

# THE DEERWALKER

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Sifal School

# Welcome

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

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

Dear Readers,

We are glad to present the 14th edition of "The Deerwalker" to you. The Deerwalker is a collection and accumulation of all the exceptional articles written and produced by Sifal School students from elementary school through high school.

We have carefully selected the most genuine pieces for this magazine so that you, the reader, get the best possible grasp of our students' perspectives. This magazine features poems, thoughts, book and movie reviews, as well as many other interesting and specialized interests of our students. In the guise of a magazine, it acts as a forum for the publication of hidden and integral knowledge.

The Deerwalker is a magazine made by students for students and everyone to read. It is a distinct creation assembled by students and merged with the conceptualizati-

on of our students' minds through a rigorous procedure. The primary goal of the magazine is to broaden the student's knowledge base and encourage them to conduct study on topics they are already familiar with or on topics in which they are interested in.

We believe that our platform will serve as a beacon of information for students and all readers who come across it as a result of the combined efforts of the students, faculty members, and respective language teachers. We sincerely hope it brings you joy as much as it brought us when putting it together.

Regards,  
Samyo Hangma Rai

# स्वागतम्

प्रधान सम्पादक  
लक्ष्मी तिवारी

सम्पादक  
भाषा विभाग

सह-सम्पादक  
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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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शिक्षा जीवनको सिर्जना र व्यवहारको कुन्जी हो। हरेक मानव समाजलाई उज्यालो बनाउने एकमात्र माध्यम शिक्षा हो भन्ने कुरालाई नकार्न मिल्दैन। कुनै पनि देशको सामाजिक, आर्थिक, सांस्कृतिक परिवर्तनको संवाहक नै शिक्षा हो। शिक्षाको माध्यमबाट नै नव सिर्जनाका अनेकौं द्वारहरू खुल्छन्। ज्ञानार्जनका लागि मानिसले गाउँ, समाज, विद्यालयका साथै महा विद्यालयसम्मको यात्रा तय गर्दछ। शिक्षाकै माध्यमबाट मानिसले आफूलाई नैतिक, चरित्रवान् र व्यावहारिक व्यक्तिको रूपमा स्थापित गर्न सक्छ। शिक्षाको आलोकमा नै मानवीय जीवनका अनुभूतिहरू अङ्कुरित हुन्छन्। शिक्षाकै आधारभूमिमा साहित्य, सङ्गीत, कलाका साथै ज्ञानविज्ञानका विविध पाटाहरू उघारिन्छन्। परीक्षामुखी र शिक्षक केन्द्रित शिक्षाले ज्ञानको सीमालाई बाँध्दछ। सो कुरालाई मनन गर्दै सिफल स्कूलले विद्यार्थीहरूका कलिला मस्तिष्कहरूमा लुकेका हरप्रतिभाहरूको प्रस्फुटनका लागि र शिक्षार्थीका चौतर्फी उन्नयनलाई मध्यनजर गरी निरन्तर रूपमा सहक्रियाकलापमा संलग्न गराउँदै आएको छ। विद्यार्थीहरूका अन्तस्करणमा लुकेका हर प्रतिभालाई प्रकाशमा ल्याउन गरेको हौसला र मार्गदर्शनका कारण नै छोटो समयमा नै सिफल स्कूल हरेक ज्ञानार्थीको लागि रोजाइको शिक्षालय बन्न पुगेको छ।

मानिस पृथक अनुभूति र चेतनाको खानी हो। आफ्ना अनुभूतिलाई अभिव्यक्त गर्ने सुअवसर पाएन भने मानिसका अन्तस्करणमा रहेको खुबी सुषुप्त अवस्थाबाटै सेलाएर जान्छ। यसै क्रममा शिक्षार्थीमा लुकेर रहेका सिर्जनात्मक प्रतिभालाई उजागर गर्ने अभिप्रायले हाम्रो विद्यालयले

त्रैमासिक पत्रिका ‘द डियरवाकर’ को प्रकाशन गर्दै आएको छ। यो पत्रिका विद्यार्थीहरूको नेतृत्वमा सङ्कलन र सम्पादन हुँदै आएको छ। पत्रिकालाई नियमितता दिने क्रममा हामी चौधौं संस्करणका साथमा आएका छौं। साहित्य र समालोचनाका विविध पाटाहरूमध्ये कविता, कथा, निबन्ध, पुस्तक र चलचित्र समीक्षा, खेदकुद, विद्यालयका घटना र क्रियाकलापहरूको प्रस्तुति, राजनीति र समसामयिक घटनाहरूको प्रस्तुति, विज्ञान र प्रविधिसम्बन्धी लेखहरू, आश्चर्यजनक तथ्यहरूलगायतका लेख रचनाहरूलाई हामीले यस पत्रिकामा सङ्गृहीत गर्दै आएका छौं। साहित्य सिर्जनामा भाषिक विविधतालाई मध्यनजर गरी विद्यार्थीले विद्यालयमा आर्जन गरेका, नेपाली र अङ्ग्रेजी भाषाका रचनालाई यस पत्रिकामा स्थान दिएका छौं। विश्वास छ यस पत्रिका मार्फत विद्यार्थीहरूमा लुकेका नवसिर्जनाका गतिले उचाइ दिने छ।

अन्त्यमा ‘द डियरवाकर’ चौमासिक पत्रिकाको छैटौं अङ्क र चौधौं संस्करणसम्म आइपुग्दा निरन्तरताका साथ प्रकाशन गरी विद्यार्थीहरूको सिर्जनात्मक र समीक्षात्मक क्षमताको अभिवृद्धि गर्नुका साथै नेतृत्व गर्ने क्षमताको विकास गर्न हौसला र मार्गनिर्देशन गर्नु हुने विद्यालय प्रशासन, संरक्षक, गुरुजन र अभिभावकहरूप्रति कृतज्ञ छौं र सम्पूर्ण पाठकवर्गबाट रचनात्मक सुझावको अपेक्षा गर्दछौं।

प्रधान सम्पादक  
लक्ष्मी तिवारी

# 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



इधा बिष्ट

क्रमाङ्क: ३३०४५

### पुस्तक समीक्षा : सुनको मुटु भएको केटो

सुनको मुटु भएको केटो' कथा रमाइलो कथा हो । यो कथाका लेखक विनय कसजू हुनुहुन्छ । यस कथा रोन र ओभीको बारेमा लेखिएको छ । एकदिन रोनको लन्च खातामा पैसा सकिन्छ । ओभीले खाना बाँडेर खाओँ भन्छ तर रोनले मान्दैन । ओभीलाई धेरै नमज्जा लाग्छ । ओभीले पनि खाना इस्टबिनमा खन्याइदिन्छ । घरमा गएर आमालाई रोनको बारेमा सबै कुरा भन्छ । रोनले खान पाएन उसको लन्चको खातामा पैसा सकिएको छ । यस्ता कुरा सुनेर ओभीकी आमा दुःखी हुन्छिन् । आमाले भन्नुहुन्छ रोनको खातामा लन्चको पैसा हालिदिनुपर्छ । त्यसैले हामी उपाय निकालौं । सबैसँग पैसा उठाऔं । पैसाको कोसँग माग्ने उनीहरू विचार गर्न थाल्छन् । ओभीले लिस्ट बनाएर सबैभन्दा पहिला आफ्नो नाम लेख्छ र अन्य परिवारका सदस्यको पनि नाम लेखेर पैसा उठाउँछ । अर्को दिन उसले उठेको पैसा रोनको लन्च खातामा हालिदिन्छ । उसको खातामा लन्च खाने पैसा हुन्छ र खुसी भएर उनीहरूले खान्छन् । ओभीले कोही बच्चा खान नछुट्टुन् भन्दै पैसा सङ्कलन गर्ने व्यवस्था मिलाउँछ । उनीहरूले घरमा गराज सेल लगाएर पनि पैसा सङ्कलन गर्छन् । अर्कोदिन ओभीले आया दिदीलाई पैसा लगेर दिन्छ । आया दिदीले तिम्रो मुटु सुनले बनेको छ भन्नुहुन्छ ओभीले पनि धन्यवाद आया दिदी भन्छ ।



अनुप्रस्थ लुइटेल

क्रमाङ्क: ३००५८

### आशाको उपहार

#### परिचय

आशाको उपहार बाल उपन्यास हो । यस उपन्यासका लेखक रविन नेपाली हुन् । उनी बालबालिकाहरूको विकासका लागि लागिपरेका संस्थाहरूमा आबद्ध छन् । उनी बालबालिकाहरूका लागि र ठुलाका लागि पनि साहित्य लेख्ने साहित्यकार हुन् । आशाको उपहार उपन्यासमा ८० पृष्ठ छन् । यस उपन्यासमा १४ वटा शीर्षक छन् ।

#### पात्र तथा चरित्रचित्रण

प्रस्तुत बाल उपन्यासकी प्रमुख पात्र आशा हुन् । उनी १३ वर्षकी बालिका हुन् । उनी कक्षा ७ मा पढ्छिन् । यस उपन्यासमा उनकै जीवनका कार्य र घटनालाई कथावस्तु बनाइएको छ । यस उपन्यासका अन्य पात्रहरूमा आशाका बुबाआमा, प्रकाश, मुनू, अरुणा, सिद्धार्थ, शिव, अजय, पवन, कोपिला, निरुता, बुधे, बुधेकी दिदी, शिक्षक, हेडमास्टर, मनीषा, मनसरा, मनसराका बाआमा, उर्मिला, आइते, इशु, हान्से आदि हुन् । यीमध्ये आशाका बाआमा, हेडमास्टर सहायक पात्र हुन् । यसमा धेरै असल पात्रहरू छन् । आशा राम्री, असल मायालु र साहसी बालिका हुन् । उनी घरमा आमाबालई काम पनि सघाउँछिन् ।

## कथावस्तु

प्रस्तुत उपन्यासमा आशाले गरेका राम्रा कामहरूलाई कथावस्तु बनाइएको छ । आशाले अरू मानिसलाई किताब तथा खेलौनाहरू दिन केके गरिन् भन्ने कुरा देखाइएको छ । आशा असल बालिका हुन् । उनी आफू किताब पढ्थिन् र अरूलाई पनि पढ्न दिन्थिन् । खेलौना पनि अरूलाई दिन्थिन् । उनी आफ्ना साथीहरूसँग उनीहरूका पुराना किताब माग्थिन् र अरूलाई दिन्थिन् । यसो गर्दा साथीहरूका अभिभावकहरू स्कूलका हेडसरसँग झगडा गर्न आएको कुरा यस उपन्यासमा आएको छ । पछि कुरा बुझेपछि आशालाई राम्रो काम गरेकामा सबैले धन्यवाद दिएका छन् । हेडसरले पनि किताब दिएर उनलाई प्रोत्साहन गरेको कुरा यसमा आएको छ ।

## सन्देश

यो उपन्यास प्रेरणादायी छ । यसले हामीलाई शिक्षा दिएको छ । हामीले अरूलाई सहयोग गर्नुपर्छ भन्ने कुरा यसमा सिकाइएको छ । सबैसँग मिल्नुपर्छ भन्ने कुरा पनि आएको छ । यस उपन्यासमा हामीलाई नचाहिएका किताब वा खेलौनाहरू अरूलाई दिनुपर्छ भन्ने सन्देश पाइन्छ । किताब च्यातेर फाल्नु हुँदैन भन्ने सन्देश दिएको छ । किताबबाट ज्ञान पाइने हुनाले हामीले अरूलाई किताब पढ्न प्रोत्साहन गर्नुपर्छ भन्ने कुरा यसले हामीलाई सिकाएको छ । म यो किताब अरूलाई पनि पढ्न सिफारिस गर्छु किनभने यस किताबमा रमाइला कुराहरू छन् । तिनले हामीलाई ज्ञान दिन्छन् । हामीले के गर्नुहुन्छ, के गर्नुहुँदैन भनेर यसमा शिक्षा दिइएको छ ।



सुभी लामिछाने  
क्रमाङ्क: २९०३३



## पुस्तक समीक्षा : एकलव्य

### परिचय

एकलव्य एक बाल उपन्यास हो। यस पुस्तकका लेखक रोशन पोखरेल हुन् भने यस पुस्तकमा चित्र भर्ने काम समित श्रेष्ठले गरेका हुन्। यस पुस्तकको प्रकाशन काठमाडौँ पब्लिकेसनले गरेको हो ।

## कथावस्तु

कथाको सुरुवातमा एउटा बालक भाँचिएको धनुष बोकेर बाबा भन्दै कुद्दै थियो । उसको प्राणप्रिय धनुष भाँचिएको थियो । उसले आफ्ना बुबालाई धनुष दिन्छ र उसको बुबाले धनुष बनाउनुभएको हेर्छ । त्यस बालकको नाम अभय थियो । उसका बुबाको नाम निसाधराज थियो । अभयलाई सानैदेखि धनुष चलाउन मन पर्थ्यो तर उनी भिल्ल जातका थिए । त्यसैले उसलाई राजगुरुबाट शिक्षा लिएर धनुर्धर बन्ने अधिकार थिएन । अर्को दिन अभयकी आमा सुलेखाले अभयलाई खोजिरहेकी हुन्छिन् तर अभयलाई कतै पनि भेटिदैनन् । बेलुका भएपछि पनि अभयलाई नभेटेपछि पुरै गाउँ नै मिलेर खोजेपछि बल्ल बल्ल एउटा रुखको मुनि भेटिन्छ । धेरै समय बितेपछि अभय किशोर अवस्थामा पुग्छ । अभयलाई अझ पनि धनुर्धर बन्नु थियो । त्यो रात अभय र उसको परिवार खाना खाँदै गरेको बेला एउटा बाघ आएको हुन्छ । बाहिरको हल्ला खल्ला सुनेर अभय धनुष बोकेर बाहिर निक्किन्छ । अभयले बाघलाई बाण हान्छ र बाघ घाइते भएर भाग्छ । अभयलाई भिल्ल जातका गुरु आएर तिमीले असल शिक्षा पायौ भने असल

धनुर्धर बन्न सक्छौ भन्नुहुन्छ । अर्को दिन अभय गुरु द्रोणाचार्य कहाँ शिक्षा लिने उद्देश्यले जान्छन् । तर द्रोणाचार्यले आफूले पाण्डव राजकुमारहरू, कौरव राजकुमारहरूलाई मात्र शिक्षा दिने र अभय भिल्ल जातका भएर उसलाई शिक्षा नदिने भन्छन् । यो सुनेर अभय निरास हुन्छ र उनी वनैमा बसेर शिक्षा आर्जन गर्न थाल्छन् । शिक्षा लिन गुरुको आवश्यकता पर्ने हुँदा गुरु द्रोणाचार्यलाई मनले सम्झेर उनको मूर्ति मोटोले बनाएर स्थापना गर्छन् र कठोर परिश्रम गरेर कुशल धनुर्धर बन्छन् । सधैं एकलै बस्ने मानिसहरूलाई दुःख पर्दा सहयोग गर्ने गर्थे । पछि उनी एकलव्यको नामले पनि चिनिन थाले । एकदिन उनको एउटा राक्षससँग भिडन्त हुन्छ र एकलव्यले राक्षसलाई पनि हराएर सर्वश्रेष्ठ धनुर्धर बन्न सफल हुन्छन् । एकदिन गुरु द्रोणाचार्य आफ्ना शिष्यहरूसँग जङ्गलको बाटो हुँदै गइरहेका थिए । उनीहरूसँग एउटा कुकुर पनि हुन्छ । त्यो कुकुर एकछिनमा हराउँछ पछि निकै बेरमा मुखभरि बाण लिएर आउँछ । त्यस कुकुरको मुखभरि बाण रोपिएको थियो तर एक थोपा रगत पनि आएको थिएन । यस्तो अद्भुत धनुर्विद्या देखेर गुरु द्रोण आश्चर्य चकित हुन्छन् र आफ्ना शिष्यहरूलाई खोज्न पठाउँछन् । जङ्गलको बिचमा एउटा युवक धनुर्विद्याको अभ्यास गरिरहेका हुन्छन् । एकलव्यले द्रोणाचार्यलाई आफ्नो अगाडि साक्षात् देख्दा साह्रै खुसी हुन्छन् । कुकुर धेरै कराइरहेकाले चुप लगाउन बाण प्रहार गरेको कुरा स्वीकार्छन् । द्रोणाचार्यले यस्तो अद्भुत कला देखेर अरु हेर्न मन लाग्छ र आफ्ना शिष्यसँग युद्ध गर्न लगाउँछन् तर एकलव्यले सबैलाई हराइदिन्छन् । यो देखेर द्रोणलाई आफ्ना शिष्यहरूभन्दा एकलव्य सर्वश्रेष्ठ हुन्छ भन्ने डर लाग्छ र जुक्ति लगाएर गुरु दक्षिणामा एकलव्यको दाहिने हातको बुढी औँला माग्छन् । गुरुले पहिलो चोटी गुरु दक्षिणा मागेकाले भन्ने बित्तिकै एकलव्यले पनि काटेर दिइहाल्छन् । पछि एकलव्यले काटिएको हातले धनुष चलाउने कोसिस गर्छन् तर सक्दैनन् र निरास हुन्छन् । एकलव्यले फेरि कठोर परिश्रम गरेर बुढी औँला बिना नै धनुष चलाउन सिक्छन् र वरदान पनि पाउँछन् । सर्वश्रेष्ठ धनुर्धर बनेपछि एकलव्य शृङ्गवेरपुर जान्छन् । जाँदा जाँदै उसमा आक्रमण हुन्छ तर युद्ध जित्न आँट्दा शत्रु हराउँछन् । शृङ्गवेरपुर पुग्दा सुलेखाले एकलव्यलाई देखेर अँगालो हाल्छन् र उसको भव्य स्वागत गर्छिन् । त्यसपछि त्यहाँ दीर्घवायुले एकलव्यलाई आक्रमण गरेको थियो उसलाई देख्दा छक्क पर्छ । दीर्घवायुले भन्छ कि त्यो आक्रमण भनेको जरासन्धको परीक्षा थियो र जरासन्धले उसलाई बोलाएका थिए । त्यस दिनदेखि शृङ्गवेरपुरमा कहिल्यै पनि नअस्ताउने सूर्य उदायो, एकलव्य ।

### पात्रहरू

यस कथामा एकलव्य, निषाधराज, सुलेखा, बल्लभ, मुनि, जरासन्ध, आदि असल पात्र हुन् । किनभने उनले केही नराम्रा कामहरू गरेका छैनन् भने यस कथामा द्रोणाचार्य खराब पात्र हुन् । किनभने उनले एकलव्यले पढ्न खोज्दा पनि पढाएनन् भने यस कथाका प्रमुख पात्र एकलव्य हुन् ।

### परिवेश

यस कथामा जङ्गल, एकलव्यको राज्य, द्वारिका, नदी, पहाड स्थलगत परिवेशको रूपमा आएका हुन् । यस कथाको कालगत परिवेशको रूपमा २० वर्षको अवधिलाइ लिन सकिन्छ । यस कथाको अवस्थागत परिवेशको रूपमा एकलव्य द्रोणाचार्यकहाँ जानु, एकलव्यले बुढी औँला काट्नु आदिलाइ लिन सकिन्छ ।

## निष्कर्ष तथा सिफारिस

यो पुस्तक म साना ठुला सबैलाइ सिफारिस गर्दछु किनभने यस किताबले हामीलाई सधैं परिश्रम गरिरहनु र कहिलै पनि हार नखानु साथ-साथै एउटा चिजमा लागेपछि त्यही काममा नै अटल रहनु भनेर सिकाउँछ ।



प्रसिद्धि डहोल  
क्रमाङ्क: २८००९



### पुस्तक समीक्षा : उपहार रहस्य

#### परिचय:

‘उपहार रहस्य’ कथाका यसका रचनाकार कृष्णदीप सिग्देल हुन् । यसमा आकर्षक चित्रहरू समित श्रेष्ठले बनाएका हुन् । यो पुस्तक मुख्यतः एउटा सानो केटा र उसकी दिदीको बारेमा रहेको छ जसले एउटा अनौठो पुस्तकको बारेमा खोजी गर्दछ तर उनीहरूले त्यो कोबाट आएको होला भनेर भेट्टाउछन् कि भेट्टाउँदैनन् ? यो एक धेरै चाखलाग्दो पुस्तक हो र प्रत्येक अध्याय सकिएपछि के हुन्छ होला जान्ने इच्छा निरन्तर लागिहन्छ र अझै पढ्नु पढ्नु लाग्छ । पुस्तक छोटो भएता पनि यसको पूर्ण कथानक छ र यसको अन्त्यमा हामी एउटा कुराकानी पनि पढ्न सक्छौं । यस पुस्तकका लेखक र पात्रहरूले हामीलाई यस किताबको बारेमा अझ स्पष्ट र सही रूपमा ज्ञान पाउन मद्दत गर्दछन् ।

#### कथावस्तु:

एकदिन आमाले उनको चस्मा कहाँ छ भनेर खोजिरहनु भएको थियो । त्यतिबेला नै सरोज त्यहाँ आयो र उनलाई चस्माको बारेमा सोध्यो र त्यसपछि यताउता हेर्यो । उसले त्यहाँ एउटा चिया खाएको डाम र एउटा र एउटा रौं भेट्यो । त्यसपछि उसलाई लाग्यो कि त्यो चस्मा उसको बुबा वा एउटा बिरालोले लगेको हुनुपर्छ तर त्यतिबेला नै सलोजा त्यहाँ आएर हेर्न थाली । उसले त्यसपछि आमा बुबाको दराज खोली र त्यहाँ बुबाको कोटभित्र उसले त्यो चस्मा भेटे । त्यो चाँहि बुबाको नै थियो र उसले थाहा पाई कि बुबाले थाहा नपाएर आमाको चस्मा लगाएर जानु भएको रहेछ । त्यतिबेला नै बुबाको फोन पनि आयो र उहाँले भन्नुभएको थियो कि अहिले टाउको दुखिरहेको थियो र उहाँ फर्किने बेला एउटा डाक्टर कँहा गएर आउने छु तर त्यतिबेला नै सलोजाले उनलाई डाक्टर कहाँ जानुपर्दैन भनी किनभने बुबाले आमाको चस्मा लाएर गएका थिए । त्यतिबेला नै सलोजाले सरोजलाई फुच्चे भनेर जिस्काई र रिस उठे पनि ऊ चुप लागि बस्यो । त्यसपछि उनीहरूको विद्यालय जाने बेला भयो र दुबै सँगै विद्यालय गए । पछि उनीहरूको बिदा पनि सुरु भयो र उनीहरू मेलामा जाने विचार गरे । मेलामा जाँदा उनीहरूलाई भित्र पस्नको लागि ५० रुपैयाँ तिर्नुपर्थ्यो । सलोजाले त्यतिबेला नै आफ्नो विद्यार्थी परिचयपत्र निकाली । र सरोजलाई पनि उसको परिचय पत्रको लागि सोधी तर सरोजले ल्याएको थिएन । त्यसैले सरोजले ५० रुपैयाँ तिर्नुपर्‍यो र सलोजाले जम्मा १० रुपैयाँ तिर्नुपर्‍यो । भित्र गएर यता-उता हेरिसकेपछि सरोजले आफ्ना साथीहरू भेटेर पछि दिदी आफ्ना साथीहरूसँग जान्छिन् होला भनेर उसले आफ्नी दिदीलाई छोडेर गयो । ऊ आफ्ना साथीहरूसँग धेरै ठाउँहरूमा गयो । विभिन्न खेलहरू खेल्थ्यो, पहिला त रिड छिराउने खेलमा उनीहरू गए तर बल्लतल्ल जानकीले त्यसमा जितेर एउटा बिस्कुट जितिन् । त्यसपछि उनीहरू बेलुनहरू फुटाउने खेलमा गए जुनमा सरोजले २०० रुपैयाँ जति खर्च गर्‍यो । त्यसपछि



उनीहरूले खाजा खाने विचार गरे र उनीहरू आफ्नो घर जाने विचार गरेकाले सरोजले खाजा खाएर आफ्नी दिदीलाई भेटेपछि मात्र उनीहरूबाट छुट्यो । त्यसपछि ऊ आफ्नी दिदीसँग जान लागेको थियो तर त्यतिबेला नै उसले दिदी भएको पसल सँगै एउटा खेलको सामग्री पाइने पसल देख्यो त्यहाँ गयो र उसले एउटा दुरबिन पनि भेट्यो । दुरबिनको लागि ऊसँग पैसा थिएन त्यसैले उसले सलोजासँग माग्नु गयो र पैसा पाएपछि उसले गएर दुरबिन किनेर उनीहरू दुबै घर फर्किए । अर्को दिन सलोजाले केही फुटेको आवाज सुन्छे, त्यो सुनेर उसलाई डर लाग्छ त्यसैले ऊ कहाँबाट आएको रहेछ भनेर खोज्न जान्छे तर उसले त्यो आवाज सरोजको कोठाबाट आएको हो भनेर थाहा पाएपछि सरोजको कोठाभित्र पस्छे । सरोज चाहिँ एउटा खुत्रुके फुटाइरहेको थियो । त्यसपछि सलोजाले सरोजलाई उसले उसलाई त्यति छिटो पैसा पर्देनथ्यो भन्छे तर त्यतिबेला नै सरोजले पनि भन्छ कि सलोजालाई पैसा दिन ऊ खुत्रुके फुटाइरहेको थिएन । उसलाई एउटा जासुस गर्न चाहिने सामान सामग्री किन्न खुत्रुके फुट्याइरहेको थियो । त्यसपछि सलोजा एकैछिन रिसाई तर हाँस्दै बाहिर गई । बुबा एक दिन घर फर्किदा ढोकामा साँचो लागिरहेको थियो । जहिले पनि सलोजा र सरोज अघि नै आएर साँचो खोलेर बसिसकेका हुन्थे तर त्यस दिन साँचो लागिरहेको थियो । त्यसपछि त्यहाँ केही बेरपछि सलोजा आइपुग्छे र त्यसपछि उसलाई बुबाले सरोज कहाँ थियो भनेर बुबाले सोध्नुभयो र सरोजले भनेनन् कि सरोजको कक्षा छिटै छुटेको भएर ऊ बाहिर जान्छु भनेर गएको थियो तर आएको छैन । साथीकै घर गएको हुनुपर्छ ! त्यसपछि बुबा र सलोजा भित्र पस्छन् र उनीहरू लुगा फेरेर आइसकेपछि बुबाले पिठो मुछिरहनुभएको थियो । त्यसपछि आज जोगी तरकारी खाने भनेर भन्छन् । जोगी तरकारी भनेको चाहिँ सबै तरकारीहरूलाई एकअर्कासँग मिलाएर बनाउने तरकारी थियो । त्यसपछि बुबा र सलोजा भएर रोटी तयार पार्न थाले । केहीबेरमा आमा पनि आउनुभयो र सरोजाको बारेमा सोध्नुभयो । उनीहरूले साथीको घरमा छ होला भनेर भने तर उहाँले भन्नुभयो कि त्यस्तो भनेर कहाँ हुन्छ र ? सरोजा कहाँ छ भनेर अहिले नै सोधिहाल्नुपर्छ । त्यसपछि उनीहरूले सरोजका साथीहरूका घरमा फोन गरेँ तर उनीहरूको घरमा सरोज थिएन तर त्यतिबेला सरोज आइपुगिहाल्यो र उसले भन्यो कि ऊ आइरहेको थियो तर बाटोमा उसको साथी नरेशको दिदीको आँठी खसेको रहेछ र त्यही खोज्नको लागि उसले त्यही दिदीको एउटा क्लिपले त्यसलाई बाहिर निकालेर दिएको थियो । त्यसैले ढिलो भयो तर त्यतिबेला सलोजाले सोधिन् कि, "कुन आँलामा उनले आँठी लगाइन् ?" त्यसपछि साइँली आँलामा लगाएकी थिइन् भनेर सरोजले भन्यो तर पछि सलोजाले भनी कि बिहे गरेको मान्छेले मात्रै साइँली आँलामा लगाउँछन् । त्यसैले उसले झुटो बोलेको कुरा पनि पक्कियो । अर्को दिन सलोजाको जन्मदिन थियो । बिहानमा नै उसले सरोजको कोठामा घन्टी बजाउँदै आएकी थिई र सरोजले पनि उसलाई जन्मदिनको बधाई छ भनेर भनेको थियो । उसले भनेको थियो कि उसको उपहार सलोजालाई सबैभन्दा पहिले आउने थियो । त्यस दिन विद्यालयमा पुण्य गुरुबाले मित्रता दिवसको बारेमा एउटा भाषण पनि दिइरहनुभएको थियो र त्यस दिन सलोजाको जन्मदिनको अवसर पनि थियो भनेर उनले भनेका थिए । त्यसपछि न्युटन सरले सरोजालाई एउटा उपहार दिएका थिए जुन उसको शुभचिन्तकबाट थियो। सरोजालाई त्यो उपहार लिन मन लागेको थिएन तर उसले अगाडि गएर लिई । पुरै दिन उसलाई त्यो उपहार देखेर असजिलो लागिरहेको थियो । खाजा खाने बेलामा पनि उसका केही साथीहरू ऊ भएको ठाउँमा आएर उसको ब्वाइफ्रेन्ड छ भनेर उसलाई जिस्काइरहेका थिए। त्यसैले उसले उनीहरूलाई भनेकी थिइन् कि उसको कोही ब्वाइफ्रेन्ड थिएन । त्यो दिन घर फर्केर सरोजले विद्यालयमा भएका

सबै कुरा पनि भनेको थियो कि कसरी पुण्य गुरुबाले पछि आएर विद्यालयमा अबदेखि कसैले पनि आफ्नो नाम नलेखी कसैलाई पनि उपकार दिन पाउँदैन भनेर भनेका थिए । यी सबै कुराहरू सरोजले आमाबुबालाई पनि बतायो । त्यसपछि आमा र बुबाले त्यस उपहार र चिठी हेर्न मागे र सलोजाले ल्याएर दिइन् तर आमाबुबाले भने कि यसमा सभ्य भाषा थियो र उपहार पनि त्यति नराम्रो थिएन । त्यो उपहार भनेको इन्साइक्लोपीडिया अफ प्लान्टस् एयान्ड एनिमल्स् जुन सलोजाले मेलामा किन्न पाएकी थिइन् । त्यसपछि उसले आफ्ना तर्कहरू राखी कि कसरी यसमा लेखेका अक्षरहरू ४ वा ५ वा कक्षाका भाइबहिनीले लेखेको जस्तो थियो र उसलाई किताब चाहिन्छ भन्ने कुरा थाहा भएको मान्छे भनेको सरोज मात्र थियो। त्यसपछि सबैले थाहा पाए कि त्यस उपहार सरोजले दिएको थियो । त्यसपछि सरोजले पनि आफ्नी दिदीलाई भन्यो कि, "मैले तपाईंलाई भनेकै थिएँ कि मेरो उपहार तपाईंलाई सबैभन्दा पहिलो आउँछ!" त्यसपछि उनीहरू सबै हाँसे र सरोजाले भनी कि त्यो उपहार उसको शुभचिन्तकबाट आएको हो तिमीबाट होइन !

### पात्र:

यस पुस्तकका पात्रहरू सरोज, सलोजा, न्युटन सर, पुण्य गुरुबा, बुबा, आमा, नरेश, जानकी, झुमा र मिना हुन् । यस पुस्तकका मुख्य पात्र भने सरोज र सलोजा हुन् । मलाई लाग्छ कि सबैजना राम्रा पात्र हुन् तर सलोजाका साथीले उसलाई ब्वाइफ्रेन्डको बारेमा जिस्क्याएको नराम्रो लाग्यो किनभने यो उनीहरूको सम्बन्धमा बस्ने उमेर होइन, यो बच्चाहरूको नयाँ कुरा सिक्ने र समग्र रूपमा विकास हुने उमेर हो । पुस्तकमा यो पनि उल्लेख गरिएको छ कि ४ वा ५ कक्षामा पढ्ने बच्चाहरूले समेत ब्वाइफ्रेन्ड र गर्लफ्रेन्ड बनाएका छन् तर म बुझ्छु कि हामीलाई यस प्रकारका कामहरू नगर्न प्रस्तुत गरिरहेको छ। तर यो कुरा राम्रो हो किनभने उसका साथीहरूले उसलाई कुनै शारीरिक हानि गरेका होइनन् जिस्काएका मात्रै हुन् र एक अर्कासँग ठट्टा मात्र गरिरहेका थिए । समग्रमा यस पुस्तकमा सबै मानवीय पात्र र असल पात्र छन् । किताब पढ्दा त लाग्दैन तर सरोज एक चतुर पात्र हो किनभने उसले आफ्नी दिदीलाई जन्मदिनको उपहार दिँदा धेरै रचनात्मक रूपले जुक्ति लगाएको पनि थियो ।

### परिवेश:

यस पुस्तकमा स्थलगत परिवेश स्पष्ट रूपमा दिइएको छैन तर सलोजा र सरोजको घर, विद्यालय, मेला र बिहानको सभा स्थल हुन् । कालगत परिवेश लगभग १ महिनाको छ । यसको अवस्थागन परिवेश यो हो: आमाको चस्मा हराउँछ, सलोजाले फेला पाछे, सलोजा र सरोज स्कुल जान्छन्, उनीहरूको वार्षिक बिदा सुरु हुन्छ, उनीहरू मेलामा जान्छन्, सरोजले आफ्ना साथीहरूलाई भेट्छ, सरोज आफ्ना साथीहरूसँग जान्छ, उसले दुर्बिन किन्छ, उसले जासुस बन्न सामानहरू किन्न आफ्नो खुत्रुके फुटाउँछ, बुबा भोलिपल्ट घरमा आउनुहुन्छ, ढोका बन्द हुन्छ, सलोजा आउँछे र ढोका खोल्छे, सरोज सलोजासँग हुँदैन, ऊ बुबालाई भन्छे । भाइ सायद साथीको घरमा छ, उनीहरू जोगी तरकारी बनाउँछन्, आमा घर आउनुहुन्छ, आमा सरोजको बारेमा चिन्तित हुन्छिन्, सरोज घर आउँछे, किन ढिलो भयो बताउँछे, सलोजाले झुटो बोलेको थाहा पाउँछे, भोलिपल्ट सलोजाको जन्मदिन हुन्छ, पुण्य गुरुबाले फ्रेन्डसिप दिवसको बारेमा भाषण दिन्छन्, न्युटन सरले सलोजालाई गिफ्ट दिन्छन्, साथीहरूले त्यसको बारेमा

सलोजालाई जिस्काउँछन्, उनी घर जान्छिन्, सरोजले उनीहरूका आमाबुवालाई के भयो भनेर बताउँछ, सलोजाले थाहा पाउँछिन् कि सरोजले उसलाई उपहार दिएको थियो, उनीहरू सबै खुसी हुन्छन् । यसको कालगत परिवेश लगभग १५ दिन भएको अनुमान लगाउन सकिन्छ ।

### **निष्कर्ष:**

निष्कर्षमा यो पुस्तक धेरै रोचक छ र हामीलाई पढ्न उत्सुक बनाउँछ । यसमा धेरै स-साना घटनाहरू छन् जुन कथासँग जोडेर यसलाई थप रोचक बनाउँछन् । जसरी सलोजाले आफ्नो उपहार प्राप्त गरिन् त्यो पनि धेरै चलाख तरिका थियो । यसले हामीलाई किशोरावस्थामा मानिसहरू केटीहरू र केटाहरूप्रति कसरी आकर्षित हुन्छन् भन्ने बारेमा सिकाउँछ तर यो हाम्रो लागि सम्बन्ध सुरु गर्ने समय होइन र यो हाम्रो जीवनको सिकाइको चरण हो जसमा हामीले बढी ध्यान पढाइमा केन्द्रित गर्नुपर्छ भन्ने कुरा बुझ्नु महत्त्वपूर्ण छ । यस बेलामा धेरै मानिसहरू खराब बाटोमा पनि लाग्न सक्छन् र त्यसबाट बच्न महत्त्वपूर्ण छ । त्यसैले म यो पुस्तक अरूलाई पनि यो ज्ञान बाढ्न सिफारिस गर्न चाहन्छु ।



**Aashutosh Basnet**  
**Roll no: 31005**



### **One Piece**

Genre: Adventure, Fantasy

Written by: Eiichiro Oda

### **Introduction**

One Piece is an anime where a young boy goes on an adventure with a dream of becoming the pirate king and finds the treasure that the previous pirate king had left behind with his pirate crew, the Strawhat Pirates. He had consumed a "Devil Fruit" which gave him powers to be like rubber. It shows how they explore the vast world and face challenges.

### **Settings**

The setting is the fictional world of "One Piece World" or "Grand Line". There are numerous oceans, seas, islands, and cities.

### **Plot**

We see the main character. Luffy got his iconic straw hat from a beloved person to Luffy who is also a pirate. Luffy starts his journey by saving some people who later join his crew, which consists of 10 people, and fighting very strong characters and not giving up until he defeats them. But his brother was announced to be executed, but Luffy's team made his pirate fleet and went on and allied with the strongest pirate crew, the White Beard pirates, who came to save their member Ace, but there were other pirates that were evil in the crew and betrayed White Beard and killed him. Ace also died at the hands of Sakazuki, the marine fleet admiral. Luffy gets really sad and has mental flashbacks, but the warlord of the sea, Jinbei, trains Haki with

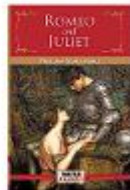
Rayleigh for 2 years, and after the 2 years of training, he meets up with his crew. He saves the country of Dressrosa from the evil warlord Doflamingo and makes his journey to Wano. But on the way, he gets to the place of a Yonko and fights with her son Katakuri, who has a reward of over a billion, and wins with a clash of their very strong Haki. He went to the country of Wano and trained his Haki really well to defeat Kaido, the dragon fruit user. Luffy goes on to fight Kaido and Linlin with his allies. When Luffy is about to die, as he awakens his devil fruit, becomes the sun god Nika and Joyboy, defeats Kaido, and gets a reward of three billion. The story is still not complete.

### **Recommendation**

I do recommend all read or watch One Piece if you have a lot of free time because it is very long and has more than 1100 chapters. I like watching it because of the funny moments and the insane fights and I would like to give this series a 9 out of 10.



**Pasang Doma Sherpa**  
**Roll no: 30019**



### **Book Review : Romeo Juliet**

Author: William Shakespeare  
Originally Published: 1597  
Genre: Tragedy, Romance

### **Introduction**

Romeo and Juliet is a really famous play by William Shakespeare, one of the greatest playwright. The play was written around 1551–1559. It was originally written in English, though the characters were Italian. The play is the love story of a 16-year-old boy named Romeo and a 13-year-old girl named Juliet. The two young lovebirds are from rival families that despise each other and fight frequently. The story is both romantic and tragic.

### **Characters**

Romeo (protagonist), Juliet (protagonist), Mercutio, Friar, Lurence, Tybalt, Benvolio, Capulet, Count, Paris

### **Plot**

In the beginning of the story, Romeo is obsessed with Rosaline, Juliet's cousin. So, Romeo's cousin, Benvolio, decides to go to the Capulet party to compare Rosaline with other women and let go of his obsession. But Romeo only goes for the sake of seeing Rosaline. At the party, Romeo spots Juliet and immediately falls for her. They both kiss and later on, with a monk and Juliet's nurse, they marry. But sadly, soon after that, a fight broke out between the two families, which led to the death of Romeo's close friend, Mercutio. He was killed by Tybalt, Juliet's cousin. Mad with rage, Romeo killed Tybalt. Being fed up with the fight between the two families, the prince of Verona decides to banish Romeo from Verona. This leaves Juliet distraught. Not only that, but her parents want her to marry a man named Paris, not knowing that she is already married to Romeo. With the help of a monk, Juliet drinks a

substance that makes her look dead so that she could avoid the marriage. The people thought that she had died. Romeo was sent a letter about the plan. But, unfortunately, he did not receive it. Which made him think that Juliet was dead. He then came back to Verona, went to the tomb, and drank poison to die. When Juliet woke up, she saw her lover dead. After realizing that she could not live without him, she stabbed herself. Thus ending a love story that could not be.

### **Critical Analysis**

In my opinion, the story is really good. But I did not like the fact that it was not actually a true love story. I believe that true love does not occur at first sight. This story shows love, fate, and social discrimination too. It is one of the most masterful works of literature. I would like to rate 9 out of 10 for this book



**Sarthak Dahal**  
**Roll no: 27022**

### **Movie Review : Guardians of The Galaxy**

Guardians of The Galaxy vol.3 is the third and final film in the trilogy. Although it's the last time we may not see the original team working together again, we can expect to see the characters in other future MCU films. This film features an ensemble cast including Chris Pratt as Star-lord, Vin Diesel as Groot, Zoe Saldana as Gamora, Karen Gillan as Nebula, Dave Bautista as Drax, Bradley Cooper as Rocket and many more. This film was written and directed by James Gunn. This is the second movie in Marvel phase 5. The story describes Rocket's past and how he became the hot tempered being we know today. Still broken from Gamora's loss Peter Quill must lead his team in order to defend the universe and save one of their own teammates.

The opening scene shows Adam Warlock attacking the Guardians in search of subject 81P93 a.k.a Rocket Raccoon. During the fight Adam overpowers the Guardians resulting in Rocket getting seriously injured. The Guardians then go on a quest to find the override code of Rocket's kill switch. As the Guardians are on an adventure to get the override code Rocket lies unconscious recalling his past of how he used to get experimented on by a mad scientist called "The High Evolutionary ". He was impressed by Rocket's intelligence growing rapidly but furious once it exceeded his own. In the present in an alternate universe Gamora has joined the ravagers and agrees to help the Guardians for a certain amount of credits. Quill and Groot somehow manage to reach The High Evolutionary's ship but are then trapped. As Quill and Groot leap off the ship with Theel, retrieving the code from his corpse Gamora rescues them in their ship as Nebula, Drax and Mantis board the High Evolutionary's ship assuming their teammates to still be in it. As Peter and Groot board the ship Rocket has a near-death experience when he reunites with his old friends Lylla, Floor and Teefs. Lylla tells him his time has not come yet as Quill uses the code to disable the kill switch and saves Rocket's life. As Nebula, Drax and Mantis try to escape the ship with a bunch of genetically engineered humanoid children with Quill's group overpowering the High Evolutionary's army. Kraglin and Cosmo

arrive with Knowhere on the ship to rescue all of them. Cosmo creates a telekinetic tunnel connecting the ship to Nowhere (a severed head of a celestial being in the MCU). Rocket once visits the labs before getting attacked by the scientist as the Guardians help him but Rocket spares his life. Quill nearly dies trying to cross over after retrieving the tape given to him by his mother, but is saved by Adam by having a change of heart after being rescued by Groot. The soundtrack manager was John Murphy who has made an exceptional choice of songs for this amazing movie. The film was a hit and collected over \$600 million at the box office.



**Aakanchya Khadka**  
**Roll no: 27001**

### **Movie Review : Cruella**

A mischievous and chaotic but extremely talented girl named Estella wants to build something out of herself in the world of fashion. Her multicolored hair and feisty attitude comes in the way and is forced to change schools. Her mother, always looking out for Estella's best interest, decides to move to London as it could open the doors to opportunities for Estella but on the way due to own curiosity she loses her mother forever. Coming back to the present, Estella is in London trying her best to be someone her mother would have wanted her to be. Living with her new found family Horace and Jasper. Of course being alone in such a huge city can be quite challenging even though her mother wouldn't have agreed she becomes a thief. However she becomes an excellent thief with gifts of fabulous designing, which had always been Estella 's one and only passion for as long as she could remember. On her birthday she received an unexpected gift: an employment opportunity in Liberty of London, the fashion icon company, also her dream job. Her employment not only came with hardship and opportunities but dark secrets yet to be unfolded leading her to question herself.

The main character Estella, mostly known as Cruella, is actually based on Cruella de Vil from Dodie Smith's 1956 novel, "The hundred and One Dalmatians". The plot and especially the acting was incredible and on point. Emma Stone and Emma Thompson literally nailed their characters. I couldn't have thought of better actors for it. Emma Stone's shifting from soft sweet Estella to the bold strong Cruella was mesmerizing. I personally already knew a few pieces of the plot and scenes through social media before watching the movie so it was kind of a bit of a spoiler for the movie, especially the iconic entrance which was supposed to be the most remarkable scene. It was a bummer but overall I was glad I watched the movie even after lots of spoilers. The ending was kind of expected and unexpected at the same time. The costume and entrances of Cruella were marvelous which even won various awards .

Creulla is not only an entertaining movie to watch but also talks about the various expectations of people feeling of self affirmation, losing oneself and many more. Critically analyzing it we can see how hard Estella is working to be someone who she never was. She was trying her best to be the person her mother has wanted as it was her last wish but until her alter ego Cruella came back it has been portrayed that she

wasn't quite happy and designing was the only thing that brought her happiness as it was close to both Cruella and Estella. It was shown that she was losing her true self and she needed what she believed was her mother's affirmation to keep moving forward. It also portrays people's nature, even the person we hold close might not be someone we know like: Jasper and Horace. They were at some point tired of Estella's alter ego. Family is considered to be one of the most important things in the world but in order to be a family you don't only have to be related by blood. Family is someone with whom you feel at ease. That has been one of the most important themes of the movie. I personally enjoyed the movie and some characters I really felt within me.



**Manawi Regmi**  
**Roll no: 27007**



## **TAKEN 2**

**GENRE:** Thriller, Mystery, Action

**DIRECTOR:** Oliver Megaton

**RELEASED IN:** 2012

The 'Taken' trilogy is a series of action-thriller films that follows the story of Bryan Mills, played by the renowned actor Liam Neeson, a retired CIA operative who has a "particular set of skills" that he uses to rescue his family members who have been kidnapped by criminals. The trilogy is a thrilling ride with plenty of action, suspense, and drama. Liam Neeson's portrayal of Bryan Mills is intense and compelling, and his character's dedication to his family is admirable. The movies feature exciting fight scenes, car chases, and shootouts, making for a highly entertaining viewing experience.

My favorite throughout the trilogy is 'Taken 2'. It is an action-packed thriller that delivers on the promise of the first film. Liam Neeson reprises his role as Bryan Mills, the former CIA operative who must once again use his expertise to save his loved ones from danger. The movie is set in Istanbul, Turkey, and the beautiful and exotic location serves as a stunning backdrop for the film's intense action sequences. The plot of the movie is somewhat similar to the first film, with Bryan's daughter being kidnapped by criminals seeking revenge for the deaths of their comrades. However, the movie manages to keep things fresh by introducing new characters and obstacles for Bryan to overcome. The action scenes in the film are thrilling, and Neeson's performance is excellent as always.

The families of the men Mills killed while rescuing his daughter in the first film have sworn revenge, and they plot to kidnap Mills, his ex-wife, and their daughter. While Mills and his ex-wife are taken, Kim manages to evade capture and attempts to rescue them with the help of her father's guidance over the phone. Mills is able to escape his captors and begins a desperate search for his daughter and ex-wife. As Mills tracks down the kidnapers, he discovers that they plan to use his daughter as leverage to force him to complete their mission, which involves stealing sensitive documents from the US embassy. With the clock ticking, Mills races to stop the kidnapers and save his family before it's too late.

My favorite character is Maggie Grace's character, Kim Mills, who is often a fan favorite due to her courage, resourcefulness, and determination to save her parents. Despite being captured along with her parents, Kim refuses to give up and instead uses her own set of skills to try and free herself and her family. Throughout the film, Kim demonstrates a strong will and a willingness to take risks in order to save her parents. She also shows that she has learned from her father's training, using her physical abilities to fight back against her captors and protect herself and her family. Furthermore, Kim's character development in the movie is significant. In the first film, she was portrayed as a naive teenager who got into trouble, but in the sequel, she takes a more active role in her own rescue and demonstrates growth and maturity as a character. Overall, Maggie Grace's portrayal of Kim Mills in "Taken 2" gives audiences a character who is strong, resourceful, and determined, making her a fan favorite among viewers who appreciate her bravery and courage.

The plot of the film series can serve as an important message for girls and young women about the importance of personal safety and being aware of potential dangers. The movies highlight the potential risks of traveling alone or with strangers, and the importance of being vigilant and cautious in unfamiliar surroundings. The protagonist, Bryan Mills, encourages his daughter to develop her own set of skills and techniques to protect herself, such as learning how to use a gun and being physically fit. The movies can also be seen as an empowerment message for girls, as the female characters in the films are shown to be strong and capable, able to defend themselves and take action in dangerous situations. The films demonstrate that with proper training and awareness, girls and young women can take control of their own safety and be prepared to defend themselves if necessary. Finally, while the films may be viewed as action thrillers, they can also serve as a reminder of the importance of personal safety and the value of being proactive in protecting oneself.

One of the main reasons that action-mystery films such as this are fun to watch is because they keep the audience guessing. The mystery element of the plot keeps viewers engaged and invested in the story, as they try to piece together the clues and figure out who the culprit is or what will happen next. The action sequences, on the other hand, provide a thrilling, adrenaline-pumping rush that keeps viewers on the edge of their seats.

In addition to the mystery and action elements, action-mystery films often feature charismatic and compelling characters that audiences can root for and become emotionally invested in. These characters often have complex backstories, motivations, and personalities, which can make for a rich and satisfying viewing experience. If you enjoy action-thriller movies with intense fight scenes, gripping suspense, and heart-pounding drama, then I highly recommend "Taken 2." Overall, "Taken 2" is a thrilling and entertaining movie that delivers on both action and character development. It's a great choice for anyone who enjoys action-thriller films and is looking for a movie with a strong and engaging storyline.





**Manaswi Sapkota**  
**Roll no: 26004**



## **Movie Review : The Breakfast Club**

Genre: Teen, Comedy, Drama

Release Date: February 15, 1985

Writer and Director: John Hughes

Producer(s): John Hughes, Ned Tanen

### **Introduction:**

Released in 1985, "The Breakfast Club" is a 98-minute movie directed by John Hughes. The movie is about five teenagers struggling to break free from societal constraints. The main characters in this movie are John Bender (played by Judd Nelson), Claire Standish (played by Molly Ringwald), Andrew Clark (played by Emilio Estevez), Allison Reynolds (played by Ally Sheedy) and Brian Johnson (played by Anthony Michael Hall), each representing different societal views of a typical teenager. They are thrown together for detention where they discover their true selves.

### **Plot:**

Five teenagers are forced to stay together due to a detention on a Saturday, the five people are the rebellious John Bender, popular Claire Standish, the jock Andrew Clark, the basket case Allison Reynolds, and brainy Brian Johnson. Initially the five people fight with each other especially due to John being extremely insulting towards them. He slightly bullies Brian and makes fun of Claire and Andrew. Allison, although not directly involved, watches all of this from the sidelines, observing them while being weird. As the day progresses they open up to each other, sharing their struggles and vulnerabilities. Looks like they had more in common than they realized. The movie really highlights peer pressure, ego, self-acceptance and societal expectations.

### **Characters:**

The characters in this movie are captivating and have unique personalities. John Bender is the epitome of a rebel. He picks a fight with everyone, even the principal. His aggressive behavior is later explained as we find out about his abusive household and upbringing. John is just a lonely kid marked as a criminal by his parents, friends and teachers, and when his future is already decided why bother resisting it?

Andrew Clark is the "jock" of the group. He is athletic and excels in sports, especially wrestling. He is confident and outgoing on the surface but beyond that he is insecure. He is someone who cannot think for himself as Allison says. He lacks individuality due to this. He worries about failing his father and teachers.

Claire Standish is a privileged and popular kid. She is used to having people around her. During this detention, Claire shares her struggles about not being able to go beyond the stereotype set for her. She learns to be more empathetic and starts seeing things beyond the surface level.

Allison is the “forgotten kid” in my vision. She is ignored by her parents and even at school she is depicted as the weird kid that no one talks to so she keeps doing things to gain attention such as making up absurd lies, eating weird food, and barking, growling, etc to look weirder. She wants to have friends too.

Brian Johnson is the brainy, nerdy kid. He is every parent’s dream. He is academically dedicated. Although he looks like someone with no problems, deep down he is very pressured and has a fear of failure. His fear of failure is depicted when it is revealed that he had a gun in his locker because he received an F.

Vernon Richard, the principal is the representation of the society/adults. He is constantly belittling John saying he’ll be a criminal. He is always angry and he even goes on to say, “The kids are polluted.” He does undergo some character development in the movie, even if it is just a little.

### **Analysis/ Opinion:**

In my opinion “The Breakfast Club” is an excellent movie. It does a good job at representing the struggles of students. There are a few quotes that I really wanted to write about starting with *“When you grow up, your heart dies.”* Allison said this and I think it just resonated with a person’s nature. People face hardships as they grow up and this inevitably teaches them something but when the hardship is over, they treat others facing the same situation they were once in as insignificant and worthless because they have already overcome it.

*“You think anyone is gonna take your word over mine?”*- Mr. Vernon. This scene not only made me mad but it also made me realize how real it is. Authoritative figures often misuse their powers, harming the powerless, belittling them and taking advantage of them. Biased teachers often disregard one student while uplifting the other for the smallest things. Managers give raises to the people who please them and trample on the hard workers.

*“I got a carton of cigarettes.”*- John Bender. He says this when they are arguing about Claire getting diamond earrings for a Christmas present. He says he got a carton of cigarettes from his father who told him to suck it up and smoke. Parents who neglect their children make children who suppress their emotions or they make children who are dead set on making others lives better, disregarding their own.

*“I can’t have a F.”*- Brian Johnson. It broke my heart to hear this. How pressured do you have to be to think your life is over because of a F in your grade sheet? Due to too much pressure so many people commit suicide and this all happens because no one was there to comfort them and relieve their stress.

Finally the quote, *“You see us as you want to see us, in the simplest terms, in the most convenient definitions. But what we found out is that each one of us is a brain...and an athlete...and a basket case...a princess...and a criminal.”* Truly the society sees you as how they want. Nobody really cares what your true self is like or what your struggles are as an individual. They see you how it conveniences them.

In conclusion, "The Breakfast Club" portrays the complex lives of students and the challenges they face. Its relatable characters, quotes, and representation of societal expectations make it a truly compelling movie.

## POETRY



रसिक अधिकारी  
क्रमाङ्क: ३००५०

### आमा

भोक रोक्छिन् तिर्खा रोक्छिन्  
नौ महिनासम्म पेटमा बोक्छिन्  
सधैंभरि सन्तानको सुख खोज्छिन्  
घाँसकै भारीमाथि पनि बच्चालाई बोक्छिन्  
  
सधैंभरि निस्वार्थ सेवा गर्छिन्  
बिरामी पर्दा रातभर कुरेर बस्छिन्  
सन्तानको खुसीमा नै आफ्नो खुसी मान्छिन्  
सबैलाई खाना खुवाएपछि बल्ल आफू खान्छिन्  
  
खान, खेलन र बोल्न सिकाउँछिन्  
अरूको सेवामा जिन्दगी बिताउँछिन्  
सबैभन्दा बढी सन्तानलाई माया गर्ने  
आफू भोकै बसेर पनि सन्तानको पेट भर्ने  
  
आफ्ना इच्छा र आकाङ्क्षालाई सधैं मार्ने  
सन्तानको खुसीको लागि सङ्घर्ष गर्ने  
आफ्ना दुःख कष्ट सबै सहने  
सन्तानको भलाइको निम्ति भगवान् पुकार्ने  
  
चाडपर्वमा रमाइलो हुन्छ मामाघर जान  
जीवनको अमूल्य शब्द तिमी हौ आमा



काव्या ओली  
क्रमाङ्क: २९०१४

### प्रतीक्षा

प्रतीक्षाको अन्तिम संस्कार कसरी म गर्नु ?  
आँसुको थोपामा डुबेर कहाँ झर्नु ?  
अन्धकारै अन्धकारमा एक्लै बस्ने भाग्य ।  
सृष्टिको सिर्जनामा हराउने कार्य ।  
  
अरूको प्रतीक्षाको खोजी मैले बाटो ।  
आफ्नै निर्णयले मुटुभित्र निकै काट्यो ।  
उज्यालोको पहिलो झुल्का प्रतीक्षाको ज्योति ।  
अध्याँरोको कुना कुना खोजूँ मनको मोती ।  
  
प्रतीक्षाको लागि मात्र खोजी मैले अड्क ।  
सबै अड्क खोजी मात्र प्रतीक्षाको अन्त्य ।  
प्रतीक्षाले छोडी जाने मेरो यो कर्तव्य ?  
सृष्टिको सिर्जनामा हराउने कार्य ।  
  
बल्दिउँछु प्रतीक्षाको ज्योति सबै खुसी बाँडी ।  
आफ्नै खुसी आफ्नै संसार प्रतीक्षाले छाडी ।  
उज्यालोको पहिलो झुल्का प्रतीक्षाको ज्योति ।  
अध्याँरोको कुना कुना खोजूँ मनको मोती ।  
भन्थेँ मैले सबैलाई प्रतीक्षामा नहराउनु ।  
घाम हराए नि चन्द्रको ज्योतिलाई बोलाउनु ।  
प्रतीक्षाले छोडी जाने मेरो कर्तव्य ?  
सृष्टिको सिर्जनामा हराउने कार्य ।



**श्रीवाणी बुङ्गेल**  
**क्रमाङ्कः २९०४४**

### प्रकृतिको उपहार

हिमालचुली फराकिलो पहाड हरियो  
यो धर्ती उपहार हो सुन्दरताको दियो ।

ताराको चमकले आखा तिर्मिराउने  
नदीनाला बगिरहने प्रीति देखाउने  
यताउति फूलहरू रङ्गीचङ्गी भई  
डुल्छन् यहाँ भँमराहरू निकै मख्ख रही ।

चराहरू गाएको धेरै मधुर स्वर  
कोइलीको मधुर आवाज मायालाग्दो स्वर  
पिलपिल गर्ने जुनकिरीको दृश्य धेरै राम्रो  
धर्ती हाम्रो उपहार सुन्दरताको दियो ॥

इन्द्रेणीका रङ्गहरूको दृश्य धेरै राम्रा  
लेक, हिमाल, तराईहरू आखामा छन् हाम्रा  
मायालाग्दो दृश्य हेर्न मोहित हुन्छौं हामी  
यो सुन्दर हुँदै जाओस् सधैंभर सिरानी ॥

हिमालचुली फराकिलो पहाड हरियो  
यो धर्ती उपहार हो सुन्दरताको दियो ।



**अग्रज रिजाल**  
**क्रमाङ्कः २९००४**

### किताब

किताब हो ज्ञानदाता, किताब नै गुरु  
पानाहरू पल्टाएर पढ्न गर्छु सुरु  
किताब पढ्ने बानी राखे असल जीवन बन्छ  
लक्ष्यतिर पुग्ने बाटो किताबले देखाउँछ ।

किताब पढे ज्ञानी हुन्छन् मानिसहरू सबै  
किताब पढ्न पाए भने खुसी हुन्छन सबै  
किताब हुन्छन रङ्गै रङ्गका राम्रो देख्ने गर्छन  
चित्रकला धेरै हुन्छन् हरियाली देख्छन।

विद्यालय आएपछि सबले पढ्न पाउँछन्  
किताब पढ्ने गर्थो भने सबै विद्वान हुन्छन्  
किताबले हामीलाई ज्ञान दिने गर्छ  
हाम्रो मनको खालि ठाउँ भरिदिने गर्छ ।

धेरै भाषामा छन् किताब धेरै आकारमा छन्  
सबै किताब असल हुन्छन् राम्रो ज्ञान दिन्छन्  
लेखकहरू थुप्रै हुन्छन् सबै असल मनका  
तिनै लेख लेख्ने गर्छन् किताब असल ज्ञानका ।



**साध्वी अर्याल**  
क्रमाङ्क: २९०२५

### मित्रता एक खेलमात्र होइन

माथि, आकाशमा माथि

यद्यपि आत्मा उड्छ

सबै समय हामी मर्ने छैनौं

यदि हामीसँग प्रेम छ भने,

हामी एकअर्कालाई माया गर्छौं।

यदि हामी हाम्रा सपनाहरू सँगै पछ्याउँछौं

मृत्युको चिन्ता लिनुपर्दैन,

मित्रता जीवनको बाटो हो

राम्रो कर्म आफैँमा ईश्वर हो।

मित्रता जीवनको बाटो हो

प्रेम नै प्रेम सबै मूल्यमा

कोही थिएन यहाँ भगवानजस्तो।

तपाईंको आफ्नो वास्तविक लक्ष्य हुनेछ

यो आत्माको शुद्धतामा निर्भर गर्दछ

मन र सौँच शुद्ध भएमा मित्रता पनि शुद्ध हुने छ

राम्रो कामले हामीलाई भगवान् बनाउँछ ।



**हार्दिक शर्मा फुयाल**  
क्रमाङ्क: २९०४७

### सत्य

म हेर्छु यो देश,

जहाँ एक औँला राखी,

राज गरिन्छ भने,

१० औँला राखी कमजोर किन बन्नु ?

पेट म कालो पटुकाका बाँधी,

मृत्यु पर्खी रहेको देखी,

भोकले मर्नु परेको छ भने,

घरमा देवताको सट्टा त्यो गरीबलाई,

खान किन दिइन्न ?

पापीको नाश हुन्छ,

गीतामा लेखेको छ,

प्रकृतिको नियम तोड्नेलाई,

सास फेर्न पनि गाह्रो छ,

कुदृष्टि लगाई हिड्ने ती कुधर्मीहरूको,

विनाश निश्चित छ।

जहाँ सत्य लुकाइन्छ, पीडाको सत्य।

त्यहाँ सगरसरि माथ आएपनि

त्यो ठाउँ राम्रो हुँदैन।

पीडा निश्चित छ ,

त्यहाँ बस्नुहुँदैन,

जहाँ शान्ति छैन,

त्यहाँ मर्नुहुँदैन ।



**विशोप चालिसे**  
**क्रमाङ्क: २९०१०**  
**हाम्रो देश नेपाल**

बस्छौं हामी नेपालमा देशभक्त बनी  
आफ्नै देशको माटोमा गहना फलाउनी ।

शङ्करले आफ्नो स्थान यही देशमा छाने  
बुद्धले नि ज्ञानको मुहान यही देशमा पाए  
जलस्रोतमा विश्वको यो दोस्रो धनी देश  
रङ्गीचङ्गी फूलसरि नेपालीको भेष ।

हामी नेपाली सबैसँग दुख सुख बाड्छौं  
असत्य माथि सत्यको जीत मनाउछौं  
कर्ममा हामी आफ्नो पसिना खल्खली बगाउछौं  
देशको माटोमा हामी सुनचाँदी फलाउछौं ।

किसानहरूको मिहिनेत हुन्छ खेतमा दिनभरि  
अन्न फलाउँछन् दिनरात भरि कसैलाई नहेरी  
कर्ममा हामी धेरै नै खट्छौं अटल रहन्छौं  
हिमाल पहाड तराईको मित्रतामा बाँच्छौं ।



**आरोहण तिम्सिना**  
**क्रमाङ्क: २९०५७**  
**मेरो विद्यालय**

सधैं बिहान म उठ्छु विद्यालय जान  
यो हो मेरो दोस्रो घर सधैं बस्छु त्यहाँ ॥

पढ्न जान्छु म त्यो ठाउँमा साथीहरूसँग ।  
थोरै खेल्छु धेरै पढ्छु ज्ञानभूमिमा दङ्ग ॥  
त्यहाँ हामी ज्ञान पाउछौं गुरुहरूबाट ।  
विद्यालय हो ज्ञानभूमि ज्ञान लिने गाथा ॥

थोरै भए पनि त्यो हो खेल्ले मिल्ने ठाउँ ।  
त्यहाँ म जान्छु पढ्न लेख्न नयाँ सिक्ने गाउँ ॥  
विद्यालयबाट हामी सबै शिक्षा लिन्छौं ।  
त्यो ठाउँ हो ज्ञानभूमि सबै कुरा सिक्छौं ॥

मेरो प्यारो विद्यालय धेरै नै सुन्दर ।  
हरियाली रमणीय सुन्दरताको राज ॥  
धेरै फोहोर छैन त्यहाँ सफा सुन्दर ठाउँ ।  
मृगको झैं कुदाइ छ धेरै सुन्दर नाउँ ॥

विद्यालय ज्ञानको भूमि पढ्न जान्छौं त्यहाँ ।  
नपढी त्यो ठाउँको काम नै के छ र यहाँ ॥  
पढ्नु लेख्नु विद्यार्थीको ठुलो हो कर्तव्य ।  
लक्ष्य पूरा गर्नु हामी सबैको गन्तव्य ।



**आद्याश्री पौड्याल**

**क्रमाङ्क: २९०६०**

**फूल**

फूलको बास्ना फूलको माया फूलकै संसार हो यो  
जता हेन्यो त्यतै बारी फूलले भरिएको ।

तराई हिमाल पहाडमा फूल भरिएको  
नेपालको सुन्दरतामा सृष्टि खोलिएको  
नयाँ रङ्ग नयाँ खुसी भरिहालिन् फूलले  
प्रकृति नि धेरै खुसी त्यही फूलको गुनले ।

फूलले मह ल्याउँछ यहाँ फूलले सुख ल्याउँछ  
फूलै फूलको सुन्दरताले धर्ती चम्की रहन्छ  
नयाँ प्रीति नयाँ शक्ति नयाँ प्रकृति हो  
जता हेन्यो त्यतै बारी फूलले भरिएको ।

मेरो घर छेउमा फूल फुल्ने बगैचा छन्  
तिनै फूलका वरिपरि मौरी दङ्ग पर्छन्  
नयाँ संसार नयाँ दिशा फूलले छरिएको  
जता हेन्यो त्यतै बारी फूलले भरिएको ।

फुल्दै हुन्छन् मानिस यहाँ फुल्दै हुन्छ संसार  
यो धर्तीले लगाएका तिनै फूलका हार  
फूलले गर्दा सुन्दर संसार यसै टल्किएको  
जता हेर्यो त्यतै बारी फूलले भरिएको ।



**यलम देव प्रधान**

**क्रमाङ्क: २८०१४**

**प्रकृति**

प्रकृति तिमी धेरै राम्रा छौ  
तिमीले खानेकुरा सबै उपलब्ध गराउँछौ  
तिमी बिस्तारै नष्ट हुँदै छौ

तिमीले तैनाथ गरेका मानिसहरूद्वारा

अग्ला रुखहरू, पातहरू शीतले चम्किरहेका छन्

खोलानालाहरू बग्छन्

चराहरू गाउँछन् र माथि उड्छन्

बादलविहीन आकाशसँगै मन्द हावा चलिरहेको छ ।

घाम उदाउन थालेपछि

चराहरू रमाइलो गरी चिच्याइरहेका छन्

फूलहरू हल्लिरहेका छन्

हावाको लहरसँगै

हरिया रुखहरूसँग

माहुरीहरू गुनगुनाउँछन्

घाँस धेरै हरियो छ

सबै कुरा सफा छ ।

पहाडको टुप्पोमा उभिएर

वा घाँसको मैदानमा सुतेर

मलाई आशा छ यो रोकिदैन

त्यसैले म मेरो टाउको तल राख्छु ।

अनि नियाल्छु संसारलाई ।

हे प्रकृति म तिमीलाई माया गर्छु

मैले प्रयास गर्नुपर्दैन

तिमीले दिएको हतार, कसलाई थाहा थियो ?

आकाशमा बादल छैन ।

जहाँ शून्यताले ढाकेको छ

शून्यताभिन्न सबैको मन पाकेको छ ।





**तनिष्क शाक्य**  
**क्रमाङ्क: २८०११**

**लक्ष्य**

सबैको जीवनमा हुन्छ लक्ष्य आ-आफ्नै  
फरक फरक मान्छेका फरक व्यक्तित्व झैं  
लक्ष्यले नै दोहोर्याउँछ मान्छेका पाइला  
लक्ष्य विहीनले गर्न सक्दैन केही फाइदा

केही गर्ने निधो गरेपछि हुँदैन त्यो असम्भव  
उदेश्य हो लक्ष्यको बनाउने सबै सम्भव  
लक्ष्यले नै बनाउँछ मान्छेलाई मिहिनेती  
यसले नै बनाउँछ हामीलाई लगनशील ।।

आफ्नो जीवन बिताउँछौ लक्ष्य पूरा गर्न  
जीवनलाई अर्थपूर्ण सारहरूले भर्न  
अगाडि बढी सफल हुन पनि चाहिन्छ लक्ष्य  
लक्ष्यबिहिन छैन हाम्रो जीवनको केही अर्थ ।।

असम्भवलाई सम्भव बनाउने काम हो लक्ष्यको  
एकलव्यको महान् धनुर्धर बन्ने लक्ष्य जस्तो  
लक्ष्य सहितको जीवनमा हुन्छ सबै सम्भव  
सङ्घर्ष गर्नुभै आउँछ यसको राम्रो फल ।।



**आकाङ्क्षा खड्का**  
**क्रमाङ्क : २७००१**

**मेरो गाउँ**

काठमाडौँबाट २९३ किलोमिटर  
टाढा छ मेरो प्यारो गाउँ ।  
चराचुरुङ्गी नदीनाला र वनहरूले  
भरिएको एक सुन्दर ठाउँ ।।

सात नदीको समिश्रणले बनेको  
सप्तरी जिल्ला कञ्चनरूप ।  
नगरपालिका खेतै खेतको  
बीचमा रहेको मेरो सानो गाउँ ।।

रातमा जुनकिरी घुम्छन् बत्ती बाली  
टहटह जुन आउँछ आँगनैभरि ।  
झ्याउँकिरीको झ्याउँ झ्याउँ आवाज सुन्दा  
लाग्छ त्यहाँ सधैं भरि यसरी नै बसौं ।।

त्यहाँको स्वच्छ ठाउँ हावापानी  
मिलिजुली बस्ने मानिसहरू सोच्दा  
लाग्छ त्यहाँ जाऊ जाऊ स्वर्गझैं  
लाग्छ मलाई मेरो प्यारो गाउँ



**कृष्मा थापा**  
क्रमाङ्क : २७००५

### अविस्मरणीय दिन

आकाश अँध्यारो थियो  
बादलले आकाश ढाकेको  
सबै कुरा अचानक मौन भयो  
दिन असामान्य थियो ।।

तयार थिएनन् कोही पनि  
वैशाख १२ त्यो कालो दिन  
कसैले कहिल्यै भुल्न सक्दैन  
तिनीहरूले भोगेको पीडा ।।

आफ्नो जीवनको लागि डराउँछ  
आफ्नो परिवारको बारेमा पनि सोच्छ  
आफ्नो परिवार गुमाउने डर  
त्यो दिन सत्य भयो ।।

सबै आत्तिन थाले  
आफ्नो जीवनको लागि प्रार्थना गर्दै ।

निसास्सिने डर  
वास्तवमै डरलाग्दो थियो ।  
अझै उदासीन महसुस गर्दै  
हामी त्यो दिन सम्झन्छौं  
त्यो डरलाग्दो दिन  
जसलाई कसैले भुल्ने छैनन् ।



**कृताञ्जली ओडारी**  
क्रमाङ्क : २७०१८

### साँझ

दिन राम्रो हुन्छ भन्ने छैन,  
अरू दिन नराम्रो भन्ने खोजेकै होइन  
समयसँगै दिन बिच्छ  
दिन पनि बिच्छ र रात पनि जान्छ ।

हाम्रो दिन कहिल्यै राम्रो कहिल्यै नराम्रो  
दिन रमाइलो गरी जाओस् भन्ने चाहना हाम्रो  
दिनमा कोही कता हुन्छ कोही कता  
सबैको सबैसँग हुन्छ केही नाता ।

हामी जता गए पनि खुसी हुनुपर्छ,  
हामीले सबैलाई सहयोग गर्नुपर्छ  
साँझ परेपछि सबै जान्छन् घरमै  
भोक लागेपछि आमा बुबाको भरमै ।

सबैसँग राम्रो बोले दिन राम्रो जान्छ  
हामी राम्रोसँग बोले साना भाइबहिनीहरूले नि मान्छन्  
अरू मान्छे हामीसँग झर्किएर बोल्दा  
केही नभनी मुसुक्क हेरिदेऊ उनीहरू हेर्दा ।



**रुसिना तामाङ**  
क्रमाङ्क : २६००८

**आमा**

सन्तानप्रति जसको माया  
प्रगाढ, निःस्वार्थी र शक्तिशाली हुन्छ,  
ती आमा हुन् ।

सन्तानले एक दिन आकाश छोओस्  
भन्ने जसको इच्छा हुन्छ,  
ती आमा हुन् ।

कवितामा आमाले आफ्ना सन्तानको  
सबै इच्छा पूरा गर्छन्,  
आमाले आफ्ना सन्तानको हरेक पल  
हरेक बाटोमा सँगै हुन्छन्  
ती ममताले भरिपूर्ण छन् ।

जसको सबै थोक आफ्नो सन्तान नै हुन्छ,  
जसले आफ्ना सन्तानको लागि आफ्ना  
सबै खुसी त्यागिदिन्छ  
ती आमा हुन् ।

आमा ! आफैँमा भव्य र गहन  
अनि, सुन्दर शब्द अरू के होला र ?  
आमा, स्वयम् भगवानको एक रूप,  
आमभन्दा आनन्दको स्वर्ग  
यो संसारमा अरू के नै हुन सक्छ र ?

सानैदेखि पढेर आएँ,  
हरेक आमाको कवितामा यही कुरा  
सानैदेखि हेर्दै आएँ,  
हरेक आमाको कवितामा यही कुरा ,  
कहिले आफूलाई सोध्छु,

कविहरू कुन आमाका कुरा गरिरहेका होलान् ?  
कहिले एकान्तमा सोच्छु,  
कविहरूले सत्य ममताका कुरा कसरी छीलान् ?  
के कवि पनि आमा नै हुन् ?



**ऋद्धिश शर्मा**  
क्रमाङ्क : २६००६

**फर्कने कुरा कहिल्यै आएन**

सात समुद्र पारिको त्यो देशमा  
बसेका छन् मेरा दाजुभाइ  
जति बोलाए पनि  
जति पुकारे पनि  
फर्कने कुरा कहिल्यै गरेनन् ।

न्यास्रो कति लाग्छ कति  
तर, फर्कने खबर आउँदैन  
आमा कति तड्पिन् कति  
तर मातृभूमिमा फेरि  
फर्कने दिन चाहिँ कहिल्यै आएन ।

जन्म दिने देश र यी आमाको  
याद कहिल्यै नआएझैं  
बुबाका त्याग र दुःखको  
मूल्य नचिनेझैं  
फर्कने दिन चाहिँ कहिल्यै आएन ।

आफ्ना मान्छेको यो समाजमा  
सांस्कृतिक मूल्य र मान्यताको बन्धनमा  
स्वतन्त्रता पाउन नसकेर हो कि  
वा माता पिताको मायालाई नबुझेर हो कि  
फर्कने दिन चाहिँ कहिल्यै आएन ।

आमाको माया सम्झेर भए पनि  
बुबाको परिश्रम सम्झेर भए पनि  
अब त फर्क न तिमी दाजु  
अब त फर्क न तिमीभाइ ।



**Ajanya Govinda Parajuli**

**Roll no: 33031**

**Vegetables**

Vegetables vegetables where are you?  
Green green vegetables where are you?  
My tummy is empty,  
It's already eight twenty.

I want to eat you,  
To protect me from the flu.  
You give me energy, and  
Diseases are my enemy.

Make me healthy and strong too,  
I have always faith in you.  
I will be late for school,  
So, come and make my tummy full.



**Aarush Tamang**

**Roll no: 32034**

**The bird**

Birds live in the trees  
Fly high in the air  
Singing song of love  
With no fear!

Oh! So cute and beautiful  
Tiny but independent  
Going alone for food  
Here and there, everywhere!

They have no boundaries  
They do what they want  
Live a life so freely  
We humans also want it !



**Aayuja Chaudhary**

**Roll no: 33041**

**Poems**

All poems are different,  
Some are short and some are long.  
Some you like, some you don't,  
Some are good but some are not.

Some have feelings, some can be sung,  
The words always tangle in my tongue.  
Some are best and some sound fine,  
And I don't know why my poem doesn't  
rhyme .



**Sambhavi Mainali**

**Roll no: 31037**

**A Dark Side**

The Nice people also have a dark side,  
Which they keep secretly or hide,  
A dark side can change and mend  
But why do people act strange, my  
friend?

A good side is friendly and kind  
The dark side is the worst trouble we  
find.  
For change, need to learn manners and  
be polite,  
Dark side and the good side always  
fight.  
People write about this battle we see,  
While strolling around the mall with  
glee.

They refuse to support the bad that's there,  
Yet deep inside, they too have a dark layer.



**Shubha Shree Malla**

**Roll no: 31030**

### **I can fly**

I am a little Honey bee,  
I fly high on the flowers and trees.  
The harder I work for my food,  
The better it tastes and I feel better.

Once I saw an angry bird,  
I was a little scared and then I stopped.  
But then I just gave one little smile,  
And everything was again fine.  
I was born when I didn't know how to fly,  
I looked up and I thought of the sky.  
But now I will give it a try.  
The better I know how to fly.

I am a little Honey bee  
I fly high with the flowers and trees.  
The harder I work for my food  
The better it tastes and the better.



**Pritha Khanal**

**Roll no: 30022**

### **Creativity**

I raised my hand to craft a story,  
Yet it transformed into a poem's glory.  
Asking for guidance, my anxiety grew,  
But silence carries, no advice to pursue.

Then, time swiftly arrived, without delay,  
The clock's ticking urged me, no time to sway.  
My heart, racing along with the seconds' beat,  
I fought to dismiss it, to find comfort sweet.

I struggle with writing stories,  
Finally, when my words I read,  
I discover a poetic glory,  
To recite, my class heeds.



**Aadhyashree Paudyal**

**Roll no: 29060**

### **Flower**

Look at it, it's wonderful to see,  
The smell of it is amazing to feel.  
It's mixed in the wonderful seas,  
Lost in nature feeling free.

I feel butterflies in my stomach while I look at them,  
Emotions filled in my body in every sense that I can imagine.  
With it's beauty in my endless dreams,  
The colors of them are infinite in my mind.

The pace they have to make its way in my mind,  
It's amazing to think of any of its kind.  
What does it mean to know that they are singing,  
With the winds on their melody with their feel.

A breeze going around my body,  
That keeps me thinking, "How can they  
be so fascinating?"  
The way they keep their beauty for our  
eyes ,  
And only for our eyes to see.

I have wildest dreams about them every  
night,  
They are the prettiest creatures I fight  
to hide.  
No one can stop them with their beauty,  
I need to fight still in my dreams every  
night.



**Pratik Karn**  
**Roll no: 30048**

### **Fun With Cousin**

I saw my cousin coming in a car  
Then we both ran to play far  
We went and played bomb blast  
Think fast who won at last?

Finally, we went out to the fair,  
There we both saw a hare  
He bought a model of a boat,  
While I bought a coat.

At home we secretly went in the kitchen,  
And happily ate some of the fried  
chicken,  
Then we both heard my mom's call,  
And came out pretending to play a ball.

The day came to leave him,  
My uncle came in the car for him  
He wore his new headphones  
And what? He was gone.

I saw tears in his eye  
When he told me goodbye  
Next time when we meet,  
We will have more fun



**Riti Niraula**  
**Roll no: 27029**

### **January-A Dream**

Somewhere in January  
The dream started  
More like a fairy tale to me  
Beyond imagination.

The moon seemed pretty as always  
Shining brighter than any other star  
Realizing I'll always choose the stars  
Among every one of them.

Petals falling around  
By the riverside  
One can only imagine  
The beautiful scenario.

Walking along the rivers  
Felt like a dream  
A core memory for me  
The one to be remembered forever.

Beyond something  
Flowers blooming around  
The pinkish sky  
And the beautiful clouds.

With someone by your side  
The one to admire the most  
The feelings so different  
The one I'll remember forever.



**Anushka Kalu**  
**Roll no: 27025**

**The Ticking Time**

A period that waits for none  
 Something that can't be undone,  
 If it's gone it cannot be recovered  
 Nor can it be rediscovered.  
 Opportunity lost and regret  
 unrecoverable  
 The pain can be insufferable,  
 Chance for success is gone  
 Cannot wait for the dawn.

Teaches us to live in a way  
 There's no way it'll ever stay,  
 Can go slow when you wait  
 Will go fast when you're late.

Time must be obeyed  
 Or the price must be paid,  
 The efforts we made  
 Must be beautifully portrayed.



**Krishma Thapa**  
**Roll no: 27005**

**By The Sunset**

The beautiful family of three  
 By the sunset together  
 The perfect time to spend time together  
 By the end of week days.

The pinkish sky and the beautiful  
 scenario  
 As the three walk as a unit  
 Holding each other with love  
 Felt like a movie to them.

Casually walking around  
 Getting compliments about their cute  
 family  
 In the beautiful park full of roses  
 Was really tempting to them.

He had the most beautiful thing  
 The father realized  
 Looking at 2 love of his life  
 Beside him walking together.

Shining as bright as the stars  
 Love returns at the right time they say  
 They succeed to be together for life  
 Creating the best for them.

The memories they hold  
 The pair walking behind  
 Being admired to the last  
 More like a blooming flower to them.

Oh to have a perfect family as them  
 Wished many of the ones  
 They returned with a smile on their face  
 And a core memory with that place.



**Kristina Rai**  
**Roll no: 27006**

**My own reflection speaks**

Colorless with the shade of gray  
 She was happy yet she broke  
 Endless grave scattered through her  
 way  
 Her voice trembled as she spoke

The hilarity laughter and blarney talks  
 Disappearing now they all were gone  
 Wondered if ever would she hear it all  
 But who was there for herself alone.

She blooms like pretty whites over the meadow  
Observing the long awaited dark before me  
Grievously thinking about a moment or low  
About the abstruse world that i could see  
  
I stood there with fear for the infront me  
Asking myself again about this brutal sphere  
This world a beautiful creation as some sees  
Rather than the humanity that's still unclear

And there i was lost in my own reflection  
Happy are u?I ask her,fragile and small  
Melding down as if to create my own perfection  
Despondent are you and gleeful are all  
My own reflection speaks,  
My own reflection speaks. . .



**Aashiya Shrestha**  
**Roll no: 27030**

### **Euphoria**

The nostalgic feeling  
When you lay down  
Looking through the window  
Creating your own scenarios.

You think about everything  
Rethink about your life  
The only way around  
The only way you are happy.

You realized you are not actually an introvert  
The more you hangout the more you open up  
Everything is taking turn  
You realize the weird feeling.

Everything seems different now  
You are happier than usual  
You seem different now  
The better version of yourself.

Everything feels like euphoria  
That one person too  
The comfort zone for me  
The one to be around.



**Aayusi Shrestha**  
**Roll no: 26002**

### **Those Days**

Light struck in my eyes  
Birds chirping when I wake up  
I look around and realize  
I am not a kid anymore.

The cold breeze makes me shiver  
Rushing to my workplace  
I come across my school  
All the memories come rushing through.

Eyes starts watering  
As I remember those times  
I wonder where my friends are doing now  
I click a picture and send it to the group chat.

Everyone started getting emotional  
Talking about how they miss each other  
Never thought we would be missing school  
But here we are crying about it.



The years of laughter and friendship  
Fights between friends and making up  
Only if I had the chance I would turn  
back time  
We decided to meet up and recall the  
memories.

Oh how I wish we could all be together  
In the same class laughing and playing  
around  
I look at my old school one last time  
I wipe my tears as I drive to my office.

## SCIENCE AND TECHNOLOGY



ब्रह्माण्डसम्बन्धी जानकारी

(हिजोको कक्षामा उपस्थित हुन नपाएकाले गणेश नेपाली कक्षा सकिएपछि विज्ञान पढाउने गुरुआमालाई सोध्न गयो । त्यहाँ गएपछि उसले आफ्ना प्रश्नहरू गुरु आमालाई सोध्न थाल्यो त्यसपछि उनीहरूको कुराकानी सुरु हुन्छ ।)

वरुण कडरिया

गणेश: शुभप्रभात गुरुआमा।

क्रमाङ्क: २९०५३

गुरुआमा: शुभप्रभात गणेश आज तिमी यहाँ के कामका लागि आयौ ?

गणेश: हिजोको कक्षामा म उपस्थित थिइनँ । त्यसैले यो समय पारेर म यहाँ हिजोको कक्षाको बारेमा जान्न चाहन्छु। हिजो हजुरले सौर्यमण्डल पढाउनु भएको थियो भनेर साथीहरूले मलाई भने। त्यसको बारेमा मलाई प्रस्ट पारिदिनु न ।

गुरुआमा: हाम्रो सौर्यमण्डल धेरै नै ठूलो छ । यहाँ धेरै तहका विशाल कीर्तिका चट्टानहरू र ग्रहहरू भेटिन्छन्। सामान्य अर्थमा सौर्यमण्डल भनेको एक यस्तो ठाउँ हो जहाँ धेरै ग्रहहरू, चट्टानहरू, उल्का पिण्डहरू आदि कुराहरू एक सूर्यको वरिपरि चक्कर काटिरहेका हुन्छन् ।

गणेश: मलाई त्यो त प्रष्ट भयो तर ग्रहहरूको बारेमा पनि अलिकति विस्तारपूर्वक भन्दिनु न।

गुरुआमा: सौर्यमण्डलमा एक सूर्यको अक्षमा बसेर चक्कर काटिरहेको भारी पिण्डहरूलाई ग्रह भनिन्छ ।

गणेश: गुरुमा सौर्यमण्डलमा कतिवटा ग्रहहरू पर्दछन् ।

गुरुआमा: सौर्यमण्डलमा आठवटा ग्रहहरू छन् । तिनीहरू हुन्: बुध, शुक्र, पृथ्वी, मङ्गल, वृहस्पति, शनि, अरुण, वरुण र यम हुन् । यसमा पनि पहिलो चारवटा ग्रहहरूलाई हामीहरूले भित्री ग्रहहरू भनेर चिन्छौं। अरु चारवटा ग्रह भने बाहिरी ग्रह भनेर चिनिन्छन्। यो भित्री र बाहिरी ग्रहहरूलाई ग्राहिका बेल्टले छुट्याउँछ ।

गणेश: ग्रहहरूका बारेमा भन्नुभएकोमा हजुरलाई धन्यवाद गुरुआमा। चन्द्रमा र उपग्रहको बारेमा पनि केही कुराहरू भन्दिए म प्रष्ट हुन्थेँ ।

गुरुआमा: राम्रो प्रश्न गर्नुभयो । जसरी ग्रहहरूले सूर्यको चक्कर लगाउँछन् । चन्द्र पनि त्यस्तै हो तर चन्द्रले चाहिँ ग्रहहरूको चक्कर लगाउँछ । चन्द्रलाई उपग्रह पनि भनिन्छ । उपग्रहहरू एक ग्रहभन्दा साना हुन्छन् । यसर्थ ग्रहको चक्कर लगाउने पिण्ड नै हामीले उपग्रहको रूपमा लिन्छौं । मानवीय उपग्रहहरू पनि हामीले अहिलेको समयमा देख्न सक्छौं तर तिनीहरू साँच्चैमा चन्द्र हैनन् । उपग्रहहरूले हामीलाई रातको समयमा उज्यालो र प्रकाश दिन्छन् । सूर्यले भने दिनमा उज्यालो बनाउँछ। राति सूर्यको नै प्रकाश चन्द्रमा ढल्किन्छ र त्यही ढल्काइले नै चन्द्र पनि चम्किलो देखिन्छ।

गणेश: हजुरले भ्रमणको बारेमा पनि केही कुरा भन्नुभएको थियो रे त्यहाँ यो किताबमा पनि छ । त्यसैले त्यसको बारेमा प्रष्ट गरिदिन म आग्रह गर्छु।

गुरुआमा: अहिलेका लागि तिमीले यति मात्र सम्झ सौर्यमण्डलमा जसरी धेरै ग्रह उपग्रह, पिण्ड, उल्का आदि धेरै कुरा हुन्छन् । त्यसरी नै एक ब्रह्माण्ड भनेको जहिले पनि एउटा रफ्तारमा फैलिरहेको एक विशाल ठाउँ हो जहाँ ब्याक होल र त्यो सबैले सौर्यमण्डलहरूको विशाल समूहलाई नै ब्रह्माण्ड भनेर भनिन्छ । यसको कुनै पनि अन्त्य छैन।

गणेश: ब्रह्माण्डको अन्त्य छैन भनेर भन्नुभयो । यसको आरम्भ पनि छ र ?

गुरुआमा: राम्रो प्रश्न; सुन, सबैभन्दा पहिला समय आएको हो समयको केही आदि पनि छैन अन्तिम छैन बिन्न । रहर पनि समयसम्मको सँगै पहिलेदेखि थियो। तर यो भनाइ पनि प्रष्ट छैन। धर्मकोअनुसार हेन्यो भने त कुनै अर्को जवाफ भेटिन्छ । सबै कुरा ध्यानमा राखी समय पहिला लेखिने थियो र समय बिन्नका साथ साथै भ्रमण ठूलो हुँदै गयो। यो पनि भनिन्छ कि पहिला ब्रह्माण्डमा केही थिएन तर समयका साथसाथै ब्रह्माण्डमा धेरै सौर्यमण्डलहरू बनेर त्यसरी नै एक पूर्ण ब्रह्माण्डको सिर्जना भयो।

गणेश: यो सबै कुराहरू प्रस्ट गर्नका लागि मैले हजुरलाई धन्यवाद। अब मलाई सबै कुरा र प्रस्ट भयो।

गुरुआमा: धन्यवाद गणेश तिम्रो प्रश्नको उत्तर दिँदा मलाई पनि राम्रो लाग्यो। तिमीले यसरी नै मेहनत गर्नु भने तिमी एउटा असल विद्यार्थी बन्छौ त्यसैले मेहनत गरिराखु।

गणेश: हुन्छ गुरुआमा अब म हजुरलाई कक्षामा नै भेटौँला ।

धन्यवाद।

**(गणेश आफ्नो कक्षातिर लाग्छ भने गुरुआमा आफ्नो कामतिर लाग्नुहुन्छ।)**



प्रशन्न दुङ्गल

क्रमाङ्क: २८०२१

### सामाजिक सञ्जालको प्रभाव

सामाजिक सञ्जाल युवाहरूका लागि एकअर्कासँग कुराकानी गर्न र आफूलाई अभिव्यक्त गर्न विकसित भइरहेको प्लेटफर्म हो । एक उपकरणको रूपमा, सामाजिक मिडिया दुई धार भएको तरवार हो । यसका धेरै फाइदाहरू छन् तर यसले युवाहरूलाई नराम्रो तरिकामा पनि असर गर्न सक्छ । यसले प्रौढ मान्छेहरूभन्दा धेरै बच्चाहरूलाई पीडित बनाएको छ । बाहिर गएर साथीहरूसँग खेल्नु पर्ने उमेरमा बच्चाहरू सामाजिक सञ्जाल मै झुन्डिरहेका छन् । यसर्थ, बच्चाहरूमा सानै उमेरदेखि मानसिक रोग अनि आँखामा विभिन्न किसिमका हानिकारक रोग देखिन्छन् ।

यस युगका धेरै आभिभावकहरू विभिन्न क्षेत्रहरूमा आ-आफ्नै जागिर खान्छन् । यसो गर्नाले उनीहरूले आफ्ना बच्चाहरूसित धेरै समय बिताउन पाउँदैनन् । कोरोनाका कारण लकडाउन पछि हरेक बच्चासँग अनलाइन क्लास पढ्न फोन आएको छ । सानै उमेरदेखि आफ्ना बच्चासित नजिक भएन भने बालबालिकाहरूले आफ्नो समय बिताउन विभिन्न कुराहरू खोज्न थाल्छन् । यही क्रममा उनीहरूले सामाजिक सञ्जाल फेला पार्छन् । यसपछि

उनीहरूको नयाँ फ्रेन्ड्स बनाउन र च्याट गर्नमै समय जान्छ । सामाजिक सञ्जालले ती कलिला बच्चाहरूलाई पढाइबाट बिचलित बनाउँछ तर बच्चाहरूलाई बेफाइदा भए पनि युवाहरूलाई यसले साह्रै सहयोग गरेको छ ।

अहिलेको आधुनिक युगमा चिठी लेख्ने चलन हराइसक्यो । अहिले त मोबाइल फोनबाट नै भिडियो कल गर्न सकिन्छ । यसले सञ्चारलाई साह्रै सहज बनाएको छ । युवाहरूले धेरै कामहरू घरमै बसेर गर्न सक्छन् । लकडाउनको बेला पनि उनीहरूले घरमै बसेर वर्क फ्रम होम गरेका थिए । अहिले घरमै बसी बसी हरेक महिना तलब पनि खान पाइन्छ । यो त हाम्रो दैनिक कार्यहरूमा सामाजिक सञ्जालको फाइदा भयो, अब पढाइ, स्वास्थ्य र विकासक्रममा यसको फाइदाबारे जानौं ।

पढाइको क्षेत्रमा पनि सामाजिक सञ्जालको ठूलो भूमिका छ । मैले अहिले लेखिरहेको निबन्ध पनि सामाजिक सञ्जालबाट नै हो । आजकल विद्यार्थीलाई गुगल र विकिपीडिया जस्ता वेबसाइटहरूले पढ्न साह्रै मद्दत गरेको छ । सदुपयोग गर्ने भए सामाजिक सञ्जाल साह्रै उपयोगी पनि हुन सक्छ । बालबालिकाहरूले नआएका कुरा गुगलमा खोज्न सक्छन् । अनलाइनमा विभिन्न वेबसाइटहरूमार्फत धेरै ज्ञान र शिक्षा हासिल गर्न सक्छन् । अहिले त अनलाइन क्लासहरूमा बिना शुल्क पढ्न पनि मिल्छ । स्वास्थ्यको क्षेत्रमा सामाजिक सञ्जालको धेरै ठूलो भूमिका हुँदैन । अस्पतालमा भएका उपकरणहरू चलाउन भने सामाजिक प्रविधि काम आउँछ । बिरामीको खर्चको रिपोर्ट बनाउन, बिरामीको रेकर्ड राख्न र बिल बनाउन पनि सूचना र प्रविधिकै काम आउँछ । देशको विकासक्रममा सूचना र प्रविधिकै धेरै महत्त्वपूर्ण हुन्छ । हरेक जनताले इन्टरनेटको उपयोग गर्न पाएन भने त्यहाँका जनताहरू अरुभन्दा पछाडि छुट्छन् । देशको विकास गर्ने भनेकै जनशक्तिले हो । देशको जनतासँग आधुनिक उपकरण भयो भने मात्र देशको विकासक्रम सहज हुन्छ नभए देशको विकासक्रममा बाधा आउँछ ।

अन्त्यमा सामाजिक सञ्जालका धेरै फाइदा र बेफाइदाहरू छन् तर हामीले यसको सदुपयोग गर्न सिक्नुपर्छ । अभिभावकहरूले आफ्ना बालबालिकामा विशेष ध्यान दिनुपर्छ र उनीहरूलाई अनावश्यक सामाजिक सञ्जाल चलाउन दिनुहुँदैन र यसको सदुपयोग गर्न सिकाउनुपर्छ ।



**Harshit Agrawal**

**Roll no: 32009**

### **Rocket Fuel Mechanism**

Previously, rockets used solid fuel. They were made using gunpowder. But, that kind of fuel didn't last long. The scientist researched and developed a new type of fuel for rockets which came in liquid form.

The liquid fuel rockets proved to be much more efficient than a solid fuel rocket. They consist of oxidiser, fuel and burner. All of them are connected by a pipe. The fuel and the oxidiser are added into the burner. They are more complicated than solid fuel rockets. Two huge turbo pumps control the quality of fuel. The fuel injectors and igniters work together to generate sparks in combustion chambers.



**Aariv Subedi**

**Roll no: 31045**

### **Science and Technology**

Technology is one of the vital parts of humanity and one of the reasons for the survival of humans all across the world. As we evolved more and more we started to rely on technology more and started creating new devices with the help of science. As we kept creating devices our survival became easier and we started to rely on technology for survival more and more. It was clear that the human race was going to survive for many generations to come with the help of technology. As we became the dominant species on earth we started creating other technologies that modern day humans call basic necessities.

When it was clear that humans could not be wiped out we created things that would enhance our lifestyle. When we got accustomed to our scientific and technological lifestyle we started creating devices that would entertain us. For example we made the television, a device that broadcasted various channel's that were supposed to entertain us. We made new devices that would make it even easier to survive then it already was .It was clear that humanity was getting more and more advanced by the day.

As technology got more and more advanced the idea of science fiction got more popular due to the interesting nature of the idea that could become real in the far future. Even theater's started to make movies about the idea due to the popular idea of science fiction. Artificial intelligence [AI] was a very popular idea in science fiction and it caught various scientists' attention. The idea of a device that would listen to command's and execute them was very intriguing and interesting among scientists. Naturally they tried to make a device that would be artificially intelligent [have an AI]. After years of trying to make such a device the digital computer was invented in 1946. The computer is still being updated to this day due to its fascinating nature. Now in modern day it is clear that humans are the dominant species on earth and now more than ever in a time of peace we are able to advance our technology even further.



**Prasun Basnet**

**Roll no: 27028**

### **Cloud Seeding**

A human that developed the way they can the weather. Yes! It can be by the process of cloud seeding. It is a technology which can help the organisms. But if it is possible then why can it not solve the problems related to water? It's already used in countries like China and Thailand.

Cloud seeding, it is a technology which has formed serendipity. It was the time of 1943, the time when Dr. Vincent Schaefer, a meteorologist. He was researching aircraft icing and precipitation. One night when he was using a cold box and testing it. He then exhaled carbon dioxide which touched the cold air of the box and the doctor noticed it. He got curious and he

thought about experimenting further. He thought of keeping a cold thing on the box and he kept a dry ice (-78 degrees) when he dropped the ice on the box he saw that the ice and the cold box air filled with crystal like objects. It was the same object which falls from the clouds when an overload of vapor falls in ground and if the humidity is less then it forms as rain and if cold then as ice crystals falling in ground. To conclude the result and prove the science Dr. Schaefer took a plane filled with 3 kg of dry ice in it and flew to the top of a mountain. Some moments after figuring the perfect spot to proceed his experiment he threw the dry ice onto the cloud. The result was unexpected, he saw that it started to rain heavily on the spot. And from there the invention of cloud seeding took place.

In upcoming years, the process of cloud seeding evolved by small steps. As it was too expensive to fly planes and drop vapors to form rain so scientists decided to do it on land. Similar to this process, China, to counter dry land which caused problems to farmers, formed artificial rain and solved the problem. They have another plan to revive their Yangtze river which has been dry. We can use this invention for airports which helps to remove fog which disturbs the flight. We can also use this invention to avoid heavy losses in farming and turn it into a profit.

A funny experiment had taken place when Russia tried to throw cement from the plane to see if the cement would melt or not. But it did not go as planned, the cement fell on a person's house and a 3 feet wide hole was made. As of now, we do not see any misuses of this wonderful invention. There also has been no proof that it harms the environment in any way. Till date only one of the selfish and unwanted uses of this process is during the 1970's when the Vietnam war was going on and America had decided to extend the monsoon in Vietnam which heavily affected the military and assisted them in the war.



**Aavash Malla**  
**Roll no: 26001**

### **Memory and intelligence**

Memory and intelligence are two very different things but most people think that they are the same thing which is not the case. Memory and intelligence might be connected in some sort of way and can alter with each other sometimes but it is not the same. Memory is the ability that we humans possess to store and reuse the information that we have gained. It is the capacity to retain and recall the past events that we have seen and knowledge that we have learned. Memory is also classified into two types which are short term memory where a person basically can only remember and recall the information that has been stored in their mind for a short amount of time. That is why when people can not remember an event that has happened recently in their life they call it short term memory loss.

Short term memory loss can happen to anyone and probably has happened to everyone except for some exceptional cases where people have photographic memory. The second type of memory is long term memory where a person has the

capacity to remember things and events for a longer time and when we can not remember an event that has happened long before in our life we call it long term memory loss. On the other hand intelligence is very different from memory. Intelligence is the ability and capacity to learn, explore, create, understand and adapt to new things. Intelligence consists of creativity and the ability to critically analyze information and display it. We can test our intelligence by doing an IQ test but it will not be a hundred percent accurate as an IQ test cannot test everything about your intelligence. There is no proper definition of intelligence as it is dynamic and keeps on evolving in one's mind every moment. As of today's generation there are countless things that can affect our intelligence amongst them one of the many factors being AI (Artificial Intelligence) as it is ruining our imagination and weakening our creativity and the ability to critically think. The advancement of computers is very likely to completely annihilate the capacity of the human brain to think. A person might be very intelligent but can have short term memory and be judged by his family, friends and school for being dumb and stupid where as a person might not have good intelligence but has long term memory where they remember things for a long amount of time, in that scenario their friends, family and school will appreciate them encourage them but in real life where they will have to face many challenges they are more likely to fall faster because they lack intelligence. The tests that are conducted in schools and the grading system that is still used in education is completely worthless as it is determining the rankings of students by testing their memory. There are many great inventors that did not have good education but are written down in history because of their ability to understand things better than others which falls under their intelligence not their memory. In the future there will be no need for education that might be in a hundred years from now or two hundred years from now but eventually the education system will fall because we can access all types of information and data from a click on our phones so who will want to spend years in school. In conclusion, memory is very different from intelligence and when we are getting compliments about how intelligent we are because we got good scores in our academics, then that is not intelligence but just our memory.

## POLITICS AND CURRENT AFFAIRS



### राजनीतिज्ञ व्यक्ति बालेन्द्र शाह

उज्वल ढकाल

क्रमाङ्क : ३३०२३

बालेन्द्र शाहको जन्म वि.सं २०४७ साल वैशाख १४ गते नरदेवी काठमाडौंमा भएको थियो । उनी बुबा रामनारायण शाह र आमा ध्रुवदेवी शाहका कान्छा छोरा हुन् । अहिले उनका सबै परिवार तीनकुने काठमाडौंमा बस्छन् । उनले 'व्हाइट हाउस इन्स्टिट्युट अफ टेक्नोलोजी'बाट सिभिल इन्जिनियरिङमा स्नातक र भारतको एक विश्वविद्यालयबाट स्नातकोत्तर गरेका हुन् । उनले धेरै व्याप गीतहरू लेखेका र गाएका

पनि छन् । व्याप र इन्जिनियरिङसँगै उनको रुचि नेपालको राजनीतिमा पनि धेरै हुन थाल्यो । उनलाई पहिले विवेकशील पार्टी मन परेको थियो तर उनी विवेकशील पार्टीबाट चुनाव लड्न चाहैनन् । उनले स्वतन्त्र उम्मेदवारको रूपमा स्थानीय तह निर्वाचन २०७९ मा काठमाडौं महानगरपालिकाको मेयरको पदमा चुनाव लड्ने घोषणा गरे । चुनाव चिह्नको रूपमा उनले लौरो प्राप्त गरे । २०७९ वैशाखमा चुनाव पनि सम्पन्न भयो । २०७९ जेठ १४ गते काङ्ग्रेसको उम्मेदवार सिर्जना सिंहलाई भारी मतले पछि पार्दै बालेन्द्र काठमाडौंको नगर प्रमुख भए । बालेन्द्रको मुख्य उद्देश्य भनेको काठमाडौंलाई सफा र सुन्दर बनाउनु थियो । यो एक वर्षको बीचमा उनले धेरै राम्रा काम गरेर काठमाडौं सहरलाई फरक बनाइदिएका छन् । उनले गरेका मुख्य मुख्य कामहरू जस्तै: फोहोर व्यवस्थापन, व्यवस्थित फुटपाथ, नक्सापास नगरी बनाइएका संरचना, तार व्यवस्थापन र अन्डरग्राउन्ड पार्किङ व्यवस्थापन आदि हुन् । यी धेरै कुराहरूले गर्दा काठमाडौंको मुख्यमुख्य भिडभाड हुने सहरमा अहिले हामीहरूका लागि हिँड्न धेरै सहज भएको छ । यो सहज बनाउने काम चाहिँ बालेन्द्र शाहले नै गरेका छन् ।



### गणतन्त्र दिवस

प्रिशा पौडेल

क्रमाङ्क : ३३०३९

नेपालमा गणतन्त्र दिवस जेठ १५ गतेका दिन हरेक वर्ष मनाइन्छ । नेपालमा गणतन्त्रको स्थापना २०६२/६३ को जनआन्दोलनपछि प्रतिनिधिसभाको पहिलो बैठकद्वारा घोषणा गरिएको हो । जेठ १५ गते राजा ज्ञानेन्द्रद्वारा नारायणहिटी दरबार परित्याग गरेपछि नेपालमा विधिवत रूपमा गणतन्त्रको स्थापना भएको हो । जनताले मतदान गरेर छानेका प्रतिनिधिले सरकार प्रमुख र राष्ट्रप्रमुख वा राष्ट्रपति हुनेगरी

संविधानमा व्यवस्था गरिएको छ । गणतन्त्र नेपालको प्रथम राष्ट्रपति रामवरण यादव हुन् । गणतन्त्र नेपालको द्वितीय राष्ट्रपति विद्यादेवी भण्डारी हुन् । वर्तमान राष्ट्रपति रामचन्द्र पौडेल तृतीय राष्ट्रपति हुन् । राजा र दरबार राख्न खर्चिलो भएर सङ्घीय गणतन्त्र व्यवस्था गरे पनि वर्तमान अवस्थामा यो व्यवस्था फलदायक भएको छैन ।



## CREATIVE WRITING AND OPINION



विलक्षण बज्जारा

क्रमाङ्क : ३५००६

### हाम्रो देश नेपाल

नेपाल एउटा सानो देश हो । चीन र भारत नेपालका छिमेकी देशहरू हुन् । नेपाल सुन्दर शान्त छ । नेपालमा ठुला हिमालहरू छन् । नेपालको ठुलो नदी कोसी नदी हो । नेपालको राष्ट्रिय जनावर गाई हो । विश्वको अग्लो शिखर सगरमाथा हाम्रो देश नेपालमा छ । नेपालको राष्ट्रिय चरा डाँफे हो । नेपालमा सातवटा प्रदेश छन् । नेपालमा सतहत्तरवटा जिल्ला छन् । नेपालको राष्ट्रिय रङ सिम्रिक हो । नेपालको राष्ट्रिय फूल लालीगुराँस हो ।



रेयन तको

क्रमाङ्क : ३५०१९

### मेरो मन पर्ने खेलौना

मलाई सबैभन्दा बढी हेलिकप्टर खेलौना मन पर्छ । मेरो हेलिकप्टर खेलौनामा पङ्खा छ । मेरो हेलिकप्टर खेलौना आर्मीको हो । यो हेलिकप्टरको रङ पनि आर्मीको लुगा जस्तै छ । मेरो हेलिकप्टरमा धेरैवटा बत्तीहरू पनि बल्छन् ।



ओजस्वी कुँवर

क्रमाङ्क : ३५०१५

### मेरो परिवार

मेरो परिवारमा चार जना सदस्यहरू हुनुहुन्छ । मेरा बाबा मामु, बहिनी र म परिवारमा बस्छौं । मेरो बाबा अफिसमा काम गर्नुहुन्छ । मेरो बाबा वकिल हुनुहुन्छ । मेरी मामु गृहिणी हुनुहुन्छ । मेरी मामुले मलाई गृहकार्य सिकाउनुहुन्छ । मेरी बहिनी धेरै खेल्छिन् । मेरी बहिनी खाना खान्छिन् । म विद्यार्थी हुँ । म सधैं विद्यालय जान्छु ।



खुसी दाहाल

क्रमाङ्क : ३५०११

### भ्यागुतो

भ्यागुतो उफ्रिएर हिँड्ने जीव हो । यो जीव पानी र जमिन दुवैमा बस्छ । यसका ठुलाठुला आँखा हुन्छन् । यसलाई किरा खाना मन पर्छ । भ्यागुतोको रङ हरियो र खैरो हुन्छ । भ्यागुतो कराएमा पानी पर्छ भन्ने विश्वास पनि रहेको छ । यो ट्वार् ट्वार् गरेर कराउँछ र उफ्रन्छ ।



उमङ्गसिंह मेहेता

क्रमाङ्क : ३५०२६

### मेरो खेलौना

मेरो घरमा धेरै राम्रा-राम्रा खेलौनाहरू छन् । मलाई खेलौनाहरूसँग खेल्न धेरै मन पर्छ । मेरो घरमा प्लास्टिकका र कपडाहरूका धेरै खेलौनाहरू छन् । खेलौनाहरू प्लास्टिक, कपडा आदिबाट बन्दछन् । मेरो घरमा प्लास्टिकले बेरेका जनावरहरू, चराहरू, गुडियाहरू जस्तै खेलौना हात्ती, खेलौना बाघ, खेलौना कुकुर, खेलौना भालु, खेलौना परेवा आदि धेरै छन् ।



आयांश पाण्डे

क्रमाङ्क : ३५००५

### डाइनोसर

डाइनोसरको अर्थ डर लाग्दो छेपारो हो । डाइनोसर हजारौं वर्ष पहिला पृथ्वीमा थिए । डाइनोसर आँलाले टेकेर हिँड्थे । डाइनोसर भुँइमा दुलो खनेर बस्ने ठाउँ बनाउँथे । केही डाइनोसर ओडारमा बस्थे । धेरै जसो डाइनोसर शाकाहारी थिए । कोही मांशाहारी पनि थिए । डाइनोसरले अण्डाबाट बच्चा कोरल्थे । सुरुका डाइनोसर साना हलुका चलाख र छिटा थिए । डाइनोसर घिसिएर हिँड्ने जनावर हुन् ।



राजश्री श्रेष्ठ

क्रमाङ्क : ३२०५०

### मेरो विद्यालय

मेरो विद्यालयको नाम सिफल स्कुल हो । म यस विद्यालयमा कक्षा चारमा पढ्छु । म यस विद्यालयको नयाँ विद्यार्थी हुँ । मलाई पहिलो पटक विद्यालयमा आउँदा नौलो लागेको थियो । पहिलो दिन म कक्षा ४ खोज्दै जाँदा मैले मेरो कक्षा भेट्टाएको थिएँ । मैले नयाँ साथीहरू पनि बनाएँ । मैले गुरुआमाहरूसँग कुराकानी गरें । मेरो गुरुआमाहरू असल हुनुहुन्छ । मेरो विद्यालयमा धेरै कक्षाहरू छन् । मेरो विद्यालयमा कक्षा एकदेखि पढाइ हुन्छ । मेरो विद्यालयमा शिक्षकहरूको कक्षा पनि छ । मेरो विद्यालयमा कम्प्युटरहरू पनि धेरै छन् । मेरो विद्यालयमा कम्प्युटर कक्षामा पनि रमाइलो हुन्छ । मेरो विद्यालयमा धेरै विषयको फरक कक्षाहरू हुन्छन् । मेरो विद्यालयमा राम्रो पढाइ हुन्छ । मेरो विद्यालयमा खेलमैदानहरू पनि छन् । मेरो विद्यालयमा फुटबल, बास्केटबल, टेबल टेनिस, पिङ्ग आदि धेरै प्रकारका खेलहरू रहेका छन् । मेरो विद्यालयमा चमेना गृह पनि छ । चमेना गृहमा मिठो र सफा खाना दिनुहुन्छ । मेरो विद्यालय सफा र सुन्दर छ । मेरो विद्यालयमा रुख बिरुवाहरू रोपिएका छन् । त्यसैले गर्दा विद्यालयको सौन्दर्य बढेको छ । मलाई मेरो विद्यालय राम्रो लाग्छ ।



**आरोही मालाकार**

**क्रमाङ्क : ३४००५**

### मेरो कक्षाकोठा

मेरो कक्षाकोठा कक्षा २ को चोयु नामको कक्षाकोठा हो । मेरो कक्षाकोठामा हामी बस्नको लागि टेबल र कुर्सीहरू छन् । हामी किताबहरू दराजमा पनि राख्छौं । हाम्रो कक्षाकोठामा सेतोपाटी, मार्कर, फोहोरदानी, डस्टर आदि छन् । गर्मीमा शीतल हुनको लागि पङ्खा राखिएको छ । हाम्रो कक्षाकोठामा टी.भी पनि छ । त्यसमा हामी शिक्षा सम्बन्धी विभिन्न कुराहरू हेर्छौं । हाम्रो कक्षाकोठामा कार्पेट ओछ्याइएको छ । हाम्रो कक्षाकोठामा चार्टपेपर, चित्रहरू टाँसिएको छ । हामी सबै विद्यार्थी मिलेर हाम्रो कक्षाकोठा सफा राख्छौं । मलाई मेरो कक्षाकोठा धेरै मन पर्छ ।

### फूल



**देवांशी भट्टराई**

**क्रमाङ्क : ३४०४६**

मेरो वरिपरि धेरै थरीका फूलहरू पाइन्छन् । फूल हामीलाई प्रकृतिले दिएको सुन्दर उपहार हो । फूल विभिन्न रङका हुन्छन् । फूलबाट विभिन्न थरीका सुगन्ध पनि पाइन्छन् । फूलले हाम्रो जीवनमा महत्त्वपूर्ण स्थान ओगटेको हुन्छ । फूललाई हामी पूजा गर्न, घर सजाउन, विभिन्न थरीको सुगन्ध बनाउन, विभिन्न थरीको सौन्दर्य सामाग्री बनाउन र कुनै फूलहरू खानाको रूपमा पनि प्रयोग गरिन्छ । फूल संसारको जुनसुकै ठाउँमा पनि पाइन्छन् । हाम्रो देशमा सयपत्री, मखमली, गोदावरी, सूर्यमुखी, लालुपाते, सर्वदा, घन्टीफूल, पारिजात, लालीगुराँस आदि फूलहरू पाइन्छन् । नेपालको राष्ट्रिय फूल लालीगुराँस हो । मलाई मन पर्ने फूल गुलाब हो ।

### म र मेरो परिवार



**गौराही घिमिरे**

**क्रमाङ्क : ३४०३९**

मेरो नाम गौराही घिमिरे हो । म कक्षा २ मा पढ्छु । म सात वर्षकी भएँ । हाम्रो परिवार ४ जनाको छ । मेरो बुबाको नाम उज्जल घिमिरे हो । मेरी आमाको नाम कविता निरौला हो । मेरो भाइको नाम कलश घिमिरे हो । मेरो घर विराटनगर हो । म सिफल विद्यालयमा पढ्छु । मलाई नयाँ लुगा मन पर्छ । म मेरी आमासँग लुगा किन्न बजार जान्छु । म बजारमा गएर लुगा किन्छु । मलाई पुरानो र सानो लुगा ठिक भएन भने म मेरो बुबा आमासँग बजार गएर नयाँ लुगा किन्छु । मेरो परिवारमा हामी सबै मिलेर बस्छौं । हामी बिदाको दिनमा घुम्न जान्छौं । मलाई मेरो परिवार मन पर्छ ।

### मेरो मिल्ने साथी



आरुष यादव

क्रमाङ्क : ३४०२१

मेरो मिल्ने साथीको नाम इथन हो । मेरो मिल्ने साथीलाई रोनाल्डो खेलाडी मन पर्छ । मेरो मिल्ने साथीलाई फुटबल खेल्न मन पर्छ । मेरो मिल्ने साथी ज्ञानी छ । मेरो मिल्ने साथीलाई मम, पिज्जा मन पर्छ । मेरो मिल्ने साथी कक्षा २ मा पढ्छ । मेरो मिल्ने साथी सिफल स्कुलमा पढ्छ । मेरो साथीको घर स्कुल नजिकै छ । मेरो साथी पढ्नमा राम्रो छ । हामी एकदमै मिल्ने साथी हौं । मेरो मिल्ने साथीले गुरुआमाले भनेको मान्छ । ऊसँग मेरो भेट २०७९ सालमा भएको हो । म र मेरो साथी एउटै कक्षामा पढ्छौं ।



आध्या दुङ्गाना

क्रमाङ्क : ३३००१

### मेरो चित्रकला विद्यालय

मलाई चित्रकला असाध्यै मन पर्छ । त्यसैले मेरी आमाले मलाई चित्रकला विद्यालयमा बिदामा राखिदिनुभयो । त्यहाँ मैले दस दिनको चित्रकला सिकाइ गरे । मेरो चित्रकला विद्यालय कुपण्डोलमा पर्छ । त्यहाँ एघार जना विद्यार्थी थिए । मेरो चित्रकला विद्यालयमा आफैले नै खाना ल्याउनुपर्थ्यो । त्यहाँ नजिकै एउटा चौर पनि थियो । मैले त्यहाँ वनजङ्गल कसरी बनाउने, जात्राको चित्र बनाउने, मिथिला चित्र बनाउने, आमाको चित्र बनाउने, थोप्ला चित्र बनाउने आदि सिके । मैले पहिलो दिनमै राम्रो चित्र बनाएँ । त्यसैले गुरुआमाले मेरो चित्र सबैले देख्ने गरेर कक्षामा प्रदर्शनी

पाटीमा राख्नुभयो । म धेरै खुसी भएँ र आउने दिनहरूमा अझै मिहिनेत गरेर चित्र बनाउने सोचे । मैले त्यहाँ धेरै साथीहरू पनि बनाएँ । हामी सबैको रुचि चित्रकला भएकाले हामी एकदमै मिल्यौ र हिउँदे बिदामा फेरि भेट्ने बाचा सहित छुट्टियौ । हामी सबै मिलेर माटोको भाँडामा रङ लगायौ । त्यो माटोको भाँडा हामीले विद्यालयमा सजायौं । मलाई अब आउने बिदामा पनि मेरो प्यारो चित्रकला विद्यालय जाने रहर छ । हामीजस्ता विद्यार्थीहरूलाई चित्रकला विद्यालयले बिदाको राम्रो उपयोग गर्न सहयोग गर्ने रहेछ ।



अपूर्व गोपाल अर्याल

क्रमाङ्क : ३३०४३

### रामनवमी

रामनवमी हिन्दु धर्मावलम्बीहरूको एक महत्त्वपूर्ण पर्व हो । यो पर्व चैत्र महिनाको शुक्ल पक्ष नवमी तिथिका दिन मनाइने गरिन्छ । प्रख्यात हिन्दु धर्मग्रन्थ रामायणका अनुसार यो दिनलाई भगवान श्री रामचन्द्रको जन्म दिनको रूपमा लिइन्छ । यो पर्व चैत्र नवरात्रको बिचमा आउने भएकाले यो दिन भगवान् श्री रामका साथै आद्या शक्ति नवदुर्गा देवीको पनि पूजा हुन्छ । त्रेता युगमा चैत शुक्ल नवमीका दिन अयोध्यामा

जन्मनुभएका श्रीरामले दानवीय प्रवृत्तिका रावणको अन्त्य गरी जन कल्याण गरिएको सम्झनामा यो पर्व मनाइन्छ । हिन्दु धर्माबलम्बीहरू राममन्दिर गएर पूजा आराधना गर्ने गर्दछन् । यसै क्रममा राजधानीको बत्तीसपुतलीस्थित राममन्दिरमा पनि बिहानदेखि भक्तजनहरूको भिड लाग्दछ । राजधानीकै प्रसिद्ध राममन्दिरमा ललितपुरबाट, भक्तपुरबाट भक्तजन पूजाका लागि आउँछन् । रामनवमीका दिन जनकपुरस्थित रामजानकी मन्दिरमा भव्य मेला लाग्छ । मेलामा नेपाल तथा भारतका हजारौं श्रद्धालुहरूको घुइँचो लाग्छ । पवित्र पोखरी गंगासागरमा स्नान गरी श्रद्धालुले जानकी मन्दिर सहित विभिन्न मठमन्दिरमा पूजापाठ गर्ने प्रचलन छ । सुनसरी जिल्ला स्थित रामधनी मन्दिरमा पनि श्रद्धालु भक्तजनहरूको घुइँचो लाग्छ ।



**शाम्भवी जोशी**

**क्रमाङ्क : ३३०२०**

### सिफल चौर

नेपालको राजधानी काठमाडौंको सिफलमा रहेको चौर धेरै पुरानो र ऐतिहासिक चौर हो । सिफल चौरको पूर्वमा भण्डारखाल जङ्गल र पश्चिममा कालोपुल उत्तरमा सिफल चौर र दक्षिणमा बाल मन्दिर विद्यालय रहेको छ । मल्लकालदेखि नै यस सिफल चौरमा हरेक वर्ष राक्षस तर्साउने त्रिशूल जात्रा मनाइने गरिन्छ । यो राक्षस तर्साउने जात्राको कथा रमाइलो छ । धेरै पहिला नागार्जुनको जङ्गलमा बस्ने राक्षसले पशुपति क्षेत्रको बालबालिकालाई खान्थ्यो रे ! सबैलाई तर्साउथ्यो । एकजना पुजारीको छोरालाई पनि राक्षसले खाइदियो । त्यसपछि पुजारीले पाटनमा गएर तान्त्रिक विद्याबाट अमृत ल्याएर सिफल चौरमा हातमा त्रिशूल बोकेर राक्षसलाई लखेटे । त्यस दिनबाट राक्षस तर्सेर भाग्यो । त्यस दिनबाट पशुपति क्षेत्रका बालबालिका सुरक्षित भए । त्यस दिनबाट नै राक्षस तर्साउने जात्रा सुरु भएको हो । यस चौरमा विभिन्न खेलकुदका कार्यक्रमहरू तथा मेला पनि बेलाबेलामा भइरहन्छ । यस चौरमा मानिसहरू तथा बालबालिकाहरू बिहान कसरत गर्छन् । खेलहरू खेल्छन् । यस चौरले समाजमा ठुलो फाइदा पुऱ्याएको छ । टोल बासीहरूलाई शुद्ध हावापानी, खुल्ला ठाउँ, स्वस्थ रहनको लागि खेलकुद र कसरत गर्ने ठाउँ दिएको छ । समाजमा ठुलो फाइदा हुँदाहुँदै पनि सानो पानी पर्दा त्यस चौरमा पानी जम्ने समस्या, चउरमा घाँस नहुनु र चौरमा खाल्डाखुल्डी हुनु आदि समस्या छन् । यस्ता समस्या देख्दा यस चौरको राम्रोसँग हेरचाह नभएको भन्ने बुझिन्छ । हामी सबै मिलेर यो सिफल चौरको समस्याहरू हटाइएर चौरको रक्षा गर्नु हामी नागरिकको कर्तव्य हो ।



**सुजीव सापकोटा**

**क्रमाङ्क : ३३०५६**

### मेरो देश

मेरो देशको नाम नेपाल हो । मलाई मेरो देशको धेरै माया लाग्छ । मेरो देश नेपाल एसिया महादेशमा पर्दछ । मेरो देश सुन्दर र सानो छ । मेरो देश भारत र चीनको बीचमा पर्दछ । विश्वको अग्लो हिमाल सगरमाथा पनि नेपालमै पर्छ । यहाँको हावापानी र प्राकृतिक वातावरण असाध्यै रमणीय छ । नेपालमा धेरै जाति धर्म र भाषा छन् । मेरो देश नेपालको राष्ट्रिय भाषा नेपाली हो । मेरो देश नेपालको झन्डामा

रातो निलो र सेतो रङ छ । मेरो देश नेपालको राष्ट्रिय फूल लालीगुराँस हो र राष्ट्रिय जनावर गाई हो । मलाई मेरो देश नेपालको धेरै माया लाग्छ ।



### हाम्रो कक्षाकोठा

संस्कार खालिङ राई

क्रमाङ्क : ३२०४३

हाम्रो कक्षाकोठा ठिक्कको छ। यस कक्षाकोठामा हामी चार कक्षाको विद्यार्थीहरू बसेर पढ्ने गर्छौं । मेरो कक्षाकोठामा सुन्तला रङ्ग लगाइएको छ । जसले गर्दा कक्षाकोठा निकै सुन्दर देखिएको छ। हाम्रो कक्षाकोठामा सबैजना मिलेर काम गर्ने गर्छौं। हाम्रो कक्षाकोठामा २२ वटा डेस्क बेन्च छ। हाम्रो कक्षाकोठामा सेतोपाटी पनि छ। सेतोपाटीको प्रयोगले हामी निकै जान्ने भएका छौं । हाम्रो कक्षाकोठा सफा राख्न सबैले धेरै मेहनत गर्नुपर्छ। हामी पनि बेलाभौकामा सफा गर्छौं। कक्षाकोठा भनेको

हाम्रो लागि मन्दिर जस्तै होमलाई मेरो कक्षाकोठा साह्रै राम्रो लाग्छ। हाम्रो कक्षाकोठालाई राम्रो, सुन्दर र अनुशासित बनाउनलाई हामीले केही नियम पनि राखेका छौं । हामी कक्षाकोठामा धेरै हल्ला गर्दैनौं । हामी राम्रो र मिठो बोल्छौं । हामी गुरुआमा र गुरुबाले भनेको मान्ने गर्छौं। हाम्रो विद्यालयमा हाम्रो कक्षाकोठालाई राम्रो र सुन्दर कक्षाकोठाको नाम दिइएको छ। मलाई मेरो कक्षाकोठा प्यारो लाग्छ।



### नेपालको वनजङ्गल

सान्ची श्रेष्ठ

क्रमाङ्क : ३२०१५

हाम्रो देश नेपाल प्राकृतिक सम्पदा र वनजङ्गलले भरिएको देश हो । यहाँ धेरै वनजङ्गलहरू छन् । हाम्रो देशको वनलाई हरियो वन नेपालको धन पनि भन्ने गरिन्छ । हामी सबै मिलेर वनजङ्गलको राम्रो संरक्षण गर्नुपर्छ । वनजङ्गल भन्नाले धेरै बोटबिरुवा ,वनस्पति र रुख हरूले ढाकिएको क्षेत्र भन्ने बुझिन्छ । वनजङ्गलले माटो र हावालाई शुद्ध बनाउँछ साथै हामीलाई सास फेर्नका लागि अक्सिजन दिन्छ ।

त्यसैगरी वनजङ्गलले बाढी, पहिरो जस्ता प्राकृतिक प्रकोप रोक्ने काम पनि गर्दछ । हामीले वनजङ्गलबाट आवश्यक पर्ने जडीबुटी, घाँस, काठ आदि सजिलै प्राप्त गर्न सक्छौं । वनजङ्गल धेरै प्रजातिका पशुपन्छी तथा अन्य जनावरहरूको वासस्थान पनि हो । त्यसैले वनजङ्गलमा सबै प्राणीहरू आनन्दका साथ आफ्नो जीवन बिताउन पाउनुपर्छ । सबै रुखबिरुवा र जीवहरूको संरक्षण गर्नु हामी मानवजातिको कर्तव्य पनि हो ।



शुभासी शाही

क्रमाङ्क : ३२०१९

### मेरो सुन्दर बगैँचा

मेरो नाम शुभासी शाही हो । मेरो घरमा एउटा सुन्दर सानो बगैँचा छ । मेरो घरको बगैँचा मलाई रमाइलो लाग्ने स्थान हो । जहाँ म र मेरो बुबा फूलका बिरुवाहरूलाई रोप्छौं । मेरो बगैँचामा तुलसी, गुलाब र अन्य बिरुवाहरू छन् । मलाई मेरो बगैँचा मन पर्छ । किनकि मलाई बगैँचाले प्राकृतिक सुन्दरताको अनुभव दिन्छ । हाम्रो बगैँचालाई अनेक प्रकारका फूलहरूले रङ्गीन बनाउँछन् । म मेरो बुबालाई बगैँचामा गोडमेल गर्न सहयोग गर्छु । यस बगैँचाले मलाई खुसी दिन्छ । म त्यहाँ खेल्ने, फूलहरूलाई हेर्ने र पानी दिने गर्छु । म बगैँचामा काम गर्दा आनन्द लिने गर्छु । पुतली र मौरीहरूले मेरो बगैँचामा आनन्द लिन्छन् । जब मेरो बगैँचामा फूलहरू फुल्छन् तब पुतलीहरू त्यस्तै रङ्गीन फूलहरूमा हुन्छन् । मेरो बुबाले मलाई बगैँचाको संरक्षण गर्न सिकाउनुभएको छ ।



एरोन सिंह

क्रमाङ्क : ३२०३५

### वर्तमान समस्या वातावरण प्रदूषण

वातावरण भनेको आफू बस्ने वरपरको प्राकृतिक परिवेश, वनस्पति, जीव, हावापानी आदिबाट बनेको परिस्थिति हो । मानिसलाई बाँच्नको लागि पृथ्वी, हावा, पानी, माटो, प्रकाश आदिको आवश्यकता पर्दछ । अर्थात् मानिस लगायत सबै प्राणीको जीवन नै पृथ्वी र यसको वातावरणमा निर्भर छ तर यी प्राकृतिक वस्तु विभिन्न कारणले प्रदूषित भइरहेका छन् । वातावरण प्रदूषण भनेको मानिसको लागि बाँच्न चाहिने हावा, पानी, माटो, पृथ्वी आदि प्रदूषित हुनु हो । वातावरण प्रदूषण आजको समयमा सबैभन्दा ठूलो समस्याको रूपमा देखा परेको छ । वातावरण प्रदूषणका मुख्य दुई कारण छन् । पहिलो प्राकृतिक प्रकोप जस्तै भूकम्प, बाढी, पहिरो, सुनामी आदि हुन् । दोस्रो कारण मानिसले आफ्ना सुखसुविधाको लागि बनाएका विभिन्न उद्योग, कलकारखाना, इन्धन, आणविक भट्टी, युद्ध, जनसङ्ख्या वृद्धि जस्ता कारणले वातावरण प्रदूषित भइरहेको छ । वर्तमान समयमा प्राकृतिक भन्दा पनि मानिस बाट नै सबैभन्दा बढी वातावरण विनाश र प्रदूषित भएको छ । वातावरण प्रदूषणका कारण पृथ्वीमा विभिन्न समस्याहरू देखा परिरहेका छन् । जस्तै, अतिवृष्टि, अनावृष्टि, भूक्षय, बाढी, पहिरो हुन् । यसका मुख्य कारण वातावरण प्रदूषण हो । वातावरण प्रदूषणले वनस्पति, जीवजन्तु, चराचुरुङ्गीहरू लोप हुँदै छन् । मानिसहरू विभिन्न रोगबाट ग्रसित बनेका छन् । वातावरण प्रदूषणका कारण पृथ्वीमा रहेको मानिस लगायत अन्य जीवजन्तुको जीवन कष्टकर र जोखिम बनिरहेको छ । हामीले वातावरण प्रदूषण रोक्न विभिन्न पहल अपनाउनुपर्ने आजको आवश्यकता हो ।



एषणा ओली

क्रमाङ्क : ३२००७

### पौडी

मेरो नाम एषणा ओली हो । म कक्षा चारमा पढ्छु । मलाई पौडी खेलन मन पर्छ । कक्षा ३ को अन्तिम परीक्षा पछि मैले पौडी खेलन थालेकी थिएँ । म मेरो बुबासँग पौडी खेलन गएकी थिएँ । पहिलो दिन पौडी खेल्दा मलाई पानी चिसो भएको महसुस भयो । हामीलाई पहिलो दिन भित्तामा समातेर खेलन सिकाइयो । अर्कोदिन चाहिँ मलाई पानीमा सास लिन सिकाइयो । अनि अर्को दिन गुरुले ३ फिटमा लानुभयो ।

मलाई डर लागेको थियो तर म पौडी खेलन गएँ । अनि त्यो दिनदेखि मलाई डर लागेन । मलाई ३ फिटमा खेलन मन पर्छ । मलाई पौडी खेल्दा रमाइलो लाग्छ । म अहिले पनि बिदाको समयमा बुबाआमासँग पौडी खेलन जान्छु । म सानो छँदा मलाई ट्युबमा राखेर खेलाइन्थ्यो तर अहिले चाहिँ ट्युब चाहिँदैन । मलाई मेरो पौडी खेलन सिकाउने गुरु मन पर्छ । उहाँले राम्रोसँग पौडी खेलन सिकाउनुहुन्छ । मलाई पौडी खेलन मन पर्छ ।



श्रीयन संगत

क्रमाङ्क : ३२०२३

### पानीको महत्त्व

मानव जीवन,सबै जीवजन्तु र बोटबिरुवाहरूको लागि पानीको धेरै महत्त्व छ । हामीले नुहाउन, भाँडा माइन, लुगाधुन,खाना पकाउन पानीको प्रयोग गर्छौं । तिर्खा मेटाउन पानीको प्रयोग हुन्छ । मानव जीवन पूर्णतया पानीमा आधारित छ । हाम्रो शरीरमा पानी ७०% हुन्छ । हामीलाई खाद्यान्न उत्पादनको लागि खेतीपाती गर्न पनि पानी चाहिन्छ । वर्षाले अन्न उत्पादन राम्रो हुन्छ । हामी खानाबिना केहीदिन बाँच्न सक्छौं, तर पानीबिना बाँच्न सक्दैनौं । हामी औषधी खानको लागि पनि पानीको प्रयोग गर्छौं । पानीको उपयोग र महत्त्व बुझेर पानी नै जीवन हो भन्न सकिन्छ । पानी पिउन जानेन भने त्यसले रोग निम्त्याउँछ । हामीले सफा र शुद्ध पानी पिउनुपर्छ । पानी एकमात्र तत्त्व हो जुन मानिसले हरेक काममा प्रयोग गर्दछन् । घर बनाउने काममा पनि पानीको प्रयोग हुन्छ । हाम्रो जीवनमा पानीको धेरै महत्त्व छ ।



शताक्षी पाण्डे

क्रमाङ्क: ३१०२९

### रातो मछिन्द्रनाथ जात्रा

यो परापूर्व कालको कथा हो । काठमाडौँ उपत्यकामा पानी नपरेर अनिकाल परेकाले भक्तपुरका राजा नरेन्द्रदेव अति चिन्तित भएका थिए । त्यसैले राजा नरेन्द्रदेव स्वयम्भूमा बस्ने तान्त्रिक शान्तिका नाम गरेका व्यक्तिलाई भेट्न गए । तान्त्रिक शान्तिकाले भन्नुभयो," गुरु गोरखनाथ रिसाउनुभएको छ । त्यसैले नागहरूको आसन बनाई तपस्या गर्दै बस्नुभएको छ । जबसम्म नागहरू त्यहाँबाट मुक्त हुँदैनन् तबसम्म वर्षा हुने छैन । " यसको समाधानको लागि उहाँले भन्नुभयो, "भगवान रातो मछिन्द्रनाथ जसलाई करुणामय भनेर पनि चिनिन्छ । उहाँ गुरु गोरखनाथका गुरु हुनुहुन्छ । यदि उहाँ गुरु



गोरखनाथको अगाडि आउनुभयो भने, आफ्नो गुरुको सम्मान गर्न आसनबाट उठ्नुहुने छ । तब नागहरू मुक्त हुने छन् अनि अवश्य वर्षा हुने छ । " धेरै खोजपछि भगवान मच्छिन्द्रनाथको पुनर्जन्म यक्ष देश आसामका राजा शशीको १०८ औं पुत्रको रूपमा भएको जानकारी हुन्छ । त्यसपछि भक्तपुरका राजा नरेन्द्रदेव, काठमाडौंका तान्त्रिक शान्तिका चेला तान्त्रिक वन्धुदत्त र ललितपुरका ज्यापू रत्नचक्र करुणामय लिन यक्ष देश आसामको लागि अघि बढ्छन् । उनीहरूलाई थाहा थियो कि यो कार्य सजिलो हुने छैन । किनकि करुणामय दानव राजा र रानीका पुत्र हुन् । आसाम पुगिसकेपछि वन्धुदत्तले मन्त्र पढ्छन् त्यसपछि उनले कर्कोटक नागलाई दानव राजाको पेटभित्र पठाउँछन् । जसले गर्दा दानव राजा बिरामी पर्छन् । कसैले उनको उपचार गर्न सक्दैन । तान्त्रिक वन्धुदत्त आफै गएर दानव राजालाई निको पार्छन् । दानव राजा खुसी हुन्छन् । तान्त्रिक वन्धुदत्तलाई " तिमी के चाहन्छौ ? माग" भन्छन् । तान्त्रिक वन्धुदत्तले तपाईंको छोरा करुणामय पाऊँ भनी माग्छन् । दानव राजा यो सुनेर अत्यन्त रिसाउँछन् र यो माग अस्वीकार गर्छन् । भगवान करुणामय मदत गर्न जान चाहन्छन् तर आमा बुबाको सहमति हुँदैन । यी सबै कुरा सुनेर भगवान करुणामयकी आमा चिन्तित हुन्छिन । आफ्नो छोरालाई उनीहरूले लैजान्छन कि भनेर उनी राती आफ्नो पुत्रको ढोकामा कपाल फिँजाइ सुत्छिन् । मध्य रातमा भगवान करुणामय ब्युझन्छन् । बाहिर निस्कन आफ्नी आमाले फिजाएको कपाल हटाउँछन् सबै कपाल हटाइसकेर बाहिर निस्कँदा आमाको कपालको एक रेसा उनले देख्दैनन् । झुक्किएर आफ्नी आमाको कपाल नाघ्न पुग्छन् । यसलाई एकदमै ठुलो पाप मानिन्छ । यसै कारण करुणामय रातो भएका हुन् भन्ने मानिन्छ । यसरी निस्कँदा पनि दानव राजाले करुणामयलाई रोक्न सफल हुन्छन् । तान्त्रिक वन्धुदत्तले अब अर्को जुक्ति लगाउँछन् । उनले करुणामयलाई मन्त्रद्वारा भँवरामा परिणत गर्छन् र भँवरालाई कलशभित्र राख्छन् तर यो कुरा पनि दानव राजाले थाहा पाउँछन् र कलश फिर्ता लिएर आउँछन् । यो जुक्ति पनि असफल हुन्छ । अन्ततः तान्त्रिक वन्धुदत्तले पूजाआजा गरी चार भैरवहरूलाई बोलाउँछन् र सब कुरा सुनाउँछन् । भैरवहरू सब कुरा सुनेर मदत गर्न तयार हुन्छन् । उनीहरू दानव राजा कहाँ गएर करुणामयलाई बोकी लिएर आउँछन् । त्यसैले मच्छिन्द्रनाथका चार पाङ्गा त्यही चार भैरवको प्रतीक हो भनेर पनि भनिन्छ । भैरवहरूले करुणामयलाई बोकी बुद्धीसम्म पुऱ्याउँछन् । बुद्धी पुग्दा भगवान करुणामयलाई देखेर गौरखनाथ आफ्नो गुरुको सम्मानको लागि आसनबाट उठ्नुहुन्छ । तब नागहरू मुक्त हुन्छन् अनि वर्षा सुरु हुन्छ । वर्षासँगै रुखो जमिनमा उब्जाउ हुन्छ । प्रशस्त अन्न उत्पादन हुन थाल्छ । यसैकारण भगवान मच्छिन्द्रलाई सहकालका देवता हुन भन्ने मान्यता पनि छ तर अब त्यहाँ अर्को अन्योल सुरु हुन्छ कि करुणामयलाई अब कुन सहर लैजाने त, राजा नरेन्द्रदेवले सबै व्यवस्था मिलाएका कारण आफूसँगै भक्तपुर लैजाने कुरा राख्छन् ।

तान्त्रिक वन्धुदत्त आफूबिना पो कार्य असम्भव भएकाले त्यसैले आफूसँगै काठमाडौं लिएर जाने कुरा राख्छन् । ललितपुरका ज्यापूले आसामदेखि करुणामयलाई बोकी ल्याएकाले आफूसँगै ललितपुर लैजाने कुरा राख्छन् । यो अन्योल र विवाद टुङ्ग्याउन उनीहरू ललितपुरका राजा कहाँ समाधान लिन पुग्छन् । ललितपुरका राजा चलाख हुन्छन् । त्यसैले उनले यसको निर्णय सबैभन्दा वृद्ध नागरिकले गर्नु पर्ने सुझाव दिन्छन् । निर्णय हुनु अगाडि राजाले कसैलाई थाहा नदिई त्यहाँका सबैभन्दा जेष्ठ नागरिकलाई बोलाई दही खुवाउँछन् । दही खाँदा उनले दहीमा नुन

मिसाएको थाहा पाउँछन् । अब नुनको सोझो त गर्ने पन्यो भनेर निर्णय गर्ने बेला करुणामयलाई ललितपुरमा राख्ने निर्णय गर्छन् । त्यही निर्णयबाट हरेक वर्ष मच्छिन्द्रनाथको स्वागत गर्न र वर्षा होस् भनेर ललितपुरमा धुमधामले जात्रा मनाइन्छ । यो जात्रा पुलचोकमा रथ बनाउने कार्यबाट हुन्छ । रथलाई पुलचोकबाट गाबाहाल, मङ्गलबजार, सुन्धारा, लगनखेल, कुमारी पार्टी हुँदै लगनखेलमा पुन्याएर भोटो देखाइन्छ यसरी जात्रा सकिन्छ ।



**सफल पोखरेल**

**क्रमाङ्क ३१०५२**

### मेरो देश

मेरो देशको नाम नेपाल हो । मेरो देश हिमाल, पहाड र तराई मिलेर बनेको छ । मेरो देशमा ७७ जिल्ला र ७ प्रदेश छन् । नेपाल भारत र चीनको बिचमा छ । हाम्रो देश प्राकृतिक रूपमा अत्यन्तै सुन्दर छ । विश्वको सर्वोच्च शिखर सगरमाथा हाम्रै देशमा छ । हिमाल, पहाड, वनजङ्गल, ताल, झरना लेक, बेंसी आदिले नेपाललाई सुन्दर बनाएका छन् ।

हाम्रो देश बहुजातीय र बहुधार्मिक मुलुक हो । यहाँ विभिन्न जातजातिका मानिसहरू बसोबास गर्छन् । जाति अनुसारका भाषा, धर्म, संस्कार र भेषभूषा रहेका छन् । हाम्रो देश संस्कृतिमा धनी छ । यहाँ धेरै मठ मन्दिरहरू छन् । यहाँका मानिस धेरै सहयोगी छन् । सबै मिलेर चाडपर्व मनाउँछन् । हाम्रो देश जलस्रोतमा विश्वको दोस्रो धनी देश हो ।

ऐतिहासिक रूपमा हाम्रो देश महत्त्वपूर्ण छ । पृथ्वीनारायण शाहले हाम्रो देशलाई अङ्ग्रेजसँग बचाएका थिए । उनले बाइसे चौबिसे राज्यलाई मिलाएर एउटा सिङ्गो नेपाल बनाएका हुन् । हामी वीर गोर्खालीका नामले पनि चिनिन्छौं । हाम्रो देशको हावापानी राम्रो छ । हाम्रो देशमा विभिन्न प्रकारका अन्न तथा फलफूल उत्पादन हुन्छ । नेपालमा शान्तिका अग्रदूत गौतम बुद्धको जन्म भएको थियो । नेपालको राष्ट्रिय झन्डा अरू देशको भन्दा फरक छ । नेपालको राष्ट्रिय फूल लालीगुराँस हो । राष्ट्रिय जनावर गाई र राष्ट्रिय चरा डाँफे हो । हाम्रो देशमा भएका सुन्दर र आकर्षक ठाउँ हेर्न पर्यटकहरू हाम्रो देशमा आउँछन् । नेपाल सुन्दर र शान्त देश हो । मलाई नेपाली हुनुमा गर्व लाग्छ । मलाई मेरो देश नेपालको धेरै माया लाग्छ ।



**प्रत्युष लोहनी**

**क्रमाङ्क: ३१०१९**

### बालअधिकार

१८ वर्षभन्दा कम उमेर समूहका केटाकेटीलाई बालबालिका भनिन्छ । त्यही बालबालिकाको व्यक्तित्व विकासका लागि राज्यले प्रदान गरेको अधिकारलाई नै बालअधिकार भनिन्छ । बाँच्न पाउने अधिकार, खान पाउने अधिकार, खेल्न पाउने अधिकार, सुरक्षाको अधिकार, अभिभावकको माया पाउने अधिकार, आदि बालअधिकारका उदाहरणहरू हुन् ।

कानूनले बालबालिकाहरूलाई विविध अधिकारहरू प्रदान गरेको छ । जसअन्तर्गत, प्रत्येक बालबालिकालाई सम्मानपूर्वक बाँच्न पाउने अधिकार, प्रत्येक बालबालिकालाई नाम, राष्ट्रियता र पहिचानको अधिकार, भेदभाव विरुद्धको अधिकार, बालबालिकाको इच्छा विपरीत बाबु आमाबाट अलग नगरिने, बालबालिकालाई अभिभावकबाट उचित हेरचाह संरक्षण, पालनपोषण र माया प्राप्त गर्ने अधिकार, आफूलाई असर पर्ने विषयको निर्णयमा सहभागी हुने अधिकार बालबालिकाको सर्वोत्तम हितको अधिकारमा पर्दछन् ।

नेपालको संविधानको मौलिक हकअन्तर्गत धारा ३९ मा बालबालिकाको हक उल्लेख गरिएको छ । यस धारामा माथि उल्लेखित अधिकारका साथै बाल अनुकूल हकको समेत व्यवस्था गरिएको छ । बाल अधिकार सम्बन्धि महासन्धी सन १९८९ नोभेम्बर २० मा संयुक्त राष्ट्रियसङ्घले सम्पन्न गरेको थियो। यस सन्धीलाई अङ्ग्रेजीमा UNCRC भनिन्छ ।

त्यसैले बाल अधिकार सुनिश्चित गर्नका लागि सेप्टेम्बर १४ मा बाल दिवस मनाइन्छ ।



परिधी पन्त

क्रमाङ्क : ३००५४

### जन्मदिनको सरप्राइज

“नम्रता ! ए, नम्रता ! होइन कहाँ गई नम्रता ?” आमाले ठुलो स्वरमा भन्नुभयो। उहाँले नम्रतालाई घरभरि खोज्नुभयो। “ए यहाँ पो रैछौ त । के गर्दै छौ ?” “यो कस्तो छ आमा ?” नम्रता भान्साको छेउमा बसेकी थिइन् । उनले आमालाई कालो पाटीमा एउटा चित्र देखाइन् । “आहा ! कस्तो राम्रो चित्र!” त्यो चित्र नम्रताको जन्मदिनको थियो । “आमा भोलि मेरो जन्मदिन हो । कसरी मनाउने ?” “ मलाई थाहा छ छोरी। म र बुबाले भोलि तिम्रो लागि सरप्राइज योजना बनाएका छौं ।” “ सरप्राइज ? कस्तो सरप्राइज ?” “ त्यो सरप्राइज जुन तिमिले भोलि थाहा पाउने छौ । अब सुत्न जाऊ । भोलि चाँडै उठ्नुपर्छ ।” “हुन्छ आमा ! ” नम्रता सरप्राइजको बारेमा थाहा पाएर निकै उत्साहित भइन् । भोलिको पर्खाइमा थिइन् । उनी रातभर सुत्न सकिनन् ।

भोलिपल्ट बिहान सबेरै उठेर उनले नुहाइन् । नयाँ लुगा लगाई कपाल कोरिन् र आमाकहाँ गइन् । “हेप्पी बर्थ डे ! जन्मदिनको धेरै शुभकामना छोरी !” “धन्यवाद आमा !” “आऊ, अब पूजा गरौ ।” नम्रता र आमा पूजा कोठामा गए । बुबा पनि आउनुभयो । उनीहरूले पूजा गरे । आमा बुबाले नम्रतालाई पैसा र धेरै आशीर्वाद दिनुभयो । नम्रताले अझै सरप्राइज सम्झिरहेकी थिइन् तर आमालाई भनेकी थिइनन् । आमाले मिठो खाना पकाउनुभयो । खानाको सुगन्ध एकदमै मिठो थियो । नम्रतालाई धेरैले फोनमा जन्मदिनको शुभकामना दिए । त्यत्तिकैमा आमा कोठामा आउनुभयो । “नम्रता, सरप्राइज याद छ ?” “अँ मलाई याद छ ।” “आऊ, तिम्रो लागि एक सरप्राइज छ । के तिम्रो उत्साहित छौ ?” “हो, म धेरै उत्साहित छु ।” आमाले आँखा बन्द गरेर नम्रतालाई लैजानुभयो । हामी कहाँ जाँदैछौं भन्ने मलाई थाहा थिएन । “ठिक छ, अब आफ्नो आँखा खोल । “सरप्राइज!!!!!!!!!!!!!!!!!!!!!!” “हेप्पी बर्थ डे टु यु ! “हेप्पी बर्थ डे टु यु ! “हेप्पी बर्थ डे टु यु ! नम्रता!” “धन्यवाद सबैजनालाई !!!” “आऊ नम्रता अब केक काट । ” नम्रता

आफ्नो सरप्राइज देखेर एकदमै खुसी भइन् । उसको जन्मदिन धेरै धुमधामसँग मनाइयो । सबै आफन्तहरूले उसक  
लागी उपहार पनि ल्याएका थिए । अन्तिममा उनको सरप्राइज सकियो । उनी धेरै खुसी भइन् ।



**नितिका कपाली**

**क्रमाङ्कः ३००१६**

### **व्यक्तिगत स्वच्छता**

व्यक्तिगत स्वच्छता भनेको हाम्रो शरीरलाई सफा र स्वस्थ राख्नु हो । रोगहरूको फैलावट रोक्नको लागि हाम्रो व्यक्तिगत स्वच्छता महत्त्वपूर्ण छ । हामीले हाम्रो शरीर सफा राख्नको लागि हप्तामा तिन दिन नुहाउनुपर्छ । हामीले हाम्रो मुख सफा राख्न दिनमा दुई पटक दाँत माइनुपर्छ । हामीले बारम्बार हात धुनुपर्छ, विशेष गरी खाना खानु अघि र शौचालय प्रयोग गरेपछि । यसो गरेपछि हाम्रो मुखभित्र कीटाणु छिर्दैन र हामीलाई रोगबाट बचाउँछ । हामीले मुखको साथ-साथ नङ पनि सफा राख्नुपर्छ र काट्नु पनि पर्छ । हरेक दिन सफा लुगा लगाउनुपर्छ । हाम्रो स्वास्थ्यको लागि व्यक्तिगत स्वच्छता महत्त्वपूर्ण छ । यसले रोगको फैलावट रोक्न मद्दत गर्न सक्छ । यसले हाम्रो आत्म-विश्वासलाई पनि सुधार गर्न सक्छ । हामीलाई आफ्नो बारेमा राम्रो महसुस गराउन सक्छ । राम्रो व्यक्तिगत स्वच्छता गरेर हामीले हाम्रो शरीरलाई स्वस्थ राख्न सक्छौं । हाम्रा भाइबहिनीले पनि हामीबाट राम्रो कुरा सिक्छन् । त्यसैले हामीले हरेक दिन आफ्नो व्यक्तिगत सरसफाइको ख्याल गर्ने बानी बसाल्नुपर्छ । सानैदेखि राम्रो बानी बस्यो भने ठूलो हुँदा झन् सजिलो हुन्छ । हामीले नङ पनि टोक्नुहुँदैन किनकि नङको भित्र धेरै फोहोर हुन्छ । व्यक्तिगत स्वच्छता गर्दा अल्छी मान्नु हुँदैन ।



**एन्जिला शेर्पा**

**क्रमाङ्कः ३००६३**

### **मेरो विद्यालय**

विद्यालय एक यस्तो स्थान हो, जहाँ शिक्षा प्रदान गरिन्छ । विद्यालयलाई पाठशाला पनि भन्ने गरिन्छ । यसमा धेरै तहका विद्यालयहरू पर्दछन् । पहिलो त्यो विद्यालय जसमा कक्षा नर्सरी, एल के जी र यु के जी पढाइन्छ, त्यसलाई पूर्व प्रथमिक तह भनिन्छ । कक्षा १ देखि ८ सम्म पढाइ हुने विद्यालयलाई आधारभूत विद्यालय भनिन्छ । कक्षा ९ देखि १२ सम्म पढाइ हुने विद्यालयलाई माध्यमिक तह भनिन्छ । मेरो विद्यालयमा १ देखि १२ सम्म पढाइ हुन्छ । मेरो विद्यालय धेरै सुन्दर र सफा छ । मेरो विद्यालयको नाम सिफल स्कुल हो । यो काठमाडौंको सिफलमा अवस्थित छ ।

विद्यालयलाई शिक्षाको मान्दिर पनि भनिन्छ । मेरो विद्यालयको वातावरण शान्त छ । मेरो विद्यालयका शिक्षक शिक्षिकाहरूले विद्यार्थीहरूलाई आफ्नै बच्चा जस्तै गरी धेरै माया गर्नुहुन्छ । शिक्षक शिक्षिकाहरूले मात्र नभइ त्यहाँका कर्मचारीले पनि हामीलाई असाध्यै माया र सहयोग पनि गर्नुहुन्छ । मेरो विद्यालयमा अतिरिक्त कियाकलापहरू पनि गर्ने गरिन्छ । जस्तैः नाच, खेलकुद आदि । मेरो विद्यालयमा संस्कृत र नेपाल भाषाको विषय पनि पढाइ हुन्छ । मेरो विद्यालयमा फुटसल खेल्ने ठाउँ, बास्केटबल कोर्टहरू पनि छ । मेरो विद्यालयभित्र गएपछि

विद्यालय जस्तो नभएर जङ्गलभित्र गएको जस्तै हुन्छ किनभने त्यहाँको वातावरण शान्त र हरियाली छ । मेरो विद्यालयमा सातओटा आवश्यक सिपहरू मान्नुपर्दछ अन्यथा हामी ठुलो समस्यामा पर्न सक्छौं ।

मेरो विद्यालयले गुणस्तरीय शिक्षा प्रदान गर्दै आइरहेको छ त्यसैले हामीले मन लगाएर पढ्नुपर्छ । आफ्नो भविष्य असल र सफल बनाउनुपर्छ । आफ्ना आमा बुबाको नाम उच्च बनाउनुपर्छ । यति राम्रो विद्यालयमा पढ्न पाउँदा मैले आफूलाई भाग्यमानी ठानेकी छु ।



काव्या ओली

क्रमाङ्क: २९०१४

### रञ्जना

“कृषा ए कृषा” बाले बोलाइ रहेका थिए । कृषा मेरी साथी थिई । मेरो एउटा मात्र साथी । उनी मेरी दिदी जस्तै थिइन् । मेरै दिदी हुन् उनी । हुन त हामी दुबै सानै हुँदाखेरि उनका बा आमा संसार छोडेर गएका थिए । मेरा बाबा आमाले कृषालाई हाम्रो घर तथा हामीसँगै बस्ने तयार गरी त्यो दिन पछाडि ५ वर्ष भइसकेको थियो । हुन त बाआमालाई पाउनाहरू पटकै मन पर्दैन थियो । सायद कृषाका दुःखले हाम्रो घरमा बस्न दिएका होलान् ।

कृषा र म दुवै दौडिँदै बातिर गयौं । तिमीहरूले आमालाई देखेका छौ ? ए अनि कृषा मैले तिनलाई नयाँ कपडा ल्याइदिएको छु नि । विद्यालय जान । ”बा मलाई देखाउनु त “ । हुन त मैले आमालाई दिएको थिएँ, तर केही छैन आमा आहालिन् नि । तर आमा कहिले आइनन् । साँझ परिसकेको थियो, मलाई नयाँ र साझा कपडा लगाउँदा कृषाले पुरानो कपडा लगाउँदा मेरो चित्त दुखेथ्यो । त्योभन्दा आमाको मायालु आवाजको प्रतीक्षा मात्र गर्न मलाई धेरै गाह्रो भयो । आमा बालाई नभनीकन घर बाहिर जानु हुँदैन थियो । खै आज के भयो ? आमा आउनुहुन्छ भन्ने आशा हामी कसैले पनि गर्नुहुँदैन थियो । तर हामीले गरेकै कारणले हामी त्यो रात भोकै बस्यौ । भान्छा कोठा भद्रगोल थियो तर आमा अझै पनि आइनन् । कुनै दिनपछि बाले कृषालाई अर्को नयाँ कपडा किनिसकेका थिए । हामी सबैले प्रहरीलाई पनि आमाको बारेमा भनिसकेका थियौं ।

म आमालाई भेटाउने तथा यो सबै सपना भएको कल्पना गर्थेँ । तर परिस्थितिअनुसार आमालाई भेट्न त सपना मात्र थियो । “कृषा, कृषा” बाले भन्नुभयो यो घटना भएको १-२ हप्ता भइसकेको थियो । म र कृषा गृहकार्य गर्दै थियौं । बाको अचानक आवाजले हामी दुबै जना तर्सियौं ।

”होइन के भयो त फेरि” म र कृषाले एकैचोटि भन्यौं ।

“तिमीहरूको आमा आउनुभयो” आमा ?” उनी आमा होइनन्, तिमीहरूलाई आफ्नै घर लैजाने आमा । “होइन के भन्नुहुन्छ तपाईंले ?” “मलाई माफ गरिदेउ प्रिय तिमीहरूको आमा हुँदा मलाई कति सजिलो हुन्थ्यो, उनी जाँदा मात्र मलाई थाहा भयो उनका काम अत्यन्त महत्त्व रहेछ । उनी गएपछि मैले सबै घर धन्दा गर्नुपरेको थियो ।

मैले महिनै भयो ऋण नतिरेको । तिमीहरूको विद्यालयको फि पनि तिर्न सकेको छैन । मैले एउटा इमान्दार परिवार भेट्टाएको छु , तिमीहरू मसँग भविष्य बिताउन सक्दैनौं” । यति कुरा बाको मुखबाट निकलेपछि हामी दुईजना झसङ्ग भयौं । ढोकाबाट एउटी सुन्दरी केटी देखा परिन्, उनी देखिने बित्तिकै कृषा कराइ “उनी रञ्जना हुन् । मैले उनलाई टिभी र पत्रिकामा देखेको थिएँ । उनी नेपालको सबैभन्दा ठुला पत्रकार हुन् । मलाई उनी असाध्यै मन पर्छ-”मैले उसलाई के भन्न दिइँ र उसको कानमा भने, तिमीले हाम्रो घर उसको लागि छोडदिन्छौ र ?” “नाइ तर-” “मैले कृषालाई केही भन्न दिइँ” “हामी हाम्रै बाबासँग बस्छौं, तपाईंको पैसाले हामी तपाईंको घर जान सक्दैनौं, हामीलाई हाम्रै बाबाको प्यारो लाग्छ । रञ्जना आफ्नै पाराले भनिन् “ माफ गर्दिनुहोस् मलाई तर तिमीहरूको बा असल हुन्, तर उनी ऋणमा छन् मैले तिमीहरूलाई बाचा गर्छु बासँग भेट्न दिन्छु । मेरो छोरी छैन, तीन महिनाको लागि भएपनि मेरो घर आऊ बित्ति छ ।” पछि कृषा र म आफ्नो सामान प्याक गरेर रञ्जनाको घर गयौं ।

रञ्जना असाध्यै दयालु थिई । कृषा र म रञ्जनालाई धेरै मन पराउँथ्यौं, आमाको न्यासो पनि होला तर रञ्जना हामीलाई धेरै माया गर्थिन् । एक हप्ता भएको थियो । बुवालाई भेट्न मात्र जाँदा बुवा आफ्नो घरमा थिएनन् । कृषा र म रुँदैरुँदै घर जाँदाखेरि रञ्जना हामीलाई हसाउँथिन् । प्रत्येक हप्ता हामी बाबाको घर जाँदा बा कहिले पनि हुनुहुँदैन थियो ।

रञ्जना कृषा र म उस्तै थियौं । रञ्जना हाम्री आमा जस्तै थिइन् । तर अब रञ्जनाको साथमा कृषा र म आमा हुँदा जस्तो खुसी कहिले पनि भएनौं । हामीले आमालाई नभेटेको ९ हप्ता भइसकेको थियो । एकदिन रञ्जनाको ढोकामा घण्टी बज्यो । रञ्जनाले ढोका खोलेर भनी “तपाईं को हो ?” “ रञ्जना यस्तो नभन, तिम्रो पैसा मैले दिइसकेँ, त्यसको थप १००० पनि दिइसकेँ मेरी दुइटी छोरी देउ” ढोकामा बस्ने मान्छेले भनी। “माफ गरिदेऊ तर तिमीहरूले ऋण त तिरेक छैनौ । तिमीले नै भनेकी थियौ तिम्रो छोरीको लागि राम्रो भविष्य दिन मलाई तिम्री छोरी दिएको हैन” “आफ्नै बहिनीलाई आफ्नै छोरी हेर्न त देऊ न” यति भन्दाभन्दै रञ्जनाले ढोका थुनी ।

त्यो घटनाको दुई-तीन हप्तामा रञ्जना हामीसँग खेलिन, गृहकार्यमा सहयोग गरिन् । हामीलाई एकलै घरमा छोड्न थाली । म निराश भएँ । रञ्जनाको रिस सबै म र कृषालाई मात्र पोख्थिइन् । हाम्रा बा आमा भए हामीलाई विद्यालय जाँदा जहिले चुप्पा खानुहुन्थ्यो तर रञ्जना हामीलाई कहिले पनि सुस्सुम्याँउनु भएन ।

शनिबारको दिन थियो, रञ्जना बाहिर जाँदा ढोकाबाट घण्टी बजेको थियो । कृषा र म दुवै ढोकाको प्वालबाट हेर्दै थियौं । आमाको लागि ढोका खोलेर हामी दुबैजना आमासँगै गयौं । रञ्जना हामीलाई त्यति माया पनि गर्दिन थिई । आमा र बुबासँग कृषा र म दुवै खुशी भएर उफ्रिन थाल्यौं । त्यसपछि हामीले आमा र बुवालाई कहिले पनि हेपेनौं,

। बुबाले आफ्नै देशमा स्वरोजगार गरेर ऋण तिरे । बा आमाको महत्त्व हामीलाई त्यतिबेला मात्र थाहा भयो, उनीहरू टाढा भएपछि । बा आमाले हामीलाई माफी पनि माग्नुभयो, तर हामीलाई बा-आमा मात्र भए पुग्ने थियो । हामी रिसाएका थियौं तर माफी चाहिँदैनथ्यो ।



**अग्रिम रिजाल**

**क्रमाङ्क: २९००५**

### नेपालमा अपनाइने रीतिरिवाज र त्यसका प्रभावहरू

नेपाल एक यस्तो देश हो जहाँ धेरै नराम्रा चलनहरू मानिन्थे र अहिले पनि गाउँघरमा मानिने गरिन्छ। बाल विवाह, छाउपडी प्रथा जस्ता धेरै चलनहरू छन् जुन हामीले सकेसम्म अपनाउनु हुँदैन। यसले अरुलाई हानि हुन्छ र अरुको चित्त पनि दुख्छ। त्यसैले हामीले सकेसम्म त्यस्ता चलन अपनाउनु हुँदैन ।

सबैभन्दा पहिले आउँछ बाल विवाह । यसमा १ बालक र १ बालिकालाई उमेर नपुग्दै विवाह गरिन्छ। जुन धेरै हानिकारक हुन्छ किनभने एक बालिकाले सानै उमेरमा बच्चा पाउँछे जसले गर्दा एक बालिकालाई गार्हो हुन्छ र कुनै बालिकाको भने दुखाइले गर्दा मृत्यु पनि हुन्छ । नेपालमा बाल-विवाह कानूनको विरुद्ध छ र यदि पत्ता लाग्यो भने कडा सजाय दिइने गरिन्छ । दोस्रो चाहिँ छाउपडी प्रथा हो । यसमा एक महिनावारी भएरहेकी महिलालाई एक काठको घर वा गोठमा राखिन्छ जुन धेरै हानिकारक हुन्छ, किनभने त्यहाँ धेरै किरा आउँछन् र सर्पहरू पनि आउँन सक्छन् । सर्पले टोक्यो भने शरीरमा विस लाग्छ । अहिले धेरै ठाउँहरूमा छाउपडी प्रथा कम हुँदै गएको छ । हामीले पनि त्यो कम गर्नुहुँदैन किनभने त्यसको फाइदा होइन बेफाइदाहरू छन् र अहिले धेरै राम्रो भइसकेको छ । तेस्रो रहेको छ छुवाछुत। यसमा माथिल्लो जाति र तल्लो जाति भनेर जातजातिलाई छुट्याइन्छ । तल्लो जातिका मानिसहरू माथिल्लो जातिका घरमा जान नपाइने मन्दिर छिर्न नपाइने र नदीको छेउ जान नपाउने भनेर भन्छन् । तर त्यस्तो हुँदैन सबै मानिस एउटै हुन् र आफ्नै तरिकाले बाँच्न पाउँने अधिकार सबैलाई छ। यो चलन प्रायजसो गाउँघरमा हुने गर्छ। यस्तो गरेको भेटियो भने कानूनबाट सजाय पाउँन सकिन्छ। अर्को हो धामि झाक्री । जुनमा मानिसहरू धामी झाँक्रीकहाँ जान्छन् । धामिझाँक्रीले हुँदै नभएको कुरा भनिदिन्छ र मानिसहरू त्यसमा विश्वास राख्छन्। र अरुलाई दुख पुग्ने कुराहरू गर्न थाल्छन् जस्तै फलामको डण्डीले पोलिदिने कुचोले पिट्ने आदि ।

यी रीतिरिवाजहरू अपनाउनु हुँदैन र यदि कसैले अपनाइरहेको छ भने उसलाई रोक्नुपर्छ किनभने यो अब नेपालको कानून विरुद्ध जान्छ र पीडितहरूलाई दुःख हुन्छ ।



**आरोहण तिमिना**

**क्रमाङ्क: २९०५७**

### सगरमाथा

नेपालमा धेरै हिमालहरू छन् । नेपालको शिर नै हिमालले बनेको छ । संसारमा १० सबैभन्दा अग्ला हिमालको सूचीबाट ८ ओटा हिमाल नेपालका हुन् । नेपालमा सगरमाथा, कञ्चनजङ्घा, लोत्से, चो ओयु, अन्नपूर्ण जस्ता अग्ला अग्ला हिमालहरू छन् । नेपालमा संसारकै सबैभन्दा अग्लो हिमाल सगरमाथा पनि छ। सगरमाथा

संसारको सबैभन्दा अग्लो हिमाल हो । त्यो हिमाल ८८४८.६८ मि. अग्लो छ । सगरमाथाभन्दा अग्लो कुनै पनि हिमाल छैन ।

सगरमाथा नेपाल र चिन दुवै देशमा पर्दछ नेपालको भागमा अग्लो भएर नेपालबाट त्यहाँ पुग्न सजिलो भएको भएर सगरमाथाले नेपाललाई धेरै फाइदा गरेको छ । सगरमाथाले नेपाललाई आर्थिक अवस्थामा पनि धेरै मद्दत गरेको छ । नेपालमा सगरमाथा हिमालको खोज भएपछि नेपालमा पर्यटन धेरै बढेका छन् । पर्यटनले नेपाललाई आफ्नो आर्थिक अवस्थामा धेरै मद्दत गरेका छन् । पर्यटन विना हाम्रो देश नेपाल चलाउन धेरै गाह्रो हुन्छ । पर्यटनले गर्दा नै नेपालमा धेरै रोजगारी सिर्जना भएको छ । वर्षभरि लाखौं मानिस नेपालमा सगरमाथाका कारण आउँछन् । नेपाल देश भनेर हाम्रो देश नेपाललाई प्रसिद्ध बनाउने चिज भनेकै सगरमाथा हो । त्यसैले सगरमाथाले नेपालको लागि धेरै महत्त्व राख्दछ । नेपालको अर्थव्यवस्था पर्यटनमा आधारित छ त्यसैले नेपाल जस्तो गरिब देश पनि राम्रोसँग चल्दै छ । नेपालको करिब ३ प्रतिशत अर्थव्यवस्था सगरमाथाले गर्दा आएको छ । सगरमाथा विना नेपालको अर्थव्यवस्थामा घातक प्रभाव पर्थ्यो । तर नेपालका मानिसहरूलाई सगरमाथामा धेरै पर्यटन भएर नकारात्मक प्रभाव पनि परेको छ । सगरमाथालाई हेर्न अथवा चढ्न गएका मानिसहरू त्यहाँको वातावरणलाई फोहोर बनाउँछन् त्यसैले मानिस र जनावर दुवैलाई नराम्रो प्रभाव पर्ने गरेको छ र नेपाली जनतालाई त्यो कुरा पटकै मन पर्दैन । सगरमाथा नेपालको धन हो । जुनले हाम्रो देशलाई विश्वभरी प्रसिद्ध बनाएको छ । यस पर्वतले नेपालीलाई गौरवान्वित बनाएको छ। सगरमाथा नेपालको लागि ठूलो महत्त्व राख्छ । हामी सगरमाथाले गर्दा सजिलोसँग जिउँन सक्छौं र हाम्रो देश पनि सहज आवस्थामा रहन्छ । अहिले नेपाललाई अर्थव्यवस्था र आफ्नो प्राकृतिक सुन्दरताबिच एउटा कुरा छान्नु परेको छ ।

नेपालमा सगरमाथाको पर्यटन व्यवसायले नेपालको प्राकृतिक सुन्दरतालाई असर गर्दै छ । यो धेरै नराम्रो छ र यसले हाम्रो देशको प्राकृतिक सुन्दरता बिगार्दै छ त्यसैले हामीले अब धेरै फोहोर गर्नुहुँदैन र हाम्रो देशलाई एउटा राम्रो ठाउँ बनाउनुपर्छ ।



समृद्धि गेलाल

क्रमाङ्क: २१०६३

### किसान

हामी मानिसहरू विभिन्न पेसामा आधारित हुदै जीविकोपार्जन गरिरहेका हुन्छौं । हामी डाक्टर, वैज्ञानिक, इन्जिनियर, पाइलट जस्ता पेसालाई धेरै सम्मान र महत्त्व दिइरहेका हुन्छौं । हामीलाई जन्मेदेखि मृत्युसम्म अन्नको आवश्यकता हुन्छ । यस्तो जीवनको प्रत्येक समयमा आवश्यक अन्न हामीलाई किसानले उत्पादन गरिदिन्छन् । यसरी हेर्दा किसान हाम्रा अन्नदाता हुन् । हामी सबै बाच्नको लागि किसानसँग निर्भर छौं । किसान यो संसारमा आत्मनिर्भर समूह हो भने हामी सबै परनिर्भर छौं ।



शब्दकोशको परिभाषा हेर्ने हो भने कृषि कार्य गर्नेलाई किसान भनिन्छ । किसानको परिभाषा यति मात्र छैन, किसान दिनरात हिलोमा खेलेर परिश्रम गर्ने व्यक्ति हो। किसान घाम र पानी नभनी हाम्रा लागि मिहिनेत गर्ने गर्दछन् । त्यसैले हामी किसानलाई मिहिनेतीको परिभाषा पनि मान्न सक्छौ । हाम्रो जस्तो कृषिमा आधारित देशको लागि त किसान देश विकासको आधार पनि हुन् ।

किसानले रोपेको अन्नले देशको आर्थिक उन्नति गर्छ । हाम्रो देशको धेरै जमिन कृषिको लागि उपयुक्त छ। हाम्रो देश नेपाल, तीन भागमा बाडिएको छ । तराई अन्नको भण्डार हो तर किसान विना त्यो सम्भव छैन । हरियालीको पटुकी बाधेको पहाड पनि किसानको ठूलो भूमि का छ। किसानले रोपेको अन्नले नै हामीहरू आफ्नो पेट पाल्छौं । किसानले रोपेको अन्नले देशलाई हरियाली बनाउँछ। देशको हरियाली हेर्न बाहिरबाट पर्यटकहरू आउँछन् र देशको विकास हुन्छ ।

पहिला किसानहरूले कुनै पनि प्रविधिको प्रयोग नगरी, आफ्नै बल लगाएर काम गर्थे । त्यो काम गर्न धेरै समय पनि लाग्थ्यो । त्यसकारणले उनीहरू आफ्नो घरायसी काम गर्न पाउँदैनथे तर आजभोलि कृषि गर्ने नयाँ नयाँ प्रविधिको विकास भएको छ । त्यसको कारणले किसानहरूलाई काम गर्न सहज र थोरै समयमै काम सकिने भएको छ तर यस्ता प्रविधिको प्रयोग गर्दा प्रकृतिमा असन्तुलन पनि आएको छ । हिजोआज मानिसहरू बाहिरबाट आएका फलफूल र तरकारीहरू खान्छन् जसमा विषादी प्रयोग गरिएको हुन्छ र त्यस्तो खाने कुरा हाम्रो स्वास्थ्यको लागि हानिकारक हुन्छ र त्यस्तो खाना नखाएर अर्गानिक खाना खानुपर्छ किनभने अर्गानिकमा विषादी हालेको हुँदैन र अर्गानिक खानाले हामीलाई तन्दुरुस्त पनि बनाउँछ ।

अन्त्यमा, यो निष्कर्ष निकाल्न सकिन्छ कि कृषि यस धर्तीको सबैभन्दा गाह्रो र महत्त्वपूर्ण पेसा हो । जस्तै: रसिया र युक्रेनको युद्ध चलिरहेको छ र यसले खाद्यान्यको मूल्य बढेको छ र यस्तो समयमा किसानले ठूलो भूमिका खेलेका छ। त्यसैले अब हामीहरू किसानलाई सहयोग र सम्मान गर्नतिर लाग्नुपर्छ ।



**सुभानी कार्की**

**क्रमाङ्क: २९०५५**

### **कला**

कला सबैभित्र हुन्छ तर कला हामीले देखाउने र कसरी प्रस्तुत गर्ने भन्नेमा परक छ । कतिपय मानिसहरू देख्दैनन् र आफूबिचमा मात्रै सीमित राख्छन् । यसो गर्दा उनीहरूले धेरै अवसरहरू पाउँदैनन् । अवसर त गुमाउने होइन खोजेर वा खोसेर पनि लिनुपर्छ । आफूले पाएमा खुसी हुनुपर्दछ ।

कला धर्तीमा मात्र सीमित छैन कला वरिपरि सबैतिर कला छ । हामी आकाशमाथि हेर्छौं । हामी पानीलाई अचम्मको कलामा पनि देख्छौं वा सामान्य व्यक्तिले देख्ने पानी र कलाकारले देख्ने पानीमा निकै फरक हुन्छ । हामी पनि आफैँमा कला हौं तर आफूभित्र रहेको कला चिन्नका लागि निकै प्रयास गर्नुपर्छ । धेरै माध्यमहरूले छन् जस्तै चित्रकला, नृत्य, सङ्गीत तथा अन्य अन्य माध्यमहरू छन् । तर यी सबैका लागि पनि

हामीलाई प्रयास निकै जरुरी छ । हामीले कला सिकाइने धेरै ठाउँहरू भेटेका छौं तर त्यहाँ जीवनको कला धेरै नै थोरै मात्रामा सिकाइन्छ । हामीले जीवनलाई चलाउनका लागि निकै प्रयत्न गर्नुपर्ने हुन्छ तर आजको समयमा हामीले विद्यालयहरूमा यस्ता कलाहरू सिक्ने अवसर निकै पाएका छौं । उदाहरणका हाम्रो विद्यालयमा जीवन जिउनका लागि चाहिँने महत्त्वपूर्ण कुराहरू सिकाइन्छ । चाहे त्यो व्यवहारबाट होस् वा कुनै अरु उदाहरण बाट । पहिला पहिला हामीले यस्तो कुराहरू ठुलाबडाबाट अनुमति पाउँदैनथ्यो तर आजको समयमा हामीले यस क्षेत्रमा पनि धेरै सुविधा पाएको पाइन्छ । त्यसकारण यस क्षेत्रमा पनि हामीले निकै राम्रो सफलता प्राप्त गर्नसक्छौं । हामीले यस क्षेत्रलाई निकै बढावा दिएर अगाडि बढाउनुपर्छ । यसो गर्नाले हामीलाई निकै राम्रो हुन्छ ।

त्यसैले हामीले कलालाई बढावा दिनुपर्छ । यसले हामी पनि उत्साहित भएर केही गर्ने जाँगर देखाउनुपर्छ । उत्साह भोक छ भने मानिस हरेक कलामा सफल हुन्छ । यसकारण हाम्रो नाम हामी समाजमा मात्र हैन पूरै विश्वमा चम्किन्छ । त्यसैले हाम्रो देशलाई र स्वयं हामीलाई सुखी बनाउँछ । आर्थिक रूपमा पनि हामीले कलामार्फत निकै फाइदा कमाउँछौं । त्यसैले यो क्षेत्रलाई अझै प्रोत्साहन दिनुपर्छ ।



**तनिष्क शाक्य**

**क्रमाङ्क: २८०११**

### **कथा: यसको कारण म पनि हो र ?**

"ओहो ! कस्तो गर्मी हो आज, कामको लागि गाडीबाट एकछिन बाहिर त के गएँ सबै पसिना पसिना पो भयो ।" उमेशले मायालाई आफ्नो नयाँ गाडीको चिसो ए.सी.को हावामा बस्दै पानीको एक घुट्टको लिएपछि बाहिर भएको घटना बारे भने । मायाले पनि उमेशको कुरामा सहमति दिएर आफ्नो पनि कुरा राखी ।

उमेश एउटा ठुलो उद्योगको मालिक थिए भने उनकी श्रीमती माया चाहिँ पहिले त्यही उद्योगमा काम गर्थिन् तर अहिले उनी एउटा क्याफे चलाउँछिन् । उनीहरूकी एक छोरी पनि थिई, मिना । मिना चाहिँ पाँच कक्षामा पढ्थी । एक हप्ता अगाडि नै उमेशले एउटा नयाँ गाडी किनेका थिए र उनी र उनको परिवार भने अर्को उद्योग बनाउनका लागि एउटा जग्गा हेर्न गएका थिए ।

बाटामा गाडी दौड्दै थियो, वरिपरि सुन्दर बगैचा र घना वनजङ्गल थिए । वरिपरिको स्वच्छ हावा र सुन्दर वातावरण देखेर मिना खुसी हुँदै गाडी रोक्न भनेर अनुरोध गरिन् । उमेशले मिनाको अनुरोधले गाडी रोके । मिना भने गाडीबाट ओर्लेर बगैचातर्फ दौडिइन् र मिनाको पछि पछि माया र उमेश पनि लागे । "कस्तो सुन्दर ठाउँ, यस्तो ठाउँ सहरमा भए कस्तो राम्रो हुन्थ्यो ।" मिनाले भनिहालिन् र वरिपरिको वातावरणमा मग्न हुँदै त्यो ठाउँका फोटोहरू खिचिन् । केहीबेर त्यहाँ बस्दा मिनालाई रमाइलो लाग्यो, सायद त्यस्तो ठाउँ सहरको विभिन्न भवन, घर, उद्योग, सडकका भिड, धुवाँ, गाडी आदिमा नदेखिने भएकोले पनि होला, सानै देखि सहरमा हुर्किएर त्यस्तो ठाउँहरू किताबका चित्रमा मात्र देखेको भएर वा केही नौलो कुरा देखेको भएर होला मिनालाई त्यो ठाउँ अत्यन्त मन पर्यो । त्यस दिन साँझ पर्न लागेको थियो र उमेश र मायाले पनि बाँकी यात्रा अर्को दिन गर्ने भनेर निर्णय गरे । मिनालाई उमेशले बोलाए र उनीहरू फेरि गाडीभित्र बसेर होटलतर्फ गए ।

मिना त्यस दिनको यात्राले धेरै थकित भएका कारण खाना खाएपछि सुतिहालिन् र उमेश र माया चाहिँ कुराकानी गर्दै थिए । उनीहरू अगाडि भएको घटनाको बारेमा चर्चा गर्दै थिए । कुरा गर्दागर्दै उनीहरूले आफू मिनाको उमेरमा भएको समयको बारे पनि बताउन थाले । "पहिले त स्कुलबाट फर्कनासाथ हामी साथीहरूसँग खेल खेल्न जान्थ्यौं तर अहिले एकछिन बाहिर के टेक्यो गर्मीले त केही काम गर्न पनि गाह्रो हुन्छ ।" उमेशले भने । मायाले थपी, "हो नि पहिले त जति काम गरे पनि वा केही खेल खेले पनि त्यति गर्मी हुँदैनथ्यो, जाडो महिनामा पनि पहिले त बाक्लो लुगा लगाउँदा पनि चिसो हुन्थ्यो तर अहिले भने कति गर्मी हुन्छ।"

अर्को दिन उनीहरू जग्गा हेर्नका लागि गए, त्यो ठाउँ उनीहरूले अघिल्लो दिन देखेको जस्तो राम्रो ठाउँ त थिएन, त्यहाँ बोटबिरुवा उखेलिएका थिए र केही रुखहरू काटिएका पनि थिए । त्यहाँ उद्योग बनाउन सकिन्थ्यो र केही बेरको कुराकानीपछि त्यो जग्गा उमेशले किन्ने विचार गरे । उद्योग बनाउँदा त्यहाँ भएका रुखहरू काटिएको थिएन ।

जग्गा किनिसकेपछि उमेश, माया र मिना फेरि आफ्नो सहरतर्फ लागे । सहर पुगेको केही दिनपछि मिनाको स्कुल खुल्यो । स्कुल खुलेपछि मिनाले आफ्ना साथीहरूलाई उनी गएको आकर्षक ठाउँको बारेमा बताइन् र आजकल बढिरहेको गर्मीबारे पनि भनिन् । मिनाले त्यति भन्दैमा शिक्षक कक्षाभित्र आउनुभयो र पाठको सुरुआत गर्नुभयो । त्यो शिक्षकले मिनाको कुरा सुनेर हो कि, त्यसदिन धर्तीमा बढेको गर्मीको कुरा गर्नुभयो र त्यसैबारे पाठ पनि पढाउनुभयो । त्यस पाठको नाम ग्लोबल वार्मिङ थियो । शिक्षकले बिस्तारै ग्लोबल वार्मिङको बारेमा बुझाउँदै गर्नुभयो । स्कुल छुट्टी भएपछि मिना आफ्नो घर फर्की र आफ्ना आमाबुबालाई पनि ग्लोबल वार्मिङको बारेमा बताई । मिनाले महसुस गरिन् कि सहरमा वनजङ्गलहरू काटेर नै ती भवन, घर आदि बनाइएका हुन् । उनले बुझ्न थालिन् कि उनी होइन उनका आमाबुबा पनि जलवायु परिवर्तन एक कारण थिए ।

जुन समाजलाई हामी विकसित बनाउन प्रविधिको उपयोग गरिरहेका छौं त्यही समाज हामी वनजङ्गल काटेर प्रकृतिलाई नष्ट गर्दै छौं भन्ने कुरा मिनाले बुझिन् । उसका बुबा उमेशले पनि यस्तो कुरा सुनेर उद्योग बनाउन किनेको जग्गामा बोट बिरुवाहरू रोप्न लागे र प्रकृति बचाउने बाटोतर्फ लागे ।



**इशानी मान-धर**

**क्रमाङ्कः २८००४**

### **कथाः देखावटी र इर्ष्यालु जेस**

"आमा, यो नयाँ ब्याग धेरै सुन्दर छ । यो ब्याग सस्तो पनि छ । कृपया आमा, यो मेरो लागि किनिदिनु न, प्लिज ।" सानी जेसले भनी । "तिमीसँग पहिले नै धेरै ब्यागहरू छन् । र ती मध्ये केही राम्ररी प्रयोग पनि भएका छैनन् । त्यसैले, पहिले प्रयोग नगरिएका ब्यागहरू प्रयोग गर, अनि मात्र म तिमीलाई अरू ब्यागहरू किनिदिन्छु ।"

जेस दुखी भई तर उसले त्यो ब्याग किन्न मन बनाइसकेकी थिई । त्यो ब्याग किन्नको लागि, उसले आफ्नी आमालाई अरू विद्यार्थीहरूले उसलाई कसरी पुराना ब्यागहरू भएकोमा धम्की दिएका छन्

भनेर भनी । "मेरा साथीहरूले मलाई मेरो ब्यागको कारण जिस्काउँछन्", जेसले झोला किन्नको लागि झूटो बोली । अन्ततः भिख मागेर र रोएपछि उसकी आमाले उसलाई ब्याग किनिदिइन् । आफ्नी छोरी जेसलाई हेरेर, उनकी आमा, फियोना उसको व्यवहारको लागि अलि चिन्तित भइन् । त्यसपछि दुवै जना घर गए ।

जेस आफ्नो आमाबाबुसँग सहरमा बस्थी । ऊ आफ्नो आमाबाबुको एउटा मात्रै सन्तान थिई र उसका आमाबाबुले जेसलाई निकै माया गर्थे । हुर्कदै गएपछि उहाँहरूले जेस सधैं अरूको नजरमा कसरी सिद्ध हुन चाहन्छन् भन्ने कुरा देख्न थाले जुनले गर्दा उहाँहरू जेसको लागि चिन्तित हुन थाले । एक पटक जेसको विद्यालयमा, उसले एक बालिकाले झुम्का लगाएको देखिछे । अन्य विद्यार्थीहरूले ती झुम्काहरू कसरी उसलाई सुहायो भनेर बताइरहेका थिए । जेसलाई चाहिँ भित्र भित्र त्यस बालिकालाई दिइएको ध्यान र झुम्का देखेर ईर्ष्या लाग्यो । जेसले त्यस बालिकालाई झुम्काको बारे सोधी । "हेलो, मिन्दी। तिमीलाई कस्तो छ ? मलाई तिम्रो नयाँ झुम्का कस्तो मन पयो नि ।" जेसले ईर्ष्यासाथ भनी । "तिमीले ती झुम्का कहाँबाट ल्यायौ ?" उसले मिन्दीलाई सोधी । "ओ, मैले हिजो पार्कको नजिकैको पसलबाट किनेको । र मेरो झुम्काको प्रशंसा गरेकोमा धन्यवाद ।" मिन्दीले भनी । जेस घर पुग्ने बित्तिकै उसले आफ्ना आमाबाबुलाई पसलबाट झुम्का किन्न बाध्य तुल्याई । झुम्का लिएर भोलिपल्ट जेस विद्यालय गई । उसले मिन्दीबाट पनि प्रशंसा सुनेपछि, जेस सन्तुष्ट भई । जेसले उही ठाकै झुम्का किनेको कुरामा मिन्दी अलि अचम्म भई जहिले पनि कसैले अरूको प्रशंसा गरेको देखेमा जेसलाई निकै ईर्ष्या हुन्थ्यो । उसले उही चीजहरू किन्नुपर्थ्यो वा प्रशंसा पाउनको लागि अरू जस्तै बन्थी । कहिलेकाहीं, विद्यार्थी र केही मानिसहरू उसको यस्तो व्यवहारबाट असहज हुन्थे ।

जब जेस १८ वर्षकी भई, एलेक्सा नामकी केटी उसको कलेजमा भर्ना भइन् । एलेक्सा निकै दयालु र प्यारी केटी थिइन् । सबैले उसलाई मन पराउथे किनभने एलेक्सा निकै मिलनसार र रमाइलो स्वभावकी थिइन् । कहिलेकाँही एलेक्साले पाएको ध्यानलाई हेर्दै, जेसले एलेक्सा कलेजमा नहोस् भन्ने चाहन्थी । "ह्या, यो एलेक्सा किन कलेजमा आउनुपयो होला , बल्ल बल्ल पपुलर हुँदै थिए, तर यो एलेक्साले म पपुलर हुनलाई रोकिदिइ ।" जेसले मनमनै रिसाएर भनी ।

"ओ माइ गड , तिमीले सुन्यौ , मिन्की ? एलेक्साले भनिन् कि उनी आफ्नै अपार्टमेन्टमा सिफ्ट हुन जाँदै छिन् रे र उसले यो आफ्नै पैसाले गरिन् रे नि । उनले त यो पनि भनिन् कि अब उसलाई आफ्नो जीवन व्यवस्थापन गर्नका लागि आफ्ना आमाबाबुको आवश्यकता छैन रे किनभने उनले एउटा राम्रो स्यालरी पाउने काम पनि पाइसकेकी छिन् रे ।" लिलीले भनिन् ।" हो नि लिली, म कहिलेकाँही एलेक्सा नै बन्न चाहन्छु । उनी धेरै मेहनती र असल छिन्" मिन्कीले भनिन् । मिन्की र लिली बेस्ट फ्रेंड थिए । उनीहरू दुई केवल एलेक्साको नयाँ अपार्टमेन्टमा एकलै सरे बारेमा कुरा गरिरहेका थिए । यो कुरा भने जेसले सुनेछ । जेस त्यसपछि शौचालयमा गई र कराई , "अहह! एलेक्सा, एलेक्सा, एलेक्सा । म यो नाम फेरि सुन्न चाहन्न । सुनेमा उल्टी नै आउला जस्तै हुन्छ ।" त्यो दिनभरको पढाइ सकेर ऊ रिसाएर घर गई । उसले आफ्नो खाजा पनि खाइन र यति मात्र भनी "आमा, म मेरो आफ्नै अपार्टमेन्टमा बस्न चाहन्छु । कृपया आमा, मेरो बुबालाई मलाई अपार्टमेन्ट किन्न राजी गर्नु न, प्लिज । मैले मेरो

अपार्टमेन्ट पाएपछि, म आफ्नै काम गर्न जान्छु र तपाईंहरूसँग फेरि कहिल्यै पैसा वा केही माग्दिनँ म । बाबालाई भन्नुहोस् नत्र म तपाईंहरूसँग बोल्दै बोल्दिनँ ।" यो सुनेर आमा छक्क पर्नुभयो । त्यसपछि जेस आफ्नो कोठामा गइन् र भित्रबाट ताला लगाइन् । बुबा घर आउनुभइसकेपछि, उसकी आमाले जेसको व्यवहारको बारेमा बुबालाई बताइन् । उनीहरू दुबैले जेससँग कुरा गर्ने निर्णय गरे । "जेस, ढोका खोल । हामीले कुरा गर्नुपर्छ" तर जेसले जवाफ दिइन् । जेसले ढोका नखोलेपछि, उसका आमाबुबा चिन्तित भए र उनीहरूले उसलाई अपार्टमेन्ट किन्ने भनेर बताए । ढोका खोल्दै, जेसले भनिन् "आमा र बुबा, धेरै धेरै धन्यवाद।" एक हप्तापछि ऊ स्थायी रूपमा आफ्नो अपार्टमेन्टमा बस्न थाली र एउटा जागिर पाई । त्यस जागिरमा उसले कम तलब पाउँथी । ऊ एकलै बसेको र जागिर पाएको खबर कलेज वरिपरि फैलियो । उसले नयाँ अपार्टमेन्ट पाएकोमा मानिसहरूले उसलाई बधाई दिए । "जेस, अब तिमी ठूली भइसकेकी छौ । बधाई छ ।" "जेस, कृपया हामीलाई तिम्रो अपार्टमेन्ट देखाऊ न ।" यी शब्दहरू सुन्न र मानिसहरूको ध्यान पाएकोमा जेस निकै खुसी भई ।

जेस आफ्नो जागिरमा काम गर्न थाली । जीवन त्यति बेलासम्म सजिलो भइरहेको थियो । तर केही महिनापछि उसले अरू मानिसहरूलाई देखाउनको लागि सामानहरू किनेर सबै पैसा खर्च गरी । केही महिनाअघि उसले अरूलाई देखाउन महँगो ओँठी, बेल्ट आदि किन्न थालेकी थिई । उसँग अब पैसा पनि बाँकी थिएन । त्यो दिन उसलाई अपार्टमेन्टबाट एउटा चिट्ठी आयो । "यदि तपाईंले अर्को हप्तासम्म भाडा तिर्नुहुन्न भने, हामी तपाईंलाई यो घोषणा गर्न माफी चाहन्छौं । तर, तपाईंलाई यो अपार्टमेन्टबाट निकालिनेछ।" उसले यो चिट्ठी पढी र निराश भई । रिस उठेकोले ठुलो स्वरले चिच्याई र ठुलो आवाज निकालेर रोई । त्यसपछि ऊ आफ्नो नजिकैको अपार्टमेन्टको कोठामा रहेकी एलेक्साकहाँ गई । उसले एलेक्सालाई अँगालो हाली र आफ्नो जीवनमा गरेका गल्तीहरू बताई । "अलेक्सा, म सधैं अरूलाई महँगो सामानहरू देखाउन चाहन्थेँ । अरूको सफलता देखेर मैले इर्ष्या गर्थेँ । त्यो व्यवहारले मलाई घर विनाको मानिस बनाएको छ र मसँग पैसा पनि छ । म एक खराब व्यक्ति हुँ, है । अब मैले के गर्नुपर्छ, एलेक्सा ? मैले मेरो आमाबाबुलाई कहिल्यै सम्मान गरिनँ र उहाँहरूलाई मेरो अनुहार देखाउन सकिदिनँ । म असफल र खराब मानिस हुँ ।" जेसको अवस्था देखेर एलेक्साले उनलाई सान्त्वना दिइन् । "चिन्ता नलेऊ जेस । म तिम्रो समस्यामा मद्दत गर्ने छु । तिमीलाई देखावटी कहिल्यै पनि गर्नुपर्दैन थियो । तिमी पहिलेदेखि नै असल मान्छे थियौ तर देखावटीको कारणले तिमी एउटा मानिस बन्यौ जसलाई तिमी आफैले चिन्न सकिनौ । देखाउनको लागि मात्र चीजहरू किन्नुहुन्न । तिमीलाई मन पर्ने कामहरू गर र आफूलाई मन परेका सामानहरू मात्र किन । म तिमीलाई मद्दत गर्ने छु र तिमीलाई राम्रो मान्छे बन्न मद्दत गर्ने छु र तिम्रा आमा बुबाले सधैं साथ दिने छन् । तिमी एक दिन सफल हुनेछौ ।" एलेक्साले जेसलाई उसको समस्यामा मद्दत गरिन् । जेसले एलेक्सालाई धन्यवाद भन्यो र फेरि एक पटक माफी माग्यो । जेसले आमाबुवाको घरमा गएर माफी पनि मागी, "माफ गर्नुहोस् आमा, माफ गर्नुहोस् बुबा । मैले तपाईंहरूलाई कहिल्यै सम्मान गरिनँ । तर एक राम्रो व्यक्तिको कारण मैले आफ्नो गल्ती महसुस गरेँ । म वाचा गर्छु, म कडा परिश्रम गरेर राम्रो मान्छे बन्छु।" जेसले माफी माग्दै भनिन् । उसको आमाबाबुले उसलाई सान्त्वना दिए र बुझे कि उनीहरूको छोरी अब राम्रो व्यक्ति हुने छ ।

उनले राम्रो तलब दिने नयाँ जागिर पाइन् र विश्वविद्यालयबाट स्नातक गरिन् । प्रतिज्ञानुसार जेस एक राम्रो व्यक्ति बनिन् । उसले अरू मानिसहरूलाई सन्तुष्ट पार्ने कामहरू नगरेर आफूलाई खुसी पार्ने कामहरू गर्न थालिन् जसले गर्दा जेस निकै खुसी भइन् । केही अगाडिको वर्षतिर हेर्दा जेस एक सफल व्यक्ति भएकी थिइन् , उनीसँग उत्प्रेरक बेस्टफ्रेन्ड र सहयोगी आमाबाबु थिए । अन्त्यमा उसले देखावटी गर्ने अर्थात् अरूलाई खुसी मात्र बनाउन खोज्ने मानिसहरूलाई एक असल व्यक्ति बन्न मद्दत पनि गरिन् ।



**इसिता लाल**

**क्रमाङ्क: २८०१५**

### अमानवीय जीवन

म मेरो वरिपरि मान्छे देख्छु । तिनीहरू यस्ता देखिन्छन् .. पकड बाहिर, मेरो पहुँच बाहिर । म हात उठाउँन खोज्छु तर रोकिन्छु । म सक्दिनँ । यो ठाउँ के हो ?

म घुम्छु । म धेरै स्टलहरू देख्छु । म तिनीहरूको नजिक हिँड्दा मानिसहरू किनमेल र बेचछने काम गरिरहेका हुन्छन । तिनीहरू घृणित अनुहारहरू बनाउँछन्, तिनीहरूले मलाई हेर्छन् ? म एउटा पसल नजिक जान्छु किनकि त्यहाँ

धेरै स्वादिष्ट मिठाइहरू छन् । म आफ्नो गतिमा हिँ ड्छु । म दौडिन सक्दिनँ । मेरा खुट्टाहरू त्यति बलिया छैनन् । म अगाडिको डेस्कमा जान्छु । म यसलाई

औँल्याएर क्यान्डी माग्न प्रयास गर्छु । म राम्रोसँग बोल्न सक्दिनँ । बोल्न खोज्छु तर आवाज आउँदैन त्यसैले इसारा गर्छु । अन्य ग्राहकहरू आउँछन् र तिनीहरूका रुचिहरू किन्छन् र त्यसपछि मलाई एक प्रकारको जनावर हुँ जस्तो गरी बाहिर निस्कन्छन् । पसल मेरो नजिक आउँछ, यद्यपि मैले उनीहरूले मलाई केही मिठाई दिने अपेक्षा गरे तापनि उसले मलाई चिसो, फोहोर, धुलो जमिनमा धकेल्छ । ऊ चिच्याएजस्तै केही वा बढी बोल्छ । मेरो अनुहार भुइँमा धुलोले छोपिएको थियो । म आफैँलाई तान्दै बिस्तारै मेरो श्रापित शरीर उठाउँछु ।

मलाई यस्तो किन बनाइयो ? म यस्तो बन्नु मेरो गल्ती हैन र ? तिनीहरूले मलाई किन फालिदिए ? मैले के गल्ती गरे ?

आकाश अँध्यारो थियो । कुनै ताराहरू छैनन् । पसल र भिडभाड भएका घरहरूबाट केही उज्यालो मात्रै आइरहेको थियो । अहिले मानिसहरू कम थिए । म धुलो बाटोको बीचमा हिँड्छु । बाटोको छेउमा केही सुँगुरहरू हिलोमा खेल्नरहेको देख्छु । के मानिसहरूले मलाई त्यस्तै देखे ? किन ?

म बिस्तारै गल्लीतिर हिँड्छु । अँध्यारो छ । त्यहाँ धेरै घरहरू छन् । म एउटा घरतिर हिँड्छु । मलाई डर लागेको छ । आज तिनीहरूले मलाई के गर्ने छन् ?

घरभित्र पस्दा दाजुभाइ र बहिनीलाई देखें । उनीहरू आफ्नै खेलौनासँग खेल्दै खुसी देखिन्थे । म उनीहरूसँग सामेल हुन चाहन्थेँ, म तिनीहरूको नजिक गएँ तर तिनीहरूले मलाई टाढा धकेले र मलाई तिनीहरूका खेलौनाले

हिकाए । मेरा बुबा भित्र जानुभयो, उहाँले के भइरहेको थियो देखुभयो र हामीतिर दौडनुभयो। उनले मेरा दाजुभाइ र दिदीबहिनीलाई ताने तर, मलाई रिसाएर हेरे, उसले मलाई मेरो सर्तको कलरबाट उठायो, र धेरै पटक थप्पड हान्यो । म चिच्याएँ र रोएँ । उसले मलाई एउटा सानो कोठातिर तान्यो । कोठा जहाँ झ्याल थिएन, बत्ती थिएन । उसले मलाई भित्र फ्याँकिदियो र त्यहाँ राखेको लट्टीले पिट्यो । म चिच्याएँ तर कसलाई ? मलाई बचाउन को आउला ? मलाई मन पराउनेलाई दया गर्ने कोही छ ? मेरो हेरचाह गर्ने कोही छ ? त्यहाँ छ ? मेरो आमा, बुबा, मेरा दुई दाजुभाइ र मेरी बहिनी, के तिनीहरूले मलाई माया गर्छन् ? वा तिनीहरूले मलाई घृणा गर्छन् ? तर मैले के गर्ने ? उनीहरूले मलाई जतिबेला चाहन्छन् कुट्न थाल्छन् । आमा, जो मेरो छेउँमा हुनुहुन्थ्यो, सधैं आफ्नो अनुहार लुकाउनुहुन्थ्यो, एक पटक पनि मानिसहरूलाई बस रोक्न भन्नुभएन, के उहाँले मलाई माया गर्नुहुन्छ ? म भुइँमा सुतेँ । म सधैं तिनीहरूको आँखामा एक राक्षस हुने छु, तिनीहरूले छुटकारा पाउन चाहने कीट। जे भए पनि मैले उनीहरूलाई मलाई माया गर्ने प्रयास गरेँ । म राम्ररी कुरा गर्न सक्दिनँ, मेरो उचाइ धेरै सानो छ, र मेरो पछाडि घाँटीमा ठुलो मासु बढेको छ । मलाई कसले माया गर्ला ? तर पनि म त मान्छे नै छु हैन र ? मलाई अझै पनि भावनाहरू छन् ? त्यसो भए के म बोल्न सक्दिनँ, के म बढ्न सक्दिन, त्यसैले मसँग के विकार छ, मसँग अझै हृदय छ । मेरो हेरचाह गर्ने कोही कोही चाहने मुटु। म अर्को दिन उठ्छु । मैले काम गर्नुपर्छ । मेरा सबै दाजुभाइ विद्यालय जान्छन् । तिनीहरूको पोसाक र किताबले मलाई ईर्ष्यालु बनाउँछ । म पनि ती हुन चाहन्छु । मलाई पनि स्कुल जान मन छ । तर तिनीहरूले मलाई दिँदैनन् । मलाई घरको सबै काम गर्न लगाइयो । भुइँ सफा गर्नेदेखि लिएर लुगा धुने, भाँडा माइने सबै काम तर, यति धेरै काम गरेपछि पनि मलाई सन्तुष्ट पार्ने खानेकुरा पनि दिइँदैन, धन्यवाद दिने माया पनि छैन । दसैं हो, ठुलो पर्व मनाइन्छ । जनकपुर सबै बत्ती र सजावटले सुनझैं चम्कियो। सडकहरू भीडभाड छन्, त्यो भीडबाट हावा पनि उमकन सक्दैन। जानकी मन्दिर पहिलेभन्दा झनै सुन्दर देखिन्छ । म मन्दिरभित्र जान्छु, तर म यसलाई यसको सीमानाबाट हेर्छु । म तिम्रो लागि प्रार्थना गर्छु । म कसैको लागि प्रार्थना गर्छु कि मलाई यो दुखबाट बाहिर निस्कन मद्दत गर्नुहोस् । मेरो परिवार जानकी मन्दिरभित्र गएको थियो तर मलाई जान दिएनन् । तिनीहरूले मेरा भाइबहिनीबाट नयाँ लुगाहरू किने तर मैले लगभग २ वर्षसम्म लगाएको पोसाकको लागि मलाई छोडिदिए । तिनीहरूले मलाई किन यसो गर्छन् ? यदि भगवानमा यति धेरै विश्वास गरे, धर्ममा यति धेरै, अपाङ्गलाई रमाइलो गर्न नपाइने, पूजा गर्न नपाइने, पवित्र स्थान (जानकी मन्दिरमा प्रवेश गर्न नपाउने, बस्न नपाइने) कहाँ लेखिएको छ ? खाना, पर्याप्त लुगा, पर्याप्त हाँसो, किन ? दसैंको महान पर्वको दिन, जब मानिसहरू र परिवारहरू एकताबद्ध हुन्छन्, त्यो रात म एकलै हिँड्छु, मेरो अनुहारमा मुस्कान छैन, र म एकलै घर फर्कन्छु। त्यो मेरो घर हो भने पनि मलाई थाहा छैन । घर भनेको जहाँ मानिसहरूले सुरक्षित महसुस गर्छन्, त्यहाँ लाखौं मानिसहरूले तपाईंलाई वर्षा जस्तै घृणा गर्छन् भन्ने कुरा थाहा पाउनु भएको छ, हामीसँग घरमा छानाको रूपमा परिवार छ तर मसँग त्यो छैन, मसँग कुटपिट हुँदा मलाई बचाउने भाइ छैन र मेरो घृणाबाट जोगाउने बहिनी छैन, मलाई आवश्यक पर्दा मलाई माया गर्ने र हेरचाह गर्ने आमा छैन, र मलाई सिकाउने बुबा छैन । दिन बित्यो, महिना बित्यो । सडक राम्रो बनाइयो, विद्यालय राम्रो भयो, प्रविधि राम्रो बनाइयो तर समाजका मानिसको मानसिकता कहिल्यै परिवर्तन हुन सकेन । यो दुनियाँमा धेरै मानिसहरू छन्, कोही स्वस्थ छन्, तन्दुरुस्त छन्, दाग पनि छैनन्, तर हिँड्दुल गर्न नसक्ने, आँखा, खुट्टा वा हात नभएका मानिसहरू पनि छन्, उनीहरूको के हुन्छ ? के तिनीहरू मानिस होइनन् ? जब हामी दुखी

हुन्छौं हामी हाम्रो परिवारको लागि, आमाको लागि विलाप गर्छौं । तर त्यो पनि नबुझेका हामी के हुन्छ ? हामी जस्ता मानिसहरूलाई नराम्रो भन्नु अघि, म चाहन्छु कि तपाईंले आफैलाई लिनुहोस् र कल्पना गर्नुहोस् कि यदि तपाईं तिनीहरू हुनुहुन्थ्यो भने तपाईंलाई कस्तो लाग्थ्यो ? के तपाईं खुसी हुनुहुने छ ? के तपाईं मानव जस्तै व्यवहार गर्नुहुन्छ ? अनि परिवारजस्तै ?



**अनुश्री आचार्य**

**क्रमाङ्क: २८००२**

### **कथा: सपना**

"राम्ररी जीवन बिताउनु । बिदामा आउँदै गर्नु ।" यही थिए आमाले बोल्नु भएका शब्दहरू।

भनिन्छ, नेपाल जस्तो सानो देशमा केही हुँदैन । सपना देख्नुपर्छ त विदेशको । यस्तो भन्ने फेरि यही देशका नागरिक । अनि यस्तै सोच भएको परिवारमा जन्मेकी थिएँ म

सानैदेखि मलाई विदेश जानुपर्छ भनेर भनिन्थ्यो । मैले आमाले भनेको सुन्थे, "यहाँ बसेर केही हुँदैन । बरू यसलाई अमेरिका अथवा जापान पठाए हुन्छ ।" आमाले मलाई पनि भन्नु हुन्थ्यो, " नानी तँ विदेश जानुपर्छ । त्यहाँ त कस्तो राम्रो हुन्छ नि । त्यहाँ त कति धेरै खेलौना पनि पाउँछेस् नि तैले।" म त्यो समयमा २-३ कक्षामा पढ्थेँ ।

सानैदेखि विदेशको चर्चा सुनेर होला मलाई पनि विदेश जाऊँ जाऊँ लाग्थ्यो । लाग्थ्यो विदेश कति राम्रो थियो होला । ठुलो हुँदै गएपछि पनि लाग्थ्यो, "आमा र बुबालाई विदेश गएपछि मात्रै खुसी पार्न सक्छु । विदेश गएर पनि के नै हुन्छ र ? त्यहीँबाट राम्रो पैसा पाइन्छ । सुनेअनुसार त्यहाँ गाह्रो पनि हुँदैन । आमाबुबाको सपना पूरा गर्न भए पनि गए हुन्छ । "कलिलो माटोले रूप लिएजस्तै मेरो मस्तिष्कले यस्तो रूप लिन पुग्यो ।"

यसै गरी समय बित्दै गयो । बितेको समयसँगै मेरो सपना पनि बढ्दै गयो । मेरो सपना थियो विदेश गएर सुन्दर जीवन बाँच्ने । मलाई लाग्थ्यो । विदेशमा जीवन सजिलो मात्र हुन्छ । त्यसैले म तड्पिन्थेँ विदेश जान ।

छिट्टै मैले १२ पास गर्ने बेला भयो । त्यही भएर घरमा फेरि म विदेश जाने कुरा बाक्लियो । म पनि जान उत्सुक भएको देखेर म विदेश जाने नै भएँ । मैले धेरै गर्न प्यो । के फर्म भर्न पर्ने अनि फेरि के टेस्ट दिन पर्ने तर यो सबै गर्न म उत्सुक थिएँ । त्यही भएर केही भनिँँ । सानो बच्चालाई चक्लेट दिएर खुसी पारेजस्तै म खुसी थिएँ ।

मेरो विदेश जाने दिन नजिकै आयो । मेरा प्यारा आमा र बुबालाई छोड्ने सोचले म तड्पिएकी थिएँ । आफ्नो प्यारो मातृभूमि छोड्ने सोचले मलाई रुवाएको थियो । मैले आँगनमा खेलेका र टेकेका सबै पाइला मैले एक चोटि सम्झिएँ र झारै मेरा ती अनगिन्ती आँसुहरू ।



समय छिट्टै बिन्यो र आयो मेरो विदेश जाने दिन । एयरपोर्टमा झरे आँसुहरू फेरि एक चोटि । आमा र बुबाका ती आँसु देखेर मैले आफूलाई थाम्न सकिनँ । मेरो यात्राको सबैभन्दा कठिन समय भनेको यही नै थियो होला । तर मैले आफूलाई सम्हाले र लागे आफ्नो यात्रातिर ।

धेरै समयको लामो यात्रापछि आइपुगें म मेरा सपनातिर तर त्यहाँ उत्रेपछि मेरो मनमा च्वाँस्स केही बिज्यो । के थियो ? मलाई थाहा छैन तर यति भने थाहा छ कि अमेरिका मैले सोचेको र सुनेको जस्तो थिएन । मलाई थाहा थिएन के हुने वाला थियो अब । म एउटी कसैलाई नचिन्ने भौतारिएकी र नचिनेको देशमा आएकी अनजान केटी थिएँ तर मलाई त्यहाँको भाषा थाहा भएर अलि सजिलो भयो तर जागिर पाउन भने धौ धौ पन्यो । अन्त्यमा मैले एउटा काम पाएँ । त्यो काम थियो सफा गर्ने । मेरो शिक्षाअनुसार मैले मेरो देशमा एउटा राम्रो जागिर पाउँथेँ, जसले राम्रो पैसा दिन्थ्यो तर अहिलेको कामले न त राम्रो पैसा दिन्थ्यो न त राम्रो सुरक्षा । यो कामबाट मैले सूर्यको ताप मात्र पाउने थिएँ । त्यस बेला मैले थाहा पाएँ, विदेशमा जीवन राम्रो हुने हैन रहेछ । मैले यो काम १ वर्ष गरेँ ।

त्यो वर्षको अन्त्यतिर मैले घर जाने निर्णय गरेकी थिएँ । आमा र बाबासँग पनि नबोलेको धेरै भएको थियो । मैले आमाले मलाई अन्तिम पटक भन्नुभएका कुराहरू सम्झें । आमाले भन्नुभएको थियो, "राम्ररी जीवन बिताउनु । बिदामा आउँदै गर्नु ।" आमाको कुरा सम्झेर मलाई मैले बिताएको जीवन सम्झें । मेरो हातको छाला पक्कक उक्किएका थिए । घामले नडढेको ठाउँ कतै थिएन । मेरो दुई थोपा आँसु कठोर भूमिमा खसे र मैले मेरा आँसु पुछें । घर जाने सोचले म धेरै खुसी थिएँ । आमाको उज्यालो अनुहार र बाबाको सुन्दर मुस्कान हेर्न । म खुसीले भरिएकी थिएँ । मैले डिसेम्बर १७ देखि काम छोड्ने भएकी थिएँ । आमा र बुबाको लागि मैले कोसेली किनेकी थिएँ तर डिसेम्बर १२ को त्यो रातमा मेरो यो उत्सुकता रोकियो । त्यस रात मेरो ड्युटी थियो । रातिमा ड्युटी पर्नु भनेको म भाग्यमानी ठान्थेँ । त्यो भनेको कठोर घाममा काम गर्न नपर्ने हुन्थ्यो । त्यसैले म खुसी भएर गएँ । मैले सफा गरेर मेरो ड्युटी सकिने बेलामा मैले पछाडिबाट हर्न बजेको सुनेँ । पछाडि फर्किएर हेर्दा मैले एउटा गाडी मतिर आएको देखें र सबै अन्धकारमा परिवर्तन भयो । अन्त्यमा म मेरो मातृभूमि फर्किए मेरो सबै सामानसित । तर मैले सोचेभन्दा थोरै फरक थियो । म फर्किए तर एउटा काठको बाकसमा । न आमालाई अँगालोमा बेर्न पाएँ न बुबाको उज्यालो हाँसो हेर्न पाएँ ।



सुप्रभ आचार्य

क्रमाङ्क : २७०१४

### जिउँदो सहिद

मेरो घर र विद्यालयको दुरी लगभग १२ किलोमिटरको छ । म सुन्दर सहर भक्तपुरको कटुन्जेमा बस्छु भने मेरो विद्यालय काठमाण्डौंको सिफलमा रहेको छ । म बिहान ७:३० मा नै विद्यालयको बस चढेर विद्यालय जाने गर्दछु । बिहानै भएको हुनाले मैले खासै बाटोको दायाँबायाँ ध्यान दिने गर्दिनँ । एक दिन म बिदाको दिन आफ्ना बुबासँग बजार घुम्न निस्किएको थिएँ । बुबाको जुत्ता उद्रीएकाले बजार

निस्किएको बेला मोचीलाई सिलाउन दिने कुरा भयो र सँगै गयो । भक्तपुरको ठिमी चोकमा बुबाले मोचीलाई जुत्ता सिलाउन दिनुभयो । मोचीले जुत्ता सिलाउनका लागि ऊसँगै बसेको सानो झण्डै १२ वर्ष जतिको बालकलाई अहायो । मैले त्यो केटालाई हेरिरहेको थिएँ । मभन्दा उमेर अल्ली सानो देखिने त्यो बालकले आफ्नो बाबुले अहाएको काम गर्न थाल्यो । मलाई मनमा धेरै उत्सुकता जाग्यो । मलाई लाग्यो, “यो विद्यालय जाने उमेरको केटा विद्यालय जान्छ कि जाँदैन होला ? पढ्छ कि पढ्दैन होला ?” मैले बुबालाई पनि सोधेँ र बुबाले उसलाई सोध्नुभयो, “बाबु तिमी विद्यालय जान्छौ कि जाँदैनौ ?”

बुबाको यत्ति प्रश्न नसकिँदै उसले आफ्नो बुबातिर आँखा तेर्स्यायो र मौन भयो । मेरो बुबाले फेरि सोध्नुभयो, “किन केही नबोलेको ?” यत्ति भनेपछि उसको बुबाले लामो सुस्केरा हाल्यो र भन्यो, “साहेब, म जस्तो मोचीको छोराले कहाँ पढ्न सक्छ र यो पढ्न गयो भने मैले कसरी घर व्यवहार चलाउनु र ? यो मुनि अझ ३ जना यसका बहिनीहरू छन्, आमा रोगी छ । दैनिक सुगरको औषधी खुवाउनुपर्छ, त्यसमाथि पाठेघरमा पनि समस्या छ भन्छ डाक्टरले । कुन दिन क्यान्सरले सक्ने हो, डर लाग्छ । अलि अलि यसले मलाई काम सघायो भने अल्ली कमाई होला र बिहान-बेलुकाको छाक टारौंला भन्ने हुन्छ । त्यसैले यो विद्यालय जाँदैन ।”

यो कुराले मलाई खै कहाँ छोयो, मैले विद्यालयमा सामाजिक शिक्षामा पढेको बाल अधिकारको कुरा सम्झिएँ । हाम्रो सरकारको निशुल्क शिक्षा कार्यक्रम सम्झिएँ, संविधानले सुनिश्चित गरेका मौलिक हक सम्झिएँ र मनमनै सोचेँ संविधानमा व्यवस्था भएका कुरा, कानूनले सुनिश्चित गरेका कुरा पनि खै कहाँ लागु हुँदोरहेछ त ? अनि कोही पनि पढ्न जाँदैनन् ? मेरो मनमा अचम्म र आश्चर्य भाव एकै पटक जाग्यो । यत्तिकैमा मेरो मुखबाट निस्कियो, “बालबालिकालाई जोखिम काममा लगाउनु त बालअधिकार उल्लङ्घन गर्नु हैन र बुबा ? अनि उसले पढ्न पनि पाएको रहेनछ ? नेपालको आधारभूत शिक्षा त अनिवार्य र निःशुल्क छ हैन ?” मेरा यी अनायासै आएका प्रश्नले त्यो जुत्ता सिलाउने मोचीले मलाई एकोहोरो हेरिरह्यो । सायद उसलाई लाग्यो होला, “मेरो छोरा जस्तै देखिने यी बाबुलाई यत्ति धेरै कुरा जानकारी हुँदा मेरो छोरालाई पनि विद्यालय पठाएको भए यस्तै जान्ने हुन्थ्यो होला ।”

उसको बुबाले निन्याउरो मुख लगाउँदै भन्यो, “बाबु, कानून, संविधान, नियम भन्ने कुरा त हुने खानेका लागि रहेछ, हामीजस्ता गरिबलाई त कसरी बिहान बेलुकाको छाक टार्ने भन्ने कुराले नै सताउँछ । हो, मलाई थाहा छ उसले पढ्न पाउनुपर्छ, विद्यालय जानु उसको अधिकार हो, तर के गर्नु अधिकारले खान दिँदैन रहेछ । ऊ बेलामा अधिकार र गरिबको मुक्ति भन्दै आफू पनि युद्धमा होमिएँ, पढ्ने बेलामा कमरेड आयामको प्रशिक्षण लियोँ, त्यो बेला बुर्जुवा शिक्षा भन्दै विरोध गरियो, कति विद्यालय बन्द गराइयो, कति शिक्षकलाई भाटे कारवाही गरी गाउँबाट खेदियो, गरिबका दिन आउँछन् भन्ने लोभमा । तर के थाहा, त्यो बेला भन्ने गरेको कुरा सिद्धान्त र आदर्शले पेट भरिन्न भन्ने कुरा । हाम्रा दिन यस्ता आए अरू महलमा ढलिमली” उसले के भन्न खोजेको हो मैले राम्ररी बुझिनँ । तर विद्यालयमा शिक्षकले भन्नु भएको गणतन्त्र दिवसको कुरा झलझली सम्झिएँ र उसलाई हेरेँ उसको बोली रोकिएको थियो । ऊ अरू सामान खोजे झैं गरेर आफ्ना पीडा लुकाउन खोजेजस्तो देखिन्थ्यो । उसलाई मैले हेरेँ, ऊ अर्कोपटि फर्कियो ।

हातको आँलाले आँखा मिच्यै भन्यो, “संसारमा सबैभन्दा अभागी मै रहेछुजस्तो लाग्छ ।” म र मेरो बुबा पनि अवाक भयौं । मैले पनि यस बारेमा आफ्नो बुबालाई केही धेरै सोध्न सकिनँ । उसलाई हेरिरहेँ । स्कुलका प्राङ्गणमा ऊसँगै बसेको त्यो उसको छोरोले साथीहरूसँग खेलेको कल्पना गर्ने, मसँगै फुटबल खेलेको कल्पना गर्ने । ऊ स्टेजमा गएर उसको बुबाको कथा भनिरहेको कल्पना गर्ने, मलाई नमज्जा लाग्यो ।

उसले हाम्रो मौनता चिर्दै भन्यो, “दैवले पनि जो दुःखी छ उसैलाई दुःख थप्दो रहेछ । अब त यस्तो लाग्छ भगवान् पनि छैनन् होला कि ?” हातका आँलाले सङ्केत गर्दै हनुमन्ते खोलाको किनारमा पाल टाँगेको झुपडी देखायो जुन उनीहरूको घर रे । म अलमलमा परें, “यस्तो पाल भित्र कसरी दिन रात कटाउने होला ? कति जाडो हुँदो होला, ती छोराछोरीलाई कति धेरै डर लाग्दो होला ?” पाल भित्रको अध्यारोको कल्पनाले मलाई निस्सासिएको जस्तो भयो । मैले लामो सास फेरें । यत्तिकैमा छ सात वर्षकी एउटी बालिका “बाबा” भन्दै आइपुगी । जाडो महिना त्यसमाथि फाटेको एकसरो लुगामा आएको उसले काँप्यै भनी, “के पकाउने बाबा आज त चामल पनि सकिएको रहेछ ।” ऊ फेरि अवाक भयो । यतिन्जेलमा उसले बुबाको जुता पनि सिलाई सकेको थियो । बुबाले उसलाई जुता सिलाएको ज्याला सोध्न भयो उसले भन्यो “एकसय पचास ।” बुबाले उसले मागे जति पैसा दिनुभयो र हामी त्यहाँबाट हिड्यौं । मैले बुबालाई उसको जीवनको बारेमा सोधें, उसले गरेको कुराका बारेमा अझ बुझ्न खोजें । बुबाले बाइक चलाउँदै भन्नुभयो, “उनी द्वन्द्वकालका पीडित रहेछन् बाबु । गणतन्त्र ल्याउने एक जिउँदो सहिद ।”



प्रतीक डड्गोल

क्रमाङ्क : २७००९

### बेल विवाह

बेल विवाहलाई हामीले इही भनेर पनि बुझ्छौं । बेल विवाह भनेको नेवार समुदायमा केटीहरूको सानै उमेरमा बेलसँग विवाह गरिने चलन हो । यो चलनलाई नेवा संस्कृतिको एक महत्त्वपूर्ण संस्कृतिको रूपमा लिइन्छ । हरेक नेवारी केटीको महिनावारी हुनु अगाडि बेल विवाह गरिन्छ । कसैले यसलाई अन्धविश्वास भन्छन् र यसलाई बन्द गर्नुपर्छ भने कसैले यसलाई धेरै महत्त्वपूर्ण संस्कृति मान्छन् । यस प्रथालाई नेवार समुदायका दुवै हिन्दु र बौद्ध धर्मले मान्ने गर्छन् । केटीहरूको विवाह बिजोर उमेरजस्तै सर्वप्रथम विभिन्न मानिसले यसलाई बाल विवाह भन्छन् र यसलाई रोक्नुपर्छ भन्ने धाराणा राख्छन् । तर यसको धेरै राम्रो इतिहास रहेको छ । किम्बदन्तीअनुसार धेरै अघि सति प्रथा थियो । त्यस प्रथाअनुसार कसैको श्रीमानको मृत्यु भए भने श्रीमतीलाई सँगै जलाउने गरिन्थ्यो । यस प्रथाबाट केटीहरूलाई बचाउन भनेर बेल विवाह गरिन थालियो । त्यसो गर्दा बुढो मरे पनि बेल हुनाले बुढी मर्नु पर्दैन । यसले नेवार संस्कृतिमा साथी प्रथा हटाउन धेरै मदत गरेको । बेलसँग विवाह गर्नुको फाइदा मैले माथि भनेझैं सति प्रथा हटाउन मदत गर्नु नै थियो । अब बेल विवाहमा के के हुन्छ भन्नेबारे कुरा गर्दा सरल भाषामा कन्याले सूर्यसँग विवाह गर्छन् । बेललाई बिष्णु भगवान्को प्रतीक मानी त्यससँग विवाह गरिन्छ । यो विवाह दुई दिन हुन्छ । विवाहमा सबै हिन्दु धर्ममा गरिने प्रथा गरिन्छ र विवाह सम्पन्न गरिन्छ । सर्वप्रथम विवाहको लागि भनेर आफन्तहरूलाई निम्तो दिइन्छ । यो विवाह गुबाजु वा ढोबाजुले गराउँछन् । यो विवाह धेरै केटीहरूको

सँगै गरिन्छ। पहिलो दिन नुहाउने, नयाँ लुगा गहाना लाएर विभिन्न विधिहरूद्वारा पूजा गरिन्छ। यसपछि यस प्रथामा कन्याले बेल नामक फलसँग पनि विवाह गर्छन्। मान्यताअनुसार जस्तो फल हुन्छ त्यस्तै नै भविष्यमा दुलाहा पाइन्छ भन्ने पनि छ। यो साँचो कुरा नभएर मान्यता मात्र हो तर धेरैको त्यस्तो भएको देखिएको छ। बेल लामो भएको बेला अग्लो दुलाहा पाइने जस्ता कुराहरू पनि समाजमा प्रचलित छन्।

गुर्जु वा बज्राचार्य र ठुलाबडाले सफल जीवनको लागि आशीर्वाद दिन्छन्। त्यससँगै नाँचगान रमाइलो पनि गरिन्छ। त्यसपश्चात् चलनअनुसार भोज खुवाउने पनि रीत छ। नेवारी केटीले जीवनमा तीन पटक विवाह गर्छन्। गर्वा प्रथामा माथि चर्चा गरेको बेल विवाह, त्यस पछि गुफा राख्ने जसलाई ट्यगु पनि भनिन्छ र अन्तिम विवाह दुलाहा सँग गर्छन्। यो चलनलाई पहिले जस्तै नमनाए पनि अहिले पनि नेवार समुदायका मानिसले यसलाई मनाउँदै आएका छन्।



रविराज सिंह

क्रमाङ्क : २७०१०

### जीवन एक सङ्घर्ष

एउटा गाउँमा एउटा घर थियो, जुन घर त्यो गाउँमा सबैभन्दा ठुलो थियो। त्यो घरमा बस्ने व्यक्तिहरूको नाम हो माधवी दिनेश र दुई जनाका छोराहरू। माधवी र दिनेशका छोराहरूका नाम हुन् राम, श्याम र हरि। एक दिन राम श्याम र हरिका बुबा सहरमा केही सामानहरू किन्न बस चढेर गइरहेका हुन्छन्। बस चलाउने व्यक्ति दुई दिनदेखि लगातार बस चलाईरहेको हुन्छन्। त्यो व्यक्ति बस चलाउँदा चलाउँदै एकछिनमा उसलाई निद्रा लाग्छ र ऊ सुत्छ पनि बस पहिला एउटा

पहाडसँग ठोकिन्छ र गएर पानीमा डुब्छ। यस घटनामा राम श्याम र हरिको बुबा दिनेशको मृत्यु हुन्छ। घरमा कमाउने कोही नभएका कारण उनीहरूका आमा नै बाहिर गएर काम गर्न जान्थिन्। माधवी धेरैजस्तो बाहिर जाँदैनथिन्। त्यसकारणले गर्दा माधवी एक्कासी बाहिर जान थालेपछि उसको स्वास्थ्यमा नराम्रो असर पयो र माधवीको स्वास्थ्य दिनप्रति दिन बिग्रिन थाल्यो। अनि तिनीहरूको आर्थिक स्थिति बिग्रेका कारणले गर्दा तिनीहरूसँग त्यति पनि पैसा थिएन कि तिनीहरू आफ्नो आमाले पसलबाट औषधि किनेर दियोस्। त्यसैले तिनीहरूले सोचे कि हामीसँग पुरानो समयमा पनि कहाँ औषधि थियो र त्यतिबेला त हामीजस्ता मानवहरूले जङ्गलबाट केही पातहरूको सहायताले रोगको उपचार गर्ने गर्दथे। हामी तिन जना मिलेर त्यस्तै गर्छौं। अनि तिनीहरू जङ्गलमा वैद्य खोज्नका लागि निस्कन्छन् नभन्दै उनीहरूले वैद्य फेला पनि पाएर अनि कुरा पनि गर्छन्। ती वैद्यले तिमीहरू यो जङ्गलमा सिधा अगाडि जानू त्यहाँ तिमीहरूले निलो रङ्गको पात देख्छौं। त्यो ल्यायौं भने आमाको उपचार हुन सक्छ। तर त्यो तिमीहरू आफैले ल्याउनपर्छ। यो काम तिमीहरूले दुई दिनभित्र गरिसक्नुपर्नेछ। आमालाई बचाउन उनीहरू जङ्गल जङ्गल भौतारिन्छन्, धेरै दुःख कष्टपछि त्यो औषधीरूपी पात पाउन सफल पनि हुन्छन्। अनि वैद्यलाई दिन्छन्। वैद्यले त्यो जडिबुटीको रस निकाल्छन् अनि कचौरामा राखी आमालाई खान दिन्छन्। औषधी सेवनपछि माधवीमा निकै सुधार देखिन्छ। तिन दिनपछि माधवी हिडेर नै घर आइपुग्छिन्।



ईशानकुमार राजभण्डारी

क्रमाङ्क : २७०२७

### जीवनमा साहित्यको महत्त्व

जीवनको अर्थ वा परिभाषा हामीले थरी थरीका पाउन सक्छौं । जस्तै विज्ञानको परिभाषामा जीवन एक कुनै विशेष प्राणीको अस्तित्व हो, त्यसैगरी धार्मिक रूपमा तथा हिन्दु धर्ममा जीवनलाई एक वरदानको रूपमा लिइएको हुन्छ । त्यसै जीवनको अर्थ हामीले साहित्यको क्षेत्रमा पनि भेट्न सक्छौं । साहित्यमा जीवनलाई हामीले फरक फरक दृष्टिकोणले बुझ्न र हेर्न सक्छौं तर हामीले जीवनको अर्थ साहित्यमा बुझ्नुभन्दा पहिले साहित्य के हो ? हामीले के बुझ्नुपर्ने हुन्छ ।

साहित्य एक प्रकारको लिखित कार्य हो जसमा एक सृष्टिकर्ताले आफ्नो सृष्टि र कलालाई प्रस्तुत गर्छ । जुन आधारमा एक सृष्टि कर्ता लेखेर सृष्टि रचना गर्छ त्यो आधारमा अरू कुनै व्यक्तिले गर्न सक्दैनन् । अब हामी साहित्यको आधारमा जीवनको अर्थ बुझ्ने छौं । साहित्यको क्षेत्रमा जीवन चाहिँ एक व्यक्तिले जे काम अरूको निम्ति गर्छ र साथै आफ्नो लागि पनि गर्छ । यसको अर्थमा हामीले के बुझ्न सक्छौं भने जीवन एक यस्तो क्रिया हो जुनमा चाहिँ हामीले गरेका काममा भर पर्छ । यदि हामीले राम्रो काम गरेका छौं भने हामीले पछि गएर राम्रो परिणाम नै पाउँछौं । यदि हामीले नराम्रो काम वा कार्यहरू गरेका छौं भने पछि गएर नराम्रो परिणाम नै आउँछौं । हामीले एक मानिसलाई लिन्छौं, त्यो मानिसले आफ्नो जीवनभरि कसैलाई पनि सहयोग नगरी, उसका यस्तै कार्यहरूले गर्दा उसलाई आफैलाई सहयोग चाहिएको बेलामा पनि उसका कोही पनि सहयोग गर्ने साथीहरू हुँदैनन् । यसले हामीलाई हाम्रा राम्रा कार्यहरूले नै हामीलाई अघि बढ्न सहयोग गर्छ भन्ने बुझाउनुको साथै राम्रो कार्यको भाग्य राम्रो बनाउनु भन्ने कुराको बोध पनि भएको छ । हामीले यी सबै कुरा साहित्यद्वारा बुझ्न सक्छौं । साहित्य सिर्जनाविना हाम्रो जीवन अपूर्ण र अधुरो छ । त्यसैले साहित्यको महत्त्व हाम्रो जीवनमा ठूलो छ । साहित्यले हाम्रो जीवनमा विभिन्न किसिमका रसहरू पैदा गर्छ । त्यसैले साहित्यकारहरूले देखेका चिज एक साधारण मानिसले देख्न सकेका हुँदैनन् । एक साहित्यकारले मात्र सिर्जनाको सृष्टि गर्न सक्छ । साहित्यकारहरूका सोच्ने क्षमता अरू भन्दा धेरै हुन्छ, यस कारणले साहित्यकारलाई एक सृष्टिकर्ताको रूपमा हामीले देख्न सक्छौं । साहित्यले हाम्रो जीवनमा विभिन्न किसिमका रङ्गहरू छरेको हामीले देख्न सक्छौं । साहित्यद्वारा हामीले हाम्रो सोच्ने छ्यमतालाई गहिरो बुझ्नु वा अनुसन्धान गर्न सक्छौं । साहित्यले मानवको तथा हाम्रो जीवनलाई एक नयाँ बाटो खोलीदिएको छ । हामीलाई यसले यस संसारमा जन्मनुको कारण देखाएको छ । अनि त्यो कारण चाहिँ साहित्यको गहिराइलाई बुझ्नुको लागि हो । यसले तथा साहित्यले अहिलेको मानव युगको जीवनलाई पनि पहिलेको जीवनको बारेमा सहयोग गरेको छ । यसले पहिलेका मानवको जीवन स्तर, तिनका सोच्ने क्षमता, तिनका हेराइ बोलाई र तिनका जीवनशैली, यी सबैको बारेमा बुझिएको छ । तसर्थ जीवनमा विभिन्न किसिमका उतारचढाउहरू हामीले पाउन सक्छौं त्यसकारण हामीलाई तनाव र चिन्ता हुन्छ, त्यसलाई हामीले साहित्यको मध्यमबाट निवारण गर्न सक्छौं । साहित्यले हामी मानवको जीवनमा ठूलो महत्त्व तथा हाम्रो जीवनमा महत्त्वपूर्ण भूमिका पनि खेलेको भन्न सक्छौं । यसले एक सानो बच्चोदेखि एक सत्तरी वर्षे वृद्धलाई पनि राम्रो किसिमले असर पारेको छ । कसरी भने, यसले एक सानो बच्चालै पढ्न, बुझ्न र लेख्नको साथै गहिरो सोच्न दिन्छ । वृद्ध र वृद्धाहरूका कुरा गर्ने हो भने, साहित्यले

यिनका दिमागलाई खुला तथा शान्त गर्न मद्दत गर्छ । त्यसैले साहित्यले हाम्रो मानव जीवनलाई ठुलो फाइदा दिएको छ ।



आशिया श्रेष्ठ

क्रमाङ्क : २७०३०

### महिला अधिकार

विश्व महिला अधिकारको घोषणा सन् १९१९ जुन ४ मा भएको थियो। त्यति बेला नै महिला अधिकारको घोषणा भए तापनि आजसम्म कुनै पनि राष्ट्रले त्यसलाई पूर्ण रूपले कार्यान्वयन गरेको देखिँदैन । हामी अझै पनि विश्वभरका महिलाहरूलाई गलत तरिकाले व्यवहार गरेको र स्टिरियोटाइप भएको देख्न सक्छौं । हामी अहिलै पनि संसारका धेरै महिलाहरूलाई आफ्नो अधिकारका लागि लडिरहेको देख्न सक्छौं तर पनि अधिकार प्राप्त गर्न सकेका छैनन् । काम, शिक्षा, ज्याला, आदिका बारेमा पनि अझै महिलाहरूलाई भेदभाव गरेको देखिन्छ। एउटा पुरुषले ८ घण्टा काम गरेमा रु १२०० पाउँछ भने त्यति नै काम

गरेबापत एउटा महिलाले दिन को रु ८०० मात्रै पाउँछिन् । शिक्षाको बारेमा कुरा गर्दा गाउँघरमा छोरीलाई शिक्षा दिनुको के महत्त्व छ भनेर सोच्छन् र छोरालाई भने मास्टर डिग्रीसम्म पढाउँछन् । आफ्नो छोरीको चाहिँ चाडै बिहे गरेर आफ्नो लोभसँग थमाउँछन् र आफ्नो छोरालाई चाहिँ ठुलाठुला डिग्री नसकिने बेलासम्म पढाउँछन् । छोरालाई ठुलो राम्रो प्राइभेट विद्यालयमा पठाउँछन् र छोरीलाई चाहिँ सरकारी विद्यालयमा पठाउँछन् । ठुलो विकसित देशमा समेत महिला र पुरुष बीच भेदभाव हुन्छ । अब अविकसित देशको त कुरै नगरौं होला । सानोदेखि सानो कुरामा पनि महिला र पुरुषको बीच भेदभाव हुन्छ। एउटा सामान्य मानिसको अधिकार पाउन पनि महिला हरूले यति मिहिना गर्नुपर्छ । जन्मदत्ता र नागरिकता प्रमाणपत्र बनाउँदा पनि बुबा वा श्रीमान् नभई नहुने । आफ्नो कोखमा ९ महिना राख्नु भएको आमाको भने महत्त्व नहुने । अझ विशेष गरि हाम्रो छिमेकी राष्ट्र हरू भारत , पाकिस्तान , बङ्गलादेश, अफगानिस्तान लगायत नेपालको तराई क्षेत्रमा छोरी र छोरामा ठुलो भेदभाव यथावत छ । जन्मिनुभन्दा अगाडि नै यदि आमाको पेटमा छोरी भएको थाहा पाएमा गर्भपतन गरिहाल्छन् । किन कि छोरीलाई हुर्काएर शिक्षा दिएर बिहे गरि दिँदा ठुलो धनराशीको आवश्यकता हुन्छ । ती माथि उल्लिखित राष्ट्र लगायत हाम्रो देश नेपालको तराई क्षेत्रमा पनि छोरीलाई दाइजोको नाममा ठुलो सम्पति दिएर पठाउनुपर्छ । दुलाहाको माग अनुसार दाइजो दिन सकेन भने छोरीको बिहे नै हुँदैन। बिहे गरेर पठाएपछि पनि केटाको घरबाट दाइजो पुगेन भनेर कुटपिट लगायत शारीरिक तथा मानसिक पीडा दिने काम हुन्छ । अहिले पनि कतिपय महिलाहरूलाई पेट्रोल छर्केर जिउँदै जलाउने काम गर्छन् । यी सम्पूर्ण समस्याबाट मुक्ति पाउनको लागि महिला हक अधिकारको सुनिश्चितता हुनुपर्छ । यसको लागि पहिले खुईकीलो भनेको समान शिक्षा नै हो।

महिलाहरूले देशको लागि जति गरे नि नहुने। राजनीतिमा शुद्ध महिलाहरूलाई भेदभाव गर्छन् । यस्तो किन त ? महिलाहरूलाई चाहिँ सुखको जिन्दगी बाच्न पनि किन गारो ?

हामी सबै जना जनता र देश मिलेर सबै जनालाई महिलाको अधिकारको महत्त्व बुझाउनु पर्छ । यो सबै कामका क्षेत्र, पढाइ आदिमा किन महत्त्वपूर्ण छ भनेर बुझाउनुपर्छ तर देशले बुझेभन्दा अगाडि हामी आफैले यसको बारेमा

शिक्षा लिनुपर्छ । हामी जनताले केही गरेनौं भने अरू कसले गरी नै दिन्छ र ? हामीसँगै हातमा हात राखेर महिलाको अधिकारको लागि लड्नुपर्छ ।



आशिष दाहाल

क्रमाङ्क : २७००४

### सामाजिक सञ्जालले युवाहरूलाई कसरी मार्दै छ ?

आजको दिनमा आफ्नो घरमा पुगेपछि हामी के गर्छौं ? हामी हाम्रो मोबाइल लिएर सामाजिक सञ्जालमा भिड्छौं र स्क्रोल गर्छौं । सामाजिक सञ्जालले हामीलाई समाचार दिन्छ तर बाह्य दुनियाँमा के हुन्छ त्यो जानकारी दिन सक्दैन । हामी सही तरिकाले उपयोग गर्दैनौं, नचाहिने भिडियोहरू चलाउँदछौं र हामी पूर्णतः यसलाई बानी बनाउन पुग्दछौं ।

सामाजिक सञ्जालमा हामीले गर्ने स्क्रोलले समयको बर्बादका साथै सृजनशीलतालाई मार्दछ । यसले हामीलाई कुनै राम्रो ढाँचामा मद्दत गर्दैन । कैयौं पटक यसले हामीलाई ब्रेनवास गर्दछ । हामीले केवल त्यस्तो पोस्ट हेर्दछौं, जुन त्यसले सिफारिस गर्दछ । यो हामीलाई बाह्य दुनियाँमा सिक्न र अन्य कुराहरू खोजी गर्न दिन्छ । यसले हाम्रो लागि थुप्रै सीमा लगाउँछ, जसले हाम्रो सृजनात्मकतालाई मार्दछ र हामी माथि नकारात्मक प्रभाव पार्दछ ।

आजको दिनमा हामीले थाह पाउनु पर्ने सामान्य भन्दा अति सामान्य कुराहरू पनि सोसल मिडियामा खोज्ने गर्छौं । उदाहरणका लागि विद्यालयको परियोजना कार्य गर्दा हामीले आआफ्नो सृजनात्मकता प्रयोग गर्दैनौं । त्यसको बदला हरेक तरिकाले हरेक सजिलो समाधान खोज्छौं । जसले हाम्रो उत्पादकतालाई मार्दछ । यो हामीलाई थप त्यसले सोसल मिडिया अनुप्रयोगहरूमा राख्छ र हाम्रो सृजनात्मकतालाई शून्य बनाउँछ, यसैले हामीले सोसल मिडियाको प्रयोग कति के कसरी गर्ने भन्ने कुरा सिक्नुपर्दछ । सोसल मिडियाका अधिकांश खबरहरू र अफवाहहरू हुन्छन् ।

हामी सोसल मिडियामा अत्यधिक निर्भर छौं जस्तै एक शिशु आफ्नी आमा निर्भर हुन्छ । सोसल मिडियाविना हामी एक दिन पनि बिताउन सक्दैनौं । हामी रोबोटभन्दा कम भएका छैनौं, जसले सोसल मिडिया स्क्रोल गर्ने काम मात्र गर्छ । बाहिरको संसारको बारेमा प्रश्न गर्छौं, त्यसले केही भन्न सक्दैन । नयाँ पिँढीले आवश्यकताविनाको काममा बढी ध्यान दिने गर्छन् जुन राम्रो होइन ।

म यस्तो मात्र भन्न पनि चाहन्न कि सोसल मिडिया खराब वा नराम्रो मात्र छ । यदि हामीले यसबाट चाहिने कुराहरूको खोजी गर्यौं भने यो उपयोगी नै हुन्छ । यसकै कारण धेरै मानिसले आफ्नो पहिचान पनि बनाएका छन् । जीवन चलाउने माध्यम र दुःखमा सरसहयोगको माध्यम बनी मानिसले यसबाट लाभ पनि लिएकै छन् भने यसको लतमा फस्ने मानिसले आफ्नो प्रतिभा गुमाउँदै गएका पनि छन् ।



**अध्याय भण्डारी**

**क्रमाङ्क : २७०३१**

### **फोहोर व्यवस्थापन**

फोहोर भनेको हाम्रो घर, विद्यालय, कार्यालयमा प्रयोग भएर काम नलाग्ने बाकी रहेको सामान हो । फोहोर २ प्रकारको हुन्छन् । कुहिने फोहोर र नकुहिने फोहोर । कुहिने फोहोरलाई हामीले आफ्नो घरमा मल बनाएर राख्न मिल्छ र नकुहिने फोहोरलाई फोहोरको गाडीमा फाल्न मिल्छ । हामीले फोहोरलाई जताततै फाल्नु हुँदैन । फोहोर जथाभावी फालेमा त्यसले हामीलाई रोग लाग्न सक्छ । फोहोर व्यवस्थापन विषय आजको समयमा अत्यन्त महत्त्वपूर्ण विषय बन्दै गएको छ । फोहोरको सही व्यवस्थापनले जीवन, सम्पत्ति, परिवार र वातावरणको सरक्षण गर्छ । यसले हाम्रो जीवन, सम्पत्ति, परिवार र वातावरणलाई सुरक्षित पनि बनाउँछ । हामी विद्यार्थीहरूले फोहोरलाई सही ठाउँमा फाल्नुपर्छ । फोहोरलाई जथाभावी फाल्नु हुँदैन । जथाभावी फोहोर फालेमा मानिसहरू बिरामी हुन सक्छन् । हामीले आफ्नो विद्यालयको वरिपरि सफा वातावरण बनाउनुपर्छ । फोहोर जथाभावी फाल्यो भने हैजा जस्तो रोग बढ्न सक्छ । हाम्रो विद्यालयको हाता सँधै सफा राख्नुपर्छ भने हाम्रो घर आगन पनि नियमित रूपमा सफा गर्नुपर्छ । यसरी हाम्रो वरपरको क्षेत्रलाई नियमित रूपमा सरसफाइ गर्दा टोल गाउँ सफा हुन्छ भने वातावरण सफा राख्न मद्दत पुग्छ । यसै गरी पर्यावरण संरक्षणमा मद्दत पुग्छ । पर्यावरण सुरक्षित रहँदा जीवजन्तुको पनि सरक्षण र उनीहरू सुरक्षित हुन्छन् । फोहोर मैला व्यवस्थापन गर्न सबै जना एकजुट भएर लाग्नुपर्छ । फोहोर व्यवस्थापन एक दिन मात्र गरेर हुँदैन नियमित रूपमा गर्नुपर्छ । आजकल फोहोर मैला व्यवस्थापन निकै कठिन भएको छ । सबैले घरको फोहोर सडक बाहिर निकाल्ने गर्नाले समस्या बढ्दै गएको छ । फोहोर मैलाको व्यवस्थापन गर्न सामाजिक सङ्घसंस्था, क्लब, विद्यालयहरूले जनचेतना जगाउँन सरसफाइ अभियान गरेका पनि छन् । सहरमा यस्ता अभियान भइरहन्छ तर फोहोर सडक, पेटी, खोलानालाका किनारमा फाल्ने गरेको पाइन्छ । जसले गर्दा पानी प्रदूषित भइ पानीमा बस्ने जलचरहरू मर्दै गएका छन् । त्यसैले फोहोर मैला व्यवस्थापन एवम् सरसफाइमा हामीले धेरै ध्यान दिनुपर्छ । सबै मिलेर मात्रै फोहोर व्यवस्थापन गर्न सकिन्छ ।



**प्रधेशसिंह वस्नेत**

**क्रमाङ्क : २७०१५**

### **बुद्धले विश्वलाई दिएको शिक्षा**

बुद्धका शिक्षाहरूले शताब्दीयौँदेखि विश्वभरका मानिसहरूलाई प्रेरित गर्दै आएका छन् । उहाँका शिक्षाहरूले शान्ति र आनन्दको लागि मार्ग प्रदान गर्दछन्, तिनीहरू आज पनि त्यति नै सान्दर्भिक छन् जति उनीहरूलाई पहिलो पटक सिकाइएको थियो । आजको द्रुत-गतिको संसारमा, हामीले धेरै चुनौतीहरूको सामना गर्छौं र बुद्धका शिक्षाहरूले हामीलाई जीवनमा सत्कर्म र असल जीवन व्यतीत गर्न सहयोग गर्छ ।

**ध्यानक्रमा** बुद्धले मानसिकताको महत्त्व सिकाउनुभयो, जुन अभ्यास, माइन्डफुलनेस, हामी तनाव कम गर्न, केन्द्रित गर्न र हाम्रो समग्र पक्षको कल्याण सुधार गर्न सक्छौं ।



## करुणा

बुद्धले विश्वास गर्नुहन्थ्यो कि दया हामीले खेती गर्न सक्ने सबैभन्दा महत्त्वपूर्ण गुणहरूमध्ये एक हो । आजको संसारमा, विभाजन र द्वन्द्व धेरै छ । करुणाको अभ्यास गरेर, हामी अरूसँग बुझ्न र सहानुभूति गर्न सिक्न सक्छौं, जसले हामीलाई अझ शान्त र सामञ्जस्यपूर्ण संसार बनाउन मद्दत गर्न सक्छ ।

## अनाशक्ति

बुद्धले सिकाउनुभयो कि भौतिक सम्पत्ति र इच्छाहरूको लगावले दुःख निम्त्याउन सक्छ। आजको संसारमा, हामीलाई धेरै भन्दा धेरै किन्न प्रोत्साहन गर्ने विज्ञापनहरूले अक्सर बमबारी गर्छ । अनाशक्तिको अभ्यास गरेर हामी भौतिक सम्पत्तिहरूमा हाम्रो लगाव छोड्न र आफैँभित्र साँचो आनन्द पाउन सिक्न सक्छौं ।

## प्रकृतिसँग सद्भाव

हामी प्रकृतिसँग अन्तरसम्बन्धित छौं र त्यससँग मेलमिलापमा बाँच्नुपर्दछ भन्ने बुद्धको विश्वास थियो । आजको संसारमा हामीले जलवायु परिवर्तन र प्रदूषण जस्ता वातावरणीय चुनौतीहरूको सामना गरिरहेका छौं । प्रकृतिसँग मेलमिलापमा बाँच्दा, हामी वातावरणमा हाम्रो प्रभावलाई कम गर्न र थप दिगो संसार सिर्जना गर्न सक्छौं ।

## अहिंसा

बुद्धले सिकाउनुभयो कि हिंसाले मात्र बढी हिंसा र पीडा निम्त्याउँछ । आजको संसारमा द्वन्द्व र आक्रामकता धेरै छ । अहिंसाको अभ्यास गरेर हामी अझ शान्त र न्यायपूर्ण समाज निर्माण गर्न सक्छौं ।

## बुद्धि

बुद्धले एक पूर्ण जीवन जिउनको लागि बुद्धि आवश्यक छ भनी विश्वास गर्नुभयो। आजको संसारमा, धेरै अन्योल र अनिश्चितता छ। बुद्धि खेती गरेर, हामी राम्रो निर्णय गर्न सक्छौं र थप अर्थपूर्ण जीवन बिताउन सक्छौं। बुद्धका शिक्षाहरूले आजको संसारमा शान्तिपूर्ण र सुखी जीवन जिउनको लागि मार्गचित्र प्रदान गर्दछ। सजगता, अनुकम्पा, अनाशक्तता, प्रकृतिसँग मेलमिलाप, अहिंसा र बुद्धिको अभ्यास गरेर, हामी जीवनका चुनौतीहरू पार गर्न र अझ न्यायपूर्ण र सामञ्जस्यपूर्ण संसार बनाउन सक्छौं । बुद्धका शिक्षाहरूको सान्दर्भिकता समयको परीक्षामा खडा भएको छ । तिनीहरूले आजसम्म संसारभरका मानिसहरूलाई प्रेरणा दिइरहेका छन् । बुद्धका शिक्षाहरूले आजको संसारमा बाँच्नका लागि कालातीत र सान्दर्भिक मार्गनिर्देशन प्रदान गर्दछ । सजगता, करुणा, अनाशक्तता, प्रकृतिसँग मेलमिलाप, अहिंसा आत्म-प्रतिबिम्ब, उदारता र बुद्धिलाई अँगालेर, हामीले हाम्रो जीवनमा शान्ति र उद्देश्यको गहिरो भावना खेती गर्न सक्छौं । चाहे हामी व्यक्तिगत चुनौतीहरूको सामना गरिरहेका छौं वा विश्वव्यापी सङ्कटहरू, बुद्धका शिक्षाहरूले हामीलाई हाम्रो बाटो खोज्न र सबै प्राणीहरूका लागि थप दयालु र न्यायपूर्ण संसार बनाउन मद्दत गर्न सक्छ ।



कृष्टिना राई

क्रमाङ्क : २७००६

## चिया

लामो समयदेखि कै मिल्दो साथी। आज यही अन्तिम चियाको गिलासले आँखाभरि आँसु सँगसँगै बिताएका न्याना पललहरूका सम्झना बटुली ल्याउँछ । हरेकको जीवनमा ती मिठा पलहरूलाई मुस्कानले भरिदिने हुन्छन् । मेरो जीवनमा पनि थियो एउटा साथी । मेरो जीवनको खाली पानालाई सुन्दर कविताले भरिदिने साथी आज ती पानाहरूलाई पल्टाइ हेर्दा एकादेशको कथाझैँ मात्र लाग्छ ।

हेर्दा हेर्दै ५ वर्ष बितिसक्यो । ऊ गएपछि न त एक कल फोन नै आयो न त उसको खबर । थाहा छैन ऊ कता छ ? के गरि रहेको छ ? कस्तो खाइ रहेको छ ? कस्तो लगाइ रहेको छ ? यो ठुलो भूमिमा जुन र तारालाई एउटै आकाशमा देखे पनि ती दुई एकआपसको दुरीमा धेरै टाढा छन् । त्यसरी नै ऊ र म, एकअर्काबाट टाढिएको छौं । म र मिता यो संसारलाई सुन्दर आकृतिमा कोरी ती पानाहरूलाई शब्दले सिर्जना गर्छु ।

जीवनमा विभिन्न सङ्गति र मानिसहरू भेटेकी छु तापनि ती सबैमध्ये थियो मेरो एउटा साथी कुशल । सानो छँदादेखि कै मिल्दो साथी । आजसम्म आउँछ झलझली तीसँगै बिताएका पल । बिहानै उठेर सँगै एलिसा मिस कहाँ जान्थ्यौं हामी सङ्गीत सिक्न ।

कुशल सङ्गीत भनेपछि अस्ताउने त्यो गोलो घाम झैँ डुब्थ्यो र राति आकाशका ताराझैँ जुनेली रातलाई उज्यालो बनाउथ्यो, उसको त्यो मधुर बाँसुरीको धुनले । आज आएर अझै सुन्छु त्यो बाँसुरी मनै मनमा ।

एकदिनको कुरा थियो । कुशलका बालाई अस्पताल डौडाए भनेर । म र मेरी दिदी शर्मिला पुगेका थियौं करिब बेल्ला ४ बजे । अस्पताल पुग्दा त कुनामा आँशु झार्दै बसेको ऊ । म आज पनि बिर्सन सकिदैन । उसको बुबा मुटु रोगी । उपचार गर्न धेरै पैसा चाहिँदो रहेछ । बिचरा कुशल न त उसलाई पैसाले साथ दियो न त अवस्थाले । त्यही बाको उपचारको लागि काम खोज्दै हिँड्यो ऊ । न त उसलाई समयले नै साथ दियो । अस्पतालबाट डाक्टरले भनेका थिए । उपचार गर्न सकेसम्म ढिला गर्नुहुँदैन समय धेरै कम थियो । यता अर्को तरिकाले हेर्ने हो भने यता अस्पतालको बिल भने चाडै नै रहेको थियो । जीवनलाई अन्धकारले घेरैझैँ ऊ माथि ठुलो दिनको भारी थियो ।

माघ ४ गते उसको बुबा बितेको खबर आयो । उसका बाको निधनपछि घरको रिन तिर्न बल्लतल्ल मिलायो कतारको उडान । आज ५ वर्षपछि सम्झदै छु आँखा भरि आँशु लिई । ऊ धेरै टाढा भए पनि हाम्रा बाल्यकालकादेखि उसको अन्तिम बिदाइका सम्झना अझै छन् । त्यो बाक्लो दुधको एक कप चियाले मिठा पलहरूमा डुबाउँदै कलम चलाउँदै छु । १० वर्ष अगाडिदेखि लेखिएको कथाको अन्तिम पानामा लेख्दै छु उसको कथा ।



**श्रीसद शिवाकोटी**

**क्रमाङ्क : २७०२६**

### **बुवाको सपना**

कुनै गाउँमा एउटा परिवार बस्थ्यो । उनीहरू एकदमै गरिब थिए । एक दिनको ज्यालाको भरमा दैनिकी चलाउनुपर्थ्यो । कुनै दिन त उनीहरू केही नखाई सुत्थे । उनीहरूका तीन सन्तान थिए । दुई छोरी र एक छोरा । उनीहरूको आफ्नो घर नभएका कारण अरूको घरमा बस्थे । उनीहरूका घर धनी दयालु थिए । त्यसैले कहिलेकाहीं खाना खान पनि दिन्थे । लोभ्रे दिनभरि खेत जोत्ने, काठ ओसारने, भारी बोकिदिने, घाँस काट्ने जस्ता कामहरू गर्थे । कहिलेकाँही त केही काम नै हुँदैनथ्यो, र यसै खाली घर फर्किन्थ्यो । दिनभरि काम गरेर पनि दुई छाक खान गार्हो भयो भनेर लोभ्रेले दिक्क मान्यो । उसले केही गर्ने सोच्यो । उसले धेरै सोचेपछि अरू केही उपाय नपाएर विदेश जाने निर्णय गर्यो । ऊ खाडी मुलुक जाने तयारी गर्न थाल्यो । खाडी जान पैसा नभएर त्यही ठाउँको एक साहुसँग ऋण लियो । उसले आफ्नो परिवारलाई फर्किँदा त्यो ऋणभन्दा १०० गुणा बढी कमाएर आउँछु भनेर आश देखायो । विदेश जाने दिन आउन एक हप्ता बाँकी थियो ।

श्रीमती र छोराछोरी धेरै रोए तर लोभ्रे भने आँसु लुकाउने प्रयास गर्दै थियो । उनीहरू रोएको हेर्न नसकेर ऊ त्यहाँबाट टाढियो । ऊ पहिला काठमाडौँमा पुग्नुपर्ने थियो । गाडी चढेर करिब १४ घन्टापछि ऊ काठमाडौँ आइपुग्यो । त्यहाँ एक दिन होटेलमा बस्यो । भोलिपल्ट, ऊ विमानस्थल पुग्यो र लाइनमा बस्यो । उसलाई कुन देश जान लागेको भन्नेसमेत थाहा थिएन, किनभने उसलाई पठाउने वैदेशिक रोजगारदाताले राम्रो देश पठाइदिन्छु, टन्न पैसा कमाउँछौ मात्र भनेको थियो । सबै कागजातहरू गरेर, एकछिन बसेपछि उसको हवाइजहाज आएको उसलाई पत्तो भयो । ऊ अनपढ भएको कारण उसले छेउको मानिसलाई प्लेनको नाम पढ्न लगायो । उसलाई थाहा भयो कि ऊ कतार जाँदै छ । करिब ५ घन्टापछि उसले ठुला ठुला घर र झिलिमिली सहर देख्यो । प्लेन पनि जमिन नजिकै गइरहेको थियो । त्यसैले उसले आफू कतार पुगेको मेसो पायो । त्यहाँको विमानस्थलमा एक सेतो अरबी लुगा लगाएको कतारी मानिसले उसको नाम लेखेको कागज समात्दै थियो । ऊ त्यतैतिर गयो र आफ्नो राहदानी देखायो । त्यो मानिसले उसलाई गाडीमा हाल्यो र सानो होटेलमा लग्यो । त्यहाँ फरक फरक कोठामा २ - २ जना बसेका थिए । उसलाई पनि एउटा कोठामा लगेर त्यो कतारी मानिस गयो । उसले उसको कोठाको अर्को मानिस देख्यो र नेपालीमा “ तिमी नेपाली हो ? “ भनेर सोध्यो । त्यो मानिसले हो भन्यो त्यसैले ऊ अलि खुसी भयो । सोधपुछ भएपछि उसले थाहा पायो कि उसको नाम हरि रहिछ र घर चाहिँ काभ्रेमा रहेछ । भोलिपल्ट त्यो अरबी आयो र उसलाई र हरिलाई काममा लग्यो । उनीहरूको काम भनेको एक ठुलो खेल मैदान बनाउने रहेछ । हरिलाई अङ्ग्रेजी पढ्न आउँदो रहेछ, त्यसैले उसले थाहा पायो कि त्यो मैदान सन् २०२२ विश्वकपको लागि बनाइँदै रहेछ । ऊ त्यहाँ बिहान ७ बजे काम गर्न आउँथ्यो । दिनभरि काम गर्थ्यो । कम्पनीले कहिले बेलुका ७ बजे पठाइदिन्थ्यो त कहिले आधारातसम्म काम गराउँथ्यो । त्यो मैदान बन्दै गयो, अब त्यहाँ अलि उचाइमा बसेर काम गर्नुपर्ने थियो । त्यसैले उसलाई डर लाग्थ्यो । ऊ राम नाम जपदै काम गर्थ्यो । उसले हरिलाई आफ्नो पारिवारिक स्थिति बताउँथ्यो र परिवारको याद गर्थ्यो । उनीहरूको घरमा एउटा मात्र सानो मोबाइल थियो, जुन उसले आफ्नो परिवारलाई दिएको

थियो । हरिसँग एउटा मोबाइल थियो र हरिले उसको परिवारसँग फोन गर्न दिन्थ्यो । उता नेपालमा, साहुले उसको परिवारसँग पैसा मागेर सताइरहेको थियो । यसरी २ वर्ष बित्यो र दुख गरेर साहुको ऋण तिर्न त सक्यो । तर, पनि नेपालमा भएका परिवारलाई सोचेअनुसारको खुसी दिन सकेको थिएन ।

एक दिन सदाझैँ काममा जाँदा उसलाई एकदम रिङ्गटा लागिरहेको थियो । तर पनि मालिकको डरले ऊ काम गरिरहेको थियो । दिउँसोतिर माथि भित्तामा रङ्ग लगाइरहँदा उसलाई एक्कासी झनन रिङ्गटा लाग्यो र खुट्टा चिप्लेर दुर्घटना भयो । हरिले देख्यो र चिच्यायो । मालिक पनि आयो । उनीहरूकै आँखा अगाडि उसको आत्माले शरीर छोड्यो । हरि धेरै रोयो र उसको परिवारलाई फोन गरेर खबर सुनायो । उसकी श्रीमती बेहोस भइन् । आशाको किरण अस्तायो । योभन्दा ठुलो वज्रपात कहिले नपर्ने भयो । उसको शव कतार एयरलाइन्समा हालेर पठाइयो । गर्नुपर्ने काम आफ्नो संकारअनुसार सबै सकियो ।

अब उनीहरूसँग आर्थिक सङ्कट टार्ने माध्यम केही थिएन । आशाको किरण अस्ताए पनि अबको जीवन निर्वाहका लागि केही काम गर्नुपर्ने नै भयो । छोरोले बाबुले पहिले गरेको कामलाई निरन्तरता दियो । आमाले घर सफा गर्ने र छोरीहरू भाडा माइने, लुगा धुने काम गर्न थाले । यसरी उनीहरूको जीवन चल्दै थियो । एक दिन कुनै गैरसरकारी संस्थाका मानिसहरूको सहयोगमा स्कूलमा भर्ना गरिदिए । निःशुल्क पढ्न पाउने भए । १० वर्षपछि उनीहरूले पढाइअनुसारको रोजगारी पाए । आफ्नै खुट्टामा उभिन सक्ने भए । छोराले कहिले विदेश नजाने र नेपालमै बस्ने निर्णय गर्यो ।



**सौहार्द बज्राचार्य**

**क्रमाङ्क: २६०१०**

### **सपनाको खोजी**

कुरा धेरै वर्ष अगाडिको हो । कुनै समयमा नेपालको पहाडी क्षेत्रको एउटा सानो गाउँमा लैङ्गिक भेदभाव व्याप्त थियो । केटीहरूलाई घरायसी कामको बोझ र केटाहरूले काम गरी परिवार पाल्ने भन्ने मानसिकता र चलन पहिले देखि नै थियो । यो गाउँमा खास गरी केटी मानिसले सपना देख्ने हुँदैनथ्यो । कसैले केही गर्ने सपना देख्नुभन्दा अघि नै सकिन्थ्यो । यही गाउँमा एउटी ८ वर्षकी बालिका अञ्जना पनि बस्थिन् ।

समाज जे जस्तो भए पनि सपना देख्नु मानिसको अधिकार थियो । अञ्जनाको आफ्नै अधिकारको सपना थियो- डाक्टर बन्ने । समाजमा स्थापित नियमहरूले उसका सपनालाई रोक्नु असम्भव थियो । आफ्नो घरमा पनि आमाबुबाले समाजले के भन्ला भनेर उसलाई विद्यालय जान नदिने अवस्था थियो । आफ्नै उमेरका केटाहरूलाई विद्यालय गएको देखेर अञ्जनालाई डाह हुन्थ्यो । अञ्जनाकी आमा उसलाई विद्यालय पठाउन चाहान्थिन् । तर, उनका बुबाले भने एउटी केटी विद्यालय गएर पढे पनि पछि गएर घरमा नै काम गर्ने हो किन पढ्नुपर्छ; भन्थे । उसका बुबाले उसलाई सानै उमेरमा छिटै बिहे गरेर पठाइदिने सोचेका थिए । आमाले जति रोके पनि, घरको आर्थिक अवस्था कमजोर भएकाले छोरीलाई बिहे गरेर पठाउँदा घरको अवस्थामा सुधार आउने होकि भन्ने उनको सोचाइ थियो । दिन बित्दै गए । अञ्जनाको डाक्टर बन्ने सपना पनि हराउँदै गए ।

सपना हराए पनि मनमा आशा चाहिँ हराएको थिएन । अञ्जनाका बुबाले बिहेको लागि केटा भेटेको कुरा सुनेपछि अञ्जनालाई आकाश खसे जस्तै भयो ।

एक रात, अञ्जनाले एउटा सपना देखी । सपनामा उसको बुबाले उसलाई बिहे गरेर पठाइदिए । उसको श्रीमान्ते छिमेकी मुलुकमा भारतमा लगेर बेचेको अनि पैसा लिएर आफू फर्केको सपना देखी । झल्यास्स ब्युझिएपछि ऊ त्यस रातभर सुत्न सकिन, रातभर उसका मनमा कुरा खेलिरहे । त्यसै रात उसले निर्णय गरी कि ऊ यो गाउँ छोडेर सहरमा जाने ।

एक दिन घरमा बिहानै उठेर अरु कोही नउठ्दै ऊ सहरतिर लाग्छे । सहरमा आफन्त कोही नभएकी ऊ सहर गएर धेरै दुःख पाउँछे । निकै सङ्घर्ष गर्दागर्दै उसले केही काम पनि पाउँछे । निकै दुःख गरी पढ्छे । उसले आफूजस्तै अन्य बालिकाहरू पनि यसरी नै मिहिनेत गरेको देख्छे । अन्ततः ऊ आफ्नो पूरा गरेरै छाड्छे ।

अब अञ्जनालाई सहरमाभन्दा गाउँमा बसेर गाउँवासीको सोचाइमा परिवर्तन ल्याउने आशा जाग्यो । गाउँ फर्केर क्रान्ति गरेर आफ्नो सपना साकार पार्ने सोची । आफूले बनाएको एउटा योजना लिएर लिएर ऊ पुनः गाउँ फर्की । उसको क्रान्तिले गाउँको रूप नै परिवर्तन गरिदियो । गाउँलेहरूले छोरीहरूलाई पनि छोराहरूलाईझैं समान व्यवहार गर्नुपर्छ भन्ने कुरा बुझ्न थाले । शिक्षा त हरेक बालबालिकाको जन्मसिद्ध अधिकार हो र यसलाई लिङ्गले छुट्याउनु हुँदैन, भन्ने कुरालाई उसले गाउँमा चेतना बिस्तार गरी । गाउँलेहरूले पनि आफ्नो सोच बदले । गाउँमा एउटा यस्तो परिवर्तन देखियो, जुन इतिहासमा गर्व गर्न लायक एउटी केटीको सङ्घर्ष थियो ।

अञ्जनाको सङ्घर्षको कथा वनमा डढेलो लागेझैं फैलियो । नजिकका गाउँहरूमा पनि यो कुरा बिस्तारै फैलियो । राम्रो कामको अनुसरणबाट प्रेरित भएर अन्य गाउँलेहरूले पनि आफ्नो गाउँमा लैङ्गिक भेदभाव हटाउन थाले । छोराछोरीमा कुनै किसिमको भेदभाव गर्नुहुँदैन भन्ने कुरा उनीहरूले बुझे । अञ्जना अन्याय र असमानता विरुद्ध लड्ने प्रतीक बनिन् । आज अञ्जना त्यस गाउँमा भौतिक रूपमा उपस्थित छैनन् । तर, नयाँ पुस्ताका बालबालिकाहरू, विशेष गरी छोरीहरूका लागि उनले उठाएको आवाजले आज त्यस गाउँका सबै छोरीहरूलेविना भेदभाव शिक्षा पाएका छन् । महिला अधिकार र स्वतन्त्रता पाएका छन् ।



**सक्षम कर्ण**

**क्रमाङ्क : २६०१३**

### **चामत्कारिक बिउ**

कुनै समयको कुरा हो । एउटा सानो गाउँमा हरेराम नामका एक जना बुद्धिमान् किसान बस्थे । उनी आफ्नो असाधारण कृषि सिप र दयालु स्वभावका कारण सबै माझ प्रिय थिए । धेरै टाढा-टाढाका मानिसहरूलेसमेत उनको खेती र सामान्य जीवनबारे उनीसँग सरसल्लाह गर्थे । उनी आफूले जानेको कुरा सकेसम्म झर्को नमानी सिकाउँथे । एक दिन हिराराम नाम गरेको एक जना मानिस हरेरामको खेतमा गए । उनी हिरारामको सफलताको रहस्यबारे जान्न निकै उत्सुक थिए । किनभने उनको आफ्नै परिवारको खेतीको सङ्घर्ष थियो । हरेरामको उत्सुकता

देखेर हिरारामले एउटा कथा सुनाउने निर्णय गरे ।

" कुनै एक समयमा एक गरिब किसान थियो । ऊसँग थोरै जमिन थियो । उसले आफ्ना धनी छिमेकीहरूले जस्तै प्रशस्त अन्न उब्जाउने सपना देख्यो । एक दिन, उसले असाधारण बाली उत्पादन गर्न सक्ने अद्भुत बिउको बारेमा हल्ला सुन्यो । " गरिब किसान उत्सुकतासाथ यो बिउ खोज्न निस्के । धेरै खोजी गरेपछि, उनले अन्ततः एक वृद्ध महिलालाई भेटे जसले चामत्कारिक बिउ आफूसँग भएको दाबी गरिन् । तर, उनले यसलाई बेच्न अस्विकार गरिन् । "म तिमीलाई बिउ दिनेछु," उनले भनिन्, "तर यदि तिमीले मेरो निर्देशनलाई ठ्याक्कै पालन गर्ने वाचा गर्यौ भने मात्र । तिमीले बिउ रोप्नुपर्छ र लगनशीलताका साथ यसको हेरचाह गर्नुपर्छ । तर, तिमीले कुनै पनि परिस्थितिमा बिउ खन्नु हुँदैन । के तिमी यी सबै कुरा स्वीकार गर्न सक्छौ ?" गरिब किसान उनले भनेका सबै कुरा मान्न राजी भए । आफ्नो खेतमा चामत्कारिक बिउ रोपे । धेरै ध्यान दिए । सबै नियम पालना गरे । दिनहरू हप्तामा र हप्ताहरू महिनामा परिणत भए । जसरी बिउ बढ्दै गयो । कृषकलाई यसको प्रगतिबारे उत्सुकता बढ्दै गयो । यसलाई खनेर यसको विकास देख्ने प्रलोभन असह्य भयो । आफ्नो जिज्ञासाको प्रतिरोध गर्न असमर्थ किसानले अन्ततः बिउ खने । किसानले एउटा सानो अड्डुराबाहेक केही पनि फेला पारेनन् । चामत्कारिक बिउ हराएको थियो । किसानले खेत बाँझो छोड्यो । हरिरामले एक क्षण रोकेर कथाले मोहित हरेरामलाई हेरे । त्यसपछि उनले क्रमशः कथा भन्दै गए । कथा सुन्दै गर्दा, उनले धीरतापूर्वक सुनेको हुनाले जीवनमा हरेराम सफल हुने कुरा हरिरामले बताए । सफलता रातारात आउँदैन । त्यो गरिब किसान जस्तै, हामी धेरै अधीर हुन्छौं र हतार गर्न खोज्छौं । तर, वास्तविक सफलताको लागि धैर्य, लगनशीलता र भरोसा चाहिन्छ । प्रक्रिया।" सिकाइएको पाठ बुझेर हरेरामले टाउको हल्लाए । हरिरामले मुस्कुराउँदै थपे । "हेर्नुस् हरेराम, मसँग कुनै चामत्कारिक बिउ छैन । मेरो खेतीलाई समृद्ध बनाउने कुरा भनेको मेरो अटल समर्पण, कडा परिश्रम र धीरता हो । म बिउ छर्छु, बाली हुर्काउँछु, प्रकृतिले गर्नेछ भन्ने विश्वास गर्छु । आफ्नो भाग गर्नुहोस् । निर्धारित समयमा हरेरामले हरिरामको खेत छोडेपछि, उनले बुद्धिमान किसानको बुद्धिलाई आत्मसात गरे । उनले सफलता रातारात प्राप्त हुने उपलब्धि नभई निरन्तर प्रयास र प्रक्रियाप्रतिको विश्वासको परिणाम हो भन्ने बुझे । त्यस दिनदेखि हरेरामले हरिरामको कथाबाट सिकेका पाठहरू आफ्नो परिवारको खेतमा लागु गरे । धीरता, लगनशीलता र विश्वासका साथ तिनीहरूको एक पटक सङ्घर्ष गरिरहेको खेत प्रचुरताको समृद्ध आश्रयमा परिणत भयो । र यसैले, बुद्धिमान किसानको रहस्यको कथा गाउँभरि फैलियो । जसले सबैलाई धीरता, कडा परिश्रम, र उनीहरूको प्रयासमा विश्वास गर्न उत्प्रेरित गर्यो ।



**मानश्री सापकोटा**

**क्रमाङ्क : २६००४**

### **ऊ घृणा गर्छे**

यो भौतिकवादी र भ्रष्ट संसारबाट, परिनीता दिक्क भइसकेकी छे । ऊ भौतिक संसारबाट थाकेकी छे । उसले संसारलाई सकारात्मक वा राम्रो रूपमा देख्न सक्दिन । उसको आँखामा संसार सबै काँडाहरूले भरिएको छ र कतै एउटा फूल पनि छैन । परिनीता १५ वर्षकी केटी हो । उसलाई जब दुःख लाग्छ, ऊ आफ्नो डायरीमा लेख्छे । तर, थोरै समयदेखि उसले अनलाइनमा मानिसहरूसँग कुरा गर्न थालेकी छे । उसको एक साथीले उसलाई च्याट साइट सिफारिस गरेपछि

उसले आफ्नो क्रोध र निराशाबारे अनलाइनमा अपरिचित मानिसहरूसँग छलफल गर्छे । त्यसपछि ऊ केही अनलाइनमा साथीहरू बनाउन पनि सफल भएकी छे ।

परिनीताले संसारलाई घृणा गर्ने कारण धेरै छन् । उसले आफ्नो वरिपरि धेरै अन्याय भएको देखेकी छे । दश वर्षको उमेरमा उसले आफ्नो दाजुलाई उनीभन्दा ठुला बच्चाहरूले कुटेको देखेकी थिई र कुनै पनि ठुलो मान्छेले तिनीहरूलाई रोकेनन् । ती व्यक्तिहरूले केवल मौखिक रूपमा बच्चाहरूलाई रोक्न मात्र भनेजस्तो गरे । उनीहरूले उसको दाइलाई कुटिनको लागि छोडिदिए । उसले अनाहकमा निर्धो भएको सजाय पायो । परिनीताले समस्यालाई बेवास्ता गर्ने र यसलाई बोझको रूपमा सोच्ने मानिसहरूलाई घृणा गर्छे । उसले सधैं आफ्ना सोच्नेहरूलाई घृणा गर्छे । ऊ शक्तिहीन नागरिकहरूलाई घृणा गर्छे ।

परिनीताकी कक्षा ५ मा अध्ययनरत सरस्वती नाम गरेकी साथी थिइन् । सरस्वतीका बुबा बैङ्कमा काम गर्थे । एक दिन नागरिकको पैसा हिनामिना गरेको आरोपमा त्यो बैङ्क बन्द भयो । बैङ्कका सञ्चालकहरूमाथि पक्राउ गरी छानबिन गर्नुको सट्टा सबै दोष बैङ्कका कर्मचारी सरस्वतीका बुबा र उनका साथीहरूमाथि लगाइयो । धनाड्य र उच्च पदका मानिसहरूलाई छोडियो भने सामान्य कर्मचारीहरू सजाय भोग्न बाध्य भए । यो समाचार चारैतिर फैलियो । यो घटनापछि सरस्वतीले स्कुल छोडी र परिनीताले उसलाई फेरि कहिल्यै देखिन । यो सबै घटना परिघटना देखेकी परिनीताले देशको अन्यायपूर्ण कानुनी व्यवस्थालाई घृणा गर्छे । उसले पहुँच नभएका सामान्य नागरिकमाथि राज्यले गर्ने विभेदलाई घृणा गर्छे ।

परिनीताले संसारलाई दुखी नजरले हेर्छे । जताततै नराम्रो खबर मात्रै छ, टेलिभिजनमा युवती बलात्कृत भएको खबर छ । संसद भवनभित्र राजनीतिक दलहरू एक आपसमा आरोप प्रत्यारोपमा व्यस्त भएको दृश्य सामाजिक सञ्जालमा छाएको छ । हरेक दिन बेथितिका समाचारहरू आइरहेका छन् । गरिखाने वातावरण देशमा नभएको महसुस परिनीता र उसको उमेर समूहका सबैले गरेका छन् । परिनीताले पनि देशमा कुनै भविष्य छैन भन्ने सोच्न थालेकी छे, त्यसैले जतिसक्दो चाँडो देश छोड्न खोजिरहेकी छे । देशमा प्रतिभा र क्षमताको कदर भएको उसले अहिलेसम्म देखेकी छैन ।

परिनीताले स्वतन्त्र रूपमा कुरा गर्न मिल्ने साथीहरू थिए भने सायद उसलाई यो संसार मन पर्दथ्यो होला तर, उसको लागि यो संसार एक्लो ठाउँ मात्र थियो । परिनीताले बाल्यकालमा सधैं एक्ली थिई किनकि उसका धेरै साथीहरू थिएनन् । उसका आमाबाबु सधैं काममा व्यस्त हुन्थे । त्यसैले उनीहरूसँग उसको लागि कुनै समय हुँदैनथ्यो । परिनीताका कोही दिदीबहिनी पनि थिएनन् । त्यसैले उसले कसैसँग आफ्नो भावना व्यक्त गर्न सकिदिनथी । उसले आफ्ना भावनाहरूलाई बोतलमा राखेर एक्लो भइरहेकी थिई । उसका कुरा सुन्ने कोही थिएनन् । उसलाई बुझ्ने कोही भएनन् । न परिवार, न आफन्त, न कोही साथी । त्यसैले उसले सबैलाई घृणा गर्न थाली । जब उसले साथी बनाउँछे तब, परिनीतालाई सधैं लाग्छ कि उसका साथीहरू धेरै स्वार्थी छन् । तिनीहरू केवल आफ्नो बारेमा वास्ता गर्छन् र अरुको वास्ता गर्दैनन् । ऊ सोच्छे कि आजकल मानिसहरू सामाजिक सञ्जालमा धेरै रमाइ रहन्छन्, उनीहरूले वास्तविक जीवनका साथीहरू र परिवारहरूको वास्ता गर्दैनन् र बरु अनलाइन साथीहरूको बारेमा बढी ख्याल राख्छन् । परिनीताले आत्मकेन्द्रित संसारलाई घृणा गर्छे ।

परिनीता शान्त र एकान्त जीवन बिताउन चाहन्छे । ऊ चाहन्छे कि मानिसहरू जिम्मेवार होउन् । पीडितहरूप्रति दयालु बनून् । असमान व्यवहार कसैले कसैलाई नगरोस् । परिनीता एक उज्यालो खुसी र संसार बोक्ने चाहना राखिन् तर, समय अर्कै भयो उनी पनि बदलिइन् । सबै मानिसहरूसँग उदास र क्रोधित हुन थालिन् । अब उनमा नयाँ आशा पलाएको छ । परिनीताले संसारलाई सधैं घृणा गर्न पनि चाहँदिनन् । उनी संसारलाई माया गर्न चाहन्छिन् । अब उनी देश नछोड्ने भइसकेकी छिन् । उनी देश बनाउन चाहन्छिन् ।



**रोजी गुरुड**

**क्रमाङ्कः २६००७**

### तारेभिर

मेरो गाउँ नेपालको गोरखा जिल्लाको सिरानचोक गाउँपालिकामा पर्दछ । त्यहाँ सिरानचोक मन्दिर जाने बाटो नजिकै तारे नाम गरेको भिर छ । त्यो भिर बाघको आकारमा स्वभाविक रूपमै बनेको छ । त्यो भिर बाटोको छेउमा नै छ । नाम भिर भए पनि तारेभिर एउटा ठुलो ढुङ्गा हो । त्यस ढुङ्गापछाडि एउटा घना जङ्गल छ । त्यस जङ्गलको बारेमा हामीले बच्चादेखि नै सुनी आएका हौं । त्यो जङ्गल घना भएकाले सबै डराउँछन् । त्यो तारेभिरको बाटो करिब ५ मिनेटको छ । ५ मिनेटको बाटो भए पनि सबै जना त्यस बाटोबाट हिँड्न धेरै डराउँछन् ।

तारेभिर धेरै दुर्घटना हुने ठाउँ पनि हो । मानिस त्यहाँको बाघको त्रासले मात्र होइन, त्यहाँ हिँड्ने भूतप्रेत आत्माको कारण पनि हो । भनिन्छ कि त्यहाँ पिचास, किच्छन्नी, र वन जकरी जस्ता भूतहरूले तर्साउँछन् । सबै गाउँलेलाई के भएको हो त्यो भिरमा भनी सोध्यो भने उनीहरूको जवाफ फरक फरक हुन्छ । कोही गाउँलेहरूका अनुसार करिब २०० वर्ष अगाडि त्यस जङ्गलमा एउटी केटीले आत्माहत्या गरेकी थिइन् रे । लाश ५ दिनसम्म पनि भेटिएको रहेनछ । पछि गएर छैटौं दिनमा डरलाग्दो अवस्थामा एक पिपलको रुखमा भेटिएको रहेछ । त्यस दिनको भोलि पल्टबाट त्यो केटी किच्छन्नी भई तर्साउन थालेको रे । अरू गाउँलेका अनुसार त्यहाँ पहिलेदेखि नै वन झाँक्रीको बसोबास भएको मानिन्छ । गाउँलेका अनुसार त्यस जङ्गलमा आत्माहत्या गरेर मरेका लाशहरू पिशाच भई भत्केका रे । यी सब कथाहरू हामीले बच्चादेखि नै सुनी आएका हौं । बच्चामा त यो कुरा सुनेर थरथर काम्थ्यौं । तर, जब ठुला हुँदै गयौं यो सब मजाक हो जस्तै लाग्न थाल्यो । हामी कसैले त्यो बाटोमा धेरै नकुर है भन्ने गर्दा त्यस कुरालाई हाँसेर टारिदिन्थ्यौं ।

गत वर्षको कुरा हो, दाइको व्रतबन्धको लागि हामी सबै गाउँ गएका थियौं । सबै जना १६ वर्षे दाइको व्रतबन्धको लागि धेरै नै उत्साहित थियौं । हामी गाउँ ५ दिन जतिको लागि गयौं । दाइको व्रतबन्ध पनि सक्यो । त्यहाँ धेरै रमाइलो गरियो । एक दिन बाँकी थियो । त्यसैले सबै दाइ, भाइबहिनी मिली अर्को गाउँमा रमाइलो गर्न जाने भनी योजना बनायौं । हामी बिहानै तयार भई जानलाई घरबाट निस्कियौं । हामी त्यस गाउँमा ठाडो भाका प्रतियोगिता भएको कारण त्यो हेरी ६ बजेतिर घर फर्कियौं । हामी ६-७ जति जना थियौं । ४ जना जतिको सवारी सदन थियो । कोही स्कुटीमा कोही बाइकमा बसी घर फर्कदै थियौं । जाडो महिनाको बेला ६ बजे त अँध्यारो भैसकेको थियो । बिस्तारै गफ गर्दै घर फर्कदै थियौं । तारेभिर जङ्गल आउन लागेको थियो । अब बाजेबजुले त्यस्तो डरलाग्दो कथा भनेको याद आयो । डर लागे पनि केही हुँदैन भन्दै आफ्नो मनलाई दरो बनाएँ । ठ्याक्कै त्यो ढुङ्गाको अगाडि



आइपुगेपछि हाम्रो अगाडि कसले हो कसले रातो चुरा फाल्यो । म र मेरी दिदी हामी पछाडिका दाइभाइहरूले हामीलाई जिस्काउन फालेको होला भनी पछाडि फर्केर करायौं । तर उनीहरूको अनुहारमा डर देखिन्थ्यो । उनीहरूले पनि त्यो चुरा फालेको देखेको रहेछ । सबै जना डरले काँप्न थाले । त्यस्तो जाडोमा पनि त्यति राति तातो हावा चलिरहेको थियो । त्यसपछि त हामी सब जना घरतिर टाप कस्यौं । गाउँ आएपछि केही नभनी सबै जना आफ्नो घर चुपचाप सुत्थौं ।

भोलि उठेर सबै जनाले गाउँको जैसीलाई त्यो कुरा सुन्थौं । त्यो कुरा गाउँमा बिस्तारै फैलियो । न फैलिने त कुरै भएन नि गाउँका ६-७ जनालाई एकैचोटी तर्साएपछि । त्यस दिनदेखि त त्यो बाटोलाई हेर्न पनि डर लाग्छ हामीलाई । त्यहाँ त हाम्रो काकालाई भूकम्पको बेलामा भोटले समातेको पनि थियो रे । यो सबै कुरा मजाक जस्तो लाग्छ होला तर यी कुरा सबै सत्य नै हुन् ।



**Noya Poudel**  
**Roll no: 35014**

### **My Pet**

I have a pet dog and it's name is Cairo. It is three years old. It is brown in colour. It is small in size. It is very friendly. It runs very fast. It loves to play ball. When I am with Cairo, it gets excited and starts jumping. It loves to eat rice, meat and dog food. It protects our house from thieves and strangers. It is an important part of my family. Whenever I feel sad, it cheers me up. He is my best friend.



**Pranav Raut**  
**Roll no: 35016**

### **My favourite**

My favourite fruit is apple. It is red in colour. I eat it everyday. It is sweet and juicy. It even keeps me healthy. My mother buys it from the market. Apples are grown in hilly regions. We can make many things from apples like juice, pie, jam or cake. I love to eat everything that is made from apples. My mother says apples are a good source of energy. It makes me strong and gives me vitamins. I don't get sick because I eat apples everyday.



**Reyan Tako**  
**Roll no: 35019**

### **My House**

I have a beautiful house in Green Hill City, Mulpani. My house number is 13. It is a three storey house. My family lives with me in my house. There are three bedrooms, one living room, a pooja room, a kitchen and one study room. There is also a beautiful garden. My house is neat and clean. My favourite room is the living room. I watch TV in the living room. Every morning I go to the pooja room to worship God. My mother cooks delicious food in

the kitchen. I study and do my homeworks in the study room. I have lots of toys in my bedroom. I have a wonderful family living together in my house.



**Umang Raj Singh**  
**Roll no: 35026**

### **My Family**

My name is Umang Raj Singh. I live in Kapan. I have a small family. There are four members in my family. My father, mother, my sister and me. My father is the head of my family. My father's name is Ramesh Kumar Singh. My mother's name is Usha Mehta. My sister's name is Reshu Rani Singh. My father helps me to do my homeworks. My mother cooks delicious food and takes care of me and my sister. I like playing games with my sister. We also watch TV together. I love spending time with my family. I love my family very much.



**Aayan Upadhyay**  
**Roll no: 35028**

### **My sister**

My sister's name is Aayushi Upadhyay. She is fourteen years old. She studies in grade 10 in Galaxy Public School. Her favourite colour is red. She likes wearing red dresses. Her favourite food is pizza. She likes to listen to music. She makes me delicious food when my mother is busy with her work. My sister is my best friend. She loves and takes care of me. She always has time for me. She also helps me to do my homeworks. She plays different games with me. Sometimes, she makes me angry but still I love her very much. I am lucky to have a sister like her.



**Shreem Raj Joshi**  
**Roll no: 35030**

### **My mother**

My mother's name is Doma Sherpa. She is thirty eight years old. She was born in Jiri, Dolakha. She studied in Padma Kanya Multiple college. My mother helps me with everything. She helps me to take baths and keep myself neat and tidy. She also helps me to do my homeworks. When I am sick, my mother takes care of me. She makes my family. She cooks delicious food. I should also love and take care of her. I love my mother from the bottom of my heart.



**Aarush Dahal**  
**Roll no: 34006**

### **My father**

My father's name is Sailesh Dahal. He is 41 years old. He works in an office. The name of his office is Lions Club Kathmandu. He eats healthy food. He doesn't like junk food. He works hard. He is very honest. He likes watching football. We watched the world cup together. His favourite footballer is Neymar Junior. My father owns a car. He takes me out for a ride during my holidays in his car. We play songs and go to far places sometimes. He takes care of me and protects me. He teaches me good habits. He loves me a lot and I love him too.



**Suruchi Bimali**  
**Roll no: 34026**

### **Physical Exercises**

Physical Exercises means the movement of our limbs using some rules. We need to do some physical exercises daily for good health. It makes us healthy and helps the body to stay fit. Exercise builds our body which helps us to fight against diseases. There are many forms of physical exercises. Some of them are cycling, swimming, walking, running, skipping etc. These days people spend a lot of time playing online games. They do not help in building a good and healthy body. Physical Exercise is required for a healthy body. We should take care of our body and take all the steps to keep it healthy.



**Aaradhya Tripathy**  
**Roll no : 34008**

### **My Favourite Story**

I love reading story books. I have a lot of books at my home. My parents buy me new books when they go to the market. Aladdin is my favourite story. I like this story because it is very interesting. It is about Aladdin. He lives with his mother. Once, he finds a magic lamp and he becomes rich. He marries a princess . There is a magician in this story. He is very cruel .He plays a trick and takes the magic lamp from Aladdin's wife. Aladdin becomes poor because of the magician. But with the help of a magic ring, Aladdin finds the magician and gets the magic lamp. This story is very interesting and I read it when I feel bored.



**Siddhika Malla**  
**Roll no: 34025**

### **My mother**

My mother's name is Nanda Malla. She is 36 years old. She is tall and very beautiful. People say that I look like my mother. I feel happy to hear that. My mother cooks delicious food. She cooks whatever I like. She spends her free time watching movies. She likes eating fruits and vegetables. She is very kind. She plays with me and buys cute dresses for me. She takes care of the house. She loves me and my brother. My mother knows a lot of stories. She also helps me with my homework. She sometimes takes me out while going shopping and buys me chocolates and cakes.

She helps me to take a bath and stay clean. She takes care of everything to keep me and my brother healthy and happy. She is the best mother in the world.



**Aarambha Pant**

**Roll no: 33003**

### **Why do I love football?**

I love football because it is an exciting and popular game. I love watching football games. It is a 90 mins game with full entertainment. It is played in a team. One team has 11 players and the players play in different positions. Football is more than a game, it teaches us to work in a team and be disciplined. It also increases our stamina and helps us to be fit and healthy. When I play football with my friends, I prefer to be a striker. I usually watch football games with my father. When my favourite team loses the game, I feel very sad. My favourite player is Lionel Messi. He is from Argentina. He is a legendary player. I love watching him play. Messi is the reason why I love football.



**Pranik K.C**

**Roll no: 33025**

### **Future World**

Welcome to the future, young adventures! In this amazing world of tomorrow, exciting things are waiting for you. Get ready to explore a place filled with wonders and endless possibilities. In the future world, classrooms will be like magic with smart boards and interactive screens that will make learning super fun. Imagine going on virtual field trips to space and ancient times, where you can see and touch things without leaving your seat. Technology will be incredible. Robots will help us to do everyday tasks, we will have cool technologies like flying cars and talking computers. You might even have a robot to play and learn with! Nature will be protected and cherished. Everyone will work together to take care of our Earth and make it a better place for animals and plants.

In the future world, you can be anything you want to be. From space explorers to scientists, artists to inventors, the sky's the limit. You will have the power to make a difference and create a world full of kindness, equality and happiness.



**Aarya Regmi**

**Roll no: 33052**

### **Good Student**

A good student is the one who is always disciplined and never cheats. The good students are always honest and help others. They do their work and always listen to their teachers and parents. They always work hard and wait for their turn to speak. They follow the essential skills. They respect seniors and love juniors. They spend their time learning new things. They encourage others to be honest and to work hard. They understand the value of the time and perform their duties honestly. They are always praised by the people around them. Good students are the role models of the school. Everyone looks at them and learns from them.



**Akshita Bhattarai**  
**Roll no: 32039**

### **Tourism in Nepal**

Tourists visit Nepal for a number of reasons. The most common reason for people to visit Nepal has been trekking across the hills in northern Nepal. The months of March/April, and September/October are best for trekking. Kathmandu is the capital city of Nepal which has a good airport and many hotels for tourists. Another reason to visit Nepal is to see her heritage sites. There are literally hundreds of temples, monasteries and places of religious sights in Nepal.

One could get lost in the wonders of the old town structures in Kathmandu Valley. Another reason to come to Nepal is adventure sports, like bungee jumping, Canyoning, Rafting, Paragliding and mountaineering. But mostly people could just come to Nepal on a vacation, go to a Resort in the hills and look at the beautiful Himalayas and just relax!



**Smarika Bhattarai**  
**Roll no: 32042**

### **Freedom**

I am not sure if everyone feels like me. I, most of the time, want to become an adult. My parents love me a lot. They provide me with everything I need even before I ask for it. But, I really wish I was an adult.

I feel like I am not being able to explore everything because I am not allowed to go anywhere. I could go wherever I wanted, do whatever I felt like doing and could eat ice creams and chocolates anytime with my own money.

I know that being an adult is not easy because I can see my parents working hard each day. But still, I feel like being one to enjoy my freedom. In my opinion, kids and adults should have the equal kind of freedom.



**Prapya Mishra**  
**Roll no: 32049**

### **Nepal**

I love my Country Nepal. It is a beautiful country. Nepal is located in South Asia. It is situated between two big countries, Nepal and China. There are a lot of mountains, rivers, lakes and several beautiful places in Nepal. Nepal is full of natural resources. This country has multi castes, multi lingual, multi religion and multicultural people. Nepali people share a good harmony among each other. There are many festivals which are celebrated in Nepal such as Lhosar, Maghi etc. Dashain and Tihar are the main festivals. Some of them are many beautiful places in Nepal Some of them are Pokhara, Lumbini, Chitwan and Illam.

Kathmandu is the capital city of Nepal. It is also known as the city of temples as there are many beautiful ancient temples in Kathmandu.



**Pratyush Lohani**

**Roll no: 31019**

### **Forest**

A "forest" is generally referred to as a large area covered with different types of plants and trees. These are mostly habitats for various wild animals and different species of birds. Forests are the lungs of nature, providing oxygen for us to breathe, survive, and maintain a healthy ecosystem. They are the most important part of our ecosystem. The forest provides food, fuel, and raw materials for human beings.

There are two types of forests: tropical forests and temperate forests. A tropical forest is also called a rainforest. Tropical forests have no dry seasons. It is a very thick and dense forest. Some animals found in the rainforest are Jaguars, Tapirs, Okapi, etc. Temperate forests keep changing in different seasons. It also has a lot of rainfall. Some animals found in temperate forests are raccoons, wild boar, white-tailed deer, timber wolves, red foxes, squirrels, etc. Forests are habitats for wildlife. They provide them with shelter and food. Thus, it is most important to protect forests. Deforestation will lead to climate change and increases in many environmental hazards like floods, soil erosion, landslides, etc. Forests help prevent soil erosion and increase the fertility of the soil. Many people around the world consider the forest a god and have a religious belief with respect to trees, like we worship Bar, Peepal, and Sami. This helps them save and use the resources of the forest properly. Forests are an essential part of the environment. So we need to save trees and forests more seriously.

So, forests are very important in our lives. That's why we should conserve forests.



**Revati Maharjan**

**Roll no: 31051**

### **Mother**

A mother is like a god; she gives birth to us and holds great importance in our lives. A mother is not just a parental figure but also a friend. Our mother is our first teacher, and we affectionately call her "Aama." We celebrate "Mother's Day" in the month of Baisakh. Motherhood is a divine gift given by God to every child. My day begins with the warmth of my mother's smile and her unconditional love.

My mother is always there for me, supporting and guiding me through life's ups and downs. She is not only beautiful but also charming and kind hearted. She lovingly prepares my lunch and buys me new dresses and stationery, among other things. Moreover, she is a talented dancer and singer. My mother is truly multi-talented.

To me, my mother is everything. Her presence and love hold great significance in my life. I love my mother extremely. Without a doubt, my mother is the most amazing and exceptional mother anyone could ask for.



**Aayaan Rai**  
**Roll no: 31006**

### **Animal Cruelty**

Animal cruelty is any activity done by humans that causes harm to animals. We observe various forms of animal cruelty in our surroundings. You may have witnessed humans beating dogs with sticks. People make animals work tirelessly for their own benefit, kill them for entertainment, or use their skin for leather, fur, and pashmina. It is disheartening to see how little regard is given to the lives of these innocent creatures, indicating a lack of respect for animals. Examples of animal cruelty include elephants being forced to carry heavy logs and horses being burdened with heavy loads. We have learned that elephants are made to carry logs and horses are made to carry heavy loads. Don't you think we should allow them to live peacefully and undisturbed? We should ensure that we treat all forms of life with kindness and respect. Nowadays people are becoming aware of animal rights and there are a number of organizations working to protect animal rights. We can also contribute by being kind to animals.



**Saphal Pokharel**  
**Roll no: 31052**

### **Pollution**

Pollution is a huge problem nowadays. It is a big problem for humans, plants, animals, and many more living beings, but humans do not understand the problem of pollution. Pollution is the process of making our surroundings dirty by throwing plastic, mixing unwanted substances in water resources, mixing unwanted gasses in the air, and many more things that make our surroundings dirty. It is really bad for our planet.

It makes us sick and may cause lung diseases that will harm us for the rest of our lives. The types of pollution are: land pollution, air pollution, water pollution, and sound pollution.

Land pollution is the process of throwing garbage unnecessarily onto the land. Water pollution is the process of making water resources dirty by mixing unwanted substances in the water. Air pollution is the process of mixing unwanted gasses in the air, and sound pollution is the process of making loud noises and sounds. Water and air pollution are the worst because we need water to survive, and if we do not drink water regularly, we might be dehydrated and eventually die. That's why if there is no clean water, we cannot live because we cannot drink dirty water, which causes many diseases. So, like water, air is also the most important thing in our lives. Without air, we cannot even live for a minute straight, and we breathe oxygen. So, due to the air pollution, there will be no oxygen because factories, vehicles, and other things that produce air pollution give out a lot of carbon dioxide. So, there will be a lack of oxygen, and without oxygen, we will die. So, because of that, air pollution and water pollution are very dangerous.

So, we should stop polluting and start making our environment clean and green. We should start planting plants and trees. Stop cutting trees, because if we do, it may cause landslides and floods. Let's start to use electrical vehicles instead of the

vehicles that use petrol, diesel, etc.; that will be good for the environment, and from today on, let us stop polluting and start cleaning our environment.



**Nitika Kapali**  
**Roll no: 30016**

### **Time Traveler**

David and his friends—Olivia, Sofia, and Leo—embark on an adventure in the story "Time Traveler." David, a high school student with a passion for electronics, secretly decides to build a time machine. After debating where to hide it, they agree to keep it under David's bed. With Olivia and Leo distracting David's mom, the friends construct the time machine.

After hours of work, they finish attaching the time machine, and David's mom remains unaware of their secret. Excitedly, they enter the time machine, and David closes the sliding door. Inside, they discuss which time period to visit, but Sofia and Leo's argument leads to accidentally pressing random numbers and hitting "go."

Suddenly, they find themselves in an unknown location and realize they have no idea when or where they are. Panic sets in as they hear a loud roar and hide behind a tree, only to discover it's a dinosaur. They desperately want to return to their own time, but they notice that the dinosaur damaged parts of the time machine.

In search of safety, they locate a cave and decide to repair the time machine there. David has some tools, but they need food before attempting the repairs. Leo and Sofia gather fruits, and during a close call, Leo saves Sofia from falling. This incident brings them closer, and their interactions become more positive.

After spending a week in the cave, they repair the time machine while Olivia and Leo separate fish bones. Sofia showcases her artistic talent by drawing on the cave wall. Uncertain of when they can return home, they spend their final night in the cave. Eventually, they successfully journey back to their own time, and it is believed that Sofia and Leo's newfound understanding will prevent further conflicts.



**Bishakha Upadhaya**  
**Roll no: 30010**

### **The 21st-Century Cinderella**

*Readers, do not mistake this story for your typical Cinderella story. This is different; this is the new Cinderella.*

Once upon a time, a little girl was born into the world. Her mother passed away the minute she was born. Her father was sad; there was no one to cheer him up that day, so he took her home. Her father decided to name her Ella. Ella was a beautiful girl with snow-white skin, blonde hair, and blue eyes. She was the girl who looked like she just came out of a fairytale, but that was not true. Ella was the daughter of a wealthy man, and she got everything she wanted. Ella had good fashion sense; instead of wearing skirts and dresses like most other girls do, she wore pants and hoodies. Ella was a tomboy who did not like to work at all. When she turned thirteen, her father married a woman with two daughters. They were really sweet to her, even when her father was not there. Lady Tremaine (Ella's stepmother) had an adorable cat that Ella, Anastasia, and Drizella



(Ella's stepsisters) loved. Ella really liked staying beside the pile of cinders as it matched her aesthetic (gothic with extra dark vibes), so her family decided to call her Cinderella. The nickname did not bother her at all; in fact, she loved it! She had lots of friends at school, and they were really loving toward her. Cinderella lived in a country where there was a democratic system; due to this, the politicians tried to take advantage of people's innocence and literally stole their money from them. The people of the country then went on strike, and the monarchy system was back (after a long time). The royal family was very good at running the country. One day, the king got sick and decided to hold a marriage for his son before he died. The prince (Prince Henry, also known as Prince Charming) wanted to choose his own wife, and the king was kind enough to let his son do that. After the king made the decision to get his son married, posters and cards were handed out all over the country. Everyone was invited to the royal ball ceremony. Cinderella wanted to go, but she did not own a single dress at all. Lady Tremaine, being a good mother, helped Cinderella out. Lady Tremaine had a beautiful dress designed with pure pearls that were blue in color and was decorated with other important stones, which she gave to Cinderella as a gift. Cinderella had no high heels that matched the dress, so her sisters helped her out by giving her a matching pair of heels. Cinderella thanked her family for all the help, and all of them went to the royal ball ceremony.

Prince Henry instantly fell in love with Cinderella the moment he saw her, and Cinderella felt the same way about him. They danced to soft music all night, but Cinderella had to go home. The prince and Cinderella fell in love, so their families held a wedding, and that is how the 21st-century Cinderella ends with joy and happiness.



**Selena Bhattarai**

**Roll no: 30041**

### **Lily : Loves Race Car**

In a big city, there lived a girl named Lily. She was an introverted child and used to find happiness within her small circle of friends and family. At the age of 13, she had a great passion for racing cars. Her room was filled with race car toys. Her father, who was also a race car driver, was her inspiration.

People often talked negatively about Lily, claiming that she wouldn't achieve anything in the future if she followed in her father's footsteps. Despite belonging to a middle-class family, Lily paid no attention to those comments. She was determined to build her own world and pursue her love for race cars.

When Lily turned 15, she started learning how to skillfully drive cars. Her dad, being a skilled racer himself, taught her the necessary skills every day. Surprisingly, Lily quickly grasped the skills and became proficient by the young age of 17. Whenever she passed a sports car shop, she would stop and observe each car, examining every part of it. Lily aspired to own her own race car so she could compete in the state competition.

One day, she gathered the courage to ask her dad, "Papa, when will I get my own race car so I can participate in the state competition?" Her father replied, "I wish I could

buy it for you, but we are facing significant financial issues at the moment. It might take some time." Joy turned into disappointment on Lily's face. Her dad noticed and said, "However, we have a car in the garage. It's the one I had my first win with. Why don't you use that for now? Make sure you handle it well; it's really precious to me." Lily's face lit up with excitement, and she happily exclaimed, "Yes, Papa, yes! Where is it? I want to see it right now!" Her father smiled and said, "We'll go to the garage tomorrow. But remember, this car holds sentimental value for me, so take good care of it." Lily laughed and reassured him, "Yes, Papa, I will. I'll be happy with it." Her father smiled.

The next day, Lily's father took her to the garage and unveiled the car. She was in awe at the sight of it. The car was a beautiful matte black and white with a modern design. The interior was also exquisitely crafted. Lily asked her father if she could keep the car forever. She pleaded with puppy-dog eyes. Her dad chuckled and said, "Of course, dear, but remember, this is one of the most precious things to me. Take good care of it." Lily smiled, hugged her dad, and said, "Okay, Dad! I love you, I love you!" Her father smiled back and hugged her, jokingly saying, "Okay, now stop. You're suffocating me. Why don't we take a picture to remember this moment when I gave my precious little angel her precious gift?" Lily agreed, and they captured the special moment. They spent the day together, practicing and enjoying father-daughter bonding time.

Lily practiced relentlessly, even enduring injuries, but she never gave up. After a long wait, the day of the competition finally arrived. She felt nervous and excited at the same time. Her dad approached her and said, "It doesn't matter if you lose. Just give your best; that's all that matters. Imagine you're alone practicing, and don't worry about the audience." As Lily listened to her dad's words, she felt a sense of calmness. She held onto every word and gave her best during the competition. In the end, she won the competition and made her mom and dad proud.

Slowly, the days, months, and years passed, and Lily had a huge fan of hers, which made her parents more proud. Lily had a good income. She closed the mouths of people who used to demotivate her.

Moral: "Do what your heart says; go on your own path. Don't listen to others; just listen to yourself."



**Bibechana Dangol**  
**Roll no: 30009**

### **Kathmandu Valley**

Kathmandu Valley is a bowl-shaped valley surrounded by four major hills: Shivapuri, Phulchoki, Nagargun, and Chandragiri. Kathmandu Valley consists of three districts, namely Kathmandu, Lalitpur, and Bhaktapur.

Kathmandu is the capital and largest city of Nepal. The Newars are the indigenous inhabitants of Kathmandu Valley. In the old days, it was known as Kantipur, meaning the city of glory. It is in the Bagmati zone and has the highest population density in the country. It is believed that Kathmandu was a huge lake in ancient times. Manjushree cut the Chobhar hill with his sword to drain off the lake and create land that was duly occupied by people.

Kathmandu Valley is famous for temples. Some of the famous temples are Pashupati Temple, Guheswari Temple, Budhanilkantha Temple, Swayambhunath Stupa in Kathmandu, Krishna Temple, Golden Temple, Bangalamukhi Temple at Lalitpur, Nyatapola, and Changunarayan Temple at Bhaktapur. Among them Pashupatinath temple is the most famous and one of the largest Hindu temples, and Swayambhunath is one of the world's most famous stupa for Buddhists.

Pashupatinath, Changu Narayan, the Durbar squares of Kathmandu, Bhatktapur, and Lalitpur, Swayambhunath, and Boudhanath are listed as UNESCO world heritage sites. Other places of interest are Tribhuwan Park, the Chhauni Museum, Hanuman Dhoka, and Boudhnath. Kathmandu Valley is very rich in culture. There are many festivals and events throughout the year.

The Bagmati River flows through Kathmandu Valley. It separates Kathmandu from Lalitpur, flows towards southern Nepal, and joins the Kamala River in Bihar. It is the holy river of Kathmandu. Its tributaries are Bishnumati, Dhobi Khola, Manohara River, Hanumante River, and Tukucha River.

There are many industries, such as tourism, agriculture, manufacturing, and service. Many people in the Kathmandu Valley work in government offices, banks, hotels, restaurants, or other businesses. There is Tribhuvan International Airport, which has direct flights to many cities around the world. Kathmandu is a major center for education, with many colleges and universities. Handicrafts created by local artisans are popular among tourists. The temples and cultural heritage of the Kathmandu Valley attract a significant number of visitors each year.



**Rashik Adhikari**

**Roll no: 30050**

### **Monkey Fasting**

Once upon a time, in a village, a group of monkeys decided to fast. The monkey chief expressed concern, saying, "We will starve if we fast." So he sent the small monkeys to bring back bananas. The little monkeys agreed immediately and returned with delicious-looking bananas. When the wife monkey saw the bananas, she suggested, "We should share our bananas before we begin our fast because we won't have time to fetch bananas once the fast is over." All the monkeys nodded in agreement.

The young monkeys suggested peeling the bananas and preparing them for eating after the fast. However, a greedy monkey asked a small monkey to inquire his father, "Can we put the banana in our mouth?" The small monkey asked his father the same question.

The chief monkey replied, "Yes, we can put the banana in our mouth, so we can eat it directly." Everyone promised and placed the bananas in their mouths.

When the fast ended, the bananas had disappeared.



**Yashaswi Pradhan**

**Roll no: 30036**

### **Importance of Reading Book**

Reading books is an activity that goes beyond school textbooks. Many people have different opinions about why we read books. Some believe it helps release stress, while others consider it a waste of time. However, one widely acknowledged

benefit of reading books is its contribution to education. Let us talk about this aspect. Personally, I have read over 120 books, as my school provides us with two books every month. Through extensive reading, I have experienced various improvements, such as enhanced spelling and improved pronunciation. These are just a few of the benefits I have gained from reading books, both in Nepali and English.

To illustrate the impact of reading, I can share my personal journey. In the first grade, despite being seven years old, I struggled with reading. However, with the assistance of my teacher, I slowly started getting interested in reading. My teacher guided me with my pronunciation. After reading a few books for a few months, I began visiting the library to borrow books once a week. I borrowed many books.

Now, as a sixth-grader, I am able to read lengthy books despite being only ten years old. This progress is proof of the positive influence of reading. It enhances my reading, speaking, and writing as well. It not only helps in my academics but also makes me emotionally strong, allowing me to empathize with and understand others' feelings. Thus, from my personal experience, reading extra books is not a burden or waste of time but a boon to all human beings. It helps broaden our minds and make us smarter too. So I suggest everyone read books at least once a month.



**Paridhi Panta**  
**Roll no: 30054**

### **My Terrible Sister**

My name is Della Colon, and I live in Berlin with my middle-class family. There are six members in my family: my father, Tristan Colon; my mother, Felix Colon; my younger sister, Dally Colon; and my younger brother, Toto Colon. I find it strange that my sister and I have similar names. At school, everyone calls me Dally because my sister is a superstar. It makes me really angry when anyone calls me Dally because my name is Della, just Della.

Dally is younger than me but acts much more grown-up. It's hard to believe that she's only 11 years old. Fortunately, she isn't very tall. I have a best friend named Eira Duck who lives down the lane. She is the only one who supports me and agrees that Dally can be terrible. Whenever Dally causes mischief, I end up getting scolded because she acts so innocent in front of our parents. She constantly raises my temper.

The worst thing is that I have to share a bedroom with her. Toto sleeps with Mom and Dad, and I'm grateful that he obeys and loves me. Whenever Dally tries to touch him, he pulls her hair. Throughout the night, Dally watches her K-pop videos, and I have to cover my eyes with a sleeping mask and my ears with pillows. Even then, I can't sleep. Do you want to know why? Well, a cat always comes to our bedroom window. It looks cute, and Dally always lets him into our room. Initially, I didn't allow it, but she promised to buy me my favorite books. However, the cat always jumps onto my bed and makes terrible noises. My terrible sister never lets me have any peace. Nevertheless, I tolerate her.



**Niva Shrestha**

**Roll no: 30017**

### **Women's Empowerment**

Women's empowerment refers to women gaining the ability to live their lives the way they want and make strategic choices. It can be defined in several ways: making women socially and financially independent, raising their self-awareness and self-worth, providing them with equal rights and opportunities as men, and not judging them based on their choices simply because they are women. These are just a few examples, and there are many more definitions.

Unfortunately, women have suffered from harassment, discrimination, abuse, and assault due to their life choices or clothing. What shocks me the most is that rapists often receive minimal sentences, sometimes as short as four years, and a fine of only forty thousand. In Nepal, abortion was legalized in 2002, but what about the poor girls who were raped and became pregnant before 2002? For decades, women in Nepal have been looked down upon, underestimated, beaten, and treated unfairly.

Women in Nepal have even been burned to death because their husbands died, clearly denying them the right to live freely. Women's empowerment has helped people recognize the capabilities, intelligence, and rights of women. However, there are still people who hold outdated beliefs and think that women have no rights and are incapable of achieving anything. In some families, girls are still expected to stay in the kitchen rather than pursue careers. They are subjected to violence, rape, and early marriages to strangers they have not even met. Girls are restricted from going out at night or meeting boys, and they are expected to excel only in household chores. If a woman brings shame to her family's reputation, she may be killed. Even when men abuse women, their families often do nothing about it. Not only in their personal lives but also in their professional lives, women are paid less than men simply because of their gender. Unfortunately, this is how women are treated in most countries.

Nevertheless, women's empowerment is a crucial movement that has emerged around the world to address these issues and strive for equality. By promoting education, providing support systems, advocating for legal protections, and challenging societal norms, women's empowerment initiatives can help bring about positive change. The ultimate goal is to create a world where women have equal access to education, employment, healthcare, and decision-making positions. This not only benefits women individually but also contributes to the overall development and progress of societies.



**Priyasha Pant**  
**Roll no: 30067**

### **Importance of Time**

“Time and tide wait for none”- This proverb means that time waits for no one, and one should seize all opportunities. The only constant in life is time; everything else is dynamic. This saying encourages us to cherish time and avoid wasting it. It plays a significant role in the life of an individual.

Time is the most precious thing in our lives because it is something we cannot get back once it is lost. Time is more valuable than money because, without understanding the value of time and properly utilizing it in the right direction, we cannot earn money. Unlike money, we cannot store time and use it as we wish. People who do not work on time are wasting their precious lives and are a burden to their families, friends, relatives, and the nation. We all live in time, grow in time, and die in time. Time is a treasure, yet we still foolishly waste it. Therefore, we should use it wisely to create a bright future. We have to manage our time properly and allocate time for studies, entertainment, games, physical activities, etc., by creating a routine for various activities. We should follow the routine every day so that we do not waste time. Time has no beginning nor ending. Time works in its own way and listens to no one.

If you are hardworking, time can make you a king, but if you are not hardworking, time can reduce you to a beginner in a matter of seconds. So, it is important to understand the value of time.



**Ipsa Bajracharya**  
**Roll no: 30012**

### **Friendship**

As we all know, friendship is the most important thing in our life. We have many friends in our school, neighborhood and other places. Friendship means establishing a bond and relationship between individuals. There are many benefits and importance of friendship. First, let us talk about the meaning of friendship.

Friendship is important because no one can live alone. We find happiness and support through friendship. Having friends has several benefits. For example, we can share stationery, help each other in times of need, help with confusion about homework and class assignments, and even seek help understanding meanings and pronunciation. Friends can also empathize with our emotions, whether we feel sad, happy or angry. They are people we trust and share our problems with. It does not matter whether our friends are boys or girls; both types of friendship have equal value. It is not necessary that our closest friend be our only true friend; others can also be our friends. The key qualities of a true friend are friendliness and understanding.

Every friend is equally important to everyone, so the value of friendship is important in my life.



**Irada Timsina**

**Roll no: 30053**

### **Recycling: Small Actions, Big Impact for Our Planet**

Our Earth is a beautiful place, and we need to take care of it. One way we can help is by recycling. Recycling is using old things to make new ones, like giving things a second chance. When we collect items such as paper, plastic, glass, and metal that we no longer need, instead of throwing them away, we send them to special places. These places transform old things into new ones, so they don't go to waste.

Recycling is crucial because it helps our environment in many ways. When we recycle, we save trees because we don't need to cut down as many to make new paper, books, copies, and more. Additionally, we conserve energy because making things from recycled materials requires less fuel than making them from scratch. Recycling also plays a role in keeping our air, land, and water clean by reducing pollution. It's like being a superhero for the Earth!

There are various items we can recycle, such as paper, old newspapers, and cardboard boxes. Plastic bottles and containers can also be recycled, along with glass jars and bottles. Let's not forget about metal, like aluminum cans. These are just a few examples, but there are many more things we can recycle. It's always a good idea to ask an adult for help in determining what can be recycled in our area.

Remember, by recycling, we are making a positive impact on our planet. We are helping protect our trees, save energy, and maintain clean air and water. Let's work together and make recycling a part of our daily lives. Every small action counts, and together we can make a big difference for our planet.



**Eva Adhikari**

**Roll no: 29012**

### **Why are most people scared of dogs?**

Me being scared of dogs I would say that some people who are scared of dogs might just not like the way the dogs look or how they behave. Whereas some people can just have anxiety of dogs or they or their relatives or friends might just have been bitten by dogs. In some cases, this might be the reason.

In cases like mine, people can be scared of dogs but might love puppies. This is because puppies don't have any teeth to bite unlike dogs. Even if dogs and puppies both are the same things, just the age difference dogs are more aggressive than puppies. Having pets like dogs is actually really helpful. Especially, when it comes to a bad neighborhood and thieves. Dogs can easily catch thieves.

Dogs may look adorable to some people whereas for other dogs might look like demons. They think that phobias resulting from a mix of genetics, personal history and environmental factors can cause people to be scared of dogs. There are approximately 400 breeds of dogs. Some people might be scared of some types of breeds and love the other types. Dogs are really a helpful pet which can save lives. In conclusion, I would say that not all people like dogs as some might but not all and they have their own reasons for that so I think this is why some of the people are afraid of dogs.



**Yavna Sharma**  
**Roll no: 29066**

### **Modern Age Without Computers/ Smartphones**

Imagine a world where computers and smartphones were nonexistent. As a seventh-grader, I invite you to step into a time before these digital marvels dominated our lives. Discover the joys, challenges, and surprising possibilities of a simpler era in this exploration of life without computers and smartphones.

Before the rise of computers and smartphones, people relied on traditional means of communication and entertainment. Letters and landline telephones were the main channels for staying connected. Research involved visiting libraries, consulting encyclopedias, and seeking knowledge from experts. Calculations were done with the help of calculators or good old pen and paper. While it may seem archaic compared to today's technology, this pre-digital era had its own charm and efficiency.

In a world without computers and smartphones, education would undergo a transformative shift. Physical textbooks, libraries, and face-to-face interactions would become the cornerstones of learning. Students would rely on their creativity and resourcefulness to gather information. Critical thinking and problem-solving skills would be honed through engaging discussions and hands-on experiments. Though research might be slower, the absence of digital distractions could deepen focus and encourage curiosity. Without computers and smartphones, entertainment would take on a more tangible and communal form. Families and friends would gather for board games, card games, and puzzles, fostering social bonds and healthy competition. Outdoor activities, such as sports, picnics, and exploration, would regain popularity. Books would become cherished companions, igniting imaginations and transporting readers to different worlds. Creativity would flourish through painting, writing, and other hands-on hobbies. People would rediscover the joy of physical play and face-to-face interactions, forging stronger connections in a world less influenced by screens.

In a digital-free world, personal connections would take center stage. Face-to-face interactions and meaningful conversations would become the norm. Friendships would deepen through shared experiences and genuine connections. People would make more efforts to meet in person, cultivating a stronger sense of community. While long-distance communication would be more challenging, the anticipation and value of receiving a heartfelt letter would be unmatched. Social events, public gatherings, and newspapers would become essential for sharing news and staying informed.

Exploring a modern age without computers and smartphones unveils the possibilities of a simpler, more connected existence. In this alternate reality, personal interactions and tangible experiences hold greater importance. While we embrace the conveniences of technology, let us also cherish the lessons from a pre-digital era and nurture the power of face-to-face connections that shape our lives.





**Subigya Raj Kharel**

**Roll no: 29065**

### **The Biography of Alexander Hamilton**

Alexander Hamilton was one of the twelve founding fathers of the United States. As a kid who was born in the Caribbean, his early life was very hard. When he was only ten, his father had a lot of debt which led to him and his family getting hated on. After two years, Alexander and his mother got very sick, so sick that they could not even leave their beds. Alexander gradually got better but his mother didn't have the same luck and she passed away. His father soon left him and he was all alone. He moved in with his cousin in his house and used to steal and beg often. However, the cousin committed suicide as well which left Alexander to be alone again. One day, he snuck into a ship headed to New York in hope that he could make something of himself there. In 1776, Hamilton met a man named Aaron Burr who was famous for graduating at a young age, they became friends. Alexander made many other friends in New York such as John Laurens, Marquis De Lafayette and Hercules Mulligan. At the time, George Washington was a general and he was frustrated from the army retreating frequently and he needed help in his work as well, so he decided to appoint Alexander as his right-hand man since he had a reputation for his intellect, and he stole some British ships with Hercules as well. In the winter ball, Hamilton meets Eliza Schuyler, who was the daughter of famous and rich politician Philip Schuyler and they both fell in love. After the continuous exchange of letters, and a bit of convincing Philip, Alexander and Eliza got happily married.

After serving Washington for years, he still decided to promote a man named Charles Lee and not Alexander Hamilton that made Hamilton enraged and his friend Laurens decided to duel with Lee which ended with a severely injured Lee. Alexander wants to fight for his country, but his wife Eliza convinces him to take a break since she is pregnant. Marquis De Lafayette then suggests Washington to bring back Hamilton as with his help there would be a possibility of the war ending in Yorktown. So, in 1781, the battle of Yorktown began. At this time, Laurens was in South Carolina fighting to end slavery. They finally dropped the British away and this was possible because Mulligan was undercover spying on the British government. Afterwards, Hamilton's son was born, and they named him Philip, after Philip Schuyler. Unfortunately, around this joyous occasion, Hamilton received a letter saying that his beloved friend, John Laurens had passed away. Hamilton was very upset by this news and stayed in his room for many days without talking to anyone.

After the war, Hamilton went back to New York to study law. After nearly perfecting Law, Alexander proposed a new form of government, but it was not approved by the Congress. After Burr rejected his offer to write anonymous essays defending the document to the public, he teamed up with John Jay and James Madison and they combinedly wrote 85 essays in 6 months. With Jay writing 5 essays, Madison writing 21 essays and Hamilton writing the other 51. Washington then appoints Alexander as the Treasury of Secretary. Alexander leaves his family behind and moves nearer

to his workplace. In 1789, Thomas Jefferson returned to America from France, and he was immediately hired as the Treasury of State. After a few cabinet meetings, and an affair with another woman, Alexander pretty much lost his reputation and he retired from his position to stay with his wife and children. His first son, Philip soon leaves the Earth in a duel. After Alexander promoted Jefferson and not Burr, in the elections of the 1800, Burr was furious and approached Hamilton for a duel. Hamilton didn't want to kill Burr so he aimed his gun at the sky, but Burr had already shot the bullet which led to the tragic death of the famous ten dollar founding father.



### **First Walk in Another's Shoe.**

Standing at the top of the roof, I recalled everything. Including the hardships I encountered. Maybe they gave me the courage. So I did it.

**Anushree Acharya**  
**Roll no: 28002**

People think that living as a princess is a dream come true. But coming from a princess, it's not. I am a princess of a small country. My parents had met while they were in a war. They fell in love and after the ending of the war, they got married and had me. My parents were the people that were always referred to as 'couple goals'.

Even though I was one of those people who was born with a silver spoon in my mouth, I never felt like it. My parents were always busy with work and never had time for me. And the maids, let's just say when my parents weren't around, they lost their covers. It escalated to times when they used to lock me in a room and forget to send me food. So usually I used to sneak out from the small window with great troubles and roam around. That's how I found out about my love for nature.

Due to the hardships I faced, I had turned into someone who was sensitive and considerate. I had never got a chance to go to school and was always homeschooled. So at the end I went to a school when I was in grade 10 after begging my parents for a long time. It was hard for me to fit in. Especially when I had not attended school in a long time. People over there didn't know about my title as the princess. Since I couldn't make friends, I poured my heart into studies. I also always topped my class. Due to this reason, I was even bullied. I was called names like nerd and all and I had to endure it. But things went too far when they started spreading rumors about me. This affected me because even the teachers heard the rumors and started to give me disgusting looks.

Things at home weren't better. My parents were constantly out and I was constantly starved. I also had to do all the chores and had to endure the beatings when I dared to even speak.

Later I couldn't handle all of this and went on the top of the castle ready to give my life up. They gave me the courage so I jumped off it. But to my shock, just as I was about to jump, someone caught me. On turning out my parents had returned. When I was trying to jump my mom saw him and caught me. When my parents asked me what was wrong I told them everything. My parents felt guilty after that and made

me transfer school and fired those people. They also started to get closer with me. Things at my new school also got better. I made a lot of friends. So before you decide how a person's life is, first walk in their shoes.



**Eshanee Manandhar**  
**Roll no: 28004**

### **The Trend of People living in Apartments**

Apartment basically means flats owned by a group of people. There are a lot of apartments in our country and in other countries as well. During the old days, the apartments were not that popular since most of the people stayed with their parents or preferred to stay with their parents. However, as time passed, the structure, development etc of the apartment developed and became better which increased the popularity of apartments.

Most of the people prefer staying in apartments. After teens start going to colleges or universities, they will move out from their parents house and start staying in their apartments. There are also several people who have already arranged to move out. The Trend of People living in their own apartments has been constantly growing up. However, I don't think the trend is that bad. Because, first of all, it does help an individual to become more independent and hard working. Second, it helps to organize their life. Third, it helps teens/ adults to manage their money and time properly.

However, it does have its own bad sides as well. For example: if someone comes from a small-income based family. That particular teen will not be able to afford apartments which have good space. They can only afford it when they have their own job. However, most teens are not likely to get proper-paying jobs because they are just studying. There are also some people who just want to "fit in" with others. Those types of people just want to follow the trend so they could also be one of those people who owns an apartment. Some people buy an apartment or a flat just to show other people and brag about how they can afford an apartment.

I think that if a person owns an apartment, I think that 21-30 is a good time for owning an apartment. The age of 21-30 is considered as adults and they are really responsible and likely to be independent. During the age of 21-30, we will graduate from college and universities. After graduating, from our degrees and achievements, we can get a good paying job which can pay our apartment's rent. I think that after owning an apartment, we must not ask for others to pay the rent, help cook food etc because if we did that, I think we'd rather stay in our parent's home rather than spending extra money on apartments.

I think that the trend of owning an apartment is good and also helpful. But, due to some people's behavior and dependentness, the trend is quite being used for a bad purpose and a bad reason.



**Prasiddha Shrestha**  
**Roll no: 28008**

### **Is Immortality a cure or a blessing?**

If someone discovered a formula that would enable us to be immortal it would be a curse and a blessing. Immortality can be considered as a state where a living organism can survive until the end of eternity. According to the perspective of different people the answers may vary. Some might say that it is a blessing and some might say it is a curse.

Let's illustrate that someone will be immortal. They will go through everything life has to offer. They will experience every emotion and certainly they will reach a point in life where they will not know what emotion is. Sure, they might be a bit philosophical since they will have lots of experience but will it be worth it? Our brain can only remember a certain amount of knowledge and information and if we are immortal we will eventually run out of memory capacity.

Immortality will give us endless opportunities, time for personal development, an ability to overcome the fear of death and more. Once immortal an individual will have very little fear to no fear. Without fear one could pursue their dreams with no fear of sudden death. There will be endless possibilities once you will be immortal. You can do anything anywhere at any time. You can use your ability to destroy the planet or preserve it. One could learn everything and can also achieve mastery in any subject and if possible they can contribute a lot in any field of their interest. In this way, the individual can also achieve popularity. With immortality you will witness the evolution of society and human civilizations. Individuals as an immortal being will witness everything and still might not have control of time. With the change of time they will not change. These are the advantages of achieving immortality.

With the change of time, nothing will happen to you as an immortal being but the people around you and the people that love you will be greatly affected as one day they will die. You will not only see your loved ones die but also entire generations coming to an end. This will make you feel lonely and sad. You will feel detached from this world. As you are unchanged for the rest of eternity you will be lost in the high and low points of your life. You will not be obeying the cycle of life. As an immortal being you will face lots of similarities over time and this could affect your perception of joy, and excitement. As a whole you will find it difficult to satisfy yourself. If there would be a way to obtain immortality a certain individual will not only want to seek it but a whole population will. So, considering this fact we can also assume that the overpopulation problem on earth would drastically increase due to the immortal population and due to there being limited natural resources on earth it will be a very large problem to maintain a healthy lifestyle because one day or another something will finish and some species of animal will come to the point of extinction.

Taking it into consideration, whether immortality is a curse or a blessing it's a very difficult question so it really depends upon the perspective of the person. In my

opinion, I believe that immortality can be considered as a curse. It has very interesting benefits and considering the fact that one day the earth will be destroyed you will be floating in space drifting in the void of nothingness. Your life has great value but following the cycle of life on earth.



**Parisa Nepal**  
**Roll no: 27033**

### **Should Education Be Free?**

***“Education is not only a ladder of opportunity, but it is also an investment in our future.”***

**-Ed Markey**

Education is a powerful weapon for people which can change one's life. Education is the process of receiving systematic instructions to develop one's career so that they would be successful in the path they choose. Education is the future of a country. Without it a country can't be well developed. Many developed countries like America, France, UK all have developed due to proper education. Education is the right of all people but there are people who can't afford it. They can't even afford to go to the most affordable ones as well. As it is not accessible to all there is a big controversy among people regarding whether people should be given free education or not. Some people say that education is the right of an individual so it must be free of cost while some say that education should not be free of cost. It is not right of an individual those who can pay should only acquire knowledge.

But I personally think that education is a right of people and it should be free of cost. Education is the foundation of a developed country without education a country cannot develop. Education is one of the requirements of development. A person acquires knowledge and skills through education. It is essential because it enables people to think for themselves, make informed decisions, and contribute to their communities. Education is critical to society. It helps to create knowledgeable and responsible citizens who can bring positive changes. With free education, everyone would have an equal chance to follow their dreams and achieve their goal. This would lead to a more educated and productive society, ultimately benefiting us all. With more people being educated, we would see a decrease in crime and an overall improvement in the quality of life of people and a country would be well developed. It also increases employment opportunities for people. It can also eradicate poverty ultimately bringing changes in other aspects of an individual and the nation's life. Hence, this is why I believe that education should be made accessible for all.



**Suprabh Acharya**  
**Roll no: 27014**

### **Why is the trend of 'A Levels' growing so rapidly among high school students?**

Unlike +2, A-level focuses more on teaching certain topics in depth rather than learning multiple topics at a surface level which enhances the understanding of the selected subjects, getting deeper knowledge about the subject and using them practically. By getting to know about a certain topic in depth, A-level students gain a

higher level of knowledge, develop critical thinking skills and an exterior grasp of a certain subject in comparison to +2 students.

A-level is a competitive form of study as students compete not only with students in their class but also with other students worldwide. In this way, the students become competitive for excellence which constantly improves their knowledge and skills. A-level focuses on practical knowledge rather than just theoretical knowledge. It teaches students to become proficient in problem solving and critical thinking. A-level believes that the classroom is not the only place where students can learn, hence camps and tours are also emphasized. By getting different learning experiences, students broaden their knowledge and gain real world exposure and experience. In comparison, universities in Europe and the US accept students who have secured good marks in A-level rather than +2 because A-level is a world-wide concept while +2 is simply nationwide. Therefore, A-level is viewed as a more standardized form of education and qualification ensuring a much more success rate for admission abroad.

In A-level, we can choose 4-5 subjects of our choice thinking about which field we want to join later on. So, A-level helps students to focus just on the subjects required in the career we want to pursue in the future. For example, a student interested in pursuing a career in the IT field may have to study subjects like Nepali, Chemistry in +2 education which is not relevant to their career goals nor has any impacts. However, in A-level education, they can choose subjects like computer science, mathematics, physics etc. which is applicable to their future in the IT field. This focused approach allows A-level students to learn subjects that are crucial and beneficial for the career they want to pursue. The rapid growth of the A-level education trend among high school students can be attributed to the technique of teaching. Firstly, A-level education emphasizes on deep learning about a certain topic allowing students to understand more about the topic compared to +2 education which enhances critical thinking, problem solving and analytical skills.

Overall, A-level education provides the freedom to choose subjects that are beneficial for a student's choice of career. This flexibility allows students to gain specialized knowledge on the subjects. Camps and tours in the A-level curriculum allows students to develop teamwork skills, leadership skills, critical thinking skills in real life situations. A-level education is a more competitive approach to education. Its recognition, competitiveness and flexibility makes it a pleasing choice for students that are willing to excel academically.



**Eshaan Kumar Rajbhandari**  
**Roll no: 27027**

### **Benefits of Music**

Music is a piece of art which can be interpreted in different ways. It is a melody, rhythm arranged with a group of instruments and vocals. When the musical instrument and vocals form harmony. It is said to be music. The word music came from the Greek word 'mousike' meaning 'art of muses'.

Music has many benefits, it helps us explore the wonders of the world around us. It helps us to develop the skill to think, create and apply which includes critical analysis. Talking about music's second benefit it helps to express the musician's true feeling towards the world. A musician's emotions are expressed in their songs. So, while playing music we should always enjoy ourselves to the very best of our abilities. In this way, comes our third point, where we get to learn that music helps us to relax ourselves and reduce stress. So when people are unable to sleep properly, they are able to sleep while listening to music. Performing in front of a huge crowd is also what helps us be more confident. Music also helps children to develop a strong sense of memory power, since music itself needs more effort than any other activities with the memorization of the notes, rhythmic strokes, patterns, lyrics etc. In all, music is directly or indirectly helpful in many ways. Though there are some people who are old-minded saying that being a music lover or musician will spoil the kid and if they are into music they would take it as a profession. So we should spread the knowledge of the benefits of music.

There are lots of benefits we get from music besides the mentioned above. So music's truthful benefit is that it helps to reduce stress, to read, create and apply, to memorize, helps to eliminate stage fear etc. There are lots of them like another one that helps us to manage our time and also to develop a circle of supportive friends and family. Music and education are both important in their own roles. There are sources of learning music such as music schools, universities etc.



**Pratik Dangol**  
**Roll no: 27009**

### **My Sithi Nakha**

It was Thursday, 11th Jetha 2080. According to the Nepal Sambat Calendar it was Sithi Nakha. My day started with an early wake up at around 5. After that I took a shower. Then I went out to help my family members prepare dishes for "Samay Baji" and "Bhoj". It was also Bhote Jatra so it was guaranteed to rain. It was not only believed but even according to the weather forecast it was 90% certain that rainfall would occur. So there was conflict between the elders. Some argued to come back after having Samay Baji whereas some argued to stay and finish everything there only. On the other hand we had to agree with whatever they said.

So before knowing what I did on the day, let's talk about what Sithi Nakha is. It is the day when different families or groups also known as 'Dewali Guthi' worship their deity (Kuldevta). So our Dewali Guthi or family consists of 30 people. So, on that day 28 people were present there whereas 2 were out of the nation. After our preparations for Samay Baji and Bhoj were done we started taking out materials that were required for the puja. Later, we loaded those materials and dishes onto the cars and we 6-7 men went to the destination through different vehicles. Every year, we do our puja in Ban-kali. There we cleaned certain areas we required and placed tents.

After some time, the rest of the family members came bringing deity and goat. Then we started setting up a gas stove, mats, etc. On the other hand, our eldest family member prepared for puja. After doing the puja we were finally allowed to eat something. Then our elders sacrificed the goat to the deity. The eldest member put a tikka on us and gave kokha which marked the end of our puja. We finally had samay baji but it rained. Glad we had set up a tent. But until we finished our samay baji it stopped. We were happy and hoped it would not start again. The samay baji consists of many Newari dishes like *choila*, *chatamari*, *bara*, *bhutan*, etc which were too delicious. Afterwards, we all became busy with our own work. Some went down to cut the goat and burn it, some started exploring the place and clicking photos whereas some started playing cards. But after some time, rainfall started so we packed up everything and got on the vehicles and headed home.

Upon returning home, we freshened up and started having fun. Some went to their own room, some started playing cards, some started cooking whereas some were in their own world. It was so fun while I was playing Nepali bhasa songs in flute and my family members started dancing. After that we had bhoj at around 8 pm and our day was completed. In bhoj it's a rule that we can't stand up before the eldest member finishes their food. The day was fun, but if the rain had not occurred then it would have been better. Sithi Nakha is basically a picnic but with more of a religious intent to it as well.



**Mansi Singh**  
**Roll no: 27008**

### **It's Better To Be Good At Academics**

Academic skills are also necessary for a better and a secured future, be it here in the country or abroad. Sometimes people like Michael Jordan (basketball), and Muhammad Ali (boxing), Wayne Gretzky (ice hockey), Babe Ruth (baseball) Michael Phelps (swimming) have continued doing their sports and in future become successful sports players. However, it is not guaranteed that all those who pursue sports will get the fame and the name that these famous personalities have earned.

Academic skills can be more beneficial than sports. Many people who have continued in academic skills have been successful lawyers, doctors, engineers, scientists and many more. Sometimes, those people who can't afford to continue their education find a new way to be successful in the future, so some choose sports and become a great player. However, it's better to be good at academics than at sports. It really helps to make each person's future bright. Although, just like sports it is not guaranteed that one becomes successful when they pursue academics. However, the chances of at least being an average student are more than that of succeeding as an athlete. Most people who pursue athletics also hope of reaching great heights of fame and fortune. Especially in a country like Nepal where the sports personalities do not have even a basic salary let alone facilities to pursue their dreams. It might seem glamorous and all but it is not enough to sustain one's life, forget sustaining a



family. However, academics will at least guarantee you a liveable wage sustaining you and your family. Rather than being uncertain about payment and fame.

Hence, I believe that being good at academics is more important than being good at sports.



**Aashish Dahal**  
**Roll no: 27004**

### **The Importance of Financial Literacy in the Modern World**

In this rapidly growing world, financial literacy has become an important skill for individuals of all ages. Everything, including the water we drink and even the oxygen we breathe, costs money. So in this modern age, it is very important to know how and where to spend our money. The skill of managing personal finances is essential to make an individual a better thinker and a better decision-maker. It not only makes one better at thinking, but it also makes an individual learn the importance of money. It also develops the core mind of an individual. It also makes the future of an individual stable and bright and makes an individual independent in life.

Financial literacy helps one have control over their finances and make their future stable. It helps an individual understand concepts like budgeting, saving, and investing. One with financial literacy can better handle their debt, avoid financial fallout, and make better decisions in financial emergencies. The current market offers many investment opportunities, financial products, and services. If an individual is better equipped with financial knowledge, they can know their needs and have a better understanding of it all. Moreover, they can also be saved from financial scams and protect their hard earned money. It also guides an individual to avoid costly mistakes. Being an entrepreneur is one of the most common jobs, the most important skill needed is the ability to manage finances, which helps an individual grow theoretically and helps them invest in their business. With the help of concepts like loss and cash flow investment, it helps to make an individual's future bright. Ultimately, with the help of financial knowledge, one will do well during a financial crisis or setback. They can be prepared for emergencies, and they can also manage their debt with the knowledge. One with financial literacy can do better. It also promotes entrepreneurship which is also an important aspect of the nation's economy. With the help of concepts like loss and cash flow investment, it helps to make an individual's future secure. Financial management is one of the most important aspects for an individual, their family, and their community. In a community, financial management helps to support a local business or even helps to manage the community solely. It helps to manage poverty in a society as well. It also improves social safety and their financial resilience rather than depending on the government. It helps to improve the quality of life of an individual as well.

With the help of financial management, we can protect ourselves and be safe. Moreover, we can have a better life and retire faster than many people. We can also

make our future better. We can help our community fight against poverty and help our local businesses, and we can also build our own businesses and be self-employed. I don't think I know any reason why we don't know how to manage our own finances. I think that I know many benefits if we manage our finances. I think it is very useful to teach children about financial management, as it helps them when they are grown up.



**Rushina Tamang**  
**Roll no : 26008**

### **LIFE**

*To Live/Laugh/Love:* Birth. The start of all things. The start of life, the start of a new timeline, the start of a new perspective, the start of a new family, the start of a new meaning, the start of a new beginning. Birth is something that is perceived to be a beautiful concept. The process is improper but the result is a godsend. Not all can receive this. Given in the wrong hands, birth is a curse, an adversity, a catastrophe. Not all births are required. Some were never needed in this world but still exist. Some don't need the godsend but still give birth. Those of the people curse themselves and the godsend. Life is already hard itself but is even harder for a person that doesn't need to experience it. Acceptance. Life is cruel. It is unfair. Like a mother, who even with life-time denial, in-depth always knows that in a pair of siblings, there's always one that she favors more. So, some get lucky and get loved and others don't. But it's fine. After all, it's life. All you can do is accept it. But you can try to improve yourself. Become better than your siblings and achieve great heights that will leave others to the ground. Maybe then life will favor you more? Accept yourself, accept your surroundings, accept your siblings, become a greater person, love everything, love your uniqueness instead of being the xerox-copy of most. Then, love, attention, mother and life will run after you. Become yourself that you love the most, the self you are the happiest with and the self you feel the most comfortable with. Don't chase others, make them chase after you.

*To Inspire/Intake/Introduce:* Inspiration. Inspire yourself. Inspire your soul, your body, your mind, and your actions. Inspiration gives reasoning. It gives sense to a person to want to live, to want to move forward, to want to achieve and utilize. Inspire yourself through your surroundings, through people you know or may not, or through memories, experiences and curiosities. Inspiration gives a person a sense of want which gives a person a sense to live to attain it. Take things. Take whatever things you can from life. Take memories, take lessons, take experiences, take feelings, take independence, and take teachings. Create with what you have, what you had and what you will. Create things that will mark the meaning of your living. Create a mass that will inspire others, that will shine a light for others and introduce new ideas to others. Every person, every being, and every change gives something. Take those things. But when you take it, don't forget to give it. Share with others. Give your life experiences, lessons and memories to others and introduce them to things that are not within their reach. Help others through your living and pass down your stories to others.

*To Fear/Fight/Fall:* Fear. Fear is the number one solution to avoid injuries and wounds. If one fears something they are most likely to never commit to experiencing their fears. Which prevents people from driving aggressively, drinking, doing drugs, committing crimes or even talking back to people with higher status. Fear is another key concept of life. Fear might be thought of as bad but sometimes a little fear helps. So, fear of things, it's normal. But again, there are some things that need to not be feared. Like speaking your mind, views and virtues, experiencing things, standing up for yourself, loving yourself, letting yourself be loved or expressing your feelings to others. Never fear things that make you as a person better rather than giving you injuries. Stand up to those fears, face them with bravery and confidence and achieve your higher self. Falling behind is normal. Sometimes when you face challenges that are beyond your incompetence, and sometimes you get hurt and fall behind due to the pressure, always remember that it's normal. Not everything goes as we plan it. Sometimes we just have to give up. Sometimes letting things go is better than holding on to them with a thread. Feeling pressured, feeling depressed and experiencing anxiety, it's all normal, all humans experience them. So, never feel like you're alone. Always reach out to others. And get help if you need to. Never be shy to ask for help. But after you have healed, don't forget to stand up again once you're strong enough.

*To Enjoy/Engage/End:* Enjoy. Enjoy yourself. Enjoy what you are, what you were and what you are going to become. Enjoy your surroundings. Cherish people and the surrounding life has put you in. Cherish everything you had, everything you have and everything you will. Celebrate everything you did, are doing and will do. Let yourself relax once in a while and treat yourself. You deserve happiness. Build your happiness. Don't let other minds affect who you are. Cherish your being and your life. Engage with people. Communicate and socialize with others and share their happiness, their anger and sadness. Help others and get help as well. Don't be afraid to talk to people. Cherish everyone you had, have or will have. After all, everyone you meet gives you experiences and memories that make your life. Never be afraid to communicate with someone who you wish to get to know, because who knows when the next time you see them will come. It may never even arrive. After all, it's a huge world. So, engage as much as you can. Fill your life with people, things and memories. In the end, I can't write anything. Because even I don't know what happens at the end. I have yet to experience what an ending feels like. There are theories about it. Either believe those theories or make your own. Or like me, just embrace the end as the end. So, all I can say is "Everyone dies at the end."



**Prashraya Shrestha**

**Roll no: 26014**

### **Good and Evil**

The word 'evil' coined around the year 825 is an abstract word and a subjective matter. My interpretation of the word can be different from other individual's. The term 'good', is the antonym for the term evil. This term is also subjective and complex. When we discuss the topic of good and evil, the term justice follows.

A person who commits evil and immoral deeds is considered to be evil but your intention is also a determining factor. Unintentional harm, error or mistakes are not considered to be evil and are generally excused by the law by determining the severity of the situation. The context of the deed is also a determining factor while considering if an act is evil or not. But the line between context, mistakes and evil is very thin. But where does the line start or end? By religion, all immoral, sinful and evil deeds should be punished, the bible quotes, "Whoever sheds human blood, by humans shall their blood be shed; for in the image of God has God made mankind." In the Quran it states "No punishment is harsher than needed". As I said before, there is no text definition to the word evil. It is determined by our ideals and moral beliefs. For example, a person who commits murder in an act of self-defense is not considered evil even if killing is immoral and against religion. As social creatures we can sense if an act committed is evil or not, but even sometimes the most decent of decent people can commit evil deeds intentionally or unintentionally.

Which begs the question, what is considered to be evil? In my opinion an individual that commits immoral deeds which intend to harm others is considered to be evil. A person who lacks empathy and a sense of morality is also considered evil by me. A person who inflicts harm to themselves by not considering their family and friends a factor is evil. These are the outlines my brain has created which helps me determine what is wrong or right. It may differ from person to person but every person has a basic outline which separates good from evil. It may be influenced by religion, people or experience but everyone has one. The same way, a person is considered good when they are useful to us or the society. A person with good intentions which do not inflict harm towards others. Like evil deeds getting punished, good deeds should be rewarded. Like evil this is also a vague topic. What we think is good, is not always right. Good can be wrong and sometimes evil can be right. Good with good intention can sometimes result in worse outcomes than evil. It is all about balance. Like Izuku Midoriya once said "It's not all black or white, most of the things in life are in shades of gray" which states that most of the things in life are not good or evil it's all in between the two it all depends on the perspective of the person and the impact it creates.

In conclusion, we should find the middle point between good and evil and learn to analyze the situation we are exposed to. In order to find effective and reasonable outcomes which not only benefits us but the whole society.



**Roji Gurung**  
**Roll no: 26007**

### **The Success Of Obesity**

First day of work went pretty smoothly. I made a lot of friends. They were all friendly, nice and of course did not judge me at all. Cannot believe that was 3 years ago. Now, I am promoted and working as a PA to the CEO. Here I am at a conference room discussing the plan for the new project with my colleagues and some prosperous faces. I am confidently presenting the new ideas for the collaboration which would make the company more profitable. I did it! I did it with no

anxiety, no nervousness, boldly and perfectly. I helped in raising my company. I am extremely proud of myself. My younger self would be happy with who I am right now. That teen me would be happily jumping of who I have become.

Nine years ago a 15 year old girl lived with her middle-class family in the capital city, Kathmandu. She was highly influenced by junk foods and unhealthy life choices. Obesity took over her. She was never happy with her weight. Laziness always made her slow and unsatisfied. Eating and sleeping was the only thing she did. Every morning she rushed to school. As she was lazy, sleeping late and waking late was her job. So, her mom always pushed her to school. She never liked school. But do you know why she never liked school? She had no friends. She was always by herself. Everytime she went to the washroom, the so-called bullies would bully her, shaming her for her 'fatness'. Ever since the 5th grade she had been bullied for her weight. She used to cry and sleep every night. Food had become her comfort, especially junk foods. It had become an unhealthy obsession of hers. She was chubby ever since childhood but gained more weight after the age of ten.

Bullying was also the main reason for her obesity. She was never seen as a pretty girl. From her friends, teachers to her own close families, she was always shamed for her weight. The teachers would call her by different nicknames. Even her parents would scold her for eating too much as if she deliberately wanted to gain weight. During her teenage years she would always have a discussion with her parents about her weight and laziness. Her parents were also not at fault. Consuming a high amount of unhealthy diet was her fault too. She slowly realized her mistakes too. She never wanted to live. One day at school, she was bullied so badly that it became physical. She complained to the teacher but they believed the skinny bullies over her. This made her feel horrible, then she had an epiphany. If you're skinny people are most likely to believe and trust you. This event had an everlasting impact on her mind. Eventually, as time passed she wanted to change. She wanted to show the world her true self. She wanted to express herself. She worked for herself. Maintained a strict healthy diet, learned to manage time, and developed a strict schedule. She was slowly able to be in her own track. She started losing weight and got better grades at school. That pitiful girl is me. I suffered this throughout my childhood and teen years. I never got to experience what a beautiful past was like. But now I am standing on my own feet with a good job. I will now try establishing my own company in which I am confident I would succeed. I am now in my 20s living the best of life. I am accomplishing my once shattered dreams. Why is the world so cruel? Why do people judge people looking at their body structure? No matter skinny, fat, light skinned, dark skinned everyone should be treated fairly. If a child is bad at studies, motivate them but never let them down and shame them. Be nice to everyone. I now spread the message against bullying, especially fat shaming. The world is a bad enough place as it is. Why not make the effort to make it worth living for someone who needs it?



**Anmol Dangol**  
**Roll no: 26015**

### **Music: An Important Part of Our Life**

Music is an important element of many different aspects of human life. It brings happiness and joy into people's lives. Music is the spirit of life and brings us enormous peace. "If music is the food of love, play on, give me excess of it; that overeating, the appetite may sicken, and thus die," William Shakespeare said. Music assists us in connecting with our souls or true selves.

Music is recognized as the Universal language since it knows no boundaries. It flows freely over any boundaries of language, religion, a nation and so on. Every person, no matter their age, enjoys music.

Music has the ability to heal ailments such as anxiety, depression, and sleeplessness. Legends of Tansen delivering showers by singing Raag Megh Malhar and lighting candles by singing Raga Deepak attest to the power of music. It also aids in attention, which is extremely beneficial to pupils. But what exactly is music? Music is a pleasant sound that comforts you by combining melodies and harmonies. Music may also refer to the art of creating such lovely sounds using various musical instruments. A musician is someone who knows music. Music is not just made by humans, but it also exists in nature. Have you ever heard the sound of a running river or a waterfall? Did you hear any music there? It proves that everything in harmony has music. I'd like to cite one of the greatest musicians, Wolfgang Amadeus Mozart, who said, "The music is not in the notes, but in the silence between."

Music has the ability to cure a person emotionally and psychologically. Music may be used as a kind of meditation. When one is writing or listening to music, they tend to forget about their troubles, emotions, and sufferings. However, in order to enjoy good music, we must first develop our musical sense. It is said that during the Dwapar Yuga, the Gopis were enchanted by the melody that streamed from Lord Krishna's flute. They would give themselves up to him. Furthermore, research has shown that plants that hear music develop at a higher pace than others. Music may be found in everything that has rhythm. Our respiration has a rhythm as well. As a result, we may conclude that music exists in every human being or living creature. Music has the potential to elicit a wide range of emotions in people. Music is also a highly effective way to communicate with God. We might infer that music is the purest form of worship and connection with God.



**Sauharda Bajracharya**

**Roll no: 26010**

## **Vengeance**

Once upon a time, in the village of Osorenai, there lived a young girl named Ei. With her sapphire blue eyes and hazel hair, she was a beacon of light that captivated anything that glanced at her. However, behind her smile was a dark, tragic backstory that shaped her life. Ei was born into a loving family with anything she could ever ask for. But when she was just a little girl, a fire engulfed the village and consumed everything that got in its way. Ei's family's screams left her orphaned.

The fire spared only a few houses in the village, but there was no one to care for after Ei. A widow from a nearby village, Mrs. Toshiko, eventually came to provide her solace. Mrs. Toshiko provided shelter and guidance for her wildered life. As she grew up, she learned about the fire that took her family from her. The fire was no ordinary fire, but a banishment attempt by the Shoguns.

The village of Osorenai had an abundance of rice and grains which the Shoguns always had an eye on. When they told the villagers to leave the village, they declined. The Shoguns resorted to violence to do the job. More than half the village had been evacuated when they burned it. They had made the village their own however a fearless and valorous girl was left alive. The girl, Ei, would be their worst nightmare.

An elderly man, Kamisato Ayato, had told her about the night that left Ei's parents in ashes. The Shoguns emerged from the forest near the village, working with some of the insiders of the village, they burned the whole place down. Insiders thought they were getting land, but instead, they got death. The Shoguns always said, "Kesshite dare mo shin'yō shinaide kudasai", meaning "Never trust anyone". Shoguns got what they wanted but through violence, they were the rulers of the Osorenai.

Overwhelmed by rage and anger, Ei vowed to avenge her parent's death. Those who survived the fire supported and encouraged her. She practiced fighting and wielding the katana. After years of hardship and training, she was ready to bring justice to the village. With the help of Ayato and a few others, she reached the village undetected. She confronted the Shoguns and gave them two options; either surrender or get killed. The Shoguns had been challenged in their home ground, they were enraged and ordered to kill her.

Ei's years of practice held strong and she defeated the Shoguns, the Emperor of the Shoguns, Raiden fled the scene. Ei had avenged her parents' death and conquered the village. She became a symbol of bravery and strength, that anyone can do anything with hardship and practice. Ei established an orphanage in honor of her parents. She reinforced the village to prevent such incidents from happening again. As the years passed, she carried their legacy forward and ensured that the tragic tale would just be a story.

## EVENTS AND ACTIVITIES OF THE SCHOOL



**मेधांशी भट्टराई**  
**क्रमाङ्क: ३३०३५**

### अवलोकन भ्रमण

अवलोकन भ्रमणमा म स्कुलबाट जाँदा निकै नै उत्साहित थिए । हामीले स्कुलमा प्रार्थना सभा गर्यौं । हामी कक्षा तीन मनास्लु, धवलागिरि र नीलगिरिका सबै विद्यार्थीहरू त्यस भ्रमणमा गर्यौं । हामी चन्डोलको 'अल ट्रिपिकल प्लान्ट हाउस'को नर्सरीमा बिरुवा हेर्न गएका थियौं । हामी त्यहाँ जाँदा कापी, कागज र कलम ठिक पारेर गर्यौं । हामीले नर्सरीमा जाँदा गाडी चढ्यौं । गाडी चढेको केही छिनपछि चुनदेवी मार्ग चन्डोलमा गाडी रोकियो । हामी अवलोकन गर्ने ठाउँमा पुग्यौं । त्यहाँ पुगेपछि हामी सबै जना मिलेर फोटो खिच्यौं । हामीले त्यहाँ फूल फुल्ने र फूल नफुल्ने बिरुवा देख्यौं । त्यहाँ भेडेखुर्सानी स्याउ, सुन्तला, कागती आदि तरकारी र फलफूलहरूका बोटबिरुवा देख्यौं । हामीलाई मालीदाइले बगैँचाका बारेमा धेरै कुराहरू भन्नुभयो । त्यसपछि हामीले मालीदाइलाई धेरै बिरुवाका नाम सोध्यौं । हामीलाई मालीदाइले सबै बोटबिरुवाका नाम भनिदिनुभयो । फूल नफुल्ने र फूल फुल्ने बिरुवा चिनेर हामी धेरै खुसी भयौं । हामी त्यहाँ घुमेर एकछिनपछि स्कुल फर्कियौं । म त्यस नर्सरीमा गएकीले मैले बगैँचा र बिरुवाहरूका नामको बारेमा धेरै कुरा थाहा पाएँ । म मेरा साथीहरू र गुरुआमासँग त्यहाँ जाँदा र आउँदा धेरै दङ्ग परें । हामी सबै विद्यार्थीहरूलाई त्यस दिन धेरै रमाइलो लाग्यो ।



**संविद ढकाल**  
**क्रमाङ्क: ३००२८**

### विद्यालयको पैदलयात्रा: चाँगुनारायणदेखि साँखुसम्म

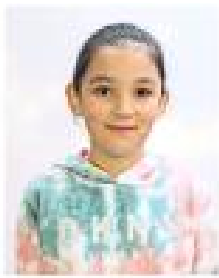
शनिबारको दिन थियो। बिहानैदेखि म निकै उत्सुक थिएँ । कतिबेला त्यो समयको घडी आउला भनेर । आफ्नो झोलामा आफूलाई चाहिने सबै सामानहरू राखें । राम्रा राम्रा दृश्य खिच्च मोबाइल फोन पनि राखें । त्यसपछि लागें; राधे राधे चोकतर्फ । विद्यालय जानको लागि बसमा चढें । बसले बाटोमा कतै पनि रोकेन त्यसैले म आफ्नो विद्यालय छिट्टै पुगें । उफ् ! जयबागेश्वरी मन्दिरदेखि नजिकैको विद्यालय जाँदा पनि कति थकाइ लागेको होला । तर मैले थकाइलाई वास्तै गरिनँ । म त मात्र वास्ता गरिरहेको थिएँ त्यसपछिको पैदलयात्रालाई । आहा ! कसलाई पो रमाइलो हुँदैन र ? आफ्ना विद्यालयका साथीहरूसँग घुम्न र डुल्न । मज्जा आउँछ नि! म विद्यालय पुगें । सबै साथीहरू तयारी अवस्थामा थिए । हामी ९:४५ मा विद्यालयको गाडी चढ्यौं ।

म आफ्नो मिल्ने साथीसँग बसेँ । हाम्रो गाडी तीव्र गतिमा कुदिरहेको थियो । बिच बाटोमा मैले आफ्नो घर पनि देखें । आहा ! कस्तो राम्रो दृश्य, मैले मनमनै भनेँ । धेरैबेर गाडीको यात्रापछि हामी त ठुलठुला रुख भएको जङ्गलमा पो पुगेछौं । त्यहाँ पुग्दा १०:३८ भएको थियो । त्यस जङ्गलमा निकै उकालो र चिप्लिने बाटो थियो । म अन्तिममा थिएँ तर कुदेर अगाडि पुगें । जङ्गलमा केही समय हिँडेपछि हामी बाटोतिर पुग्यौं । बाटोबाट पातला बस्तीहरू पनि देखिन थाले । हामी त घरघरको बिचबाट कतिबेला चाँगुनारायण मन्दिर पुगेछौं थाहा नै भएन । केही बेर मन्दिरको दर्शन



गरेपछि हामीले त्यहाँ रहेका पसलहरूमा केही कुराहरू किन्यौं । मैले चाहिँ पानी किनें । फेरि पैदलयात्रातर्फ लाग्यौं । स्याँ स्याँ गर्दै केहीबेर हिँड्यौं। कतिपय ठाउँमा स-साना चौरहरू रहेछन् । हामीले त्यस्ता चौरमा आराम गर्थौं । म सबै साथीहरूभन्दा अन्तिममा भएँ भनें कुदेर फेरि अगाडि जान्थेँ । त्यस्तै गर्दा एकचोटि म झण्डै रातो माटोमा चिप्लेको थिएँ । हामी धेरै हिँड्यौं । हामी सबैलाई चर्पी आएर निकै गाह्रो भएको थियो । संयोगवश हामीले त्यहाँ एउटा मन्दिर भेटायौं । त्यहाँबाट थोरै पर एउटा शौचालय थियो । हामी पालैपालो शौचालय गर्थौं । छि ! कति गनाएको यो शौचालय भनेर सबैले भन्दै थिए । हामीले त्यहाँ करिब १० मिनेट आराम गर्थौं । त्यसपछि फेरि हिँड्यौं। थकाइ अलि कम भएको महसुस भयो । पछि त हामी बाटै नभएको जङ्गलमा आएछौं, जुन निकै डर लाग्दो थियो । त्यो त गलत बाटो पनि रहेछ । फर्किँदा त म अन्तिममा पो परें तर घना जङ्गल भएपनि मलाई मतलब नै भएन किनभने म आफ्नै रफ्तारमा कुरिरहेको थिएँ । हामी अर्को बाटोबाट गर्थौं । त्यो बाटो एकदमै चिप्लो थियो । अब थकान पनि बढिरहेको थियो र भोक पनि निकै लागेको थियो । शिक्षकले केही समयपछि खाने ठाउँ आउँछ भन्नुभयो । शिक्षकले १० मिनेटपछि आउँछ भन्नु भएको थियो तर खाना खाने ठाउँ त २० मिनेटपछि आयो । त्यो पनि साँच्चिकैको खाने ठाउँ थिएन । निकै भोक लागेको हुनाले हामी जङ्गलमै बसेर खान थाल्यौं । खानेवेला किराले हामीलाई हैरान पारेको थियो । खाना खाएपछि त हामीसँग अद्भुत सामर्थ्य आयो । हामीले त हिँड्दा हिँड्दै शिक्षकलाई नै जित्यौं । घरिघरि गाली पनि खाइयो । हामी त्रिशूल डाँडाबाट घुम्दै घुम्दै तेलकोट आयौं । तेलकोट पुग्नुभन्दा अगाडि हामीले निकै सङ्घर्ष गर्थौं । त्यहाँ ढुङ्गैढुङ्गाले बनेको बाटो थियो । तेलकोट आइसकेपछि यहाँ हामीले निकै सुन्दर मन्दिर देख्यौं । त्यो महालक्ष्मीको मन्दिर थियो । त्यो मन्दिरको निर्माण कार्य भइरहेको रहेछ । कति सुन्दर सिसै सिसाले बनेको मन्दिर मैले मनमनै भनें । तर दुर्भाग्यवश हामीसँग समय निकै कम भएको हुनाले हामी त्यस मन्दिरमा जान सकेनौं । अब हाम्रो यात्रा त्यति लामो थिएन । हामी अब साँखु पुग्न लागिसकेका थियौं । हामी खेतको बाटो हिँडिरहेका थियौं । हाम्रो दुईतिरै कुलो बगिरहेको थियो । अन्त्यमा हाम्रो पदयात्रा सकियो । हामीले स्वस्थानी मन्दिरलाई बाहिरबाटै दर्शन गर्दै हामी फेरि गाडी चढेर विद्यालयतर्फ लाग्यौं । गाडीमा बस्दा आफ्नो दिमागमा त्यही पदयात्रामा भएका रमाइला घटनाहरूको याद आइरहेको थियो । केही समयपछि हामी विद्यालय पुग्यौं ।

विद्यालयमा धेरै साथीहरूका अभिभावक जम्मा भइसक्नुभएको थियो । मेरो अभिभावक चाहिँ आउनुभएको रहेनछ त्यसैले म एकछिन फुटबल खेलेर समय बिताएँ । त्यसपछि मलाई पनि लिन आउनुभयो । हामी गाडी चढेर घर आयौं । केही दिनपछि शिक्षकले हामीलाई जुनसुकै शीर्षकमा भएपनि रचना लेख्न भन्नुभयो । मैले दायाँबायाँ कै नगरी घर आएपछि रचना लेखें ; पैदलयात्रा: चाँगुनारायण देखि साँखुसम्म । मलाई यो रचना लेख्दा निकै रमाइलो लागेको थियो किनभने यो अहिलेसम्मकै अविस्मरणीय रमाइलो पदयात्रा थियो । साँगे पढ्ने साथीहरूसँग गरेको यो पदयात्रा मैले जिन्दगीभर बिर्सन सकिदैनँ ।



**Presley Bhattarai**

**Roll no: 31020**

### **Events In Our School**

There are many events in our school, such as DSS Fest, Sifal night, and house-wise competitions. Last week, on Jestha 11 we had a class-wise quiz. In the quiz, our teacher, Yukta Ma'am, conducted the semi-finals. Eight people were selected from both sections, Nuptse and Yangra. The next day, we had a total of 16 finalists. I was chosen as the scoreboard person. All the finalists picked a chit and formed teams. In total, there were four teams, and each team had four members. All the groups worked together as a team. Finally, Team 'A' emerged as the winner with 135 points. In group 'A,' there were Aaron, Raj, Joyana, and Darshana. They all received certificates handed out by our teacher, Yukta Ma'am. Everyone enjoyed the quiz, and we congratulated all the winners. After the quiz ended, everyone returned to their classes. I also thoroughly enjoyed the show. We will continue to have this quiz every month for learning purposes.



**Aaron K.C**

**Roll no: 31004**

### **Hiking-Telkot to Shakhu**

On 7th Jestha 2080, the grade 5 students went hiking from Sankhu to Telkot. Yukta ma'am and Reshika ma'am accompanied us. It was a very fun experience for me and most of my friends. We boarded the bus exactly at 9:40 AM and arrived at Shaku to begin our journey. Along the way, we encountered a beautiful temple and a wonderful waterfall. The road was steep, which made it both exciting and scary. I found myself at the back of the group, being the slowest among my friends. It was a roller coaster of emotions—boring at times, then exciting, then boring again.

Due to my slow pace, I ended up at the front of the line. However, two classmates of mine did not allow me to stay there, causing me to let everyone down and be almost last again. Determined, I made my way back to the front, where I saw my classmates happily capturing photos and videos.

As we continued, most of us started feeling tired and requested a rest. The teachers decided we would have snacks on the way instead of reaching our destination first. We took a vote, and the majority chose to eat in Telkot. Thus, we continued our hike.

After a few minutes, we finally arrived in Telkot. It was a lot of fun, with everyone enjoying themselves. Many people noticed pinecones on the ground and started collecting them. We reached the top of a small peak and took some time to relax and hydrate. It was a moment of happiness for everyone, and some even expressed that it was their first time touching grass. We gathered in a group and began feasting on our food. My friends and I shared snacks, and I must admit, I ate the most.

Later, we took off on a scary and dangerous journey back to Shaku, where our bus was waiting for us. The path was covered with leeches, which was a new and

adventurous experience for me. Thankfully, I managed to avoid their attacks. As we walked, I tripped multiple times and accidentally pushed two of my fellow classmates. Finally, we escaped the leech area and returned to the road. I recognized the place—it was where we had initially started. Almost all the students were exhausted and desperately thirsty by this point.

After a long walk, we reached our bus, which had a water refill station. While my friend filled their water bottle, I saved us a seat. Once they were done, I filled my own bottle. We then headed back to school, where another friend's mother was waiting for me and their child. We had some snacks before my guardian arrived to pick me up, and we made our way home. And that concludes my adventurous and memorable hiking.

# SPORTS, TRAVEL AND TOURISM AND ENTERTAINMENT



**निभान अर्याल**  
**क्रमाङ्क : ३४०२९**

## शनिवार हाइकिङ जाँदा

गत शनिवार म मेरो बुबा र आमासँग हाइकिङ गएको थिएँ । हामी बिहान छिट्टै उठ्यौँ र गाडी चढेर टोखा गयौँ । टोखा बाट बिस्तारै हिँड्दै हामी चण्डेश्वरी मन्दिर पुग्यौँ । हामी हिँड्ने बाटो कहिले उकालो कहिले ओरालो थियो । कुनै ठाउँमा त जङ्गल पनि थियो। हामीले बाटोमा लाखेनाच पनि देख्यौँ। मलाई ओरालो झर्दा निकै डर लाग्यो। म डराएको थाहा पाएर आमाले मेरो हात समातेर हिँडाउनुभयो । हिँड्दा हिँड्दा मेरो खुट्टा साह्रै दुख्यो र खलखल पसिना आयो । हामीले फर्किदा बाटोमा पानी र कुल्फी पनि खायौँ । यसरी शनिवार हाइकिङ जाँदा मलाई साह्रै थकाई लाग्यो तर एकदम रमाइलो पनि भयो ।



**नेलिया पाठक**  
**क्रमाङ्क ३००६६**

## कैलालीदेखि काठमाडौँसम्मको यात्रा

मेरो गाउँको नाम सुखड हो । यो कैलाली जिल्लामा पर्छ । यो गाउँ सानो भए पनि यहाँको वातावरण स्वच्छ र राम्रो छ । यहाँ शान्त स्वभावका मानिसहरू छन् । छरछिमेकी पनि सहयोगी छन् । यहाँ विभिन्न जातजातिका मानिसहरू बसोबास गर्छन् । म पनि त्यहीँ नजिकैको सानो बजारमा बस्थेँ तर दुखको कुरा अब मलाई त्यो प्यारो गाउँ छोडेर काठमाडौँ जानुपर्ने भयो ।

साँझको करिब ५:१० मा म मेरो प्यारो गाउँ छोडेर काठमाडौँसम्मको यात्राको लागि निस्किएँ । त्यहाँबाट ५:५५ मा काठमाडौँका लागि गाडी छुट्यो । आँखाभरि आँसु लिएर म, मेरी आमा अनि सानी बहिनीले आफ्नो प्यारो गाउँलाई सम्झ्दै यात्रा गर्नुभयो । रातिको करिब ११ बजिसकेको थियो । गाडी एउटा होटलमा गएर रोकियो । हामी हात मुख धोएर खाना खान बस्यौँ । खाना खाइसकेपछि गाडी छुट्न लागेको थियो । गाडीमा भएका सबै मानिसहरू आए । केही समय हामी गाडीमा नै सुत्थौँ। बिहानको घामले हामीलाई बिउँझायो । घडीमा ६ बजिसकेको रहेछ । वरिपरि हरियाली थियो। सिमसिम पानी पनि परेको थियो। राम्रा राम्रा फूलहरू फुलेका थिए ।

बिहानको चिया नास्ता खान फेरि हामी एउटा होटलमा रोकियोँ । नास्ता खायौँ र गाडी चढ्यौँ । हामी गफ गर्दै र वरिपरिको सुन्दर वातावरण हेर्दै यात्रा गरिरहेका थियोँ । बिहानको ९:३० मा गाडीले खाना खाने ठाउँमा लगेर रोक्नो । हामी खाना खाएर अगाडि बढ्न लाग्यौँ । हामी करिब २:१० मा काठमाडौँको बसपार्क पुग्यौँ । साँच्चै म दुःखी थिएँ । मैले काठमाडौँ पुगेपछि धेरै ठुला ठुला घरहरू र विद्यालय देखेँ । बिस्तारै मलाई काठमाडौँ रमाइलो

लाग्न थाल्यो तर अझै पनि मलाई आफ्नो प्यारो गाउँको याद आउँछ । पहिलोपटक कैलालीदेखि काठमाडौंसम्मको यात्रा गर्दा मलाई निकै कठिन महसुस भएको थियो ।



**रिवान शाक्य**  
**क्रमाङ्क : ३३०१८**

### फुटबल

फुटबल खुट्टाले खेलिने खेल हो । फुटबल संसारभरि नै चर्चित खेल हो । यो खेल दुई समूहबिच खेलिन्छ । प्रत्येक समूहमा ११/११ जना खेलाडी हुन्छन् । जसमध्ये एकजना गोलकिपर हुन्छ । बाँकी रहेका मध्यमा कोही रक्षापङ्क्ति र कोही अग्रपङ्क्ति र कोही मध्यपङ्क्तिमा खेल्छन् । हरेक चार वर्षमा फुटबलको विश्वकप हुन्छ । विश्वकप फुटबलमा विभिन्न देशहरूबाट उत्कृष्ट देश छानिन्छन् र विभिन्न देशमध्येबाट एउटा देश विश्वकप बिजेता बन्छ । फुटबलमा मलाई मन पर्ने देश अर्जेन्टिना हो । मलाई मन पर्ने

खेलाडी मेस्सी हो । म स्कूल र घरमा फुटबल खेल्छु । मलाई साथीहरूसँग फुटबल खेल्न रमाइलो लाग्छ । फुटबल खेल्दा जर्सी, मोजा, प्याड र फुटबल खेल्ने छुट्टै किसिमको जुता लगाउनुपर्छ । फुटबल खेलाडीको नाम टिमको नाम र जर्सी नम्बर जर्सीमा लेखिएको हुन्छ । फुटबल खेलमा रेफ्री र लाइन्सम्यानको पनि महत्त्वपूर्ण भूमिका हुन्छ । रेफ्रीले खेलका सबै निर्णयहरू गर्दछन् । फुटबलको पहिलो हाफमा ४५ मिनेट र दोस्रो हाफमा पनि ४५ मिनेट गरी ९० मिनेट खेलिन्छ । यस समयसम्म गोल बराबर भयो भने अर्को ३० मिनेट समय थपिन्छ । यसमा पनि खेल बराबर भयो भने पेनाल्टीमा खेलको निर्णय हुन्छ ।



**याभ्ना शर्मा**  
**क्रमाङ्क: २९०६६**

### मेरो पाथीभराको यात्रा

पाथीभरा देवी ताप्लेजुङको पहाडमा अवस्थित नेपालको सबैभन्दा महत्त्वपूर्ण मन्दिरहरूमध्ये एक हो । यो नेपाली जनताका लागि पनि एक पवित्र स्थान मानिन्छ । विशेष अवसरमा नेपाल र भारतका विभिन्न भागबाट भक्तजनहरू मन्दिरको दर्शन गर्न आउने भएकाले मन्दिरको दर्शनले तीर्थयात्रीको मनोकामना पूरा हुने जनविश्वास रहेको छ ।

मेरी आमाको लामो समयदेखि पाथीभरा यात्रामा जाने रहर थियो । म कक्षा ४ मा पढ्दा उहाँले हामी तीनजना (मेरो बुवा, आमा र म) गएर दर्शन गर्ने व्यवस्था गरिदिनुभयो । हाम्रो यात्रा फागुन १८ गते काठमाडौंबाट सुरु भयो । विमानबाट ताप्लेजुङ पुग्यौं, उडान १ घण्टाको थियो । हामी ताप्लेजुङ बजार गयौं र पाथीभरा मन्दिरको सुरुवातमा जानको लागि बलेरो बुक गर्नुपर्छ । हामी पाथीभरा जाने सिँढी सुरु भएको ठाउँमा पुग्यौं । हामीले फागुन १९ गते पाथीभराको यात्रा सुरु गर्नुपर्छ । हामी ठाउँ ठाउँमा आराम गर्दै गयौं । हामी सानो फेदी पुग्दा साँझ परिसकेको थियो । हामी ठूलो फेदी पुगेर १ रात त्यहीं आराम गर्नुपर्छ ।

हामी सुतेपछि करिब ३ बजे उठ्यौं । बिहान साढे तीन बजेबाट हाम्रो यात्रा सुरु भयो। हामीले केही मकैका दाना बोकेका थियौं। यदि हामीले मकैको दाना चपायौं भने यसले हामीलाई उचाइमा चढ्न मद्दत गर्छ भन्ने विश्वास रहेछ । मलाई चिसो र अँध्यारो बिहानमा सिँडी चढ्न गाह्रो भयो । मानिसहरूले मलाई लेक लागेको भनेर भनेका थिए । पाथीभरा मन्दिर पुग्दा ज्वरोले सताएको थियो, त्यो अवस्थामा पनि मन्दिर पुग्दा निकै हलुका र स्वस्थ महसुस गरेँ । म र मेरो परिवार केहीबेर मन्दिरको वरिपरि घुम्थौं। हामीले मन्दिरको दर्शन गर्थौं र मन्दिरमा केही बत्ती बाल्यौं । हामी जाँदा हल्का हिउँ परिरहेको थियो तर फर्कदा धेरै नै परेको थियो । मैले बोकेको खाना खत्तम हुन लागेको थियो तर ठुलो फेदी पुग्न ३ घण्टा बाँकी थियो । मेरी आमासँग प्रशस्त खाना बाँकी थियो त्यसैले हामीले बाटोमा ती खाना खायौं । हामी धेरै पटक चिप्लेर लड्यौं तर बिहान ११ बजेतिर ठुलो फेदी पुग्यौं । हामीले लालीगुराँस होटलमा खाजा खायौं । दिउँसो १ बजेदेखि हामी तल जान थाल्यौं । हिड्न त्यति गाह्रो भएन किनभने मैले खाजा खाएकी थिए । हामीले एउटा रेष्टुरेन्टमा सुप खायौं र ५ बजेतिर हामी तल झर्नुभयो । हामी ताप्लेजुङ बजार गर्नुभयो । त्यहाँ २ रात बिताएर फागुन २३ गते काठमाडौं फर्कियो ।

समग्रमा मेरो स्वास्थ्यले मलाई राम्रोसँग साथ दिएन तैपनि मैले यात्राको धेरै आनन्द उठाएँ । यो मेरो लागि विशेष सम्झना जस्तै हो । यो मेरो लागि रमाइलो यात्रा थियो, यी धेरै सम्झनाहरूले भरिएको थियो र मैले यो यात्राको पूर्ण आनन्द लिन पाएँ मेरो परिवारसँग



**सन्धिर के.सी**

**क्रमाङ्क: ३००७१**

### लियोनेल मेसी

यस सुन्दर संसारमा मनपर्ने धेरै व्यक्तिहरू छन् । तीमध्ये एक जना व्यक्ति छन् , जसको बारेमा म थकित नभई दिनभर कुरा गर्न सक्छु । उनको नाम लियोनेल एन्ड्रेस मेस्सी हो । उनको जन्म २४ जुन १९८७ मा रोजारियो अर्जेन्टिनामा भएको थियो । उनलाई लियो मेस्सी भनेर पनि चिनिन्छ । उनी अर्जेन्टिनाका पेसेवर फुटबल खेलाडी हुन् ।

लियोनेल मेसी लिग १ क्लब पेरिस सेन्ट जर्मनका लागि आर डब्लु राइट विङ्गरको भूमिका खेल्छन् । जसलाई पि. एस. जी. भनेर पनि चिनिन्छ ।

उनी अर्जेन्टिना फुटबलका राष्ट्रिय टोली कप्तान हुन् । उनलाई फुटबलको सर्वकालीन महान् खेलाडी पनि मानिन्छ । लियोनेल मेस्सीले ७ ब्यालेन्डोर र ६ वटा सुनको जुत्ता जितेका छन् । उनले आफ्नो व्यावसायिक फुटबल करियर २०२१ सम्म बार्सिलोनामा बिताए । उनले बार्सिलोनाबाट १० लालिगा ७ कोपा डेलरे र ४ पटक युइएफए च्याम्पियन्स लिग उपाधि सहित ३४ वटा ट्रफी जिते र आफ्नो राष्ट्रिय टोलीबाट कोपा अमेरिका, फाइनलसिमा र विश्वकप जितेका थिए । एक उत्कृष्ट गोलकर्ता र रचनात्मक प्लेमेकर मेस्सीले सबैभन्दा धेरै गोल गर्ने कीर्तिमानी राखेका छन् ।

फुटबलको इतिहासमा सहयोग लालिगामा सबैभन्दा धेरै गोल, लालिगामा सबैभन्दा धेरै ह्याट्रिक गर्ने लियोनेल मेस्सी नै हुन् । उनले दक्षिण अमेरिकी पुरुषबाट सबैभन्दा बढी अन्तर्राष्ट्रिय गोल पनि गरेका छन् । मेस्सीले आफ्नो क्लब र देशका लागि ८०० भन्दा बढी गोल गरेका छन् । उनले एउटै क्लबका लागि खेलाडीबाट सबैभन्दा धेरै गोल

गरेका छन् । लियोनेल मेस्सीले ३५ वर्षको उमेरमा फुटबल पूरा गरेका छन् । त्यसैले उनलाई सबैभन्दा पूर्ण फुटबल खेलाडी र सर्वकालीन महान् खेलाडीको रूपमा चिनिन्छ ।



**प्रिसा आचार्य**

**क्रमाङ्कः २९०४०**

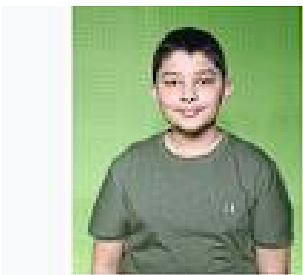
### नयाँवर्षको शुभारम्भः कालिञ्चोक डायरी

शनिवारको दिन थियो । २०८० साल नयाँवर्षको दिन हामीहरू बिहानको ८ बजे लुगा लगाएर गाडीमा बस्यौं । कालिञ्चोक मन्दिर दर्शन गर्नका लागि जाने भनेर हामी लोकन्थलीबाट सुरु भयो । हामीहरू साँगा, बनेपा, धुलिखेलहुँदै कालिञ्चोक जिल्लाको पाँचखाल नगरपालिकाबाट शून्य किलो पुग्यौं र दायँतिर मोडिएर ५५ किलो मिटरतिर पुग्यौं हामीहरूलाइ पहाडहरू हेर्न धेरै मज्जा आइरहेको थियो । त्यहाँबाट हामीहरू दोलालघाट पनि आयौं । १० बनदेउबाट दायँ गएपछि बलेकी गाउँपालिका भन्ने ठाउँ

आउँछ । खडीचौरबाट सिधा गयो भने तातोपानी पुगिन्छ तर हामीलाई दायँतिर जानु थियो । दायँतिर दोलखा कालिञ्चोक भन्ने ठाउँ आउँछ । त्यहाँबाट उकालो चढनुपर्छ । दायँतिर मोडिएर उकालोबाट निस्किएर हामीहरूले पहाडै पहाड देख्यौं । त्यहाँबाट १० किलोमिटर जति बिग्रेको बाटो पनि थियो । बिग्रेको बाटोमा गाडी चलाउँदा धेरै गाह्रो भयो तर जसोतसो गरेर हामीहरू निकल्यौं । १ बजेतिर हामी चरिकोट पुग्यौं । हामीलाई भोक लागेको थियो । हामीले खाजामा मम,चाउमिन खायौं । ठ्याक्कै २ बजे हामीहरू दोलखा भीमसेन मन्दिर पुग्यौं । जब हामी मन्दिरभित्र पस्यौं । त्यहाँ धेरै पसलहरू थिए तर हामी मन्दिर प्रवेश गर्न माथिल्लो तल्ला पनि जानुपर्थ्यो हामी भगवानको प्रार्थना गर्ने सामान लिनका लागि एउटा पसल भेट्टायौं । हामीले धेरै चिजहरू लियौं र यसको लागत लगभग १५० रुपैयाँ थियो । हामी हिँडिरहेका थियौं । हामीले एउटा मन्दिर देख्यौं । हामीले आफ्नो जुत्ता फुकालेर सुरक्षित ठाउँमा राख्यौं । हामीले मन्दिरमा पूजा गरेपछि मन्दिरभित्र फोटो क्लिक गर्न मिल्दैन भन्ने कडा नियम थियो । हामी सबै भोकाएका थियौं । त्यसैले हामीले हाम्रो होटलमा खाना खायौं । हामी त्यो दिन थाकेका थियौं । हामीहरू हाम्रो कोठामा गएर आराम गर्नुभयो । आइतबार हामीहरू मुख्य मन्दिर गयो त्यसको नाम कालिञ्चोक मन्दिर थियो । हामीहरू ट्याम्पुमा चढेर १,२ किलोमिटरसम्म हिँड्यौं । हामीहरू बुलेरोमा बसेपछि बुलेरोले मुख्य मन्दिरतिर लग्यो । कतै-कतै राम्रा र कतैकतै बिग्रेका बाटा थिए । हामीहरूले लालीगुराँस हेर्न पायौं । बाटामा हामीले चौँरीगाई पनि देख्यौं तर त्यहाँ दुईवटा मात्र थिए । हामीहरूले टाढाबाट मन्दिरको मुख्य ढोका हेर्न पायौं । ३ मिनेट पछि हामीहरूले मुख्य ढोकामा प्रवेश गर्नुभयो । मलाई पैदल यात्रा गर्न मन लागेको थियो र हामी धेरै थाकेका थियौं । माताको दर्शन गरेर भ्याएपछि हामीहरूले प्रसादको रूपमा चकलेट र छुर्पी किन्यौं । एकछिन आराम गर्नको लागि हामीहरू हरियो घाँस भएको ठाउँमा खाजा खायौं । पहाडहरू हेरेर दृश्यको आनन्द लियौं ।

हामीहरूले चरिकोट बजारमा मःम चाउमिन खायौं । चरिकोट बजारबाट हामीहरू बसमा बसेर पुखुर्चा दोलखा रिसोर्टमा पुग्यौं त्यहाँ एकै छिन् विश्राम गरेपछि हामी खाना खाएर कोठामा गएर सुत्नुभयो । अर्को दिन हामीहरू पुखुर्चा दोलखा रिसोर्टबाट गाडी लिएर हिँड्यौं । बाटोमा हामीले चुइगम किन्यौं । विस्तारै-विस्तारै हामीहरू मेलम्ची बिचमा पानी सँग खेलन गर्नुभयो । हामीहरूले दोलखाको बजारमा माछाहरू पाइन्छ भनेर सुनेका थियौं । बजारहरू र

त्यहाँका माछाहरू ताजा,रसिला र हामीले त्यहाँ मःम र सेकुवा पनि खायौं र त्यसको साथ मिठाइ पनि मज्जा लिएर खायौं । हामी गाडीमा कुराकानी गर्दै ३ बजे काठमाडौं आयौं । लोकन्थलीमा आएपछि लामो सास फेर्नको कोठाको भित्र छिरेपछि आराम गर्नु । यसरी मेरो नयाँवर्ष २०८० धार्मिक कार्यबाट सुरुवात भयो ।



**सुविज्ञराज खरेल**  
**क्रमाङ्कः २९०६५**

### यात्रा संस्मरण

मलाई घुम्न धेरै मन पर्छ। नयाँ ठाउँ घुम्नु, नयाँ अनुभव सङ्कलन गर्नु मेरो सोख हो । त्यसैले हरेक वर्ष कतै घुम्न मन लाग्छ । मेरो यसपटकको लामो बिदामा म अमेरिका गएँ । मेरी फुपू, डा. बिनिता नेपाल अमेरिकामा बसोबास गरेको १४ वर्ष भइसकेको छ । उहा हामीलाई भेट्न बेलाबेला नेपाल आउनु हुन्थ्यो । तर यस पटक हामीले उहालाई भेट्न अमेरिका जाने विचार गर्नु । म र मेरो बुवासँग पहिले नै अमेरिकाको भिसा थियो । हामीले दसैं नेपालमा मनाउने र त्यसपछि तिहारमा अमेरिका जाने निर्णय गर्नु । हामीले टिकटहरू किन्यौं । मेरो फुपूको छोरो स्वाधीन मेरो जस्तै उमेरको हो । करिब ५ वर्षअघि अन्तिम पटक भेटेको हुनाले यसपटक उसलाई भेट्न पाउने कुराले म निकै उत्साहित थिएँ । दसैं चाँडै सकियो र हाम्रो एयरपोर्ट जाने दिन पनि आयो । हामीले आवश्यक पर्ने सबै सामानहरू र केही उपहारहरू प्याक गर्नु । हाम्रो परिवारले हामीलाई एयरपोर्टमा छोड्यो र केही घण्टा पछि, हामी विमानमा चढ्यौं । म र मेरो बुवा दुवै त्यहाँ पुग्न धेरै उत्साहित थियौं । विमान असोज २६ मा टेक्सासको ड्यालासमा अवतरण गरेको थियो । मेरी फुपू हामीलाई लिन पहिले नै एयरपोर्ट आउनु भएको थियो । त्यहाँबाट हामी वहाँको घर गर्नु । दिउँसोको समय भएकोले स्वाधीन आफ्नो स्कुलमा थियो । त्यो दिन थकित भएकाले हामीले धेरै काम गरेनौं । नुहाएर खाना खाएपछि हामी छिटो सुत्नु । अर्को दिन मैले अन्ततः स्वाधीनलाई भेटेँ । हामी रातभरि कुरा गरेर बस्यौं । बिदाको समयमा हामी पौडी खेल्थ्यौं र अन्य खेल खेल्थ्यौं । अन्य दिनहरूमा, मेरी फुपूले हामीलाई सहर वरिपरि लैजानुहुन्थ्यो । हामी हाम्रो बसाइको समयमा विभिन्न ठाउँहरूमा गर्नु तर व्यक्तिगत रूपमा, मलाई मनपर्ने विश्व एक्वैरियम र पेरोट सङ्ग्रहालय थियो । घरजत्रा ठूला एक्वैरियममा मैले विभिन्न प्रकारका माछाहरू, सी- हर्स र पेन्गुइनहरू पनि देखेँ । पेरोट सङ्ग्रहालयमा डायनासोरको मोडल र अन्य रोचक चिजहरू थिए । त्यहाँ खेल्ने विभिन्न अनलाइन गेमहरू पनि थिए । त्यहाँको चिडियाखाना हाम्रो देशमा रहेको चिडियाखाना जस्तै थियो तर झन् ठूलो र सफा थियो । हाम्रो तीन साताको बसाइ निकै खुसीसाथ बित्यो । तिहारको लक्ष्मीपूजा र भाइटीकामा पनि हामीले धेरै रमाइलो गर्नु । नेपाल फर्किनुपर्ने दिन आयो । त्यहाँ सबैसँग बिदा मागेर कार्तिक १८ गते एयरपोर्ट गर्नु । म मेरो अमेरिकाको बसाइ सम्झिरहेको थिएँ, कतिबेला निद्रा लागेछ । मैले मेरो धेरैजसो समय विमानमा सुतेर बिताएँ अनि म अन्ततः घर फर्केँ ।





**Ujjwol Dhakal**  
**Roll no: 33023**

### **Single Tree Hill**

Single tree is located in Swayambhu near Nagarjun Forest in Kathmandu. It is a hill that offers a wonderful view of the capital city, Kathmandu. It is the perfect place to view the sunrise.

We went there on May 14, 2023 on the occasion of my parents' marriage anniversary. My father took us there. When we reached there, we saw the mesmerizing view of the city. There were four swings and a glass bridge too. I played the swing but it was a bit scary. After the swing, I walked on the glass sky bridge. As I was walking on the bridge, it was shaking

and I felt like I could fall from the bridge anytime. I was afraid to stay on the bridge for a long time but still I experienced the new thing and I was proud of myself.

We clicked some pictures and made some wonderful videos for the memory. We were hungry. So, we went to the nearby Burger House and Crunchy Fried Chicken restaurant. There we had some coke, hotdog, chicken burger, etc. After the good food, we returned home by bus. We arrived home late but we equally enjoyed our family time.



**Yug Shrestha**  
**Roll no: 33034**

### **My Holiday**

On my holiday, I went to Bandipur, Gorkha, Mankamana, Jalbire waterfall and Kurintar. First we went to Bandipur. In Bandipur we stayed at a hotel called Matina Chen. Bandipur's air and water was so fresh. Second place was Gorkha. After reaching Gorkha we went to a hotel called Gorkha Garden Hotel. We went to swim on the fifth floor. We also went to Gorkha Durbar. I also took a picture with a Gorkhali Soldier. Third, we went to Mankamana. We booked three tickets to ride a cable car. We saw many mountains and hills on the way to Manakamana

temple. In Manakamana, people were doing a lot of business. I had an eye on everything. We needed to stay in line for ten to twenty minutes to go to the temple. Next we went to a store in Manakamana to buy a room decoration to remember my first time visiting Mankamana. Fourth we went to Jalbire waterfall. Jalbire is the longest waterfall in Nepal. I went to swim but almost drowned. We took some photos and headed to our fourth destination 'Kurintar'. We went to a resort called River Fun Beach Resort. First we went to the bathroom to take a bath. After that we ate dinner and slept. The next day I went to do a canopy walk, zipline and rope cycling. When we were going to our car from a river, they offered us a power boat. We had a lot of fun on our trip. We reached home at ten thirty at night. I was tired but I was recalling all the memories that I had with my mom and dad.



**Bisu Maharjan**

**Roll no: 28003**

### **Memorable Trip to Chitlang**

It was my sports week. My mother asked me if I wanted to go on the trip, without thinking I told her yes. It was the day we were going to the cricket stadium. The next day early in the morning mother, father and I went to my mother's office where trip members were gathering. Soon everyone came, we had our breakfast at a nearby shop and headed to the trip by reserved bus.

Every member of our trip was very excited . Our bus stopped in a market where we bought some snacks and soft drinks etc. We went through big mountains and vast landscapes. After a long time, I saw a huge lake situated in the middle of the hills. Far away from crowded places, the place was so peaceful and beautiful.

After a while, we went to our hotel for lunch, from there we saw a nice view of the lake. Later I found out it was a man made lake. After my lunch, we went boating to see the waterfall which was across the lake. There was a path leading to the waterfall. After a while of walking we reached the bridge where we had to cross another smaller lake. We clicked some pictures and kept walking. It took an hour to reach the waterfall. On the way to the waterfall, it was a bit hard for me because I didn't have a habit of walking like that and the day was also sunny, I was feeling hot. The stairs got steeper as we climbed the hill. We rested in the stops. After a short hike we reached the waterfall. It was very beautiful. When I went to water it was freezing cold.

From there we returned and went to our resort. It was very welcoming. There we changed and became ready for the next event that was camp firing and a dance party. We had our snacks near the fire . There was also a campfire. I was very good. All the people were eating, dancing and enjoying the music. I was busy looking around what else is there in the resort. I found the resort was surprisingly bigger than I anticipated. There was also a pool house. I was wandering around to see the place my mother called for dinner which was about to be closed. The dinner hall was also big with many people. After dinner we went to our small cottage room. Early in the morning we woke up and went outside for a walk. It was cold. We had our breakfast. Since I walked a lot yesterday my legs were hurting badly so I tried to join the hike but I couldn't so I stayed at the resort. I thought of swimming and quickly changed my clothes and went swimming. Some older brothers were teaching me how to swim. After a while my mother and her friends came back from hiking. We had our lunch and packed our bags to return.

## INTERESTING FACTS AND FIGURES



**Aadhya Dhungana**

**Roll no: 33001**

### **Komodo Dragons**

Komodo dragons are the largest lizard which lives on an island called Komodo in Indonesia. They can grow up to 10 feet and weigh up to 300 lbs. They have short legs and a long tail. Their tongue is yellow and forked. It is a carnivore. They eat deer, wild boar, buffalo, goats, birds and can even attack human beings. They are swift runners and climbers. They are good swimmers as well. They carry poisonous bacteria in their mouths. It is illegal to hunt komodo dragons. The people kill it for its skin and feet. They can smell blood from six miles away. Female Komodo dragons lay eggs in deep burrows. The newly born young komodo dragons are about 18 inches (45 centimeters) long. Komodo dragons may live for about 30 years.

### **Snails**



**Rhyla Shrestha**

**Roll no: 33016**

Snails are slimy bugs. They leave a trail when they are moving. Snails don't have a backbone. Snails are born with shells. Their shell grows with them as they grow. Most of them live for 2-5 years. However, in captivity, they can live up to 25 years. They hibernate during the colder months of the year. There are land snails, sea snails, and freshwater snails. The biggest land snail recorded was 12 inches long and weighed nearly 2 pounds. It was a Giant African Snail. Snails have reproductive organs of both males and females. Snails can see but can't hear and they have two sets of tentacles, the upper one carrying the eyes. Snails are nocturnal and are usually active at night. They can sleep for three years. Snails eat plants, algae, chalk, limestone, etc. They can lift up to 10 times their body weight. Snails are also kept as pets.

### **Mount Everest**



**Tejaswi Basnet**

**Roll no: 33048**

Mount Everest is the highest mountain in the world. It is 8848.86 m high from sea level. It is located in Solukhumbu district, Koshi Province, Nepal. In Nepali, it is known as "Sagarmatha" which means "The Head in the Great Blue Sky". It is named after the British Surveyor George Everest in 1865. The first climbers to climb Mount Everest were Edmund Hillary and Tenzing Norgay Sherpa on 29th May, 1953. The first woman climber was Junko Tabei from Japan in 1975.

The first Nepali woman to climb Mount Everest was Pasang Lhamu Sherpa in 1993. Kami Rita Sherpa has climbed Mount Everest 28 times and he has the highest record of climbing Mount Everest till now. Lakpa Gelu Sherpa climbed the South Side of Mount Everest in Nepal, from Base Camp to the top of Everest in a record time of 10 hours and 56 minutes in 2003. Mount Everest is the home for animals like Himalayan Yak, Snow Leopard, Himalayan Tahr, etc. Every year many people try to reach the top of Everest.



**Bedant Bhandari**

**Roll no: 32038**

### **The Universe**

The Universe is really big. It is approximately 93 billion light years. The universe is said to be formed from the Big Bang. It is 13 billion years old. Stars, galaxies, planets etc are the parts of the universe. There are powerful forces in the universe called black holes. This is the place with a great gravity where everything around it gets attracted inside. Not even the light can escape the black hole. The biggest black hole is Ton 618. Scientists have also discovered something called white hole.

The universe is expanding every second. There are billions and trillions of stars like the sun in the universe. The sun is a star which is a very hot mass made up of molten lava. It is also said that there are stars bigger than the sun too. The stars smaller than the sun lie in clusters called galaxies. We live on planets. There are 8 planets in our solar system. Each planet revolves around the sun. The biggest galaxy in our solar system is Ic 1101. The biggest thing in our universe is called Hercules Corona Borealis great wall. It is 13.1 billion light years big.



**Prashiddhi Dangol**

**Roll no: 28009**

### **Our National Pride**

Our country Nepal is filled with religion and culture everywhere. It comprises culture, clothing, language, dance, architecture and most importantly our national pride. Our national pride consists of our national flag, national anthem, Lumbini, Rhododendron, Lophophorus, Sagarmatha and coat of arms.

National Flag:

A national flag is the most important symbol of a country. Similarly, our national flag counts as of considerable importance to Nepal. Two adjoined triangles make our national flag, Its surface is crimson while the borders are dark blue. The symbol of the sun and the moon stay in the center of each of the triangles. The blue color represents love and peace while the crimson shows us the fearless character of Nepalis. The moon and sun also remind us of the eternal existence of Nepal which means as long as there is the existence of the sun

and the moon in this universe our country will remain. It gives the impression of a marvelous history.

#### National Anthem:

A national anthem enhances the pride of our country. It is often played on important occasions and festivals. Our national anthem sure makes all of us Nepalis feel proud hearing this. All citizens must pay respect to this in a disciplined manner. It was written by Pradeep Kumar Rai also known as Byakul Maila. It gives the feeling of 'We' instead of 'I' feeling in Nepalis.

#### Coat of Arms:

The coat of arms is also known as Nisan Chhaap. It is our identity as Nepalese. It is used to seal government-related papers in governmental offices. The new coat of arms was introduced on 30th December 2006( 15th Poush 2063 BS). It shows all features of Nepal including the national flag, the national flower, the Sagarmatha and the three regions of Nepal namely the Hilly, Himalayan and the Terai region. It also shows gender equality as there are males and females holding hands and a sheaf of paddy below them representing us as an agricultural country and writing engraved below is which is “जननी जन्मभूमिश्च स्वर्गादपि गरीयसी” that means our mother and motherland is greater than any other heaven.

#### Sagarmatha:

The Sagarmatha commonly known as Mt. Everest is the highest peak in the world with a height of 8,849 m according to the elevation but 8.848 according to Prominence. It is situated in the Solukhumbu district. Its enlistment in the list of world heritage sites in 1979 AD made Nepal a well-known country among others. The meaning of Sagarmatha is “Goddess of the Sky”.It is our national glory. It is said Tenzing Norgay and Edmund Hillary were the first two who set foot on the top of Mt.Everest. The height of the Sagarmatha itself speaks of our pride and the glory of Nepal.

#### Lumbini:

Lumbini is the birthplace of the Lord Buddha. It falls in the Rupandehi district of Nepal. Gautam Buddha is also known as “The light of Asia”.This reminds us that Nepal is a Nation of love and peace. It is also said that the tank next to the Maya Devi temple is where the mother bathed before delivering the baby who was Buddha.

#### Rhododendron and Lophophorus:

Rhododendron is our national flower with its beautiful red colour. It is widely spread across Tinjure, Milke and Jaljale of the Terathum district. There are 33 species of rhododendron found in Nepal. Lophophorus is our national bird and is found in the Himalayan region of Nepal. It is very colourful and has nine colours and is called Nauragi Daphne.



**Pradnesh Singh Basnet**  
Roll no: 27015

## **The Soviet Union: A Legacy of Revolution, Power, and the Cold War**

The Soviet Union, officially known as the Union of Soviet Socialist Republics (USSR), emerged as a dominant global force in the 20th century. Founded in 1922, it expanded or spanned a vast territory and represented a unique experiment in socialist governance. Here I explore the formation of the Soviet Union, its major accomplishments, and its role in the Cold War that defined international relations for

decades.

**Formation and Early Years:** The seeds of the Soviet Union were sown during the tumultuous period of the Russian Revolution in 1917. **The Bolshevik Party**, which Vladimir Lenin led, sought to overthrow the existing **Tsarist**, who ran the country as an autocracy and established a socialist state. Following the revolution, a long-lasting civil war ensued, during which the Bolsheviks emerged victorious, and the Union of Soviet Socialist Republics was formally established in 1922.

**Communist Ideals and Economic Achievements:** The Soviet Union was built upon the principles of **Marxist-Leninist ideology**, advocating for the redistribution of wealth, social equality, and the abolition of private property. Central planning and collectivization became vital pillars of the Soviet economy. The state nationalized industries, agricultural land, and resources, leading to rapid industrialization and urbanization. The country witnessed significant advancements in science, technology, and space exploration, including the launch of the first artificial satellite, Sputnik, in 1957.

**Industrialization and Modernization:** Under the leadership of **Joseph Stalin**, the Soviet Union underwent a period of intense industrialization known as the Five-Year Plans. This ambitious program aimed to transform the mainly cultivated society into an industrial powerhouse. It facilitated the development of heavy industries, such as steel, coal, and machinery, while neglecting consumer goods production. While this rapid industrialization came at a great cost, it established the Soviet Union as a formidable military and economic power.

**World War II and Superpower Status:** One of the defining moments for the Soviet Union was its pivotal role in World War II. The Soviet people demonstrated immense resilience and sacrifice, withstanding the brutal Nazi invasion and contributing significantly to the defeat of Hitler's forces. The war propelled the USSR onto the world stage as a superpower, alongside the United States, leading to the formation of the bipolar global order that characterized the Cold War era.

**The Cold War:** The Cold War emerged as a protracted ideological and geopolitical struggle between the Soviet Union and the United States, both wanting global dominance. The conflict was characterized by proxy wars, nuclear arms races, and

intense ideological competition between communism and capitalism. The division of Germany, the Korean War, the Cuban Missile Crisis, and the Vietnam War were among the key flashpoints of the Cold War.

**Soviet Expansion and the Eastern Bloc:** As the Soviet Union sought to consolidate its power, it established a network of satellite states in Eastern Europe, known as the Eastern Bloc. Through military force and political maneuvering, the USSR ensured that these countries adhered to socialist principles and remained under its influence. However, this led to increased tensions with the Western powers and the division of Europe into two distinct spheres of influence.

**Internal Challenges and Dissolution:** Despite its significant achievements, the Soviet Union faced various internal challenges that ultimately contributed to its demise. Economic stagnation, corruption, and a lack of political freedoms eroded the legitimacy of the Soviet regime. Additionally, nationalist aspirations within the satellite states, such as Poland and East Germany, further strained the union. The Soviet Union collapsed in 1991, marking the end of the Cold War and the birth of newly independent nations.

The Soviet Union, through its radical socialist experiment, left an indelible mark on the 20th century.

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**Sakshyam Karna**

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**The Refugee Scam**

Arzu Deuba Rana, a prominent figure in Nepali politics and one who has always stayed away from media, has recently been going on many talk shows and calling news channels to give interviews in which she states that she is innocent and is not involved in the case of fake Bhutanese refugee scam. She has gone as far as to swear on her son's name to prove her innocence. And when this seemed not to be enough she started protesting in the parliament saying that all this is a conspiracy to pull her down because she is a female.

Because of Mrs. Deuba's current state, Mr. Deuba also known as Sher Bahadur Deuba is in a panic right now and he even sacrificed one of his closest allies Bal Krishna Khad to save his wife. After the arrest of Bal Krishna Khad, Oli also gave up one of his trusted officials Top Bahadur Rayamajhi, whom he had hidden for 11 days after the case became public. They have been reminded or rather threatened not to spill out any more names related to the case. The big media companies of Nepal or as Ravi Lamichane puts it the '12 brothers of Media' who knew about the Bhutanese refugee scam since it started are trying their best to cover up this news and are trying to post news that will influence the decision-making process of the court.

Because of all this, there has been confusion among the citizens about what is real and what is not. This article aims to remove that confusion with facts.

33 years ago in 1990 AD when the Bhutanese people started revolting in the streets for democracy and human rights the government began to chase away the Nepali-speaking Bhutanese ethnic groups to preserve their culture and tradition. They were the children of the same people sent by the Nepali government years ago to help Bhutan in development and architecture. These people came to stay in Nepal as refugees and the Nepal government made refugee camps for them in Beldang, Goldhap, Khudunabari, Timai in Jhapa district, and Sanischare in Morang district. Since Nepal could not house these refugees forever it asked for help from the UN and then sent the team of UNHCR to Nepal. Many of these refugees wanted to go to another country so UNHCR sent around 1 lakh 13 thousand people to other countries like the USA, Australia, and Canada. Here UNHCR's job connects with two of Nepali ministries, the home ministry and the Ministry of foreign affairs. Among these two the ministry of foreign affairs is the one that is involved the most and this scam also began from the ministry of foreign affairs. While UNHCR was sending refugees by working with the Ministry of foreign affairs, the person who was close with both and had understood how this process worked was Keshav Dulal. He had also worked as a PA for Sujata Koirala when she was the foreign minister. And he was the main mastermind behind this whole scam. He thinks that if Bhutanese people can go overseas this easily then he could disguise Nepalis as Bhutanese refugees and send them out of the country. He realized that if he could do this then he could easily earn millions and billions of rupees. But this dream of his could not be fulfilled with him working alone. He wanted the help of someone from the Home Ministry to make fake passports and fake Bhutanese refugee cards. To do this dirty work in the home ministry office he chose Sanu Bhandari. He might be someone who looks innocent but was a very clever and cunning person in these situations. Bhandari's main work was to find a connection with the home ministry which was not a difficult task for him as he was the maternal nephew of Top Bahadur. Now top Bahadur takes Bhandari to his friend since the Maoist insurgency, Ram Bahadur Thapa Badal who was the home minister at the time. Here Ram Bahadur plays a big brain move. He himself stays behind the scenes and gives the responsibility of the job to his security manager Indrajit Rai. Here Indrajit's work was to illegally use the resources of the home ministry and make as many refugee documents as possible to fool the system. Now everything was set and everyone had their own roles. Bhandari and Indrajit had to manage the Home ministry and Keshav had to manage the paper works with the UN and UNHCR. Now the only thing left was to put the plan into action.

The thing is whenever there is a case involving high-profile people they tend not to show themselves and do the work through their relatives and friends. So these three high-profile people put their most trusted people on the field, their sons. The sons are assisted by their fathers from behind the scenes with resources and money. It is later found out that the movement of money was also done using the home



ministry's vans. Now the plan was ready, all they needed was Nepalis who are ready to spend millions of rupees to go abroad. And the best place to find them was the rural areas. So they chose Sagar Rai from Pathri and Tanka Gurung From Pachthar to handle the eastern part of Nepal whereas Sandes Sharma from Dang gets the responsibility of western part. After this was set up they started going to village after village telling people that they would make them Bhutanese refugees and send them abroad. They used to call the registered people someday to click photos for passports, some days to sign legal documents and some days to perform medical checks. While doing this they took 10 lakh rupees per person every time they came. Now to make it seem like the work is in process they used to take pictures of the American ambassadors which were taken for some other purpose and put in on social media. Since most of the villagers were poor they had sold their agricultural land to be able to pay the scammers. To make it look more real they used to go from home to home with fake Bhutanese refugee documents and take photos of people with it and post it on social media again. Making the fake documents was not a difficult job since the home ministry was also involved in this scam, but what was difficult was to actually send the people from whom they took money abroad. Because the UNHCR had already closed the program of taking the refugees abroad almost 7 years prior to the scam. But they were still giving hope to the poor and telling them that everything is under control and all the recently appointed officers are because of their setting and that their plan is foolproof. Everything was going smoothly, the government was composed of Prachanda and Oli's alliance and Prachanda's two main politicians, Top Bahadur and Badal, were involved in this case.

But at that moment something unforeseen happens. The alliance breaks. Oli delves into the parliament and the party breaks. Madhav Nepal and Prachanda go to the streets to protest against him. Badal and Top Bahadur leave Prachanda's side and join Oli's party. Maybe because to complete this work they had to stay in power. But the table turns and the supreme court makes a new government and with the help of the same Prachanda, Sher Bahadur Deuba becomes the prime minister and forms his own council of ministers. Because of the sudden shift in power, Badal is removed from the post of home minister and Bal Krishna Khand is appointed as the next home minister.

Now all this work is going to be stopped. Billions of rupees had already been taken but before their work could finish they were removed from power. This causes the people who had paid so much money to go abroad to panic. They file cases against these people and go to big politicians and police. This was done 2 years ago. The victims had gone to K.P Oli with this case. Arzu also claimed in a recent interview that she knew about this back then. This case was also covered by a newspaper named 'Jana Astha'. Not only Jana Astha but most of the politicians of the time knew about this when the case was going on. And rather than bringing out the culprits only one thought is entertained by everyone's mind, how do I benefit from this situation? And because of this new players join in in the same old game. Just like the saying, corruption does not have a gender or a party. The first new player to enter was Tek

Narayan Pande. Along with him he bored Khand and it is said that Arzu had also entered at the same time. After the entry of hand the work takes on a faster pace. More money is brought. There were few minor cases about this but the cases were suppressed as the home minister was also involved.

After this the election of 2079 was held. Prachanda becomes the prime minister and Ravi Lamichane becomes the prime minister. But before Ravi could address this case he was removed from his post because of the citizenship dispute. After this Prachanda himself takes the responsibility of the home minister's post. When he finds the file related to this scam he gets interested. While reading the file he sees the name of Top bahadur and Ram kaji shrestha, two of his most trusted leaders who had betrayed him during the alliance break in the previous government. To take revenge from them and teach Oli a lesson Prachanda appoints his trusted party official Narayan Kaji Shrestha as the home minister and gives him the green light to work on this case. There was no lack of proof because 200 of the victims of this scam had already provided the police with enough evidence to arrest these government officials.

After the orders from the home ministry were passed the police started catching the culprits one by one. On Chaitra 12 three people are arrested Sanu Bhandari, Tanka Gurung and Bishwa Dahal. With the help of their confessions after 4 days Sagar Rai is caught and 15 days later Sandesh Sharma is caught. Till now none of the big fish have been caught and the police were trying their best. Now of Baisakh 19 Indrajit Rai is caught. No one knows why but he rats everyone out and police also find a lot of valuable information related to this case on his phone. The police get the confession and information against Top Bahadur, his son Sandip Bahadur, Bal Krishna Khand, Ram Bahadur's son Pratick Bahadur, home secretary Tek Narayan Pandey, and they file an arrest warrant against all of them.

One by one everyone is caught. At first, it looked like Top Bahadur had gone into hiding. And Oli who had said that he would break the current government in just seven days started panicking after he found out about Top Bahadur's arrest warrant and fell to Prachanda's feet pleading to let his official go. After this Prachanda, Oli and Deuba held many meetings but in the end, Deuba had to give up Khand and Oli had to give up Top Bahadur. After 11 days of the arrest warrant being issued Top Bahadur comes out of hiding. Even after doing this big of a scam, he was confidently waving while being arrested. This is something only the politicians of the NCP know. Here Khand was embarrassed and wearing a mask while being arrested while Top Bahadur's confidence is still skyrocketing. Even though it has been long since the arrest warrant had been issued the sons of Ram Bahadur Thapa and Indrajit Rai are still free. There was a hope that after the capture of these two people even bigger names would come out but they are only replying yes and no and are not ready to open their mouths. Top Bahadur took Arzu's name in his confession but when asked for proof removed her name. Just like that last on 11th of Jestha the Bhutanese refugee politician Tek Nath Risal was also caught. People thought that he would bring

you more names as he was caught even after leading the real refugees. But even he has not opened his mouth.

The time for the police has already come to put the prisoners in the court and for the government lawyers to see which crimes they have committed and what punishments can be given. Even though there are many crimes done by them in this single crime and people like Top Bahadur, Bal Krishna Khand, Indrajit Rai and Tek Narayan Pande could get life imprisonment for their misuse of post and resources, in reality they will only be given the punishment for the smallest crime and the officials will try to minimize their punishment as much as possible. That is what has always been happening in Nepal politics. No high profile person has ever had to face anything serious and the court normally ignores their degree of crime.

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### **Trauma: Physical Effects**

Trauma can be defined as an individual's response to a deeply distressing or unpleasant event that can shatter their ability to cope or comprehend, leaving them feeling powerless, unable to manage their emotions, and affecting their sense of self. It can occur as a result of various life experiences, such as physical, emotional, or sexual abuse, natural disasters, accidents, or witnessing a traumatic event. The effects of trauma can be long-lasting and can range from mild to severe. It can manifest in various physical changes and symptoms that may negatively impact one's bodily functions, resulting in barriers. It's essential to understand that each individual's experience of trauma differs. Some people may only experience a few physical symptoms associated with trauma, while others may experience multiple symptoms. If you happen to be dealing with any of these symptoms, it's crucial to communicate with a healthcare expert or a mental health professional to discuss your symptoms and seek appropriate treatment.

A traumatic event may leave a person's physical and mental health suffering for a very long time. The stress hormones; cortisol and adrenaline may cause physical symptoms such as headaches, fatigue, and elevated blood pressure and heart rate.

Additionally, after the trauma, their brain's functionality alters. According to a study, a crucial area for memory and learning may be smaller in people who have experienced trauma. The part of the brain that controls fear and anxiety, may also be more active in these people, which could cause an altered emotional state that might entirely hamper their ability to concentrate drastically. Trauma is an occurrence that can significantly affect a person's immune system, metabolism, and sleep patterns, among other aspects of their life. Interestingly, trauma may affect the immune system, making it more challenging for the body to fight against diseases. It can also cause changes in metabolism, which may result in appetite changes, weight gain, or both. Trauma can also alter sleep habits, making it difficult to fall asleep, stay asleep, or wake up feeling rested. For those who have suffered trauma, these impacts can generally provide substantial issues, and they require particular consideration and care to be addressed effectively.

According to research conducted to understand mental health more coherently, surviving trauma can have a significant adverse and surprising impact on one's physical health and increase one's risk of developing a variety of conditions, including coronary artery disease, stroke, diabetes, and cancer. This can be due to modifications in the body's response to stress and other tensions, which can make chronic pain issues a greater possibility and make management more challenging. Trauma can also alter how the body handles stress, which can result in problems like anxiety, sadness, and or depression. While trauma can have several harsh impacts on one's physical and mental health, there are also ways to manage and get past these problems using methods like seeking therapy and other forms of help and support such as self-care and love. If not therapy the individual should consider seeing a physical doctor as well due to all the changes their body may be going through or experiencing.

## SOCIAL AND CONTEMPORARY ISSUES



रुषभ पनेरू

क्रमाङ्क: २८०१८

किन ?

नेपालमा के आपराधिक डर बढिरेहेको छ ? के हाम्रो देश नराम्रो हुदैँ छ ? किन ? हाल समयमा कक्षा ५ का एक विद्यार्थीले आफ्नै होस्टेलमा आत्महत्या गरे । किन ? के हाम्रो शिक्षा प्रणाली साँच्चै खराब छ वा यो कुनै व्यक्तिगत दबाव थियो कि उनले आफ्नो जीवन दिए ? उनले काठमाडौंको नयाँबजारस्थित इन्टरनेसनल लाइट पब्लिक स्कुलमा आत्महत्या गरेका हुन् । के साँच्चै स्कुलले उसलाई यति धेरै दबाव दियो कि उसले आफ्नो जीवन दिए ? यो आत्महत्या मात्रै होइन । नेपालमा पछिल्लो समय विद्यार्थी आत्महत्याका घटना बढिरहेका छन् । धेरै मनोवैज्ञानिकहरू भन्छन् कि यो स्कुल, परिवार वा साथीहरूबाट अत्यधिक मानसिक दबावको कारण हो । अब, हाम्रो देशमा अहिलेसम्म केही अभिभावकहरू छन् जसले आफ्ना छोराछोरीहरूलाई पिट्नु र गाली गर्नु भनेको उनीहरूलाई अनुशासन दिने उत्तम तरिका हो भन्ने ठान्छन्, किन ? आमाबाबुले घरमा खुला दिमागको वातावरण बनाउनुपर्छ ताकि बच्चाहरूले आफ्ना व्यक्तिगत समस्याहरू आमाबाबुसँग छलफल गर्न असहज महसुस गर्न नपरोस् । आमाबाबुले आफ्ना बच्चाहरूसँग कुरा गर्नुपर्छ र उनीहरूको समस्याहरूको समाधान खोज्न मद्दत गर्नुपर्छ तर मैले अघि भनेझैं अझै पनि केही अभिभावकहरू छन् जसले उनीहरूलाई पिट्ने र गाली गर्नु नै उनीहरूलाई अनुशासित राख्ने सही तरिका हो भन्ने ठान्छन् । जसका कारण धेरै बालबालिका मानसिक रोगको शिकार भएका छन् । डिप्रेसन, एडीएचडी र अन्य धेरै मानसिक रोगहरू । आजकल बालबालिकाको तीव्र मानसिक वृद्धिका कारण यौवन चाँडै सुरु हुन्छ । जसका कारण बालबालिकालाई स-साना कुराले चोट पुऱ्याउने गर्छ र जब धेरै भयो भने अन्ततः आफ्नो ज्यान त्याग्छ । बालबालिका इङ्लिस सेकेन्डरी बोर्डिङ स्कुलकी शिक्षिका पार्वती दाहालले बालबालिकामाथि अभिभावकले दुर्व्यवहार गरेको देखेकी छन् । खराब परीक्षाफलले प्रायः कठोर पिटाइको परिणाम दिन्छ । आमाबाबुले यो गर्नुहुँदैन । उनीहरूले आफ्ना छोराछोरीलाई सम्भव भएसम्म मद्दत गर्नुपर्छ । उदाहरणका लागि, आजकाल बालबालिका मोबाइल फोन, ल्यापटप, ट्याब्लेट आदि प्रयोग गर्छन् र उपकरणहरूमा समय बिताउँछन् । जसका कारण उनीहरूले पढाइका लागि पर्याप्त समय निकाल्न सक्दैनन् । परीक्षाको नतिजा खराब हुनुको मुख्य कारण यही हो । आमाबाबुले आफ्ना छोराछोरीको ग्याजेटहरू हटाउनु पर्छ तर यो बच्चाको व्यवहारमा पनि भर पर्छ । नेपालमा बाबुआमाले आफ्ना ग्याजेटहरू लिएको कारणले गर्दा बालबालिकाले आफ्नै आमाबाबुको हत्या गर्ने घटनाहरू छन् । यस्तो हुनुहुँदैन । त्यहाँ केही अभिभावकहरू छन् जसले भन्छन्, "हामी सधैं आफ्नो काममा व्यस्त हुन्छौं । यदि तिनीहरूसँग फोन छ भने तिनीहरूले यसलाई प्रयोग गर्छन् र यसले हामीलाई वा उनीहरूलाई अप्ठ्यारो पार्दैन ।" यो धेरै नराम्रो छ । आमाबाबु र छोराछोरी दुवैले आफ्नो गल्ती बुझ्न भन्ने चाहन्छु । आमाबाबु र विद्यालय दुवैले कक्षामा राम्रो गर्नका लागि विद्यार्थीलाई धेरै दबाव दिएको हाम्रो देशमा भेटिएको छ । मानसिक पीडाको अतिरिक्त, यसले सिकाइलाई कम रमाइलो बनाउँछ । मनोवैज्ञानिक कृष्णाङ्गीका अनुसार धेरै अभिभावकहरूले परम्परागत

अभिभावकीय दृष्टिकोण (बच्चाहरू अनुशासनहीन भए भने पिट्ने र गाली गर्ने) प्रयोग गरिरहन्छन्, जुन फाइदाभन्दा हानिकारक हुन्छ । बच्चाहरूले परिणाम स्वरूप एकलो र माया नगरेको महसुस गर्छन् । थप रूपमा, यसले आमाबाबु र बच्चाहरू बिच बाधा राख्छ । यही २०८० साल सुरु भएदेखि अहिलेसम्म ७०९ विद्यार्थीले आत्महत्या गरिसके । यो धेरै नराम्रो छ । हाम्रो देश, सुध्रिदै छ कि छैन ? विद्यार्थीले किन आत्महत्या गर्छन् ? होइन, यी प्रश्नहरूको कुनै जवाफ छैन । हाम्रो समाजमा बालबालिका बिस्तारै विचलित बन्दै गएका छन् । विशेष गरी किशोरकिशोरीहरू । मैले भन्न खोजेको होइन कि हरेक बालबालिका खराब छन् तर त्यहाँ खराब बच्चाहरू छन् । सानै उमेरमा सम्बन्ध, आकस्मिक/नचाहेको गर्भधारण, बलात्कारका घटना, लागुऔषध दुरुपयोग र अरू धेरै समस्या छन् । हामीले नेपालका सडकमा साना बालबालिकालाई धुम्रपान गरेको पनि देख्न सक्छौं । किन तिनीहरूले आफ्नो जीवन बर्बाद गर्दैछन् ? यो आधुनिक समाजको धेरै गम्भीर विषय हो । बालबालिकाहरू आफ्नो परिवार, देश र आगामी पुस्ताको भविष्य हुने छन् । मेरो मतलब किन मन पर्छ ? शिक्षकहरूले आफ्नै व्यक्तिगत कारणका लागि छात्राहरूलाई यौन दुर्व्यवहार गरेको धेरै घटनाहरू फेला परेका छन् । विद्यालय जाने बाटोमा बालबालिका अपहरण हुने गरेका छन् कतिपय ठाउँमा । विशेष गरी महिला विद्यार्थीहरू । अब हुँदाहुँदा विद्यालय पनि असुरक्षित भयो । परिवारका सदस्यहरूले बालबालिकालाई दुर्व्यवहार गर्ने कतिपय घटनाहरू पनि छन् । विद्यालय र परिवार दुवै असुरक्षित । म मेरा सबै पाठकहरूलाई यो प्रश्न सोध्न चाहन्छु । किन ? बस किन ?

### **Social Issue: Child Marriage**



**Prasumi Sharma**

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In Nepal, one of the major social issues is child marriage or early marriage. Child marriage generally refers to the union of two people who are under the age of eighteen years. The consequences for the child Marriage generally affects the overall well-being and development of children. A child marriage occurs due to various reasons in Nepal.

Some of the key factors are:

Culture and tradition- in some cultural values, early marriage is perceived as the pride factor. That is why children under the age of 18 are forced to marry to keep up the family pride.

Poverty- One of the key factors in early marriage is poverty. When people are poor, they think that children, especially girls, are a burden. Therefore, they married the girl very early.

age, thinking that they will have less financial burden in the future.

Education- It is quite evident that the poor are more likely to be illiterate, and they do not understand the consequences of early marriage. We also need to understand the consequences of child marriage.

The major consequences are:

Education- Mostly girl children are forced to drop out of school after marriage, and boys are often sent off for foreign employment to support their extended family at a very early age.

Health issue- The girl often gets pregnant at an early age. Their bodies are not fully developed to handle the physical demands of childbirth, increasing the chances of complications during pregnancy and childbirth.

Psychological and social implications- A girl who marries young is more likely to suffer domestic violence, isolation, and limited decision-making power within her family. They often face difficulties adjusting to married life .

Numerous awareness programs have been implemented by the Nepalese government and non-governmental sectors to end child marriage in Nepal. They are committed to empowering girls through the provision of education and vocational training.

Finally, what we need to understand is that child marriage is one of the most talked-about social issues in Nepal. It especially affects the girls' rights to education, health, and a future. It is crucial for all of us to come together to address this problem.

