Children without positive parenting are more at risk for their own relationship troubles, depression, anxiety, and aggression, among other negative outcomes. Looking at other people being with their parents would make them feel more lonely, and they would start thinking that their parents are not really into them and that they don't really care about them. Again, to me, I think that a long-distance relationship is not as healthy as a relationship where we live together. It is important to understand and have a discussion with the child about how often they would be available for communication, whether every week or every two weeks. Having a regularly scheduled phone call or video chat can give children something to look forward to. Reassurance and good communication could keep the bond strong, which could help keep the relationship healthy. We could always communicate via gmail, Facebook, Viber, and other services. Being a long-distance parent requires hard work and good communication with their children. Being apart from the people with whom we want to be the most is very stressful. It is easy to get lost in the negative aspects of a long-distance relationship; that's why we should surround ourselves with more positive people that could help us experience positivity. Sharing jokes or humorous

remarks keeps the communication going, too.

We should be able to communicate with our parents even though we are not living together. Sharing things with our parents would be much more helpful than keeping them to ourselves. Though we all need our parents, mainly at times when we don't feel right, even after having a long-distance relationship with them, we should always communicate in a good way and try to share our problems with them. Reassurance and very good communication would certainly help in having a very healthy relationship with them. Our parents, along with us, should try to understand them.



Bipana Shrestha
Roll no: 24017

Vivienne Westwood's Impact on The Fashion World

There are many designer fashion brands that have impacted today's fashion industry. Vivienne Westwood is one of them. Most of the fashion industry's dissidents are not as rigid as Dame Vivienne Westwood. Before she became a fashion designer, Westwood was a teacher. During the 1970s, she collaborated with Malcolm McLaren, who was the manager of the sex-punk group, The Sex Pistols, to establish Seditonaires, which was initially called Seditonaires before it became World's End. Through her partnership, she was able to extend the influence of the rebellious 1970s punk music scene into fashion. The store carried her intentionally stylized creations, such as t-shirts with religious symbols and breasts, bondage pants, and graphic t-shirts with swastikas and religious slogans. Together with her partner, she started Let It Rock, a stall that sold 1950s British clothing. Later, they collaborated with the band's record label to create a collection called Rock and Roll. Their provocative clothes were based on his ideas. Their T-shirts, which were emblazoned with anti-establishment slogans, and their bondage pants, which featured straps that were originally inspired by sadomasochistic outfits, were released from their London shop. The influence of her punk-era creations was unlike that of the fashion industry. The rebellious nature of Westwood's creations defied the conventional fashion industry. Their influence continued to resonate even after her store closed. Westwood is easily one of the most advanced in the industry. Her bondage pants were also influential enough that other designers such as Christopher, Michael, and Maison Margiela used them. Some of her most prominent creations include her signature rock shoes and armor rings. She also collaborated with George Cox, whose creepers became a symbol of rebelliousness. Although her punk-inspired creations aren't the only ones to have an impact on the fashion industry, Westwood's ability to translate the movement's attitude toward wearable technology has been a lasting influence. Throughout her career, Westwood has been known for her rebellious spirit and her ability to combine traditional

feminine elements with punk symbolism. She's regarded as one of the most influential British designers of our generation. Not only did she create innovative silhouettes that challenged the status quo, but she also successfully delivered thoughtful commentary on environmental issues, gender equality, and politics. She is a beautiful human who did not only contribute to the fashion industry but also dove deep into the issues of the world. She created collections that were inspired by various sources, such as paintings by Fragonard, Boucher, and Gainsborough. She also incorporated historical British dress, such as the 19th-century bustle, in her creations. Westwood built her own mini fashion empire, which she ran through multiple stores and produced two menswear and three womenswear collections per year. Today, Vivienne Westwood is considered a big designer brand in the fashion industry. It's becoming increasingly popular, as if it wasn't already. Although the dame herself isn't here with us anymore, she has left us with the great things she's achieved in life along with her empire, Vivienne Westwood. Vivienne Westwood will always have a high place among the high-standing designer brands.



Shreejal Khanal

Roll no: 24037

The Benefits of Meditation

Meditation has been practiced for thousands of years as a way to improve mental and physical well-being. In recent years, it has gained widespread popularity around the world as a means to reduce stress, improve focus, and increase overall happiness. Meditation is the practice of focusing the mind on a particular object, thought, or activity to train attention and awareness. It can be done in a variety of ways, such as by focusing on one's breath, repeating a mantra, or simply sitting in silence. The goal is to quiet the mind and achieve a state of relaxation and clarity. There are many benefits to regular meditation practice. Meditation reduces stress and anxiety. When we meditate, we enter a state of relaxation that allows our bodies to release tension and stress. In addition to stress reduction, meditation has been shown to improve focus and concentration. By training the mind to stay present and focused, we are able to better concentrate on tasks and activities. This can lead to increased productivity and overall performance. Meditation can also improve our overall well-being by helping us become more aware of our thoughts and emotions. By observing our thoughts and feelings without judgment, we are able to

gain greater insight into ourselves and learn to respond to challenges in a more mindful and compassionate way. It's important to remember that it is a practice and that it takes time to see results. It's okay to have a busy mind at first, and it's normal to have difficulty staying focused. The key is to keep practicing and to be patient with yourself. In conclusion, meditation is a powerful tool that can improve our mental and physical well-being. Whether you're looking to reduce stress, improve focus, or simply find a sense of inner peace, regular meditation practice can be an incredibly beneficial addition to our daily routine.



Muskan Singh
Roll no: 24023

Social Media: Effects on Teenagers

Social media refers to networking sites and apps that enable users to share content quickly and effectively in real-time. Social media was first used on PCs, but now many users access it through mobile apps. Since the definition of social media is so broad today, it may be used to define almost any website on the internet. Its popularity is widespread throughout the world. People of almost all age groups are there on social media. Most teenagers use social networking sites to contact friends, follow celebrities, and do a variety of other things. The use of social media is prevalent among teenagers. A 2018 Pew Research Center study of roughly 750 13- to 17-year-olds revealed that 97% of them use social media sites like YouTube, Facebook, Instagram, and Snapchat, and that 45% of them spend practically all of their time online. Thus, the teens' lives are captured through social networking sites all the time.

Everything has advantages and disadvantages. Similarly, in the modern era, social media has both positive and negative effects on teenagers. The teenagers can establish online identities, engage with others, and develop social networks thanks to social media. Teens who endure isolation, have impairments, or suffer from long-term illnesses might especially benefit from these networks' invaluable support. It can also be used for entertainment as well as a medium for presenting ourselves to the outside world. Teens will be able to communicate, interact, and be more socialized with people across the border too. It also results in a distraction from their headache and daily routine of work.

Unfortunately, social media has more cons than pros in teens' lives. Teens are so engrossed by social media that they spend a lot of time on it, get bullied, hear rumors, feel peer pressure, and have distorted perceptions of other people's lives. Celebrity Instagram posts and videos frequently spark negative comparisons. The deliberately created content and Instagram posts of friends or celebrities who appear slimmer, richer, happier, and more attractive also have the effect of bringing up insecurities, anxiety, and depression in young people who are vulnerable and who often compare themselves to what they see online. It directly affects the self-esteem of an individual. Similarly, those who want to present themselves perfectly online also face the same situation when things don't turn out as they had to.

Similarly, we know that mental health and physical exercise have deep relationships among themselves. The physical exercises help us to be more accomplished, relaxed, and satiated. But many teens spend their time scrolling through their profiles online and checking for new posts, which reduces their engagement in the physical exercises. It abandons the benefits of it for mental health too. As we know, when someone doesn't get proper sleep, it certainly leads to depression. Through the latest survey of teens using social media, it was concluded that those who use it for more than 5 hours—almost more than 70 percent of them—have to face sleep deprivation. Those who are less active, on the other hand, get more sleep.

So we can observe that social media has more negative impacts than positive ones on a teen's life. Although we can consider some facts in order to minimize these negative impacts, the teens should try to interact with people more offline and face-to-face to build up their confidence. They should make a proper timeline for the use of phones per day and follow it too. While doing important tasks, being outside for a function, or with family, the phone notifications should be turned off. The parents can try to reward them for their efforts time and again so that they feel motivated enough to keep it up. Thus, these methods can be applied in order to avoid the negative impacts of social media on teens.



Anmol Prajapati
Roll no: 24059

Acute Stress and Chronic Stress

Any form of change that creates physical, emotional, or psychological distress is referred to as stress. There are many forms of stress that a person can experience. The two main types of stress are acute stress and chronic stress. Acute stress is short-term stress, which many of us have already experienced. Acute stress does not take a heavy toll on a person's physical or mental state. We can also easily overcome it by finding ways to relax quickly. Chronic stress can be defined as the feeling of being pressured and overwhelmed for a long period of time. Chronic stress is also known as prolonged stress (long-term stress). It may take a heavy toll on the physical and mental state of a person's body. As mentioned before, acute stress is not very harmful to a person. It comes as easily as it goes. It occurs when we feel a challenge or threat and do things that we have never done before. Some examples of acute stress include giving a speech or presentation in front of a large group for the first time, losing a game, being stuck in traffic, etc. The symptoms of acute stress are palpitations, i.e., irregular heartbeats, anxiety, being easily irritated, poor sleep, poor concentration, and many more. Recurrent dreams or flashbacks, recklessness, and aggressive behavior may also occur, making the person experiencing acute stress feel emotionally numb and detached from others. Acute stress disorder (ASD) is referred to when symptoms of an acute stress reaction persist for more than three days but less than a month. Since acute stress disorder is rarely recognized as a medical issue, what you are going through could still be a normal or appropriate reaction to your situation. There is no set time for dealing with sorrow or responding to stressful circumstances, and many of the symptoms listed above are normal. Since symptoms of an acute stress reaction typically go away after the stressful incident and usually within a few days, treatment may not be required. If the symptoms still continue, you should probably talk things over with your close ones, as they would be worried about you. Regular exercises and healthy diets may also help get rid of stress. Although drinking alcohol may help get rid of stress, it is not recommended. Chronic stress may be harmful to a person if it lasts for a long time. Chronic stress may occur due to poverty, a poor work environment, a dysfunctional marriage or family, or a deeply dissatisfying job. Its symptoms are low energy, an inability to focus, cloudy thinking, increased use of alcohol or, in some cases, drugs, a change in social behavior such as not leaving home for a long period of time, and more. Chronic stress, if left untreated for a long time, may have some serious consequences, such as early aging, heart attacks, high blood pressure, diabetes, obesity (overweight), depression, anxiety, and many more harmful things. Chronic stress can be treated by exercising

daily, eating healthy food and maintaining a healthy diet, getting more sleep, meditating, setting realistic goals, etc. Counseling and medication are also recommended for those suffering from chronic stress.



Bidhan Sen Oli
Roll no: 24015

Do Footballers Get Overpaid?

Majority of the population that have very few ideas about the sport football have a thinking that footballers get overpaid. This could be due to many reasons or just their naive judgment on a sport they do not typically watch or participate in. Some people believe that professional footballers are overpaid because of the large salaries and endorsements they earn, while others argue that they are worth the money due to the high level of skill and dedication required to perform at a professional level, as well as the entertainment value they provide to fans. It's important to note that the compensation of professional athletes is determined by the market. Professional athletes, including footballers, have a limited earning window, and so they often earn large salaries to make up for the fact that they will not be able to work for as long as people in other professions. Additionally, their earning potential is also affected by their performance, popularity, and their ability to generate revenue for their clubs and the league through ticket and merchandise sales, broadcasting rights, and so on.

It's worth noting that the compensation of professional athletes is also influenced by their limited earning window, as they typically have a shorter career compared to people in other profession, thus they need to make the most of their earning potential while they are active. Professional footballers typically work very hard to maintain their fitness and skills. During the regular season, they typically have daily training sessions which include both physical fitness exercises and practice playing the sport. They will also have regular match play, either league matches or friendlies, and this requires additional preparation and recovery. Off-season usually is shorter, but still requires intensive training and preparation for the upcoming season. This can include strength and conditioning work, as well as technical and tactical training. They also have a lot of traveling and media obligations, which can be demanding, especially for the star players.

The amount that professional footballers get paid can vary widely depending on a number of factors, including their skill level, experience, and popularity. At the highest level of the sport, such as in the English Premier League or Spanish La

Liga, top players can earn annual salaries in the tens of millions of dollars. These players often earn a significant portion of their income through endorsements and other off-field activities. In smaller leagues or lower divisions, players will typically earn less than those in the top leagues. In many cases, the salary of these players may not be enough to support them financially, and they will have to supplement their income with other jobs. It's also important to note that in addition to the salary, the contract agreement will contain different clauses like signing bonus, performance bonus, loyalty bonus, etc which can also impact the overall income of a player.

In conclusion to everything, I definitely think that footballers are in fact not overpaid considering the obstacles and hardships they face through daily and just the overall hard work that they put up in order to compete in one of the highest competitive sports of all time in the world.



Samriddha Sapkota

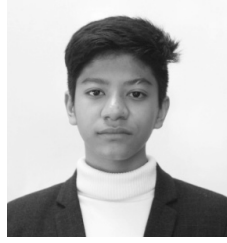
Roll no: 24067

Philosophy of Mind

What does philosophy generally mean? Philosophy is the general study of theories of reality and existence. In ancient Greek, the word "philos" means love, and the word "sophia" means wisdom. So, the literal meaning of philosophy in ancient Greek is "love of wisdom." There are mainly four branches of modern philosophy. They are metaphysics, epistemology, axiology, and logic. Metaphysics is the branch of philosophy that deals with the study of the physical universe and the nature of ultimate reality, whereas epistemology is the branch of philosophy that deals with the study of how people come to learn about what they know. Similarly, axiology is the branch of philosophy that deals with the study of principles, morals, and personal values, and logic is the branch of philosophy that deals with the study of reasoning. My topic, "Philosophy of Mind," originally fell under the epistemology branch. But nowadays, philosophy of mind has become related to cognitive science, which is the branch of science that deals with the study of thought, learning, and mental organization. The mind from a philosophical perspective is a very tricky topic. Philosophy of mind was originally advocated by Parmenides in the 5th century and was later continued by a rationalist named Baruch Spinoza in the 17th century. The philosophy of mind is the philosophical study of reality, existence, and the nature of the mind and its relationship with the body. The philosophy of mind can also be said to be a philosophical theory attempting to explain what it means to be a human being and how it's like having an organ that controls all of the body.

The aspects of the mind that are included in this branch of philosophy of mind are mental events, mental functions, mental properties, consciousness, the natural correlates of the mind, and the relation of the mind to the human body. Philosophers have long debated the existence of the mind as well. The main questions that philosophy of mind is trying to solve are: What is it to think? How do we know what we think? And, how can we tell if other people have minds or share our thoughts? There are major issues in the philosophy of mind. They are mind-body problems, hard problems of consciousness and the nature of a particular mental state, but among all, the mind-body problem is the most major one. The mind-body problem is a philosophical debate about the relationship between thought and consciousness in the human mind and the brain as the physical part of the body. The mind-body problem was addressed by René Descartes in the 17th century. The mind-body issue also addresses the question of how the body and the mind function physiologically and chemically, respectively. Philosophers working on the mind-body problem are primarily interested in determining the nature of the mind and mental states, as well as how minds are affected by and can affect the body. While working on this problem, most modern philosophers state that the mind is not something separate from the body.

POLITICS AND CURRENT AFFAIRS



सौहार्द ब्रजाचार्य
कमाङ्क: २६०१०

पुष १ (नेपालको कालो दिन)

वि.सं. २०१६, जेष्ठ १३ गते नेपालमा पहिलो पटक जननिर्वाचित प्रधानमन्त्रीको रूपमा विश्वेश्वर प्रसाद कोइराला (वि.पी कोइराला) प्रधानमन्त्री चुनिएका थिए। त्यतिबेला नेपालका राजा थिए, श्री ५ महाराजाधिराज महेन्द्र वीर विक्रम शाह। राजा महेन्द्र र प्रधानमन्त्री विश्वेश्वरप्रसाद कोइरालाको बिच राम्रो सम्बन्ध थियो, उनीहरू राम्रा साथी पनि थिए तर वि.सं. २०१७ पुष १ गते राजा महेन्द्रले आफ्नो साथीलाई जेलमा हाल्दै पुरै राजनीतिक पार्टीलाई नै बर्खास्त गरी दिए र पञ्चायती व्यवस्था सुरु गरे। यही दिनलाई नै मानिसहरूले 'नेपालको कालो दिन' को रूपमा लिन्छन् तर राजा महेन्द्रले विश्वेश्वरप्रसाद कोइरालालाई किन जेलमा हाले ? भन्ने प्रश्न उठ्छ। वि.सं. २००७, फाल्गुन ७ गते नेपालमा १०४ वर्षीय राणा शासन हटाइयो। यसपछि, १७ चैत्रमा गठ बन्धन सरकार बन्यो र यस सरकारमा ५ जना राणाका तर्फबाट र ५ जना नेपाली काङ्ग्रेसका तर्फबाट थिए। नेपाली काङ्ग्रेसका तर्फबाट गणेशमान सिंह, विश्वेश्वरप्रसाद कोइराला, भरतमणि घिमिरे, भद्रकाली मिश्रा र सुवर्ण शमशेर थिए तर राम्रोसँग काम गर्न नपाएको भन्दै वि.सं. २००८ चैत्र २५ गते सबैले राजीनामा दिए। त्यसपछि राजा महेन्द्रले तत्कालीन प्रधानमन्त्री मातृकाप्रसाद कोइरालाको नेतृत्वमा नयाँ सरकार गठन गरे। नयाँ सरकारको लागि नयाँ प्रधानमन्त्रीको रूपमा विश्वेश्वरप्रसाद कोइराला चुनिए। विश्वेश्वरप्रसाद कोइराला र राजा महेन्द्र राम्रा साथी भए पनि दुवैको भिन्न विचार थियो। विश्वेश्वरप्रसाद कोइरालाको विचारमा देशको सबैभन्दा शक्तिशाली जनता हुन् भन्ने थियो भने, राजा महेन्द्रको विचारमा देशमा विकास चाहिन्छ तर जनताले शासन गर्दा विकास हुँदैन भन्ने थियो। एउटै खोरमा दुइटा बाघ हुन सक्दैनन् भनेभैँ दुई जनाको भिन्न विचारको कारण एकले अर्कोको विचारलाई मन पराउँदैन थिए। यही विचारको द्वन्द्वका कारण महेन्द्रले कु गर्ने सोच बनाएका थिए। पुष १, २०१७ सालमा, थापाथली दरबारमा हुने महाधिवेशनमा विश्वेश्वरप्रसाद कोइरालालाई उद्घाटन गर्न बोलाइएको थियो। विश्वेश्वरप्रसाद कोइराला त्यहाँ भाषण दिइरहेको बेला, राजा महेन्द्रका सेनाहरू आएर दरबारलाई घेरेर, विश्वेश्वरप्रसाद कोइराला, गणेशमान सिंह, सुवर्ण शमशेर, आदिहरूलाई नियन्त्रणमा लिई सिंहदरबारमा लगियो। राजा महेन्द्रका अनुसार जनताको छोरा राजा हुँदा (विश्वेश्वरप्रसाद कोइराला राजा हुँदा) देशमा राजनीतिक स्थिरता कायम गर्न नसकिएको, भ्रष्टाचार बढ्दै गएको, शान्ति र सुरक्षा नभएको आदि भन्दै रे डियो नेपालको माध्यमबाट घोषणा गरे तर अरूको भनाइअनुसार यी आरोपहरू नभइकन जनताले शासन नगरुन् भन्ने चहानाले कु गरेको भनेर भन्छन्। राजा महेन्द्रले कु किन गरे भन्ने विषयमा धेरै षडयन्त्र सिद्धान्तहरू छन्, कोही राजा महेन्द्रलाई नेपालका नागरिकका देवता र रक्षक मान्छन् भने कोही उल्टो सोचै उनलाई एक तानाशाह ठान्छन्। राजा महेन्द्रको आरोपको वरिपरि केही सिद्धान्तहरू छन्। त्यतिबेला नेपालमा भ्रष्टाचार बढ्दै गइरहेको पनि थियो र भारतले नेपालको राजनीतिक कार्यमा हस्तक्षेप गरेको पनि थियो र यो कुरा केही हदसम्म सत्य पनि हो तर यस अवस्थालाई लिएर केही व्यक्तिहरूका धारणा फरक छन्। विश्वेश्वरप्रसाद कोइरालाले भारतलाई प्राथमिकता दिन्थे तर राजा महेन्द्रले भारतलाई भन्दा चीनलाई धेरै प्राथमिकता दिन खोज्थे। राजा महेन्द्रले नेपाललाई अन्तर्राष्ट्रिय क्षेत्रमा चिनाउन महत्वपूर्ण योगदान दिएका थिए। राजा महेन्द्रले नेपालमा राजा हुँदा नेपालमा धेरै सुधारहरू ल्याएका थिए।



Saki Shrestha
Roll no: 23051

Sri Lanka's Financial Situation

Sri Lanka is currently facing an economic crisis, characterized by high levels of debt, low growth, and a widening trade and budget deficit. The crisis has been caused by a combination of factors including political instability, high levels of state intervention in the economy, and a lack of structural reform. One of the main causes of the crisis is the country's high levels of debt, which has reached around 80% of GDP. Much of this debt has been accumulated through borrowing from foreign sources, particularly China, to fund large infrastructure projects. However, these projects have not always been financially viable, leading to a growing debt burden and a lack of resources for other important areas such as healthcare and education. Another major factor contributing to the crisis is political instability, which has led to a lack of policy continuity and a lack of confidence in the government's ability to manage the economy. This has made it difficult for the government to implement necessary structural reforms and has hindered investment, both domestic and foreign. The country's high levels of state intervention in the economy have also played a role in the crisis. The government has a history of controlling prices, and allocating resources, which has led to inefficiencies and distorted markets. Furthermore, the lack of structural reform in key areas such as the labor market, state-owned enterprises and the financial sector has made it difficult for the economy to adapt to changing global economic conditions. The COVID-19 pandemic has also had a significant impact on Sri Lanka's economy, as it has led to a reduction in tourism and exports, which are major sources of foreign exchange for the country. The pandemic has also led to increased health spending, which has put additional pressure on the country's already stretched finances. In conclusion, Sri Lanka's economic crisis is the result of a combination of factors including high levels of debt, political instability, state intervention in the economy and lack of structural reform. The COVID-19 pandemic has also had a significant impact on the country's economy. To address the crisis, the government will need to implement a comprehensive package of economic and structural reforms and structural reform of key sectors. This should be accompanied by a clear and consistent policy framework that promotes economic growth and stability.

EVENTS AND ACTIVITIES



आरम्भ पन्त

क्रमाङ्क: ३३००३

डि.एस.एस फेस्ट

कात्तिक २६ गते शनिवार हाम्रो विद्यालयमा डि. एस. एस फेस्ट कार्यक्रम भएको थियो । म पनि त्यसमा सहभागी भएको थिएँ । त्यस दिन म मेरी आमासँग विद्यालय गएको थिएँ । त्यहाँ मैले मेरा गुरु गुरुआमाहरूलाई पनि भेटेँ । त्यहाँ मेरा धेरै साथीहरू पनि आएका थिए । मैले त्यहाँ धेरै खेलहरू खेलेँ । मैले गिलास ढलाउने खेलमा पुरस्कार पनि पाएँ । गालामा ब्याडमिन्टनको चित्र पनि बनाएँ । साथीहरूसँग खेलेँ । त्यस दिन मलाई धेरै रमाइलो भयो । मैले पानीपुरी र मःमः पनि खाएँ । हामीले डि.एस.एस फेस्टमा विद्यालयमा धेरै मनोरञ्जन गर्थौँ ।



प्रणव पाण्डे

क्रमाङ्क: ३१०१६

खेलकुद सप्ताह

हाम्रो स्कुलमा खेलकुद सप्ताह पाँच दिनसम्म चलेको थियो । पहिलो दिनमा हामीले दौड खेल खेल्थौँ । यस खेलमा मेची र कोसी सदन विजयी भयो । दोस्रो दिनमा हामीले दौड र गणित दौड खेल खेल्थौँ । यसमा कर्णाली, मेची र कोसीले बराबर अङ्क ल्यायो । तेस्रो दिनमा हामीले भकुन्डो पनि खेल्थौँ । भकुन्डो खेलमा मेची सदन विजयी भयो । चौथो दिनमा हामीले बोरा दौड खेल्थौँ र बाङ्गोटिङ्गो दौड पनि खेल्थौँ । यसमा कोसी र महाकाली विजयी भयो । अन्तिम दिनमा बेलुन फुटाउने र डोरी तान्ने खेल खेल्थौँ । यसमा मेची र कोसी सदन विजयी भयो । त्यसपछि हामी विद्यार्थीहरूलाई प्रमाणपत्र र पदक दिइयो । मलाई हाम्रो स्कुलको खेलकुद सप्ताहमा निकै रमाइलो भयो ।



इशानी मानन्धर

क्रमाङ्क: २८००४

पुस्तकवार्ता

२०७९ माघ ४ गते सिफल माध्यमिक विद्यालयले अर्को पुस्तकवार्ताको आयोजना गरेको थियो । प्रत्येक महिना, हाम्रो विद्यालयले विद्यार्थीहरूलाई अङ्ग्रेजी र नेपाली उपन्यास/पुस्तक दिने अध्ययन गराउने र सो पुस्तकको समीक्षा समेत गराउँदै आएको छ । पुस्तकवार्तामा हामीले पढेका पुस्तक/उपन्यासका लेखकहरूलाई अन्तरक्रिया गर्न, आफ्नो बारेमा पनि कुराहरू भन्न आमन्त्रित गर्दछ । ती लेखकहरूले लेखेका पुस्तकहरू उत्कृष्ट छन् । हामी विद्यार्थीहरू ती पुस्तक पढेर रमाउछौँ ।

मङ्सिर महिनामा कक्षा ७ र ८ का विद्यार्थीहरूलाई 'आमाले सक्नुहुन्छ' उपन्यास र कक्षा ५ र ६ का विद्यार्थीहरूलाई 'पायल पढन जान्छे' उपन्यास दिइएको थियो । हरेक कक्षाका विद्यार्थीहरूले आफ्नो पुस्तक पढ्यौँ र माघ ४, २०७९ मा आयोजित पुस्तकवार्तामा ती दुई पुस्तककी लेखिका, आन्विका गिरीलाई आमन्त्रित गरियो ।

पुस्तकवार्ता बिहान ११:२० देखि सुरु भयो । हाम्री नेपाली शिक्षिका, लक्ष्मी तिवारीले लेखकको परिचय दिनुभयो र पुस्तकवार्ताकी प्रमुख अतिथि लेखिका आन्विका गिरीलाई हार्दिक स्वागत गर्नुभयो । आन्विका गिरी मन्चमा गएर आफ्नो परिचय दिन थाल्नुभयो । उनको जन्म सुनसरीको मधेसा भन्ने गाउँमा भएको थियो । मधेसालाई एक गाउँका रूपमा लिइए पनि गाउँमा राजनीतिक र सामाजिक अवस्थामा राम्रो भएको कारण मधेसालाई एक ठूलो र बलियो गाउँको रूपमा लिइन्थ्यो । उनी वरिपरिको समाज पढाइमा धेरै ध्यान दिन्थ्यो, त्यसैकारण उनी र उनका भाइबहिनीहरूलाई पढाइको लागि दबाव दिइन्थ्यो । उनको परिवारमा ७ जना सदस्यहरू; ५ दिदी/बहिनीहरू र २ दाइ/भाइहरू थिए । ती मध्ये, उनी कान्छी छोरी थिइन् । उनी हुर्केको समाजमा, पढाइ नै सबैभन्दा ठूलो कुरा भनेर पढाइमा विशेष ध्यान दिइन्थ्यो । त्यो बेला, प्रथम हुनुपर्छ भनेर धेरै तनाव

दिइन्थ्यो, अहिलेजस्ता अतिरिक्त किताब पनि पढ्न पाइँदैनथ्यो । उनी भने कहिलेकाहीं उपन्यास र कथाका किताब लुकाएर पढ्थिन् । लुकिछुपी पुस्तकहरू पढ्न गाह्रो भएको कारण उनी १५ वर्षको उमेरसम्म जम्मा ५-७ पुस्तकहरू पढेकी थिइन् । ती पुस्तकहरूले नै उनको समाज र जीवनको दृष्टिकोण बदलिदियो । विद्यालयले विद्यार्थीहरूलाई पढ्नको लागि हरेक महिना पुस्तक दिने विचार उहाँलाई धेरै मनप्यो ।

उनको विचारमा पुस्तकहरूले बालबालिकाहरूलाई धेरै तरिकामा मद्दत गर्न सक्छ । त्यतिबेलाको समाजमा हरेक अभिभावकले आफ्नो सन्तान डाक्टर वा इन्जिनियर बनोस् भन्ने चाहना प्रचलित भएको कारण उनी पढाइमा विज्ञानतर्फ लाग्न बाध्य भइन् तर उनलाई विज्ञानमाभन्दा पनि राजनीति विज्ञानमा धेरै रुचि थियो । उनी मानविकी अध्ययन गर्न चाहन्थिन् तर उनका आमा बुबाले उनलाई विज्ञान नै पढ्न दबाव दिए । मन नलागी विज्ञान पढ्न लगाउँदा, उनले विज्ञानको प्रवेश परीक्षाको प्रश्नोत्तरमा “म विज्ञान पढ्न चाहन्न” भनेर लेखिन् । उनका आमाबुबाले परीक्षाको नतिजाको लागि ठुलो आशा राखेका थिए । उनी पढाइमा निकै राम्रो र असल थिइन् तर परीक्षामा फेल भएको थाहा भएपछि उनका आमाबुबा स्तब्ध भए । उनले आफ्ना आमाबुबालाई राजनीति विज्ञान पढेर मानविकी पढ्ने भनेर बताइन् तर उनका आमाबुबालाई भने विज्ञान नै सर्वश्रेष्ठ हो भन्ने सोचले पछाडि धकेल्दै थियो । १० वर्षपछि जब उनले विज्ञान विषयको प्रवेश परीक्षामा पहिले जस्तै फेरि लेखिन्, उनका आमाबुबा पुनः निराश भए । फेरि यसो गर्दा पनि उनका आमाबुबाहरूले मानविकी पढ्न अनुमति दिनुभएन । जब उनले आमाबुबाको अनुमति बिना मानविकी पढ्ने योजना बनाइन्, उनका आमाबुबाले अभै पनि उनलाई सहयोग गर्नुभएन । न त उनले आफ्नो आमा बुबाबाट आर्थिक रूपमा नै सहयोग पाइन् न त उनका आमाबुबाबाट उनीबाट खुसी नै थिए । उनले आफै पैसा बचत गरेर क्याम्पसको शुल्क तिरिन् । त्यतिबेला, केटीहरू पढाइभन्दा पनि घरायसी काम गर्न बाध्य भएकाले आफू साँच्चै भाग्यमानी भएको महसुस गरेको उनले पुस्तक वार्तामा बताइन् ।

त्यति बेला, उनले एक कविता प्रतियोगितामा भाग लिने मौका पाइन् । उनले प्रतियोगितामा कविता लेखिन् र त्यही कविता वाचन गरिन् । उनी त्यो प्रतियोगितामा प्रथम भइन् साथै, उनी अभै कविताहरू लेख्न प्रेरित भइन् । उनले कविताहरूका साथसाथै कथाहरू पनि लेख्न थालिन् । उनले आफ्ना कथाहरू साथीहरूलाई सुनाउँदै गइन् पछि, एकजना साथीका बुबाले उनलाई कथा प्रतियोगितामा सहभागी हुन सल्लाह दिए । पछि, १५-१७ वर्षको उमेरमा उनले उपन्यास लेख्न थालिन् । वि.सं. २०७६ मा उनले ‘कम्युनिष्ट’ नामक पुस्तक लेखिन्, त्यो उपन्यास धेरैले मन पराए । धेरैबाट सकारात्मक प्रतिक्रियाहरू सुनेपछि, उनले अभै कथाहरू र उपन्यासहरू प्रकाशित गरिन् । त्यतिबेला उनले प्रायः वयस्कका लागि उपन्यास लेखिन् । वि.सं. २०६४ मा उनकी छोरीको जन्म भयो, उनले आफ्नी छोरी नेपालीमा राम्रो होस् भन्ने चाहन्थिन् । विकसित क्षेत्रमा जन्म भएको ले, उनले आफ्नी छोरीलाई नेपाली सिकाउने शिक्षक खोजिन् तर कोही पनि पाइनन् । त्यसैकारण, उनले बालबालिकाहरूका लागि पनि उपन्यास लेख्ने निर्णय गरिन् । केही गुनासो नगरी, उनले छोरीको बारेमा सोचेर ‘नाक कसरी थाडो हुन्छ’ उपन्यास लेखिन् । त्यो उपन्यास प्रकाशित भएपछि, एकजनाले उपन्यासमा केही सुधार सुझाव दिए । धेरै पाठकहरूले राम्रो प्रतिक्रिया दिए पछि उनी अभै प्रेरित भइन् । उनले अन्य लेखकहरूलाई पनि बालसाहित्यमा लाग्न प्रोत्साहित गरिन् । उनले धेरै पुस्तक र उपन्यास लेखे पनि उनी विशेष गरी विविधताको विषय लेख्न चाहन्छिन् । यो

प्रायः चर्चा हुने विषय नभएको कारण र यसको बारे कुरा गर्नुपर्छ भन्ने विचारले उनी यो विषयमा उपन्यास/कथाहरू लेखेको कुराहरू पनि सो कार्यक्रममा बताइन् । ‘भ्यालको छेउमा केटी’ जस्तो पुस्तक उनले आफ्नी छोरीको जीवनसँग सम्बन्धित भएको बताइन् । उनले बालसाहित्यहरूबाट बालबालिकाहरूलाई पुस्तक पढ्न प्रोत्साहित गर्छिन् । उनले यी सब भनेपछि, हामी विद्यार्थीहरूलाई केही प्रश्नहरू छन् भने सोध्नु भनेर भनिन् ।

त्यसपछि केही समय अन्तर्किया भयो । धेरैले आफ्ना जिज्ञासाहरू लेखकसमक्ष राख्यौं र चित्तबुझ्दो जवाफ पनि पायौं । कार्यक्रमको अन्त्यमा हामी नेपाली शिक्षिका, लक्ष्मी गुरुआमाले हामी सबैलाई एउटा न्यानो मन्तव्य दिएर पुस्तकवार्तालाई अन्त्य गर्नुभयो । यसका साथसाथै उहाँले कक्षा ८ को

विद्यार्थी, सुप्रभ आचार्यलाई लेखिका आन्विका गिरीलाई मायाको चिनो दिनका लागि मञ्चमा बोलाउनुभयो । हाम्रो विद्यालय, सिफल स्कुलले हामीलाई उहाँजस्ता धेरै उपन्यासकार/कथाकार/कविलाई भेट्ने अवसर दिएको छ । म यसका लागि साँच्चै विद्यालयप्रति कृतज्ञ छु ।

Art Exhibition



Joyana Thapa
Roll no: 31010

Going to an art exhibition is an amazing adventure for me. I was selected for an art exhibition for the first time, so I was a bit confused about where, when, and what I would do there. On the first day I practiced my drawing, I met so many new friends there. Also, I forgot to bring my lunch, so my teacher gave me an apple and a banana. When it came to snacks, my friend gave me plenty. It was so nice of them. After that, I did the same thing every day, except for my lunch and snacks.

Field Visit



Snigdha Chaudhary
Roll no: 30047

On Poush 7, we had our field visit. We were going to the “Jyapu Museum” for this. The museum was located in Patan. We had a field visit on Wednesday. We ate our lunch at 10:25 and got ready to go at 11:00. We made a line and went into the buses. One bus was for Yangra and the other for Nuptse. When we were going, everyone was probably very excited. We sang songs until we got there. After we got to the museum, we made a line and went inside. At the entrance, there were two statues greeting us; honestly, they looked a bit real too. I thought they were actual people. We had two options: either to view the things with the class or roam around freely. For the people who got in line and saw everything with the class, at first they saw dolls doing cultural things and wearing cultural clothes. Everything was very organized; in one place were things used for puja, another place was dedicated to a whole lot of dolls, and they had traditional dresses and instruments as well. There was a replica of Dhunge Dhara too, which looked really cool. Some of the statues looked very real as well. There was also a statue of Yomari, a traditional Newari food. We observed different types of soil, too. The dolls looked realistic, too—very realistic. There was also a section for Newari art; there were lots of pictures of gods and flowers. There were also Newari ornaments shown in a glass box. There we wrote the observations in our trip sheet; some also wrote them roughly in their diaries. After we observed everything on the first floor, we went upstairs. During feasts, people could use the dining hall upstairs. There we stood in a line and looked at the pictures on the walls, which were all Newari cultural heritages. All the pictures were black and white, and it took a long time for the line to get through. After we had observed all of the pictures, we went into the middle of the dining hall and took a group picture. After that, we went back downstairs, stood in a line, and waited for the bus to come back. After it came, we went back to school, and honestly, I felt like everyone was very tired, even though it only took two hours. Someone even vomited in the back seat. After that, we got in a line, went to class, and filled out our trip sheet.

SCIENCE AND TECHNOLOGY



सामाजिक सञ्जालका फाइदा र बेफाइदाहरू

फाइदा

सामाजिक सञ्जालले हामीलाई हाम्रो सञ्चार कौशल सुधार गर्न मद्दत गर्दछ। यसले हामीलाई चिजहरू ठिकसँग निर्देशित तरिकामा सिक्न मद्दत गर्दछ। यसले संसारलाई हाम्रो रचनात्मकता देखाउन मद्दत गर्दछ। यसले हामीलाई टाढा बस्ने आफन्तहरूसँग कुरा गर्न मद्दत गर्छ। सामाजिक सञ्जालले हामीलाई लकडाउनको समयमा मद्दत गर्‍यो र अभै पनि मानिसहरू, साथीहरू, आफन्तहरू आदिसँग कुरा गर्न सम्भव बनायो। यसले हामीलाई 'जुम' र 'गुगल मिट' एप मार्फत लकडाउनको समयमा अध्ययन गर्न मद्दत गर्‍यो। सामाजिक सञ्जाल शिक्षाको उत्कृष्ट माध्यम हो। यसले चाँडै चेतना फैलाउन मद्दत गर्दछ। यसले हामीलाई जानकारी र अद्यावधिक गराइरहन्छ।

निभा श्रेष्ठ

क्रमाङ्क: ३००१७

बेफाइदा

अभै पनि सामाजिक सञ्जालका केही बेफाइदाहरू छन्। जस्तै हाम्रो विचारलाई घृणा गर्ने काम गर्दछ। यसले हाम्रो दृष्टिलाई असर गर्छ र हामीलाई धेरै सामाजिक सञ्जाल हेर्नबाट अन्धो बनाउन सक्छ। यदि हामीले हाम्रो रचनात्मकता साभामा गर्‍यो भने हामीले त्यसको लागि घृणा पाउन सक्छौं। जसले चिन्ता, डिप्रेसन, भावनात्मक सम्बन्धको कमी, आमने-सामने कुराकानी गर्ने क्षमता घटाउने, पारिवारिक निकटता घटाउने, हाम्रो निद्रामा असर पार्ने आदि हुन सक्छन्। सामाजिक सञ्जालमा केही छुट्टने डर हुन्छ र हाम्रो दिमाग त्यही कुरामा केन्द्रित हुन्छ। इन्टरनेटमा हाम्रो आत्म-छवि र मानिसहरूले हाम्रो बारेमा के सोच्छन् भन्ने कुराले हामीलाई अध्ययन गर्नबाट विचलित गर्न सक्ने कुराको बारेमा हामी आफैमा एक प्रकारको दबाव हुने छ। यसले हाम्रो उमेरका लागि उपयुक्त नभएका वेबसाइटहरू पनि सिफारिस गर्छ तर हाम्रो जिज्ञासाको कारणले गर्दा हामी अभै पनि वेबसाइटहरू प्रयोग गर्छौं। सामाजिक सञ्जालको साथ मेरो अनुभव मेरो जीवनको कुनै न कुनै बिन्दुमा राम्रो तर खराब पनि छ। मानौं मैले संसारमा नृत्यप्रतिको मेरो प्रेम देखाउनको लागि एउटा नृत्य भिडियो अपलोड गरें तर त्यो भिडियोले मलाई केही घृणा प्राप्त गर्‍यो। जसले मलाई निरुत्साहित गर्ने छ तर मैले जे भएपनि आफूलाई भन्दा बढी माया आफैले गरेको सम्झनुपर्छ। म भन्छु कि तपाईंले सामाजिक सञ्जाल प्रयोग गर्न जारी राख्नुपर्छ तर धेरै



कृत्रिम बुद्धिमत्ता

कसरी कृत्रिम बुद्धिमत्ताले मानव जीवनलाई असर गर्छ ?

कृत्रिम बुद्धिमत्ता मानिसले सिर्जना गर्ने सफ्टवेयर हो। मानिसहरू सामान्यतया चिनिन्छन् वा तिनीहरूको रचनात्मकता र ज्ञानको लागि मूल्यवान हुन्छन्। कृत्रिम बुद्धिमत्ताले डाक्टरहरूको क्षेत्रबाट के: कस्ता रोगहरू छन् भनेर थाहा पाएर मद्दत गर्दछ अथवा मानिसहरूलाई कार चलाएर ड्राइभरहरूको क्षेत्रमा। यसो गर्नाले कृत्रिम बुद्धिमत्ताले मानिसको मूल्यलाई उनीहरूभन्दा बढी रचनात्मक र स्मार्ट भएर घटाउन सक्छ। मानिसहरू तिनीहरूको रूपमा एउटै मूल्यको हुने छैन। होउन् वा नहोउन् किनभने तिनीहरू काम गर्छन् तर कृत्रिम बुद्धिमत्ता तिनीहरूभन्दा राम्रा हुन्छन्। यिनीहरू मानवतामा नै निर्भर हुन्छन् र आफैलाई बर्बाद गर्नेछन्। तिनीहरूको रचनात्मकता र तिनीहरूको मूल्य फरक पढ्न किनभने यस्ता कुरामा कसैले वास्ता गर्दैन ? जसले गर्दा कृत्रिम बुद्धिमत्ता बाहिरबाट हेर्दा निकै राम्रो देखिन्छ। यसले मानवतालाई सधैंभरि नष्ट गर्न सक्छ। खासमा यो सफ्टवेयर त मानवहरूले नै बनाएको हो तर यहाँहरूलाई पनि थाहा होला के हाम्रो प्रश्न छ भने हामीले

काव्या ओली

क्रमाङ्क: २९०१४

कृत्रिम बुद्धिमत्तालाई सोध्ने छौं । कृत्रिम बुद्धिमत्ताले मानिसहरूको काम लिन्छ । यसको भविष्य निकै राम्रो छ । धेरै मानिसहरूले आफ्नो जागिर गुमाउने छन् । ढिलो तर पक्कै हुने छ । जोसँग धेरै रोबोटहरू छन् तिनीहरू धनी हुने छन् र जोसँग छैनन् तिनीहरू गरिब हुने छन् ।

यो मानवताको अन्त्य हुने छ । कृत्रिम बुद्धिमत्ता हामीभन्दा चतुर हुने छ र चाँडै नै हामीले प्रयोग गर्ने कामहरूमा अल्छी बनाउने छ । यसले हाम्रो काम लिने छ किनभने यो अल्छी हुन प्रोग्राम गरिएको छैन । भएको भए बेकार हुन्थ्यो । कतिपयले उत्पादन सुरु गरिसकेका छन् ।



मन्दिप लाल जोशी
क्रमाङ्क: २४०७५

जेम्स वेब स्पेस टेलिस्कोप बारे रोचक तथ्य

जेम्स वेब स्पेस टेलिस्कोप (छोटकरीमा जे. डब्लू. एस. टि वा वेब पनि भनिन्छ ।) एउटा अन्तरिक्ष टेलिस्कोप हो । यो एउटा इन्फ्रारेड टेलिस्कोप हो जसको लगभग ६.५ मिटरको पहिलो लेन्स हुन्छ । यो अन्तरिक्ष टेलिस्कोपलाई २५ डिसेम्बर २०२१ मा फ्रान्सेली गुयानाको युरोपेली अन्तरिक्ष एजेन्सी (इ.एस.ए) को स्पेसपोर्टबाट एरियन ५ रकेटमा सफलतापूर्वक अन्तरिक्षमा प्रक्षेपण गरिएको थियो । यो अन्तरिक्ष टेलिस्कोपको रोचक तथ्य यस्ता छन् :

संसारको सबैभन्दा महँगो टेलिस्कोप: जेम्स वेब स्पेस टेलिस्कोप मानव इतिहासकै सबैभन्दा महँगो टेलिस्कोप हो । यो टेलिस्कोपको प्रारम्भिक बजेट १ अर्ब अमेरिकी डलरको थियो तर सन् २०२१ सम्म यो अन्तरिक्ष टेलिस्कोप बनाउन करिब १० अर्ब अमेरिकी डलर खर्च भएको थियो ।

अन्तरिक्षमा पुग्न २६ वर्षको लामो पर्खाइ : सन् २००७ मा अन्तरिक्षमा प्रक्षेपण गर्ने गरी सन् १९९६ मा जेम्स वेब स्पेस टेलिस्कोपको प्रस्ताव राखिएको थियो । बढ्दो लागतका कारण मिसनलाई धेरै पटक पुनः योजना गरिएको थियो । जसले यसलाई अझ ढिलाइ गर्‍यो । सन् २०१८मा, टेलिस्कोपको सूर्य ढाल परीक्षणको क्रममा च्यातियो जसको कारण यसको प्रक्षेपण मिति भन्नु पर स‍यो । टेलिस्कोप अन्ततः २५ डिसेम्बर २०२१ मा प्रक्षेपण भयो । हबल स्पेस टेलिस्कोपभन्दा हलुका : जेम्स वेब स्पेस टेलिस्कोप आफूभन्दा अगाडि प्रक्षेपण गरेको हबल स्पेस टेलिस्कोप (२४ अप्रिल १९९०) भन्दा ठूलो भए तापनि यो हबल स्पेस टेलिस्कोपभन्दा हलुका रहेको छ । जेम्स वेब स्पेस टेलिस्कोपको वजन लगभग ६२०० किलोग्राम रहेको छ भने हबल स्पेस टेलिस्कोपको वजन लगभग १२३०० किलोग्राम रहेको छ ।

८ ओटा ऐनाले बनेको : जेम्स वेब स्पेस टेलिस्कोप मा कुल १८ ओटा प्राथमिक ऐना छन् । एउटा प्राथमिक ऐना लगभग ६.५ मिटरको र वजनमा २० किलोग्राम जति छ । यो ऐनाले इन्फ्रारेड प्रकाश सङ्कलन गर्दछ । जसको सहयोगले टेलिस्कोपले तस्वीर खिच्न सक्छ ।

सुन जस्तो देखिए पनि सुन हैन : भट्ट हेर्दा सुनले बनेको जस्तो देखिए पनि यो अन्तरिक्ष टेलिस्कोपको ऐना वास्तवमा बेरिलियम (एक प्रकारको धातु) बाट बनेको हो ।

४८ ग्राम सुनको प्रयोग : हो सुन्दा अचम्मको लाग्ला तर सुनले बनेको जस्तो देखिने यो अन्तरिक्ष टेलिस्कोपमा जम्मा ४८ ग्राम सुनको प्रयोग भएको छ ।

२३३ डिग्री सेल्सियसमा काम गर्छ : इन्फ्रारेड टेलिस्कोपको समस्या यो हो कि कुनै पनि प्रकारको तापले तिनीहरूलाई बेकार बनाउन सक्छ । त्यसै कारण जेम्स वेब स्पेस टेलिस्कोप जस्तो इन्फ्रारेड टेलिस्कोपले राम्रोसँग काम गर्न चिसो तापमान चाहिन्छ ।

पृथ्वीबाट १६ लाख किलोमिटरमा स्थिर कक्षमा बस्छ : जेम्स वेब स्पेस टेलिस्कोप पृथ्वीको परिक्रमा गरिरहेको छैन । कारण यो राम्रोसँग काम गर्न सूर्यको प्रकाशबाट टाढा हुनु आवश्यक छ । यसलाई सूर्यको कक्षको लाडरेन्ज बिन्दुमा राखिएको छ । लाडरेन्ज बिन्दु अन्तरिक्षमा एउटा अद्वितीय स्थान

हो जहाँ एउटा वस्तु सजिलैसँग अर्को वस्तुसँग सापेक्षिक स्थानभित्र रहन सक्छ ।

कपडालाई पट्याएको जसरी पट्याएर टेलिस्कोपलाई प्रक्षेपण गरियो : एरियन ५ रकेटमा क्षेत्रफलको कमी हुँदा टेलिस्कोपलाई रकेटभित्र फिट गर्न तह तह पारेर दोब्याएको थियो । गन्तव्यमा पुगेपछि, दोब्याएको अवस्थाबाट आफ्नो अवस्थामा फर्कन टेलिस्कोपलाई २ हप्ता लाग्यो । यसले विगतको समय देख्न सक्छ : जब पहिलो आकाश गङ्गाहरूको सिर्जना भयो तब तिनीहरूले उत्सर्जन गरेको प्रकाश भिजिबल स्पेक्ट्रममा थियो । जति लामो दूरी प्रकाशले यात्रा गर्दछ, त्यति नै यो इन्फ्रारेड स्पेक्ट्रममा सर्छ । जेम्स वेब स्पेस टेलिस्कोपले इन्फ्रारेड सेन्सरहरू प्रयोग गरेर तस्वीरहरू खिच्ने क्रममा यसले पहिलो ताराहरूको प्रकाश खिच्न पनि सक्षम छ, जुन यो पहिले कुनै टेलिस्कोपले गर्न सक्दैन थियो । हाम्रो ब्रह्माण्डको उत्पत्तिलाई फर्केर हेर्ने क्षमता जेम्स वेब स्पेस टेलिस्कोपको सबै भन्दा महत्त्वपूर्ण विशेषताहरू मध्ये एक हो ।

My Favorite Mobile Game



My favorite mobile game is Plants vs Zombies. It is a single player game. The game is about a lot of zombies trying to eat the owner, Crazy Dave. We use plants to fight the zombies. My favorite plant is the cob cannon. My favorite zombie is the Imp. The game is really fun.

Evan Karki

Roll no: 34011

Computer



A computer is an electronic machine. It can store and process information. Computers come in many different shapes and sizes. A computer consists of a monitor, mouse, CPU and a keyboard. Today, the computer has become a very important and necessary thing in our daily life, and it has made us easy to do many activities like typing, printing, sending messages, playing games etc. It is used in every sector like education, medicine, business, transportation, industry and entertainment. The present world depends on computers.

Abiyash Sapkota

Roll no: 34027

Oceans



Ocean is a very big water source. If we drink the ocean water it will taste like salt because the rain physically erodes the rocks and carries salts and minerals along in a dissolved state and are carried to the streams and rivers and then to the ocean. There are five oceans which are Pacific Ocean, Atlantic Ocean, Indian Ocean, Antarctica Ocean and Arctic Ocean. The Pacific is the largest ocean and the Indian Ocean is the warmest one.

Yug Shrestha

Roll No: 33034

Global Warming



Neel Hang Limbu
Roll No: 31036

What is global warming? When the earth's average temperature rises due to increased greenhouse gasses. As greenhouse gas emissions blanket the earth, they trap the sun's heat. This leads to global warming, and climate change is the main cause of global warming. Some facts about global warming: There is carbon in our atmosphere. We are on the path to exceeding 15 centigrade. Extreme heat events have become more frequent and severe. Humans have already caused 1.07 Centigrade of warming: Cause of global warming? Fossils, fuels- coals, oil and gas are by far the largest contributor to global warming. Did you know within 2 decades, global temperatures are likely to be 1.5 degrees (The last 7 years have been the warmest on record. ! million species are at risk by climate change. Here are some tips to global warming:

- Drive less
- Recycle more
- Useless hot water
- Check your tires
- Avoid products with lots of packing
- Plant a tree
- Adjust your thermostat.

Wild Cats



Aayaan Rai
Roll No: 31006

Introduction: Sleazy, stealthy, patient, and intelligent, wild cats are natural killers. Most of them hunt on their own, using their claws and teeth to stab and cut up their prey. They have muscular bodies that are well adapted to running, leaping, etc. They live in various habitats across Africa, Asia, Europe, and the USA.

Small Wild Cats: More than three-quarters of the world's wild cats are classified as "small." The 30 different species have adapted to their environment. Small wild cats include lynx, puma, caracal, cheetah, etc.

Big Wild Cats: Big cats include lions, tigers, jaguars, and leopards. They all live alone, except for lions, which live in a large group called a "pride." The largest known big cats are Amur and Bengal tigers, which can weigh the same as 100 domestic cats.

Good Habit



Pratyush Lohani
Roll No: 31019

Good habits are an important part of our life. In good habits there is discipline, honesty and kindness. Eating healthy foods with table manners, brushing teeth twice a day gets us healthy teeth and gums. Early to bed, early to get up. Playing outdoor games is a good habit. We must say Namaskar, please, thank you etc. Never getting late for school, listening and respecting others is also a good habit. Being kind to animals and other creatures' is the mother of lord Buddha who passed away. Lord Buddha said we should not steal, kill or do anything wrong to others.

Buddha was born in Lumbini Nepal. Buddha was enlightened in Bodhgaya, India and he was given 'holy Death' in Kushinagar India. Buddha is the symbol of peace and truth.

Toca Boca



Aaron KC

Roll. no: 31004

Toca Boca is a very interesting game. The creators of the game are Emil Ovemar and Björn Jeffery. They even made a cartoon out of the game. They released the game on March 15, 2011. You can make your own house, get your clothes, decorate your house, etc. To get most stuff, you do have to pay. You can create your character, and you can also create a family, because you can make 3 characters, or if you pay, you can make 30 characters, and you can have many outfits, hairstyles, and all of that stuff to choose from. The game's main characters are Rita, Zeke, Nari, and Leon. Toca Boca is very famous on TikTok and YouTube. People use their phones to record and play on their iPads with an Apple Pen. People do, however, record from their devices and play them back on their computers on occasion. My favorite game of all time is Toca Boca. They release updates a lot. Their most recent update is the pet update, where you get a lot of furniture, different animals, and a new house. They have so many houses, like modern mansions, bohemian houses, vacation pool houses, pet houses, rainbow neon apartments, and a lot more! This game is very fun, and I love playing it. I will never stop. I hope they will update it more frequently. And they add more and more houses. That's all, and I hope you like my article.

Roblox



**Praneesha
Shrestha**

Roll No: 31017

Roblox is a very nice game. Roblox is an online game and a creation. Roblox is also a multiplayer game. The developer of Roblox is Roblox Corporation. Roblox was launched in September 2006. Roblox is available on both the Google Play and Apple App Stores. If we want to join Roblox, then we create an account, or if we have already made an account, then we login to the account that we already have. People who are 13 or older can only play Roblox. There are many games to play on Roblox, for example, "Adopt Me," "MM2," "Flee the Facility," etc. In Roblox, we can create our own avatar. There are many types of games in Roblox, for example, tycoon, roleplay, hobby, adventure, simulator, fighting, and more. A lot of people are famous because of Roblox; some of the famous youtubers' names are Iamsanna, Kreekcraft, Flamingo, etc. Roblox is played by over 1 million players. This is why I recommend playing Roblox.

The Importance of Invention



**Prasiddha
Shrestha**

Roll no: 28008

Our current society is rapidly changing, and we are constantly inventing new things, which is accelerating societal development. Inventions are often not planned. Some inventions have a successful finding or result, whereas some do not. Inventions often do not go to waste, as the failed result can be useful according to the situation. Inventions are always not planned, and they might even be accidental.

Everything that we see around us has been invented by a certain person at a certain time. We do not have any idea whether the item was invented accidentally or not.

Inventions always help us not only to grow as individuals and as a society, but they also make our lives much easier. Inventions also might change the way of living, and that is one of the disadvantages of inventions.

Every day someone must have invented something new, and we do not even know it. In this world, the inventor does not get the credits and appreciation they deserve. In my opinion, the inventor decides how they will use their own invention. An invention can be positive or negative for society. The invention is always the art, and the inventor is the artist. The invention is used differently by each individual. Inventions can always be used in a bad or good way. That depends on the user's decision.

In a developing country, there are many problems. Invention can solve all those problems. Whenever a person is inventing something, people might not know what they are doing, but they still have the courage and motivation to continue whatever they are doing.



Aarambha Aryal
Roll no: 24003

Development of AI can lead to Chaos

The branch of science dealing with the development of capable and intelligent machines can be termed "AI," which stands for "artificial intelligence." In today's era, AI has made human lives easier in one way or another. The development of AI can lead a country or the world to develop in an efficient manner. AI is believed to have begun all the way back when humans first discovered automation. AI is continuously advancing at a fast rate as people discover new ways to gather the benefits of this technology to increase productivity. There are different pros to the development of AI. Similarly, there are some drawbacks too. AIs are enormously capable of doing things. They have already exceeded our expectations. Since AI is developing rapidly, the consequences have already started to arise. Malicious use of AI could threaten digital and physical security. AIs also have adverse effects on people's privacy. This makes people insecure. "AI is more dangerous than nukes," as stated by Elon Musk, is true. The production of lethal weapons using AI can lead to chaos. Humans will have to face different wars occasionally. This can lead to the extinction of the human race. AIs can also decrease job opportunities for people, which leads to different financial problems as well as poverty. There's an outrageous controversy going on about whether or not humans should be employed when robots can do the job better. All this started because of the advancement of AI. And if humans ever develop AIs that are capable of cognitive tasks, humanity will be in huge danger, as no human being will be able to control AIs. People will have to face the consequences of their own actions. There are different ways to mitigate the negative impacts of AI. The best way to control AI is to build human values into them to ensure that everything they do meets our approval. This requires a lot of effort, so people should work together with the same goal to keep the negative impacts of AIs to a bare minimum. This will make people's lives easier, and they can live their lives freely. Therefore, AI is proving to be a double-edged sword. And the malicious use of AI could lead to human extinction. We should be careful while developing AI.

Linux



Saurav Phuyal
Roll no: 24035

Linux is an open-source operating system that is widely used across a variety of platforms and devices, from servers and supercomputers to smartphones and home computers. One of the most significant advantages of Linux is that it is an open-source software. This means that anyone can access the source code of the operating system, modify it, and redistribute it, giving developers the ability to modify the operating system to their specific needs. This is a major reason why Linux is so popular in a variety of industries. Another advantage of Linux is its stability. Since Linux is an open-source, it has a large community of developers constantly working to improve the operating system. This results in regular updates and patches, which help to ensure that the system remains stable and secure. Linux is known for its ability to run without interruption for years at a time. In addition to its stability, Linux is also known for its security. Due to its open-source nature, any potential vulnerabilities can be quickly identified and patched by the community of developers. This added security makes Linux a popular choice for organizations and businesses that handle sensitive data.

Linux also has a wide range of software available. The open-source community has developed a wide range of software, including office suites, web browsers, programming tools, and more, that is available for free. Linux also has a wide range of “distributions”, which are customized versions of the operating system that are modified for specific needs, such as servers, desktop computers, and mobile devices. Some of the most popular Linux distros include Ubuntu, Debian, and Red Hat. When it comes to desktop computing, Linux is not as popular as Windows or MacOS. However, Linux has made good progress in recent years in providing a smooth and easy-to-use desktop experience. Many Linux distros today have a user-friendly interface that is very similar to that of Windows or MacOS, making it easy for users to switch to Linux. In terms of gaming, Linux has not always been the best option; many popular games are now available for Linux, and with the help of tools like Steam, it is possible to run Windows-based games on Linux. Additionally, many big gaming companies like EA and Steam are now developing and providing games for the Linux platform.

In the mobile industry, Linux has made some good progress. Google’s Android operating system is based on Linux, and it is the most popular mobile operating system in the world. Additionally, a number of Linux-based mobile operating systems, such as Ubuntu Touch and Sailfish OS, have been developed for smartphones and tablets.

In conclusion, Linux is an open-source operating system that is known for its stability, security, and flexibility. Linux is widely used across a variety of platforms and devices, from servers and supercomputers to smartphones and home computers. The open-source nature of Linux allows developers to modify the operating system to their specific needs, and it also has a large community of developers constantly working to improve the operating system. Furthermore, because of its open-source nature, Linux has an availability of a wide range of softwares.

INTERESTING FACTS AND FIGURE



बिरालाका बारेमा तथ्यहरू

हामी मानिसको शरीरमा २०६ हड्डीहरू छन् भने बिरालाहरूको औसतमा २४४ हड्डीहरू छन् । यो बिरालाको पुच्छर कति लामो छ र बिरालाका कति औँलाहरू छन् भन्ने आधारमा २३० देखि २५० को बिचको सङ्ख्यामा हुन्छन् ।

कुन्जल श्रेष्ठ

क्रमाङ्क: २३०२५

घरको बिरालो आनुवंशिक रूपमा ९५.६% बाघ हो ।

बिरालाले आफ्नो उचाइभन्दा ५ गुणा उचाइसम्म हाम फाल्न सक्छ ।

भाले बिरालोको बायाँ पन्जा हुने सम्भावना बढी हुन्छ, जबकि पोथी बिरालाहरूमा दाहिने पन्जा हुने सम्भावना बढी हुन्छ भने कुनैको दुवै पन्जा हुन्छन् ।

बिरालाहरूसँग एक अतिरिक्त अङ्ग छ, जसका माध्यमबाट तिनीहरूले हावामा रहेको गन्ध थाहा पाउँछन् ।

प्रत्येक बिरालाको नाक फरक हुन्छ, मानवको औँलाको छापजस्तै ।

सन् २००२ देखि २०१२ को बिचमा बिरालाको औसत आयु एक वर्ष बढेको पाइएको छ ।

बिरालाहरूले आफ्नो अनुहार र शरीरलाई रुख, घाँस तथा भित्ताहरूमा रगडेर आफ्नो गन्धले चिन्ह लगाएर आफ्नो क्षेत्रका रूपमा चिह्न लगाउँछन् ।

जब बिरालाले आफ्नो पेट देखाउँछ, यो विश्वासको चिह्न र आरामदायी अवस्थाको सङ्केत हो ।

बिरालाले आफ्नो शरीरको छेउ रगड्नु मित्रताको इशारा हो, जबकि उफ्रनु भनेको खुसीको सङ्केत हो । बिरालाहरूले आफ्नो पुच्छर अर्को बिरालो वा कुकुरमा टाँस्नुको अर्थ तिनीहरूले मित्रता प्रदर्शन गर्न हो ।

ऐलुरोफिल एक व्यक्ति हो, जसले बिरालालाई माया गर्छ । ऐलुरो शब्द बिरालाका लागि पुरातन ग्रीक शब्द हो ।

एउटा बिरालाको शरीर २५ देखि १५० हर्जको फ्रिक्वेन्सीमा कम्पन हुन्छ, जुन त्यही फ्रिक्वेन्सी हो, जसमा मांसपेशीहरू र हड्डीहरू आफैँ मर्मत हुन्छन् ।

The Fast Swimming Fish



Riwaan Shakya
Roll no: 33018

The sharks are fast swimming fish. They are among the oldest animals on Earth. They lived more than 300 million years ago. There are more than 300 species of shark. The whale shark is the largest living fish. It is about 50 feet long and weighs 20 tons. But whale sharks are harmless to humans. Sharks are carnivorous animals. They eat fish in the ocean. Most sharks can swim from 20-30 miles per hour. That is why they are called fast swimming fish. Some of the sharks are whale shark, white shark, tiger shark, leopard shark and hammerhead shark.

Interesting Facts



Bishakha
Upadhyay
Roll no: 30010

Did you know? you cannot lick your own elbow you should try it if you can do it then congratulations! You are now part of the two percent of the people on earth who can lick their elbows.

Did you know? a crocodile cannot stick out its tongue because the membrane in its mouth does not let its tongue stick out.

It is impossible for a pig to look at the sky because of its body structure.

Did you know that if you sneeze too hard you will most likely fracture your ribs so from now on try not to sneeze too hard.

The “sixth sick sheik’s sixth sheep’s sick” is believed to be the toughest tongue twister in the English language even though I can’t say it.

If you wear your headphones more than one hour per day your bacteria increases by 700 times, now I know why my mom doesn’t want me wearing headphones or is she just trying to listen to what I am listening to.

A shark is the only fish that can physically blink with both its eyes.

Fun fact, almonds are a part of the peach family so I wonder why are almonds so tiny and peaches so big it’s unfair to the poor almond.

A shrimp’s heart is in its head. Imagine humans having our hearts in our heads. If it came true our heart and brain would be fighting constantly and our heads would look huge like the size of a balloon.

Like fingerprints, our tongue prints are different. Next time you buy a new device give it your tongue print if possible cause in this cruel world you need to work smarter and not harder.

Some lipsticks contain fish scales. Can you imagine yourself applying dead fish scales on your beautiful lips?

POETRY



अजन्य गोबिन्द पराजुली
क्रमाङ्क: ३३०३१
प्यारो खरायो
प्यारो सानो खरायो
किन ऊ डरायो
कहिले घरभित्र पस्छ
रुखमा गएर बस्छ
खैरो खैरो थियो
गाजर बन्दा खान्थ्यो
उफ्री उफ्री हिँड्थ्यो
प्यारो सानो खरायो
सफा सानो खरायो
कति जाति खरायो
देखेर मलाई
धेरै खुसी हुन्थ्यो ।



दिविज चन्द
क्रमाङ्क: ३३०३८
बहिनी
मेरी सानी बहिनी
मभन्दा अधि उठिछन् ।
मेरो पछि लागेर
स्कूल जाने भन्छन् ।
धेरै रमाइलो हुन्छ
मेरी बहिनी हाँस्दा ।
कति मज्जा आँउछ
बहिनीसँग खेल्दा ।
चाँडै ठुली हुन्
राम्रो मान्छे बन्नु ।
पढी लेखी ज्ञानी भई
देशकै नाम राख्नु ।



नाम: दिब्रानी थापा
क्रमाङ्क: ३००११
हाम्रो नेपाल
हाम्रो नेपाल सानो छ,
धेरै हरियाली छ,
खोलानाला सुस्त गतिमा
आफ्नो बाटोमा बग्दै छन् ।
हाम्रो नेपाल सानो छ तर
यहाँको संस्कृति अपार छ,
विशाल पर्वतहरू छन्
यहाँको सुन्दरता अतुलनीय छ ।
हाम्रो नेपाल सानो छ तर
प्रकृतिको खानी छ, सानो छ, तापनि राम्रो छ,
हाम्रो नेपाल सानो छ, तर
स्वर्गजस्तै छ ।



शाम्भवी मैनाली
क्रमाङ्क: ३१०३७
पानी
पानी तिमीले गयौं कस्तो चमत्कार
तिमी नै हौ हाम्रो जीवनको आधार
पानी तिमी कस्तो बुद्धिमानी
नगर्ने तिमीले कसैलाई हानी
सबैलाई मद्दत गर्ने तिम्रो ठुलो पहिचान
साँच्चै पानी तिम्रो ठुलो नाम
धाराखोला भरनाबाट कलकल आउने ।



रसिक अधिकारी
क्रमाङ्क: ३००५०
आमा

सुन्दै आनन्द आउने प्यारो शब्द आमा
जे छ ममा त्यो तिम्रै देन हो आमा
जब हुन्छ सन्तान त्यो तिम्रो पेटमा
मुस्कुराउन थाल्छ्यौ हाँसो लिएर ओठमा
न त छ दिनमा भोक न हुन्छ निद्रा रातमा
हिँड्न सिकाउँछ्यौ समाउँदै हातमा
सन्तानको निमित्त जे पनि सहन्छ्यौ
रोइदिए सन्तान सँगसँगै रुन्छ्यौ
रिसाए भने फकाउँने नि आमा
गल्ती हुँदा माफी गर्दिने नि आमा
जीवनको अन्त्यसम्म रहन्जेल सास
सानोदेखि ठुलोसम्म माया एकैनास ।



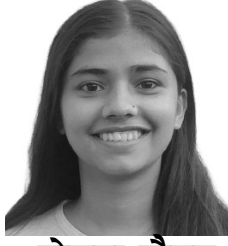
लिवना कर्माचार्य
क्रमाङ्क: ३००१३
चन्द्रमा

चन्द्रमा हौ तिम्री चम्किलो चम्किन्छन्
वरिपरि चम्किला तारा भन्नुपर्दा
तिमी नै हौ चम्किला राजा
चन्द्रमा तिम्रा साथी हुन् तारा
हेर्दा तिम्रीलाई लाग्छ
म छु स्वर्गमा
चम्किन्छौ रातमा उज्यालो बनाउँदै
हौ तिम्री सूर्य रातको
हेर्दा लाग्छौ साना
तर छौ तिम्री ठूला
भएपछि तिम्री
चाहिँदै रातमा बत्ती
साच्चै रहेछौ
तिमी हाम्रा लागि प्रकाशित बत्ती ।



साध्वी अर्याल
क्रमाङ्क: २९०२५
जीवन

जीवन हाम्रो साथी हो,
जीवनको हामीले ख्याल गर्नुपर्छ ।
मानव जीवनले आफ्नो
चक्र पूरा गर्दछ ।
बाल्यकालदेखि सुरु
अनि बुढो भएपछि अन्तिम हुन्छ
यो प्यारो जीवन
देख्दा ठिक छ आवरण
तर बाहिरे के छ थाहा छैन ?
सुत्ने, उठ्ने, खाने आदि मात्र होइन !
जीवन धेरै महत्त्वपूर्ण छ
हामीले आफ्नो जीवनलाई छोड्नुहुँदैन ।
हामीले अन्तिममा पास नभएसम्म प्रयास
गर्नुपर्दछ ।
त्यसैले दुःखी नहुनुहोस् खुसी रहनुहोस्,
दुखी हुनु ठिक होइन
तिमी खुसी हुनुपर्छ
जीवन दुखी वा रिसाउनको लागि
बनाइएको होइन ।
जीवन रमाइलो गर्नको लागि बनाइएको छ
जीवन एक प्रक्रिया हो
जसलाई सबैले अनुसरण गर्दछ
बाल्यकालदेखि बुढ्यौलीसम्म जीवन घुम्छ
जीवन किन्न सकिँदैन
जीवन एकदमै संयमी छ ।
जीवन वा समय छिटो उड्छ
हामीले कहिलेकाहिँ प्रकृतिको आनन्द लिनुपर्छ ।
जीवन एक राम्रो, अद्भूत चीज हो ।
हामीले रिसाउनुहुँदैन ।
किनभने जीवन रिसले धेरै छोटो हुन सक्छ
हामीले परिवारसँग समय बिताउनुपर्छ
आफ्नो जीवनमा सबै समय आनन्द लिनुहोस् ।



योजना गौतम
क्रमाङ्क: २३०६८
फरक पछि नि !

तिमी के सोच्छौ भन्ने मेरो विषयको कुरा होइन
 तर कहाँ कस्तो व्यवहार देखाइरहेकी छु
 यो कुरा भन्ने सोच्नुपर्छ ।
 सायद तिमिलाई लाग्ला
 जाबो शब्द त हो नि
 तर तिमिले भनेको शब्दले मन छुँदा
 तिमिलाई फरक नपर्ला
 तर मलाई त फरक पछि नि ।

तिम्रा र मेरा
 व्यवहारले परेका फरक
 बोल्न चाहँदैनौ भने नबोलिदेऊ
 बोल नै भनेर मैले कहाँ भनेकी छु र ?
 तर चिनेर पनि नचिनेजस्तो
 व्यवहार नदेखाऊ मित्र
 मलाई त धेरै फरक पछि नि

मलाई पनि तिमिले गरेजस्तो
 व्यवहार देखाउन त आउँछ
 तर मलाई थाहा छ, राम्रोसित राम्रो बन्ने
 अनि, खराबसँग कहिले खराब बन्नुहुँदैन
 किनकि

पानीले रगत सफा गर्न सकिन्छ
 तर रगतले रगतलाई होइन,
 मन बादल भैँ गगनमा उडेर बसोस्
 के फरक पछि र ?

तर पाइला सधैं धर्तीमा रहनुजेल सबैलाई राम्रो
 व्यवहार गर्ने मेरो यही प्रयास सधैं रहिरहन्छ ।



प्रनिश खनाल
क्रमाङ्क: २४०८०
विपत्ति

हाय ! विपत्ति त कताबाट आइस् ।
 अनगिन्ती पृथ्वी बासीलाई बेहाल बनाइस्
 भाँची भेट्नु मुटुको अचेत बनाइस्
 एक्लो पारी जीवनलाई कता लतारिस् ?

ईश्वरले दिएको वरदान यो जीवन
 निमेष भरमा सखाप बनाइस्
 सुन्दर संरचनाको बस्ती उजाडिस्
 भूँइचालोको नामले आफूलाई चिनाइस्
 हाय ! विपत्ति तँ कताबाट आइस् ।

पहरा छहरा हिमाल हल्लाइस्
 कसिला मन मप्तिस्कलाई थिलोथिलो बनाइस्
 जीवजन्तु सबैलाई त्रसित गराइस्
 घर बस्तीलाई बसाई सराइस्
 हाय ! विपत्ति तँ कताबाट आइस् ।

मेचीदेखि महाकाली थर्काइस्
 अटल रहेका बोट वृक्षलाई मर्काइस्
 उजाड र सुख्खा भूमिमा मूल फर्काइस्
 आफ्ना सन्ततिलाई बेपत्ता बनाइस्
 हाय ! विपत्ति तँ कताबाट आइस् ?



सुवीर आचार्य
पूर्णाङ्क: २४०७२
कति महान् धर्ती

तिम्रो विशाल शरीर
 कति गाढो हुँदो हो तिमिलाई
 कति दुख्दो हो तिमिलाई

सबैका सामुन्ने सधैं एकैनासले
उभिने तिमी
जस्तो प्रलय आए पनि भोग्ने तिमी
मुटु छेड्ने जाडो आएपनि उस्तै तिमी
उखरमाउलो गर्मी आए पनि उस्तै तिमी
भ्रम भ्रम पनि परे पनि उस्तै तिमी ।

तिम्रो स्वरूप विशालमात्रै छैन
मुटु पनि फराकिलो छ
विश्वका कुनाकापचालाई पनि
स्वागत गर्न पछि नपर्ने तिमी
नेपाली मात्र हैन, विदेशीसमेत
तिम्रै रूप, रङ्ग र बनावट हेर्न मख्ख
तिम्रो उकाली-ओराली परेको
जिउ र पिठ्युं चढ्न मख्ख
कलकल बग्ने खोलाखोली
जति सुन्यो उति सुनौं सुनौं लाग्ने
त्यतिले मात्र नपुग्ने
त्यसैभित्र डुबुल्की मारेर फोटो खिच्न मख्ख
विशाल शरीरलाई हरियाली वस्त्रले ढाकेर
पर, अग्लो र सेतो हिमालको
चुचुरोलाई चिहाएर ।
तिमी कति मज्जाले हाँसेको !
सानो न ठुलो, स्वदेशी न विदेशी
केही फरक छैन तिमीलाई
तिमी कति महान् छौं
हे धर्ती ! तिम्रो छाती कति फराकिलो
तिम्रो मन कति फराकिलो
तिमी कति महान् धर्ती ।



प्रिजम खड्का
क्रमाङ्क: २४०७६
प्रकृति र जीवन

उड्नु छ पन्छी बनी खुल्ला आकाशमा
बस्नु छ मानव बस्तीभन्दा टाढा
सुन्नु छैन ती कराइरहेका आवाज
बन्नु छैन कुनै बोझ ।

चाहन्छु त बस् आफैँसँग रमाउन
निभरतालाई निर्मूल गराउँदै

आत्मनिर्भर हुनुछ
चाहिएको छैन कसैको सुभाब
खुल्ला संसारमा सास फेर्नु छ ।

चाहिएको छैन ती मतलबी मानिस र तिनको दुनियाँ
मलाई त केवल आफैँसँग रमाउनुछ
धेरै वर्ग यी दुःखी र पीडामा लतपतिएका आँसुका
बलिन्द्र धाराहरू
अब त खाली अनुहारमा मुस्कान छाउने छ ।

भोलिको दिन अवश्य नै मेरो हो
देखाउने छु सबैलाई
यी शब्दहरूलाई होइन मेरा कामहरूले
जब म सफल हुन्छु, तब मात्र
मेरो मुहारमा साँचो मुस्कान हुने छ ।

हार खाएको होइन
जीवनको सुनौलो यात्रामा लागेको हुँ
थाकेको होइन,
बस जीवनलाई गहिरिएर हेर्न सकेको हुँ ।



समृद्ध सापकोटा
क्रमाङ्क: २४०६७
मेरो साथी

कति राम्रो साथी मेरी
सधैं सँगै खेल्ने
यो संसारमा साथीजस्तो
छैन अरु मिल्ने ।

दुःख पर्दा आफ्नो कथा
सुनिदिने साथी,
सुख पर्दा रमाउँदै
जान्छौं माथि माथि ।

कहिले भाग्यछौं घरबाट
कहिले स्कूलबाट
बेला बेला दुःख दिन्छौं
हामी एकै साथ ।

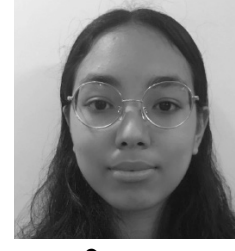
कुनै काम गर्दा पनि
सल्लाह हामी गछौं
मुटुभन्दा प्यारो चिज
साथीलाई भन्छौं ।

लुकाउँदैनौं कहिल्यै हामी
एकआपसका कुरा
आफ्नो काममा छलफल गर्दै
गछौं हामी पूरा ।



सुभाशिष उप्रेती
क्रमाङ्क: २४०४०
माघ महिना

पौष महिना बित्यो,
माघ महिना पनि आयो,
हेमन्तलाई बिदा गरी,
शिशिर ऋतु छायो ।
रमाई माघी मनाउँछन्,
तराईका थारू जन जातिले,
नयाँ वर्ष भित्राउँछन्,
आश, खुसी र शान्तिले ।
चाकु बनाउँछन् र अरू स्वादिष्ट खाना,
माहोल देखेर रमाउँछन् भुरा ससाना,
वर्षेभरि यस्तै होस् जस्तो लाग्छ,
तर के गरौं जीवन हेर्दाहेदै,
दुःखतिर भाग्छ ।
जाडो र कालो यस महिना,
अन्धकारले छर्लङ्गै भरिएको
चिसो बिहानी र आकाश,
चर्किदै गरेको रापिलो घाममा
एक ठाउँको मान्छे तातो भई बस्छ ।
सक्किने भो यसै गरी
माघको चिसो महिना,
माघसँगै जाडो पनि गल्ने,
शिशिर ऋतुको पालो
सिरसिर हावा चल्ने ।



एम्बिरा प्रधान

क्रमाङ्क: २४००९

मेरो प्यारो नारायणगढ

मेरो प्यारो नारायणगढ मलाई
तिम्रो याद जहिले आउँछ
तिमीले मलाई १० वर्षसम्म तिम्रो काखमा राख्यौं
तिमीसँग धेरै सम्भरनाहरू बनाएकी छु
मेरो प्यारो नारायणगढ ।

तिम्रै काखमा फर्किँदा म कसरी रमाउँछु
म त्यै सहरमा हिँडेको याद आउँछ
नारायणी नदीलाई म जहिले सम्भरहन्छु
मेरो प्यारो नारायणगढ
मलाई तिम्रो हरेक कुराको याद आउँछ
चाहे राम्रो होस् या नराम्रो
नराम्रो थोरै र राम्रो धेरै याद आउँछ ।
मेरो प्यारो नारायणगढ

मेरो बाल्यकालको आधा समय
त्यहीँ रमाइलोमा बित्यो
मलाई याद छ तिमिसँग बिताएका पलहरू
म तिम्रो सम्भरनामा बसिरहेकी छु
मेरो प्यारो नारायणगढ ।

तिमी सुन्दर थियौ र सुन्दरै छौ
तिमी जस्ती थियौ त्यस्तै भई बस्नू
खुसी र आनन्दले भरिपूर्ण भएर ।
मेरो प्यारो नारायणगढ
तिमिसँग वर्षौं बिताएकोमा मलाई अफसोस छैन
तिमी सधैं मेरो मुटुमा रहने छौ
म वर्षमा कम्तीमा एक पटक
तिमीलाई भेट्न आउने छु
मेरो प्यारो नारायणगढ ।

तबसम्म सुन्दर र खुसी रहनू
र अजा, अजी र बुढी अजीको ख्याल राखनू
मेरो प्यारो नारायणगढ
तिमिसँग मेरो यही कामना छ ।



निशान्त अधिकारी
क्रमाङ्क: २४०५१
आमा

आमा तिमी संसारकी प्यारी मान्छे
आमा तिमी संसारकी राम्री मान्छे
तिमी आफै घरको काममा व्यस्त छ्यौ
तिमीजस्तो यो घर राम्ररी कसले बुन्ला ।

आमा तिमीलाई सहयोग गर्ने कोही छैन
तिमी केही नभनी आफ्नो काम गर्छ्यौ
आफूले हरेक कदममा हरेस खाए पनि
हामीलाई डटेर अधि बढ्न सिकाउँछ्यौ ।

आमा तिमी सबै काम समाल्छ्यौ
तिमीलाई समाल्ने को होला
तिमी अरूमा ध्यान धेरै दिन्छ्यौ
आफैलाई ध्यान दिने कहिले होला ।

आमा तिमी संसारकी प्यारी मान्छे
तिम्रो निस्वार्थ माया कसले देख्ला
तिमी सन्तानका लागि कति खट्छ्यौ
आफ्ना लागि तिमी कहिले खट्छ्यौ ?

मेरी आमा तिमीलाई सधैं खुसी राख्न सकूँ
तिम्रो दुःख म कसोरी हर्न सकूँ
मेरी आमा तिमी आफ्नो मुहारमा मुस्कान राख
नहाँसेको मुहार के म हेर्न सकुँला र ?

आमा तिमीलाई सधैं साथ दिन
मेरा खुसी तिम्रा लागि लिन
तिम्रो माया र ममताले मैले
सारा संसार जित्छु आमा ।



चाहत राजसिंह राठोर
क्रमाङ्क: २४०१८
शरदऋतु पातहरू

सुनौला पहेँलपुर पातहरू भुइँमा विस्तारै भर्दै,
शरद ऋतुको हावा चारैतिर घुमिरहँदा,
मौसमअनुसार प्रकृतिको क्यानभास बदलिन्छ,
एक सुन्दर दृश्य, विनाकारण यो मौसमको चक्र ।

रूखहरू खाली उभिन्छन्,
आकाशसम्म पुग्छन्,
बितेका चक्रहरूको सम्भनामा,
रातो, सुन्तला र सुनको न्यानो रङ्ग,
आफू आफैँ माथि भइरहने दङ्ग,
जाडो जाडो अधि प्रकृतिको गरेर विदाई ।

परिवर्तन र रूपान्तरणको समय,
आराम र कायाकल्पको प्रकृति,
चल्दै आएको छ, पहिलेदेखि नै रीति,
भरेका पातहरूले पृथ्वीलाई मल दिने छ,
वृद्धि र पुनर्जन्मको लागि नयाँ बल दिने छ ।

शरद हावाको शान्त वातावरण,
प्रकृतिको अनुपम महिमा जताततै,
हेर्न र अनुभव गर्न पाइने शान्त र शीतलता,
शरद ऋतुको सुन्दरतामा पुराना पातहरू ।

पातहरू भर्दै छन्, समय सकिएर
त्यसरी नै दिनहरू छोटिँदै छन् रात सकिएर
प्रकृतिको चक्र, प्राकृतिक किल्ला र लीला
प्रकृतिको आशीर्वाद, एकपछि अर्को
जहिले सुरु भइरहने नसकिने लर्को ।

चिसो हावाले एक विशेष अनुभूति बोकेको आनन्द,
प्रकृतिको अँगालो, शुद्ध आत्मीयताको क्षण,
शरद ऋतुको रङ्ग, एक प्राकृतिक आनन्द,
प्रकृतिको जादु, एक सुन्दर दृश्य ।



आदित्य उप्रेती
क्रमाङ्क: २४००२
जीवन

बताउन खोज्दै छु
कि मेरो जीवन नरकजस्तै छ
मानिसहरू सोध्छन्
मलाई किन सूर्यास्त मन पर्छ
उनीहरूलाई थाहा छैन कि
सबै कुराको अन्त्य हुन्छ ।

एक दिन म धेरै टाढा जान चाहन्छु
किनभने मेरो दिमागमा हरेक दिन
केही असामान्य विचारहरू आउँछन्
जसरी पनि जीवनको अन्त्य हुन्छ
स्वर्गले मलाई खेलन बोलाउँदछ ।

जीवन हरेकको अनिश्चित हुन्छ
जहाँबाट सिक्नुपर्छ त्याग गर्नु विकल्प होइन
जीवन धेरै छोटो छ
हामीले केही रमाइलो गर्नुपर्छ ।

जीवन घामजस्तै हो
यो एक वर्षा हो
जीवनको सुरुवात छ
निश्चित रूपमा यसको अन्त्य छ ।



आदर्श खत्री
क्रमाङ्क: २४००१
माटो

माटोमुनिको जमिन,
जीवन र जन्मको स्रोत,
तत्त्व र मालाको मिश्रण,
खनिज र पृथ्वीको ।

आफ्नो जरा लिने हरेक बिउसँग,
यसले साँचो फसल दिन्छ,
प्रकृतिको अनन्त खोजको प्रतीक,
वृद्धि र नवीकरणको ।

बिहानदेखि साँभसम्म यो काम र जोतिन्छ,
वृद्ध र जवान दुवै हातले,
धैर्य र शान्त मुटु,
तैपनि सधैं जीवनसँगै फुलिरहन्छ ।

माटोले बन्न सिकाउँछ,
उर्वर र भिन्न बलियो,
बिउको पोषण र हेरचाह गर्न,
यसलाई गर्वका साथ फस्टाउन दिनुहोस् ।

यो सुन्दरता, अँध्यारो र धनी छ,
सबैको लागि अचम्मको कुरा,
माटो, यसको सबै इनाममा,
एक वास्तविक र जीवित विरासत ।

त्यसैले आउनुहोस् !
हामी सबैले खुला हृदयले,
माटोलाई यता माया गरौं,
किनकि यसको गहिराइ
यसले आफ्नै चमक खोल्छ,
यहाँ सुन्दर फूल फुल्छ ।



सुनबी पोखरेल
क्रमाङ्क: २५०१८
पाएँ मैले मिले साथी

घमण्ड र रिसको बिचमा पाएँ मैले मिले साथी
जिया हो उसको नाम, छैन केही द्वेष उसमाथि ।
कक्षा सातमा शत्रु हामी कति मिल थालेका छौं
दस कक्षामा आइपुग्दा माया हामीले बाँडेका छौं ।

दुःख सुख जे भए नि सहयोग ऊ गरिहाले
समय त सँगै भए एकैछिनमा बितिहाले ।
मान्छे उस्तै मिहिनेती ज्ञानी पनि अत्यन्तै छे
पढाइको के कुरा गरौं राम्रो अङ्क ल्याएकै छे ।

बाबामामु, भाइ र बुबा सबैकी हो प्यारी ऊ त
आफ्नै दिदी छैनन् मेरा तर जिया छँदै छे त
साथी मात्र थिई ऊ त अब मेरी दिदी भई
धेरैलाई म साथी भन्थेँ अन्त्यमा ऊ मात्र रही ।

यो बन्धनको सुरुवात भयो हाम्रो घृणाबाट
अन्त्य हुन्छ, मित्रताको मात्र हामी पुग्दा घाट
कसम खान्छु साथी अब साथ कहिले छाड्ने छैन
टनै साथी पाए पनि माथि कोहीलाई मान्ने छैन ।



अनुष्का यादव
क्रमाङ्क: २६००३
मेरो खोज

म खोज्दै छु, आफ्नो लागि एक ठाउँ
जहाँ म रमाउने छु, मेरो मनले गीत गाउने छु,
म खोज्दै छु, एक प्रकाश !
एउटा ज्योति, जहाँ मेरो भविष्य बन्ने छ ।

म खोज्दै छु, प्रेम !
प्रेम जसले मलाई स्वीकार गर्ने छ
म खोज्दै छु, एक साथी !
साथी जो राम्रो र नराम्रो समयमा त्यहाँ हुने छ ।

म खोज्दै छु, अर्थ र उद्देश्य !
म खोज्दै छु, स्पष्ट बाटो
एउटा बाटो जुन मेरो लागि हो
म खोज्दै छु, बाँचन लायकको जीवन ।

म खोज्दै छु, जे मेरो मनमा छ,
म खोज्दै छु, र मैले नभेटेसम्म म रोकिने छैन
मेरो खोजको यात्रा अभै जारी छ
किनकि यो यात्रा मेरो हो !



सुफियाना घिमिरे
क्रमाङ्क: २७०१६
दाग

हिँड्ने छौं बाटो जीवनको माथि तलको गोरेटो
बोकेर आफ्नै प्रतीक्षा ठुलो र आशाको पोको
मान्छेको सास ठेगाना छैन रोकिन्छ कहाँ पो
तापनि हुन्छ अनेक यहाँ लोभका मानव ।

समाज यस्तो साँघुरो सोच बदल्न सकिन्छ
चल्नु नै पर्छ अगाडि बाधा अनेक हटाई
छातीमा राखी साहस चढ्नु बाधाका सिढीमा
बढौंला हामी अगाडि गाह्रो मुहार बाटोमा ।

खरानी जस्तै उडेर जाला घाउको बेदना
तापनि दाग घाउको हाम्रो जाँदैन उडेर
त्यसैले सम्भ्र समाजको घाउ शब्दले जाँदैन
एकता जान्छ रहन्छ तिम्रो हेलाको दाग पो ॥

अनन्त खुल्ला गगन चरा उड्दैछ हेर न
हावामा आफ्ना ती दुई प्वाँख उडेर नाच्दै छ
उड्दछन् चरा सिकार खोज्दै भुँईमा आँखाले
उनका ती स-साना आँखा संसार भेट्दछन् ।

हामी पनि उड्ने छौं छिटै त्यो खुल्ला हावामा
लड्ने छौं हामी रोकनेछौं अब हेलाका दाग पनि
समाज मिठो भनेको फल एकता सँगै हो
त्यसैले हामी सानैमा सगैँ हास्य पो सिकौंला ।

मनमा हाँस्दा छाउँछ शान्ति, क्रान्तिको प्रेरणा
मानिस स्वस्थ बन्दछ हाँस्दा त्यसैले हाँसौंला
सुखद सभ्य समाज बन्छ एकता हाँसेमा
त्यसैले सबै हाँसौ न हामी सिर्जना हाँसेमा ।



अग्नीम रिजाल
क्रमाङ्क: २९००५
पृथ्वी

धेरै नै पहिला, सौर्य मण्डलमा, सूर्य नै मात्रै थियो
न कुनै ग्रह, न कुनै मानिस, सबै नै खाली थियो ।

विशाल ढुङ्गा धेरै नै थिए, यो सौर्य मण्डलमा
एउटा ढुङ्गो आएर ठोक्यो यो आठ भागमा ।

पृथ्वी पनि यै प्रकृत्याले आविष्कार भएको
धेरै नै वर्ष पृथ्वी पनि सूर्य भै देखिन्थ्यो ।

हजारौँ वर्ष भरी र पानी परेको पन्ध्र भो
खाल्डो र जमिन धेरै नै थियो पानीले पुरियो ।

धेरै नै वर्ष पृथ्वी पुरै पानीले भरियो
ससाना बोट ससाना किरा पानी मै जन्मिए ।

केही वर्षपछि ससाना माछा आउन थाले रे
समुद्र हेर्दा भरि देखिन्थ्यो समुद्री जीवल ।

थोरै भाग जमिन देखियो हेर पानीको बिचमा
बिस्तारै हेर्दा धेरै नै जमिन निस्किए पानीमा ।

विशाल जीव विशाल ठाउँ पानीको बिचमा
ठुलुला किरा ठुलुला ढुङ्गा देखिए जमिनमा ।

कुनै जीव पानी कुनै जीव जमिन पृथ्वी भरि थिए
एकअर्का मादै आहारा पाउँदै बस्दथे मजाले ।

मानिस पनि जन्मिए धेरै जीवहरू मरे रे
विस्तारै पृथ्वी विकास भयो मानिसका कर्मले ।



प्रयास श्रेष्ठ
क्रमाङ्क: २४०५२
मलाई त्यो दिनको याद आउँछ ।

मलाई त्यो दिन अभै याद छ
जब सबै कुरा अलपत्र परेको थियो
भावनाहरू चर्को रूपमा दौडिरहेका थिए
मेरा आँखाबाट आँसु भरिरहेका थिए ।

आकाश धेरै मलिन थियो
मेरो मन भारी र उदास हुँदै गयो
सम्भनाले मनमा बाढी भै ल्यायो
खै, मलाई यो के भयो भयो ?

अभै पनि सपनाहरूले सताउँछन्,
सधैं सम्भरहन्छ जस्तो लाग्छ,
भ्रमको अभै पनि आइरहन्छ
मलाई त्यो दिनले सधैं सताइरहन्छ ।

म त्यो दिन समात्ने छु,
कहिल्यै पनि नछोड्ने सम्भनाको रूपमा
भावना भनेकै यही रहेछन्,
त्यो दिनको याद मलाई अभै आइरहन्छ ।

म त्यो दिन समात्ने छु,
कहिल्यै पनि नछोड्ने सम्भनाको रूपमा,
भावनाहरू भनेका यही रहेछन्,
त्यो दिनको याद मलाई अभै आइरहन्छ ।



साइन पाठक
क्रमाङ्क: २४०८५
हराएको छु म

सोच र डरको सागरमा हराएको छु म
कुनै पनि लक्ष्यबिना बग्दै
म उज्यालो खोज्दै छु,
खोज्दै छु एउटा तारा
तर मेरो वरिपरि जम्मै अन्धकार छ,
नजिक र टाढा ।

हराएको छु म, कुनै अन्त देखेको छैन मैले
कुनै आरामबिना दौडँदै छु मेरो दिमाग
म खोज्दै छु, एउटा बाटो
तर चारैतिर जम्मा भ्रम मात्र पाएको छु ।

म बाटो हराएको मान्छे हुँ
मेरो मन भारी र आत्मा खाली छ
म सहायताको लागि पुकार्छु
हात समाउनको लागि कोही छैन ।

म हार मान्ने छैन,
म अगाडि बढ्ने छु
यात्रा लामो हुन सक्छ
यद्यपि म अहिलेको लागि हराएको भए पनि
म मेरो बाटो अवश्य फेला पार्ने छु ।



सुकृति सिलवाल
क्रमाङ्क: २७०२४
मेरो देश

यो मेरो देश, हिमालको शिर, बुद्धको ज्ञान छ
बग्दछ काली गण्डकी यहाँ, फैलाई शीतल ।
मनाई चाड, घुमेर बस्ने छन् मेरा रहर
मिलेर बस्ने छु यहाँ सधैं रोज्दिन सहर ।

दुख र सुख बाँडेर बस्छु फैलाई स्नेह
गर्वका साथ भन्नेछु सधैं यो मेरो नेपाल ।
सादा जीवन भए नि पुग्छ ठुला छन् विचार
सधैं म गर्छु सबैको माया गर्दिन भेदभाव ।

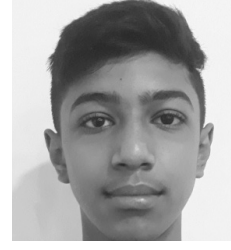
फरिया चोली भए नै पुग्छ पर्देन अरू केही
गर्ने छु सधैं नेपालको सम्मान यही नेपालमा रही ।
गर्नु छ हामी ठुलालाई आदर सानालाई यो माया
दिन्छु म सधैं सबैलाई साथ हाँस्दिन्छु सुखमा ।

नेपालीपनमा गर्व गर्ने छु जाँदिन विदेश
दिन रात खटिन्छु गर्छु यही देशको विकास ।
यही देशमा बसी हाँसी खुसी जहान पाल्ने छु
देशको रक्षा गर्नलाई मैले रगत बगाउने छु ।

हिमाल, खोला, रूख र बन हेरेरै बस्ने छु
नेपाल आमाको रक्षा गर्नलाई अगाडि बढ्ने छु ।
प्रकृति मैले हेर्दा देशमा यो मन लोभिन्छ
पूर्व र पश्चिम उत्तर दक्षिण सुन्दर देखिन्छ ।

नेपाली दाजु बहिनी सबै हुन् मेरा प्रेरणा
देशको रक्षा गर्नलाई दिन तयार छु प्राण ।
रातो र निलो यहाँको चिनो बचाउँछन सबैले
नेपालीपन नेपाली मन नघटाउँ कसैले ।

सूर्य र चन्द्र हुन्छन् प्यारा हाम्रो मन होस् हिमाली
बचाउन कहिल्यै सङ्कोच गर्दैनन यी प्यारा नेपाली ।
स्वार्थी भएर भुटो कसम कहिल्यै खाँदिन
आमाको रक्षा गर्नको लागि छाडेर जाँदिन ।



आर्य धामी
क्रमाङ्क: २७०२३
आमा

आमा! हे तिमी धरणी चिरी सन्तान जन्माउछ्यौ
सास्ती र पिर हन्डर खपी सन्तान हुर्काउँछौ ।

कलिला औंला समाई मेरा सिकाउँछौ हिँडन
समाउने हात पाएर तिम्रो लागे है बढन ।

दुःख र कष्ट सहेर पनि बर्साउँछौ ममता
वात्सल्य तिम्रो पाएर आमा खुसी छु लौ म त ।

सन्तानको पाउ काँडामा पर्दा रुन्छ है त्यो मन
आफैले पीडा भोगे भैं गरी तडिपन्छौ लौ भन ।

सन्तान हिँड्ने बाटोमा तिमी फूल है छर्दिन्छ्यौ
जीवन मेरो बनाउन सबै त्याग है गर्दिन्छ्यौ ।

पर्वत जत्रो हृदय तिम्रो मायाको सागर
गलती गरे क्षमा है दिने मन छ उदार ।

हरेक दुःख सहने तिमी सृष्टिको गाथामा
गाउँछ गीत संसार तिरो त्यागको कथामा ।

आधा है पेट खाएर तिमी दिन्छ्यौ है जीवन
मुत्युको टुक्रा भैं माया गर्छौ संसारै सन्तान ।

सन्तानका लागि संसारसँग खेल्दछौ जुहारी
चट्टानजस्तै सहन्छौ तिमी दुःखको त्यो भारी ।

घामको ताप जुनको शीत सबैको साथमा
रङ्गिन्छौ तिमी हे आमा सधैं हरेक गाथमा ।

बढ्छ है आँट साहस सधैं तिमीलाई देखेर
संसार जित्ने आशिक देऊ मायाले भरेर ।

छोरा र छोरी समान ठान्ने तिमी नै आमा हौ
दुख्या छ उक्ति जन्माउँदा तिम्रो भेदभाव किन लौ ।

शब्द नै छैन मसँग आमा प्रशंसा गर्नलाई
जाँदिन कतै छाडी अर्काको शरण पर्नलाई ।

हे आमा! तिमी मायाकी खानी जगतकी जुहर
सन्तान तिम्रो प्रार्थना गर्छु सुन लौ पुकार ।

जीवन मेरो फिका छ सधैं तिमी नै नभए
मुहार सधैं हेर्न है पाउँ छाडेर नगए ।



इशानकुमार राजभण्डारी
क्रमाङ्क: २७०२७
यी मायालु

यी मेरी माया मेरो चाहनामा डुबिरहने,
मेरो हेरचाह गरिरहने यी मेरी मायालु ।
प्राणभन्दा प्यारी मलाई हेदैँ भावहरूमा डुबी,
केही नसोची मलाई खोज्ने यी मेरी मायालु ।

जीवन घाम छायाको लय भन्दछन् सबैले
साथ नछोडी जहिले बस्छिन् यी मेरी मायालु ।
हावा र हुरी बतासमा पनि सम्झी मलाई,
सबै थोक बिर्सी मेरो साथमा यी मेरी मायालु ।

एकदमै मिठो सुरिलो स्वर कोइलीको जस्तो,
सुरिलो स्वरमा मलाई
सम्झी गाउँछिन् यी मायालु ।
आकाशको पानी भैँ स्वच्छ निर्मल भई नै रहने,
सफा र सुगधर एकदमै राम्री यी मेरी मायालु ।

तिमीलाई भेटेसी मेरो मन उत्साहित रहने,
स्वर्गकै परी भन्न सुहाउने यी मेरी मायालु
तिम्रो उज्यालो मुहार हेदैँ दिन रमणीय
जीवन फिका हुन्छ रे मबिना यी मायालु ।

सात समुद्र पारि भए नि भेट्न आउँछिन् मलाई,
भेट्नको लागि जहाँ भए नि खोज्छिन् यी मायालु
सधैं अँधेरीमा तिमी जुन बनेर छाउने छौ
स्नेह र माया जहिले दिन्छिन् यी मेरी मायालु ।

न कुनै डाहा र लोभ, इर्ष्या न त अहङ्कार
दयाकी रानी मायाकी रानी यी मायालु
जे भने पनि केही नबोली सुनेर बस्दछिन्
मेरो मायाको महत्त्व बुझ्ने यी मेरी मायालु ।

जीवनभरिमा तिम्रो मायाको भोगी म हुने छु
मैले नि खोज्दा पाउँदिन माया तिम्रो हे मायालु
सधैं अध्यारोमा तिमी मेरो जुन छाएर बस,
जीवनमा खुसी नै खुसी आयो भएर मायालु ।

कोखमा राख्ने, मलाई माया गर्ने मेरी आमा
मेरी हुन् माता सबभन्दा प्यारी यी मेरी मायालु ।



तनिष्क शाक्य
क्रमाङ्क: २८०११
आकाश

शान्त र स्थिर छ आकाश
सुन्दर सेता बादल
ती बादलको काखबाट
भुल्के घामका किरण
त्यो अँधेरी आकाशमा ।

दिउँसो भने सूर्य छ
जताततै उज्यालो छ
घाम पानी पर्दछ
इन्द्रधनु बनाउँछ
त्यो निलो आकाशमा ।

मौसमको परिवर्तनसँग
बदल्छ आकाशले रूप रंग
कहिले कुहिरोले छेकिन्छ
कहिले हुन्छ सफा स्वच्छ
त्यो खुल्ला आकाशमा ॥

राति चाँहि चन्द्रमा
चराहरू फर्किए
गुँडतिर लम्किए

ताराहरू चम्किन्छन्
त्यो सुन्दर आकाशमा ॥

सबैलाई साभा छन्
दिन्छ सबैलाई ओत
हुँदैन कुनै भेदभाव यहाँ
शीतल हावा बग्छ जहाँ
त्यो विशाल आकाशमा ।



अरुनेश मानन्धर
क्रमाङ्क: २३०११
मन जोगी

कति छुटे, कति मान्छे जुटे
मुटु नजिकका भनिने
आफ्ना पनि एक एक गरी फुटे
यही समय एक वर्ष
अघि खुसी भएको थिएँ
फेसबुकवाट बुझें,

खुसी हुने कारण के थियो
याद छैन तर त्यही पल
सम्झिने सुरमा निदाउन पनि भुलें,
दिन त फेरिएर
तीन सय छैसठ्ठी भइसक्यो ननिदाउँदै
रात कटयो कोठाको दलिन
हेर्दा हेर्दै आँखालाई कुटें,

समय उही पस्थिति
अलग हुँदोरहेछ भनि बुझ्दा,
लेख्दा लेख्दै यी शब्द
केही बेर भुलें,
मध्यरातमा लेखें यो कविता
मनको विरह पोखें ।



असिम पौडेल
क्रमाङ्क: २३०१३
प्रकृति

सुन्दरताले भरिएको एक अनौठो कुरा हो प्रकृति
मानवलाई मोहित पार्ने कुरा हो प्रकृति ।
संसारलाई नियममा बढाउने कुरा हो प्रकृति
सबै मरेर मिसिने ठाउँ पनि हो प्रकृति ।

जीवनमा सुख र आनन्द
महसुस गराउन सहयोग गर्ने यही
भने कसैको पुरै जीवन ध्वस्त पर्ने पनि यही ।
कुनै आतङ्कको कारण पनि यही
त हुने रचनाको लागि प्रेरित पर्ने पनि यही ।

जीवनमा बाचुन्जेल साथमा हुने पनि यही
त कसैको जीवनको अन्त्य गर्ने पनि यही ।
कसैलाई बाढी पहिरोले मृत्यु पनि यही ।
त खडेरी परेर मानिस मार्ने पनि यही ।

जीवनको सबै काम र दोष यही
त संसारको क्रमको लागि चाहिने पनि यही ।
ऋतुहरू फेरी संसारको अवस्था मिलाउने पनि यही
संसारमा प्राकृतिक दुर्घटनाको कारण पनि यही ।

कसैको जीवनको आसाको किरण यही
कसैको दुखको किरण पनि यही ।
कसैलाई सुन्दरताले मोहित पार्ने यही
त कसैलाई तर्साउने पनि यही ।

मनिसहरूको दुविधाको रचित पनि यही
त त्यस समस्याको नाशकर्ता पनि यही ।
कसैको वशमा नहुने पनि यही
सबैलाई नियन्त्रित गर्ने पनि यही ।

कहींको अन्नदाता पनि यही
त कसैको अन्न नष्ट गर्ने पनि यही ।
धेरै कुराहरूको कारण र कर्ता यही
र केही दोष नहुँदा पनि नाम आउने यही ।



कृष्णा थापा
क्रमाङ्क: २७००५
सम्भनाहरू

जीवनमा अगाडि बढ्यो
 तर सम्भनाहरू पछि
 गएका सबै कामहरू
 भल्को आउँछ अहिले

रमाइलो लाग्छ सुन्दा
 सम्भनाहरूभन्दा
 सबै सम्भने त हो
 अहिले आएर

ती मिठा सम्भना
 गएको समयमा
 के गरिएन होला
 बच्चा बेलाको सम्भन्दा

हाँस्छौं अहिले हामी
 ती कुरा गर्दा
 बच्चै त थियौं एक बेला
 अहिले पो हुर्कियौं ।

राखिएको छ होला
 सजाय ती चित्र
 रङसँग खेल्दै
 अगाडि बढ्दै ।

जति ठुलो भयो
 त्यति याद आउँछ
 आफ्नो बाल्यकाल
 अनि ती मिठा यादहरू ।



आध्याश्री पौड्याल
क्रमाङ्क: २९०६०
हे युवा तिमि

हे युवा तिमि मेहनत गर, देशकै माटोमा
 फलाउन खोज, हिरा र मोती, यो आफ्नै बाटोमा
 तिमिले गरे मेहनत यहाँ, फूल यहीं फुल्दछ
 सबैलाई पुग्ने अन्न र बाली धान यहीं भुल्दछ ।

तराई र पहाड, सुन्दर दृश्य, हिमाल टल्कने
 सुन्दर देश देखेर घुम्न, पर्यटक पल्कने
 डाँडा र पाखा रमाइला लाग्ने, सुन्दर भरना
 विकास गरौं यो देशको हामी, युवाकै भरमा ।

उत्तर चिन दक्षिणमा भारत, बीचमा नेपाल
 संसारकै उच्च शिखर पनि, हाम्रै हो हिमाल
 डाँडा र पाखा हरियो वन, सुन्दर जङ्गल
 सुख र शान्ति भरेर होला, छ भूमी मङ्गल ।



ओजस्विनी लामा
क्रमाङ्क: २९०१९
आमा

नौ महिना कोखमा राख्यौ तिमिले
 कति पीडा सहनुप्यो होला तिमिले
 त्यही पीडाका बिचमा मुस्कुराउँदै
 मलाई यो संसार देखायौ ।

माया नमार म पनि मर्दिन
 म जहाँ गए पनि फर्केर आउने छु
 चिन्ता नगर म बदलिने छैन
 आज प्यारी छु भोलि पनि प्यारी नै रहने छु ।

बाध्यताले केही समय छुट्टिएर गए पनि
कहिल्यै नठान म छैन भनेर
जीउ जता भए पनि मन तिमीतिरै हुने छ
तिम्रै ममताले मलाई दिन रात सताउने छ ।

तर आमा,
तिम्रो ममताले मलाई अवश्य तान्ने छ
अनि फर्केर आउने छु तिम्रो सहारा बन्न ।



आरोहण तिम्सिना
क्रमाङ्क: २९०५७
प्रकृति

छौ तिमी सुन्दर जताजतै छौ खेलै र उफ्रिदै
तिमी छौ यता तिमी छौ उता हामीलाई बास दिदै

मागदैनौ केही दिन्छौ मात्र मानिस छन् लोभ्याउन ।
माग्ने नि गर हामीले सक्छौ सुन्दर बनाउन ।

हुँदै छ फोहोर हामीले गर्दा तिम्रो त्यो काखमा
हामीले हाँछौ तिम्रो त्यो काख नहुँदा साथमा ।

दरिला अनि शक्तिशाली छौ संसार जित्दछौ
हलचल यहाँ मच्चिन्छ जब प्रकृति रिसाउँछौ ।

रिसायौ भने हल्लिन्छ धर्ती आउँछ हाम्रो काल
वर्षाको वेला डुबाइदिन्छौ धर्ती बन्छ ताल ।

तिमी नै हाम्रो सर्वस्व अनि सबैको जीवन
संरक्षण गरौ सबै मिलेर प्यारो छ यो धन ।



युरेका अधिकारी
क्रमाङ्क: २९०४९
जीवन

यो प्यारो आकाश शितल बतास के कमी भएको ?
यो हाम्रो धर्ती मिठो छ अर्ति रमाइलो छाएको ।

सुन्दर जुन चम्किला तारा जीवन दिने घाम
रुदैनौ देख्दा मुस्कान छाउँछ हुँदै न सुनसान ।

नदी भै बग्छ यो हाम्रो जीवन बनाए सरल
इन्द्रेणी जस्तै रङ्गिन छ है कहिले तरल ।

हावाको हातमा बादल बग्छ हामी नि त्यस्तै छौ
हावाको साथमा बादल हातमा सुखले नाच्छौ ।

ती आकाश चरी रातमा बस्न सक्दैनन् एकै ठाउँ ।
जीवन त्यस्तै चञ्चल हुन्छ कमाउन आफ्नो नाउँ ।

आकाशका तारा एकलै बस्न सक्दैनन् एकैछिन
धर्तीका तारा मानिसका सारा मित्र छन् दिन दिन ।

सक्दैन कोही नरोई बस्न घाम पनि हराउँछ
प्यारो छ जीवन दिन र रात कालसंग डराउँछ ।

सुख र दुख संसारको खेल यस्तै छ जीवन
घाम र पानी बादल सहन्छ हराउँछ यो धन ।



आदर तिमिल्सिना
क्रमाङ्क: २९०४६
जिल्ला प्रयास

अगाडि बढ्छु नहेरी पछि भनेर सिकेको
 खै के पो गर्नु बाध्य भई आज जानु नै पर्ने हो ।

यो कुरा सबले सोच्छन् भनेर अगाडि हिँडेको
 हारमा रुँदै पानी पिउँदै अगाडि बढेको ।

जिन्दगी भन्ने हारजीत रैछ भनेर चाल पाएँ
 ठक्कर खाएँ अगाडि बढेँ जीवन सजाएँ

जीवन बुझी अगाडि बढ्न धेरै नै गाह्रो भो
 दिनका पल्टा पल्टाउँदै जाँदा व्यथा पो साह्रो भो ।

अगाडि बढ्छु सान लिएर भनेर सोचेको
 सोभै म बढे पाइला पाइलामा काँडाले घोचेको ।

मैले छानेको बाटो सहज किन पो रहेन
 यति गाह्रो हुन्छ भनेर सोचेकै थिएन ।

अगाडि बढ्दा आफन्तजनले मलाई फाल्दिने
 मलाई त लाग्थ्यो हरेक मानिस साथी नै हो भन्ने

अगाडि बढ्ने अडान लिने यो मेरो रहर
 रहर पूरा गर्नलाई धेरै हुने भो कहर ।

कहिल्यै हार नखाइकन अगाडि बढ्ने छु
 दूराचारी र भ्रष्ट व्यक्तिको विरोधमा लड्ने छु ।



श्रीदा रिसाल
क्रमाङ्क: २९०३१
पञ्चायत

जब यो आयो
 अन्धकार छायो
 सबैको जीवनमा
 पछ्याउँछन् भनि भरोसा गरी

गरियो मनपरी
 गरेनौ चासो
 हालिदेऊ पासो
 सबैको जीवनमा
 गयौ कडा
 बन्यौ बडा
 सबैलाई ढाटेर

आफू नै राम्रो भनेर सबलाई भरोसा दिलायौ
 आफू नै शत्रु माया गर्नेलाई गाउँबाट भगायौ ।

गाउँलेसँग लडी
 याद गरायो घडी
 आफ्नो नाम बनाई
 सुरु गयौ लडाईं
 छोरा र छोरी हेला गरी
 मायाले बोलेनौ

भाडा र घर
 त्यही हो भर
 भनेर सिकायौ

जनताको बोली अब चाँहि फुट्यो
 अब चाँहि माफी मगायौ



Prinsha Pradhan
Roll no: 34020
Butter

I love butter
 Butter is my favorite food.
 I put butter on bread
 And I put butter on the pancake too.



Prisha Poudel

Roll no: 33022

My Mother

My mother is the best.

She never rests.

She works hard day and night,
to make my future very bright.

She teaches me new things everyday,

And there is always time to play.

She is like a teacher to me.

That is why I am not afraid to be me.

One day, when I grow older.

I would like to thank her.

for never giving up on me.



Arjan Niraula

Roll No: 33049

Goal! on the Penalty

See the Iron Gate,

Ronaldo is my favorite.

Hello, my sibling,

Watch his dribbling.

The clock is doing tik-tik,

Watch his free kick.

The goal is guaranteed.

On his penalty.



Sushant Pokharel

Roll no: 32020

Winter

Winter is very cold

We have to be bold.

We have to drink something hot

In a big pot.

Snow can fall down

Trees are becoming brown.

Snow has covered the mountain

But I miss the beautiful water fountain.

In this winter

We have to have fun.

We have to sit and relax

Near the sun.



Eshaan Manandhar

Roll no: 32036

Flowers

In the garden, there are flowers

Which are surrounded by big towers.

Some are yellow, some are red

Different colors of flowers form a flower bed.

My favorite flower is marigold and rose

Which gives a good scent when I smell
with my nose.

Some flowers are on trees

Surrounded by many yellow bees.

Some flowers are on the pot

With many beautiful dots.



Sadagi Koirala
Roll no: 31026
Barbie Doll

Barbie doll, Barbie doll
 I have a Barbie doll.
 I named it Rosy

She has blonde, long hair.
 With black sunshades
 She has eyeliner.
 With pink eyeshadow,
 She is dressed in a shimmering se-
 quin gown.
 With Gucci bags.
 She has red lips and red heels.

She also has two little friends.
 Honey and Dark chocolate.
 Honey is a dog and
 Cat in white chocolate.
 They go wherever Rosy goes.
 So, Rosy carries them like babies.

Barbie doll, Barbie doll
 I have a Barbie doll.
 I named it Rosy.



Siddhartha Chaulagain
Roll no: 30033
The Fear

It was all right when I was a kid,
 But everything changed when I turned six.
 Was told to improve in all areas.

It got into my head,
 When I was younger and made mistakes,
 I would not even care, but
 If I made a mistake now, I would
 They used to laugh at my errors.
 Now, I get fearful and nervous.

To make the mistake,
 I now sit quietly.
 released that my silence is not
 My stupidity, but my real self
 My silence is not stupidity, but
 My real self is...



Pasang Doma Sherpa
Roll no: 30019
An Old Oak Tree

An old oak tree
 Stood boldly and with pride,
 Who grew from small,
 To a large, proud tree.

It grew in a forest,
 Just like a dream,
 It was just like heaven,
 All in all, it was a beautiful impression.

But it wished
To hold it forever,
If it weren't our cruelty.
We became selfish for our own.

Now it stands between tall walls.
Near its last hour in this world
It stands there all alone,
With a heart full of hatred.



Sambid Dhakal
Roll no: 30028

Three Regions Of Nepal

Rocks and stones in the road,
Why is this region very cold?
This has hundreds of mountains,
And also that beautiful snowfalls,

It's the region where we live
It's the region which has moderate climate,
Also had a different beautiful places
Which is good for tourism forever,

Plain land with a fertile soil,
Which has different types of vegetation,
Which grow the vegetables and fruits we
eat,
Which is too important and what we need?

Three regions there are,
Everything important here are,
Guess my favourite region?
The first letter is 'H'.



Prasanna Dhungel

Roll no: 28021

Life of Darkness

Life in darkness, a never ending night,
No light to guide, no hope in sight.
The shadows move, with a constant fear,
Sitting in a dark room, eyes filled with tears

Days go by, waiting for a hope of light,
No happiness, sitting alone in the shiny
night.

The fear of darkness, always in my heart
Broken from inside, heart is torn apart

But hope remains, a spark of light,
A chance to break free, a chance to fight.
So keep your hope, don't lose your way,
One day darkness with go away

So keep on moving, don't give in,
For a brighter tomorrow, let your light be-
gin.

The darkness may last for a little while.
But it cannot burn your inner smile



Tanishq Shakya

Roll no: 28011

Nature

The sun comes up in the east.
and sets from the west.
giving light to the earth
where nature gives birth.

Animals moving here and there
The moon can be seen from here.
Rivers and oceans flow
while the wind blows.

With the stars twinkling
The day is brightening.
Gardens have flowers.
Where the butterflies gather.

The tall trees tower over every-
thing.
while the birds are in the sky.
Nature covers the world with
beauty.
as if it were their duty.



Deeva Shrestha
Roll no: 28016

Nature

Oh nature!
You're so beautiful,
Spread all around, shiny and colorful.
Seeing you so free,
makes me so happy.

Oh nature!
Who made you?
All different and unique.
With so many natural beauties,
In the very enchanting cities.

Oh nature!
For all the trees I thank you,
But sorry that people take you.
For all the flowers I thank you,
The world is pretty because of you.

Oh nature!

I could never live without you,
The sky is blue,
The trees are green,
The birds are free,
The flowers are different,
All of this,
It's all because of you .



Abhinna Thapa
Roll no: 27020

Like Setting Rain On Fire

They were disgusted with the taste.
They were about to throw it,
But the person said "don't waste it".

Nights are darker and colder,
There's no one to save me,
My soul is empty,
Yet it drives all people crazy and away.
I call out for someone to hear,
Someone to understand,
To know how it feels to be alone
And done with everything.

I've felt the pain of falling
The disaster of being normal,
I can't fight my fear,
my heart is made of glass
And my mind of stone.
I've been foolish to hide
In the nearest shelter, like a cave,
But speaking to the few I trust,
Only leads to the same old refrain.

The hardest thing is all my thoughts,
That one day I'll wake up,
Different from the dream,
But still nothing,
Like setting rain on fire.



Smriti Lama

Roll no: 25015

Tragic Connection

She who loved him more than anything
else,

She who cared for him more than herself,
She felt like heaven even on the earth,
While she didn't realize her own worth.

That boy was the one who fell first,
She was the one who fell the hardest,
But the boy got bored and she got tired,
And maybe that part was the most saddest.

She wanted to save their bond so bad,
But she didn't know he lost his interest a
long time back,
She tried to make her heart understand
that,
It's a heart anyway, it changes and maybe it
changed today!

Day by day, it was getting harder,
To carry a heavy heart with unsaid words,
She was afraid of him leaving if she speak
up for her,
Like this now she also stopped begging for
his love.



Sunabi Pokharel

Roll no: 25018

An End of a Journey

Been four years yet it feels like a few

days
Thinking of the times, oh the memory
replays!
The seventh grade; it all started from
there
Sadly, it all ends, but the friendship I'll
share.

Went from middle school to sophomore
year

The moments we spent together will
always be here.

Some days we all loved and some days we
hated

But I will never forget all the memories
created.

Oh our lovely teachers I will
neverforget

The scolding we got would make us upset.
But in the hardships I face; I'll think of
what you said

Will practically implement the useful
things we read.

All my dear classmates, I will miss each
one of you

I did have my favorites, I know that we all
do.

Smart and funny mates, your jokes I'll for-
ever miss

Continue being happy, that's all I'll ever
wish.

I pray that 10 years from now, we meet on
a fine day

"I'm happy with what I've become" is what
we all say.

Skills learned in Deerwalk, in my mind, I
will store

An end of a journey with the memories I
adore.



Aarav B.C

Roll no: 25001

What a Wonderful Feeling!

I absolutely love getting lost in a book.
I ask myself why is that?
The characters in it? The plot?
Or maybe it's the deep quotes that just keep me going?
Those undiscovered feelings that arise,
Those ideas that appear to my mind,
Those quotes that touch my heart,
I absolutely love getting lost in a book.

Reading a book,
I feel like I am in a vast blue unknown sea,
A sea of stories, words and phrases,
Ready to be discovered and found.
Oh! What a fun experience this is!

The feeling of not caring about a single thing in the world,
The feeling of forgetting all the sorrows and joys of life,
And the feeling of being lost in the story itself,
Oh how beautiful life is!
Sometimes I rejoice in the happiness,
Sometimes I cry at the sadness,
Whereas sometimes I get angry,
I truly love getting lost in a book.

I absolutely love getting lost in a book.
I ask myself why is that?
The characters in it? the plot?
Or maybe it's the deep quotes that just keep me going
What a wonderful feeling it is!.



Niharika Chapagain

Roll no: 25006

A Brand New Start

A friendship once so strong and true,
Now lies broken, shattered in two.
What happened to the joy and trust,
That we once shared, a bond so robust.

We laughed and played, and shared our
dreams,
But now it seems all of that was just a
scheme,
Distance and time have taken their toll,
Leaving a gaping hole in my soul.

I miss the late-night talks and silly jokes,
The way we always knew what the other
meant without words being spoke,
But all of that has been left behind,
Our friendship, a memory of a different
time.

It's hard to accept that it's over,
But I must move on and discover,
New friendships and love to fill the void,
Leaving the past behind, to be destroyed.

But as I look back,
I can't help but wonder,
What went wrong,
And how we were torn asunder.

Did we grow apart?
Or were there misunderstandings and
fights?
Did we let go of each other
Without even putting up a fight?

I wish I had the answers,
To all of these questions in my head,
But the only thing I know for sure,
Is that our friendship is now dead.

So here's to the past, and all that we were!
To the friendship we once had, now a blur,
I'll always cherish the memories deep
within my heart,
But it's time for me to move on, and make
a brand new start.



Swodhin Bhandari

Roll no: 24048

Embracing Change

Change is a part of life,
It's something we can't avoid,
But if we embrace it with open arms,
We'll find joy in the road.

The future may be uncertain,
But that doesn't mean it's bad.
If we take each day as it comes,
We'll find the good in what we have.

We can learn from our mistakes and
grow,
And use them to make us strong-
For when life throws us a curveball,
We'll know how to carry on.

So don't fear change or worry too much;
Just take each day as it comes;
Embrace the change and you will see;
Life is full of surprises and glee.



Aditya Uprety

Roll no: 24002

Failure: A Way to Success

We tried to step on our feet; but we
slipped.

We tried to climb the highest points;
but we fell.

We tried to pass the exams; but we
failed.

We keep trying harder; and ultimately,
turned out to be losers.

We see others to be really brilliant;
And we don't see our worths at all-
The grass must be greener on the other
side,

And we see others flying in the sky;
And ourselves in the mud.

We see others happy and enjoying,
And we are on the darker side, sad and
screaming.

I really sometimes feel sad,
But one thing I learnt from sadness-
Failure is the way to success:

Even if we slip; we should step up.
Even if we fall; we should get up.
Even if we fail; we should try every-
thing.

And even if we lose, we should gain all;
With not the spirit of depression but
succession ...



Siddhartha Pandey

Roll No: 24056

I Might

I write, I fight, and ohh! how I might-
With visions of bright, yet a dim light,
I sought out to fly the kite,
With which, I might.

Strife fills me, emptiness is my habitat:
Was I supposed to break free?
I might just be another next door lad-
All that I had, now mad, and incredibly
sad.

The eyes are open, dim is no more the
light,
Darkness- my friend, has been painted
all white.
Now that there stands a door at sight-
Again, through which, I might.

Walking, takes me through all the black
and white and love and life
Should I stop by or look back to smile at
the past full of might?
Mighty weren't the 'mights', but heavy
were those flights,
The kite with which I rode the skies,
beyond the horizon, I see a little light ...



Aarnav Dahal
Roll No: 24005
Time Flies

Oh, dear! Look at how time flies
The nights I spent looking at the sky
Stars so high up and bright
At the end of this tunnel, I see no light

Days pass in what seems like a moment
It's always the lack of your presence that I lament
You were like a pin in a stack of hay
I knew you were there but just not where

Days melt to weeks; weeks melt to years
But still, I have nothing to fear
I feel like I've grown; I'm not a child anymore
But why oh why doesn't my head leave the floor

In a world filled with war and crime
These words are my last hymn
Oh, dear! Look at how time flies
Sleeping under the starry night.



Shreyansh Pokharel
Roll no: 24039
Election

Every five years comes the election-
The crucial part for a voter is selection,
Of a candidate worthy enough,
Who can prevent the country from
getting dirty and rough.

Vote for the appropriate candidate,
So, the citizens don't regret
Later saying that they were not the
right ones
'cause they may not have the
right intentions.

Right to choose better, come again-
Youths must stand for the future,
Let's stop candidates from thinking
'bout their gains.
Let's elect new and fresh beginnings!

It's our duty to choose who is wrong
and right
So, let's vote to the ones who can make
the future bright
No, not to the same again.
And not to the sold and old ones again.



Nishant Adhikari
Roll no: 24051
Delay Joy

The word that once was bright and new,
Has now turned grey and gloomy too.
The joy that once knew so well,
Has disappeared, and I can't tell.

I wander through the days alone,
Hoping that I'll find my way home,
Back to the place where I belonged,
But that place is gone, and I am wronged.

I wait long for the love and the light,
That once shine so bright and so right,
But now all that's left is this pain,
Driving me slowly insane.

So I'll just sit and I'll wait,
For the moment when it's not too late,
To turn back the hands of time,
And make everything just right.

SOCIAL AND CONTEMPORARY ISSUES



Roji Gurung

Roll no: 26007

Female Foeticide: A Major Problem in India

Female foeticide is the medical practice of aborting a female fetus after 18 weeks of growth in a pregnant woman. This practice is often done in the state of India. It is an illegal method of removing a baby after finding out that the baby's gender is female. Majority of the Indians, especially people with an old mindset, force their daughter-in-law or daughter to abort the female baby and try again for a boy. According to research conducted by the Pew Research Center, at least 9 million females were killed by foeticide between 2000 and 2019. The disgrace is on the physicians who perform abortions specifically for this reason and as well as on the parents who are desperate for a son. The sex ratio in India increased slightly from 927 females for every 1000 males in 1991 to 943 females for every thousand males in 2011. The child sex ratio has decreased from 945 females per 1,000 males in 1991 to 919 females per 1,000 males in 2011. There are a lot of reasons for female foeticide. Most people are against having a baby girl. Before developing the country or anything else, firstly we should be solving problems like this. Though having a female baby is more common in India nowadays, and the mindset has improved, there are still several places where girls are not accepted. There are plenty of reasons why women are not accepted in the country yet. As previously stated, those with an outdated mentality frequently seek to have only sons because they believe that males are the only genders capable of properly upholding their names and carrying them into the future. Illiteracy is the other reason. Grandparents only want a grandson, never a granddaughter. This also shows how discrimination has not really ended yet. Girls are considered to bring financial problems to the family and have more expenses. Also a lot of people believe that girls are going to marry one day and leave the family so they try to not spend money on their daughters. In the past, when technology was still not introduced to most parts of the world, after the baby's birth, Indian natives used to kill the female child or they would constantly give birth/make their daughter or daughter-in-law give birth until a boy would be born. However, in the 1900s, ultrasound was introduced to the world and India, making it simple to determine the gender of a baby. Abortion was illegal before, but people would illegally abort the female fetus. A lot of negative consequences have followed ever since illegal abortion started. The population of women had dramatically decreased as a result of female foeticide. It was hard for men to search for a woman to marry them, which resulted in human trafficking as they abducted many women to marry them and give them a child. Males dominated the country and continue to do so. In regions where foeticide has occurred, 15,000 Indian

women were sold and purchased as brides in 2011. Many campaigns have been conducted since then. Since the early 20th century, the Beti Bachao, or “Save Females,” campaign has been active in many Indian villages. Using various media outlets, this campaign raised public awareness of the gender inequities caused by sex-selective abortion and their consequences. India’s legal system has also enacted numerous abortion laws. In conclusion, the practice of female foeticide should be completely stopped. Every gender has the right to live in this world, so we must respect all and not hinder their lives.

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Himani Bhattarai

Roll no: 24021

Institutional Racism

Racism is a sensitive and popular topic. The definition of racism and who is or is not racist are hotly contested issues in today’s era. To put it simply, racism is the unfair treatment of members of one race in a society, particularly when it benefits members of another race. Racism can be further classified into several types. Institutional racism is one of them. Institutional racism, also known as systemic racism, refers to racism that is organized inside governmental and social institutions.

Institutional racism occurs when governments, organizations, or institutions discriminate against specific categories of people to restrict their rights, whether directly or indirectly. It consistently favors some ethnic and cultural groups while marginalizing others. It has the potential to negatively impact the vast majority of members of a certain racial group. Particularly when it is practiced by organizations and governments that do not see themselves as racist, institutional racism is frequently the hardest to identify. This type of racism worsens the disadvantage that community members already face when it is present in a variety of social circumstances. For example, racism in the classroom may lead to early school dropout and poor academic performance. This may result in fewer job prospects and increased rates of unemployment for these individuals once they graduate from school, along with prejudice in the workplace. In turn, a lack of access to housing, health care, and opportunities in general is a result of lower income levels paired with discrimination in the provision of goods and services. Minority patients receive less care as a result of institutional racism in the healthcare system. It is seen across all the medical specialties.

According to a study, newborn black children have a higher chance of surviving if they are treated by a black doctor as opposed to a white one. Black, Native American, and Alaska Native women are dying from pregnancy-related reasons at a rate that is two to three times higher than that of white women, according to the CDC. In 2020, George Floyd, an African American man, was killed by a police officer because of his skin color. He was murdered by the officer just because he was a dark-skinned man. Racism is not just a skin issue. When you think of racism as a skin issue, you can put hundreds of years of slavery, legal rulings, protests, and federal government engagement into it and still not solve the problem. Racism still leaves behind severe scars and stains in our culture. We are unaware of how severely racism has damaged our perception of who we are as human beings.

Thus institutional racism may be especially harmful for minority groups, thereby limiting their access to services and social involvement. We are not to blame for the color of an individual's skin. This natural fact reveals nothing about the personality or underlying qualities of the individual's access to services and social involvement. As a result, before we can change this society and abolish racism, we must first change as individuals.



Shubhashish Uprety

Roll no: 24040

Slavery in Asia

Slavery has been a longstanding pillar of hate among people throughout human history, and Asia has not been immune to its presence. Slavery in Asia has a complex history, with different forms of enslavement emerging in various regions and times. One of the earliest forms of slavery in Asia was the practice of debt bondage. In South Asia, the most commonly used was Debt bondage. Under this system, financially poor people would borrow money from wealthy moneylenders and then become enslaved to their moneylenders in order to repay the debt. This system was largely used to keep poor individuals and families in a state of eternal struggle, with little chance of ever repaying their debts and gaining their freedom.

Using prisoners of war as slaves was another form of slavery that emerged in Asia. This was particularly prevalent in China and other East Asian territories from the start of World War II, where captured soldiers and their families were often forced into labor or sold as slaves. It was also used in other parts of Asia, such as in ancient Japan, where prisoners were taken as slaves during times of war. The transatlantic slave trade also had an impact on Asia, a place thousands of miles away from the western world, as European colonial powers brought enslaved dark-skinned people from Africa to Asia to work on plantations and in other industries. It was particularly prevalent in the colony of Java in the 18th and 19th centuries, where someone brought thousands of enslaved Africans to work on sugar plantations. The transatlantic slave trade also had an impact

on other colonies in Asia, such as British India, where people used African Slaves for forced agricultural labour. There have also been instances of forced labor and human trafficking in Asia in recent times. Forced labor is still a significant issue in many Asian countries. It is also a huge problem in our country Nepal. It faces human trafficking where individuals force the victims to work with little or no pay. Slavery has had a profound impact on the societies and economies of Asia. It has contributed to the suffering of many slaves, population instability, and, racial segregation throughout our continent. The impact of slavery can still be felt in many Asian countries today. The abolition of slavery in Asia had various phases, it was banned in some countries with the abolition of the transatlantic slave trade and colonialism, but it went on in other forms and countries, in debt bondage, forced labor, human trafficking, and bonded labor. The international community also plays a role in supporting the abolition of slavery and forced labor in Asia by providing aid, supporting local organizations, advocating for better laws and policies to end these practices, and providing support to victims of slavery and forced labor. In conclusion, the concept of slavery is not over yet as it is still present in many countries today. Therefore it's essential to continue the fight against slavery and forced labor not only in Asia but throughout the world to ensure that individuals and communities are able to live in harmony and freedom.

SPORTS, TRAVEL, AND TOURISM AND ENTERTAINMENT



निष्पलेश बराल

क्रमाङ्क: ३४०१३

मेरो जाडोको बिदा

मेरो यसपालिको जाडो बिदा धेरै रमाइलो भयो । हामीहरू स-परिवार घमनका लागि लम्बिनी गयौं । त्यहाँका विभिन्न ठाउँहरूमा ६ दिन बितायौं । त्यहाँको छपिया भन्ने गाउँमा सबैभन्दा धेरै रमाइलो भयो । त्यहाँको 'पोन्ड हाउस' भनिने पानीमा भएको घरमा बस्ने मौका पायौं । माछाका धेरै परिकारहरू पनि खायौं । त्यसपछि हामी लम्बिनी सहरमा दुई दिन बसेर अङ्ग्रेजी नयाँ वर्ष २०२३ मनायौं । हामी गौतम बुद्धको दरवार भएको ठाउँ तिलौराकोट पनि घम्यौं । अन्तिम दिन भैरहवाबाट हवाइजहाज चढेर काठमाडौं फर्कियौं ।



उद्धती भट्टराई

क्रमाङ्क: ३२०४०

कालिन्चोक यात्रा

चार महिनापछि कलेजको छुट्टीमा मेरो दादा घर आउँदै हुनुहुन्थ्यो । हामी सबै उत्साहित थियौं । आमाले कालिन्चोक जाने योजना बनाउनुभयो । कालिन्चोकका राम्रा राम्रा फोटाहरू मैले पनि हेरेकी थिएँ । म निकै उत्साहित भएँ । आमाले ज-जसलाई योजना सुनाउनुभयो सबैले सहमती जनाए । कालिन्चोक जाने १७ जनाको ठुलो समूह बन्यो । समूहमा सबै नजिकका आफन्तहरू थियौं । दादा आएको तेस्रो दिन बिहानै बस चढेपछि हाम्रो यात्रा सुरु भयो । शुक्रवारको दिन थियो । हामी गफ गर्दै, गीत गाउँदै, रमाइलो गर्दै, दृश्यहरू हेर्दै बस्यौं । बेलाबेलामा खानको लागि र तस्वीर खिच्न गाडीबाट ओर्लिन्थ्यौं । करिब ६ घण्टाको यात्रापछि हामी 'कुरी भिलेज' भन्ने ठाउँमा पुग्यौं । बस गाउँतर्फ लाग्दा माथिबाट अत्यन्तै सुन्दर गाउँ देखियो । गाउँमा एकैनासका होटलहरू थिए अनि हामीजस्ता धेरै पर्यटकहरू पनि थिए । त्यहाँ काठमाडौंमाभन्दा धेरै चिसो हुने रहेछ । केही क्षण कोठामा आराम गर्नुपर्छ । काठले बनेको घर भएकाले कोठा एकदमै न्यानो थियो । खाटमा सिरक र ब्याङ्केटहरू थिए । त्यसपछि एकछिन गाउँ घुमेर आयौं । खाना खाँदै नाचगानको कार्यक्रममा सहभागी भयौं । रातको विश्रामपछि सबै उठ्यौं र केबलकार चढी कालिन्चोक भगवती माताको दर्शन गर्नुपर्छ । माथिबाट देखिने दृश्य निकै सुन्दर थियो तर चिसो पनि निकै थियो । त्यसपछि होटल फर्केर नास्ता गरी काठमाडौं तर्फको यात्रा सुरु भयो । सबैजना सँगै भएकाले बाटो र दुरीको वास्ता नै भएन । बेलुकी ६ बजे घर पुग्यौं । छोटो भए पनि यो यात्रा निकै रमाइलो र खुसीले भरिएको थियो । हिँउ पर्ने आशा थियो तर परेन । हिँउ खेलन अर्को पटक फेरि कालिन्चोक जाने योजना बनाउँदै घर फर्कियौं ।



परिधि पन्त

क्रमाङ्क: ३००५४

हनुमानढोका दरबारमा मेरो पहिलो भ्रमण

मलाई धेरै अल्ल्छी लागेको थियो । म घाममा बसेर नेपाली किताब पढिरहेकी थिएँ । कतै जाने सोचमा थिएँ । त्यतिबेला आमा घरको माथिल्लो तलामा आउनुभयो र भन्नुभयो कि हामी आज हनुमानढोका दरबार जान्छौँ । म हतार हतार उठेर लुगा फेर्न गएँ । भगवानले मेरो कुरा सुन्नुभएको छ भन्ने सोचिरहेको थिएँ । हामी टेम्पोमा हनुमानढोका मन्दिर गयौँ । म धेरै खुसी र उत्साहित थिएँ । हनुमानढोका दरबार बाहिर विभिन्न नेपाली सांस्कृतिक पसलहरू थिए । त्यतिबेला मलाई नेपाली नागरिक भएकोमा गर्व लागेको थियो । त्यहाँ रहेका सामग्रीहरू धेरै सुन्दर र ऐतिहासिक थिए । त्यसपछि टिकट लिएर हनुमानढोका दरबारभित्र गयौँ । त्यहाँ प्राचीन राजाका तस्वीरहरू थिए । त्यहाँ सुनका विभिन्न आकारका वस्तुहरू पनि थिए । त्यहाँ राजाहरू बस्ने सिंहासनहरू पनि थिए । कतिपय भवनहरू भत्किएकाले भवनको सट्टा तस्वीरहरू थिए । त्यहाँ नागको चित्र भएको धारा पनि थियो । जब हामी भित्र गयौँ, त्यहाँ अनेकन किसिमका गहना र लडाइँ गर्दा प्रयोग गरिने हातहतियारहरू पनि थिए । त्यहाँ पुराना सिक्का पनि थिए जुन परापूर्व कालमा मानिसहरूले प्रयोग गर्थे । हामीले मन्दिर गएर निकै रमाइलो गर्थौँ ।

हामीले हाम्रो भ्रमण पूरा गर्थौँ र जब हामी बाहिर निस्किरहेका थियौँ । मेरा आँखा हनुमानढोका दरबारको नक्सामा गएँ । मैले घुमेका ठाउँहरू खोजेँ । यसपटकको हिउँदको विदा खेर नगएको अनुभूति भयो । जाडो र पुस महिना भए पनि मलाई आइसक्रिम खान मन लाग्यो । आमाले पनि सहमति जनाउनुभयो र दुईवटा आइसक्रिम किन्नुभयो । त्यसपछि हामी पनि नेवारी खाजा पसलमा गएर योमरी, बारा र आलु खायौँ । भ्रमण साँच्चै रमाइलो थियो । अन्त्यमा लखमारीको प्याकेट किनेर घर फर्कियो । घर फर्कदै गर्दा साँच्चै नेपाल एउटा सुन्दर र ऐतिहासिक ठाउँ हो भन्ने लाग्यो ।



आर्यन रेग्मी

क्रमाङ्क: ३००३७

चन्द्रागिरिको यात्रा

कुरा वि.सं. २०७६/०५/११ गतेको हो । त्यस दिन हामीले चन्द्रागिरि घुम्न जाने योजना बनायौँ । हामीले १२ गतेको सानो हायस गाडीको टिकट लियौँ । टिकट तीन जनाको थियो । आमा, बुबा र म । हामी चन्द्रागिरि जान धेरै उत्सुक थियौँ । आखिर चन्द्रागिरि जाने दिन पनि आयो । १२ गतेको ठिक ११ बजे गाडी आयो । हामी गाडीमा चढ्यौँ । बाटोमा मैले चकलेट पनि खाएँ । चन्द्रागिरि नजिक पुग्दा गाडीबाट नै मैले केवलकार देखेँ । गाडीबाट भरेपछि केवलकार नजिक गयौँ । बाहिरबाट हेर्दा त भिड केही छैन जस्तो लागेको थियो तर नजिकै पुग्दा त त्यहाँ लामो भिड रहेछ । हामी पनि लाइनमा लाग्यौँ । लाइन बिस्तारै बिस्तारै अगाडि बढ्दै थियो । हामीले अनलाइनमा टिकट किनेका हुनाले केही सजिलो भएको थियो । नत्र टिकट लिन पनि लाइन बस्नुपर्थ्यो होला । केही समयपछि हामी ठुलो हलमा पुग्यौँ । त्यहाँ पुगेपछि टिकट देखाउनुपर्ने रहेछ । बुबाले

आफूसँग भएका सबै टिकट देखाउनुभयो । अनि माथिबाट आएको केवलकारमा चढेका मानिस भर्ने बित्तिकै हामी फटाफट चढ्यौं । हामीसँगै अरू केही मानिस पनि चढेका थिए । सुरुमा त केही डर लागेको थियो तर पछि काठमाडौं उपत्यकाको सुन्दर दृश्य देखियो र रमाइलो हुँदै गयो अनि डर पनि कता भाग्यो भाग्यो । केही समयपछि त हामी चन्द्रागिरि पुगिसक्यौं । त्यहाँ पुगेपछि सर्वप्रथम मन्दिरमा गएर भगवानको दर्शन गर्यौं । दर्शन गरेपछि होटलमा गर्यौं र त्यहाँ खाजा पनि खायौं । चन्द्रागिरि वरिपरिको ठाउँ पनि हेर्‍यो । मैले त्यहाँ नजिकै रहेको पृथ्वीनारायण शाहको सालिकसँग फोटो पनि खिचें । केही समय हामी सबैले त्यहाँबाट काठमाडौं उपत्यकाको सुन्दर दृश्य हेर्‍यो । टाढा टाढासम्म देखिने हिमालहरू पनि हेर्‍यो अति नै रमाइलो भयो । त्यसपछि मैले आइसक्रिम पनि खाएँ । लगभग दिउसोको ३ बजिसकेको थियो । घर फर्कने बेला पनि भइसकेको थियो । अनि, हामी केवलकारबाट नै गाडी हुने ठाउँमा आयौं । अनि ढिला नगरिकन गाडीमा चढ्यौं । त्यहाँबाट गाडी हिँड्दा त ३:३० भइसकेको थियो । एकछिनमै गाडी हिँड्यो र केही समयपछि हामी घर पुग्यौं ।



संविद ढकाल

क्रमाङ्क: ३००२८

पाटन दरबार क्षेत्रको घुमघाम

आइतबारको दिन थियो । बिहान उठ्दा पनि मैले भक्तपुर दरबार क्षेत्र जाने योजना भुलेको थिइनँ । खाना खाँदा पनि म त्यही कुरामा टोलाइरहेको थिएँ । बाबा घरमा हुनुहुन्न थियो । घुम्न जाने दुईजना मात्र भएको हुनाले हामीले आफ्ना दुई जना दिदीलाई बोलायौं । एउटी दिदीले जाँदिन भन्नुभयो र अर्की दिदी आउनुभयो । दिदी छिट्टै आउनुभयो किनभने हाम्रो घर नजिकै छ तर एककासि योजना फेरियो । हामीले भक्तपुर दरबार क्षेत्र जाने योजना बनाएका थियौं तर योजना पाटन दरबार क्षेत्र जाने भयो । म भन् धेरै उत्साहित भएँ ।

भक्तपुर दरबार क्षेत्र त म दुईचोटी गइसकेको थिएँ । हामीले फेरि अर्की दिदीलाई फोन गर्यौं । नयाँ ठाउँ घुम्ने भनेपछि उहाँ पनि आउनुभयो । त्यसपछि हामीले भोक लागेको बेला खान सुन्तला भोलामा राख्यौं । हामीले घुम्न जान कपडा लगायौं र हामी घरबाट निस्क्यौं । राधे राधे चोक पुगेपछि हामी लगनखेल जाने गाडी चढ्यौं । मलाई सबैभन्दा अगाडिको सिटमा बस्दा निकै रमाइलो भैरहेको थियो । मेरी आमा भने त्योभन्दा पछाडिको सिटमा हुनुहुन्थ्यो । बस ठिमी, गढाघर, लोकन्थली, कोटेश्वर हुँदै सातदोबाटोतर्फ मोडियो । त्यस बाटोमा गाडी सललल हुँदैकिदा मलाई निकै मज्जा आयो । गाडी लगनखेल गएर रोकियो । मलाई मनपर्ने भगवान् कृष्णको मन्दिर हेर्न निकै खुल्दुली भइसकेको थियो । हामी सानो बाटोबाट हिँड्दै गर्यौं । बिच बाटोमा नै सडक निर्माण कार्य भएकाले सबैलाई हिँड्न निकै गाह्रो भएको थियो । हामीले पाटन दरबार क्षेत्रमा भोक लागेको बेला खान हुन्छ भनेर मिठाइ किन्यौं । मेरो चासो भने कृष्ण मन्दिर हेर्नेमा नै थियो । अन्त्यमा मैले पाटन दरबार क्षेत्र देखें । मैले पाटन दरबार क्षेत्रलाई भक्तपुरभन्दा कयौं गुणा ठूलो भए जस्तो देखें । मलाई कृष्ण मन्दिर हेर्न निकै हतार भयो । सुरुमा मैले एउटा मन्दिर देखें । मलाई त्यो कृष्णमन्दिर जस्तो लाग्यो । अन्त्यमा बल्ल थाहा भयो त्यो कृष्णमन्दिर नै रहेछ तर पहिलाको चाहिँ । तर साँच्चै नयाँ कृष्णमन्दिर निकै ठूलो रहेछ । म त्यसलाई देखेर आश्चर्यचकित भएँ । कृष्णमन्दिर त धेरै ठूलो रहेछ । म भित्र पनि छिरेँ । भित्र छिर्ने र बाहिर जाने ढोका एउटै रहेछ । त्यो निकै साँघुरो थियो । माथि जाँदा प्यागोडा शैलीका भगवानका मूर्तिहरू हेरेर अचम्मित भएँ र मनमनै सोचें कसरी बनाए होला मानिसहरूले यस्तो । मैले एउटी त्यहाँ बसेकी बुढी आमासँग आशीर्वाद पनि मागें र कृष्णमन्दिरबाट बाहिर देखिने सारा पाटन दरबार क्षेत्र हेरेँ । मैले त्यहाँ कृष्णमन्दिरको कमी भएको देखेपछि पो याद भयो । म कृष्णमन्दिर मै थिएँ । म आफैँसँग गलल्ल हाँसे । हामीलाई तल भर्ने ५-१० मिनेट लाग्यो किनभने माथि जाने मानिसहरूको ठूलो घुइँचो थियो । हामीले बाहिर निस्केर अरू पर्यटक जस्तै खिचिक्क खिचिक्क फोटो खिच्यौं । त्यसपछि हामीले पाटन दरबार क्षेत्रलाई एकचोटी सरर हेर्‍यो । पछि हामी भिमसेनमन्दिर भित्र छिर्‍यो । माथि दुई

जना मानिस थिए र भीमसेनको मन्दिर थियो । यी मन्दिरभित्र विदेशबाट आएका मानिसहरूलाई जान निषेध रहेछ । त्यसपछि हामी पाँचतले मन्दिर हेर्न गयौं । त्यो कुम्भेश्वर महादेवको मन्दिर रहेछ । त्यसकै अगाडि अरू साना-साना मन्दिरहरू पनि थिए । हामीले त्यहाँ दर्शन गर्नुभयो । मलाई चर्पी आएर निकै गाढो भइरहेको थियो । म चर्पी गएँ । त्यसपछि हामीलाई अलि भोक लागेको जस्तो भयो । हामीले घरबाट ल्याएको सुन्तला निकाल्यौं र सुन्तला मिठो मानेर खायौं र सुन्तला सकिएपछि दिदीहरूले मिठाइ खान लाग्नुभयो । म भने मस्त सुन्तलाको स्वाद लिएर खाँदै थिएँ । मैले पनि मिठाइ खाएँ । निकै स्वादिलो मिठाइले मेरो मुख निकै गुलियो भयो । त्यसपछि हामीले घर जाने विचार गर्नुभयो तर अहिले नै मलाई घर जान मन थिएन ।

मलाई पाटन सङ्ग्रहालय घुम्न मन थियो । त्यसपछि हामी चारै जना पाटन सङ्ग्रहालयतर्फ लाग्यौं । सङ्ग्रहालयको मूल ढोकामा एकजना आन्टी बस्नुभएको थियो । उहाँले हामीलाई टिकट दिनुभयो । टिकटको जम्मा ३० रुपैयाँ रहेछ । दिदीहरूसँग विद्यार्थी परिचयपत्र थियो । त्यसैले उहाँहरूको १५ रुपैयाँ छुट भयो । बच्चाको निःशुल्क रहेछ । म निःशुल्क घुम्न पाउने भएँ । त्यसपछि हामीले सुरुवातमै अचम्मका कुराहरू पढ्न पायौं । हामीले त्यहाँ भगवानका साथसाथै राजा र मानिसहरूका बारेमा पढ्न पायौं । सङ्ग्रहालयमा चारओटा चोक रहेछन् । सुरुमा हामी मूलचोक गयौं । त्यहाँ भगवानका मूर्ति तथा उनीहरूका बारेमा लेखिएको थियो । कैयौं ठाउँमा थकाइ मार्न बस्ने ठाउँको व्यवस्था पनि गरिएको रहेछ । हामीले फोटो खिच्यौं । भिडियो खिच्न चाहिँ नमिल्ने रहेछ । आँखीभ्यालबाट हामीले पाटन दरबार क्षेत्रको सुन्दर दृश्य हेर्नुभयो । मुख्य मुख्य कुराफोटो खिचेर राख्यौं । त्यहाँ बाहिर हेर्न मिल्ने बरन्डा पनि रहेछ । त्यसपछि हामी दोस्रो चोक सुन्दरीचोक तर्फ लाग्यौं । मलाई जति पर गए त्यति राम्रो लाग्यो । सुन्दरी चोकमा पनि भगवानका चित्र तथा मनमोहक मूर्तिहरू थिए । मलाई यहाँ निकै रमाइलो लाग्यो । मैले सबै मूर्तिलाई नियालेर हेरेँ । मलाई यी मूर्तिहरू मानिसहरूले बनाएका हुन् भनेर विश्वासै लागेन । मनमोहक मूर्तिहरू हेर्दै हामीले पाटन सङ्ग्रहालय भित्र रहेको मूर्ति पनि हेर्नुभयो । त्यहाँ नेपाली तथा अङ्ग्रेजी भाषामा केही अक्षरहरू लेखिएका थिए र त्यस्तै चित्र थिए । वाह कस्तो राम्रो मानिसको हातले नै बनाएको चित्र तर ती चित्रहरू त साँच्चैका जस्ता देखिन्थे र हामीले एउटा सबैभन्दा महत्त्वपूर्ण कुरा छुटाउन लागेका थियौं । धन्न छुटाएनौं । त्यो आश्चर्यजनक थियो । त्यहाँ एउटा प्रोजेक्टर थियो जहाँ पूरै ललितपुर तथा पाटन दरबार क्षेत्र छर्लङ्ग देखिन्थ्यो । नेवारी गीत सँगसँगै त्यहाँका कुराका बारेमा लेखिएको पनि थियो । साँझ परिसकेको थियो हामीले त्यहाँका सबै कुरा त हेर्न भ्याएनौं तर केही अवलोकन गर्न पायौं । हामीलाई लागेको थियो सबै चोकहरू घुमेर सकियो । त्यसैले हामीले त्यहाँ भएको एउटा चौरमा गएर स्वच्छ हावाको मजा लियौं । तर पछि पो सोध्नुपर्छ गर्दा थाहा भयो । एउटा चोक त बाँकी नै रहेछ । त्यस चोकको नाम भण्डारखाल चोक थियो । त्यहाँ प्यागोडा शैलीमा कुदिएका काठहरू पनि राखिएका थिए । २०७२ सालको भूकम्पले पाटन दरबार क्षेत्रमा के-कस्तो क्षति पुऱ्यायो सबै टेलिभिजनमा देखाइएको थियो । भण्डारखाल चोक पनि साँच्चैकै राम्रो थियो । त्यहाँ त अझ बस्ने ठाउँ मात्र नभएर पूरै सुत्न मिल्ने ठाउँ पनि थियो । जुनमा मैले केही समय सुतेर मज्जा लिएँ । हामीले आँखीभ्यालबाट रात परिसकेको अनुभव गर्नुभयो ।

हामी जतिसक्दो चाँडो सबै कुरा हेरेर संग्रहालयबाट निकल्यौं । घुमेपछि त दिन गएको पत्तै भएन । हामीले केही सामान किन्यौं र तरकारी पनि किन्यौं । बाटोमा भएको चटपटे पसलले मेरो मुख रसायो । त्यसपछि हामी चारै जनाले पिनो र अमिलो चटपटेको स्वाद लियौं । त्यसपछि हामी लगनखेल चोक पुग्यौं र गाडी खोज्यौं त्यहाँ एउटा मात्र गाडी थियो । जुनमा निकै भिड थियो । हामीले अर्को गाडी पाउँनका लागि धेरै कोसिस गर्नुभयो तर सकेनौं । अन्त्यमा हार मानेपछि हामी त्यही भिड भएको गाडीमा चढ्यौं । जुन अहिलेसम्म पनि गएको थिएन तर पनि हामीले पाँच मिनेट अर्को गाडी आउँछ कि भनेर कुनै तर अर्को गाडी आएन । त्यसपछि हामी त्यही गाडी चढ्यौं । गाडीमा अघिभन्दा धेरै भिड थियो तर संयोगवश हामी बिहान आएको गाडी र अहिलेको गाडी एउटै परेछ । मेरी आमा र दिदीहरू उभिनभयो र म भने कोही एउटी दिदीको काखमा बसेँ । गाडीमा मानिसहरू त त्यति बढी रहेका थिएनन्, तर जाम भने बढेको थियो । मलाई बिहान स्वर्गको गाडी लागिरहेको थियो भने अहिले नर्कको गाडी लागिरहेको थियो । त्यसपछि हामी घर पुग्यौं । अन्त्यमा मैले घुमघामलाई कहिल्यै नबिसर्ने बाचा गरेँ र रचना लेखेँ ।



रुषभ पनेरू

क्रमाङ्क: २८०१८
दैनिकी

२०७९ असार ३,

मोबाइलको टिडटिड घन्टीले मेरो निद्रा खुल्यो । । सदा भैँ बुबाले मलाई पानी पिउन बोलाउनुभयो । पानी लिएपछि म सङ्गीतको अभ्यास गर्न थालें । सङ्गीत अभ्यास गर्दा गर्दै ७ बजेछ । मैले सातदेखि आठ बजेसम्म आफ्नो विद्यालयको विभिन्न विषयका किताबका अध्यायहरू पढें । त्यसपछि आमाले मलाई खाजा खान बोलाउनुभयो ।

खाजा खाएपछि म विद्यालय जान लागेको बेला बुबाले मलाई आज हामी दुई बजे पोखरा जाने योजना सुनाउनुभयो । त्यति बेला मेरो खुसीको सीमा थिएन तर मलाई विद्यालय जान ढिलो भएका कारण “हस बुवा” भनेर म विद्यालयतर्फ लागें । विद्यालय आइपुगेपछि सदा भैँ विभिन्न विषयको पढाइ हुन थाल्यो । हाम्रो अङ्ग्रेजी विषयको बेला घडी हेर्दा २:०५ भइसकेको रहेछ । गुरुआमालाई सोधेर म हाम्रो कक्षा शिक्षकसँग भेट्न गएँ । सरलाई सोधेर आफ्नो बुबालाई फोन गरें । बुबाले “म तिमीलाई लिन आउँछु गेटमा बसिराख” भनेर भन्नुभयो । मैले यो कुरा आफ्नो कक्षा शिक्षकलाई सुनाएँ । कक्षा शिक्षकले हुन्छ जाऊँ भन्नुभयो । म आफ्नो कक्षामा फर्किएँ र गुरुआमालाई यो कुरा सुनाएर सबैलाई बाई भनेर गेट तर्फ लागें । गेटमा बुबा गाडीमा कुरिरहनु भएको रहेछ । गाडीमा म बसेँ । एकैछिनमै बुबाले हामीलाई घरमा पुऱ्याउनुभयो । घरमा मेरी आमा, हजुरआमा र हजुरबुबा मलाई कुरिरहनुभएको रहेछ । मैले खाजा खान नपाई हामी पोखरातर्फ लाग्यौँ । त्यतिबेला साढे दुई बजेको थियो ।

पछिल्लो पटक म मेरा आमाबुबा र मेरो दाइसँग पोखरा गएको थिएँ तर, यसपटक म मेरा आमाबुबा र हजुरबुवासँग जाँदै छु । हामीले काठमाडौँ साढे दुईमा छोड्यौँ र सहज रूपमा गयौँ । जोगीमारा (मलेखु देखि मुग्लिन जाने बाटोमा) पुगेपछि त्यहाँ पहिरो खसेको रहेछ, त्यसैले हामी ट्राफिक जाममा फसेका थियौँ । मैले पहिलो पटक पहिरो देखें । यो एक प्रकारको रमाइलो दृश्य पनि थियो तर भयानक पनि थियो । हामी २ घण्टाभन्दा बढी जाममा फसेका थियौँ । त्यतिबेला मलाई धेरै अल्छी लागेको थियो । त्यसपछि, एउटा अचम्मको घटना घट्यो । मेरो हजुरबुबा जाम के कारण भएको हो भनेर हेर्न बाहिर निस्कनु भएको थियो तर बिचमा हराउनुभयो । हामी अगाडि गयौँ तर उहाँलाई भेट्न सकेनौँ । केही समय पछि थाहा भयो कि उहाँ धेरै टाढा पुगिसक्नुभएछ । । हामीले उहाँलाई भेटायौँ । ट्राफिक जामको समय अन्तराल हामीले सोचेको भन्दा धेरै लामो थियो । हामी त्यहाँ तीन घन्टासम्म बस्यौँ । भगवानको कृपाले हामीले जाम पार गयौँ । त्यतिबेला हामीलाई धेरै भोक लागेको थियो । रातको ११ बजिसकेको थियो । सबै रेस्टुरेन्टहरू बन्द थिए । दमौली कटेपछि खाना खाने ठाउँ भेटियो । हामी धेरै टुकहरू पार्क गरिएको ठाउँमा गयौँ किनभने हामीलाई थाहा थियो कि जुन रेस्टुरेन्टमा भिड छ त्यहीँ खुल्ला हुन्छ । हामी भित्र गयौँ, सबैले चाउचाउ खानुभयो र मैले मासुभात खाएँ । हामी छिटै पोखरा पुग्यौँ । पहाडी घुम्ति सडकहरूमा हाम्रो गाडीको औसत गति ७२ कि.मि को थियो । बाटो घुमेको बेला बुबाले छिटो चलाउनु भए काले पछाडिको सिटमा बेसेको म एउटा कुनादेखि अर्को कुना सम्म पुगें । जे होस् हामी राति १२ बजे पोखरा पुग्यौँ । यो एक लामो र थकित यात्रा थियो । हामी “वाटरफ्रन्ट रेसोर्ट”मा बस्यौँ । लामो यात्राले हामी थाकेका थियौँ । हामीले दुईटा कोठा लियौँ । एउटामा हजुरआमा र हजुरबुबाको लागि र एउटा म, आमा, र बुबाका लागि । त्यो कोठामा एउटा किङ् साइज बेड र एउटा कुइन साइज बेड थियो । म त्यो कुइन साइज बेडमा पल्टिएँ तर लुगा फेर्न फेरि उठें । लुगा फेरिसकेपछि सुतेँ । लामो यात्रा गरेकाले थकित

जीउ कति बेला निदाएँ पत्तै भएन ।

२०७९ असार ४,

भोलिपल्ट म साढे सात बजे उठेँ । मेरा आमाबुवा पनि उठिसक्नु भएको रहेछ । हामीले नुहायौँ, हजुरआमा हजुरबुवालाई बेलायौँ, बिहानको खाजा खायौँ र फेवा तालमा बिहानको पदयात्रा गर्नतर्फ लाग्यौँ । यो पदयात्रा निकै स्फूर्ति दायी थियो । हामी आफ्नो गाडीमा फर्कियौँ र बिन्दवासिनी मन्दिर तर्फ लाग्यौँ । मन्दिरमा धेरै भिड थियो । म मन्दिर बाहिर बसेँ किनभने मलाई भिडभाड भएको मन्दिरमा जान मन थिएन । हामी मन्दिर पछि स्तुपा गयौँ । स्तुपा निकै शान्त, सुन्दर र आनन्ददायक थियो । त्यहाँ निकै शान्ति थियो । मैले त त्यहा २० मिनेट ध्यान पनि गरें । हामी त्यहाँ लगभग ४५ मिनेट बस्यौँ । त्यसपछि खाना खान गयौँ । हामी पोखरा अन्तर्राष्ट्रिय विमानस्थलस्थित एउटा थकाली रेस्टुरेन्टमा गयौँ । त्यहाको खाना निकै उत्कृष्ट तथा मिठो थियो । हामीले हाम्रो खाना खायौँ । त्यसपछि हामी मेरी कान्छी हजुरआमाको घर गयौँ । हामी त्यहाँ धेरै बेर बस्यौँ । त्यहाँ हामीले खाजा खायौँ र मैले आफ्नो ३ वटा भाइ, र दिदीलाई भेटें । आफ्नी फुपू दिदी र भिनाजुलाई पनि भेटें । उहाँको गाडी र हाम्रो गाडी लिएर हामी पोखरा अन्तरराष्ट्रिय विमानस्थल हेर्न निस्कियौँ । पोखरा अन्तरराष्ट्रिय विमानस्थलको धावनमार्ग लामो थियो । हामीले टर्मिनल भवन देख्यौँ । त्यो धेरै ठुलो थियो । हाम्रो सराङकोट जाने योजना रद्द भयो । रात परिसकेको थियो आज हामी सबै जना सँगै बसेर खाने योजना बन्यो । त्यसैले हामी एक धरान सेकुवा नामक रेस्टुरेन्टमा खाना खान गयौँ । त्यहाँ हामीले धेरै किसिमका खाना खायौँ तर एकछिनमा पानी पर्न थाल्यो, त्यसैले हामी हाम्रो होटेल जान हतार गर्नपन्यो । वाटरफ्रन्ट रेसोर्टमा सबै कोठा भरिएको हुनाले हामी वसन्त इन नामको होटलमा छिऱ्यौँ । म मेरा भाइहरूसँग सुतें । म पल्टे पछि त पाच मिनेट मै निदाए छु ।

२०७९ असार ५,

म बिहान ७ बजे उठेँ । मेरा आमाबुवा त ५ बजे उठिसक्नु भएको रहेछ । हामीले नुहाएर बिहानको खाजा खायौँ । खाजा खाएर कान्छी हजुरआमा कहाँ खाना खाने कुरा भयो । हामी खाना खान हजुरआमाको घर गयौँ । कान्छी हजुरआमाले मासु पुलाउ पकाउनुभएको रहेछ । खाना खाएपछि पोखराबाट काठमाडौँको यात्रामा लाग्यौँ । यात्रामा जताततै पहाड, हरियाली, बाटोको तल त्रिशुली बगिरहेको, धेरै रोमाञ्चक दृश्यहरू थिए । पहिरोका कारण ७ घण्टासम्म ट्राफिक जाममा पन्यौँ । यो निकै अल्ल्छीलाग्दो थियो तर कतै कतै आफूमाथि पहिरो खस्ला भनेर डर पनि लागिरहेको थियो । त्यो दिन एकदमै गर्मी थियो । त्यो मेरो जीवनको सबैभन्दा खराब दिन थियो । ७ घण्टाको जामपछि बिस्तारै अगाडि बढेर मध्यरातमा काठमाडौँ आइपुग्यौँ । गाडीमा पोखरादेखि काठमाडौँ जाँदा सामान्यतया ४ घण्टा र पछिल्लो मा ७ घण्टा लाग्छ । तर हामीलाई पहिरोको कारण काठमाडौँ पुग्न १४ घण्टा लाग्यो । घर आइपुग्ने बित्तिकै म त नुहाएर सुतिहालेँ । जिउ यस्तो थाकेको थियो, ओछ्यानमा पल्टिन नपाई म त निदाइहालेछु ।



अग्रज रिजाल

क्रमाङ्क: २९००४

विश्वकप फुटबल २०२२

कतारले २०२२ नोभेम्बर २० मा विश्वकप फुटबल २०२२ आयोजना गर्‍यो । विश्वकपमा आठवटा समूहहरू थिए । हरेक समूहमा ४ वटा देशहरू थिए । समूह 'क' मा नेदरल्याण्ड्स, सेनेगल, इक्वेडर र कतार थिए । समूह 'ख' मा इङ्गल्याण्ड, संयुक्तराज्य अमेरिका, इरान र वेल्स थिए । समूह 'ग' मा अर्जेन्टिना, पोल्याण्ड, मेक्सिको र साउदी अरेबिया थिए । समूह 'घ' मा फ्रान्स, अष्ट्रेलिया, ट्युनिसिया र डेनमार्क थिए । समूह 'ङ' मा जापान, जर्मनी, स्पेन र कोस्टारिका थिए । समूह 'च'

मा मोरक्को, क्रोएसिया, बेल्जियम र क्यानाडा थिए । समूह 'छ' मा ब्राजिल, स्विट्जरल्याण्ड, क्यामरून र सेरेबिया थिए । समूह 'ज' मा पोर्चुगल, कोरिया, उरुग्वे र घाना थिए ।

विश्वकप २०२२ को पहिलो दिन कतार र इक्वेडरको प्रतिस्पर्धा भयो । त्यसमा इक्वेडरले कतारलाई २:० ले हराइदियो । विश्वकपको दोस्रो दिन इङ्गल्याण्ड र इरानको प्रतिस्पर्धा भयो । त्यसमा इङ्गल्याण्डले इरानलाई ६:२ ले हराइदियो । त्यही दिन १२ बजे सेनेगलले नेदरल्याण्डसँग प्रतिस्पर्धा गर्‍यो । नेदरल्याण्डसले सेनेगललाई २:० ले हराइदियो । विश्वकप को तेस्रो दिनमा संयुक्त राज्य अमेरिका र वेल्सको प्रतिस्पर्धा भयो । अमेरिका र वेल्सको प्रतिस्पर्धामा १:१ गोलको बराबरी भयो । त्यही दिन अर्जेन्टिना र साउदी अरेबियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा साउदी अरेबियाले अर्जेन्टिनालाई २:१ ले हराइदियो । डेनमार्क र ट्युनिसियाको प्रतिस्पर्धा त्यही दिनमा भयो । त्यो प्रतिस्पर्धामा ०:० को बराबरी भयो । मेक्सिको र पोल्याण्डको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यसमा ०:० को बराबरी भयो । अर्को दिन फ्रान्स र अष्ट्रेलियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा फ्रान्सले अष्ट्रेलियालाई ४:१ ले हराइदियो । मोरक्को र क्रोएसियाको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यसमा ०:० को बराबरी भयो । जापान र जर्मनीको प्रतिस्पर्धा भयो । त्यसमा जापानले जर्मनीलाई २:१ ले हराइदियो । स्पेन र कोस्टारिकाको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा स्पेनले कोस्टारिकालाई ७:० ले हराइदियो । अर्को दिन बेल्जियम र क्यानडाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा बेल्जियमले क्यानडालाई १:० मा हराइदियो । त्यही दिन स्विजरल्याण्ड र क्यामरूनको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा स्विट्जरल्याण्डले क्यामरूनलाई १:० मा हराइदियो । त्यो दिन उरुग्वे र दक्षिण कोरियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा ०:० को बराबरी भयो । पोर्चुगल र घानाको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा पोर्चुगलले घानालाई ३:२ ले हराइदियो । नोभेम्बर २५ मा ब्राजिल र सर्बियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा ब्राजिलले सर्बियालाई २:० मा हराइदियो । नोभेम्बर २५ मा वेल्स र इरानको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा इरानले वेल्सलाई २:० ले हराइदियो । कतार र सेनेगलको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा सेनेगलले कतारलाई ३:१ ले हराइदियो । नेदरल्याण्ड र इक्वेडरको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा नेदरल्याण्ड र इक्वेडरको १:१ को बराबरी भयो । नोभेम्बर २६ मा इङ्गल्याण्ड र अमेरिकाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा इङ्गल्याण्ड र अमेरिकाको ०:० को बराबरी भयो । नोभेम्बर २६ मा ट्युनिसिया र अष्ट्रेलियाको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अष्ट्रेलियाले ट्युनिसियालाई १:० मा हराइदियो । पोल्याण्ड र साउदी अरेबियाको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा पोल्याण्डले साउदी अरेबियालाई २:० मा हराइदियो । फ्रान्स र डेनमार्कको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा फ्रान्सले डेनमार्कलाई २:१ मा हराइदियो । नोभेम्बर २७ मा अर्जेन्टिना र मेक्सिकोको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले मेक्सिकोलाई २:० मा हराइदियो । नोभेम्बर २७ मा जापान र कोस्टारिकाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा कोस्टारिकाले जापानलाई १:० मा हराइदियो । बेल्जियम र मोरक्कोको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा मोरक्कोले बेल्जियमलाई २:० ले हराइदियो । क्रोएसिया र क्यानडाको प्रतिस्पर्धा पनि त्यही दिन भयो । त्यस प्रतिस्पर्धामा क्रोएसियाले क्यानडालाई ४:१ मा हराइदियो । नोभेम्बर २८ मा स्पेन र जर्मनीको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा स्पेनले जर्मनीको १:१ को बराबरी भयो । नोभेम्बर २८ मा क्यामरून र सर्बियाको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा क्यामरून र सर्बियाको ३:३ ले बराबरी भयो । त्यही दिन दक्षिण कोरिया र घानाको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा घानाले दक्षिण कोरियालाई ३:२ ले हराइदियो । त्यही दिन ब्राजिल र स्विट्जरल्याण्डको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा ब्राजिलले स्विट्जरल्याण्डलाई १:० ले हराइदियो । नोभेम्बर २९ मा पोर्चुगल र उरुग्वेको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा पोर्चुगलले उरुग्वेलाई २:० ले हराइदियो । नोभेम्बर २९ मा इक्वेडर र सेनेगलको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा सेनेगलले इक्वेडरलाई २:१ ले हराइदियो । त्यही दिन नेदरल्याण्ड र कतारको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा नेदरल्याण्डले कतारलाई २:० ले हराइदियो । नोभेम्बर ३० मा इरान र अमेरिकाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा

अमेरिकाले इरानलाई १:० ले हराइदियो । त्यही दिन वेल्स र इङ्गल्याण्डको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा इङ्गल्याण्डले वेल्सलाई ३:० ले हराइदियो । त्यही दिन ट्युनिसिया र फ्रान्सको पनि प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा ट्युनिसियाले फ्रान्सलाई १:० ले हराइदियो । अष्ट्रेलिया र डेनमार्कको प्रतिस्पर्धा पनि त्यही दिनमा भयो । त्यस प्रतिस्पर्धामा अष्ट्रेलियाले डेनमार्कलाई १:० ले हराइदियो । डिसेम्बर १ मा अर्जेन्टिना र पोल्याण्डको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले पोल्याण्डलाई २:० ले हराइदियो । त्यही दिन मेक्सीको र साउदी अरेबियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा मेक्सीकोले साउदी अरेबियालाई २:१ ले हराइदियो । क्रोएसिया र बेल्जियमको प्रतिस्पर्धा पनि त्यही दिनमा भयो । त्यस प्रतिस्पर्धामा क्रोएसिया र बेल्जियम को १:१ को बराबरी भयो । क्यानडा र मोरक्कोको प्रतिस्पर्धा पनि त्यही दिनमा भयो । त्यस प्रतिस्पर्धामा मोरक्कोले क्यानडालाई २:१ ले हराइदियो । डिसेम्बर २ मा जापान र स्पेनको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा जापानले स्पेनलाई २:१ ले हराइदियो । त्यही दिन कोस्टारिका र जर्मनीको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा जर्मनीले कोस्टारिकालाई ४:२ ले हराइदियो । दक्षिण कोरिया र पोर्चुगलको पनि त्यही दिन प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा दक्षिण कोरियाले पोर्चुगललाई २:१ ले हराइदियो । त्यही दिन घाना र उरुग्वेको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा उरुग्वेले घानालाई २:० ले हराइदियो । डिसेम्बर ३ मा सर्बिया र स्विट्जरल्याण्डको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा स्विट्जरल्याण्डले सर्बियालाई ३:२ ले हराइदियो । त्यसपछि हरेक समहवाट धेरै अङ्क ल्याउने १६ वटा देशहरू अर्को चरणमा जान छाडिने । हाने देशहरू विश्वकपबाट हट्दै गए । डिसेम्बर ३ मा नेदरल्याण्ड र अमेरिकाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा नेदरल्याण्डले अमेरिकालाई ३:१ ले हराइदियो । डिसेम्बर ४ मा अर्जेन्टिना र अष्ट्रेलियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले अष्ट्रेलियालाई २:१ ले हराइदियो । फ्रान्स र पोल्याण्डको प्रतिस्पर्धा पनि डिसेम्बर ४ मा नै भयो । त्यस प्रतिस्पर्धामा फ्रान्सले पोल्याण्डलाई ३:१ ले हराइदियो । डिसेम्बर ५ मा जापान र क्रोएसियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा क्रोएसियाले जापानलाई पेनाल्टी सुटआउटमा ३:१ ले हराइदियो । डिसेम्बर ५ मा इङ्गल्याण्ड र सेनेगलको पनि त्यही दिन प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा इङ्गल्याण्डले सेनेगललाई ३:० ले हराइदियो । डिसेम्बर ६ मा ब्राजिल र दक्षिण कोरियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा ब्राजिलले दक्षिण कोरियालाई ४:१ ले हराइदियो । मोरक्को र स्पेनको प्रतिस्पर्धा पनि डिसेम्बर ६ मा नै भयो । त्यस प्रतिस्पर्धामा मोरक्कोले स्पेनलाई पेनाल्टी सुटआउटमा ३:० ले हराइदियो । डिसेम्बर ७ मा पोर्चुगल र स्विट्जरल्याण्डको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा पोर्चुगलले स्विट्जरल्याण्डलाई ६:१ ले हराइदियो । त्यसपछि क्वार्टर फाइनल सुरु भयो । डिसेम्बर ९ मा ब्राजिल र क्रोएसियाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा क्रोएसियाले पेनाल्टी सुटआउटमा ४:२ ले हराइदियो । डिसेम्बर १० मा अर्जेन्टिना र नेदरल्याण्डको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले नेदरल्याण्डलाई पेनाल्टीसुटमा ४:३ ले हराइदियो । डिसेम्बर १० मा मोरक्को र पोर्चुगलको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा मोरक्कोले पोर्चुगललाई १:० ले हराइदियो । डिसेम्बर ११ मा इङ्गल्याण्ड र फ्रान्सको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा फ्रान्सले इङ्गल्याण्डलाई २:१ ले हराइदियो । त्यसपछि सेमिफाइनल सुरु भयो । डिसेम्बर १४ मा क्रोएसिया र अर्जेन्टिनाको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले क्रोएसियालाई पेनाल्टी सुटआउटमा ४:२ ले हराइदियो । डिसेम्बर १५ मा फ्रान्स र मोरक्कोको प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा फ्रान्सले मोरक्कोलाई २:१ ले हराइदियो । डिसेम्बर १८ मा फाइनल भयो । अर्जेन्टिना र फ्रान्सको फाइनलमा प्रतिस्पर्धा भयो । त्यस प्रतिस्पर्धामा अर्जेन्टिनाले फ्रान्सलाई पेनाल्टी सुटआउटमा ४:२ ले हराइदियो । अर्जेन्टिनाका लागि यो विश्वकप तेस्रो विश्वकप जीत हो । अर्जेन्टिनाको क्याप्टेन लिओनेल मेस्सी धेरै नै राम्रा खेलाडी हुन् । उनको यो विश्वकप अन्तिम विश्वकप थियो र उनको जित्ने इच्छा पूरा भएको छ ।

यसरी कतारमा सम्पन्न भएको यस विश्वकप भव्य र सभ्य रूपमा, रोमाञ्चक र उत्साहवर्धक रूपमा सम्पन्न भयो । यसले विश्वकप खेल्ने देशमात्र नभएर विश्वकपमा नगएका देशका लागि पनि रमणीयता थप्यो साथै संसार नै एउटा घर रहेछ भन्ने कुराको पनि पुष्टि गर्‍यो ।



Nivaan Aryal

Roll no: 34029

My Winter Vacation

During my vacation, I went to the Patan museum. It is in Lalitpur. In that museum, I saw different pictures, paintings, statues of different gods and also one big throne of our king. I also went to Labim mall to see the Christmas celebration. My dad took me and my mom to Thamel for the New Year celebration. We had yummy food and enjoyed it a lot.

I also went to whoopee land during my vacation and had lots of fun. I saw dinosaurs, took a helicopter ride, saw a science exhibition, clicked many pictures and had lots of fun. I even did my homework and read my favorite Peppa pig story book. I practiced math, science and did some drawings. I went to my uncle's place and he took me to watch a movie named 'Avatar' but I did not like it much. I had my best vacation ever.



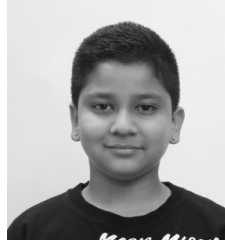
Ashwith Acharya

Roll no: 33030

A Trip to the Fun Park

On my last Saturday of the vacation, our family decided to go to a theme park. First, we decided to go to the store to buy my sister's boots, but we didn't buy anything because we didn't find a good pair. And our plan was canceled, and the boot was canceled, so we decided to go to the fun park. First, we booked the ticket and spent Rs. 100. My sister and I played slide in the first game, and it was so big that it felt like a trampoline, and we had a great time. It was only for five minutes. And it was over, and we came down. And then we went to another interesting game, and I went boating and only played alone, and I really enjoyed it. And then we went to find another ride; it was a horse ride, but it cost 250 rupees and wasn't as exciting, so we canceled the horse ride and moved. We found an ice cream shop and my sister, me, and my father ate the ice cream; there was also chocolate ice cream, but we didn't eat it because it was 199 rupees. So we didn't eat chocolate bar ice cream, we ate the cone ice cream, and there was a beautiful garden, and it was like a box type, and my mother and father clicked some photos, and my sister also clicked some photos. My family looked back and we saw four people boating, and my father also wanted to go boating, but we could easily see them, so we walked and walked, and my leg was hurting, so there was a chair, so we sat in the chair and I played slide, and it was free for a minute. We came out, and I asked my father

to take us to a restaurant to eat mo:mo:. My sister, me, and my mother ordered three plates of chicken momo and one plate of veg momo, and we moved to the shops. When we went shopping, there were many boots, but none in our size. So we went to another shop, which was much larger and more attractive. We go to the shop, and there were boots, we didn't find any that my sister linked. Hence, we ended a happy day on a sad note.



Ruhjen Jung Khadka

Roll no: 32014

Hiking

Last Saturday, I went hiking to Narayanthan Gumba. It was a long trip and it took 45 mins for us to reach there. My legs were hurting while walking. We clicked some photos of the views and our journey. From the top, the view was amazing and we could see the whole Kathmandu valley from there. I could feel the fresh air and the surroundings were beautiful. I circled around the Gumba. I could see my family members enjoying the trip. We rested for some time and had our snacks. While returning home there were so many street dogs that took my breath away. At last, we came home safe and I was happy that I had a wonderful trip. My experience was good and I enjoyed every moment of the trip. I am planning to go to other places for hiking with my family.



Vani Sharma

Roll no: 32021

The Winter Camp

The winter camp was held from January 1st to January 10th and I was able to be a part of it. Bhuwanga Senior club organized the camp. We reached the camping site at 9:30 am and I saw many children from different schools taking part in the camp. This excited me because I could make many new friends. We had our lunch at 10:45. The first thing that we did on our first day was to introduce ourselves to everyone. We even learned sign language there. On the 2nd day of our camping trip, we went on a field trip and hiked. The 3rd day was the normal one. On the 4th day we went to watch a movie named "Avatar". It was a 3D movie and we enjoyed it a lot. I really enjoyed the camping and made many new friends from whom I learned many things.



Uddhati Bhattarai

Roll no: 32040

My Trip to Kalinchowk

My brother came home on 21st December for his semester break. He returned home after four months so my mother decided to give him a surprise. She planned a trip to Kalinchowk. With the three generations of our family planned to head towards the destination.

On 23rd December Friday, we left early in the morning for the trip. A big bus was arranged for us. We had a six hour journey by bus and I was excited. We had lots of fun on our way to Kalinchowk. By the time we reached Kuri village, it was 4 pm. The village was beautiful but the weather was cold. After that we checked into the hotel and relaxed in our room for some time. The room was small but cozy- with comfy beds and warm blankets. We had food, music and danced. I was happy when they served us some hot dumplings and hot chocolate.

Next morning, we woke up early and took a cable car to Kalinchowk temple. The cable car experience was wonderful and even the view from the top of the mountain was breathtaking. We came back from the temple, we had breakfast and were getting ready to return home. We reached home around 7 pm. The trip was awesome. The only thing that I missed in Kalinchowk was snowfall. But there is always next time!



Pratik Dangol

Roll no: 27009

Esports and Nepal

Esports is a competitive video gaming where players compete with others in different tournaments or leagues. The players compete with others as a team or as individuals. There are thousands of games having esport tournaments nowadays. Some famous esports games are Pubg mobile, Free Fire, League of legends, Dota 2, Fortnite, etc. Esports also has a good future like a sports player. Many players choose esports as their career and many have been successful too. But still many doubt it as a waste but slowly the time is changing.

Now to talk about Nepal and Esports then still Nepal is seen young in this field in

comparison with other countries. It has been just a few years since esports is growing in Nepal. Many third party esports tournaments are held with prizes or for practices. Nepali players have good potential to represent the country in this field. Nowadays esports can be compared with sports because this trend is rapidly increasing and is estimated to be most famous in some years. Nepali players are seen representing our country on big platforms too. We can take the example of DRS gaming who is currently in News Headlines. The credit for esports growing in Nepal can be given to hardworking dedicated players. Private companies who are organising tournaments and sponsoring different teams.

Let's talk about how esports can grow in Nepal and how it can help the country develop. First of all, the government should notice the trend and take action. Government should give good platforms to players and help in lan events. If the government supports esports then the teams can earn foreign currency in Nepal too from international matches. Not only that, if we are able to conduct international Lan events in Nepal, thousands of audiences will visit Nepal. Likewise the tourism industries can also develop in Nepal.

To talk about recent biggest success, DRS gaming placed second in Pubg Mobile Word Cup (PMGC) and won a cash prize of around 3 crores Nepali rupees. This is the biggest success of esports in Nepal and South Asia. So considering this success the government shall take action to make it better and promote esports in Nepal. Government should recognize esports as sports like recently India did.



Deena Thapa
Roll no: 24019

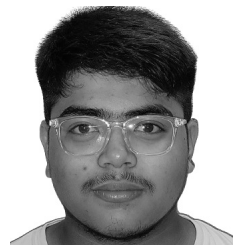
World Rally Championship

The World Rally Championship (WRC) is a prestigious rally racing competition that is held annually in a number of different nations. In the WRC, some of the best rally drivers in the world compete in a series of fast-paced off-road races on different types of terrain, such as snow, asphalt, and gravel. Rallies are held in places including Monte Carlo, Sweden, Mexico, and Wales during the WRC season, which normally runs from January to December. The Fédération Internationale de l'Automobile (FIA), the organization that oversees all motorsport competitions, runs the championship, which is one of the world's toughest and most prestigious races.

The WRC and WRC 2 are the two divisions of the WRC. The World Rally Championship (WRC) is for drivers that compete in rally racing with World Rally Cars (WRC), which are based on commercial cars but significantly modified. Drivers who compete in the WRC 2 with vehicles that adhere to the R5 category standards. At the end of the season, the driver with the most points wins the WRC title. The drivers receive points based on how they place in each rally. There is a manufacturers' championship in addition to

the drivers' championship, where automakers compete to produce the best rally car. One of the key aspects of the WRC is the combination of speed and skill. Drivers need to be able to navigate the challenging terrain at high speeds while also making quick decisions and adjusting to changing conditions. This requires a high level of precision, focus, and consistency. The co-driver plays an important role; he is responsible for the navigation, for reading the notes, and for giving instructions to the driver. The WRC also features some of the most advanced and technologically advanced cars in the world. The cars are built to withstand the rigors of rally racing and are equipped with advanced systems such as all-wheel drive, active suspension, and advanced aerodynamics.

In conclusion, the World Rally Championship is one of the most challenging and prestigious motorsports events in the world, featuring some of the best rally drivers competing on a variety of surfaces in locations around the globe. It combines speed, skill, and technology to create an exciting and dynamic racing experience for drivers and fans alike. The WRC offers a unique type of motorsport that appeals to a wide range of audiences and is known for its adrenaline rush and high-performance racing.



Soyuz Shrestha

Roll no: 24044

FORMULA 1 (F1)

The Fédération Internationale de l'Automobile, top level of single-seater racing, is referred to as Formula One, or simply F1 (FIA). Since its first season in 1950, the FIA Formula One World Championship has been among the world's most prestigious racing events. Grands Prix, a series of events that are often conducted on purpose-built tracks and open highways, make up the F1 season. Two annual World Championships—one for drivers and one for constructors—are decided by the results of each race. Thanks to their small weight, aerodynamics, and potent engines, F1 cars are the world's fastest controlled road-course racing vehicles. They can travel at speeds of up to 220 mph (350 kph) and produce massive quantities of downforce to keep them firmly planted on the track. The F1 teams are among the most financially successful and technologically sophisticated in all of motorsports. Top automakers like Mercedes, Ferrari, and Red Bull Racing are among them, as are world-class drivers like Lewis Hamilton, Sebastian Vettel, Max Verstappen, etc. With competitions taking place on all continents excluding Antarctica, the FIA Formula One World Championship is a genuinely international sport. The Monaco Grand Prix, which is hosted on the streets of Monte Carlo and is regarded as the highlight of the F1 calendar, is the most prestigious race of the year.

The first-ever Formula One World Championship race was held on May 13, 1950, at the Silverstone Circuit in England. The race was won by Italian driver Giuseppe Farina in

an Alfa Romeo, and the constructors' championship was won by the Alfa Romeo team. In the 1950s, the F1 World Championship was dominated by teams from Italy and the United Kingdom, with drivers like Juan Manuel Fangio of Argentina and Alberto Ascari of Italy winning multiple championships. The 1960s saw the rise of British teams like Lotus, Cooper, and Brabham, as well as drivers like John Surtees, Graham Hill, and Jim Clark. This decade also saw the introduction of new technologies like rear-engined cars, aerodynamics and the advent of sponsorship. The 1970s brought increased safety measures and the arrival of powerful new teams like Ferrari, Tyrrell, and McLaren, which featured dominant drivers such as Jackie Stewart, Niki Lauda and James Hunt. The 1980s and 1990s were dominated by teams like Williams and McLaren and drivers like Nelson Piquet, Ayrton Senna, Alain Prost, and Michael Schumacher. This era also saw the rise of electronic driver aids and aerodynamic advances. In the 2000s and 2010s, the sport saw the dominance of Ferrari led by Michael Schumacher in the early 2000s, followed by the rise of the Red Bull Racing team and driver Sebastian Vettel, Mercedes AMG Petronas Team and Lewis Hamilton's domination in the 2010s. The F1 sport continuously evolves with new technologies and regulations being introduced regularly and still plays a significant role in global motorsports with each year having a new World Champion which showcases the competitiveness of the sport.

Grands Prix, a series of races that make up the Formula One (F1) World Championship, are often contested on purpose-built tracks and public highways all over the world. A season's number of races might fluctuate, but since 2014, it has generally been between 20 and 25. Two practice sessions are typically held on Friday of each racing weekend, followed by a third practice session, a qualifying session, and the race on Sunday. Street circuits, permanent circuits, and temporary circuits are only a few of the circuit types used during the Grands Prix. The following are a few of the most renowned and enduring events on the F1 schedule:

The Monaco Grand Prix is one of the most exciting races on the Formula 1 calendar. It takes place on the streets of Monte Carlo, and is very popular with fans.

The Belgian Grand Prix is a race held at the Spa-Francorchamps circuit in Belgium.

The British Grand Prix is a race held at the Silverstone Circuit. This place is where Formula One races started, and it's a great place to see!

The Italian Grand Prix is held at the Monza Circuit and is one of the world's most famous races. It's a really fast track and is loved by drivers and fans alike. This track is also known as "Temple of Speed" because 80% of the track is done on full throttle.

The Singapore Grand Prix is a race that takes place at night, and it's the only one on the calendar. It is known as the most challenging track to race on as it is a street circuit like Monaco.

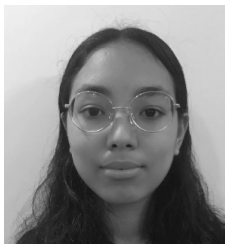
The Japanese Grand Prix is a race that takes place at Suzuka Circuit, which is known for

its difficult track.

The United States Grand Prix is a race that takes place in Austin, Texas. It is one of the fun races to watch.

The Abu Dhabi Grand Prix is the last race of the season, and it's held at Yas Marina Circuit. In this circuit many title decider races have been held which is fun to watch.

In addition to these races, the F1 calendar also includes races in countries like Australia, Canada, China, Bahrain, Russia, and many more. The calendar changes every year and new races are added periodically.



Ambira Pradhan

Roll no: 24009

A Trip to Remember

On January 2, 2023, right after the New Year, my family and I left for Narayangarh (Chitwan), which is our hometown. I woke up at 8 in the morning as it was a holiday and packed my bags by 9. We all had a light breakfast and then soon had lunch. We loaded our stuff in the car and left home at 1 in the afternoon. We played songs on the way while listening and singing along to some of my favorite tracks and artists, including Mneskin, Ed Sheeran, Tom Felton, Billie Elish, and many more. We stopped at a place and had pasta that Mamu made, and we were supposed to get ice cream at Malekhu, but the shop we usually go to was closed, so we were to get ice cream only in Narayangarh. We all just had small conversations, and my sister happily slept. She also brought a blanket so she could sleep more comfortably, which caused me a bit of discomfort. We arrived at Narayangarh at around 6:30 in the evening, and while Mamu cleaned our home, we went to park the car and also got some naan to eat. While waiting for naan, we just used our phones for a bit, and then we all had a nice meal and we all went to sleep.

The next day we all woke up, and while my sister and Baba were getting breakfast (jerry, puri, and tarkari), I read one chapter of "The Hobbit", and then we all went to Aaji Ghar, which is not even 5 minutes away. We all went to the living room while Mamu kept her graduation cap on her father's (Aaja's) head and made him hold her certificate of PhD completion. It was Mamu's parents' dream to make their children doctors, and they sent Mamu and her siblings to Kathmandu to study, and Mamu became a PhD doctor to fulfill their dream; though she tried hard, she couldn't become a medically proven doctor! Mamu and Baba then left for home while we stayed back and took a warm bath (which I struggled with as I had trouble figuring out how to use hot water); then my sister took a bath, and we returned home. We had lunch and then again left for Aaji's home, where we spent a few hours, and then we went out to the Narayani River and walked along for a while. We also visited our cousin and went for a short walk.

We then returned to Aaji's, spent some time there again, and returned home. I then helped Baba with attending his online meeting, and we had dinner and then went to bed around 10:30–11:00 at night.

4th Jan, 2023, I woke up at 6:30 in the morning and got ready to go for a morning walk. I struggled to find the key—out of the house—and then left. During this morning walk, I walked a total of 3 kilometers. I went to the Shiva temple and enjoyed the breathtaking view of the Narayani River. I then went on to Sai Kendra and discovered that there is a path leading to Jor Kusum. From there, I again enjoyed the view of Narayani and then went for my return journey. While returning home, I bought milk and a few bakery items, and then we all had breakfast. I also got Mamu a pair of plant trimming scissors. Afterwards, I went with Baba and my sister to get some grocery items. Before lunch, I changed my clothes, and then we had lunch, which was very hearty, and I sat down to write this article while all three members of my family slept.

After a while, they woke up, and we got ready and left our home to go visit Budi Aaji (Mamu's grandmother from her mother's side). She was living in Lanku with her big daughter, and we all talked for a bit and had cheese balls, and then we went to get ice cream, but the shop was closed, so we went to Bhat-Bhateni to do a bit of grocery shopping. After that, we went to visit Shiva uncle, who was very thrilled that we came to his house. He was happy to meet me and my sister after a very long time. We all talked for a while, and then we went to visit Tika uncle, aunt and their newborn son. We had a little bit of French toast, and they insisted we stay for dinner, but unfortunately, we couldn't.

We got bhutan (a type of meat dish, not the country) and two plates of momos, but the momo was small. Later, we went to the roof to have a campfire while I locked the door. We enjoyed the campfire. It was really fun having wafers and cheese balls. While we were talking, we realized we didn't have the key to our door, and it was inside our room. There was a bit of trouble and tension, but luckily we didn't have to break the lock. We all could happily go to bed. The next morning, I woke up, got dressed, and went for a morning walk in Jor Kusum Park. This time I explored the whole park nicely and got milk on my way back. After breakfast, me and my sister went to Kusum Aaji's house and had a wonderful lunch made by Aaji. Around 2-3 p.m., Mamu came, and soon after, Mamu's big sister Dhupi Mamu came, and they started preparing for snacks and dinner as Aaji called everyone (our family and Dhupi Mamu's family) to have sweet sticky rice (chaku bhat). After a while, one of my cousins arrived, and then another cousin with her father returned, bringing cake to celebrate Mamu's PhD completion. Baba came shortly after, and Mamu cut the cake, and we had cake and sweets. After a while, we all had a lovely dinner in the living room as it was cold and we all enjoyed it; we talked about how Zubeen (another cousin) is not here as he is in a day hostel and is missing this. We all had lots of fun. I googled places to visit in Chitwan so that we could visit there.

We all woke up pretty early the next day, didn't have breakfast, and started our hike to Maula Kalika at around 8 in the morning. It was super fun, and we returned from it by 10:30. We enjoyed our company and had cookies for breakfast after reaching the temple.

We returned home, and then my sister and I went to Aaji's house to return a few things, and we changed our clothes, had lunch, and then started to head towards Sauraha. We

firstly visited the Tharu museum and then clicked a few pictures in the mustard field and then went to another museum, which has a lot of amazing things. It contained numerous animals as well as a tiger's skull. It had so many snakes, skins of different animals, tusks and elephant skulls, the beak of a giant hornbill, a dolphin, and many more things. This museum was a lot of fun, and the ticket was cheaper than the first, and there was no one inside the first museum except us. We then went on and saw the Rapti River and clicked some pictures. We took some snacks, which we ate on the way. After all that, we went to eat pani puri and chatpate, which were very yummy and filled our stomachs. Later, we also had ice cream.

We all reached home super tired and had a light dinner—momo and Bhutan—and everyone went to sleep while I read a few pages of “The Hobbit” and then went to bed. The next day was the day we were to return to Kathmandu. I was woken up by Baba, and we went to take our car out of the parked place and then got milk and vegetables and started packing our bags and loading our car. Before breakfast, I had to exchange the pumpkin that I had bought earlier because it had gone bad. I went back to the vegetable market and exchanged the pumpkin, and that exchanged one had an insect; not a season for pumpkin, eh? After a light breakfast, we got ready and soon had lunch, which was yummy, and Mamu had already packed food for the road. We had lunch and then went to Aaji's house to say goodbye, and then we left around 10:20 in the morning. We got some fish in Malekhu to eat and then bought fruits on the way and clicked some pictures at the bridge. I slept for some time on the way, and this time the road was quite empty, and we reached Kathmandu with ease. The trip to Narayangarh was fun and wonderful. It is definitely a trip I will remember and cherish for a long time.



Sifal School