

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 extremely delighted to present to you the 16th edition of "The Deerwalker." The Deerwalker is a treasure of articles written by our students. It continues to be the archive of written pieces from the youngest learners in elementary to the high schoolers.

We've carefully and thoughtfully chosen the most insightful pieces for this edition, ensuring that you, our adorned readers, get a view of our students' perspectives and their thoughts regarding various topics that pique their interest. "The Deerwalker" is not just a magazine but a vibrant forum for the distribution of both hidden and essential knowledge. This magazine consists of literary works, including poetry, reflective thoughts, book and movie reviews, as well as other interests and facts that have captivated our students' imagination.

The primary objective, for us, is to inspire our students and broaden their minds, fostering and encouraging them to dig deeper into subjects they

are intrigued by or already passionate about. "The Deerwalker" is a magazine formed from the minds of our students and nurtured through a scrupulous editorial process.

We hope that our platform can be a source of knowledge and inspiration for all readers who come across it to take a glimpse at the collective effort of the students, faculty members and respective language teachers.

Regards,
Nupur Lamichhane
Co Editor in Chief



स्वागतम्

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डिजाइन

डियरवाक डिजिटल ल्याब,

डियरवाक सिफल, स्कुल ।

काठमाडौं, नेपाल ।

सम्पर्क

टेलिफोन ०१-४५९९२४०,

contact@sifal.deerwalk.edu.np

‘द डियरवाकर’ सिफल स्कुलद्वारा प्रकाशित

विद्यार्थीहरूको पत्रिका हो ।

शिक्षा मानवको अभिन्न अङ्ग हो । शिक्षाले बालबालिकाको मन, मस्तिष्क र अन्तस्करण-भिन्नको परिवर्तनमा उर्जा प्रदान गर्न सक्छ । उचित शिक्षाले बालबालिकालाई सही र गलत विचको भिन्नता छुट्याउन मद्दत गर्दछ । उचित शिक्षाका कारण हामी बाल-बालिकाले निर्धारण गरेका लक्ष्यहरू प्राप्त गर्न मार्गदर्शन गर्ने प्रयास गर्दछ । शिक्षाका माध्यमबाट हामीले सिकेका ज्ञानलाई काव्यात्मक शैलीमा प्रस्तुत गर्ने सिप प्रदान गर्दछ । हाम्रो जीवनका हरेक भोगाइ, गराइ र देखाइ नै शिक्षाका सोपानहरू हुन् । बाल-बालिकाको सिकाइ कार्यलाई हौसला दिनका लागि हाम्रो सिफल विद्यालयले विद्यार्थीको अध्ययनलाई परीक्षामुखी र शिक्षक केन्द्रित मात्र नगरेर बालबालिकाका सृजनाहरूको सङ्कलन गरी लिपीबद्ध गर्दै आएको छ । आफ्ना सृजनाको सङ्कलन गरी विद्यार्थीलाई नै त्यसको सम्पादनको जिम्मेवारी दिँदै आएको यस विद्यालयले हरेक क्रियाकलापमा विद्यार्थीलाई केन्द्रमा राख्ने र शिक्षक सहजकर्ताको रूपमा रहने व्यवहारले सिफल विद्यालय विद्यार्थी केन्द्रित विद्यालय बन्दै गएको र धेरैको रोजाइको विद्यालय बन्न सफल भएको छ ।

विद्यार्थीका सृजनाहरूलाई सङ्कलन गरी सिफल विद्यालयले त्रैमासिक पत्रिका डियरवाकरको प्रकाशन गर्दै आएको छ । विद्यार्थीबाट नै सम्पादन गरेर प्रकाशन गरिने यस पत्रिकामा विद्यार्थीहरूद्वारा सृजना गरिएका कथा, कविता, नाटक, विचार, समालोचना, राजनीतिक घटना, चलचित्र र पुस्तक समीक्षा र संवादजस्ता साहित्यका विविध विधालाई समेटेर नेपाली र अङ्ग्रेजी भाषामा तयार गरिएका सृजनाहरूलाई यस अङ्कमा समावेश गरिएको छ । हामी बालबालिकालाई पत्रिका प्रकाशनको क्षमता विकास गर्ने उद्देश्यले यस विद्यालयका गुरुवर्ग, प्रशासन शाखाले दिनुभएको अवसरप्रति हामी विद्यार्थीहरू आभारी छौं । आशा छ, यसमा प्रकाशन भएका लेख, रचना, सामग्रीले पाठकहरूलाई आकर्षण गर्ने छ ।

अन्त्यमा विद्यालयको त्रैमासिक रूपमा प्रकाशन हुदै आएको यस डियरवाकरको १६ अङ्क र छैटौं संस्करणमा समावेश भएका लेख, रचनाहरूको सम्पादनमा हरपल हामीलाई सकारात्मक रूपमा हौसला र समर्थन प्रदान गर्नु हुने यस विद्यालयकी गुरुआमा श्री लक्ष्मी तिवारीप्रति हार्दिक कृतज्ञता व्यक्त गर्दछौं । साथै यस संस्करणमा प्रकाशन भएका कुनै लेख, रचनाहरूमा भुलवस त्रुटि फेला परेमा क्षमाप्रार्थी छौं । पत्रिका पढिसकेपछि के कस्तो लाग्छ, सोही अनुसार सुझावको अपेक्षामा छौं ।

सह-सम्पादक

सुप्रभ आचार्य



Features

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BOOK AND MOVIE REVIEW



Lavanya Karki
Roll no: 31012
Anime Review:
Toilet-bound Hanako-Kun

Author: Aidalro
Genre: Supernatural, Comedy

Introduction

Toilet-bound Hanako-Kun (Jibaku Shounen Hanako-Kun) is a Japanese anime or manga that first came out in 2020. The characters in this manga or anime are Hanako-Kun (Amane Yugi), Nene Yashiro, Aoi Akane, Kuo Minamoto, Tsukasa Yugi, Teru Minamoto, Sakura Nananine, and Mitsuba Sousuke.

Plot

Kamome Academy is famous for its rumors regarding its Seven Wonders and supernatural occurrences. Nene Yashiro, a first-year high school student who loves the occult and wishes for a boyfriend, summons the Seventh and most famous Wonder, 'Hanako of the Toilet', the spirit of a girl who allegedly haunts the bathroom and can grant wishes for the right price. Upon summoning her, Nene discovers that "Hanako-san" is nothing like the rumors say; Hanako-san is a boy. With a turn of events, she is spiritually bound to Hanako and becomes his assistant, helping him destroy evil supernaturals and change rumors in order to maintain the balance between the spirit world and the human world. Along the way, Nene learns about her connection to the spirit world and the dark secrets regarding Hanako and his past.

My Opinion

If you are not sure if you want to watch this anime, then just watch it! I promise that you will not regret it. The anime is all about romance, comedy, and fiction. What more could any good anime or manga have? The plot is amazing and well written, and the voice actors do amazing jobs to voice-act the characters. The art on the characters is adorable! If I could rate it, I would rate it a 9/10!



Bimarsh Raj Ghimire
Roll No: 30037
The Book Review: The
Miraculous Journeys of
Edward Tulane

Author: Kate DiCamillo
Genre: Children's Literature

The Miraculous Journeys of Edward Tulane is one of the many famous books written by an American author, Kate DiCamillo. Kate DiCamillo is well-known for writing many books, such as The Tale of Despereaux, The Tiger Rising, etc.

The Miraculous Journey of Edward Tulane is another one of these well-known books. It was written in 2006 in the genres of children's literature, young adult fiction, novels, and adventure fiction. This story is written in the past tense and seems to be narrated by the protagonist himself, Edward Tulane.

About the book

The protagonist of this book is a doll named “Edward Tulane,” who is made out of china (a fine white ceramic material used to make dolls) and starts in a young girl’s house whose name is Abilene. When he lived with Abilene, he had everything he wanted, such as fine play foods, well-made suits of fine material, and someone who loved him dearly, but he also lacked love and was arrogant to all those around him. Then, one day, he got on a ship and was thrown out into the ocean by a group of boys who were passing him around. His life then suddenly took a turn for the worse. After he finally goes out of the ocean, he keeps meeting many people who love him but keeps on losing them one after another, causing him a sort of lack of trust and mental trauma.

Settings

The setting of this book takes place in many areas, such as Abilene’s house, the ocean, the dump, the hobo camp, the fisherman’s house, Bryce’s house, the restaurant, the streets, the doll mender’s shop, and so on.

Characters

Edward Tulane, Abilene Tulane, Pellegrina, Lawrence, Neelie, Lolly, Bull, Fisherman, Little Boy, Little Boy’s sister, Lucy

Plot

The book starts like many other books, giving a detailed explanation about the protagonist Edward and his lifestyle, then slowly explaining the side and background characters such as Abilene, Pellegrini, Lucy the dog, the maid, Abilene’s parents, and so on.

But soon, Edward gets thrown out of the ship into the ocean by a group of boys who were tossing and hurling him around the ship. Then he spends over 200 days at the bottom of the ocean, his mind blank, with no one and nothing to entertain him, just his face lying on the ground at the bottom. But one day, he felt as if something had caught him and was dragging him somewhere. At first, he got worried, but soon enough, he woke up to find out he had been fished out of the ocean by a fishing net. There, he met his first ever home after dropping into the ocean, where a fisherman carried him to his home and let him be taken care of by his wife, Nellie. Nellie was an old woman who was married to the fisherman, and they both seemed to be old around their mid-60s. Even though Nellie was young, she still loved Edward dearly, made him a sewn dress, and named him “Susanna”. At first, Edward was annoyed with this lifestyle compared to his old luxurious one, but after seeing how much Nellie cared for him and how much she would do for him by sewing the dress, telling him stories, teaching him cooking lessons, and so on, Edward started feeling love for the first time in his life and tried to express it.

However, just as he finally reached the happiest point of his life, Nellie’s daughter came in and took him. Then she told her parents she was going out to do some errands with Edward, but instead of coming home and returning Edward, she threw him in the dump somewhere and ran off. Once Edward was in the dump, his life once again became pretty dull. After about another few weeks, he felt some heavy breathing near him. At first, he was skeptical, but soon he found out it was a dog, as it carried him in its mouth and brought him somewhere. There, he waited for something to happen until, finally, a man came out of somewhere who looked like he lived in these dumps. First, Edward was puzzled but was soon to find out that this was his new home.

The man who had found him was named Bull, and the dog that carried him was Lucy. There he had a great time with both of them in the hobo camp, but was once again misnamed and called “Malone” this time on. Though he did not like his name, he enjoyed the company greatly.

Once again, he was sleeping in the rail train’s backspace, where they were secretly traveling to a spot, until a night guard found them out and hurled Edward out of the hill onto a soft place where a woman found him, nailed his ears to a wooden cross, and used him as a scarecrow. This, however, did not work effectively due to Edward’s delicate physique and small size. So for the time he spent here, he spent the whole day being stung by crows. Rather than his life being boring here, he also found company here. There was a small boy named Bryce who worked in these fields himself for an unknown reason. Since the first time Bryce saw Edward, he had a great interest in him and wanted to take him home. And his wants came true one day as he stayed back in the fields till nighttime, then loosened the nails and pulled Edward out to his home.

Edward was eager to find out this time what his life would be like. As soon as he entered the home, he heard the coughing sound of a small girl who seemed very sick. Then, he was put down on a bench and given to the girl as a gift from Bryce. The girl’s name was Sarah Ruth, and she was very sick. Her health was so bad that she constantly coughed and could barely speak a word or two without losing her breath. The sounds of Sarah coughing saddened Edward, as he had to hear the sad sounds of Sarah coughing all day, which made it look like she was suffering greatly from whatever illness she had. In the daytime, Sarah used to cradle him in her arms, but as she was weak, she could only swing him around loosely, which made him feel like he would drop any second. And whenever Sarah coughed, she held onto Edward very tightly to help herself. And sometimes she would grasp Edward so hard that he would break into a million pieces, but luckily he did not.

As he started loving Sarah and Bryce dearly too, it all happened so suddenly one day. Bryce had just returned from the fields, and Sarah’s health had been deteriorating every day. Due to this, when Bryce just returned home, she suddenly dropped Edward on the bed and started coughing blood out. At first, it was only a little bit, but the second time, she coughed out so much of it that she fainted from blood loss and died in her sleep. After this, Bryce cried all night, and then his father, whom Edward had never seen, came home crying and took Sarah to bury her somewhere near the field.

Bryce, after seeing what his father did, could not take it anymore. He could not believe how he had lived with such a devilish person until now who never cared for him. So he simply took Edward and ran away to someplace very far from his home. Not only did he go by himself, but he ran through the entire night and half a day to finally reach a city. There, he took Edward and started making him dance by pulling some strings he had attached to Edward the day he found him. Then he spent the entire day doing that; even throughout the night, he never stopped. But, finally, he slept out of exhaustion. He continued this for another 2 days, even if he cried from the pain. Even if his hands didn’t give in, he just kept on continuing. Until, finally, on the third day, he said that they had enough money to buy some food. So he went to a restaurant and ordered a lot of food items without checking the price. In the end, he ended up greatly overestimating how much money he had and then got scolded by the manager, who, out of anger, took Edward and smashed his head into the table, breaking him into several pieces.

Then Edward suddenly snapped back to reality, as he had woken up after being mended by the doll owner, who had made a deal with Bryce to repair Edward, but the doll mender got to see him. Edward was cleaned, revived, and back to wearing those fancy clothes. After he is placed, he sees his final glimpse of Bryce and says his last goodbyes. There, Edward spends so many years that he loses count, he loses hope, he loses everything, and he loses everyone he had. One day, a girl named Maggie came in with her mother, and she took an interest in Edward and started cradling him, much like Sarah, and giving Edward flashbacks. The mother shouted many times for Maggie to stop, but she just would not listen until the mother finally came and looked at Edward.

In the end, the woman turned out to be none other than the one who loved him first and was there at the beginning of his journey, Abilene.

The story ends as she says in a puzzled tone, "Edward?" and Edward starts shouting in his head, "YES! YES! IT'S ME".

Interpretation and critical analysis

The story imparts valuable life lessons, including the importance of appreciating the love we receive from others, embracing hope in the face of adversity, and understanding that to receive love, we must also give it. Edward's internal struggles are a central element of the narrative.

The climax of the story occurs in the heartwarming reunion of Edward with Abilene, the one who loved him first, providing a satisfying conclusion.

Recommendation

I recommend this book for readers aged 11 to 14. It offers valuable life lessons and provides an engaging and unique reading experience. I would rate it 9 out of 10.



Tanishq Shakya
Roll No: 28011
Book Review: Chomp

Author: Carl Hiaasen
Publish Date: March 27, 2012
Genre: Realistic Fiction

Introduction:

Carl Hiaasen is the author of the book "Chomp". It was published on March 27, 2012. The main theme of this book is survival. The protagonist of this book is Wahoo. Wahoo was the son of Mickey and Susan. While Susan was out in China to work and earn money, Wahoo took a job on a reality TV survival show named 'Expedition Survival Show'. The antagonist in this book is a character named Derek Badger, who is an actor. Derek Badger has a rude personality and is also always causing various types of trouble while shooting. He is also a bit greedy and selfish.

Summary:

A dead iguana hit Mickey Cray, and from then on, he started getting headaches and blurry vision. Wahoo then had to take care of his father and the animals, as his mother, Susan, had gone out to teach Mandarin Chinese for two months because they needed money. The boys didn't want her to go, but they needed the money. Wahoo kept

declining all the jobs offered to Mickey because he was ill. After Susan left, Wahoo accepted a job because it paid 1,000 dollars daily. The job involved a TV reality show called Expedition Survival. To settle the deal, Raven Stark, Derek's assistant, gave Mickey an 800-dollar check. Raven chooses Alice to wrestle Derek. Raven also liked Beulah the python, but she bites. Wahoo had a missing thumb, which Alice ate when Wahoo was showing the girl how Alice would eat from his hand. Wahoo then finds out that Derek Badger was in Paris. He was a bit shocked at what he was doing there. Derek Badger's real name was Lee Bluepenny, who was an actor and not a trained survivalist. Wahoo also had a sister whose name was Julie. She was studying at a law school, and Mickey was secretly proud of her. Julie didn't want them to take that job, but Mickey had already spent the 800 dollars they were given. Mickey was talking to Beulah the python and remembering that he used to love animals when he was a kid when suddenly Beulah wrapped her tail around his body. Wahoo came and let him out, and he felt sorry because he forgot to feed the python. When Susan calls Wahoo, she says that everything is fine. Mickey didn't want the animals to travel, so he told Derek to shoot in the backyard. After a long time, Derek finally agreed. Once, when Wahoo saved Derek's life while he was shooting, he didn't want Wahoo on camera, so he decided to shoot again. The entire show was fake because Derek stayed in a hotel and had meals there. Derek wanted to hire Mickey and Wahoo while they shot in South Florida. While they were shopping for the trip to South Florida, they met Tuna, who studied with Wahoo. Tuna's father was an alcoholic. On the first day of shooting, Mickey starts to sabotage Derek. Derek planned to catch the snake; they were working with real wild animals this time, and he refused to bring any other animals. Derek then tries to catch the snake but fails, and then goes back to the hotel. Derek kept getting bitten, and Mickey had to keep saving him again and again. The real footage got edited, and it showed that Derek was saving himself. Then Derek tried to eat a bat but got bitten again, which resulted in a fever and infection. He thought that he was going to turn into a vampire. Tuna's dad tracks Tuna and goes to Expedition Survival. There, he tries to shoot Mickey, but Derek, who thought he was turning into a vampire, bites Jared's leg. Luckily, someone calls the police, and Jared gets arrested. Tuna later finds out that her mother was living with her grandmother in Chicago, so Tuna also moves there to live with them. After that, Tuna and Wahoo kept in touch.

Critical Analysis:

This book, "Chomp," was written by Carl Hiaasen. Some parts of this book are very interesting, but some parts make it a bit boring. Although the beginning of this book was a bit strange, we got to know about many types of animals. The book includes characters like Derek Badger, who is an actor for the show 'Expedition Survival Show', and how he is onset and offset, which can relate to many other people as well; Mickey Cray, who is very protective over the animals he saved; Tuna's father, Jared Gordon, who was an alcoholic; and other various characters who help build up the story and make it more interesting. "Chomp" is a book that has mystery and action with various animals, etc.

This book is written from a third-person point of view, but it still includes the perspectives of different characters. Chomp is a funny yet realistic book that shows the fauna (animals), different people, and their personalities. This book teaches us that even though bad things happen to everyone, the world is still a very beautiful and wonderful place and has space for everyone.

Recommendation: I recommend this book to people in a similar age group as me and also to people who love nature, action, mystery, exploring things, and animals. Chomp

has 290 pages in the book and is a type of realistic fiction book. This is an educational book that is interesting but can be a bit boring in some parts. Even though this book teaches us various new things and keywords, while reading, I felt like the book was a bit elaborate, which made the story a bit boring in some parts. After reading this book, we can learn about how we must learn to take care of wildlife. Therefore, the character description was done very nicely, and I also learned many things about wildlife after reading his book.



Aayusi Shrestha
Roll No: 26002
Blue Lock: A Masterpiece
for Soccer Fans

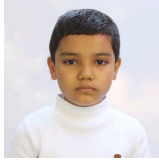
Blue Lock has some fantastic and realistic characters. It's all about Yoichi Isagi, a talented soccer player on a mission to become Japan's top striker. His journey is about discovering himself, being determined, and growing. You can't help but cheer for him as he faces lots of challenges and tough opponents on and off the field. Plus, you'll meet a bunch of different characters, each with their own skills and personalities, and you'll really want to see them succeed.

The characters in Blue Lock are easy to relate to and well thought out. Isagi, our main character, isn't the typical super-powered hero, which makes his story even more inspiring. He faces problems and doubts, but he never gives up. His love for soccer is contagious, and you'll root for him. The other characters are just as interesting, each with their own strengths and weaknesses. One of the best parts of the manga is how it shows soccer matches. The action scenes are drawn beautifully, making you feel like you're right there on the field, experiencing the excitement and skill of the game. Even if you're not a soccer expert, they explain the strategies and plays in a way that's easy to understand. Blue Lock does a great job of mixing the technical side of the sport with the emotional connections between the characters.

Blue Lock feels real because it shows how soccer and life are alike. It tells us that to be good at something, like soccer, you have to practice a lot and work hard; being naturally talented isn't enough. It also shows how people compete in sports and how this competition can make them better. The characters in Blue Lock learn to work together like a team and think about the tactics of the game, which is important in real sports too. Just like in life, they face tough situations, but they keep trying and don't give up. They also make friends and help each other, just like real sports teams. Blue Lock brings the world of soccer closer to reality and teaches us important life lessons along the way. The art in Blue Lock is absolutely incredible. The soccer matches look stunning, with action scenes that capture the excitement of the sport. The characters are drawn with great detail, and their expressions show their feelings, making the story even better.

One of the best things about Blue Lock is how it keeps you interested. The tension in the matches is strong, and you'll want to see how the characters overcome their challenges. The pacing is just right, with tough training parts and thrilling soccer matches, along with character development. Each chapter leaves you wanting more, making it hard to stop reading. Blue Lock also talks about the idea of talent versus hard work, which many readers can relate to. It says that to succeed in anything, including soccer, you need both talent and a lot of hard work. This is a motivating message for readers of all ages.

In conclusion, if you love sports, teamwork, and competition, you've got to read Blue Lock. It's an inspiring and exciting story that promotes values like hard work, determination, and the belief that dreams can come true. With its relatable characters, great art, and thrilling soccer action, it's a must-read manga for everyone.



उज्वल ढकाल

क्रमाङ्कः ३३०२३

पुस्तक समीक्षा: कोपिला कथा

परिचय : 'कोपिला' कथा प्रनिता छेत्रीले लेखुभएको हो । यस कथामा चित्र भने काम सार्थक सिन्हाले गर्नुभएको हो । यो कथा एडुकेशनल पब्लिसिड हाउसबाट प्रकाशन भएको हो ।

कथावस्तु : यस कथामा श्याम र माया नाम गरेका राजा रानी थिए । श्याम जङ्गलमा सिकार खेल्न गएको बेला उसले मायालाई पहिलोपटक भेटेको थियो । माया गर्भवती भएको खबर जङ्गलमा फैलियो । बुढी हात्ती र अरू जनावरले पनि पुत्र प्राप्तिका लागि प्रार्थना गरेका थिए तर मायाले सुन्दरी छोरी जन्माइन् । श्यामले मायालाई पीडा हुँदै कानेखुसी गन्यो ।

हाम्री छोरी रानी हुन सक्दिनन् । कहिल्यै रानीले शासन गरेका छैनन् । मायाले श्यामलाई भनिन् । हाम्री छोरी सुन्दरी र सबल छिन् । हामी उनको नाम कोपिला राख्छे छौं । अर्को दिन जङ्गलमा चराहरूको सुमधुर गीत गुञ्जियो त्यही बेला कोपिलालाई चिनाइयो । रवि नाम गरेको ब्याँसो राजा भरतिर आएर करायो "हामी कोपिलालाई शासकका रूपमा स्वीकार्दैनौं । यो सुनेर राजाले भने कोपिलाले सबै सिपहरू सिक्न सकिन् भने म राजा छात्रे छु । त्यसपछि हात्ती उनीहरूको गुफामा आइन् । कोपिला जुनसुकै काममा पनि सक्रिय हुन्थिन् । उनी नयाँ कामको लागि पनि कहिल्यै डराइन् । कोपिलालाई जङ्गलकै स्कुलमा पढाइयो । उनले संसारको बारेमा सिक्निन् । कोसिस नाम गरेको भालुले माछा मार्ने जुक्ति सिकायो । कोसिस भालुले कोपिलालाई आत्तिदै भन्यो राजु हरायो । कोपिलाले आफ्ना सबै साथीहरूलाई भनिन् "राजुलाई खोज्न जाऔं । सबैतिर राजुलाई खोज्न थाले । राजुलाई सिकारीहरूले समातेर राखेका रहेछन् । कोपिलाले भनिन् हामी सबैले ठुलो स्वरमा चिच्यायौं भने सिकारीले राजुलाई छोड्न सक्छन् । सबै जना ठुलो स्वरमा चिच्याए । ठुलो आवाज सुनेर सिकारीहरू राजुलाई छाडेर भागे । राजुलाई देखेर कोसिस धेरै खुसी भयो । कोसिसले कोपिलालाई धन्यवाद दियो । एक दिन कोपिलालाई रानी बनाउने निर्णय भयो । बुबाले श्रीपेच लगाइदिनुभयो । कागती वनको रानी कोपिला भइन् ।

पात्रहरू: यस कथाकी मुख्य पात्र कोपिला हुन् । सहायक पात्रहरूमा श्याम, माया, राजु, कोसिस, आदि हुन् ।

परिवेश : यस कथामा कागती वनको परिवेश समेटिएको छ ।

निष्कर्ष र सुझाव : यो कथा पढ्दा मलाई रमाइलो लाग्यो । यस कथाका चित्रहरू पनि रमाइला छन् । मेरा सबै साथीहरूलाई पनि यो पुस्तक पढ्न अनुरोध गर्दछु ।



प्रसिद्ध श्रेष्ठ

क्रमाङ्कः २८००८

पुस्तक समीक्षा: नोर

परिचयः

‘नोर’ उपन्यास रोशन पोखरेलले लेखेका हुन् । काठमाडौं पब्लिकेसनबाट प्रकाशन गरिएको यस किताबको बाहिरी आवरण रङ्गीन छ अनि चित्र पनि कोरिएको छ भने भित्र श्यामश्वेत छ । यस पुस्तकमा धेरै चित्रहरू कोरिएका छन् । यस किताबमा २० वटा अध्यायहरू छन् । प्रत्येक अध्यायहरूमा आफ्ना-आफ्ना तथ्यहरू समेटिएका छन् । यस किताबमा कथाहरू पृष्ठ १५ बाट पृष्ठ १७७ सम्म छन् । नोर किताबको २०७६ सालमा पहिलो संस्करण आएको थियो । यस किताबमा स्थायी बसोबासको खोजीको क्रममा घटेका विभिन्न घटनाहरू समेटिएका छन् ।

यो किताब पढ्दा धेरै पुरानो किताब हो भन्ने जस्तो भान हुन्छ ।

पात्रहरूः

यस किताबमा मुख्य पात्रको रूपमा नोर नै रहेको देखिन्छ । नोरका आमा, बुबा, नोह, बाजे, नोहका बुबा, मिई, स-साना बच्चाहरू, यात्रामा निस्केका झुण्ड, नोरको भर्खरै जन्मेकी बहिनी, बोहो, रात आखेको नाइके मेलान, लोह इत्यादि यस किताबमा मुख्य वा सहायक पात्रको भूमिकामा आएका छन् ।

कथावस्तुः

नोर एउटा यस किताबको पात्र हो, जो आफ्नो झुण्डसँग यात्रा गर्दै थियो । जुन यात्रा अविरल रूपमा अगाडि बढ्दै छ । खानाको खोजीमा बासको खोजीमा जुन झुण्डमा नोर, उसका आमाबुबा, झट्केलो दाइ नोह र मिईसँग यात्रा गर्दागर्दै जन्मेकी नोरकी बहिनी । कुनै बेला त मिई हिड्न नसकेर उनी भुइँमा बसिदिन्थिन् तर बाले बोकेर ल्याउनुहुन्थ्यो । यात्राको क्रममा बाटोमा खानुहुने खानेकुरा खाने गर्थे । त्यस्तो खानेकुरा चाहिँ पहिले बुढापाकालाई खान दिएर बल्ल अरूलाई खान दिइन्थ्यो । त्यस झुण्डले सहजै यात्रा तय गर्न सक्दैनन् । नोहले नोरलाई एकदम खिसी राख्थ्यो । त्यसैले उसलाई आफ्नो झट्केलो दाइ मनपर्दैन थियो । नोहको बानी नै त्यस्तै थियो । उसले कसैलाई पनि राम्रो व्यवहार गर्दैन थियो । नोरकी आमाको पेट ठुलो देखिन्थ्यो । नोरले यस कुराको एकदम चिन्ता लिन्थ्यो । बाजेले नोरलाई एकदम माया गर्नुहुन्थ्यो र धेरै कुराहरू सिकाउनुहुन्थ्यो । पुराना पुराना कुराहरू सुनाइरहनुहुन्थ्यो । नोरका बा झुण्डका मेड थिए । उनले सबैलाई समान व्यवहार गर्थे । खाना बाँड्दा पनि सबैलाई बराबर बाँड्थे । जङ्गलमा जनावरको शिकार गरेर ल्याउँदा थोरै मासु दुष्ट शक्तिलाई हुत्याइदिन्थे । ठुलाठुला शिकार गर्न तन्त्रेरीहरू मात्रै शिकार खेल्न जान्थे । नोरलाई पनि जाने रहर थियो तर जान पाउँदैन थियो । यात्राको क्रममा खपटेहरूसँग लड्नुपर्थो । बा भाला लिएर उनीहरूसँग जाइलागे । जुन कुरा बाजेले देखेका रहेछन् । नोरले छाउराहरूलाई आमाको दुध मागेर खुवायो । छाउराहरूले पनि दुध मिठो मानेर खाए । समय बित्दै गर्दा नोर तल्लो भेगमा पुग्यो । एकपछि अर्को वसन्त पार गर्दा पनि त्यो झुण्ड त्यहीं रह्यो । नोह र नोरको प्राय झगडा भइरहन्थ्यो । महिलाहरूले आभूषण लगाउन थालेका थिए । त्यहाँ हमला भयो राता आखेहरूसँग तर केही समय पछाडि लोहको व्यवहारमा केही परिवर्तनहरू आएका थिए । यतिखेरसम्म नोरको जोनले पशुपालन गर्ने भइसकेका थिए । एक्कासि झुण्डले बा नरहेको कुरा बतायो बस पछि लोह मेड भयो । रातआँखेका नोइके बडो चतुर मान्छे थियो । रातआँखेहरूले गर्दा अन्न उत्पादन गर्न सके । तिनीहरूबाट धेरै कुरा सिके । रातआँखेहरूबाट धेरै शिक्षा प्राप्त गर्नु तर रातआँखेहरूले गर्दा नै अन्त्यमा नोरको मृत्यु भयो ।

परिवेशः

यस उपन्यासमा मुख्य परिवेशको रूपमा जङ्गलमा गरिएको यात्रा आएको छ । यात्राको क्रममा हिड्ने बाटो, उकालो-ओरालो, सिकार खेलन जाँदाको वनजङ्गल, सिकारको क्रममा जनावरहरूलाई मार्ने क्रममा आएको फरक बाटो स्थलगत परिवेशको रूपमा आएका छन् । जहाँ अध्यारो भयो त्यहीँ रात बस्ने ठाउँ बास बस्दा खाएका खानेकुराहरू यात्राको क्रममा नदी पारि बग्ने बगर दिनको उज्यालो रातको अँध्यारो, फरक परिवेशका मानवबिचको द्वन्द्व इत्यादि अवस्थागत परिवेशका रूपमा आएका छन् । कालगत परिवेशको रूपमा दुङ्गेयुग र त्यसभन्दा पछाडिको लगभग १०० वर्षसम्मको अवधि रहेको अनुमान लगाउन सकिन्छ ।

निष्कर्षः

मान्छेले आफ्नो जीवन बचाउन अनेक दुःखकष्ट सहेर, खानको लागि, बस्नको लागि जतिसुकै लामो यात्रा गर्न पनि तयार हुँदो रहेछ । खानको लागि गर्नुपर्ने सङ्घर्ष, खाने बेलामा सबैसँग मिलेर खानुपर्छ, बराबर बाँडेर खानुपर्छ, समूहमा बस्नुपर्छ र समूहमा बसेपछि कसैलाई पनि हेर्र हुँदैन रहेछ त्यसको परिणाम दुवै पक्षले नराम्रोसँग भोग्नुपर्ने रहेछ ।

यस पुस्तक पढेपछि तत्कालीन अवस्थामा मानिसले बाँच्नका लागि गर्नुपर्ने सङ्घर्ष, क्रान्ति, ईर्ष्या, रहनसहन आदिबारेमा बुझ्न हरेककका लागि उत्तिकै आवश्यक छ । यसका लागि १४ वर्ष माथिको उमेरसमूहका लागि मैले यो पुस्तक सिफारिस गर्दछु ।



कृति नेपाल

क्रमाङ्कः २४०२२

शून्यको मूल्य र मेरा अनुभूति

'जब म स्कुल गएँ, मलाई सोधियो
तिमी के हुन चाहन्छौ जिन्दगीमा ?
मैले भनेँ, "खुसी"
उनीहरूले भने - "मैले प्रश्न बुझिनँ रे।"
मैले भनेँ - "तिमीहरूले जिन्दगी नै बुझेनौ।"

एउटा कापीसमेत किन्न नसक्ने विपन्न अवस्थामा हुर्केको एउटा बालक बुधे, केवल सुन्ने क्षमताको भरमा मिहिनेत गरेर विद्यालयमा प्रथम हुने विद्यार्थी । 'खाने मुखलाई जुँगाले छेक्दैन्' भन्ने उखानको प्रतिबिम्ब हो यो बालक । यस्तै विपन्न, दुःख र सङ्घर्षको कथा समेटिएर सास, साहस, र स्नेहको सिर्जनात्मक गैराख्यान हो यो 'शून्यको मूल्य' । शून्यको मूल्य पुस्तक सुर्खेतमा जन्मिएका, अहिले पेसाले बालरोग विशेषज्ञ डा. नवराज केसीद्वारा रचित सिर्जनात्मक गैरआख्यान हो । यो उनको कर्णालीजस्तो दुर्गम ठाउँमा सेवा दिएर त्यहाँको जीवनसङ्घर्ष र सिकाइको अनुभव दुनियाँसामु पुऱ्याउने एउटा माध्यम कृति हो । अभाव, कष्ट, पीर, चिन्ता, तन र मन दुवैमा लागेका घाउ समावेश गरिएको यस पुस्तकमा सङ्घर्ष, लडिरहने अदम्य साहस, सपनाले भरिएको छ यो पुस्तक । यो पुस्तक २०७९ मङ्सिरमा साङ्ग्रिला मिडिया ग्रुपद्वारा पहिलो संस्करणको रूपमा प्रकाशन गरिएको हो र कर्णाली क्षेत्रको नीति, संस्कृति र दैनिक जीवनको बारेमा थाहा पाउनका लागि एक महत्त्वपूर्ण स्रोत बन्न पुगेको छ ।

'शून्यको मूल्य' शीर्षक सुन्दा त 'के शून्यको पनि मूल्य हुन्छ होला त ? भन्ने जस्ता प्रश्न मेरो दिमागमा आएका थिए तर यो पुस्तक पढिसक्दा चाहिँ यही पुस्तकमा अटाएका पात्र र तिनका कथा नै लेखकले शून्यको मूल्य भन्ने कथा हुन् भन्ने कुरा लेखकले देखाए । आफू यही नेपालमा जन्मेर हुर्किएका पनि यस पुस्तकमा कर्णालीजस्तो दुर्गम क्षेत्रको

विपन्न, दुःख र सङ्घर्षको बारे सुन्दा त पत्यार नै लागेको थिएन मलाई । आफूसक्षम, सहज र गरी खाँदो परिवारमा जन्मेकोले यस्तो कष्ट र दुःखका बारेमा पढ्दा त मन नै सिरिङ्ग हुने रहेछ । "शून्यको मूल्य" पुस्तक कर्णाली प्रदेशको नेपाली समाज, संस्कृति र मानवीय मूल्य मान्यताको विशिष्ट प्रासङ्गिकता प्रस्तुत गर्दछ । सफलताका परम्परागत उपायहरूको परिवर्तनको बजारमा, पुस्तकले हाम्रो जीवनलाई नयाँ परिप्रेक्ष्यमा पखँदै छ र यसको आन्तरिक मूल्यमा अध्ययन गर्नका लागि प्रोत्साहित गर्दछ । समग्रमा, पुस्तकले मातृ स्वास्थ्य र कल्याणसँग सम्बन्धित चुनौतीहरूमा मूल्य क्षेत्रीय दृष्टिकोण प्रदान गर्दछ । समसामयिक विकास योजना र राष्ट्रिय र अन्तर्राष्ट्रिय मञ्चहरूमा यस चिन्ताहरूलाई संवाद गर्दछ, र नीति निर्माताहरूको आवश्यकतामा छलफल गर्दछ । यो उपन्यास पढिसक्दा मैले एउटा दृष्टिकोण र अनुभवबाट कुरा बुझेको म आफैँलाई अनुभव भयो । यस उपन्यासमा सांसारिक अनुभव, वैज्ञानिक अनुसन्धान, दुःख र सुख सबै कुराले भरिपूर्ण भएको यो पुस्तकमा मलाई केही भागहरू खास मन परेका र मनमै लागेका छन् ।

पाठ पढ्दाखेरि त्यहाँ लेखकका अनुसन्धानबारे उल्लेख गरिएको रहेछ । त्यस अनुसन्धानमा एउटा मानिसको सानो बालकलाई एउटा चिम्पान्जी आमासँग र एउटा चिम्पान्जीको बच्चालाई मानिससँग हुर्काउन छाडिएको रहेछ । त्यसै क्रममा त्यो मानिसको बच्चा मानिसको भन्दा बढी लगभग ९०% त्यहीसँगै हुर्केको चिम्पान्जीको गुण बढी थियो भने त्यो चिम्पान्जीको बच्चा मानिसको गुण जम्माजम्मी १०% र बाँकी आफ्नै चिम्पान्जीको गुण देखा परेको थियो । यसले मानिसको देखासिखी गर्ने प्रवृत्ति देखेर मलाई केही बेरका लागि गम्भीर सोचमा पुऱ्याएको थियो । त्यसै कुराको सन्दर्भमा यही पुस्तकमा एउटा सानो बालकले आफ्नी आमा बिहानै काममा जान परेकाले त्यो बालकलाई थुनेर जाँदा त्यो बालक आमासँगभन्दा बढी समय बिरालाहरूसँग बिताउने भएकाले बोल्न पनि नसक्ने खाली बिरालोजस्तो आवाज निकाल्ने भएको हुन्छ । यस्तो अचम्मको कुरा देख्दा त त्यो बालककी आमा कतै आफ्नो बालक बिरामी त भएन भन्ने सोचले डाक्टर कहाँ लान्छिन् । यसै क्रममा लेखकले निकै गहिरो र मन छुने कुरा लेख्छन् । केवल डाक्टर भेट्न भनेर ती महिला आफ्ना गाईबारा बेचेर कति दिन लगाएर त्यो बालकलाई काँधमा बोकेर आएकी हुन्छिन् । ती महिलाको जीवनबारे कुरा खुलाउँदा उनको आधा अनुहार सानैमा पोलिएको तर उनलाई बोक्सीको आरोप लगाएर गाउँमा बस्नसमेत दिइएन र पिट्ने, थुक्ने, ढुङ्गा हान्नेजस्तो अमानवीय कामसमेत गरेछन् । त्यसै गरी ती महिलाको नाम नभएको प्रसङ्ग खुल्छ र उनले आफ्नो नाम नै नभएको र अहिले आएर उनी एउटी आमा मात्र भएको बताउँछिन् । यस्ता कति महिलाहरू आफ्नो अस्तित्व र एउटा नाम पनि नभएकी होलान् जसको पुरै जीवन केवल कसैको जीवनमा आमा, दिदी आदि जस्ता पात्र बनेर मात्र सकिन्छ र उनले आफ्नो एउटा पहिचानसमेत बनाउन पाउँदैनन् । यस्तै मन छुने र संसारका कुनै पनि कुनाका मानिसका आत्मा नै सिरिङ्ग पार्ने सामर्थ्यले भरिएको छ यो पुस्तक ।

हाम्रो समाजमा चलिरहेका विकृतिहरू र सामाजिक समस्याहरूको पनि उठान यो उपन्यासले निकै राम्रो गतिले उठाएको छ र एउटा पाठकलाई लेखकलाई विषयको नजिकबाट अनुभव गर्न र बुझ्न मद्दत गर्दछ । यस उपन्यासको 'बुबालाई चिठी' नामक पाठमा खास गरी रचिएको अनुच्छेदः

'जब बेलुकापख हुन्छ, कसैले मेरा टाउकोमा आमाको पेट बाहिरबाट जोडले हान्छ । मेरो घाँटी समातेको जस्तो गरी निचोर्छ । मलाई मार्न खोजेको जस्तो लाग्छ, बुवा मेरो आमाको पेट, मेरो आमाको शरीर मेरो घर हो । त्यहाँ चोट पुग्दा मलाई त्यस्तो महसुस भएको हुनुपर्छ तर पनि म ढक्क छु, छिट्टै त्यो सबै मेरो बुवाले हेर्नुहुन्छ भनेर । मेरो बुवा हुँदाहुँदै कसले म बस्ने घर भत्काएर मलाई मार्न सक्ला र ? म बस्ने घर मेरो आमालाई कसले छुन सक्ला र ? कसले हजुरको प्यारो बच्चाको ज्यान लिन सक्छ होला र ? म विश्वासै गर्न सकिदिन । मेरो प्यारो बुवा।

मेरो घर भत्कन नदिने मेरो आमाको ख्याल गर्दिनू न ल । नत्र म त मर्छु फेरि अनि हाम्रो भेट कहिल्यै हुन्न । '

यस्तो गम्भीर र मन छुने चिठी एउटा गर्भमा बसेको बालकले अज्ञान आफ्नो शारीरिक दुर्व्यवहार र घरमा श्रीमतीलाई कुटने बुवाका लागि लेखेको देख्दा त मलाई निकै गाह्रो भयो । यस्तो संसारको पीडा बुझ्नु अगाडि नै आफ्नो सानो शरीरमा कष्ट भोग्ने यो बालकको अवस्था पढ्दा त मेरो मन नै भारी भएर आयो ।

यसरी सास, साहस, स्नेहको सिर्जनात्मक गैराख्यान हो यो 'शून्यको मूल्य' । यसमा कर्णाली जस्तो दुर्गम ठाउँको अभाव, कष्ट, पीर, चिन्ता, तन र मन दुवैमा लागेका घाउको समावेश गरिएको कथा हो यो पुस्तक । यो पुस्तकमा सङ्घर्ष, लडिरहने अदम्य साहस, सपनाका कथाहरूले भरिएको छ यो पुस्तक । समापनमा, "शून्यको मूल्य " पुस्तकले नेपाली समाज, संस्कृति र मानवीय मूल्य मान्यताको सम्मान गर्दछ र यसले हाम्रो सबैलाई उच्च गणपुस्तरीय मातृत्वको दिशामा लाग्न प्रोत्साहन गर्दछ । महत्त्वपूर्ण मानवीय मूल्यहरूको संरक्षण गर्न र मानवताको उज्वल भविष्यको दिशामा काम गर्न प्रोत्साहित पनि गर्दछ । बुझ्ने क्रममा भने समग्रमा सजिलो तर कतै कतै चाहिँ अप्ठ्यारो पनि भएकाले म यो पुस्तक पढ्न अनुभवी र सिपालु भएका युवादेखि लिएर ठुला सबै पाठकहरूमा सिफारिस गर्छु । पात्रहरू, कथा, लेखन शैली सबै मिलेको र पढ्नका लागि निकै राम्रो भएकाले एक पटक सबैले यो सास, साहस र स्नेहको कथा 'शून्यको मूल्य' पढ्नै पर्छ भन्दै यो पुस्तक सबैलाई सिफारिस गर्दछु ।



मुस्कान सिंह

क्रमाङ्क: २४०२३

हाँस्यव्यङ्ग्यको कसीमा खरो उत्रने

कृति: नमोनमः

विषयप्रवेश: 'नमोनमः' एउटा हास्यव्यङ्ग्य कृति हो । पाठकहरूलाई शब्दहरू मार्फत चेतना प्रधान गर्ने यो कृति राजनीतिदेखि समाजसम्मको विभिन्न पात्र तथा परिवेशलाई लिएर भन्ने त्यस्तो विधिलाई हास्यव्यङ्ग्य भनिन्छ । महेश थापाद्वारा रचित प्रसिद्ध किताबमध्ये एउटा यो पनि रहेको छ । उनको यो कृति हास्यकलाकार हरिवंश आचार्य र मदनकृष्ण श्रेष्ठले विमोचन गरेका हुन् । थापा शारीरिक रूपले रोगबाट ग्रस्त भए तापनि उनी साहित्य क्षेत्रमा एउटा हाँस्यव्यङ्ग्यकारको रूपमा परिचित छन् । उनले सामाजिक तथा राजनीतिक क्षेत्रमा देखिएका विकृतिहरूमाथि व्यङ्ग गर्दै आएका छन् । किताबमा पनि उनले राजनीतिक टिप्पणी तथा त्यस क्षेत्र लगायत अरू सामाजिक विषयमा पनि व्यङ्ग्य गरेका छन् । किताबमा

५२ ओटा पाठमा आफ्नो विषयवस्तुलाई विभाजित गरेका छन् । हरेक पाठमा विभिन्न सन्दर्भ लगायत व्यङ्ग्य गरिएको देखिन्छ । मुख्य गरी उनले यस किताबमा नेपालको अवस्था तथा पत्रकारिता अनि राजनीतिको बारेमा कुरा गरेका छन् । यसमा अहिलेको समाज तथा मान्छेहरूको व्यवहार अनि क्रियाकलापको पनि उल्लेख गरिएको छ ।

विषयवस्तु र मूलभाव :

उनले सुरुवाततिर मान्छेको क्रियाकलाप तथा धारणाहरूमाथि व्यङ्ग्य गरेका छन् । हामी मान्छे भनेपछि आफू के नै हो जस्तो ठान्ने गर्दछौं । हामीले आफ्नो फुर्कोलाई धेरै जोगाएर राख्छौं । त्यसलाई हरेक ठाउँमा लौ न अति आवश्यक मान्छौं । त्यसै कारण हामी आफ्नो बिहेको आमन्त्रणमासमेत आफू डाक्टर कि इन्जिनियर भनेर राख्छौं । त्यसै गरी हाम्रा धेरै मान्यताहरू रहेका छन् ती हाम्रा लागि हाम्रा पुँजी हुन् । हामी जहिले पनि धर्ममा भएका हरेक कुरालाई सत्य मानेर अगाडि बढ्छौं तर धर्ममा भएका सबै कुरा साँचा हुन्छन् भन्ने छैन । त्यसमा रहेका विकृतिहरूलाई हटाउन अति आवश्यक रहेको छ ।

उनले नेपालमा रहेको पत्रकारितामा पनि धेरै व्यङ्ग्य गरेका छन् । आफैं पनि त्यही क्षेत्रको भएकोले गर्दा उनले यस सन्दर्भमा आफ्नो भोगाइहरूमार्फत व्यङ्ग्य प्रस्तुत गरेका छन् । नेपालमा पत्रकारिताको भूमिका धेरै ठुलो रहेको छ । विशेष गरी चुनावको समयमा हुन्छ । चुनावमा कसको जीत कसको हार हुन्छ । त्यसमा प्रमुख भूमिका भनेको पत्रकार र समाचारको रहेको छ । मान्छेहरूले आफ्नो मतलबको लागि पैसामार्फत पत्रकारलाई गलत खबर छापेर नेता र उनको संघसस्थाको नाम डुबाउने काम गर्छन् । नेताको कुराभन्दा नि पत्रिकामा आएको खबरले नै चुनावको परिणाम दिन्छ । त्यसै गरी अरूको काम चोरी गरेर आफ्नो भन्नु धेरै सामान्य कुरा भएको देखिन्छ । पेस्टकारिता अर्थात् अरूको काम चोरिेर आफ्नो नाममा छापु र तान्ने पैसा कमाउने एउटा माध्यम हो । नेपाल मात्र नभएर पुरै विश्वमा यस्तो कामले गर्दा धेरै प्रभाव परेको देखिन्छ । मान्छेहरूले सुटुक्क अरूको काम आफ्नो नाममा राखिदने अनि नाम कमाउने सबैभन्दा ठुलो अपराध हो ।

त्यसै गरी यस किताबमा नेपालको राजनीति र जनतामाथि पनि धेरै व्यङ्ग्य गरेको देखिन्छ । नेपालको न्याय व्यवस्थाको अवस्थाबाट हामी सबै परिचित छौं । यही कुरालाई यहाँ पनि उठाइएको छ । हाम्रो न्याय व्यवस्था धेरै नै निम्न स्थितिमा पुगेको अवस्था छ । त्यसमा सुधार लाउन अति आवश्यक भएको छ । नेपाल अर्थात् एउटा प्रयोगशाला भनेर पनि भनिएको छ । यहाँ आफ्नो मर्जीले जे नि गर्दा हुन्छ, रोक्ने टोक्ने को नि नभएको भनेर व्यङ्ग्य गरिएको देखिन्छ । हाम्रो देशमा कुनै पनि सटिक कानुन छैन भए तापनि त्यसको पालना गरिएको छैन । यहाँ कसैको मृत्यु भए तापनि त्यसको जाँच भने धेरै पछि सुरु हुन्छ । त्यसै गरी नेपालका जनता पनि त्यस्तै छन्, हामीले आफ्नो जिम्मेवारी पूरा नगरे तापनि देशलाई गाली दिन पहिला पुग्ने गर्दछौं । हामी मात्र आफूसम्म सीमित भएको देखिन्छ अरू कसैको बारेमा हामीलाई केही चिन्ता छैन । आफू भलो त जगत् भलो भन्ने सोच नेपालीहरूमा क्रमशः हराउँदै गएकोप्रति लेखन चिन्तित देखिन्छन् ।

किताबमा राजनीतिमाथि विशेष गरी चर्चा गरिएको छ । नेपालको राजनीति भनेको सबैभन्दा चर्चाको विषय हो । हाम्रो देशको राजनीति तथा नेताहरू बाँदरहरूका समूह हुन् । तथा विश्वमा राजनीतिमा संलग्न हरेक व्यक्ति बाँदर हुन् भन्ने कुरा लेखकले प्रस्तुत गरेका छन् । हाम्रा देशका नेताले जति प्रयास गरे तापनि आफ्नो छवि नसुधारेको अवस्था नि व्यक्त गरिएको छ । जति जे गरे पनि केही पनि नतिजा न आएको समेत देखिन्छ । त्यसै गरी एउटा पाठमा 'थाहा' भन्ने संस्थाको प्रमुख रूपचन्द्र विष्टले आफ्नो संस्थाले राम्रो प्रगति नगरेको गुनासो गर्दै लेखकले सपनामा आत्मलाप गर्दछन् । उनको संस्थाले समाजमा जनतालाई राजनीति तथा देशको महत्त्वपूर्ण विषयहरूको बारेमा ज्ञान दिन्थे तर सधैं जस्तो यो पालि पनि यस्ता कार्यक्रमहरूले सफलता प्राप्त गरेनन् ।

हाम्रो देश भारतमाथि धेरै निर्भर भएको कुरा पनि पुस्तकले प्रस्तुत गरेको छ । हाम्रो देशमा विकास भनेको आफ्ना नेताभन्दा मोदीले ल्याएको देखिन्छ । हाम्रो देशको अर्थतन्त्र नै उनीहरूको हातमा रहेकोसमेत उल्लेख भएको छ । हामी आफैंमा सक्षम नभएको कारणले गर्दा जब भारतले नाकाबन्दी गर्‍यो तब हाम्रो अर्थतन्त्र सिद्धी तल झर्‍यो अर्थात् नेपालको निर्भरता तथा सही मूल्यमा स्वतन्त्र नभएको कुरालाई व्यक्त गरिएको छ ।

विश्वमा चलिरहेको महत्त्वपूर्ण कुराहरूको बारेमा पनि व्यक्त गरेका छन् । अहिले विश्वव्यापीकरणको प्रभावले गर्दा मान्छेहरूले धेरै भोग्नुपरेको छ । विश्वव्यापीकरणले धेरै परिवर्तनहरू ल्याएको छ । मान्छेले आफ्नो संस्कृति बिर्सेर

अरूको पहिरन र संस्कृति अपनाएको देखिन्छ । यसरी संस्कृति माथि यसले नकारात्मक प्रभाव पारेको प्रष्ट हुन्छ । त्यसरी नै यस किताबमा अरू पनि धेरै पक्षहरूलाई समेटेर लेखकले व्यङ्ग्य गरेका छन् ।

भाषाशैली :

निबन्धमा गहकिलो र सजिलो भाषाशैलीको प्रयोग गरिएको छ । त्यसकारण यसमा रहेका प्रसङ्गहरूको गहकिलो भाव पनि सजिलै तरिकाले बुझ्न सकिन्छ । भाषाशैली मनमोहक भएको कारणले गर्दा अरू पढ्ने जस्तो भावना आउँछ नै । यो साहित्यको पदोन्नति गर्ने प्रमुख तत्व एउटा यो पनि हो । यस्तै सजिलो र गहकिलो भाषा शैली अरू साहित्यमा प्रयोग हुँदा कोही पनि त्यसलाई समाप्त गरि छाड्दैन ।

निष्कर्ष :

यो हाँस्यव्यङ्ग्य साहित्यको एउटा महत्त्वपूर्ण तथा सबैभन्दा गाह्रो कृति हो । यहाँ भाषा तथा शब्दको प्रयोगमा धेरै ध्यान दिनुपर्छ । लेखकले व्यङ्ग्यमार्फत पात्र र विषयअनुसार पाठकलाई सन्देश दिएका छन् । शब्द तथा व्यङ्ग्यको प्रयोगमा अलि पनि तलमाथि भयो भने स्रष्टा सामाजिक सञ्जालमा एउटा ठुलो छलफल गर्ने शीर्षक बन्न पुग्छन् । लेखकले यस किताबमा यस कुराको धेरै ख्याल राख्नुभएको छ । आफैँमा रोगले ग्रस्त भए तापनि यस्ता उत्कृष्ट लेखहरू लेखेर समाजमा धेरै मान्छेलाई प्रेरित गरेको देखिन्छ । उनको किताब उनको प्रतिभाको एउटा उदाहरण रहेको छ । यसले देश तथा जनता लगायत विभिन्न पक्षहरूको बारेमा हामीलाई सन्देश दिएको छ । त्यसैले म यो पुस्तक राष्ट्र र राष्ट्रियताप्रति समर्पित सम्पूर्ण नागरिकहरूप्रति सिफारिस गर्न चाहन्छु ।

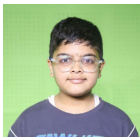
POETRY



Prasoya Yadav
Roll no: 33014
Things I like

I like flowers; I like mice.
I like rain, and I like ice.
I like cakes, and I like art.
I like lemons and my heart.

I like lots of things.
When I am happy, I like to sing.
I like ludo; I like chess.
Is this all? Mmmm, let me guess!



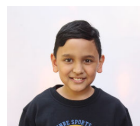
Saphal Pokhrel
Roll no: 31052
Bees

They work for their food day by day,
They are the workers as you can say.
They love to do hard work easily,
They do it because they do not do it lazily.

The bee which mate with their majesty,
They live happily, just like a family.
It is the male bee,
We can call drones as you can see.

The queen laying eggs and nothing more,
They are rich in honey but in other circumstances poor.
Without her the bees would go in a long time mourn,
Without her none of the bees would be born.

Bees are important for living things,
and the Humm... that sounds like it sings.
Indeed, they are pretty,
But people harm them without a pity.



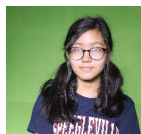
Sabhya Marasini Pradhan
Roll no: 30055
Dashain

Beautiful weather with kites up high,
Many love this festival and so do I,
Children and even grown-ups on the swings they swing,
I just love these wonderful winds that make my heart sing.

The hearts of children filled with joy,
This is the festival every hindu enjoys,
The feeling of tika on my forehead and jamara in my hair
I sometimes think, that my sister gets more money; a little unfair,

Grandma's sel roti is delicious, I must say,
Though Mom's version isn't far away.
Playing cards with family, it's a delight,
But they win money, that's quite a sight!

Wearing new clothes that my parents bought,
Thinking I would buy my own clothes was a strong thought,
The festival known also as Vijayadashami
This is the only time I feel festive



Aayotrie Chaudhary
Roll no: 27019
An Adventure for Grandma

A cream-colored van
Going along a twisting road
Through flowing hills covered in lush trees
And slopes that merge into the pale blue sky.

Hour after hour,
Staring out the van window
Or flipping pages, becoming immersed among
them,
They reach thine grandmother's house.

A small red cabin
With a backyard bliss full of barley,
A gazebo with rotting painted wood,
A porcelain tea set placed upon the glass table.

A wrinkled smile
And a sparkle in her eye,
Reminiscent of the glowing moon.
Lavender smell clung to her crochet sweater.

Train whistles blow over yonder,
Swings with their rusted chains scurry with
the gentle breeze,
A muddy welcome mat greets the family,
A plate of burritos and chips with dip warms
up the atmosphere.

Dusk falls, painting the sky in shades of
wonder,
Cinnamon toothpaste tingles as it foams up.
Everyone is tucked under the heavy quilts,
Covered in different embroidered designs.

A rooster's shriek wakens everyone at the
crack of dawn,
Sunlight slithering through the almost closed
curtains.
Packing begins once more,
Everyone piles into the old van, and we
continue as does the road.

The campsite is reached mid-afternoon,
Tents are set up, and so is the fire.
It crackles and burns, pops and shudders,
The blaze turns the air into a haze.

Logs are provided like natural chairs, The bark
feels rough against the skin that is left out of
shorts.
And slopes that merge into the pale blue sky.
Other plastic chairs are taken out of the van
trunk,
The still air and the light buzz of critters stir
in the darkening sky.

One hum is let out.
Then a tune is made as the notes float
out into the air.
Fireflies and mosquitoes dance as the
voices rise into a campfire song.
The banjo plays in the background as a
bond and a memory are created.

Under the pine trees that cause sneezes
to go all around,
A hammock is hung to view the
constellations that provide stunning
dreams.
Laying in the hammock as it twists and
turns,
As it flips, stomachs do as well.

Leafy canopies protect the tent,
Jackets are worn to fight the cold.
Jumping into sleeping bags to sleep laid
upon air mattresses,
All snuggled in, dreams come as fast as
the cicadas start to play their low melody.

Sleeping under the stars is a wonder
amidst the wilderness,
A milky galaxy view lights up the sky just
as the orb of the night.
The breath of real fresh air gushing from
the natural plants around,
The stars clustered in a night sky stream.

The next morning doesn't come easy.
A cold lurks outside the warmth
provided by the sleeping bag.
Choosing to venture to a shallow river,
A new mission is sought.

The jacket gives little warmth against the
frigid wind,
Yet thine adventure sought builds such
curiosity that cannot be resisted.
The water that flows mercilessly down
the stream feels icy to the touch.
Alas, the rocks held beneath the surface
can store memories to last.

The riverbeds are sandy with tiny freckles that lodge inside shoes.
The autumn air stings lungs as thine pace quickens.
Racing among the fallow land, the weather not dampening the mood.
Hair everywhere, like birds being released into the sky.

Thy and grandmother gaze at the fields of bonnets, poppies, and more.
Poppies are her favorite, blooming in bright scarlet and vermillion shades.
Picking up a flurry, smiles blossoming as quick as the flower buds.
Doodles in a brown-covered sketchbook tell the tale of the events.

Chirps of birds, whistles, and hoots
Wake everyone up the next morning.
After a night of sugary marshmallow roasts over the fiery fire,
Everyone except grandmother is slow to rise.

Grandmother sits on a small bench,
Looking out at the nature that surrounds them all.
Drinking her hot brew coffee with only 1 teaspoon of sugar.
She says it's cause she's already sweet enough.
The golden rise of the sun fades into a robin egg blue.

Everyone gets ready to pack up,
Throwing everything into the back of the van.
Grandma and thy sit beside one another,
Giggles erupting beside the sound of the gravel being crushed under the tires.

As the car slows and the afternoon turns into evening,
Grandma sticks her head out the sunroof.
Today she smells like coconuts and honey.
Tomorrow she says she'll try out the scent raspberry.

Next stop was the Gulf.
The breezy shores combined with the gloomy weather.
Nonetheless, it ought not to tear smiles off the raindrop wet faces.
The gusts tangling grandma's short gray-brown hair across her wrinkled face.

The sand crunched beneath the emerald & gray tent,
As the stormy gloom dissipates, a slush of colors is revealed.
Grandma pretends to gulp it up causing an uproar of chuckles and cackles.
She blissfully describes the flavors as candies.

The light shining from the sunset glowing upon her soft face,
Beside the sunlight, it was her smile.
Her smile glowing effortlessly like a lantern throughout the darkness.
Glowing like the small crystals of sand in thee early morning beam.

Early mornings at the coast mean the sound of seagulls squawk and waves crashing.
It also means while coming out of the tent, everyone wears sandals.
Toes may freeze, yet the touch of sand in regular sneakers feels much worse.
The tall grass on the sandy dunes sway immensely beside the pressure of the wind rush.

The waves are frosty and violent.
Alas, it doesn't stop anyone from taking a touch to the bitter cold.
The sheer temperature of the water sends a shiver down everyone's spine.
However, as the waves crash overhead, no one is planning to chicken out.

Waves tumble down,
The salty sea stings everyone's eyes, throat, and everything else.
The force pushing us down onto the sand,
Scraping and poking, sticking and pricking.

The sharp and prickly sensation hadn't discouraged anyone.
Especially not grandma; she always was tough.
Tough enough to stand up against even the harshest waves.
She said she did it a lot as a kid, yet she never lived close to a beach.

Upon getting out of the numbing seas,
A blast of wind freezes everyone's veins.
However, a warm towel, and hug help melt the icy exterior.
A hug from grandma felt like it could warm up the arctic faster than global warming.

One day, early morning on the cold forsaken shores,
The warmth of her disappeared.
She must've known; she wrote a letter.
Somehow, that made it hit harder.

Waves were felt crashing into thine skull,
As the currents swept up cause a whirlpool in thine heart.
Gazing at the delicate strokes grandma used to make the letter,
Each word a little more faded than the last.

It hit quicker than the ice spine-chilling sea.
A tear stinging thine eyes just as the salty liquid.
Wanting to fall to the ground and feel thee sharp diamond cut at thine knees.
A warm embrace now cold.

The letter was aged, a yellow tint to it.
It was reminiscent of grandma and her sunny yellow personality.
Everything was reminiscent of her.
All of nature was reminiscent of her.

The pouring rain wept for her.
The sun glowed for her.
The moss of the trees gave a warm embrace for her,
And the oceans waved their last goodbyes to her.

In the letter she wrote in swoopy cursive-like handwriting,
The letter seemed blurry, distorted against the welled-up tears.
It was written about her adventures.
It was written in such a way everyone could feel her last moments of joy within the ink lines.

By the end of the letter,
There were wet splotches that drenched it.
It was laid ever so gently on the table beside, so that it wouldn't have the risk of tearing.
But something else was torn, something that no amount of tape would or could fix.

It didn't just talk about thee adventures of thee past.
It talked about the adventures of the future, even if she was long lost by then,
Even if she wouldn't be able to be there.
Her joy would.

Her joy would collect the glimmering seashells along the crystal shores.
Her joy would fly a kite on a windy picnic day.
Her joy would bake birthday cakes for all the important events, double digits, sweet 16, etc.
Her joy would fish up the county lake fish and take a wide-toothed smile picture.

Her joy would read dozens of new fairy tales.
Her joy would bring thee stories to life.
Her joy would sit in each music rehearsal and guide each note to sound melodious.
Her joy would help point shooting stars in the right direction.

Her joy would help pick out a home, one so cozy and sweet.
Her joy would help shine a light in the dark situations.
Her joy would sit front row in the happiest moment of thy life.
Her joy would watch, though thou must've moved on, as poppy flowers rain down above.

Her joy would be with everyone until they too, are laid to rest.
To rest under a twisting road,
Through flowing hills covered in lush trees,
And slopes that merge into the pale blue sky.



Kritanjali Odari
Roll no: 27018
A Bad Dream

Dreams are normal.
Each of the dreams gives us one moral.
Bad dreams keep us nervous.
That's okay; in real life, no one can hurt us.

We should fight against bad dreams.
People start to leave us as their work is done.
Just believe in yourself rather than dream.
We should never go back to our work, even though it is extreme.

Unfavorable dreams make us more worried.
But the word dream means that it's just a dream.
Let's just focus on our present case.
And we should know how to face it.

No one is trustworthy here.
People to trust here are rare.
Sometimes we should act as they do.
People would never know what we are going through.

Dreams can ruin your whole life.
Some people even try to throw the knife.
Let's not make bad dreams come true.
After that, let the world know the news.



Krishma Thapa
Roll No: 27005
Brown Eyes

Brown eyes as beautiful to remember,
The one holding sparks.
Daisy, my beloved,
The one to remember forever.

Said to be a pet but more than a family,
The loving memory of her with her brown eyes,
The eyes to dream about forever,
A sign to recall memories.

More of a life to go with,
To meet new eyes but,
In the depth of the earth,
Feels eternal.

New doors to open,
Untold stories take a turn,
Beautiful memories of autumn,
Side by side with those eyes.

It whispers the warmth of love,
The love between owner and the pet,
Eyes holding the deep secret behind it,
The beautiful melodies to talk about.

A depth of soul,
Reflecting through those brown innocent eyes,
With every blink, kind and true,
Brings peace to the heart.

Gaze upon those universes,
Just as deep as the ocean,
Embracing the world, just you and me,
Daisy and me.

The connection between owner and the pet,
Said to be as special as ever,
Memories haunt as ever,
Tears flowing like rainfalls.

Our dreams meet once,
Hope it does again,
Those brown eyes reside the truth,
The one between me and you.



Phoebe Shrestha
Roll no: 26016
Ugly Mirror

An ugly mirror in that certain place,
I have started hating it when I look at it.
A mirror that transforms with each passing
glance,
Oh, that mirror, I can't give it a chance.

Every imperfection is revealed in the mirror.
I wish I could change.
Each time I look up in the mirror, I hesitate to
meet my own eyes.
Oh, mirror, please enhance the look of mine.

But I love it as much as I hate it,
It is best to keep my secrets.
The first one to see my puffy eyes
And later smiling, having tears in my eyes.

But my friend's job is to show the reality,
No flattening angles nor softening.
It just reveals the truth
In both day and night.

In this ugliness, the lesson is learned.
It reveals true character from our
surroundings.
In the world of perfection and lies,
The mirror speaks truth, it simply insists.

So, in the reflection of the mirror,
I find my guide,
A flare of honesty, no need to hide.
The mirror shows 'it is what it is.'

A guide to make us confident and show us the
reality,
With you, I can weep, give all the pain.
I can share everything with you,
Share my sorrow, my joy again and again.

Mirror has seen me in my highs and lows,
No one knows me better than my friend.
Now, I am able to call you my friend,
For what you have made me realize again and
again.

I love and hate you for what you reveal,
Where you won't deceive, that's why I feel
real.
In you, my emotions also reflect,
A journey named self-discovery, with
emotions so real.

With you, I have explored my emotions so
deeply,
Mirror, I will keep you and never hide.
It might be hard to believe, but
You were, you are, and you'll always be



Manaswi Sapkota
Roll no: 26004
My Dear Blue

Beneath me lies the endless row of blue,
A sea whose depth is hidden from view
I take a step, my feet immersed in the wave,
No thoughts in my mind, I only sway

I sway from the beauty below me
I sway because of the seaweed that tickles me
I sway as there is nothing else I care about
Right now all I know is my feet is blue

Every step I take, the blue gets deeper
The seaweed becomes taller and thicker
As I feel bluer and bluer
The sea turns prettier and prettier

After weeks of consultation, the blue returns
Only this time I hear the jellyfishes whimper
The once deep blue is turning grayer and
grayer



Rushina Tamang
Roll no: 26008
A Crowded Monday
Road

Hundreds of souls,
 Between four walls,
 Hundreds of stories,
 From beginning to fall.

Hundreds of souls,
 With so much to say,
 So many words in mind,
 But so little sentences sway.

Hundreds of souls,
 Ideas so unique,
 So similar yet so different,
 Being different from a single streak.

Hundreds of souls,
 So many views,
 Their views turn to story,
 And their story turned to news.

Hundreds of souls,
 So many emotions,
 So much to express,
 But towards expression, so little devotion.



Prasanna Shrestha
Roll no: 25022
The Path yet to be
chosen

Two paths embodied the prediction for future
 And I was too confused to choose between
 them
 One will make my future acute and other
 wont
 But still stood there for a longer period of
 time.

While the cause of the gray.
 One path was all about games and the piled
 books
 I was still confused where to step off my foot
 Then, chose the first one in order to enjoy
 And thinking it was a better claim

But who knew, what's the next journey for
 my future
 Or the wrong path I chose can even make me
 suffer?
 At first, I started liking my decision
 Soon after, I started being fearless and
 arrogant.

When I realized, it was already too late
 Making my parents lose their fate
 After long time, I tried to work sharp
 But the thinking in my mind isn't making me
 smart.

So, I again ran to the past
 Then chose the second option to work hard
 And it seems it was the better claim
 So, choosing the right path is the best future
 key.



Shubham Devkota
Roll no: 25060
Dancing with you

...And yet
 you are dancing with me
 Feeling like I'm in my fantasy
 I remember you said you never dance
 but you did cause, this was only chance
 Living in this moment I felt like dancing
 forever
 Sweet music and rain it's the perfect weather
 Raindrops and laughter has blend as one
 all was going well even, our spirits spun
 But a moment can't last that long
 like the fading notes of this song
 we know it's the place we belong
 enjoying every step, however it's drawn
 At last it all ended
 it's not the thing that we had intended
 every single step of ours, I can never forget
 still imagining that day...



विभूति पाठक

क्रमाङ्कः ३४०४४

मेरो घर

घर छ मेरो सानो
टिनको छ छानो
घरका कोठा चार
वरिपरि काँडेतार
आँगन छ ठुलो
अगाडि छ कुलो
टिप्रे नगरौं फूल
कहिल्यै गर्नुहुन्न भुल
जङ्गल छ धेरै पर
प्यारो मेरो घर ।



अनाया पराजुली

क्रमाङ्कः ३४०४३

नाम

पुतली जस्तो बन्छु म
राम्रो पढ्छु म
अनाया मेरो नाम
भन साथी तिम्रो नाम
पढ्छु खेल्छु रमेर
साथी भाइ भनेर
अनाया मेरो नाम
भन साथी तिम्रो नाम
आऊ न आऊ
सँगै खेल्न जाऔं ।

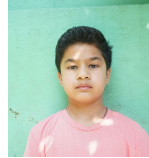


दिविज चन्द

क्रमाङ्कः ३३०३८

रुख

गहिरो नाता मेरो जमिनसँग
जरा जमिनमै जोडिएको
जिउ मेरो एकदमै ठुलो
हरियो कपालले सजिएको
आराम गर्न आउँछन्
बटुवा मेरै काखमा
आनन्दको महसुस गर्छन्
आफ्नै भाकैमा
काटे पनि काट मलाई
केही आवश्यकता पूरा गर्नलाई
सखाप हुने गरी नकाट मलाई
पछि आफ्नै दुःख पाउनलाई ।



अविरुप गिरी

क्रमाङ्कः ३३०५४

आमा

आमा आमा भन्दाभन्दै
आज ठुलो भएँ ।
जान्न जान्न भन्दाभन्दै
स्कुल जाने भएँ ।
तिमी मेरी माया कि खानी
मेरी मनकी एकलौटी रानी ।
आमा तिमी बन्छौ मेरो
पाइला पाइलाको छायाँ ।
संसारमा तिमी नै ठुलो मानी
तिमीलाई गर्छु माया ।



स्वप्निल अमिर कंसाकार

क्रमाङ्कः ३३०४६

मेरो साथी

किताब मेरो साथी
सबैभन्दा माथि ।
राम्रो कुरा सिकाउने
प्यारो प्यारो साथी ।
ज्ञानगुन सिकाउने
हामीभन्दा माथि ।
यस्तो प्यारो साथी
कति धेरै जाति ।
यस्तो साथी पाइराखे
सधैं राख्छु माथि ।



हेजल दाहाल

क्रमाङ्कः ३३००९

आँगनीको फूल

हेर साथी आँगनमा धेरै फूल छन्
निला सेता फूलहरू फैलिएका छन् ।
गुलाब र लालीगुराँस कति राम्रा झन्
चारैतिर रङ्गीचङ्गी खुसी मेरो मन ।
कति धेरै राम्रा फूलमा बस्ने भमरा
साना फूलका लागि राखे गमलामा ।
भमरा र भमरी कति रमाएर
फूलबारीको फूलमा घर बनाए ।



आरम्भ पन्त

क्रमाङ्कः ३३००३

हाम्रो नेपाल

हाम्रो देश नेपाल हामी नेपाली
मिलेर बस्छौं तराई पहाड हिमाली
संसारकै ठुलो हिमाल नेपालमै छ
सगरमाथा भनेर चिनिएको छ
हाम्रा नदीनाला कति धेरै बगेका
लालीगुराँस पाखाभरि कति राम्रो फुलेका
लहलह धान फल्ने खेतहरू भएको तराई
हामी सबै नेपाली कोही छैन पराई ।



प्राप्य मिश्र

क्रमाङ्कः ३२०४९

मेरो परिवार

मेरो सानो परिवार हामी जम्मा मान्छे चार
बुबा, आमा, बहिनी र म मिली बस्छौं सातै बार
हाँसी खुसी बस्छौं हामी हाम्रो सानो परिवार
फुर्सद हुँदा बनाउछौं मिठो मिठो परिकार
एक अर्कालाई माया गर्छौं हामी सदाबहार
काठमाडौंको बाँसबारीमा बस्छौं हाम्रो परिवार
बुबा कार्यालय जानुहुन्छ आमा घरको काम
बिदाको दिन कहिले सरसफाइ कहिले घुमघाम
बहिनी र म ज्ञानी भई विद्यालय जान्छौं
सानालाई माया गर्छौं ठुलाले भनेको मान्छौं
बाहिरको भन्दा खान्छौं घरकै खाना
परिवारमा दुई ठुला हामी दुई साना
हाम्रो सानो र सुखी परिवार
परिवार नै हो सबैथोक हामी बाच्ने आधार ।



वाणी शर्मा

क्रमाङ्कः ३२०२१

मेरो प्यारो साथी

ए ! मेरो प्यारो साथी
तिमी छौं मभन्दा धेरै बाठी
मेरो सन्धो बिसन्धो सोध्न तिमी आउँछौं
तिमी साथ दिन्छौं मलाई हरेक पल छाउँछौ
त्यहीँ भएर होला अहिलेसम्म असफल भएको छैन
अरू थिए जीवनमा साथी तर तिमी जस्तो अरू छैन
तिमी नै हो मेरो प्यारो साथी
तिमी छौं संसारमै धेरै जाती
हामीबिच कहिलेकाहीँ हुन्थ्यो झगडा
हाम्रो दोस्ती थियो धेरै तगडा ।



इभा घिमिरे

क्रमाङ्कः ३००७२

मेरो परिवार

म दिदीकी नानी हुँ, प्रतिभाकी खानी हुँ
ज्ञानको ज्योति छर्नु छ, लक्ष्य पूरा गर्नु छ ।

मेरी बहिनी सानी छ, चञ्चल उसको बानी छ
सँगसँगै हुर्केकी, दिदी पाएर फुर्केकी ।

मेरो फुच्चे भाइ छ, उसलाई माया चाहिन्छ
माया नपाए रोइदिन्छ, बदमास नै भइदिन्छ

बाबा आमा साथमा, हामी उनको काखमा
उनको हात समाउँदै, बसेका छौं रमाउँदै ।



नेलिया पाठक

क्रमाङ्कः ३००६६

आमा

ढकमक्क फूलहरू फुले बगैँचामा
फूलजस्तै राम्री छिन् मेरी प्यारी आमा
लाख दुःख सहेर बनाउँछिन् घरलाई मन्दिर
झर्दो आँसु तरक्क रोकछ कसले सन्तानको खातिर
माया, मोह छ मनभित्र आमाले दिने
सन्तानका दुःख कष्ट सबै हाँसी हाँसी आफैँ लिने
सानो छँदा सधैं बोक्ने
नराम्रो कुरा सिक्नबाट रोक्ने
सदा प्रेम फुल्ने तिमी हौ नि आमा
तिमी बन्न सक्छौ छहारी म घाम
हामीलाई खाना खुवाएर आफू भोकै हुन्छिन्
हामीलाई साहो गाहो भए सधैं रुन्छिन्
हाम्रो हात समाउँछिन्
हामी खुसी भए रमाउँछिन्
आफू भने पुरानो पुरानो कपडा लगाउँछिन्
हामीलाई भने नयाँ नयाँ कपडा दिन्छिन्
प्रारब्ध राम्रो जब जम्मिदैको
सम्बन्ध आमा र सन्तानको छ सधैं सधैंको ।



हार्दिक शर्मा

क्रमाङ्कः २९०४७

गरिब

गरिब, जसले पर्वाह नगरेका धेरै छन्,
पैसा नभई रोजगारको समस्यामा छन् ।
उनीहरूको दिनको काम बिना उनीहरूले नपाएका,
सार्वजनिक सहयोगको आवश्यकता छ,

उनीहरूले महसुस गरेका ।
 हाम्रो समाजमा गरिब मानिसहरूका पीडा
 हाम्रो साथ दिनको समय आउन
 उनीहरूलाई सहयोग पुर्याउनका लागि।
 सबैको अधिकार छ, उनीहरूको सपना पनि छ,
 गरिबीको समस्यामा हाम्रो चिन्ता छ,
 उनीहरूको दुःख हाम्रो मनमा छ।
 जीवनमा अघि बढ्दै,
 उनीहरूको सपना जुन भए, साकार गर्दै।
 हामी सबैको लागि मिलेर साथ बस,
 गरिबीको खिल्किलाउन आउने दिन बस्छ।
 समृद्धिको माध्यमबाट, प्यारको तालमा उनीहरूको
 जीवनलाई रोशन गरौं ।



काव्या ओली

क्रमाङ्क: २१०१४

त्यो बिहान

कसरी भन्न सक्छौं, रातपछि दिन आउने छ ?
 कसरी भन्न सक्छौं, कालपछि उज्यालो आउने छ ?
 बिहान उठ्दा सदा उज्यालो सूर्यको हाँसो,
 कहिले उज्यालो नदेखेको जस्तो, आउने त्यो मिठो हाँसो ।

त्यो सूर्यको न्यानोपनाले मेरो मनलाई उज्यालो बनाउँछ
 कसैले एक उज्यालोको दियो बाले झैं भयो मेरो जिन्दगी
 मनका सबै कालो मेटिँदै प्रसन्न भएझैं भयो मेरो जिन्दगी,
 तर त्यो बिहान कहिले आउँछ ?

धेरै भयो रात भएको, चन्द्रमा उदास पनि थिएन,
 धेरै व्यथा सुनिन्छ के त्यो उज्यालो घामको ।
 सबै आँसु सुकाइदिने, सबै हाँसोमा खोलिदिने,
 कहिले आउँछ त्यो घाम ? जसले सबको आँसु पुछिदिने ।

बिहान उठ्दा सदा उज्यालो सूर्यको हाँसो ।
 कहिले उज्यालो नदेखेको जस्तो आउने हाँसो ।
 त्यो सूर्यको न्यानोपन, मेरो मनलाई उज्यालो बनाउँछ ।
 कसैले एक उज्यालोको दियो बाले झैं बनाउँछ ।

कहिले आउँछ त्यो घाम जसले रात भगाउँछ ?
 मनका सबै कालो मेटिँदै प्रसन्न भएझैं बनाउँछ ।
 तर त्यो बिहान कहिले आउछ ?
 हाँसो सहितको बिहान,
 त्यो बिहान कहिले आउछ ?
 उज्यालो सहितको बिहान ।



शब्दिका नेपाल

क्रमाङ्क: २८०२९

विधवा फूलमाया

चौध वर्षमा विवाह भयो फूलमाया थियो नाम
 इच्छाविना नै विवाह भयो रुँदा गालामा डाम ।

विवाहपछि श्रीमान विदेश पलायन भएछन्
 परिवारको पेट पाल्नका निम्ति परदेश गएछन् ।

खाडीमा श्रम गरी पठाउँथे पसिनारूपी नोट
 काममै हुँदा आगोमा परी भयो है बिस्फोट ।

शरीर जल्ल पाएन तर अनुहार मधुरो
 सन्तानको मुख हेर्ने सपना रह्यो नि अधुरो ।

जाँदा त गए चढेर जहाज सरर आकाशमा
 फर्कँदा शरीर बाधिएको थ्यो काठको बाकसमा ।

त्योभन्दा १० वर्ष अघि त भाको थ्यो विवाह
 जीवन उनको विलिन भयो निर्जीव सरह ।

पुछियो सिन्दुर फुटे है चुरा आँसुको साथमा
 सानैमा कठै आए अनेकौं दायित्व हातमा ।

श्रीमानको माया पाइनन् उनले छाडेर गए नि
उमेर नपुगी गएका उनी देउताकै भए नि ।

श्रीमानले साथ छाडिदिए है नपुगदै चौबिस
दुःख र कष्ट सहेरै बाँचिन् गरिनन् केही रिस।

लाला र बाला हुर्काइन् उनले एकलै खै कसरी
हरेक रात श्रीमानको यादमा रुन्छिन् नि बेसरी ।

चारै सन्तानलाई बाउआमा दुवैको माया दिएकी
तिनैका लागि गाँस-बास र कपास उनैले जुटाकी ।

यो हाम्रो समाज, बेसहारालाई सबैले हेपने
बिधुवा नारीलाई दिने पीडा कति हो हो खपने ?

सन्तानको लागि बाबा हरायो आमाको हुँ छोरो
फूलमाया भइन् सिलौटो तर हरायो लोहोरो ।

चार सन्तानलाई पढाउन पनि सकिनन् एकलै ती
श्रीमानबिना जिन्दगी बित्यो समस्या बेग्लै ती ।

नाम फूलमाया तर जीवनको फूल सबै ओइलायो
श्रीमानलाई माया गरेर यमराजले बोलायो ।

टुहुरा भए ती लाला बाला उमेर नपुगी
हुने रहेछन् नारी कम्जोर श्रीमानले छाडेसी ।

श्रीमानबिना नारीले जीवन रोएरै बिताउने
साथ दिनुभन्दा समाजले अझै त्यो घाउ कोट्याउने ।

समय बित्दै जाँदा समाजका ठिटाको नजर
नराम्रो दृष्टि दिन पो थाले बदलियो रहर।

फूलमाया बनिन् उनीहरूको जिस्किके खेलौना
यो झेल्लु पर्दा मन लाग्थ्यो उनलाई पानीमा बिलाउन ।

एकदिनको कुरा फूलमाया अब झेल्लु नै सकिनन्
खोलामा गई हामफाल्ने सोचिन् मनलाई रोकिनन् ।

फूलमायाको फूल ओइलियो, दुखको सागरमा
जिन्दगानीकै अर्थ केही उनले पाइनन् रहरमा ।

कोही थिएनन् सन्तानका अब फुलाउने सहारा
अपूरो भयो बाँच्ने बचाउने उनको रहर ।

बिधुवा गइन् धर्तीकी छोरी अर्को फूल मरी गो
पानीमा खस्यो तैरिएन त्यो कहाँ गई डुबी गो ?

समाजले एकदिन बिधुवा नारीलाई साथ दिने होस्
फूलमायाजस्तै अरु फूलहरू ओइलिन नपरोस् ।



तनिष्क शाक्य

क्रमाङ्कः २८०११

भूकम्प

७२ सालमा भुँइचालो आयो, सबै थोक भत्कायो
वैशाख महिना घरैमा बस्दा, जमिन हल्लियो ।

वसन्त ऋतु फूल फूलने बेला घटना घटेको
पीडा र दुःख, डरको रोदन कानमा गुञ्जेको ।

बच्चा र वृद्ध युवाले पनि ज्यान आफ्नो गुमाए
आफन्तहरू दुःखमा आँसु धरर बगाए ।

घर र सडक, गोठहरू पनि धेरै नै भत्किए
मानिससँगै जीवजन्तुका नि प्राण नै सकिए ।

घरबाहिर बस्थे खुला आँगनमा सब जना मिलेर
के गर्न सक्थे दुःखमा बसे समाजमा मिलेर ।

जमिन हल्लियो, घर र भवन अनेक भत्किए
मानिससँगै जनावर पनि भुँडमा थिचिए ।

समूहमा साथ बसेर पनि, डर थियो मनमा
सबैले गर्थे हात जोडेर भगवानको प्रार्थना ।

खुसीको ऋतु वसन्तलाई अँध्यारो बनायो
ऐतिहासिक अनमोल धनको विनासकारी यो ।

अनेक मन्दिर, पाटी र पौवा चर्केका देखिए
वसन्तपुर धरहरा अनि पाँचतले भत्किए ।

विद्यालय र कलेज सबै बन्द नै गरियो
भूकम्प आयो शिक्षाको क्षेत्र अन्योल बनायो ।

बालबालिकाले विद्यालयमा पढ्न नै पाएनन्
डरले गर्दा, घर बाहिर बस्दा साहस ल्याएनन् ।

भागदौड भयो सबजना हिंडे समतल ठाउँ खोज्दै
समाचारमा पनि मृत्यु र घाइते सूचना आउँदै ।

मनमा डर दुःखको आँसु धरर बग्दथ्यो
भित्ता र सडक चारैतिर चर्केको देखिन्थ्यो ।

सुनौलो बिहान अन्धकारले छोए झैं देखियो
जमिन हल्लियो प्रकृति माता राए झैं देखियो ।

भूकम्प नाम सुनेमा मान्छे अति नै आत्तिन्छन्
नराम्रो घटना सुनेमा सबै याद गरी रुँदछन् ।

खाना र पानी कम भएको कारण बस्न थ्यो कठिन
त्यस बेलादेखि मिलेर सबै लाग्दछन् साथ दिन ।

केही दिनपछि भूकम्प घट्यो जमिन शान्ति भो
ससाना कम्पन आएरहे पनि शरीमा कान्ति भो ।

बितेका अग्रज आफन्तजनको आउथ्यो सम्झना
नमिठो याद छोडेर गयो मानव मनमा ।

मान्छेको मृत्यु, भत्केका घर, घटना घटेको
नमिठो प्रभाव छाडेर पनि उज्यालो ल्याएको ।



प्रतीक डङ्गोल

क्रमाङ्क: २७००९

मेरो यो सहर काठमाडौँमा

नेपालीहरूको महान चाड दसैं आउँछ
गाउँतिर चहलपहल बढ्दै जान्छ
पुरै सन्नाटा फैलिन्छ चारैतिर
मेरो यो सहर काठमाडौँमा ।

जहाँ विश्वभर अँध्यारो हुन्छ
त्यही नेपालीको महान चाड तिहारमा
रातभर झिलीमिली र दियोले उज्यालो हुन्छ
मेरो यो सहर काठमाडौँमा ।

चाडबाडमा मात्र रहेछ सुनसान र झिलिमिली
अरू बेला त कहिले हिँड्ने ठाउँ पनि हुन्न
नत चौबिसै घण्टा बत्ति नै हुन्छ झिलीमिली
मेरो यो सहर काठमाडौँमा ।

दिनदिनै यो सुन्दर सहरमा
बाजा गाजाको धिमे धुन घन्किरहन्छ
किनकि नेवारहरूका घर छन्
मेरो यो सहर काठमाडौँमा ।

सबैभन्दा अनौठो मानिने
हिन्दु र बौद्ध धर्म मान्ने
सुन्दर जात र विविधता पाइने
मेरो यो सहर काठमाडौँमा ।

दिनरात कहिले धिमे बाजा कहिले त के
नत्र बाँसुरी वा न्याखी बाजाको धुनले
दिनरात सुन्दरता बढाइरहेछ
मेरो यो सहर काठमाडौँमा ।

यो यस्तो ठाउँ हो जहाँ
विश्वमै नदेखिने लाखे नाच
विभिन्न टोलहरूमा देखिरहन्छ
मेरो यो सहर काठमाडौँमा ।

मानिस सुन्दरता हेर्न विदेश पुग्छन्
तर विश्व मै नपाइने सुन्दरता
पशुपति, बौद्ध र स्वयम्भू पाइन्छन्
मेरो यो सहर काठमाडौंमा ।

अरू कुनै ठाउँ नपाइने इन्द्र जात्रामा
मजिपा लाखे, पुलुकिशी, आकाशभरि साथै
कुमारी, गणेश र भैरवको रथ पाइन्छ
मेरो यो सहर काठमाडौंमा ।

इन्द्रजात्रा मात्र अनौठो नभएर
पाहाचाहें, मचाति, हाँडीगाउँ
आदि जात्रा यहाँ मात्र पाइन्छ
मेरो यो सहर काठमाडौंमा

हाम्रो पुरै देशलाई राजा शासन गर्थे
तर बसोबास गर्ने ठाउँ थोरैमा धेरै
नारायणहिटी र हनुमान ढोका छ
मेरो यो सहर काठमाडौंमा ।

देशभरका मानिसहरू
घुम्न आउने भनेपछि
खुसीले रमाउँछन् रे
मेरो यो सहर काठमाडौंमा ।

देश, जस्तो स्थितिमा भए पनि
देशमा कतै केही कुरा सानै भए पनि
हुन्छ, हिंसा, जुलुस, झगडा आदि
मेरो यो सहर काठमाडौंमा ।



मानस्वी सापकोटा

क्रमाङ्क: २६००४

सीमित समय र ऊ

१ जोडी, २ सन्तान
दिदी र भाइ,
दिदी घामसँगै उठ्छिन्
भाइ भने घाम माथि नपुग्दासम्म उठ्दैन ।

दिदी, बलियो र बुद्धिमानी,
थकित आँखाहरूमा लुकेका छन् उसका बोझ
बाल्यकालमा पनि कामले उसलाई छोडेन
पुरानो सोचबिचमा उसको छ नै को र ?

तर, प्रिय भाइ यथावत नै
कुनै बाधाविना ऊ यता-उता घुम्छ
केही नगरी उसले प्रशंसा पाउँछ
जबकि उसकी दिदी गुमाउँछिन् स्वतन्त्रता ।

जति काम गरे पनि,
उसलाई कम मानिन्छ
ऊ जेठी छे तर उसको आदर भाइले गर्दैन
आखिर ऊ छोरी हो, अरूको घर जाने ।

"आमालाई हात दे," भन्छन् दिदीलाई,
भाइले केही भन्दैन, काम नगर्नु परेको खुसी मनाउँछ
अरूको नजरमा ऊ ईश्वर हो, कामदार होइन
दिदी सीमित समयकी कामदार हुन् ।

जब सबै कुरा बेकारमा दिइन्छ,
भाइ बिग्रन्छ,
उसले पढ्छ तर कहिल्यै सिक्दैन,
उसले बुझ्दैन कि ऊसँग के छ ?

दिदी भने रुन्छे,
ऊ अवसरको कामना गर्छे,
ऊ सिक्न चाहन्छे, ऊ भाग्छे
ऊ अगाडि बढ्छे, भाइ पछाडि छोडिन्छ ।

आफ्नो पुरानो जीवनदेखि टाढा,
मायाले स्वतन्त्रता, सुख र ज्ञान पाउँछे
बर्बाद भएको उसको बाल्यकालमाथि,
सुनौलो मसीले उसको सफलतालाई लेख्छ ।

एउटा पश्चातापले भने छोडेन साथ,
विवाहको साङ्गोलोले बाँधिएकी उसकी आमा,
आफ्नो सपना कहिल्यै पूरा नगरी,
जीवनभर अरूको सेवा मात्र गरिन्,
अन्त्यमा उनकी छोरीबाहेक कोही थिएन त्यो चिसो
कोठामा ।



रुसिना तामाङ

क्रमाङ्कः २६००८

मर्दो माया

मेरो परपट्टिको त्यो डाँडा,
मलाई असाध्यै मन पर्छ,
म त्यो डाँडालाई चिर्न सधैं,
लाखौं पसिना,
एउटा थाकेको शरीर र
सयौं आशा बोकेर,
यो उकालो चढ्छु ।

म मेरो हरेक हप्ताको दिन,
दिनको घण्टा,
र घण्टाको सेकन्ड,
त्यही डाँडाको यादमा डुबिरहेकी हुन्छु ।

हुन त त्यो डाँडा अरू डाँडाहरू झैं नै छ,
झन् अरू डाँडाहरू त्यो डाँडाभन्दा अझ सुन्दर होलान्,
तर किन किन,
मेरो मनमा त्यही डाँडाले चिनो बनाएको छ ।

यो डाँडाबारे नसोची सेकन्ड न बित्ने,
सेकन्ड नबित्ने घण्टा नबित्ने,
घण्टा नबित्ने दिन नबित्ने,
दिन बित्ने हप्ता नबित्ने ।

तर, किन किन
जति जति यो उकालो चढ्न सिक्यो,
त्यति नै त्यो डाँडा टाढिँदै गएको मलाई महसुस हुन्छ ।

तर किन किन,
जति जति मेरो शरीरले यो उकालो चढ्ने बानी बनाउँछ,
त्यति त्यति त्यो डाँडा हेर्न थकान लगाउने अर्थ
मेरो मनमा नराम्रो देख्दै गएको मलाई महसुस हुन्छ ।

डाँडा सबै फूलहरूले सिँगारिएको छ,
सयौं चराहरू सधैं त्यो डाँडामाथि उधेर डाँडालाई चिर्छन्
म पनि एउटा सुन्दर चरा भएको भए त्यो डाँडानजिक जान
सक्थे कि !

म त्यो डाँडालाई आफ्नो कहलाउन सक्थे कि !

तर किन किन,
समयसितै त्यो डाँडाको फूल सुक्दै गएको,
डाँडाको मुहार अँध्यारो हुँदै गएको,
त्यो डाँडाप्रतिको मेरो माया मर्दै गएको
मलाई महसुस हुन थालेको छ ।

तर किन किन,
समयसितै डाँडाप्रति मेरो स्नेह मेट्दै गएको,
डाँडाको हरेक घण्टा आउने याद हट्दै गएको,
र डाँडापछि लाग्ने अर्थ नदेख्दै गएको मलाई महसुस हुन्छ ।

म दिन दिनै त्यो डाँडालाई चिहाउन आउँथे,
त्यो दिनदिनैको बानी,
हप्तामा एक चोटी,
महिनामा एक चोटी,
र वर्षमा एकचोटीमा कहिले बदलियो,
थाहा नै भएन ।

म दिन दिनै त्यो डाँडाको यादमा बस्थेँ,
त्यो दिनदिनै आउने याद,
हप्तामा एक चोटी,
महिनामा एक चोटी,
र वर्षमा एक चोटीमा
कहिले बदलियो थाहा नै भएन ।

आज वर्षौंपछि म डाँडाको यादमा
फेरि बसिरहेको छु,
म फरक ठाउँमा फरक व्यवहार
र फरक समयमा बसेर एउटा मात्र प्रश्न
आफूलाई गरेर बसिरहेको छु ।
मैले त्यो डाँडा रुखो हुनुभन्दा अगाडि किन
त्यो डाँडालाई चढ्न खोजिन ?

किन्तु मैले त्यो डाँडाको नजिक जाने प्रयास गरिन ?
म समयमा पछि गएको भए त्यो डाँडालाई
आफ्नो बनाउन खोज्थे कि !

डाँडाप्रति त मेरो माया नदीझैं बगिसकेको थियो,
तर नदी जति बगे पनि त्यही नदी हुने झैं,
माया त मन्यो तर मनमा अझै पनि गडिरहेको छ ।



सौहार्द बज्राचार्य

क्रमाङ्क: २६०१०

जीवनको सङ्घर्ष : बाल्यकालदेखि

बुढेसकालसम्म

जीवनको पहिलो बिहानी, हामी पाइला टेक्छौं,
आमा र बाबाको खुसीबाट हाम्रो आँखा भर्छ,
निर्दोषता र आश्चर्यसँग हामी मुस्कुराउँछौं
बाल्यकालको रमाइलो मैदानमा आफ्नो दिन काट्छौं ।

थाहा हुँदैन के हो जिन्दगी,
हामी त जिउन मात्र सिक्छौं,
हेर्दाहिर्दै दिनहरू बित्छन्,
एक दिन सानो त अर्को दिन ठुलो हुन्छ ।

हाँसो र खुसीसँगै हामी बढ्दै जान्छौं,
दिन प्रतिदिन नयाँ कुरा सिक्छौं,
कक्षामा पढ्न र मैदानमा खेलन सिक्छौं,
नयाँ साथीहरूसँगै पूरा दिन बिताउँछौं ।

हुँदै सातआठ वर्ष,
पढाइलाई गम्भीर रूपमा लिन्छौं,
म त ठुलो भएर डाक्टर बन्छु भन्छौं,
खेल्दै, पढ्दै, बढ्दै जान्छौं हामी ।

भएँ होला म १०, ११ वर्ष,
अब त जीवनलाई गम्भीर रूपमा लिन्छौं,
अहिले त भविष्यको चिन्ता छैन,
पढाइमा नै ध्यान छ ।

अब त विद्यालय पनि सकियो,
कलेज चाहिँ कता पढ्ने त,
आयो नयाँ समस्या,
गइयो पढ्न विज्ञान ।

तिरियो हजारौं शुल्क कलेजलाई,
आफू चाँहि विज्ञान नबुझ्ने,
परीक्षाको परिणाम हेरेर आफूलाई नै लाज लाग्ने,
आमाबुबाले कराउने डर हुने ।

कलेज पनि कसरी कसरी पास भइयो,
अब पो जीवन साँच्चै सुरु भयो,
घरबाट काम गर्न आदेश आइसक्यो,
काम खोज्न चाहिँ कता जाने ?

ल कामको लागि अन्तरवार्ता पनि दिइयो,
पास चै हुन्छ कि हुँदैन अब ?
ल पास पनि भइयो, काम पनि पाइयो,
भोलिदेखि जान थाल्छु ।

कस्तो थोरै पैसा दिने काम रहेछ यो त,
बरू आफैं आफ्नो काम सुरु गर्छु,
आफ्नै नयाँ कम्पनी खोल्छु,
कामदारहरू खोज्न जान्छु ।

तीनचार वर्ष बित्यो,
काम पनि राम्रै चलिराछ,
अब त बिहे गर्ने बेला भयो,
अब प्रेमी चाँहि कता भेटाउने ।

ल त प्रेमी खोज्न जानुपयो,
आमाले खोजेकोलाई चाहि विवाह नगर्ने,
आफैं खोज्छु, तर कता ?

ल त १ वर्ष बित्यो,
प्रेमी पनि भेटाएँ,
अब विवाह गरेर घरजम बसाउँछु,
कमाइ पनि राम्रै छ ।

फेरि ४, ५ वर्ष बित्यो,
बच्चा पाउने बेला भएछ,
अब त बच्चा पनि पाइयो,
झन बढी पैसा कमाउनुप्यो कि !

कम्पनीलाई नै बढाउँछु,
ल कम्पनीले विदेशमा पनि काम गर्छ अब,
छोराछोरी पनि ठुला भइसके,
उनीहरूलाई कम्पनी दिनुप्यो कि !

म त ६० वर्ष भइसके छोरा !
कम्पनी अब तिमी नै सम्हाल ।
अब त सेवानिवृत्त हुनुप्यो जस्तो छ,
घरमै बसौंला, नातिनातिना पालौंला,
कति नै बाच्छु र म ...?

जिन्दगी एउटा किताब भए, किताबका पाना मक्किदै
जान्छ,
जिन्दगी एउटा बिदा भए, बिदाका दिन सक्किदै जान्छ,
जिन्दगी एउटा यात्रा भए, यात्राको अन्त्य कसैले रोक्न
सक्दैन,
बाल्यकालदेखि बुढेसकालसम्म, हाम्रो कथा सकिंदै
जान्छ।
यो नै हो जिन्दगी ।
आदिदेखि अन्त्यसम्म ।



फिबी श्रेष्ठ

क्रमाङ्कः २६०१६

चन्द्रमा

रातको आकाशमा चाँदीको प्रकारको बेलुन,
जुन सहरभरि चम्किरहेको थियो
बेलुन वरिपरि ताराहरू
अहो ! मैले नजिकबाट हेरेँ त्यो चन्द्रमा थियो ।

हो पक्कै पनि, चन्द्रमा जस्तो राम्रो केही छ ?
मलाई त्यस्तो लाग्दैन
चन्द्रमा रातको उज्यालो हो,
एक जसले हामीलाई अन्धकारमा उज्यालो दिन्छ ।

चन्द्रमा, त्रुटि भए पनि तिमी चम्कन्छौ
कसलाई थाहा छ तिमीले के पार गरेका छौ ?
म अझै सोच्छु तिमी किन यति दयालु छौ ?
वास्तवमा तिमीले हामीलाई माया पो गर्छौं ।

यहाँबाट तिमीले हामीलाई रक्षा गर्दौं छौ,
तिमीले हामीलाई माया मात्र गर्दैनौ
तर हाम्रो ख्याल पनि गर्छौं।
शब्दहरू पर्याप्त छैनन् तिमीलाई वर्णन गर्न
यदि मैले गर्छु भने यो दशकौं लाग्छ ।

अहिलेसम्म तिम्रो चमक छ,
जाडो र गर्मीले पनि तिम्रो चमक हटाउन सक्दैन।
मैले तिमीलाई एक रातको लागि हराएको देखेको छैन
किनभने तिमीलाई आफ्नो जिम्मेवारी थाहा छ।

तिमी सपनाका अभिभावक हौ
हरेक रातमा
हे चन्द्रमा ! तिमी धेरै उज्याला छौ
तिमी ब्रह्माण्डीय नृत्यमा ताराहरूसँग नाँच्छौ।

शान्ति, दयालु, भविष्यको प्रतीक,
कसैलाई आफ्नो ठाउँ लिन नदेऊ।
अनन्त प्रेमको प्रतीक तिमी,
आकाशीय रत्न, यति माथि छौ ।

तिमी चम्किराख, मुस्कुराइराख
तिमीलाई विचलित देखेर, संसार अन्धकारमा डुब्ले छ।
सहज चन्द्रमा, निरन्तर वरदान,
शान्त रातमा, हाम्रो मार्गदर्शक चन्द्रमा।

अब मलाई लाग्दैन कि यो यहाँ समाप्त हुन्छ
तिमी केहीभन्दा बढी छौ,
शब्दले तिमीलाई कहिल्यै वर्णन गर्न सक्दैन
मैले भनेँ यदि म तिमी वर्णन गर्छु भने
यिनले दशकौं र दशकहरू लिन्छन् ।



परिमलप्रकाश नेपाल

क्रमाङ्क: २४०८४

तिमी

म आज नि तिम्रैबारे लेखिरहेको छु ।
तिम्रो त्यो कविताजस्तो अनुहार,
आँखा झिमकाउँदा लय बन्छ ।
तिम्रा ओठ बिम्बजस्ता
जसलाई खेलाउने अधिकार,
कविसँग मात्र छ
र म त्यो कवि बन्न चाहन्छु ।

सानैदेखि माया शीर्षकका कविता लेख्ने मेरो
मायाबाटै विश्वास उड्छ भन्ने सोचेको थिइँँ ।
विश्वास उडे पनि कविता लेख्न छोडिन
कविता लेख्न नछोडे पनि
कवि बन्ने सोचेको थिइँँ
तर तिम्रा बिम्ब खेलाउन
कवि बन्नतर्फ लागेको छु ।
र म आज नस तिम्रैबारे लेखिरहेको छु ।

मसँग नबोल्दाको तिम्रो ओठ
आधा चन्द्रमाजस्तो माथि फर्केको ।
तिम्रा दाँत, ताराजस्ता ।
तिम्रा परेला, एक अर्कासँग कुस्ती खेल्न लागेजस्ता ।

परन्तु ती पहलवानका पसिना देख्न म चाहँँँ
ती तारालाई काला बादलले छेकेको हेर्न चाहँँँ
ती चन्द्रमालाई औँसी लागेको देख्न चाहँँँ
त्यसैले म तिमिसँग बोल्ने हिम्मत पनि गर्दिँँ ।
तर कविता,
म आज पनि तिम्रैबारे लेखिरहेको छु ।

SCIENCE AND TECHNOLOGY



Aaron Singh
Roll no: 32035
Biomes

A biome is an area classified according to the species of plants and animals that grow and live there. Temperature range, soil type, amount of light, water etc. can also help to classify biomes.

The savanna biome is often described as an area of grassland with dispersed trees or clusters of trees. The lack of water makes the savanna a difficult place for tall plants such as trees to grow. Grasses and trees that grow in the savanna have adapted to life with little water and hot temperatures.

Coniferous forests consist mostly of conifers, which are trees that grow needles instead of leaves and

cones instead of flowers. Conifers tend to be evergreen—they bear needles all year long. These adaptations help conifers survive in areas that are very cold or dry.

Arctic, northernmost region of Earth, centered on the North Pole and characterized by distinctively polar conditions of climate, plant and animal life, and other physical features.

A wetland is a place in which the land is covered by water—salt, fresh, or somewhere in between—either seasonally or permanently. It functions as its own distinct ecosystem. You can recognize wetlands from other types of land or bodies of water primarily by the vegetation that has adapted to wet soil.

A desert is a barren area of landscape where little precipitation occurs and, consequently, living conditions are hostile for plant and animal life. The lack of vegetation exposes the unprotected surface of the ground to denudation. About one-third of the land surface of the Earth is arid or semi-arid.

The tropical rainforest is a hot, moist biome where it rains all year long. It is known for its dense canopies of vegetation that form three different layers.

Temperate deciduous forests are located in the mid-latitude areas which means that they are found between the polar regions and the tropics. The deciduous forest regions are exposed to warm and cold air masses, which cause this area to have four seasons.



Sakshyam Karna
Roll no: 26013
Space Entrepreneurship:
Pioneering the Final
Frontier

Space entrepreneurship, which is a relatively recent and rapidly evolving field, has captured the imagination of both visionary entrepreneurs and the public alike. It represents the intersection of innovation, technology, and business in the pursuit of exploring and exploiting the vast expanse beyond Earth's atmosphere. Space entrepreneurship encompasses a wide range of activities, from launching satellites and cargo to space tourism, asteroid mining, and even the colonization of other celestial bodies. The advent of private space companies such as SpaceX, Blue Origin, and Virgin Galactic has transformed the space industry. Their pioneering efforts have made space exploration more

accessible and affordable, ushering in a new era of space entrepreneurship.

The significance of space entrepreneurship lies in its potential to revolutionize various industries and address critical global challenges. For instance, satellite technology has greatly enhanced communication, weather forecasting, and navigation systems, and it is vital for disaster management and environmental monitoring. Private satellite companies have created more opportunities for cost-effective and innovative solutions, leading to a space-based renaissance. Moreover, space entrepreneurship is essential for addressing environmental concerns. By shifting energy production to space-based solar power stations, we can reduce reliance on fossil fuels and combat climate change. These ambitious projects aim to transmit energy to Earth wirelessly, offering a sustainable and inexhaustible energy source.

Another notable aspect of space entrepreneurship is space tourism. Companies like Virgin Galactic and Blue Origin have set their sights on offering suborbital trips to the public. The prospect of everyday people experiencing space travel not only fuels a burgeoning tourism industry but also broadens our perspective on Earth and the universe.

One of the most exciting prospects of space entrepreneurship is asteroid mining. Asteroids are rich in valuable resources, such as precious metals and rare minerals, and could potentially alleviate resource scarcity on Earth. Companies like Planetary Resources (now part of ConsenSys Space) are pioneering this endeavor, envisioning a future where space resources become a fundamental component of Earth's economy.

However, space entrepreneurship is not without its challenges. The vastness of space poses logistical and technological hurdles. Developing the necessary infrastructure and capabilities to navigate and operate in space is an expensive and complex undertaking. Innovations in propulsion systems, life support, and radiation protection are crucial for the success of these ventures. Regulatory issues also pose a significant challenge. The Outer Space Treaty of 1967, which governs international space law, raises questions about property rights, resource utilization, and space debris management. Navigating this legal framework while ensuring equitable access to space resources is an ongoing debate among space entrepreneurs. Furthermore, space entrepreneurship requires substantial investment, and the risk of failure is high. The uncertainties and upfront costs have limited participation to a few well-funded companies, excluding smaller startups. Collaborative efforts among governments, private companies, and international organizations are necessary to address these challenges and promote a thriving space entrepreneurship ecosystem.

In spite of the challenges, space entrepreneurship holds immense potential. The commercialization of space offers economic growth and job opportunities, with space becoming a new frontier for innovation. It fosters competition, driving advancements in technology and reducing launch costs, ultimately making space more accessible to a broader range of entrepreneurs and scientists. Space entrepreneurship also plays a pivotal role in national security. Private companies' involvement in space exploration allows governments to focus their resources on other pressing issues while maintaining access to space capabilities. The private sector can collaborate with governments to secure national interests in space and enhance space infrastructure. The dreams of colonizing other planets and establishing a multi-planetary society are not distant fantasies. Space entrepreneurship paves the way for ambitious projects like SpaceX's Starship, designed for human missions to Mars. While these endeavors may

seem far-fetched, they underscore the long-term vision of ensuring humanity's survival beyond Earth.

In conclusion, space entrepreneurship is a frontier that holds enormous potential, offering solutions to global challenges, fostering innovation, and expanding our understanding of the cosmos. While it faces significant challenges, such as technical, regulatory, and financial obstacles, the collaboration between private companies, governments, and international organizations will play a pivotal role in overcoming these hurdles. As the industry continues to evolve, space entrepreneurship is poised to shape the future of humanity's relationship with the final frontier, making space more than just a realm of exploration but a thriving domain of commerce, innovation, and opportunity.



Bipan Sajwal
Roll: 24016
The Role of Biometrics in
Security and
Identification

Introduction

Security and identity have emerged as the top issues for people, businesses, and governments in our quickly changing world. In the face of contemporary dangers, traditional ways of protecting data, assets, and personal identities sometimes prove inadequate. This is where the cutting-edge technology of biometrics comes into play, greatly improving identification and security procedures. This essay will examine the intriguing field of biometrics, as well as its importance and uses in protecting both our online and offline lives.

What Are Biometrics?

The science of measuring and examining a person's distinctive physical or behavioral traits to verify their identification is known as biometrics. These distinguishing characteristics help to validate an individual's identification and provide safe access to a range of services and systems. As opposed to conventional techniques like PINs and passwords, which are susceptible to theft, forgetting, and hacking, biometrics depends on an individual's true uniqueness.

Types of Biometric Modalities

Biometrics comes in various forms, encompassing both physical and behavioral traits. Here are some of the most commonly used biometric modalities:

1. **Fingerprint recognition:** the examination of each individual's fingerprint's distinctive patterns. Many cellphones and access control systems employ fingerprint scanning.
2. **Facial Recognition:** The process of recognizing people by their unique facial traits. Smartphones, security systems, and even passport control in airports employ this technology.
3. **Iris Recognition:** Examining the distinctive patterns found in each person's irises. Border security and access control both make use of iris scans.
4. **Voice Recognition:** Evaluating the features and patterns of a speaker's voice. Voice assistants and phone authentication both use voice recognition.

Biometrics in Security

The role of biometrics in security cannot be overstated. In a world where data breaches and identity theft are on the rise, biometric security measures provide a robust defense against unauthorized access. Here's how biometrics contributes to enhanced security:

Personalized Authentication: Biometrics offer a very customized method of confirming an individual's identity. Because biometric information is unique to each individual, it becomes very difficult for imposters to copy or steal.

Tighter Access regulate: Biometric systems work incredibly well in homes, offices, and government facilities to regulate access. This guarantees that only people with permission can enter restricted regions.

Lost or Stolen Credentials: Biometric features are constantly associated with the individual, preventing them from falling into the wrong hands, unlike traditional passwords or cards, which may be lost or stolen.

Applications of Biometrics

Biometrics finds application in various fields, each contributing to enhanced security and identification:

1. **Personalized Authentication:** Biometrics provide a highly personalized way to verify someone's identification. Since biometric data is specific to each individual, it becomes exceedingly difficult for counterfeiters to duplicate or pilfer.
2. **Tighter Access Control:** Biometric access control solutions perform remarkably well in residences, workplaces, and public spaces. This ensures that access to restricted areas is only granted to those who have authorization.
3. **Lost or Stolen Credentials:** Unlike traditional passwords or cards, which may be lost or stolen, biometric characteristics are always linked to the user, preventing them from ending up in the wrong hands.

Challenges and Concerns

While biometrics offer numerous advantages, there are also concerns and challenges associated with their use:

- **Privacy issues:** People are concerned about their personal information being misused or accessed by unauthorized parties, which is why the collecting and storage of biometric data raises privacy issues.
- **Data Security:** Given the serious security concerns associated with a breach, biometric databases need to be protected from cyberattacks.
- **False Positives and Negatives:** Biometric systems are not infallible and can occasionally result in false positives, which authenticate the incorrect person, or false negatives, which prevent the correct person from being accessed.
- **Standardization:** System interoperability problems may arise from the absence of global biometric standards.

Conclusion

In the digital era, biometrics has completely changed the way we think about identity and security. Its capacity to provide safe and customized access control is unmatched. Even while problems with data security and privacy still exist, biometric technology is always evolving to try to solve these problems. It is crucial to find a balance between utilizing biometrics' advantages and safeguarding people's rights and privacy as we continue to embrace their convenience and security. Biometrics will always play a part in identity and security, helping to create a more convenient and safe future.



Saurav Phuyal
Roll no: 24035
My Preferred Tools in
Kali Linux OS

Introduction

Kali Linux, is a popular OS for its penetration testing and ethical hacking capabilities. It is a treasure of utilities and tools that help in performing vulnerability testing, password cracking and even hacking. As a student diving into the world of cybersecurity and ethical hacking, I depend a lot on certain tools from Kali Linux. In this article, I'll highlight the tools I find most important and give you a basic idea of how to use them using plain and straightforward language.

1. Aircrack-ng

A complete toolkit to test Wi-Fi network security is called Aircrack-ng. It comes in very useful when trying to crack WPA/WPA2 and WEP encryption keys. To begin, take into consideration following commands:

- Scanning available wireless networks:

`airodump-ng <interface>`

- Capturing network traffic:

`airodump-ng -w <output_file> --bssid <target_BSSID> <interface>`

- Cracking Wi-Fi passwords (WPA/WPA2):

`aircrack-ng -w <wordlist> -b <target_BSSID> <capture_file>`

2. Wifite

Wifite automates a number of procedures to make Wi-Fi penetration testing easier. It's a sensible choice for students to think about. Just open a terminal and enter the following to utilize Wifite (don't break into anyone's Wi-Fi its illegal): wifite

3. Wireshark

One powerful network protocol analyzer that makes it possible to examine data packets inside a network is Wireshark. It functions as a vital resource for monitoring network traffic. Start packet capture by doing the following or you can use easy to use GUI: wireshark

4. Burp Suite

Web application security flaws can be found with Burp Suite, a proxy and web vulnerability scanner. In order to start Burp Suite, open a terminal and type: burpsuite

5. Nmap

Nmap is a flexible tool for network scanning that is used to find open ports and services on different hosts. Use this command to do a basic Nmap scan of a target host (ip address or domain name): nmap <target_IP>

6. Nano

A simple text editor that runs in the terminal is called Nano. When altering scripts and configuration files, it is quite helpful. To use Nano to open a file run this command: nano <file_name>

7. Terminal

In Kali Linux or other Linux the Terminal is mostly used for running scripts and commands, whenever I start Linux OS the first thing I do is open Terminal and start typing commands. It gives users the ability to run scripts, issue commands, and communicate with the operating system. To open the terminal, just hit {Ctrl+Alt+T}.

Conclusion

For a student, Kali Linux opens up an interesting world of investigating cybersecurity and ethical hacking. The tools mentioned above give you an idea of what Kali Linux is capable of. Gaining knowledge of these technologies can provide insightful information on ethical hacking and network security, making the learning process interesting and

instructive for students. Never forget to follow moral and legal requirements when using these instruments in a responsible and ethical manner.

POLITICS AND CURRENT AFFAIRS



Atharva Lal Shrestha

Roll no: 25011

Should Education Be Free? Challenges and Outcomes

Introduction

Education is seen as a very important tool of making society better and helping people improve themselves. It gives information and abilities they need to do well in life and helps make society advanced. However, education is now too expensive for many people all around the world. It stops them from getting opportunities and stops them from reaching their full potential. In this article, we will discuss why education should be free, how it can help people, society, and the economy.

Discussion

A really good reason to support free education is making sure that everyone has the same chances to succeed. In a world where some people have more money and opportunities than others, free education helps make things fairer by giving everyone a chance to get a good education. When education depends on how good someone is and not how much money they have, it means that anyone who is smart and works hard can follow their dreams. This is good for people and helps make society fairer for everyone to have a chance at success.

Increasing expense of education has caused a problem with student loans in many countries. After finishing university, many graduates have to repay a lot of money they borrowed. This can take them many years, even decades, to finish paying back. This debt can make it difficult for them to have families, buy homes, or pursue careers in areas that might not pay as well but are more personally satisfying. When education is given for free, students won't have to worry about being in debt. They can freely choose what they want to do with their lives based on what they are passionate about and talented in, without having to think about money.

In order to succeed in a competitive world economy, it is important to be well-educated. Free education means that people can learn the things they need to get a job. This also makes the overall workforce stronger and helps a country compete better globally. Education for everyone leads to a more varied, skilled, and flexible workforce, which helps the economy grow.

Education is a way to invest in yourself and improve your skills and knowledge. It helps people become better at what they do and more useful in society. When governments put money into education, they are putting money into the future of their country. Having a good education helps people to deal with the problems and changes that come with the 21st century, such as new technology and worldwide emergencies. If governments offer education for free, they can make sure that the people and the country have a better future.

Free education not only includes regular schooling, but also the idea of learning throughout your whole life. In an ever-changing world, people must keep learning new things and develop new abilities to succeed and do well. Free education systems can help create a society where people are encouraged to keep learning and seek more education and training throughout their lives. This not only helps individuals but also helps society be more dynamic and innovative.

Education provides many important advantages for society. It helps decrease crime, makes people healthier, and encourages people to get involved in their community. When people have more knowledge, they usually make smart choices, get involved in

democratic activities, and make positive impacts on their communities. We can help society by making education available to everyone. This will create citizens who are better informed, involved, and care about others. Innovation is important for both the economy and society to move forward. When education is free, it helps people with new and exciting ideas to follow their interests and come up with new things. If you don't have to pay for your education, more people who want to be scientists, inventors, or entrepreneurs can make their ideas happen. This leads to a society that changes and thinks ahead more, and gets benefits from new ideas. Countries with good education systems are more competitive worldwide. They bring in skilled people from around the world, encourage new ideas, and keep a workforce that is necessary for the economy to succeed. Countries can become more appealing to students from their own country and other countries if they offer free education. This can make them stronger and more competitive in the global community.

In lots of places, the type of education you get can be very different depending on where you live and how much money you have. Education that does not cost money can help reduce the differences in opportunities for learning. It means that all students, no matter where they come from, can have the same good education. This helps make things more equal and improves how we all get along.

While giving education for free does require money, it usually leads to good outcomes in the future. When people have more education, they can help the economy more, pay more taxes, and rely less on social assistance programs. Moreover, when people are well-educated, it can lead to economic growth. This growth can bring in more money than the amount spent on providing education for free.

Even though free education has many advantages, there are also difficulties and opposing points of view to think about. Critics are worried about how much it would cost to set up this system, too many students in schools or colleges, and if making education available to everyone would make degrees less valuable.

To deal with these worries, governments might think about taking gradual steps towards free education. They could start by implementing it in stages and then slowly making it available to more people. Moreover, they can also put money into improving buildings and materials to meet the growing need for education without sacrificing its quality.

Conclusion

The argument for free education is based on the idea that education is a basic entitlement and a significant catalyst for personal and social development. By offering education that is both affordable and of high quality, we can create equal opportunities for everyone, decrease the burden of student loans, enhance the workforce, and invest in the skills and abilities of people. Getting education without paying encourages people to continue learning throughout their lives. Additionally, it helps to make society more equal and has long-lasting economic benefits. Although there may be difficulties in adopting free education, the benefits of doing so are much greater than the expenses.



Sameer Dahal
Roll no. 25051
Earthquake a Natural
Threat to Nepal

Introduction

An earthquake is a natural calamity due to sudden shaking of the earth's surface caused by the release of energy from geological processes. This energy is typically released when tectonic plates, which make up the Earth's crust, move or interact with one another. Earthquakes can vary in intensity, from minor tremors that go unnoticed to catastrophic events causing widespread destruction. Earthquakes can cause environmental destruction and can take many lives. Earthquake-prone regions are often located along tectonic plate boundaries, such as the "Ring of Fire"

encircling the Pacific Ocean. A seismometer measures earthquakes and its unit is the Richter scale. Japan is the most affected country by earthquakes. Education and awareness of earthquakes are essential in our country, too.

Earthquakes in Nepal

Nepal has been affected by destructive earthquakes from time to time. The most dangerous earthquake that happened in Nepal was of 8.0 magnitude in 1934, on 15 January. In Nepal, this earthquake is known as '90 Saal ko Bhukampa' that occurred in 1990 BS. This earthquake is the most terrible earthquake faced by Nepal as it killed more than 10,000 people. After this earthquake, we saw another one of 7.8 magnitude in 2072, in Baisakh. 8,857 died in this earthquake and many historical structures were damaged like Dharahara, Patan Durbar area, etc. Due to this earthquake, many rich people had to run for their lives. People were very much affected by this earthquake. Earthquakes often shake Nepal as one came a few days ago and killed hundreds people. We Nepalese are really afraid of earthquakes as we suffer from them very often. Some are of high magnitude and some of low magnitude. Each year, Nepal observes National Earthquake Safety Day on January 15th or 16th (Magh 2 in the Nepali calendar) in commemoration of the devastating earthquake of 1934, one of the most devastating earthquakes in living memory, where more than 8000 people lost their lives.

Earthquake Awareness

In Nepal, school students are taught about earthquakes and awareness of earthquakes because earthquakes are a great danger to Nepal. Nepal is highly susceptible to earthquakes due to its location along the convergence of the Indian and Eurasian tectonic plates. This tectonic collision has resulted in the ongoing geological activity that gives rise to frequent and potentially devastating earthquakes in the region. The seismic energy that accumulates along the boundary of these massive plates is released in the form of earthquakes, making Nepal one of the most earthquake-prone countries in the world. The country's unique geography, with its rugged terrain and densely populated areas, exacerbates the danger. The capital, Kathmandu, and many other urban centers lie on or near active fault lines, making them particularly vulnerable to seismic activity.

Conclusion

Poorly constructed buildings, inadequate infrastructure, and a lack of preparedness further increase the risk, as a significant earthquake can lead to extensive damage, loss of life, and economic disruption. Efforts are ongoing to improve earthquake preparedness and strengthen building codes in Nepal, but the continued risk underscores the importance of disaster mitigation and resilience-building measures in this highly seismic region.



Sonic Smrit Shrestha
Roll no: 25061
Equality is Just a Fantasy
The Illusion of Equality

Equality is the state of being equal and the state of getting equal opportunities and rights and enhancing the ability to participate. This is the general definition of equality but are all human beings truly equal? Is it possible to create ideal equality? Everywhere you go, there are talks about the fight for equality. But a wise man once said, "Heaven does not create one person above or below another". And people like to throw his words around but in truth that's not the whole quote that wise man said. He goes on to say that while we are all equal at birth, pretty soon things begin to change. Academic effort is what sets some people apart, to rise above others. Wealth and influence are the other benefactors that set some apart. At any rate, humans change over time based on their actions. Truth be told at the end of the day equality is just a fantasy. And most of us go through life denying the fact that we live in a meritocracy.

Inequality as a Harsh Reality

Equality is just a modern-day concept made by those who see the world as a dystopian land filled with nothing but joy and greatness. Human beings fight and struggle to maintain their fantasy of an equal world. Equality is nothing but just a myth and an ever-dying hope of salvation. The sooner we realize that equality cannot be achieved in this world of ours, the sooner we can focus on other, more important matters like the environmental crisis and the threat of a nuclear war. The world we live in doesn't support equality. To be equal we must all be of the same IQ level, live in the same looking houses, eat the same food, and do the same kind of work but that concept of equality is just not feasible. Once a man said, "The rich get richer and the poor get poorer" and that's the hard reality of our world. If one man is suffering then another is in joy and pleasure.

Gender Disparities

Human beings fight for equality but at the end of the day, equality that they are looking for can't be achieved. Some people say that if we band together keeping aside our differences then we all can create a world of equality but a world of equality is a fantasy. No man and woman can ever truly be equal. Though one might be better at something the other fails at it and vice versa. But in general, both genders lack something. So, equality between genders can never truly be achieved.

The Dilemma of Equality

In this world, nothing perfect exists and equality is asking for a perfect world. It may be a cliché but perfection does not exist. That's why ordinary men pursue the concept of equality but it's infatuation. But ultimately the question you have to ask yourself is "What is the true meaning of equality?" and the answer I came up with is "Nothing". The truth of the matter is that I despise the concept of equality. Equality gives people hope for a feature that they didn't and will never work for. If something is truly equal, then that's it. There will be no room for improvement and there won't be any need for innovation and no space for intelligence or ability or skills.

Conclusion

Hence, equality is the condition of hopelessness. If everyone is equal, there won't be any need to push past your limits and strive to be better than anyone that came before you. There won't be any need for progress. That's the creatures we are, we try to reach for something that we have to admit may, in fact, be unreachable. But the moment you start talking about equality, you are embracing an impossible concept.

CREATIVE WRITING AND OPINION



Aryav Dangol
Roll no: 35003
My Favorite Season

Among the four seasons, winter is my favorite season. It occurs from November till March. The days are shorter and nights are longer. I wear warm clothes during winter. I like to drink hot chocolates. I also enjoy sitting near the fireplace to warm myself. I even enjoy eating oranges and peanuts while sunbathing.



Grehaa Shrestha
Roll no: 35008
My Dashain Vacation

Dashain is one of my favorite festivals. After my exam was finished, my Dashain vacation started. On the first day of Dashain, I worshiped God. I had lots of fun during Dashain. On the main day, I got tika and jamara from my elders. We had a family gathering. I ate delicious food. I visited different temples with my grandmother. I even had my Kumari puja. My family and relatives offered me flowers, fruits, and sweets. I played swing. I enjoyed my vacation.



Shreenav Bohara
Roll no: 35024
My Village

My village is very beautiful. I love my village very much because it is surrounded by green trees. The environment is clean and tidy. I visit my village during my holidays. In my village, there are animals like cows and goats. I have many friends. I play with them. I have lots of fun in my village.



Umang Raj Singh
Roll no: 35026
Pokhara

Pokhara is a beautiful city. It is in the western of Nepal. There are many beautiful places in Pokhara. There is Fewa lake. There are different caves. There are many temples. We can go boating in Fewa lake. There are many hotels. Many people visit Pokhara every year. It is a famous place in our country. I also visited Pokhara with my family during Dashain vacation.



Urav Basnet
Roll no: 35027
My Garden

I have a big and beautiful garden in front of my house. There are many colorful flowers. I love flowers. Many beautiful butterflies fly over the flowers. The garden is the best part of my house. It is green and I love to spend my time there. My grandmother taught me to water the plants.



Shreem Raj Joshi
Roll no: 35030
The Solar System

In the solar system, there are eight planets. The Sun is the giant ball of fire that gives us light and warmth. There are eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Mercury is the nearest planet to the sun. Venus is the second planet from the sun. Earth is our home planet. Mars is the red planet. Jupiter is the largest planet. Saturn is the planet with rings. Uranus is the seventh planet. Neptune is the farthest planet from the sun.



Nivaan Aryal
Roll no: 34029
Our Solar System

Our Solar system is like a big family of planets, stars, moons and many other bodies. The Sun is the superstar of our solar system. It is a ginormous glowing ball of fire. The Sun gives us light and warmth. We wouldn't be able to survive on earth without the Sun.

There are eight planets in our Solar System. They are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and neptune. Earlier, Pluto was the ninth planet but now, it is called a dwarf planet.

Mercury is the first planet from the Sun. It is the smallest, nearest and super hot planet in the solar system. The second largest planet is Venus. It is often called the earth's twin planet because it is about the size of the earth. The third planet is our very own earth. That's where we live. It is the most beautiful planet of all. It has water, air and everything that helps survival of lives. The fourth planet is Mars and it is also called the 'Red Planet'. The fifth and the biggest planet is Jupiter. The sixth in the number is Saturn. It has beautiful rings made of ice and rocks. Then, it's the turn of Uranus. It is the seventh and the coldest planet. The eighth and the last planet in our solar system is Neptune. It is another ice giant just like Uranus.

Our Solar system and its planets are just like our family and family members.



Anaya Parajuli
Roll no: 34043
Tihar

Tihar is one of the greatest festivals of Hindus. It is also known as Deepawali. It usually falls in the month of Kartik. Tihar is called the festival of lights. It is called so because during this festival, people glow up their house and environment with lightning oil lamps. People also decorate their house with colorful electric bulbs and marigold flowers.

Tihar is celebrated for five days. The first day is known as "Kaag Tihar". Kaag refers to a crow. Crows are believed to be the messengers of Yama- the god of death. People worship crows on this day and offer

delicious food to them.

The second day is "Kukur Tihar". Kukur refers to dogs. Dogs are human's best friends. They safeguard our houses. People worship dogs, put garlands on their necks and offer them various delicious foods to show them respect.

The third day is "Gai Tihar" and "Laxmi Puja". Gai refers to a cow and it symbolizes Laxmi, the goddess of wealth. People worship cows during the morning and afternoon time and in the evening, they worship goddess laxmi. They prepare different sweets and offer them to goddess Laxmi and later eat them as a 'prasad'. The main food prepared on this day is 'Sel Roti'.

The fourth day is Govardhan puja and an Ox is worshiped on this day.

The fifth and the final day is "Bhai Tika". On this day, sisters worship their brothers, they put tika on their brother's forehead and offer various dry fruits and sweets. In return, brothers give money and gifts to their sisters.

I enjoy this festival very much.



Aarogya Ghimire
Roll no: 34004
My Trip to Ilam

During my dashain vacation, my parents decided to take us to Ilam. I brought lots of snacks to enjoy during the road trip. I enjoyed the beautiful scenery throughout my trip. We stopped in between to get some rest and eat our food.

On the first day of the trip, we reached Dharan and visited some temples. We stayed in Dharan that evening and the next day, early in the morning, we set off our journey to Ilam. It was about late afternoon when we reached Illam. We visited the tea garden. I had heard a lot about this place. This place was even more beautiful than what I had heard. The hills were full of tea leaves. We enjoyed running through the small spaces and clicked a lot of photos too. We wore Tamang dresses and captured them in pictures.

The next day, we woke up early to experience the sunrise from Shree Antu Hill. The sun was so close and looked like a huge red ball when it rose.

The next day, we reached Itahari and stayed there and then got back to Kathmandu. I gathered so many memories in that place during the four day trip.



Aarshika Poudyal
Roll no: 34041
Fish

I always used to wonder how fish survived in water. I also wanted to know how these tiny looking creatures swim in the water.

Fish can be found in different attractive colours and species. They have different names and also have their own characteristics. People enjoy watching them swim and also enjoy feeding them in the ponds. Some people own fish as pets by keeping aquariums at their homes.

Fish live in ponds, lakes, rivers and the sea. All of them are different kinds of fish according to the place they live.

Most commonly, a fish has two fins and a tail. They breathe through gills. They cannot survive on land because they do not have lungs. They can swim really fast under water. A normal fish can live more than 15 years. There is a fish called "Catfish" and it is said to live more than 50 years.



Diwit Raj Sharma
Roll no: 34009
Earthquake

A sudden shaking of the earth causing destruction is called an earthquake. It is caused by the movement of earth crusts.

Nepal is a country which is at high risk of earthquakes. The biggest earthquake recorded in Nepal is on a much richer scale that has killed more than 8500 people at once.

Some of the earthquakes are too small to be felt by us. Scientists and experts measure the waves of earthquakes using an instrument called seismograph. The weakest earthquakes are near to zero and the strongest are close to 9 Richter Scale.

People should not rush or panic when an earthquake occurs. They should find a safe place to stay and wait until the earthquake gets over. If we rush or run, we might get injured by falling down or getting stuck. We should stay planned and then teach all the members the possible safe places at our own home if an earthquake occurs. The electricity and gas cylinders should not be turned on during the earthquake.



Sharvaya Raj Chapagain
Roll no: 34016
My Dog

I have a pet dog. It is a Cocker Spaniel. Its name is coco. It was very tiny when we first brought it home. He is a year old now. He is very cute and friendly. He is an intelligent and smart dog. He understands almost everything that we tell him. He is well behaved and disciplined. He gets really excited when he sees me. He jumps and waves his tail when he sees me once I reach home back from school.

I play different sports with him. I also take him for a walk as he loves going for walks. He never lets me stay alone and sad. He stays by my side when I am doing my homework and waits for me until I am free. He gets excited when we are about to take him out.

I feel very happy and thankful to have him as my pet. He is my best friend. I love him a lot.



Shriyan Phuyal
Roll no: 34050
Mother's Day

Mother's Day is a special day. It is celebrated once a year all over the world. The dates might be different in different places but this day is celebrated to thank the mothers for their sacrifices and love towards their children. A mother loves her kids before anyone and does anything to keep them safe and happy. A mother doesn't care about herself when it comes to her kids. On mother's day, we children try to express our love and respect to make her feel special.

Mothers don't need expensive gifts from their children.
We don't need to wait until mother's day to express our love towards her. Loving and respecting her every day will also make her feel special.



Arsan Bajimaya
Roll no: 34007
Pollution

Pollution occurs when waste materials or harmful substances make the environment dirty. It happens when people throw unwanted substances into the water, land or air.

Some of the pollution are land pollution, water pollution, air pollution and e- waste. We need to stop polluting our environment as it directly affects the living beings on earth. Pollution is also causing the earth to lose its properties that save us from harmful chemicals.

Different diseases are caused due to pollution which is directly affecting nature.
We can reduce pollution by promoting Reduce, Reuse and Recycle. People have come up with various programs to eliminate pollution but that will not be possible until we stop polluting. It should be started from our homes itself.
Let's make our earth a greener and a happier place to live!



Aarohi Malakar
Roll no: 34005
Funland

Funland is situated in Kathmandu, near Bhadrakali Temple. We get to play many games in Funland. Ice Skating is the most popular and fun game to play there. People of different ages can enjoy ice skating at this place. Other games such as jumping on trampoline, bull ride, video game, swing etc are also there. People of all ages love visiting funland and play games according to their choices.

My parents often take me to Funland. I enjoy playing and watching other people play various games. We also get different types of snacks there. I usually eat after playing games and enjoy the place.



Brisha Maharjan
Roll no: 34031
My Visit to BaghBhairav

I visited different temples during my dashain vacation. One of them was BhaghBhairav temple. It is located in Kirtipur. It is one of the biggest temples in that place. It is very beautiful. We can have a view of the Kathmandu Valley from the place where the temple is situated. It is the temple dedicated to the Tiger form of Bhairav.

The local people believe that this temple manifested when some of the kids were about to finish making a tiger out of clay. The children had gone out to find a tongue for their clay tiger when a real idol emerged from the same clay and ate their cattles. It was then

when the temple was made in the same place and was named as “BaghBhairav”.

I enjoyed knowing the story and enjoyed watching the idol even more. I would like to visit the temple again.



Reha Gautam
Roll no: 33015
Seasons

There are four seasons: winter, summer, autumn and spring. In the winter season, we wear warm clothes like jackets, sweaters and trousers. We drink hot chocolates, hot tea and hot lemonade. We use a heater and burn fire to keep us warm. In the summer season, we wear light cotton clothes like t-shirts, shorts and caps. We drink cold drinks, have ice cream and go swimming. In autumn, the leaves fall down and it is a busy season for farmers to harvest the crops. In spring, the surroundings become beautiful with the beauty of colorful flowers. During this season the sky is clear and the wind is cool and refreshing.



Aayan Bhattarai
Roll no: 33031
My Dream

My dream is to be in the Army. I want to be in the Army because I want to protect my country. The armies are strong and brave. I also want to be like them. Being in the army is difficult. I need to do a lot of training. I need to take exams. Only the best people are selected for the Army. I am also the best and most hardworking. Armies are always on duty to protect us from enemies. I will also help to develop my country.



Yug Shrestha
Roll no: 33034
Interview at Nari
Television

Nari TV gave me a golden opportunity, which was an interview where I presented myself. On Monday, we went to the building of Nari TV, where I met one of my friends from National Kids of the Year, Angel KC. She was confident and smart. We went to the meeting hall and started talking about our behavior, grades, and talents with each other with Sofia Ma'am, who is an expert in speeches. I even went to the studio where it was going to be filmed. After that, we returned home. I practiced at home and couldn't wait for the big day.

Finally, the day came. On Wednesday, at 5:00 p.m., we went to the same building. We rehearsed and prepared ourselves for the interview. When the interview began, Sofia Ma'am asked us some questions. We even showed our talents. Angel drew a beautiful picture, and I played the ukulele and many more. We had fun. At last, Sofia Ma'am gave us some chocolates. I really had fun, and I will never forget the moments that I had in the show.



Akshita Bhattarai
Roll no: 32029
My first PC

This Dashain, my dad surprised me with my very own PC ! I always wanted a PC of my own. It was mostly to play Roblox . You might ask “why would you need a PC when you can always play Roblox on your tablet?” The answer is simple: better graphics, bigger screen, and special features only available on PC.

But, after I got the pc, I realized I can use it for so many other things as well !! Painting, learning to type, scratch, watch photos and videos, listen to music, chat with my friends and browse the internet- which can be really helpful with my homework. As my mama gave me a mechanical keyboard, it’s more fun to type on it. There are some disadvantages too. For example: it needs electricity, it has no touchscreen, and it has to be plugged in all the time. My goals this year with the PC are to learn to type properly, to learn to use my email, to do my scratch assignments on it and to start learning video editing on the PC. I believe that a Pc is an important part of the household.



Eshana Oli
Roll no: 32007
Sports Week

My school organizes many events and activities. I love being a part of each of these events. Sports week is one of them.

Sports week is organized right after our dashain vacation. It lasts for five days. There are many sports events that we get to participate in during the Sports week. Some of them are relay race, math race, Basketball competition, futsal, kabaddi, musical chair etc. Each of the games are exciting and fun. We play representing our respective houses. This helps us build our team work.

The houses are categorized into four names. They are Mechi, Koshi, Mahakali and Karnali. Students from each house play all the games and gather points for their house by securing different positions.

All the teachers represent different houses and they help us play fair games. All of us enjoy and have fun together throughout the sports week.



Manan Khanal
Roll no: 31049
Water

Water is a wonderful gift from nature. It is essential for our survival. It is like our body's best friend! Without water, we feel really thirsty, and that is not a good feeling. Plus, water helps us digest our food properly, so it is super important for our bellies.

You know what else water does? It keeps us fresh and clean. If we do not have water for a shower, we might start to smell bad. Yikes! Water is like a magical mix of hydrogen and oxygen that does so many great things for us. But that is not all! When we are playing sports and running around, we get all sweaty and tired. Water is like a superhero that saves the day. It quenches our thirst and helps us feel less tired and

sweaty. Hooray for water!

Imagine that a long time ago, our ancestors had a hard time finding water. They had to search for it, and it was not easy. So, we are lucky that we can turn on a tap and have water whenever we want.

Water is just too awesome to resist, and that is why it is so important for all of us. It is like the best gift from nature that keeps us happy and healthy!



Pranav Pandey
Roll no: 31016
A Little Dream

One night, I woke up in a dream. It was still my house, but I didn't know what was going to happen. I stared at the closet for some time. My parents were asleep, and I didn't want to wake them up, even though I was scared and terrified, because they would've been worried. So, I tried to fall asleep. After some time of trying, I heard the main gate making a sound, as if someone were banging on the door. I didn't investigate further, but soon I heard the door to the house making the same sound. No one in the house heard it except me. I still didn't let it disturb my sleep and

continued to try to fall asleep.

But then, I saw a thief! He was holding a pistol and was dressed in black. He was roaming around the living room. He came into my room, so I hid under my bed. He searched for valuable stuff, but he didn't find any since I was just a kid. After he left my room, I screamed, "Thief! He's in my house!" in Nepali, of course. My parents woke up and called the police. Until then, we saw him hiding in the closet, but when we opened the closet, he vanished out of nowhere. I looked out of the window and saw him running towards the main gate to escape, but as soon as he reached there, the police arrived and arrested him. But then I woke up. It was all a dream! After that dream ended, I told everyone the story.



Aariv Subedi
Roll no: 31045
Napoleon Bonaparte-
History's Greatest
Conqueror

Napoleon Bonaparte is often considered one of history's greatest conquerors. While some may view him as just another figure in history, to the people of France, he was a source of inspiration. To the people of Europe, he was a force to be reckoned with, and to the great kings of the world, he was a man to be feared.

Napoleon was born on August 15th, 1769, on the island of Corsica, which had recently been sold to France just before his birth, making him French by birth. However, the Corsican people did not welcome their new French rulers, which led to Napoleon's early dislike of France. He often joined in the Corsican people's protests against the French. This created tensions within his own family as his father grew closer to the French authorities.

A few years later, he was sent to a military school in Paris, where he excelled in his studies and was eventually assigned as an assistant artillery commander. However, Napoleon found it difficult to receive the promotions he felt he deserved due to French favoritism within the military. When the French Revolution erupted, he supported and fought for it. Eventually, the revolution succeeded, and after a swift coup, Napoleon was crowned Emperor, following his military victories.

Napoleon would go on to win many wars during his era, but he also focused on maintaining the French people's contentment. However, his eventual defeat in a war for the French throne led to his first exile. Yet, just a year later, he staged a legendary return to power. He arrived in France with around a thousand soldiers, and an army was ordered to apprehend him. However, the soldiers he had previously commanded could not bring themselves to harm their former leader. They threw their weapons away and chanted, "Long live the Emperor." Despite this remarkable return, Napoleon would eventually be defeated and exiled once more, this time for good.



Praneesha Shrestha
Roll no: 31017
Christmas Day

Christmas is an annual festival to respect the birth of Jesus. His birthday is one of the most joyous ceremonies for Christians. It is celebrated on the 25th of December. It is a revered religious and cultural festival observed by a vast number of people. Christmas is a magical festival that is all about sharing joy and being happy. On Christmas, people get gifts from each other, and the kids wait for Christmas to receive gifts from Santa. On this day, people go to churches with their loved ones, light candles in front of the statue of Jesus Christ, and worship together.

Churches are decorated with fairy lights and candles. People also create fancy Christmas cribs and decorate them with gifts, lights, etc. Children sing Christmas carols and also perform various skits, marking the celebration of the successful day. One of the famous Christmas carols sung by all is "Jingle Bell, Jingle Bell, Jingle All the Way."

On Christmas, people decorate their houses, decorate their Christmas tree, open and give each other presents, and make foods like gingerbread, Christmas pudding, and more. People tell each other stories and anecdotes related to Christmas. Many people think that Jesus Christ, who is God's son, was born on this day to help people and make their troubles go away. The Christmas tree is an artificial or real pine tree where people decorate it with lights, artificial stars, toys, bells, flowers, gifts, etc. People also hide gifts for their loved ones under their Christmas tree. Normally, people hide gifts in socks under the Christmas tree. It is an old belief that a saint named Santa Claus comes on Christmas Eve and hides presents for well-behaved kids. This brings a smile to people's faces. People usually wear white or red outfits on the day of Christmas. This festival brings happiness and togetherness to people's lives.



Divyaman Rajbhandari

Roll no: 30065

My Dog

My dog was a puppy when my father brought him to our house. He is a German Shepherd, and he is very intelligent and playful. We named him 'Jojo', though at first he did not seem to understand that these humans were calling him by that name. After a month, he became even more intelligent, playful, and significantly larger in size. However, after 5 or 6 months, he fell victim to a dangerous disease. During that time, he had to wear diapers, and he did not want to play. Nowadays, he plays and occasionally bites us, sometimes even pushing me to the ground. He enjoys chewing bones, and without meat, he does not eat his dinner or lunch, so we have to buy meat for him. He admires all the family members, especially me. We are very close to each other, and sometimes I feel he even understands my feelings. Whenever I feel bored or sad, he comes near me to console me. If anyone scolds me, he does not like it, and I can see that in his eyes. We feel safe at home because of Jojo; he is like our family member.

I am very grateful to have a dog like Jojo because he is an incredible dog breed and a very helpful pet.



Eva Ghimire

Roll no: 30072

My Perspective on Birthdays

A birthday is the day on which a particular person was born. It is mostly treated as an occasion for celebrating the years the person has lived so far. So, almost all the people I know or who exist in this world love their birthdays and love celebrating them. In their point of view, it is a fun and cheerful occasion for showing the person that everyone is thankful for their existence. Some people also love celebrating their birthdays because of the cake, money, and gifts that they receive on their birthdays. But I personally think that celebrating it is a waste of time. It is not that I am complaining about others celebrating their birthdays; honestly, I also love cake, gifts, and money. However, the fact that people think it is a fun and cheerful occasion just makes me angry. How in the

world is it a fun and cheerful occasion when it is just a reminder that you are one more year closer to your death?

You might be thinking, "Why am I thinking of it in such a negative way?" But think about it, and someday you might also start realizing it. I am not telling you to stop celebrating your birthday and cry in a corner. I just wanted to share how I feel about birthdays.

However, while some people find meaning, joy, and significance in celebrating them, It is a highly personal matter, and individuals have the freedom to decide how they wish to approach their own birthdays. Whether you see it as a cheerful occasion or a reminder of mortality, the way you choose to view and celebrate your birthday is a matter of personal preference.



Nitika Kapali
Roll no: 30016
Trapped Inside

Clara was a young book reader. She would roam around her room, the park, or the streets with one book on her hand and earphones on her ears, completely lost in the world and focused inside the pages and tales. Books had become her best friends. She lived in a small town, Maplewood, with busy streets with shops, a tiny coffee café, and markets. One day, as she was walking through the streets of Maplewood, again with a book in her hand, she stumbled upon an old, dusty library. The library seemed magical. She thought of borrowing a book from there. She slowly walked through the door frame of the library. An old lady was sitting on the chair beside the door. She welcomed Clara. The library was filled with tons of books, row by row. The place seemed cozy after all. She ran her fingers across the hardcover of the books. She then came across a book. "A Mystery". The book seemed interesting. She slowly took out the book and gently blew off the dust.

"Chapter 1," the story began. Clara started reading, and reading, and reading", until she started feeling dizzy. She could hear and see words swirling around her. She got confused, and then the sound of the book falling was heard as Clara went inside the book as well. The scream was heard "AHHH!" The scream was surely Clara's. After a few minutes, she landed in someone's bedroom. The bedroom looked like the book's main character's bedroom. Clara was confused. She looked around. Her phone rang with a notification: "Ting." The thing that was happening to her was the same thing that was in the story. She read the text. "Hey! I just heard about Nita's death. I am sorry for your loss".

"Who's Nita? Was Clara's first question that ran through her mind. Then it hit her. Nita was the one who died in the story. She was no longer Clara; she was now Kate. The main character of the story She didn't know what to do now. She couldn't run away. She was trapped inside the boon until the story ended.

She had only read half the book. She didn't know how the story would end. The only thing Clara knew about Kate was that she was the witness to Nita's death. Clara now had to go to the police station on a daily basis to answer thousands of questions; she didn't even know about Nita. She hadn't even met her; she only read about Nita.

"Who was Nita with before she died?" "Did you see the murderer's face? Do you have any suspects?" Those were the questions she had to answer. She said whatever she remembered while reading because she hadn't witnessed the murder. She just read it. Clara sat nervously in the police station. The detective asked, "Can you describe what the murderer looked like or what he or she was wearing?" Nita took a deep breath and began recalling the things she read in her mind before speaking.

"He was wearing a black leather jacket and black jeans. He was also wearing a ring on his left hand; the ring had a skull design. He was tall, and I couldn't really see his face, but he had a cut on his neck area," Clara said in one breath. She said what she read. The detective was quite impressed by Clara's memory power. The story continued. She had to live like a whole different person for a period of time. As a witness, she also had to experience life threats. It was hard.

But finally, the story ended, and she came out of the book. She had been away from her normal life for five months. She thought her family must be worried and was pasting missing posters everywhere, but when she looked at the clock, the time hadn't changed. It was the same time as before. Puzzled, she went out the door and found the old lady smiling at her. Clara found it weird but smiled back.



Bishakha Upadhyay
Roll no: 30003
Unraveling The
Mystery

All this is completely fictional and imaginary.

Once upon a time, there was a country of mystery known as Stellan. Stellan was considered the king of all countries because Stellan was large, powerful, and rich. But Stellan had one flaw: its crime rate. Stellan was the country in which most crimes happen. And all crimes were very mysterious; there was a very powerful criminal in the whole of Stellan, and it was Ryker Bently. Ryker was the richest criminal in Stellan; he was very dangerous and had been to jail multiple times, but got out after bribing people to get out of jail. There was also a very talented detective; it was Ryker's sister. Her name was Edrea Bently, and she was a very successful detective. Edrea and Ryker never got together, so they both chose different career paths. Edrea was always disgusted by her brother's actions, and Ryker was always mad at his sister's actions. So let's just say that both of them hated each other.

One day, a compelling politician was murdered in his mansion. The politician's name was Bernard Reid. The whole country had gone upside down because of Bernard's death. Bernard's family members had gone wild to find the murderer, but they couldn't because the criminal had smartly turned off all the cameras present in the Reid Mansion. The Reid family members then decided to go to Edrea because all of them trusted her and her skills. Once they went to Edrea, they cried and begged her to help them find the murderer. Edrea, being so kind-hearted, agreed to help them. Her first suspect was Ryker, her own brother, so she decided to find out if he did it or not; it turns out he didn't. Then she questioned the Reid family and its relatives; it turns out they didn't do it either. Then, she questioned all of Bernard's political rivals, and it turns out they didn't do it either. Edrea was confused. Who was the killer? That was the only question Edrea had at the moment. Edrea didn't sleep, eat, or do anything much

except think about the Bernard murder case. She asked all his friends and family about Bernard and his life, but no one had any answers. Bernard was a very mysterious man who liked to keep his life private, so it was quite obvious that Bernard's life was a mystery and no one knew much about it. Even his own family had no idea what Bernard did during his life. Edrea was stressed out; she was very eager to solve this case. Edrea had researched a bit about Bernard, and using her secret sources, she found out that Bernard used to go to a club every night without anyone knowing. He went to the Venus Club, the most popular club in Stellan, so Edrea went there and found out that Bernard only came there to drink, and while he was drunk, he had once told the bartender that he was seeing a woman named Alvarez Garcia. She was a supermodel and a big icon in the fashion industry. So Edrea had no trouble finding her. Once she found Alvarez, she went to her house, got her drunk so that she would speak the truth while she was drunk, and asked her if Bernard was close to her. "Of course Bernard was seeing me; I had no idea he had a wife. I was madly in love with him, and his wife was in my way, so I sneakily poisoned the water in an interview that Bernard and his wife were attending, but unfortunately Bernard drank that water and he died. Oh, dear Bernard. I then stabbed his dead body with a knife and placed it in his room very carefully. I turned all the cameras off in the Reid Mansion. And I made it look like he was murdered. Poor Bernard, but I guess if I can't have him, no one can." Alvarez said. Edrea just caught the killer, but she waited for Alvarez to be fully sober before calling the police on her. The police then asked for evidence, and Edrea showed them the CCTV footage of Alvarez admitting her crime. Alvarez got arrested and was punished by receiving a death sentence using lethal injection. The Reid family was happy that the criminal was caught and well punished; Edrea was happy that she solved this complicated case; and the police were happy that for once a criminal got what they deserved without bribing their way out of jail.

The moral of this story: Never give up hope, cause if you do, you can never solve your problem.



Aaryan Regmi
Roll no: 30054

My Dashain Vacation

On the 27th of Ashoj, 2080, our Dashain vacation began after our second terminal exam. Our Dashain vacation was for 16 days. This time, even though I didn't have Dashain celebrations, I had the chance to visit some interesting places during my holiday.

On the first day of Dashain, which is known as Ghatasthapana, I decided to stay at home and play various games.

On the second day of Navaratri, I visited a place called Funland, which is well-known for ice skating and is located near the Bhadrakali temple. Here, I experienced ice skating for the very first time, and it was quite enjoyable. Funland had many other games too, and the entry fee had different options. I chose the Mazza pack, which included all the games, and it cost Rs. 1000 due to a Dashain offer. I also tried the bull ride twice, which was a little scary, and I played a game called "gravity walk." The rest of the games were all arcade games. In the arcade, I played mini basketball and many more. After playing for three hours, I was exhausted, so I decided to head back home.

From the 3rd to the 6th day of Navaratri, I didn't go anywhere. On the 7th day, I visited one of my relatives to enjoy Dashain by playing cards. While my parents played cards, I spent time cycling and playing ball with one of my relatives. We played for almost 5 hours before I returned home.

On the 8th day, I visited another relative located in Green Hill City. There, I played with two sisters and two brothers and even had a great time on the swing. One of our relatives treated us to Pizza Hut, where we enjoyed pizza and bubble tea. We spent a total of 13 hours there before returning to Green Hill City. The remaining days of Dashain, I stayed at home and relaxed. This is how I celebrated my Dashain vacation.



Subigya Raj Kharel
Roll no: 29065
How Does the Media
Brainwash Us?

Whenever we hear this word 'media', we immediately think about mass communication, a trustable source from which we can know what is happening right now internationally. But is it really trustable? Is it not biased? Due to recent events, I have questioned that. Media holds powerful control over how we think, feel, and act. Some members of the media use their platform to push their opinions as 'facts' to the people, this is a violation of our democracy and freedom. It can be seen as a painter choosing the main colors in his or her painting. They know exactly what to highlight and what to not. Even if the stories are true,

it is framed in such a way that creates a particular picture in the audience's minds. They're like movie writers but they only give screen-time to their favorite character.

Taking the recent Israeli-Palestinian war for example, the media stayed silent when Palestine was being bombed and people in the Gaza strip were being tortured for a whopping 75 years, but when Palestine reacted by bombing Israel back, that was all the news could focus on. We're being poisoned by the system. It is pure propaganda. Nothing and no one can be trusted nowadays. There is a common popular theory about some secret powerful people or nations running the world. And while this may not be completely accurate, there is some truth to it. Big and powerful nations such as the USA completely control the media. They make them and their allies look like the hero. There is a subtopic to my essay known as, 'Western Media Brainwashing'. However, my personal thought is that it is not a subtopic, but it is actually the exact same thing since Western countries are the ones that alter the media.

Behind the scenes, financial interests often pull the strings. Media outlets rely on sponsors and advertisers for revenue. This can lead to a dance where certain stories are spotlighted, and others are left in the shadows. The narrative becomes a delicate balance between telling the truth and keeping the funds flowing. As Nepalese people, how can we not speak about this? When the same thing happened to us. In 1987 B.S, Krishna Prasad Koirala, Dharmaraj Thapliya, Jogvir Singh, Chittadhar Hridaya, Hrishkash Tuladhar and 45 other people tried to establish a library to aware and educate the people with real facts so that they could overthrow the Ranas. At that time, people were completely brainwashed by what the Ranas said. When the Ranas found out about this, they acknowledged the danger and threw all the related people in prison. This is the modern-day equivalent to this library incident.

In this grand finale, let the applause be for critical thinking, for media literacy, and for the awakening of a generation that refuses to be mere puppets in the hands of a scripted reality. The greatest story ever told is the one we craft for ourselves, and the power to believe or disbelieve lies not in the headlines but in the choices we make as architects of our own truth.



Xenial Giri
Roll No: 29054
Power of Silence

Joe was 75 years old. He lived a very happy life and had a wonderful family. His children grew up and moved to other cities in search of good jobs and a future. He lived in a small town, cherishing his memories of his late wife. Joe had four grandchildren and they visited him during the holidays. It was vacation time and Joe was looking forward to the arrival of his grandchildren. He prepared the house for the children, cleaned the house, mowed the garden, organized the household, and bought the children's favorite food, clothes, etc. In his haste he

lost his favorite watch, the old clock

This watch was given to him by his wife who died when his first child was born. Joe treasured this watch so much that after his wife's death, it became his only companion. He was happy to forget his lost watch and welcome his children home. The next day, as he was getting ready to take a bath, he remembered that his watch was missing. The last time he looked at his watch was when he was putting things away in the barn. He was shocked and very angry.

His grandchildren asked him why he was so bored and what was bothering him. Joe said: "Dear children, I have lost the most precious watch I have ever owned or been given. My grandmother gave it to me, but I lost it while cleaning the house! "I feel like I'm missing my heart."

Joe was in tears and the kids promised to find him the watch.

One granddaughter asked, "Grandpa, do you remember the last time you saw the clock before it disappeared?"

Joe said, "I think it was time to clean out the warehouse!"

The children decided to look for the clock in the barn. The warehouse was full of junk, books, junk and broken furniture.

The children searched for over two hours with the help of Joe and a servant, but could not find it. Joe was completely shocked and asked the kids to stop searching because he couldn't find anything.

The children were also sad and comforted their grandfather.

One grandson moved back into the barn and Joe asked why he was going there again. The young boy asked others to remain quiet and not follow him.

The others were a little surprised, but still followed his words. The little boy went into the barn and sat there in silence.

Other children came up to him and asked what was going on, and the little boy asked

them not to make any noise.

He sat there for about 15 minutes and then ran to his grandfather. Yes, he received the watch and happily presented it to Joe.

He was surprised and asked how he found it. The little boy said, "I sat there and didn't make a sound, it was so quiet in the barn. A few minutes later I heard a ticking sound and looked for the clock.

Joe hugged him and thanked the little boy.

This is the power of silence. Stay calm and you will find a solution very easily!



Hardik Sharma
Roll No: 29047
Religion and Spirituality:
Valid or Fraud

We have been believing in some kind of god. Whether it is Allah, Jesus, Mahadev or Buddha. I shall not call it by these names, because I can offend anyone by using one of these

Terms. Let's call the term "Religious Overlord". The Religious Overlords all have different names, cultures, people. Most religions are made to keep peace, aren't they? Yes, in fact all of the religions only prefer peace among all. The religions are all made with harmony. But do we support it as peace? It's written in the history of mankind that the most bloodshed in the entire world was caused by religious personalities.

Most consider their own religion better over others. Why do people do this? To support their religion? No, they prefer violence for their own good. In the name of religion, warlords craved the earth and started rivers of blood. Let's review each of the religions and clear each of our doubts

Hinduism / Sanatan

I know some people might toss me out of the garden for discussing this but we know all of us have sometimes had a doubt about this religion. Its main problem, propaganda or religious leaders who drag us into a dark path. We know, actually all of us know that these so-called 'Babas' are not trustworthy. Why do people believe in it? Because they don't have better lives and instead of working hard they choose to believe that a miracle would happen and their lives would change. There is a specific baba called the Bageshwar baba who creates propaganda that all hindu's shall be granted weapons from the gods to fight other religions. Now, does this compare to the hindu scriptures saying we shall live in peace and harmony? No. The gods in the religion were the kings who were named god after many generations by the use of stories. If we analyze the sanskrit scriptures we find that if a bride is married to a groom, three gods Barun, Gandharva and Narayan have more rights over the bride than the groom. These were kings of all three of them and they made it so that every woman in their kingdom shall be their wife so they created the scriptures and when people revolted about it they were named as gods to stop the revolt.

Buddhism

This is a comparatively non-violent religion. This religion might have been created due to an accident. Lord Buddha himself didn't follow any religion and went into peace without caring about a higher power. And the hindu's who call him the tenth avatar of

Vishnu, You are wrong. Because of the popularity of the religion the hindus copied the god and added the Buddha into their own religion. The real story behind buddha is that lord buddha was a warrior who murdered his Uncle's kingdom and seeing the losses he retired and accepted meditation.

Islam/ Christian

These two religions are almost the same like brothers but they fight like enemies. The reality of these religions is the same. A prophet of the god is sent to earth to rescue humans. Both the prophets Mohamud and Jesus were leaders in their region. But in reality, they wanted people to serve them so they acted as so. Because the Roman king was jealous of the more popular Jesus, the king crucified him.

Now, you can decide for yourself whether it is valid in your opinion or a fraud. The decision depends on you.

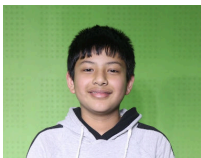


Agrim Rijal
Roll No: 29005
Does Technology Play a
Role in Making People
Feel More Isolated?

Technology is the study of scientific knowledge to create more tools that make our lives easier. The inventions discovered from technology have played a massive role in making people feel more isolated.

The common things that each and every person has in their hands are mobile phones. It is also a means of communication. It has made our life easier than before. The things that took a longer period of time can be finished within an hour or just a minute. If any information should be shared with anyone then we can call and inform everyone about it. It has made people lazier than before. In the past, if any information needed to be shared then everyone needed to write in a letter and send it to the location of the receiver. But that time has already finished now. Now the letters and post offices are not being used. Instead of letters everyone is using emails. Because of it, people are being isolated. They are working from their room and not trying to walk to talk to anyone physically. In the past people used to talk to everyone if they were in a single room. But now everyone has mobiles in their hands. They are not trying to go outside and play instead they are trying to communicate with everyone using their mobile phones.

In conclusion, technology has played a role in making people feel more isolated because everyone is using technology their entire life.



Nayan Shakya
Roll No: 29062
The Revengeful Bee

One day on a sunny morning a bee stung a person and died. His friend saw it and thought it was the person's fault. He thought that the person killed the bee though he did not do it. The person wasn't even aware of this situation. The bee decided to get his revenge by killing the man too. The man was a tourist named Jamal. He was there to visit his brother as his wedding was going on. As the bee was plotting his murder plan Jamal had already left the vicinity. The bee named Buzz followed Jamal. Jamal went in his car driving along the road

with the radio turned on while Buzz closely followed. Jamal went into his house and closed the door. All the windows in his house were closed too so there was no way Buzz could enter. Buzz patiently waited in the front yard. But Jamal was in his garage and excited through the back gate to his brother's wedding. After 2 days of mindlessly searching for Jamal, Buzz gave up. He decided to go back to his hive. But then he saw a familiar face in a car. Jamal was with his newly wed brother and was enjoying their time. They were driving to the airport to drop off Jamal. Jamal went through the entire procession. Buzz kept trying to find him. He snuck through the security and went in the plane. He searched for Jamal even in the plane. He found Jamal when the plane was on board. A small child saw the bee and screamed. The bee dashed and stung Jamal. The bee didn't know if he lost his thorn he would not survive. The Buzz died. Jamal only got a scratch. Then the sound of an alarm went off and Jamal woke up.



Anshu Rajbhandari
Roll No: 29008
Believe in yourself

There was once a girl who had very long arm hair. She was acting like a boy and her voice was really deep. She was mostly wearing long sweatshirts and long pants. She also did not speak that much. When she laughed she sounded really funny according to others. But she didn't mind it. She thought it as if it was her talent. When she went to school, she would get stares but she did not mind it at all. One day the bullying got to her and she decided to shave her arm hairs. It felt really spiky but at least there was no hair, she thought.

She decided to go to audition for singing. That was a talent that no one knew. She was really good at singing. When she started singing the whole place got quiet. When she was done singing, the audience gave her a standing ovation and cheers. She made some new albums and everyone loved her. One day at an award winning show, she had to give a speech. She said, "I was bullied once. But somehow I managed through it. We should always remember that the negative energy is just a distraction towards your happiness." Everyone clapped for her and she was really proud to be in this world. She was a very successful and happy singer.

Moral: We should always remember that the negative energy is just a distraction towards your happiness.



Shuvee Lamichhane
Roll No: 29033
The House Made Me Do It

In 2020 while the whole world was in lockdown 15 people were trapped in a house, a house atop a hill, a place deep within a deep dense forest.

The house was owned by a woman named Salem. Now Selem was just like an ordinary girl. Until one day she started having visions. In the visions, she saw a house and then suddenly it became hers. Everything was good but then the house began to haunt her in her dreams. It didn't let her sleep until she invited 14 others. Why 14 specifically, how would poor Selem

know? That had to specifically be 15 people. 14 others and her.

So she invited 14 of her friends to join her there. But the house was a strange one. It was like some sort of a time machine. It was like a house trapped in the 1900 like it

only exists in the 19 hundreds. Now to get to the house the visitors had to take a very special car driven by a very special driver. It was as if they both were like the bridge for ordinary people from the 2020s to the 1900s. So as the house commanded, she sent the invitations to her friends. The invitation read:

Dear....

You are cordially invited to a dinner party in a house that I have recently inherited from a distant family member who has sadly passed away. But this house is very special as it only exists in the 1900s and anything from the current era is not allowed. If you bring any item from the current era the house will not appear for you. That being said you will also have to act like you are from the 1900s. So I have put your roles on the back of the letter so please dress accordingly.

With love,

Selam

At the party Nyx Axton the daughter of an influential businessman, Lilith Vilin the child of a model and an influential politician, Damon and Nancy Winchester the two children of the CEO of Samsung, Eliza Momgomri and Clair Momgomri the 2 sisters who own a very big company, Bell and Donna just ordinary people, Willam the only son of 2 detectives, Joseph, and ordinary person, Tyler and Martha a married couple and lastly James and Ruby Taylor just two ordinary siblings.

After they all introduce themselves the party gets started and everyone starts talking and having fun. In the house, there is also a maid and a butler who seem kind of creepy. But after some time they start eating dinner. But then one of them gets poisoned and they have to find an antidote. But to get it they have to complete three puzzles and get the three parts of the antidote but they don't get it and Ruby Talor dies. After the death of Ruby, they start accusing each other but Nyx says that maybe we should just leave. But the moment they step out the car explodes. In the house now that they are trapped they must make a summoning circle that mustn't be broken and pick two people to go into a challenge and get an artifact as well as the pure blood of the person that loses. Now in this house, there is a difference between pure and impure blood. Pure blood is the blood of a person who is fully dead, dead to the point that they can't be brought back to life and impure blood is the blood from a wound or injury. In the first challenge, people have to go into rooms in death chambers and the one that survives wins and the one that loses dies. The one who survives has to put the pure blood of that person and put it in a glass test tube and then with the remaining blood they have to get the artifact and also cleanse it will the pure blood. And like that, they have to go through 13 challenges and collect 13 artifacts and the blood of 13 people but dear reader you might be wondering if there are 15 people how can only 13 die? Well reader they were granted a lifeline. Which Selam could use at any time. Why only Selam? Well because she is the owner of the house but the lifeline was that for one person they didn't need to die it could be impure blood. So in the end, Salem and Nancy Winchester were the only ones left. So they put all the artifacts according to an ancient book they found and they completed the ritual but the ritual needed 15 sacrifices. So, whatever they summoned ends up killing them and they all end up dead. And from that day on those 15 people were never seen again.

And one last thing dear reader if you are wondering why they exactly needed 15 people it is because, for the ritual to be completed, there needed to be exactly 15 people, 15 sacrifices.

-The End-

And for those who stayed Salem did everything knowingly. She knew that her friends would die so why did she do it?



Prasiddhi Dangol
Roll No: 28009
The Young Generation

The young generation is the youth of our nation who contribute to its development. For the past several years people have been working in their respective nations for its development but youth nowadays migrate to other regions. Although we can see we receive remittance from them.

Youths nowadays can be shaped in any way we want them just like how to mold soft clay into your desired shape of choice. The young generation is just like them. They also have collective patriotism towards their nation which makes them trustworthy. The young generation could be good but nothing is balanced if there aren't any negative impacts on them, we can say that the young generation is not emotionally stable and has been acting out. They can be easily influenced into doing certain things because they can't distinguish between right and wrong which leads them to being vulnerable to excessive use of the internet as well.

The young generation could be quite self-centered as well because they have a huge gap of age between their parents as well which makes it hard for the young generation to understand their parent's point of view and vice versa. Due to this, there could be arguments between the youth and their guardians as well which is not good in terms of "family relations".

The words "Moral" and "Respect" have almost lost their meaning. The young generation doesn't have the same amount of moral values their parents have. Moral values are what led us to be what we are today and they developed our society but they youth do not understand that fact which often leads them to misbehave as well. Due to this, some of them are not accepted by society which creates a war between society and youth as they don't understand that society has been shaped in that way for years and simply trying to change that fact is not the right thing to do.

In addition to that, social media has been a bad influence on the youth as social media shapes the youth's minds more than their parents, it may help in spreading awareness but it has negative impacts like social media addiction, cyber bullying, etc which the youth can be vulnerable to as well.

In conclusion, youths are the pride of our world today, and the leaders who shape our world properly should be shaped properly from a young age and understand that they are the key to our future.



Aarav Timilsina
Roll No: 28028

The True Definition of Hell

To most people, hell has been a religious word, a place where you go after dying. Well, my grandma always told me that it depends on the things you do for you to go to heaven or hell. I believed that for a long time until I heard about North Korea, a country in East Asia, constituting the northern part of the Korean peninsula. It is the most depressing country in the world, a place where citizens want to escape so badly. A country where by "illegal goods," you mean food and copper. Well, I can't imagine a country without the internet in 2023, but in North Korea, the internet is banned just so that the people don't know about the outside world. A place where the leader executes his own family publicly. A place where the leader starved his own country and killed more than millions of North Koreans. A place where the government sets up concentration camps to punish the people who spoke ill about them. A place where young children grew up watching cartoons about the rivalry between Japan, America, and North Korea. A place where the word "love" has only one meaning: love for their beloved leader. Life in North Korea is unimaginable. North Korea has a beautiful culture, but instead of showing the beautiful culture of North Korea, there are missiles, military, guns, and tanks as a form of representing their country. If you go to visit North Korea, you will be banned from bringing any magazines or books which have information about the outside world because the government doesn't want them to know about anything that might urge the people to raise their voices against the government. A small seven-year-old was killed just because he said, "I don't like communists." It's wonderful how we speak for animal rights. Why do we speak for animals, though? Because they don't have a voice of their own. It's the same thing; right now, North Korea doesn't have a voice of its own. Just if we could help them find it. Well, yesterday I spent a lot of time researching North Korea, and I watched speeches of the people who had escaped from there.

We boldly call North Korea the worst place to live. To most people, being stripped of your rights is the most formidable form of imprisonment there is. In the verse Matthew 25:41, Jesus calls Hell a place where the devil lives lavishly with his angels in harmony. The dictator can be presumed as the devil, and his military forces are his angels. In Lazarus (Luke 16:19-31), it is said that the souls suffer while the rich man rules. While the citizens live like mice and rats, the dictator lavishly rests under the comfort of his mansion, and in the Bible, God asks to throw the sinners into the furnace, but in North Korea, the innocent are burned, but the ones at the top of the hierarchy who actually sin remain unharmed. North Korea is ruled by the ruthless and fearful Kim Jong-un, who is a communist dictator. He became the supreme leader of North Korea in 2012 and is also the leader of the Workers' Party of North Korea. Very little is known about this man, and for good reasons too. This man has proved countless times that he has no regard for human life and lacks any form of empathy, like when he fed his brother to stray dogs or sent mass numbers of people into concentration camps. Kim Jong Un is also known for his hatred towards America; he loathes the nation and forbids any Western propaganda from arriving in his nation. He refuses to go to conferences with American generals and presidents. He believed that America's capitalist agenda clashes with his communist beliefs.

North Korea is so against Western standards that they have banned jeans in their country. The North Korean Government also denies a lot of things, like women driving

cars, mockery of the president, and the use of the internet. The country is not a free country where free speech is punishable by death. Almost everything is punishable by death; it's almost their whole ordeal. Imagine being forced to be mute depending on where you were born by your mother. The child is forced to live a life of imprisonment, hunger, and poverty, where the only thing that can save it from its misery is death or succumbing to the leader. You might be thinking, "Well, it seems like this country is doomed. I wonder if the death of the president will result in change." You are wrong; it seems like the brutality runs through the family because after his death, the next in line is his sister, Kim Yo-jung, who's even worse than him. She is even less open to peace talks and thinks even less of America. She is even blacklisted by the UN organization for Human Rights violation. She is known for labeling America as the worst country and that the North country is a glorified Country. Her most horrific act was destroying a six-story building just to show her power. After her is Kim Jong-un's daughter, who we can only pray has some sense of humanity in her.

In conclusion, North Korea remains a complex nation that poses significant challenges to the international community. Its pursuit of nuclear weapons has resulted in widespread concern. The state of citizens remains sickly and inhumane, and development is a mere possibility. The future of North Korea is uncertain. Nevertheless, through diplomatic efforts and international cooperation, there is hope that a more stable and open North Korea may one day emerge, contributing to regional stability and global peace. One day, the citizens may get the bread and chicken they were promised; one day the sun might finally peek out, and North Korea will not remain isolated anymore, and one day we might see a free and powerful North Korea before us.



Bisu Maharjan
Roll No: 28003
**Is the Hope Diamond a
Curse or a Coincidence?**

The Hope Diamond is also known as "The King's Jewel", "The Blue of France", and "The Travernear" Is considered a cursed diamond. Whoever buys it faces the misfortune of their lives and a devastating ending. There has been a list of people who owned the diamond. The diamond is about 45 carats it is told it originated about 1 billion years ago the story tells that it was the first part of a Hindu temple till a priest stole it the priest was given a sentence then the diamond got into the hands of a french merchant Jean-Baptiste Tavernier who was said to have stolen the diamond from its previous owner.

But many believe that he had bought the diamond. Rumor has it that the diamond had been sold to King Louis the Fourteenth after having a raging fever with some more of his goods. King Louis the Fourteenth decided to change the shape of the diamond and make it into a necklace then he wore the necklace to many events where everyone was left dazzling this is also where the diamond got its nickname "The King's Jewel" and "The Blue of France" Then King Louis the Fourteenth also suffered the curse of the diamond and then died only one of his children had survived and four of them had died at a young age considering this was normal at the time the diamond was then passed to King Louis the fifteenth he gave the diamond to King Louis the sixteenth. He let his wife wear the diamond and then soon they were executed during the French Revolution supposing that they were the royals. The diamond was stolen from the

warehouse and later found in England. It is said that it was owned by King George the Fourth. He didn't live a happy life but he died a year later and was not so stable in ruling as well. He got addicted to alcohol and died of internal bleeding. George the Fourth also had a lot of debts so the diamond was sold again meeting its new owner Thomas Hope a rich banker when the diamond was given to his brother Handry Philip Hope who kept the diamond in his collection of gems. He also died the same year and the collection was distributed equally by the court and then the hope diamond was given to a great nephew by the decision of the court. Then it stayed in the family for a long time till it was sold to a merchant The diamond had changed many dozens of owners till Piere Cartiact bought the diamond and sold it to the Maclene family then the family suffered heavy loss and the Washington Post was bankrupt. The diamond was bought by Harry Winston diamond was showcased in many meetings and charity events he donated the diamond to the Smithsonian Institute now the diamond is displayed there this was the history of the diamond this story showcases the chance of it being cursed but some people didn't get cursed and got away so, the mystery remains what do you think? Is it a curse or coincidence?



Eshanee Manandhar
Roll No: 28004
Are Trends Really okay?

“Trends”, we all have been using this word frequently nowadays. And, also we are bound to follow “trends”. Why ? you may ask . The answer to that question is just to fit in. “Trend” is a five lettered word which is taken so seriously, if someone does not follow that, they're treated as if they're an outcast. But, that's not the actual meaning of it. Trends basically mean a sign that something is evolving or changing. It can be described as fashion. Trends show the things evolving in the society and the things being rejected by the society in that particular time.

In today's world, there are alot of trends that we can see around. Some of them may last long whereas some don't while some of them are popular whereas some are not. Ofcourse, everything is different but there are trends which are positive whereas some are really negative. Trends are usually physically done activities like “studying until the ice cube melts” or “doing a slick back”. There are also other different trends going throughout the world right now. Especially, due to the influence of social media apps like youtube and tiktok, people are bound to follow those trends. But, because of those trends, millions of lives have been destroyed. You may know that or you may not. Many people have not only been physically injured but it has also affected the person's mental health.

Don't hate the player, hate the game. A person creates a trend of drinking a bottle of ink. Every student in a high school is currently doing that since they think that they need to stay on the trend. But, suddenly the student started choking while drinking the ink and eventually became unconscious because of the chemicals in the ink. Now, out in the world, people will be like “I don't know why the student needed to even follow that.” or “s/he's too immature” or “s/he's just an attention seeker” . No. It's all because of peer pressure to just fit into the trend and to become the “cool kids”. That student is just trying to fit in so he won't get bullied in his life. THose people saying those comments need to talk about the whole trend being immature rather than the injured student. There are trends which often tend to prank other people, steal other people's

things, hit and run etc. That is causing those people to have their mental health to be wrecked and to be affected by several disorders. Those trends need to be monitored before they go viral and every single person starts to follow the trend.

But Hey, on the good side, there are trends which have saved lives. For example : In tiktok, there was a trend of showing a specific style of hand sign to show anyone that they're in danger. And, that trend actually came out to be handy as it saved a woman's life which was in danger. By keeping up with some trends, you'll keep on learning new skills and also discover new activities which you could do in your daily life.

Now, this does not mean all trends are bad. Like said before, there are trends with positive impacts on people. And, it's not that we should completely abandon all the trends, we just need to ignore the trends that could harm us and others intentionally and unintentionally. We should just follow the trends with limit, that does not disturb other people's space, that contributes positively in the things and the decisions you take in your life. Now, it's from your perspective, how you would answer this question. Are trends really okay?



Shabdika Nepal
Roll no : 28029
Red Velvet

Once upon a time in the United States, there was a kingdom named Red Velvet. In that kingdom, there was a beautiful princess named velvet. She was the most beautiful girl in the kingdom. She was named after the kingdom. She was the one and only daughter of king Kromet and queen Kriza. Many years before, the kingdom was called Kroola but the day the princess was born, a baker named Loo made a new type of cake. It was coloured in red and was very tasty. It was a red velvet cake. He baked that cake to celebrate the birthday of the princess. The king and queen loved that cake so they named the kingdom Red Velvet and the princess Velvet. After that day, the kingdom was very famous for the Red Velvet cake. The same day the princess was born, the kingdom's gardener's son was also born. The gardener's name was Chad and his son was Brook. As the princess and Brook were of the same age, they totally bonded. By the time they were 8, they knew each other more than their parents did. They were the bestest friends ever. They learnt to tie laces together. They also studied in the same school because the princess wanted to study with Brook. Chad however couldn't afford the private school for his son. But the king enrolled Brook in Velvet's school for his daughter's happiness.

Brook was a shy kid but Velvet was a very confident girl. She used to participate in each and everything possible. Brook was an amazing artist and was very hardworking. Velvet got everything she needed and she was pretty lazy in doing household chores as she was royalty and did not need to do anything. But still their friendship was unbreakable. Along with their friendship, slowly and steadily, their love was also growing for each other.

After 2 years, when they were 10, Brook shared some sad news with Velvet. Brook was leaving the kingdom and moving to another country. Velvet was so sad that she cried for a few days after Brook left. But as a sign of friendship and love, Velvet gave a necklace to Brook before he left. Velvet continued to study but her mind was on a

whole different world. She missed Brook terribly and so did Brook. Somewhere in Velvet's heart, she still thought that someday she would meet Brook. Brook also thought that they will be together in the end.

Days turned into weeks, weeks turned into months, months turned into years but Brook never returned for Velvet. And now it was time for Velvet to get married. King Kromet arranged a meeting with the prince of another country. But Velvet only loved Brook from the bottom of her heart but now here she was about to get married with the person who she hadn't even seen. She dreamt of getting married to the person she had known forever. Velvet told her dad about it but he did not listen. Velvet was now determined to take matters in her own hand. She planned to meet the prince herself before her father arranged the meeting. She wanted to tell him that she wasn't interested in him and end the program. She ordered her soldiers to invite the prince to meet her but the king was informed about her orders and she was not allowed to meet him before her family. She had no other choice but to meet the prince.

On the day the prince came, Velvet was worried sick. She did not want to talk to him about the marriage but she was forced to. She walked slowly into the meeting room with her mother and sat on the opposite couch of the prince. Her eyes were on the ground the whole time. The king and the queen talked with the prince's family and after about an hour, the engagement date was fixed. Velvet was horrified. She wanted to say something about it but couldn't as in their culture, the princess or the prince were not allowed to speak during the meeting regarding their marriage. Their culture believed that the children are too young to fix their own marriage and only the guardians were allowed to do that. She cried the whole night thinking about how to reach Brook. She was miserable in Brook's thoughts.

Time flew by and arrived the day of the engagement ceremony. People all over the kingdom spread like wildfire. The ceremony was planned in a fantastic way but Velvet's heart was not in the right place. After some time, it was time for ring exchanging. Velvet was holding back her tears even though she wanted to cry like a baby. But everyone was shocked when it was the time for ring exchanging but the prince took out a box of necklace. Then he showed the necklace to Velvet. When she saw the necklace, she was shocked and let out a scream. It was the same Necklace that she gave to Brook when he came to see her for the last time. She poured all her happiness and sadness in the form of tears. She jumped into Brook's arms and showered him with non-stop questions. Brook put his finger on her lips and told her that he will explain the whole story when she is married to him. Velvet wanted to know about it right then and there but she obediently said okay. After a few days, the marriage ceremony was held. Brook and Velvet were the happiest. When everything was over, Brook took Velvet to his kingdom. It was amazing with a red velvet themed palace. Then Brook told her how he had planned this and renovated the whole palace. Both of them were so happy and started to share about their childhood together. After talking about their childhood for about 2 hours, Velvet suddenly remembered about their engagement. She then asked Brook how he was the prince and why he did not tell her about it before. Instantaneously, a large earthquake destroyed the palace in minutes with the lovely new couple still inside. That way, Velvet couldn't even know how Brook was a prince and why he did not tell her about it earlier. Anyways they really did have a connection because they were born together and they left the earth together as well.



Sayuri Shrestha
Roll No : 28017
The Humidifier Case

In May of 2009, Mr and Mrs Lee came to the hospital with their 3-month-old newborn baby. Their son had caught a common cold. He was said to be completely healthy from birth, but now he was suddenly coughing, getting hiccups and screaming a lot.

The doctors and nurses checked the baby but couldn't determine what was wrong. His lungs looked white and his lung tissues were turning solid; hard. They had never seen a case like this and couldn't figure out what was wrong. With this, baby Lee passed away on May 5th 2009. He was less than 100 days old. Four days later Mr and Mrs Lee came back to the hospital. Mrs Lee was not able to breathe when she suddenly passed in the bathroom. The doctors scanned her lung tissues and saw that they were white and solid. After hearing this Mrs Lee thought that she had some kind of disease that might have killed her kid, but the doctors had no answer to that. Soon she believed that she was the reason her son died so she wanted to face the consequences and refused to take any treatment. One month later she also passed away. With the passing of his wife and son, Mr Lee was devastated.

In 2011 Doctor Hong, who was more than curious about this case, was agitated by it. Every spring season around April. Every patient had the same condition one by one. The same thing happened last year and the year before it and it was back every year it got worse and worse. Dr. Hong saw it commonly in infants, kids, toddlers, and pregnant women. They were dying but no one knew the cause and no one was talking about it. He had so many thoughts and conclusions about what could be wrong but he never got to the answer.

One day another patient walks in. Let's call her patient A. She was a first-time mom and was very excited to have her first kid. She was already 8 months pregnant. While getting her ultrasound done the baby's organs looked white. The only things that were supposed to look white were the bones but all the organs looked white and solid. The doctors were sure that no one would be able to save patient A's baby. The only reason the baby was alive in the womb was because the baby didn't have to breathe inside the womb. The baby passed away shortly after its birth. After a few months, patient A gets pregnant again. Like before patient A's second baby wasn't able to survive either. As soon as the baby's lungs were developed the OBGYN told her that the baby's lungs would not be functional outside of the womb. Patient A completely blamed herself for her children's death.

Dr Hong knew that it was a serious problem going on and no one was talking about it. So he emailed every person he graduated medical school with, every colleague, and everyone he knew, he even contacted other doctors from other hospitals. a doctor that Dr. Hong had never met. In a similar case that happened, patient B brought her son to the hospital thinking he had some bad cold but the doctor couldn't figure out what was wrong again. His lungs looked white and solid, and he passed away in the hospital before his 1st birthday.

The same case happened again with another family. The mom and baby were affected, and the mom would recover but the baby wouldn't. After hearing those cases, Dr. Hong called the Korean Centre for Disease Control (Korean CDC). He gave them all the

information and asked them to find the problem. Dr. Hong also assumes it's airborne so he also reached out to bacteriologists but none of them found anything in the air. The CDC did take the matter seriously and it took the CDC two years to start investigating the case only after the news reached the media outlet. By the end of 2011, they reported a new lung disease with no cure. Then the CDC started interviewing all the families that were the victims of this "disease". After asking everyone questions many things were different in the families.

The food products, the food brands they used, and the areas but there was just one thing that was common among them the air purifier/ humidifier they used, because of the drastic change in weather houses having humidifiers were and still are very common. The main purpose of a humidifier is to release steam or water vapor into the air to increase humidity and help prevent dryness that can cause irritation. And cleaning them again and again is very essential. But to simplify it, people bought government-approved humidifier sterilizers. When asked about the brand of sterilizers they used everyone had different answers but the most common one was called 'sak-sak'. With this sterilizer, you just had to put a bit of it in the water. It would kill the bacteria in the water as well as purify the air that comes out of the humidifier. which was owned by the Korean branch of Reckitt Benckiser, a huge UK brand that produces products like AIRWICK, LYSOL, DUREX etc. However, the specific humidifier sterilizer was sold only in Korea due to the common use of humidifiers.

This sterilizer contained a chemical called PHMG, which is also an industrial rug cleaner. In South Korea ever since the '90s, a company called Yugong now known as SK Chemical, South Korea's second-largest conglomerate after Samsung.

They had released a disinfectant liquid sterilizer with no government reviews. They even exported these products as harmful to human health but were used normally in Korea. Even after years, they were used in normal products that are used to sanitize our surroundings. The chemicals were killing thousands and no one was taking proper action after protest after protest in 2016 the CEO Reckitt Benckiser held a press conference and apologized for their reckless behavior, They also promised that they would help the victims out with compensation but at the same time they also constantly blamed other companies and branches who were also part of the whole project. In 2020-2021 a young mother of 2 girls came out to the public complaining about how neither the government nor Reckitt Benckiser were helping them. They had piles of medical bills to pay and the very little sum of money that they gave was not enough. Their eldest daughter was diagnosed with Autoimmune diseases and she and her youngest daughter had asthma all due to the sterilizers. When people heard about this they were even more furious. Reckitt Benckiser decided to give compensation to only the lady and her youngest daughter because there wasn't enough proof that the eldest daughter's Autoimmune disease was caused by the sterilizers. Till now about 16,000 people have been diagnosed with different diseases and some of them died.



Prasanna Dhungel
Roll No: 28021
The Power of Habits

To achieve all the greatest of things, first of all you have to build a consistent habit. They shape our way of living. For example, if you have a habit of following a consistent routine you will also learn to develop the skills of time management. Habits are the most important things you have to develop. But only good habits are essential for a good life. If you ever pick up on a bad habit along the way, then it won't take you very far. Here, in this article we will learn about the power and strategies on how to develop habits.

Here, firstly we will learn about the ways to improve and build a habit. They are listed as follows:

1) Cue : firstly, we have to trigger a small habit and later on grow it to be larger and more consistent. These cues help us to initiate a habit. These cues can really help you to grow your habits and slowly add it to your daily life routine.

2) Routine : Routine is the behavior that comes after you trigger a cue. It is something that you build along with time and effort. Routines are the most impactful in a human's life. Your routine can be simple or complex. It may be checking your mail or exercising 2 hours everyday. However, how small or big the routine is, it will always help you grow and develop yourself.

3) Rewards: Rewards are the most important strategy to develop a long lasting habit. Rewarding yourself after you have done something that reinforces the habit. These rewards can be given after you accomplish a workout. Rewards can be anything ranging from small treats to huge gifts.

These things will help you be true to your habits and always be consistent in your work.

Moreover, self-discipline and will power also have roles to build long lasting, consistent habits.

Their roles are written as follows :

Set clear goals: You should decide your goals beforehand and try your best to achieve them. Set the goals simple and manageable. This way you can easily achieve your goals.

Build Self-Control: Gradually increase your self-control by challenging and controlling yourself with small acts of discipline. For example, doing 10 random push ups or standing up and stretching every 5 minutes.

Learn from your mistakes : A wise man never curses on his mistakes, instead he tries to learn and improve from his setbacks. This way you can recognize the problem and solve it reasonably

Create a supportive environment : Stay in an environment where your friends are supportive and help you grow and develop. You should have a social circle that's advantageous to you.

Finally, with will power, discipline and self control anyone can achieve their greatest dreams. So a person should have these traits in order to make a good and consistent habit.

Moreover, we have some strategies to build good habits. They are listed as follows:

- 1) Follow the first and the most important three ways to build a habit. These things will help you if you are trying to build a habit as a beginner. Also, the steps are really simple and easy to follow so if you are just starting then you should start off with these habits.
- 2) Make it consistent : If you have a habit, then you must be consistent with it to see results. You must combine the previous three steps to associate it with consistency.
- 3) Tracking your progress : You must track your progress or whatever things you would have improved. This way you can identify your strengths and weaknesses and try to further improve.
- 4) Be patient and persistent : Be patient with your progress. Remember, Improvements won't come fast. You have to be patient and persistent to be rewarded with the results.

Now that we have learnt ways to improve good habits, let's look at steps on how to remove bad habits.

- 1) Find the cue : You should find what is triggering the habit and try to improve that particular thing. This will help you grow more good habits instead of bad habits.
- 2) Replace : Replace those bad habits with good ones. You can't eliminate a habit just at once. So, you have to slowly make progress and replace the bad habit with a better one, that will help you improve in all the activities you do.

There are advantages of having a habit and the advantages of having a habit are listed below:

Helps you to maintain positive actions even if your motivations are low.

Get to replace your bad habits with good ones.

It makes you more productive and efficient.

It helps to improve your mood and energy.

It helps to reach your goals in an easier and faster way.

Well not just advantages; there are some disadvantages of having a habit too and they are listed below:-

We might become slaves of our own habit, as we develop a habit we can be overly dependent on them and will not be able to adapt a different situation

There will be a lack of creativity, as we do the same thing day by day we will forget about other stuff happening around the world and our creativity will get low day by day and it will stop us from learning new things.

Interfere other activities, as we get hanged into a habit we forget about other activities and just depend upon our habit which will make it harder to learn new things.

Finally, even though having a habit is a nice job, we should always keep our habit in balance. We should try other new fun activities around and should not just depend upon one regular habit. We should always look out for new and better habits to improve ourselves.



Pratik Dangol
Roll no: 27009
Are Our Traditions
Diminishing?

Dashain, the largest and most significant festival among Nepalese Hindus, brings joy and happiness to the faces of the people. During this festival, people make offerings to deities, apply tika (a ceremonial mark), and offer Jamara (barley grass). They also engage in activities like flying kites and playing on swings. The festival, which lasts around 15 days, provides students with a break from their studies and allows them to strengthen their bonds with family members. Similarly, adults find some respite from their busy schedules. Many people take this opportunity to visit their hometowns, fostering connections with friends and family.

However, it appears that certain traditions associated with Dashain are gradually fading. Three to four years ago, swings could be found everywhere, and people of all ages would enjoy them. The sight of the sky filled with kites added to the festive atmosphere. Unfortunately, nowadays, it's becoming increasingly difficult to find swings in the vicinity, and kite-flying has also become scarce. In my recent Dashain vacation, I couldn't locate a single swing nearby, even though there used to be three to four swings in my area. While I may not know all the reasons behind the decline of the swing tradition, I can offer insights into why kite-flying has diminished.

One of the key factors contributing to the decline of kite-flying, in my opinion, is urban development. Modern construction has led to the proliferation of large houses, creating an imbalance in the heights of neighboring buildings. People face difficulties flying kites due to the presence of these taller structures. Nowadays, people prefer to fly kites together rather than individually, as it eliminates the competitive aspect. Additionally, the trend of seeking employment abroad has resulted in a significant portion of the youth population leaving the country. This departure of young individuals, who play a crucial role in preserving and promoting our culture, is impacting our cultural heritage.

In order to preserve our culture, we must play an active role in safeguarding our traditions. This entails raising awareness about the cultural elements that are at risk of being lost. It's not just Dashain traditions that are at stake; many other traditional practices are either fading or undergoing modernization, which may not be in the best interest of our culture. Our festivals and rituals, once rich in tradition, are not observed as they used to be. To secure our cultural heritage for the future, we must promote and preserve these practices.

In conclusion, the slow erosion of cultural traditions, such as the absence of kites and swings during the biggest Nepalese festival, Dashain, is a concern. To ensure that the younger generation learn and continue to follow these traditions, we must take proactive measures. By doing so, we can preserve our culture and unique identity, which sets us apart from other countries. Our culture is a source of pride for all Nepalese.



Sauharda Bajracharya
Roll no: 26010
**Resilience: One's Journey
to Peace**

In the heart of a small village in Nepal, there lived a man named Prithvi. He was a simple farmer who believed in the power of unity and hard work. He believed that with enough people, he could end the tough times everyone was going through. But in such times, unity was hard to find, especially against such powerful people.

The Maoist insurgency had gripped the nation like a powerful magnet. It split communities, tore apart families, and tested people's revolutionary ideas. Unlike many of the villagers in his community, he did not share a communist vision. He believed that the conflict would be a waste of time and resources, yielding no substantial results.

Prithvi's refusal to support Maoism made him an outcast in his village. He was called a traitor to the nation, an outsider, and was subjected to punishments. "Brainwashed," they called him, when in fact, they were the ones being brainwashed. The Maoist rebels would often raid his home, demanding resources and support. When he refused, they would leave him bruised with scars all over his body.

Even after enduring beatings and bearing bruises all over his body, Prithvi remained unfazed. He knew he could not let his fears overcome his decisions. He wanted to put an end to the violence that had torn his community apart, and he believed that the monarch government could play a significant role in achieving that.

The lone man embarked on a journey to Kathmandu. On the other side, the Maoist rebels were furious about his disappearance. With a heart full of determination, he sought help from the monarch at the time, Birendra Bir Bikram Shah.

It was not easy to convince the king to let him assemble his own revolutionary group. However, Birendra saw a spark of determination in him, and he recruited Prithvi into the National People's Party. Prithvi befriended other like-minded people, all striving to end the conflict once and for all.

Back in his village, his actions received mixed reactions. Some saw him as a revolutionary hero who stood up for peace and justice, while others doubted his intentions. It was not an easy task for him and his group to completely eliminate the conflict. He needed more time and had to exert more effort to persuade people to abandon Maoism.

He spoke to people in his village, explaining the disadvantages of a Maoist-led government and his plans to end the conflict. Slowly, hope started to grow. The government provided financial and economic support to his village to win over the villagers. This improved people's lives and fostered trust between the villagers and the government.

As time passed, from village to village, the villagers were convinced of the disadvantages of a Maoist-led government and began to trust the monarch government. After ten years of conflict, the war between the monarch government and

the Maoist-led government finally ended. The conflict overthrew the Nepalese monarchy and established a people's republic.

Prithvi's determination and hard work became a beacon of hope for everyone, showing that anything is possible with courage. His journey of bravery resulted in a successful outcome against tough odds.



Prashraya Shrestha
Roll No: 26014
Karl's True Friend

In a land far away, there lived a young adolescent boy named Karl. Much like many teenagers his age, he spent his time on social media. He was a devoted follower of a renowned social media influencer called Jubilee. He often imitated what they did, how they spoke, and how they dressed. Due to his social anxiety, he tried to mimic popular influencers to blend in with his peers. His only friend was his childhood friend Claire, even though they attended different schools. They managed to stay in touch because their parents worked at the same workplace.

One day, a fight broke out between two delinquent students at the prestigious school Karl attended. Student fights were a rare occurrence there. He stretched his neck above the crowds and noticed that these students were smiling and laughing while hitting each other in the face. When he inquired about it with his friends, they informed him about an Instagram celebrity named MrBeast. MrBeast was a self-proclaimed 'Sigma Male,' famous for his catchphrase, "Oh, come on, you silly goofball, don't listen to women, listen to me." This catchphrase had spread like wildfire, even reaching media coverage.

As with all the other influencers he imitated, Karl started emulating MrBeast. He began speaking more boldly, even shaving his head, wearing sunglasses indoors, and hitting the gym. To prove how 'sigma' he was, he mistreated his female teachers, stopped doing their homework, and his classmates cheered him on. This filled his brain with dopamine, motivating him to continue with his act. He started referring to his friends as "gentlemen" and women as "whimpers." He even coined his own catchphrase, "Silly little whimper, go to the kitchen," and used it whenever someone challenged him. Karl enjoyed the fame and recognition he was receiving.

However, Claire grew tired of the persona he was adopting. She confronted Karl, saying, "Karl, you are not MrBeast; stop acting like him." Karl, as usual, responded with his catchphrase, "Silly little whimper, go to the kitchen." Furious, Claire threatened to end their friendship once and for all. At that moment, Karl didn't seem to care. He claimed to have more friends than her and declared that he didn't need her anymore. With tears streaming down her face, Claire ended their friendship. Karl was unfazed, thinking his other friends would fill the void left by Claire.

Months later, the trend had died down, and MrBeast was regarded as a criminal who had assaulted women. With the downfall of MrBeast came the downfall of Karl. His classmates, whom he thought were his friends, turned their backs on him.

Heartbroken, Karl sought help from his only true friend, Claire. However, she was nowhere to be found. Desperate, he called her phone, but she did not answer. He went to the park where he usually sat on a bench and let out a deep sigh. He felt a presence to his left, and when he turned, there was Claire, right by his side. She placed her hand on his shoulder and in a comforting voice asked, "What's wrong, Karl?" Karl broke down in tears, and Claire comforted him like true friends do.



Suravi Niraula
Roll no: 24023
Engulfed by Death

Wait a moment, and think about your life. You are provided with a certain amount of time with no fixed expiration date. An individual who looked healthy a moment ago might be dead and lifeless the next. Many don't see it coming. Most don't even get a goodbye. However, some feel its presence, lurking in the shadows. This inevitable, uncertain and unpredictable phenomenon—Death.

I laid amongst the tall grass blades, looking at the night sky, the twinkling of the stars and the way the moon played hide and seek amongst the white-gray clouds. The chilly wind was whistling, goosebumps spread throughout my body, crickets chirping somewhere. I could see the twinkling of light from fireflies at a distance. It felt peaceful.

I felt its presence before I could see it. Death—coming towards my direction. I wondered if I could run away from it. I got up and ran really fast. I wondered if it could catch me. I wondered if I ran towards my mother, hugged her really tight and hid behind her. Would it be able to catch me? Would it be able to tear me away from the embrace of my mother? What about my father? Would it be able to free me from the clutches of my strong father? Would I get torn away from my sister's love? I tried to remember the smiling faces of each member of my family. But I couldn't. I realised that the phrase 'Life flashes before your eyes at the time of death' was just rubbish. If my life was my family, why couldn't I remember their faces filled with laughter and joy at the time of my death?

I felt like screaming, crying, and bellowing on how unfair it was. How could death come towards me when I am just a mere child? I hadn't seen the world yet. I hadn't done anything. I hadn't left my mark. It felt like God had betrayed me; committed an art of treachery on me. Nothing came out of my throat though. Not a simple shout, plea or prayer. It was of no use. I couldn't escape death. I was no God, no superhuman. I was merely a human.

As it approached me more, I felt like tears would swell up in my eyes, my vision would be blurred. It didn't happen. I could still see the flames of candles that surrounded my house. I could see the faint movement of my mother as she descended down the stairs. I could hear my father talk on the phone. I could see my sister reading a book under the fluorescent light, out by the front porch, waiting for me to get back.

Suddenly, all I wanted was to hear my mother speaking to me, my father asking me how my school was, my sister screaming at me for wearing her clothes. Tears did swell up in my eyes this time. I felt it fall down my cheeks yet I made no motion to wipe it away. I knew it was close; closer than ever.

My first words ever since I laid down in the grass left my mouth unknowingly- “I wonder if I will make it to dinner.”
I felt it engulf me. “My sweet child,” it said. “I am afraid not.”
It consumed me. It took me away and finally I could see it. My family- smiling.



खुसी रानी दाहाल
क्रमाङ्क: ३५०११
जामा

मलाई जामा धेरै मन पर्छ । जामा विभिन्न रङका हुन्छन् । बजारमा विभिन्न रङ र किसिमका जामाहरू किन्न पाइन्छ । तीमध्ये मलाई गुलाबी रङको जामा धेरै मन पर्छ । मेरो दराजमा पनि धेरै जामाहरू छन् । म प्रायजसो जामा नै लगाउने गर्दछु । जाडोमा म तातो जामा लगाउँछु । गर्मीमा म पातलो जामा मात्र लगाउने गर्छु । जामा लगाउँदा मलाई सजिलो पनि हुन्छ ।



आर्यभ डङ्गोल
क्रमाङ्क: ३५००३
मलाई मनपर्ने पोसाक

मलाई मन पर्ने पोसाक तपाल हो । यो नेवारहरूको एक महत्वपूर्ण लुगा हो । यसमा लामो सर्ट र कसिलो सुरुवाल लगाइन्छ । सर्टको माथि कमरकोट लगाउन सकिन्छ । पहिला पहिला मानिसहरू यो पोसाक दैनिक जीवनमा लगाउने गर्दथे तर आजकाल चाहिँ विशेष कार्यक्रम र चाडपर्वको अवसरमा लगाउने गरिन्छ । नेपाल संवतको दिन हुने कार्यक्रममा यो पोसाक लगाइन्छ । मलाई पनि यो लुगा लगाउन धेरै मन पर्छ ।



श्रीमराज जोशी
क्रमाङ्क: ३५०३०
तिहार

तिहार हिन्दुहरूको महान् चाड हो । तिहार बत्तीहरूको चाड पनि हो । तिहारमा झिलिमिली बत्तीहरू बालिन्छ । तिहार फूलहरूको चाड पनि हो । तिहारलाई फूलैफूलले जताततै सजाइन्छ । तिहार पाँच दिनसम्म मनाइन्छ । तिहारको पहिलो दिन कागतिहार पर्दछ । यस दिन कागलाई पूजा गरिन्छ । तिहारको दोस्रो दिन कुकुरपूजा गरेर तिहार मनाइन्छ । तिहारको तेस्रो दिन बिहान गाईको पूजा गरिन्छ र साँझ लक्ष्मीपूजा गरेर भैलो खेलिन्छ । तिहारको चौथो दिन बिहान गोरुपूजा गरिन्छ र साँझमा देउसी खेलेर रमाइलो गरिन्छ । पाँचौँ दिन दाजुभाइले दिदीबहिनीसँग भाइटीका लगाएर रमाइलो गरी तिहार मनाइन्छ ।



केतनजङ्ग कोइराला
क्रमाङ्क: ३५०१०
टोपी

टोपी टाउकोमा लगाउने एक प्रकारको लुगा हो । टोपी विभिन्न आकार र प्रकारमा पाइन्छन् । टोपीहरू फरक-फरक बनोटमा देख्न पाइन्छ । टोपीले टाउको रक्षा गर्ने तथा हाम्रो सान पनि बढाउँछ । हामीले ढाकाटोपी हाम्रो राष्ट्रिय पोसाकसँग लगाउँछौं । जाडो महिनामा तातो टोपी लगाएर हामी बस्छौं । बजारमा विभिन्न किसिमका टोपी किन्न पाइन्छ । मसँग पनि घरमा धेरैवटा टोपीहरू छन् ।



अन्वेषा पन्त
क्रमाङ्क: ३५००२
मेरो विद्यालय

मेरो विद्यालयको नाम सिफल स्कुल हो । मेरो विद्यालय सफा छ । म मेरो विद्यालय सफा राख्छु । म साथीहरूसँग मिलेर खेल्छु । मेरो विद्यालयमा धेरै विद्यार्थीहरू छन् ।



विभूति पाठक
क्रमाङ्क: ३४०४४
मेरो फूलबारी

मेरो घरमा सानो फूलबारी छ । फूलबारीमा धेरै पुतलीहरू रस चुस्न आउँछन् । मलाई फूलहरू धेरै मन पर्छ । मेरी आमाले फूलबारीको फूल टिपेर भगवानलाई चढाउनुहुन्छ । मेरो फूलबारीमा धेरै थरीका फूलहरू छन् । त्यही भएर मेरो फूलबारी रङ्गीचङ्गी छ । मेरो फूलबारीमा धेरै मौरीहरू रस चुस्न आउँछन् । मौरीहरूले रस चुसेर मह बनाउँछन् । मह मिठो हुन्छ । म कहिलेकाहीं फूलबारीमा गएर गोडमेल गर्छु । म बेलाबेलामा फूलमा पानी पनि हाल्छु र अनावश्यक झार टिप्छु । मेरो फूलबारी सुन्दर छ ।



सुरुची बिमली

क्रमाङ्क: ३४०२६

कोरोना भाइरस

कोरोना भाइरस एउटा सङ्क्रामक रोग हो । यसलाई कोभिड १९ पनि भनिन्छ । यो भाइरस सबैभन्दा पहिले सन् २०१९ को डिसेम्बरमाचिनको वुहानमा देखिएको थियो । यो अहिले विश्वभरि फैलिएको छ । कोभिड-१९ लाई विश्व स्वस्थ सङ्गठन (WHO) ले विश्वव्यापी महामारीको रूपमा घोषणा गरिसकेको छ । कोरोना भाइरस हावाबाट सजिलै एक व्यक्तिबाट अर्को व्यक्तिमा सर्छ । कोरोना भाइरस नाक र मुखबाट मानिसको शरीरमा प्रवेश गर्छ । यो रोग सङ्क्रमित व्यक्तिले खोक्दा वा हाङ्गुँ गर्दा मुख र नाकबाट निस्केका ससाना छिटाबाट अर्को व्यक्तिमा सजिलै सर्न सक्छ । भाइरसले पहिला घाँटी, सासनली र फाक्सोको कोषलाई आक्रमण गर्छ । बिस्तारै ती अङ्गहरूलाई कोरोना भाइरसले आफ्नो नियन्त्रणमा लिएर आफ्नो सङ्ख्या वृद्धि गर्न थाल्छन् र यसले मानिसलाई गम्भीर असर पुऱ्याउन सक्छ ।



प्रनिस पाण्डे

क्रमाङ्क: ३४०२२

कुकुर

मलाई मनपर्ने जनावर कुकुर हो । कुकुर घरपालुवा जनावर हो । कुकुरको चारवटा खुट्टा, दुईवटा कान, दुईवटा आँखा, एउटा नाक, एउटा मुख, एउटा घुमेको पुच्छर र मुखमा तिखातिखा दाँतहरू हुन्छन् । कुकुरलाई हामी तिहारमा पूजा गर्छौं । कुकुरलाई मनपर्ने खाना मासु हो । कुकुर मानिसको बफादार साथी हो । कुकुर आफूलाई खानेकुरा दिने मान्छेलाई देखेबित्तिकै पुच्छर हल्लाउँदै नजिकतिर जान्छ । कुकुरले हाम्रो घरको रक्षा गर्छ । कुकुरको सुँधै शक्ति मानिसको भन्दा धेरै हुन्छ । आजभोलि त कुकुरहरूलाई तालिम दिएर अपराधीहरूलाई पत्ता लगाउने काममा पनि प्रयोग गर्न थालिएको छ । कुकुर खोरमा बस्छ । कुकुर घरपालुवा जनावर हुनाले रातभरि जागा भएर घरको रक्षा गर्छ । कुकुरले नयाँ मानिस देख्यो भने टोक्न सक्छ भनेर हामी होसियार हुनुपर्छ । कुकुर आफ्नो मालिकको भक्त हुन्छ ।



आर्फा शाक्य

क्रमाङ्क: ३४००३

मेरो विद्यालय

मेरो विद्यालयको नाम सिफल स्कुल हो । यो विद्यालय सिफल काठमाडौँमा रहेको छ । मेरो विद्यालयमा कक्षा १ देखि कक्षा १२ सम्म पढाइ हुन्छ । मेरो विद्यालयमा दुईवटा भवन छन् । मेरो विद्यालय ठुलो र राम्रो छ । मेरो विद्यालयमा धेरै बसहरू छन् । मेरो विद्यालयमा बगैँचा छ । मेरो विद्यालयमा खेलकुद मैदान पनि छ । मेरो विद्यालयमा विद्यार्थीहरूको लागि खानपानको राम्रो सुविधा छ । मेरो विद्यालयमा शिक्षक शिक्षिकाहरूले सबै बालबालिकालाई मायालु व्यवहार गर्नुहुन्छ र हरेक दिन राम्रा कुराहरू सिकाउनुहुन्छ । मेरो विद्यालय मलाई धेरै मन पर्छ ।



सर्भाय राज चापागाई

क्रमाङ्क: ३४०१६

गाई

मलाई मन पर्ने जनावरको नाम गाई हो । गाई घरपालुवा जनावर हो । गाईका दुईवटा कान, एउटा नाक, एउटा पुच्छर, दुईवटा सिङ र चारवटा खुट्टा हुन्छन् । गाई एक शान्त जनावर हो । गाई विभिन्न किसिमका हुन्छन् । गाई शाकाहारी जनावर हो । यसले घाँस, पराल र कुँडो खान्छ । गाई नेपालको राष्ट्रिय जनावर पनि हो । गाईले हामीलाई दुध दिन्छ । दुधमा प्रशस्त मात्रामा पौष्टिक तत्त्व हुन्छ । गाईको गोबर खेतबारीमा हाल्ने मलको रूपमा प्रयोग हुन्छ । हामी तिहारमा गाईको पूजा गर्छौं । गाई हामी सबैको लागि उपयोगी जनावर हो । हामीले गाईलाई माया र संरक्षण गर्नुपर्छ ।



आध्या ढुङ्गाना

क्रमाङ्क: ३३००१

गुन्युचोलो कार्यक्रम

हाम्रो हिन्दु परम्पराअनुसार गुन्युचोलो छोरीलाई दिने चलन छ । सानी उमेरकी केटीलाई गुन्युचोलो भनेर धोती र चोलो लगाउन दिइन्छ । यस वर्ष मेरो पनि गुन्युचोलो कार्यक्रम सम्पन्न भयो । मेरो गुन्युचोलो कार्यक्रम दसैँको अष्टमीको दिन भएको थियो । त्यस दिन मेरो घरमा धेरै पाहुनाहरू आउनुभएको थियो । मेरी मामुले मलाई फरिया र चोलीमा चिटिक्क बनाइदिनुभयो । सबैजनाले मलाई गौरी भगवान मानी मेरो खुट्टाको पानी खाएर मलाई पूजा गर्नुभयो । मेरा ठुला मामा र माइजूले मलाई उपहार पनि दिनुभयो । मलाई सबैजनाले टीका लगाएर पैसा पनि दिनुभयो । त्यो पैसा मैले मेरो बैङ्क खातामा राखेकी छु । मेरो गुन्युचोलीको दिन मैले हातमा मेहेन्दी र रातो चुरा लगाएकी थिएँ । त्यो दिन मलाई दुलही जस्तै बनाइएको थियो । मलाई पनि म आफू दुलही जस्तै नै लागिरहेको थियो । म निकै खुसी थिएँ । पूजा सकिएपछि हामीले फोटाहरू खिच्यौं । मलाई एकदम भोक लागेको थियो । मैले मामुले बनाउनुभएका मिठामिठा खानेकुराहरू थपिथपी खाएँ । त्यो दिन मेरा लागि विशेष दिन भयो ।



सरुन महर्जन

क्रमाङ्क: ३३०२९

हाँडीगाउँको सत्यनारायण जात्रा

सत्यनारायणको जात्रा हाँडीगाउँमा हुन्छ । यस जात्रामा सत्यनारायण भगवानको खट बोकेर हाँडीगाउँको ठाउँठाउँमा घुमाइन्छ । यस जात्रालाई “कही नभएको जात्रा हाँडीगाउँमा” भन्ने पनि चलन छ । यस जात्राको खटमा तीनवटा छाताहरू हुन्छन् । यी तीनवटा छातालाई छत्र भनिन्छ । यी छत्रहरूले ब्रह्मा, विष्णु र महेश्वर जनाउँछन् । सबैभन्दा माथिको छत्रले भगवान ब्रह्मा जनाउँछन्, बिचको छत्रले विष्णु जनाउँछन् र सबैभन्दा तलको छत्रले महादेव जनाउँछन् । तल राखेको काठले भगवान सत्यनारायण जनाउँछन् । खटमा चढेर दुईजना मान्छेहरूले ती तीन छत्रहरू घुमाउँछन् । यी खटहरूका गजुर उल्टा हुन्छन् । यी खटहरू काठले बनेका हुन्छन् । यो जात्रा कार्तिक महिनामा पर्दछ । यस जात्रामा धिमेबाजा र झ्यालीबाजाहरू बजाइन्छ । कुनै समय खट ढलेको जस्तो पनि देखिन्छ ।



आराध्य गोपाल अर्याल

क्रमाङ्क: ३३०४४

नदी

हिउँ पग्लिएर अर्थात् पानीको प्राकृतिक मुहानबाट निस्कने प्रवाहलाई नदी भनिन्छ । नदीको अन्तिम गन्तव्य विभिन्न अरु नदीनालाहरूसँग मिसिँदै समुद्रसम्म हुन्छ । नेपालमा साना ठुला गरेर झन्डै छ हजारभन्दा बढी नदीनाला छन् । नेपालका अधिकांश नदीहरूको मुहान हिमालय पर्वत नै हो । नेपालका प्रमुख नदीहरू कै नामबाट अञ्चलहरूको नामकरण गरिएको छ । नदीहरू नेपालका सबैभन्दा ठुला प्राकृतिक स्रोत हुन् । नेपालमा धेरै नदीहरू छन् । नेपालका केही प्रमुख नदीहरू सप्तकोशी, सप्तगण्डकी, कर्णाली, बागमती, अरुण, मेची, महाकाली आदि हुन् । नेपालका नदीहरूले नेपाल र भारतको, नेपाल रचिनको सिमाना छुट्याएका छन् । त्यति मात्र नभएर जिल्ला जिल्लालाई नदीले छुट्याएको छ । नदीहरू हाम्रा लागि धेरै महत्त्वपूर्ण छन् । कर्णाली प्रदेश नेपालको सबैभन्दा लामो नदी कर्णालीबाट नामकरण गरिएको छ । त्यस्तै कोसी नदीको नामबाट कोसी प्रदेशको नामकरण गरिएको हो । नेपालका नदीहरूबाट विद्युत उत्पादन गर्न सकिन्छ र नदीको सहयोगमा सिँचाइ गर्न र घरायसी कामका लागि प्रयोग गरिन्छ । नदीहरू प्राकृतिक सौन्दर्यका लागि पनि महत्त्वपूर्ण छन् । धेरै पर्यटकहरू पानीको बहाब हेर्न मन पराउँछन् । नदीहरू य्याप्टिङ र यातायातका लागि पनि प्रयोग गरिन्छ ।



प्रसोया यादव

क्रमाङ्क: ३३०१४

नेपाल

नेपाल एउटा विश्वको सानो र सुन्दर देश हो । नेपाल तराई, पहाड र हिमाल गरी तीन भूभागमा बाँडिएको छ । हाम्रो देशमा पहाडी भूभाग बढी छन् । तराईको जमिन समतल भएको हुनाले खेतीपाती बढी हुन्छ । हिमालमा हिमाली भागहरू बढी छन् । मकालु, धवलागिरि, हिमालचुली जस्ता हिमाली पहाडहरू नेपालमा छन् । विश्वमा सबैभन्दा अग्लो चुचुरो भएको हिमाल नेपालमा पर्छ जुन सगरमाथा हो । प्रकृतिले भरिएको देश नेपाल हो । यहाँ ठुला ठुला नदीनालाहरू वनजङ्गलहरू र निकुञ्जहरू पनि छन् । सौराहामा निकुञ्जमा पर्यटक घुम्न आउँछन् । हिन्दु धर्म यहाँको विशेष धर्म हो । यहाँ धार्मिक स्थलहरू पनि धेरै छन् । नेपालमा गौतमबुद्धको जन्म भएको थियो । यहाँ बुद्ध धर्म मात्रै मान्छेहरू पनि धेरै छन् । बुद्ध धर्म विश्वमा नै मानिन्छ । मलाई मेरो देश नेपाल धेरै मन पर्छ



अनन्या अर्याल

क्रमाङ्कः ३३०४२

दसैं

हामीले धेरै ठाउँ घुमेर रमाइलो पनि गर्थौं । दसैं धेरै रमाइलो हुँदो रहेछ । मैले दसैंमा पिङ पनि खेल्न पाएँ । चङ्गा उडाएको पनि हेरेँ ।

दसैं नेपालीहरूको ठुलो चाड हो । दसैंमा नौ दिनसम्म घरघरमा जमरा राखिन्छ र दुर्गा भवानीको पूजा गरिन्छ । दशमीको दिनमा दुर्गाको प्रसादको रूपमा टीका र जमरा लगाइन्छ । यस दिन ठुलाले सानालाई टीका लगाइदिने चलन छ । मैले पनि बाबा, आमा, हजुरबुबा र हजुरआमाको हातबाट टीका लगाएँ । दसैंमा टीका लगाएर सात हजार रुपियाँ कमाएँ । त्यो पैसा मैले खुनुकेमा राखेकी छु । दसैंमा जमरा पनि लगाउने चलन छ । हामीले घरमा जमरा राखेका थियौं । हामी दसैंका दिन धेरै ठाउँमा टीका लगाउन गयौं । दसैंको छुट्टीमा हामी सबैजना एक हप्ताका लागि बैंकक घुम्न गएका थियौं । त्यहाँ धेरै कपडाहरू किन्यौं र



आशुतोष काफ्ले

क्रमाङ्कः ३३०२६

चेस खेल्नुको मज्जा !

साथीहरूसँग खेल्दा भने जितेको छु । बाबाले तिमी निकै राम्रो खेल्न सक्ने भएका छौं भन्नु पनिभएको छ । म त्यसै मख्ख परेको छु । अब म चेसको कुरा गर्छु है त ! चेसमा ६४ वटा कोठाहरू हुँदा रहेछन् । ३२ वटा सेता कोठाहरू र ३२ वटा काला कोठाहरू । १६ वटा काला गोटीहरू र १६ वटा सेता गोटीहरू । आठ वटा सिपाही, दुई वटा हात्तीहरू, दुई वटा घोडाहरू, दुई वटा ऊँटहरू एउटा प्रधानमन्त्री अनि एउटा राजा । कस्तो अचम्म ! सबैका आआफ्नै अचम्मका विशेषता । चेस खेल्न दुईजना त चाहिने रहेछ । यो बुद्धिको खेल पनि रहेछ । सबै गोटीतिर ध्यान दिनुपर्ने । निकै धैर्य पनि चाहिने । म पनि थोरै थोरै बुझ्दै छु । तपाईंहरू पनि चेस खेल्नुहोस् है । मज्जा आउँछ ।

पहिले मलाई चेस भन्ने खेलको बारेमा खासै थाहा थिएन । स्कुलमा खाना खाएपछि मेरा साथीहरू अतुल्य, अजन्य, युग र म मिलेर चेस खेल्ने गर्दछौं । खेल्दै गर्दा मलाई निकै रमाइलो लाग्न थाल्यो । मैले बाबालाई चेस किनिदिन अनुरोध पनि गरेँ । सुरुमा त बाबाले नकिनिदिने कुरा गर्नुभएको थियो । एकदिन हामी कामले पसलतिर जाँदै थियौं । मैले सोचेको पनि थिइनँ, बाबाले मलाई चेस पो किनिदिनुभयो । म कति खुसी भएँ हुँला । तपाईं आफैं सोच्नुहोला ! अहिले बाबा र म बिदाका दिनमा चेस खेल्ने गर्दछौं । म छिमेकी संस्कार दादा र समृद्ध भाइसँग पनि खेल्ने गर्छु । आजका मितिसम्म मैले उनीहरूलाई जित्न सकेको छैन तर स्कुलका



सुशान्त पोखरेल

क्रमाङ्क: ३२०२०

पुस्तकालय

पुस्तक भनेको किताब हो । पुस्तकालय भनेको पुस्तक नै पुस्तकले भरिएको घर हो । जसरी हामी बस्ने घरमा हामीलाई चाहिने विभिन्न किसिमका सरसामानहरूले भरिएको हुन्छ । त्यसै गरी पुस्तकालयमा विभिन्न विषयका पुस्तकहरूको भण्डारण गरिएको हुन्छ । पुस्तकालय लाई अङ्ग्रेजीमा (library) भन्ने गरिन्छ । पुस्तकालय ज्ञानको भण्डार हो । हामीले पुस्तकालयमा भएका पुस्तकहरू पढेर ज्ञान आर्जन गर्न सक्छौं । सामान्यतया पुस्तकालयमा पुस्तकहरू विषयअनुसार मिलाएर राखिएको हुन्छ । जसले गर्दा हामीले पढ्न चाहेको पुस्तक खोज्न सजिलो हुन्छ । हामीले पुस्तकालयमा किताबलाई जहिले पनि जतनका साथ राख्नुपर्छ । जसले गर्दा पछि अरूलाई पढ्न सजिलो हुन्छ । अचेल मानिसहरू घरमै पनि सानो पुस्तकालय बनाउने गर्छन् । प्रायः विद्यालयमा पनि पुस्तकालय हुन्छ साथै कहीं कहीं त सार्वजनिक ठाउँमा समेत पुस्तकालय हुन्छ । ठाउँअनुसार पुस्तकालय प्रयोग गर्ने केही नियमहरू बनाइएको हुन्छ । ती नियमहरू पालना गरेर पुस्तकालय नियमित रूपमा जानु राम्रो हुन्छ । यसले गर्दा हाम्रो पुस्तक पढ्ने बानीको विकास हुन्छ ।



अक्षेष्ठा वैद्य

क्रमाङ्क: ३२०३७

सुन

सुन भनेको धातु हो । यो पहेंलो रङको हुन्छ । यो धेरै बहुमूल्य हुन्छ । यो विभिन्न गरगहना बनाउनको लागि पनि प्रयोग हुन्छ । सुनको गहनाले मानिसको सौन्दर्य बढाउँछ । त्यही भएर मानिसहरू सानो र थोरै मात्र सुन प्रयोग हुने गहना भए पनि लगाउन चाहन्छन् । महँगो हुने भएको हुनाले सुन सजिलै चोरी हुन पनि सक्छ । सुनका गहना लगाउँदा धेरै सावधान हुनुपर्छ । दिनदिनै नलगाउने सुनका गहनाहरूलाई बैङ्कमा लगेर लकरमा सुरक्षित राख्न सकिन्छ । सुनले गहना मात्र नभई सिक्का पनि बन्ने गर्छ । यसलाई असर्फी भनिन्छ । सुनको प्रयोग विभिन्न ठाउँमा जलप लगाउन पनि प्रयोग गरिन्छ । सुनको तौल नाप्दा तोलामा नापिन्छ । विदेशबाट फर्कदा थोरैमात्र सुन लिएर आउन पाइन्छ । धेरै ल्यायो भने प्रहरीले जफत गर्ने वा ल्याउने मान्छेलाई थुन्न पनि सक्छ । त्यसैले सुनको लोभ गर्नुहुँदैन ।



वेदान्त भण्डारी

क्रमाङ्क: ३२०३८

मेरो दसैं बिदा

दसैं नेपालीहरूको महान् चाड हो । यो चाडलाई दसैं, बडादसैं र विजयादशमी पनि भनिन्छ । दसैं १५ दिन मनाइन्छ । यो चाडको पहिलो दिन पूजाकोठामा जमरा राखिन्छ । जमरा राख्ने दिनलाई घटस्थापना भनिन्छ । दसैंको पहिलो दिनदेखि नवौं दिनसम्मलाई नौरथा पनि भनिन्छ । उक्त नौ दिन विभिन्न देवीका मन्दिरहरूमा भक्तजनहरूको भीड लाग्ने गर्दछ । दसैंको बेला मैले पनि विभिन्न मठमन्दिरहरूमा गएर देवीहरूको दर्शन गर्ने । दसैंमा सबैको बिदा हुने हुनाले सबैको भेटघाट हुन्छ । दसैंको सातौं दिनलाई सप्तमी भनिन्छ । यस दिन घरघरमा फूलपाती भित्र्याइन्छ । दसैंको अन्तिम दिन विजयादशमी हो । यस दिनमा आफूभन्दा ठूलाको हातबाट टीका र जमरा लगाएर आशीर्वाद ग्रहण गरिन्छ । दसैंमा धेरै रमाइलो हुन्छ । मैले पनि

दसैँमा धेरै रमाइलो गरेँ । मैले दसैँमा मिठा मिठा खानेकुरा खाएँ । मैले दसैँमा राम्रो लुगा लगाएँ । आफन्तहरूसँग भेटघाट गरेँ । म दसैँ बिदामा झापा गएँ । त्यहाँ मैले मेरो दादा, दिदी र साथीहरूसँग पिङ खेलेँ । चङ्गा उडाएँ र खोलामा पौडी खेल्न गएँ । विजयादशमीको दिन मान्यजनबाट टीका जमरा लगाएर आशीर्वाद लिएँ । यसरी मेरो यसपालिको दसैँ रमाइलो गरी बित्यो ।



आभा डङ्गोल

क्रमाङ्क: ३२००३

गाईजात्रा

हाम्रो समुदायमा धेरै प्रकारका चाडपर्व मनाउने गरिन्छ । काठमाडौँ उपत्यकामा नेवार समुदायका मानिसहरूले विभिन्न प्रकारका जात्रा भव्य तरिकाले मनाउने गर्दछन् । काठमाडौँबाहिरका नेवारहरूले पनि गाईजात्रा मनाउने गर्छन् । गाईजात्रालाई नेवारीमा सापारु भनिन्छ । नेपाली भाषामा सापारुको अर्थ 'सा' भनेको गाई र 'पारु' भनेको प्रतिपदा तिथि हो । त्यसैले सापारु हरेक वर्ष जनैपूर्णिमा वा रक्षाबन्धनको भोलिपल्ट भाद्र महिनाको प्रतिपदाको दिन दिवङ्गत आत्माको चिरशान्तिको कामना गर्दै मनाइने जात्रा हो । यो जात्रा प्रत्येक टोल टोलबाट मानिसहरू चोकमा जम्मा भएर बाजा गाजा बजाई निकालिने

जात्रा हो । यस जात्रामा परिवारका कुनै सदस्यको मृत्यु भएमा मृतकको मुक्तिको उद्देश्यले गाईलाई सिंगारेर सहरको परिक्रमा गराइन्छ । यो जात्रा मनाउने क्रममा पाएसम्म गाई र नपाएमा बालबालिकाहरूलाई सिंगारपटार गरी गाई तथा विभिन्न देवीदेवताको भेषमा नगर परिक्रमा गराइन्छ । यसका साथै विभिन्न सांस्कृतिक नाच र नेवारी खानपानले यो पर्व निकै रमाइलो हुन्छ । यो जात्रा काठमाडौँ उपत्यकाको प्रमुख जात्राहरू मध्ये एक हो । गाईजात्रा मनाउने तरिका ठाउँ ठाउँमा फरक छ । सापारु काठमाडौँ, भक्तपुर र ललितपुरमा मनाइन्छ । यो जात्रामा मलाई लाखे नाच हेर्न मन पर्छ ।



शुभश्री मल्ल

क्रमाङ्क: ३१०३०

गौरा पर्व

गौरा पर्व भनेको धार्मिक, सामाजिक र सांस्कृतिक महत्त्व बोकेको पर्व हो । यो पर्व भाद्र महिनामा पर्दछ । यो पर्व विशेष गरेर नेपालको सुदूरपश्चिम प्रदेश र कर्णाली प्रदेशमा मनाउने चलन छ । यस दिन पार्वती (गौरी) को पूजा गर्ने चलन छ । यसको धार्मिक किम्वदन्तीअनुसार एक जना राजाले ब्राह्मणहरूसँग आफ्नो धन फिर्ता माग्ने क्रममा ब्राह्मणहरूको हत्या गरेका थिए । त्यस राज्यका ब्राह्मणीहरूले तेजिलो पुत्र पाऊँ भनी लामो समयसम्म भगवानको तपस्या गरे । उनीहरूको कठोर तपस्या देखेर भगवान प्रशन्न हुनुभयो त्यसैले ब्राह्मणीहरूलाई तेजिलो सुन्दर पुत्र दिनुभयो । जब ब्राह्मणीहरूले तेजिलो पुत्र प्राप्त गरे तब राजा दृष्टिविहीन

भए । राजाले आफ्नो दुष्कर्मको फल पाए । भाद्र कृष्ण नवमीका दिन गौरीको पूजा गरी मनाइने यस पर्वमा केही दिन अघि नै घरघरमा तामाको भाँडामा ५ थरीका (केराउ, गहत, मास, गुर्ाँउस र गहुँ) अन्न भिजाउने गरिन्छ । जसलाई बिरुडा भनिन्छ । गौरा पर्वका दिन भगवानलाई प्रसादको रूपमा बिरुडा चढाइन्छ । गौरा पर्वमा देउडा नाच गरिन्छ । एक आपसमा मिलेर अत्यन्तै धुमधामका साथ मनाइने यो पर्वले सबैमा भाइचाराको सम्बन्ध कायम गरेको छ ।



दर्शना खड्का

क्रमाङ्क: ३१०४८

दर्सेँ

हाम्रो देश नेपाल संस्कृतिमा धनी छ । यहाँ विभिन्न चाडपर्वहरू मनाइन्छन् । दर्सेँ हिन्दु धर्मावलम्बीहरूले मनाउने एउटा ठुलो चाड हो । दर्सेँ पर्व मनाउनको लागि सरकारले सार्वजनिक बिदा पनि दिन्छ । दर्सेँ पर्व मनाउन भनी घरदेखि टाढा गएका आफन्तहरू पनि घर फर्कन्छन् । दर्सेँ १५ दिनसम्म मनाइन्छ । दर्सेँको पहिलो दिनलाई घटस्थापना भनिन्छ । यस दिन गहुँ, मकै, जौ आदि बिउहरू छरेर जमरा राखिन्छ र पूजा गर्ने ठाउँ स्थापना गरिन्छ । यस दिनदेखि स्वरूपिणी भवानीका नौ ओटा रूपको पूजा गरिन्छ । पहिलो दिनमा पूजा गरिने देवी शैलपुत्री, दोस्रो दिनमा ब्रह्मचारिणी, तेस्रो दिनमा चन्द्रघण्टा, चौथो दिनमा कुष्माण्डा, पाँचौँ दिनमा स्कन्दमाता, छैटौँ दिनमा कात्यायनी, सातौँ दिनमा कालरात्री, आठौँ दिनमा महागौरी र नवौँ दिनमा सिद्धिदात्रीको पूजा गरिन्छ । यो चाडको सातौँ दिन फूलपाती हो । यस दिन घरघरमा फूलपाती भित्र्याइन्छ । आठौँ दिन महाअष्टमी हो । यस दिन खसी, कुखुरा, हाँस आदि काटेर मन्दिरहरूमा बलि दिने गरिन्छ । नवौँ दिनलाई नवमी भनिन्छ । यस दिन सबै सवारी साधनहरूको पूजा गरिन्छ । दर्सेँ दिनलाई विजया दशमी भनिन्छ । यस दिन सबै आफन्त एउटै ठाउँमा जम्मा भएर टीका र जमरा लगाई आशीर्वाद दिने र लिने चलन छ । यस दिनपछि ५ दिनसम्म आफन्त कहाँ गएर टीका लगाएर आशीर्वाद लिने चलन छ । यो चाडमा हामीले धेरै रमाइलो गर्छौँ नयाँ लुगा लगाउँछौँ, चङ्गा उडाउँछौँ र पिड खेल्छौँ । त्यसैले मलाई दर्सेँ पर्व धेरै मन पर्छ ।



सेलिना भट्टराई

क्रमाङ्क: ३००४१

मुनामदन

मुनामदन झ्याउरे लयमा आधारित स्व. महाकवि लक्ष्मीप्रसाद देवकोटाको अमर कृति हो । जुन नेपाली साहित्यको सबैभन्दा प्रख्यात कृति पनि हो । मुनामदनलाई लिएर १९६६ सालमा आफ्नो मृत्यु अघि महाकवि देवकोटाले भनेका थिए रे मेरा सबै कृति जलाइदिए पनि मुनामदन चाहिँ नजलाउनु । मुनामदन अहिलेसम्मकै सबैभन्दा बिक्री भएको चर्चित कृति हो । मुनामदन एक कारुणिक काव्य हो जसले मुनामदनको बिछोडको प्रेम कहानीको वर्णन गर्छ । मदनको घरको आर्थिक अवस्था एकदमै कमजोर हुन्छ त्यसैले मदन पैसा कमाउनको लागि साथीहरूसँग ल्हासा जान्छ । घर फर्कने क्रममा बाटोमा आउँदै गर्दा मदन बिरामी हुन्छ । बिरामी मदनलाई बिच बाटोमै छोडेर उसका साथीहरू घर आउँछन् । उता गाउँमा गुण्डाहरूले मदनको मृत्यु भयो भनी झुटो चिठी लेखेर मुनालाई पठाउँछन् । मुनालाई चिठी पढ्दा मदनको मृत्यु भयो होला भन्ने कुरामा विश्वास नै लाग्दैन । उता मदनसँगै ल्हासा गएका सबै साथीहरू घर फर्कन्छन् । मुनाले उनीहरूलाई चिठीका बारेमा बताउँछिन् । साथीहरूले यो कुरा सत्य हो किनभने ऊ बाटोमा सिकिस्तै बिरामी थियो भन्छन् । यो कुराले मुनालाई निकै पीडा हुन्छ । पीडा सहन नसकेर मुनाको मृत्यु हुन्छ । उता मदनलाई बाटोमा अलपत्र रूपमा एक जना भोटेले फेला पार्छ । उसले मदनको खुबै स्याहार र सुसार गर्छ । मदन भोटेको घरमा केही समय बस्छ । शारीरिक रूपमा तन्दुरुस्त भएपछि घर जानको लागि मदनले भोटेसँग बिदा माग्छ । मदनले निहुरिएर भोटेको खुट्टा ढोग्न लाग्दा भोटेले रोक्छन् । भोटेले तपाईं ठुलो जातको म सानो जातको त्यसैले तपाइँले मेरो खुट्टा छुनुहुँदैन भन्छन् । मदनले “क्षेत्रीको छोरो यो पाउ छुन्छ घिनले छुँदैन,

मानिस ठुलो दिलले हुन्छ जातले हुँदैन” भन्दै भोटेको खुट्टा ढोग्छ । अब छिट्टै आमा र मुनासँग भेट हुन्छ भनेर खुसी हुँदै मदन घर फर्कन्छ । मदन घर पुग्दा मदनकी आमा जीवनको अन्तिम अवस्थामा हुन्छिन् । मदनको मुख हेरेर मर्ने उनको धोको हुन्छ । जब मदन घर पुग्छ तब आमाको पनि मृत्यु हुन्छ । मदनले आफ्नी प्राणप्रिय श्रीमती मुनाले यो संसार छोडेर गएको थाहा पाउँछ । श्रीमती र आमाको मृत्युले मदन विक्षिप्त हुन्छ । चिन्तै चिन्ताले गर्दा मदनले पनि आफ्नो प्राण त्याग गर्छ । यसरी मुनामदन खण्डकाव्यको दुःखद अन्त्य भएको छ ।



विशाखा उपाध्याय
क्रमाङ्क: ३००१०
नेपालको इतिहास

नेपाल दक्षिण एसियाको भूपरिवेष्टित देश हो । यसको हजारौं वर्ष पुरानो र आकर्षक इतिहास छ । प्राचीन सभ्यतादेखि शक्तिशाली नेपालले विभिन्न राज्य र साम्राज्यहरूको उदय र पतन देखेको छ। यस निबन्धमा हामी नेपालको इतिहासलाई आकार दिने महत्त्वपूर्ण घटना र कोसेढुङ्गाहरूको खोजी गर्ने छौं । नेपालको इतिहास प्राचीन कालदेखि नै पत्ता लगाउन सकिन्छ । जुन समयमा विभिन्न जनजाति र साना राज्यहरूले शासन गरेका थिए । किराँतहरू यस क्षेत्रमा बसोबास गर्ने प्रारम्भिक ज्ञात जनजातिहरूमध्ये एक थिए । लिच्छवी काल (चौथो शताब्दीदेखि नवौं शताब्दी) मा नेपालले कला, संस्कृति र व्यापारमा महत्त्वपूर्ण विकासहरू गरेको थियो । लिच्छवी वंशले राजनीतिक स्थायित्व ल्यायो र नेपाली समाजमा दिगो प्रभाव छोडेर यस क्षेत्रमा बौद्ध धर्मको परिचय दियो ।

लिच्छवि वंशको पतनपछि मल्ल वंश नेपालमा शक्तिशाली शक्तिको रूपमा देखा परेको थियो । १० औं शताब्दीदेखि १८ औं शताब्दीसम्म चलेको यस अवधिमा काष्ठकला, वास्तुकला र साहित्य फस्टाएको थियो । मल्ल राजाहरूले काठमाडौं र भक्तपुरजस्ता भव्य दरबारहरू, मन्दिरहरू र सहरहरू निर्माण गरे, जसले अझै पनि उनीहरूको सभ्यताको प्रमाण दिन्छ यद्यपि, आफ्नो सांस्कृतिक उपलब्धिहरूको बाबजुद मल्ल वंशले बारम्बार आन्तरिक द्वन्द्वको सामना गर्‍यो, जसले अन्ततः सत्तामा उनीहरूको पकड कमजोर भयो । १८ औं शताब्दीको उत्तरार्धमा नेपालमा शाह वंश नामक नयाँ राजवंशको उदय भयो । आधुनिक नेपालका संस्थापक पृथ्वीनारायण शाहले विभाजित राज्यहरूलाई एकीकरण गर्न र केन्द्रीकृत शासन स्थापना गर्न महत्त्वपूर्ण भूमिका खेलेका थिए । सन् १७६८ मा काठमाडौं उपत्यकालाई जितेर उनको संयुक्त नेपालको सपना साकार भएको थियो । शाह वंशले दुई शताब्दीभन्दा बढी समयसम्म नेपालमाथि शासन गर्‍यो । त्यसपछिका राजाहरूले राज्यको क्षेत्र विस्तार गरे र सापेक्षिक रूपमा स्थिरता कायम गरे । १९ औं शताब्दीको दौरानमा राणाहरूको शक्तिशाली समूहले राजतन्त्रमाथि नियन्त्रण गरी वंशानुगत निरंकुशता स्थापना गर्‍यो । राणा शासन एक शताब्दीभन्दा लामो समयसम्म चल्यो ।

राणा प्रधानमन्त्रीहरूले राजालाई पिँजडाको सुगा जस्तै बनाएर नेपालमा शासन गरे । २० औं शताब्दीको मध्यमा नेपालले राजनीतिक परिवर्तनको लहर अनुभव गर्‍यो । सन् १९५१ को जनआन्दोलनले राणा शासनको पतन र राजतन्त्रको पुनर्स्थापना गर्‍यो । त्यसपछिका वर्षहरूमा नेपालले धेरै राजनीतिक संक्रमणहरू देखेको छ, जसले अन्ततः सन् १९९० मा लोकतान्त्रिक प्रणालीको स्थापना गर्‍यो । हालका वर्षहरूमा नेपालले राजनीतिक अस्थिरता, माओवादी विद्रोह र प्राकृतिक प्रकोपहरूलगायत थुप्रै चुनौतीहरूको सामना गरेको छ । एक दशक लामो गृहयुद्धपछि

देश २००८ मा राजतन्त्रबाट गणतन्त्रमा परिवर्तन भयो । नेपाल अझै पनि गरिबी, भ्रष्टाचार र अपर्याप्त पूर्वाधारजस्ता समस्याहरूसँग संघर्ष गरिरहेको छ तैपनि नेपाली जनता राम्रो भविष्यका लागि लचिलो र आशावादी छन् । प्राचीन सभ्यतादेखि आजसम्म नेपालले विभिन्न चुनौतीहरू पार गर्दै विकासको गतिमा अगाडि बढेको छ । नेपाली इतिहास अरु देशको जस्तो छैन, यो फरक छ । नेपाली इतिहासमा वीरताको गाथा, युद्ध, विश्वासघात, प्रेम र घृणा छ । नेपालको इतिहासले हामीलाई वीर गाथाको स्मरण गराउँदै कमजोरीहरूलाई हटाउँदै अगाडि बढ्न अभिप्रेरित गर्दछ ।



पासाङ डोमा शेपा
क्रमाङ्क: ३००१९
महिला हिंसा

महिला हिंसा भनेको के होला ? तपाईंले कहिले सोच्नुभएको छ । महिला हिंसा भनेको महिलालाई लिङ्गका आधारमा भेदभाव गरेर शारीरिक तथा मानसिक रूपमा हानि गर्नु हो । शारीरिक तथा मानसिक रूपमा मात्र होइन, महिलाहरूलाई संवेगात्मक र भावनात्मक रूपमा दुर्व्यवहार गरेमा पनि त्यसलाई महिला हिंसा भनिन्छ । महिला हिंसा उन्मूलन सम्बन्धी संयुक्त राष्ट्रसंघीय घोषणापत्रमा महिला हिंसा भन्नाले महिलालाई शारीरिक, संवेगात्मक र मनोवैज्ञानिक हानि वा पीडा दिनु, लिङ्गमा आधारित भएर हिंसा, धम्की, जबरजस्ती, स्वतन्त्रताको हनन गर्ने आदि कार्यलाई जनाउँछ । शारीरिक हिंसामा झापड हान्ने, कुटपिट गर्ने, जलाइएको वा चक्कुले हान्ने, धकेल्ने आदि कार्यहरू पर्छन् । महिलालाई धम्की दिनु, उनीहरूलाई उनीहरूको परिवार र साथीहरूसँग अलग गर्नुजस्ता कार्यलाई संवेगात्मक र भावनात्मक हिंसा भनिन्छ । महिला हिंसा महिलाको विकास र सशक्तीकरणको बाधक पनि हो । महिलाहरूकै कारणले गर्दा हामी बाँचेका छौं । तिनीहरू हेरचाहकर्ता हुन् र तिनीहरूले बच्चाहरूको विकासमा मद्दत गर्छन् । समाजमा महिलाको ठुलो महत्त्व छ । महिला हिंसा रोकन घरबाटै सुरु गर्नुपर्छ । यसको रोकथामले न्याय र महिलाको सम्मानसहितको समाज निर्माण गर्न मद्दत गर्छ । त्यति मात्र होइन, यसले महिलाले पूर्ण मेहनतका साथ काम गर्ने क्षमतामा सहयोग पुऱ्याउन पनि मद्दत गर्छ । व्यक्ति, परिवार र समाजको संयुक्त प्रयासले नै महिला हिंसा रोकन सकिन्छ । महिला घरमा महत्त्वपूर्ण हुन्छन् र समाजमा पनि महत्त्वपूर्ण हुन्छन् त्यसैले हामीले महिला हिंसाको विरोध गर्नुपर्दछ । जबसम्म महिला र पुरुषका बिचमा भेदभाव गरिन्छ तबसम्म देशको विकास हुन सक्दैन । महिला र पुरुष एक रथका दुई पाङ्ग्रा हुन् भन्ने कुरा सबैले बुझ्न जरुरी छ ।



आरोहण तिम्सिना
क्रमाङ्क: २९०५७
वातावरणीय प्रदूषण

वातावरणीय प्रदूषण भनेको हाम्रो वातावरणमा हुने प्रदूषण हो । यो प्रदूषणले हामीलाई बाँच्न गाह्रो बनाउँछ । यसले दुवै मानिस र जनावरलाई हानी पुऱ्याउने गर्दछ । वातावरणीय प्रदूषण अहिलेको आधुनिक समाजको एउटा ठुलो समस्या हो । यसले बिस्तारै हाम्रो धर्ती खराब गर्दै छ र यसले हाम्रो धर्तीलाई नष्ट गर्ने क्षमता पनि राख्दछ । यो समस्या हामीहरूले छिट्टै रोकनुपर्ने भएको छ । वातावरणीय प्रदूषण छिट्टै रोकन सकेनौं भने यो यस्तो समस्या बन्न सक्छ जसको समाधान नै छैन । हाम्रो धर्ती र यसका प्राणीहरू बचाउन वातावरणीय प्रदूषण अन्त्य गर्नु पर्ने भएको छ ।

वातावरणीय प्रदूषण हामी धेरै रूपमा देख्न सक्छौं । वातावरणीय प्रदूषण भनेको हाम्रो वातावरण फोहोर पार्नु हो । वातावरणीय प्रदूषण धेरै प्रकारका हुन्छन् । यसका मुख्य प्रकारहरूमा वायुप्रदूषण, जलप्रदूषण, ध्वनिप्रदूषण र माटो प्रदूषण हुन् । हावाको प्रदूषणले हामीले सास फेर्ने हावालाई फोहोर र प्रदूषित बनाउँछ । हामीले प्रत्येक बेला आफ्नो शरीरमा लिने हावा पनि सफा छैन भने त हाम्रो शरिर वा हाम्रो स्वस्थ नराम्रो हुँदै जान्छ । यस्तो भयो भने हामीलाई धेरै रोग पनि लाग्छ । यो मानिसलाई मात्र होइन जनावरहरूलाई पनि हुन्छ । हामीले पिउने पानी पनि अहिले सफा छैन । हामी धेरै नदीहरूको उदाहरण लिएर यो कुरा पुष्टि गर्न सक्छौं । जस्तै, अहिलेको बाग्मती नदी हेर्नु भने यति फोहोर भएको छ कि कसैलाई त्यो नदीको नजिक जान पनि मन लाग्दैन । यही पानी हामीले सफा गरेर खान्छौं तर त्यो सफा पानी धेरै मात्रामा हुँदा त्यसैले धेरै मानिस पनि नपाएर मरेका वा रोगी भएका छन् । हाम्रो जमिन पनि धेरै प्रदूषित भएको छ । यसले पनि मानिसहरूलाई फोक्सोको क्यान्सर जस्ता विभिन्न रोग लगाइदिएको छ । यसको मुख्य समस्या भनेको जनावरहरूले यो फोहोर खानु हो । पहिला रोगहरू जनावरलाई लाग्छ र त्यसपछि त्यो रोग धेरै छिटो रूपमा मानिसलाई सधैं त्यसैले जमिन प्रदूषण पनि धेरै हानिकारक र खतरनाक छ ।

हाम्रो वातावरण अहिलेको समयमा धेरै नै फोहोर भएको छ । यो एउटा ठूलो समस्या हो । यो समस्याको समाधान पनि हामीलाई थाहा छ । हामी प्रदूषण रोक्नुको सट्टा हाम्रो वातावरण धेरै फोहोर पाउँछौं । यो समस्या समाधान गर्न पुरै संसार एकजुट हुनुपर्छ र काम गर्नुपर्छ ।



समृद्धि गेलाल

क्रमाङ्क: २१०६३

लिङ्गे पिङ

लिङ्गे पिङ, धेरैजसो नेपालीहरूको बाल्यकालको हाँसो र रमाइलोको स्रोत हो । यही हाँसो र रमाइलो नेपालको सबैभन्दा ठूलो चाड दसैँमा देख्न पाइन्छ । जब आफ्नो समाजको चहुरमा पिङ लगाइएको देखिन्छ । बाँसले बनेको यो पिङले दसैँ आएको जनाउँछ । केही पछि बाँसले बनेको यो पिङलाई दसैँको चिनो पनि मानियो र यस पिङलाई क्यालेन्डर, कार्ड आदिमा पनि दसैँ चिनेको रूपमा छाप्रा थालियो ।

लिङ्गे पिङ बनाउनको लागि एउटा लामो बाँसलाई छानिन्छ । त्यसपछि चहुरको चारतिर चारवटा प्वाल खनेर त्यसभित्र बलियो बाँसलाई वर्ग आकारमा राखिन्छ र प्रत्येक छेउमा दुईवटा पोस्टहरू तिनीहरूको चौडाइमा बाँधेर राखिन्छ । दुईवटा छेउहरूलाई जोड्नको लागि तेस्रो बाँस राखिन्छ । त्यसपछि त्यहाँ एउटा मोटो र बलियो डोरीलाई तल झारिन्छ र पिङ खेलन एउटा काठको फ्याक राखिन्छ । पिङ खेलन तयार भएपछि त्यस समाजका मानिसहरू भेला हुन्छन् र पालैपालो पिङ खेल्छन् । कुनै कुनै पिङ बिस खुट्टाभन्दा पनि उचाइमा जान सक्छ र यसमा मानिसहरू एकलै तथा जोडीको साथ एकअर्काको सामु बस्दै खेल्न सक्छन् । यसरी बल मिलाउँदै खेल्दा पिङ अझ उचाइमा जान्छ । पिङ खेल्दा मानिसको भिडले एकअर्कालाई भेट्न पाउँदा कुनै पनि व्यक्ति समाजमा समायोजित हुन पाउँछ जसलाई हामी सामाजिकीकरण भन्न सक्छौं । । पुरानो समयमा रोटे पिङ पनि असाध्यै चर्चित थियो । यो पिङ- लिङ्गे पिङभन्दा फरक थियो किनभने यो पिङ रोटे पिङजस्तै थियो तर यो पिङ लिङ्गे पिङभन्दा सानो हुन्थ्यो ।

सामान्य रूपमा बाहिरी खेलहरूले मानिसलाई शारीरिक तथा मानसिक स्वस्थ राख्न र प्रकृतिसँग नजिक हुन मद्दत गर्छ । साथै समाजमा समायोजित गर्न पनि मद्दत गर्छ । त्यसै गरी लिङ्गे पिङले सबै उमेरका मानिसलाई प्रकृतिसँग नजिक

हुन र रमाउन मद्दत गर्छ । अन्ततः लिङ्गे पिङ्ग एउटा हाँसो र रमाइलोको स्रोत हो, जसले नेपालीहरूलाई आफ्नो तनाव र दुःखलाई गायब गर्न मद्दत गरिदिन्छ त्यसैले लिङ्गे पिङ्ग नेपालको सबैभन्दा ठुलो पर्व दसैँको प्रतीक हो।



शुभी लामिछाने

क्रमाङ्कः २१०३३

मिस नेपाल बन्द हुनुपर्छ ।

आजको समयमा मिस नेपालजस्ता महिला सशक्तीकरणको नारा लगाउँदै हिँडिरहेका सुन्दरी प्रतियोगिताहरू धेरै छन् तर यी प्रतियोगिताहरू साँच्चिकै राम्रा हुन् त ? मिस नेपालकी अन्तिम प्रतियोगी सम्बृद्धि राईले भनेकी थिइन् “हावादारी नौटङ्की कार्यक्रममा भाग लिएकाले आफ्नो युवा अवस्था नै बर्बाद बनाइएको र आजसम्म पछुताएकी छु। ” उनले महिलालाई सामान बिकाउने साधन जसरी प्रस्तुत गर्नुबाहेक यस्ता प्रतियोगिताहरू केही होइन भनेर पनि आफ्ना भनाइ व्यक्त गरेकी थिइन् । आज हरेक टोलटोलमा मिस टिन, मिस नेवा, मिस वडा न. ६ जस्ता प्रतियोगिताहरूले सुन्दरी प्रतियोगिताको नाममा ठुलो व्यवसाय भइरहेको छ । महिलालाई वस्तुजस्तै प्रयोग गरेर आफ्नो कारखानामा उत्पादन हुने सामान बेच्न प्रयोग गरिरहेका छन् । महिलामाथि मानसिक हिंसा गरिरहेका छन् ।

१८ औं शताब्दीमा पहिलो सुन्दरी प्रतियोगिता भएको थियो । त्यसपछि विस्तारै सुन्दरी प्रतियोगितामा भाग लिने महिलालाई सामान बिकाउने साधन जसरी प्रयोग गर्न थालियो । यस्ता प्रतियोगिताहरूले सौन्दर्यलाई निश्चित मानक बनाइएको थियो उदाहरणको रूपमा भन्नुपर्दा राम्री हुनको लागि गोरो छाला, रेशमी कपाल, निश्चित उचाइ र निश्चित वजन हुनैपर्छ । त्यसपछि त्यही सौन्दर्य मानकको प्रयोग गरेर पहिला आफू सुन्दर नभएको डर सिर्जना गर्छन् र फेर एन्ड लभ्लीजस्तो सौन्दर्यका सामानहरूलाई बेचाउँछन् । यदि यस्ता सामान बेच्नु यस्ता सुन्दरी प्रतियोगिताहरूको उद्देश्य यस्ता सामान बिकाउनु थिएन भने किन त्यहाँ मेकअप गर्ने महिलालाई आफ्नो आत्मसम्मानमा ठेस पुग्ने गरी किन गाली दिइन्छ त ? दिनदिनै बढिरहेको सौन्दर्यको सामान उत्पादन गर्ने उद्योगहरू भविष्यमा अझै बढ्ने छन् । पहिला त यस्ता सामान प्राकृतिक सामग्रीहरूको प्रयोग गरेर बनाइन्थ्यो तर अहिले २००० भन्दा धेरै बालबालिकाहरूलाई काम लगाएर निकालिने गाईवस्तुभित्र पाइने टल्लो नामक एक चिज र चराचुरुङ्गीको नङ, पखेटामा पाइने केराटिनजस्ता सामानको प्रयोग गरेर बनाइन्छ । यति मात्र होइन भ्रुणकोषकाहरू प्रयोग भएका सामानहरूको पनि प्रयोग गरिन्छ । यस्ता स्रोतहरूले बनेका सामग्रीको प्रयोग गर्नाले हाम्रो छाला र वातावरणमा नराम्रो असर पर्छ । चिकित्साको राष्ट्रिय पुस्तकालयले भनेको छ, “यस्ता प्रतियोगिताहरूमा सहभागी भएका प्रतिस्पर्धी २६% लाई खाने विकार छ भने ५७% लाई अझै दुब्लाउन मन लागेको छ भनेर भनेको थियो। ” यस्ता प्रतियोगिताहरूमा महिलालाई बोल्न लगाउँछन्, हास्य लगाउँछन् र मिस नेपाल भनेर भनिदिन्छन् ।

समग्रमा मिस नेपालजस्ता कार्यक्रमहरू आफ्नो माल बिकाउन केही थान पुतली तयार गर्ने प्रतियोगिता हो । यस्ता प्रतियोगितामा यौन दुर्व्यवहार भएको भनेर पनि धेरै समाचारहरू आएका छन् त्यसैले मिस नेपालजस्ता प्रतियोगिताहरूले “तिमी सुन्दरी है। ” भनेर टाउकोमा ताज लगाइदिने अवस्था सिर्जना नहोस्।



अनुश्री आचार्य
क्रमाङ्कः २००२
सपना

"राम्ररी जीवन बिताउनु, बिदामा आउँदै गर्नु ।" यिनै थिए, आमाले बोल्नुभएका शब्दहरू । भनिन्छ, "नेपालजस्तो 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 सुन्थेँ, "यहाँ बसेर केही हुँदैन । बरू यसलाई अमेरिका अथवा जापान पठाए हुन्छ ।" आमाले मलाई पनि भन्नुहुन्थ्यो, "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 गाहो 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 तइपिन्थेँ विदेश जान ।

छिटै 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 भनिनँ । सानो बच्चालाई चकलेट दिएर खुसी पार्ने जस्तै म खुसी थिएँ ।

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

समय छिटै बित्यो 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 सम्हालेँ र लागेँ आफ्नो यात्रातिर ।

धेरै समयको लामो यात्रापछि आइपुगे म मेरा सपनातिर तर त्यहाँ उत्रेपछि मेरो मनमा च्वास्स 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 अन्जान केटी थिएँ तर मलाई त्यहाँको भाषा थाहा भएर अलि सजिलो भयो तर जागिर पाउन भने धौ धौ प्यो । अन्त्यमा मैले एउटा काम पाएँ, त्यो काम थियो सफा गर्नेको । मेरो शिक्षाअनुसार मैले मेरो देशमा एउटा राम्रो जागिर पाउथेँ 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 मैले सम्झें । आमाले भन्नभएको थियो, "राम्ररी जीवन बिताउनु । बिदामा आउँदै गर्नु ।" आमाको कुरा सम्झेर मैले बिताएको जीवन सम्झें । मेरो हातको छाला पक्कक उष्किएका थिए । घामले नडढेको ठाउँ कतै थिएन । मेरो दुई थोपा आँसु कठोर भूमिमा खसे र मैले मेरा आँसु पुसेँ ।

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 देखेँ र सबै अन्धकारमा परिवर्तन भयो । अन्त्यमा म मेरो मातृभूमि फर्किएँ मेरो सबै सामानसित तर मैले सोचेभन्दा थोरै फरक थियो । म फर्किएँ तर एउटा कालो बाकसमा । न आमालाई अँगालोमा बेर्न पाए न बुबाको उज्यालो हाँसो हेर्न पाएँ ।



बिसु महर्जन

क्रमाङ्कः २८००३

के नेपाली आकाश रिउँ छ त ?

दसैंको सुरुवात पहिले आकाशमा भएका चङ्गाहरूका साथै हुने गर्दथ्यो । चउरभरि मानिसहरू हुन्थे । आकाशभरि चङ्गा भएपछि नै दसैंको आगमन हुने गर्दथ्यो तर आजको दिनमा नेपाली आकाश रिउँ नै देखिन्छ । यो किन र कसरी भयो त ?

धेरै चङ्गा व्यापारीहरूको पनि यही नै भनाइ छ । अहिले चङ्गाको व्यापार पहिलेको झैं नभएको पहिले झैं सिजनमा व्यापार कम भएकोले यो व्यवसायमा त्यति नाफा छैन । चङ्गा उडाउने काम अहिले केही बच्चाहरूको रहरमा मात्र सीमित हुन पुगेको छ । यसरी चङ्गाको कुरा गर्दा चङ्गाको आविष्कार कसरी भयो ? नेपालमा कसरी आइपुग्यो र कसरी एउटा रमाइलो परम्परामा विकास हुन पुग्यो भन्ने बारे थाहा पाऊँ है त । चङ्गा उडाउने चलनचिनबाट सुरु भएको हो । मरेका मानिसहरूको सम्झनामा चङ्गा उडाउन थालेबाट यो एउटा सम्झना स्वरूप गरिने संस्कृति नै बन्न पुग्यो । यता अङ्ग्रेजहरूले भने भारतमा चङ्गा पनि साथै लिई गएर उडाउन थाले । यसले गर्दा भारतमा चङ्गाले प्रसिद्धि पायो र त्यहाँ पनि यो एउटा राम्रो चलनको रूपमा विकास भयो ।

अन्नबालीको राम्रो होस् भन्ने कामनासहित चङ्गा उडाउने गरेको पनि पाइन्छ । नेपालमा भने यसको सुरुवात यही नै समयबाट भएको भन्दा पनि यसबारे दुइटा प्रचलित किंवदन्ती छन् । पहिले एक समय मानिसहरूले वर्षेभरि चङ्गा उडाउने गर्थे, यसले गर्दा धेरै फोहोर हुनका साथै चराहरूलाई पनि असर पर्न गएकोले दसैंमा मात्र उडाउन पाइने नियम त्यस बेलाका एक राजाले बनाएका थिए भने अर्को भनाइअनुसार भारतमा झैं अन्नबाली राम्रो होस् भनी चङ्गा उडाउन थालियो । पहिले खुल्ला ठाउँहरू थिए र बच्चादेखि वृद्धसम्म रमाइलो गर्न, वर्षायामलाई बिदा गरी अन्न भित्र्याउँदा

झरीले अन्न नबिगारोस् भनेर त दसैंको फुर्सदको समय बिताउन चङ्गा उडाउने गर्दथे । जनविश्वास छ कि चङ्गा उडाएमा पानी पर्दैन र अहिले पनि कतिपय मानिसहरू यही कुरामा विश्वास गर्छन् । त्यतिबेला चङ्गा उडाउने कामलाई मानिसहरूको एक मनोरञ्जनका साधनको रूपमा लिने गरिन्थ्यो ।

अहिले समय परिवर्तन भएको छ धेरै घरहरू खुल्ला ठाउँहरूको अभाव, मनोरञ्जनका अरु धेरै आधुनिक साधनका कारण त कार्यको व्यस्तताका कारण नेपाली आकाशमा चङ्गा कम देखिन थालेको छ । धर्ती र आकाशलाई जोड्ने चङ्गा उडाउने चलन बिस्तारै हराउन थालेको छ । नयाँ नयाँ मनोरञ्जन प्रविधिका कारण र बच्चाहरू यसमै अल्मलिनु पनि यो परम्परा बिस्तारै लोप हुँदै छ । नयाँ पुस्ता विदेश पलायन हुँदा पनि नेपाली आकाशमा पहिलेको जस्तै दसैंको रौनक छैन । चङ्गा चेट भनेको सुन्न बिरलै मात्र भेटिन्छ । हामीले जति नै आधुनिक मनोरञ्जनात्मक प्रविधिको प्रयोग गरे पनि पुराना तथा परम्परालाई बिर्सनुहुँदैन किनभने यी परम्पराले नै हामीलाई यहाँसम्म ल्याएका छन् साथै यस्ता मनोरञ्जनले हामीलाई केही असर नगरिकन नै मानसिक रूपमा स्फूर्ति दिन्छन् ।



प्रशान्त दुल्ले

क्रमाङ्क: २८०२१

जन्मदिनको उपहार

“मामु मामु, मलाई नयाँ ल्यापटप किन्दिनु न”, १२ वर्षको रामले आमालाई गनगन गरिरहेको थियो । “मेरा सबै साथीहरूसँग नयाँ ल्यापटप र मोबाइल छ तर आमासँग यही १० वर्ष पुरानो थोत्रे ल्यापटप छ, यसमा कुनै गेम पनि चल्दैन” रामले थप्छ । आमा आफ्नै काममा व्यस्त हुनुन्थ्यो त्यसैले उहाँले रामलाई उसको जन्मदिनमा नयाँ ल्यापटप किनिदिने भनेर कुरा टुङ्ग्याउनुभयो । रामको जन्मदिन आउन १ हप्ता पनि बाँकी थिएन त्यसैले ऊ खुसी थियो । रमाउँदै ऊ आफ्नो कोठामा गयो र नयाँ ल्यापटप आएपछि ऊ आफ्ना साथीहरूसँग खेल्ने गेमहरू सम्झिँदै निदायो ।

दिन यसै बितिरहे, रामले हरेक दिन आमालाई जन्मदिनमा नयाँ ल्यापटप किन्दिन सम्झाउँथ्यो । आमाले होस् भनेर कुरा टार्दिनुहुन्थ्यो यसै गरी रामको जन्मदिन आयो । ऊ नयाँ ल्यापटप पाउन साह्रै खुसी थियो । आमाले पनि आफ्नो वाणी तोड्नुभएन । उसले आफ्नो जन्मदिनमा आमाबाट नयाँ ल्यापटप र बुबाबाट नयाँ लुगाहरू पायो । ल्यापटप पाएकै दिन रामले उसका सबै साथीहरूलाई फोन गरेर देखाउन भ्याइसकेछ ।

उसले ल्यापटपमा अनेकौं प्रकारका खेलहरू डाउनलोड गर्‍यो तर, ती खेलहरूका लागि पैसा पर्ने भएकोले उसले पायरेटेड र प्रतिबन्धित वेबसाइटहरूबाट ती खेलहरू डाउनलोड गर्‍यो । ती खेलहरू उसको उमेरका बच्चाहरूले खेल्नको लागि उचित पनि थिएनन् तर, साथीहरूको सङ्गतले ऊ दिन रात खेल खेल्नतिर लाग्यो । सुरुमा त सबै कुरा ठिकै थियो, उसको पढाइ पनि राम्रै थियो अनि उसको ल्यापटप पनि राम्ररी चलिरहेको थियो । उसको पुरानो ल्यापटप बिग्रिसकेकोले उसकी आमाले पनि रामकै ल्यापटप चलाउनुहुन्थ्यो । सबै अफिसका महत्त्वपूर्ण फाइलहरू त्यो ल्यापटपमा थिए र तिनको कुनै ब्याकअप पनि थिएन । रामले पहिलो त्रैमासिक परीक्षामा राम्रो गर्‍यो तर, त्यसपछि उसको पढाइ खस्किँदै गयो । बिस्तारै ऊ नराम्रो सङ्गततिर लाग्दै थियो । उसले आफ्नो समय पढाइमाभन्दा अनलाइन गेम मै धेरै बिताउन थाल्यो । पहिला आफ्नो कक्षाको उत्तम विद्यार्थी थियो तर अहिले औसतभन्दा तल गइसकेको थियो । उसको दोस्रो त्रैमासिकको रिजल्ट हेरेर उसका अभिभावकले उसलाई ल्यापटप हेर्न र गेम खेल्न दिनुभएन । उसकी

आमाले उसलाई धेरै सम्झाउनुभयो तर, राम झर्किन थालेको थियो । ल्यापटप भएन भने ऊ खाना नि खाँदैन थियो । उसको यो व्यवहार देखेर आमा र बुबाले केही गर्न सक्नुभएन र उसको ल्यापटप अर्को परीक्षामा राम्रो गरेपछि मात्र दिने भन्नुभयो । राम त्यसपछि २ दिन भोकै बस्यो तर, पछि ऊ फेरि आफै खान आयो र परीक्षामा राम्रो गर्न पढ्छु भन्यो । उसको पाइरेटेड र प्रतिबन्धित वेबसाइटहरूको असर ल्यापटपमा परिसकेको थियो ।

बिस्तारै उसको ल्यापटप ढिलो चलन थाल्यो र ल्यापटपमा नयाँ नयाँ एपहरू देखिन थाले । सुरुमा त यो ठुलो थिएन तर, एकदिन बिहान रामकी आमाले काम गर्न ल्यापटप खोल्न खोज्दा ल्यापटप खुलेन । आमाको धेरै प्रयासपछि पनि ल्यापटप खुलेन । अन्त्यमा ल्यापटप बनाउन लैजानुपयो । त्यहाँका कामदारले ल्यापटपमा भाइरस रहेको बताए । ल्यापटप बनाउन त बरु रकमको चिन्ता थिएन तर, ल्यापटप बनाएपछि त्यहाँ फाइलहरू जाने कुराले आमा चिन्तित हुनुभयो । आमाको अफिसको महत्त्वपूर्ण फाइल भएकाले उनले यो जोखिम लिन सकिनन् । उनी विभिन्न जवाफ खोज्न धेरै पसलहरू घुमिन् तर, भाइरस निकाल्दा उनको सबै फाइल जाने नै भयो । उनीहरूसँग अर्को विकल्प थिएन । अन्त्यमा, उनका सबै फाइलहरू बर्बाद भए ।

“यत्तिका भाइरस कहाँबाट आए” आमा रामसँग झर्किनुभयो । रामले रुँदै आमालाई सबै कुरा बतायो र यसको लागि माफी पनि माग्यो । “आमा, म अबदेखि राम्रो पढ्छु र ल्यापटपमा अनावश्यक गेमहरू खेल्दिनँ”, उसले आमालाई वचन दियो । आमाले पनि यसपालि उसलाई माफ गरिदिनुभयो र भविष्यमा यस्ता दिनहरू फेरि देख्नु नपरोस् भनेर ल्यापटपमा एन्टिभाइरस हाल्नुभयो ।

त्यसपछि राम सुध्रिँदै गयो र साथीहरूको कुलत र नराम्रो सङ्गत पनि छोड्यो । परीक्षामा राम्रो नतिजा ल्याएपछि उसले आफ्नो ल्यापटप पनि फिर्ता पायो तर, उसले गेम कहिले काहीं मात्र खेल्ने गर्थ्यो । रामले आफ्नो धेरैजसो समय पढ्न र बाहिर खेल्न बिताउँथ्यो । ऊ फेरि पहिलाजस्तै आफ्नो कक्षाको उत्तम विद्यार्थी हुन पुग्यो । रामको परिवार पनि उसको परिवर्तनबाट साह्रै खुसी हुनुभयो ।



प्रसिद्धि डहोल

क्रमाङ्क: २८००९

टुटेको मित्रता

"आशिष खाना खान आऊ।" आमाले भनिन् । "अहिले नखाने", आशिषले भन्यो । "खाना चिसो भइहाल्छ, अहिल्यै आऊ ।" आमाले आशिष कोठामा जाँदै गर्दा भनिन् । त्यहाँ उनले उसलाई आफ्नो ल्यापटप हेरिरहेको देखिन् । त्यसपछि उनले आशिषलाई भनिन्, "यो ल्यापटप चलाउन बन्द गर त, तिमी बाहिर जानुपर्छ र पहिले बेलुकाको खाना खानुपर्छ, ठिक छ ?" । त्यसपछि आशिषले हिचकिचाउँदै ल्यापटप बन्द गर्थ्यो र बेलुकाको खानाको लागि तल गयो । उनीहरू खाना खान थाले । उसले आफ्नो पढाइमा पनि कसरी ध्यान दिनुपर्छ र कसरी सधैं आफ्नो ल्यापटपको स्क्रिनमा मात्र ध्यान दिनुहुँदैन भन्ने बारेमा आशिषलाई आमाले भनिन् । आशिषले जवाफ दिएन र आफ्नो कोठामा फर्कियो । "हेर्नु त मेले के भनिरहेको छु।" आशिषकी आमाले आशिषको बुबालाई भनिन् । त्यसपछि उनीहरूले लामो सास फेरेर खाना खान थाले । केही महिनादेखि आशिष झनझन टाढा हुँदै गएको थियो किनकि ऊ आफ्नो ल्यापटपको स्क्रिनमा टाँसिएको थियो तर उनीहरूलाई आशिषले के गर्दै थियो भन्ने थाहा थिएन ।

"फोटो पठाइस्।" अचानक कसैले सोध्यो । त्यो सन्देश थियो । ऊ आशिषको सबैभन्दा मिल्ने साथी थियो भन्ने त अरूलाई मात्र लाग्दथ्यो तर सन्देश कस्तो थियो भन्ने त आशिषलाई मात्र थाहा थियो किनभने एक दिन उसले आशिषले केटीलाई एउटा केटीको फोटो देखाएर उसको नम्बर दियो । बिस्तारै उनीहरू साथीभन्दा नजिक हुन थाले र आशिषले केटीलाई पठाउन नहुने जानकारी पठाएको थियो । त्यसपछि उसलाई त्यही केटीले ब्याकमेल गरी । उसलाई थाहा भयो कि यो सबै सन्देशकै कारणले भएको हो । अब उसले आशिषको सिप प्रयोग गरी उसकै कक्षाकी सुनिता नामकी केटीजस्तै अन्य मानिसहरूलाई ब्याकमेल वा ह्याक गरिरहेको थियो । उसले आशिषको बैंक विवरण र अन्य जानकारी प्राप्त गर्न पनि सक्षम भएको थियो ।

सन्देशले केरकार गरेपछि आशिषलाई दुःखसाथ हो भन्यो ,सन्देश हॉस्न थाल्यो र उसलाई भन्यो, "अन्तमा तिमी मेरो लागि सहयोगी भयौ, अब मलाई सबै जानकारी पठाऊ नत्र के हुन्छ तिमीलाई राम्ररी थाहा छ।" भन्दै ऊ त्यँहाबाट हिँड्यो । त्यसपछि सुनिताले आशिषसँग आएर भनिन्, "ओई आशिष, तिमी रोएजस्तो देख्छौ, के भयो ?" उसलाई हेरेर आशिषलाई ठुलो अपराधको अनुभूति भयो । आखिर आशिषलाई त उसले पनि केही गरेको छैन, त्यो केटीसँग कुरा गर्दा उसलाई यो गडबडीमा ऊ फस्नुको कारण उसले गरेकै गल्तीको कारण थियो त्यसैले आशिष त्यहाँबाट हिँड्यो । त्यो दिन स्कुल सकिएपछि ऊ घर आयो र आफ्नो कोठामा गयो, ढोका थुनेर के भएको थियो भनेर सोचेर ऊ रुन थाल्यो । उसकी आमाले उसलाई रोएको सुनेपछि केही बिग्रिएको थाहा पाइन् र ढोका ढकढकाएर भनिन्, "सबै ठिक छ ?" आशिषले जवाफ दिएन। उसकी आमाले फेरि बोल्नुभयो, "यदि केही गडबड भयो भने मलाई भन्न सक्छौ, म तिमीलाई मद्दत गर्छु ।" तर उसलाई थाहा थिएन, आफैँले गरेको गल्ती आमालाई कसरी भन्ने ?

ऊ त्यहीं बसेर रोयो र आफ्नी आमालाई दुःखी तर शान्त स्वरमा भन्यो "सबै ठिक छ ।" र ऊ केही बेरमा बाहिर आउने क्रममा थियो । उनकी आमाले आफ्नो छोरालाई थप तनाव दिन चाहिनन् त्यसैले उनी त्यँहाबाट गइन्, आखिर आशिषले त्यो समयमा के गर्न सक्थ्यो र ? अन्त्यमा आशिषले निर्णय गर्‍यो । उसले यसरी बाँझ सक्दैनथ्यो, मानिसहरूको जानकारी बेचेर पैसा कमाउने, ब्याकमेल गरेर आफ्नो जीवन बर्बाद गर्ने उसको चाहना थिएन त्यसैले उसले पुलिसलाई सम्पर्क गर्ने निर्णय गर्‍यो । भोलिपल्ट ऊ स्कुल गएन, आफ्नो घरबाट भागेर नजिकैको प्रहरी चौकीमा पुग्यो । सबै कुरा बतायो र त्यसपछि अचानक सन्देशबाट एउटा मेसेज आयो जसमा लेखिएको थियो, "के तिमीले गरेको कुरा अरूले पत्ता लगाओस् भन्ने चाहना छ तिमीलाई ?" त्यसपछि पुलिसले उसको फोन लियो र सुनिता कहाँ पठाए किनकि उनी त्यहाँको एक प्रमुख अधिकारी थिइन् ।

ऊ अचम्ममा परेर केही बोल्न सकेन । सुनिताले भनिन्, "ठिक छ, तैपनि तपाईं यो गडबडीको कारण हुनुहुन्छ, तपाईंले अझै पनि उसलाई वास्तविक जानकारी नपठाएर अन्य मानिसहरूको गोपनियताको सम्मान गर्नुभयो । त्यसैले म तपाईंलाई भन्न चाहन्छु, तपाईंले गल्ती गर्नुभयो र तपाईं यसको लागि जेल जान पनि सक्नुहुन्छ तर यदि तपाईंले सन्देशलाई समात्न मद्दत गर्नुभयो भने, हामी तपाईंलाई छोडिदिन सक्छौं ।" आशिष सहमत भयो र त्यसपछि सुनिताको योजना सुन्यो।

भोलिपल्ट

सन्देश दौडेर उहाँको छेउमा आयो र सोध्यो, "फोटाहरू कहाँ छन्?" उसले भन्यो, "माफ गर तर, मैले पठाउन सकिनँ, मेरो चार्जर जलेको छ त्यसैले म ल्यापटप चलाउन सकिनँ तर तिमीलाई तुरुन्तै चाहिएकोले म तिमीलाई पसलबाट चार्जर मर्मत गरिसकेपछि पठाउन सक्छु.."सन्देश राजी भयो । उनी मर्मत पसलमा हिँड्ने क्रममा ऊमाथि छेउबाट कोही हामफाल्यो र सन्देश पछाडि भुइँमा लड्यो र उसको हातबाट फोन उछुटियो।

ऊ अचेत भयो र प्रहरी चौकीमा उसलाई लगियो जहाँ ऊ ब्युँझियो जब उसले आफ्नो अगाडि आशिषलाई देख्यो । ऊ चिच्याउन थाल्यो तर कसैले उसको वास्ता गरेन अनि उसको फोनमा सबै कुरा भेटियो र फोटोहरू मेटाइयो । उसले सम्पर्क गरेका सबै मानिसको खोजी भइरहेको थियो, त्यसैले आशिष त्यहाँबाट निस्कियो र बाहिर आफ्ना आमाबाबुलाई भेट्यो र निराश हुँदै उसले भन्यो, मान्छे कति छिटो परिवर्तन हुन सक्दा रहेछन्।"



सुप्रभ आचार्य

क्रमाङ्क: २७०१४

दसैं र यसको महिमा

दसैं नेपालमा सबैभन्दा महत्त्वपूर्ण र व्यापक रूपमा मनाइने हिन्दुहरूको महान् चाड हो । आश्विन शुक्ल प्रतिपदादेखि पूर्णिमासम्म मनाइने यो एक नेपालीहरूको महान् चाड हो । सामान्यतया १५ दिनसम्म मनाइने यस चाडमा दुर्गाको पूजा तथा आराधना गरिन्छ । नेपाली पात्रोअनुसार आश्विन वा कार्तिक महिनामा यो चाड पर्दछ। दसैंलाई विजया दशमी वा वडा दसैंको नामबाट चिनिन्छ । यसलाई आसुरी शक्तिमाथि दैवी शक्तिको विजयको प्रतीक रूपमा लिइने गरिन्छ ।

यो पर्व सबै उमेर र पृष्ठ भूमिका हिन्दु धर्मावलम्बीहरूद्वारा मनाइन्छ भने परिवारका सबै सदस्यहरू भेला हुने र परम्परागत अनुष्ठान, भोज र सांस्कृतिक गतिविधिहरूको आनन्द लिने समयको रूपमा यस पर्वलाई उत्सवको रूपमा मनाउने चलन नेपालीहरूमाझ प्रचलित छ । यस चाडमा देश तथा विदेशमा भएका आफन्तहरू आफूभन्दा ठुला र मान्यजनका हातबाट टीका ग्रहण गर्न र आशिर्वाद थाप्र भनी परिवारमा भेला हुने गर्दछन् । नेपाल सरकारले यस समयमा फूलपातीदेखि द्वादशीका दिनसम्म सार्वजनिक बिदा दिने गर्दछ भने यो नेपालमा सार्वजनिक बिदाको हिसाबले सबैभन्दा बढी बिदा दिइने समय पनि हो ।

दसैंको पहिलो नौ दिन देवी दुर्गाको विभिन्न स्वरूपमा पूजाआजा गर्ने गरिन्छ । प्रत्येक दिन देवीको फरक अभिव्यक्तिसँग सम्बन्धित छ । भक्तहरूले उनको आशीर्वाद लिनको लागि प्रार्थना र विभिन्न वस्तुहरूको बलिदान दिने गर्दछन् । दसैंको पहिलो दिनलाई घटस्थापना भनिन्छ भने यस दिन सबै हिन्दुहरूले आफ्नो घरमा र दुर्गाको मन्दिरहरूमा जमरा राख्दछन् र घडाको स्थापना गर्दछन् । गँहु, धान, मकै, जौ लगायतको अन्न मिसाएर माटो वा वालुवामा यसलाई अँध्यारो पारेर उमार्नुलाई जमरा उमार्ने भनिन्छ । यसको रङ्ग पहिलो हुन्छ जुन जमरा दसैंको दशमीमा विजया दशमीको रूपमा मनाउँदै रातो टीकाको साथमा पहिलो जमरा लगाएर आशिर्वादका साथ मनाउने गरिन्छ ।

दसैंको दसौँ दिन जसलाई विजया दशमी भनिन्छ, यो दिन सबैभन्दा महत्त्वपूर्ण दिन हो । यस दिन देवी दुर्गाले दुष्ट राक्षस जो असुरासुर राज्यको महिसासुर नाम गरेको राक्षसमाथि विजय प्राप्त गरेको प्रतीकका रूपमा दैत्य राजा महिषासुरलाई पराजित गरेको जनविश्वास छ । विजया दशमीमा, मानिसहरूले आफ्नो आशीर्वाद र सुरक्षाको

प्रतीकको रूपमा आफ्ना ज्येष्ठ नागरिकहरूबाट टीका र जमरा ग्रहण गर्छन् । यो एक अर्काप्रतिको एकता र प्रेम मनाउने समय पनि हो ।

दसैंको धार्मिक र सांस्कृतिक महत्त्वका साथसाथै यो चाड पर्व मनाउने र परम्परागत खाने कुरा र मिठाई खाने समय पनि हो । मानिसहरूले सेलरोटी, बर्फी, र विभिन्न मासुका परिकारहरूसहित विभिन्न प्रकारका स्वादिष्ट परिकारहरू तयार गर्छन् र एक अर्कामा बाँडेर खाने गर्छन् ।

दसैं नेपालमा मात्र नभई विश्वभर रहेका नेपालीहरूले पनि मनाउने गरेका छन् । मानिसहरू एकजुट भएर आफ्नो संस्कृति, सम्पदा र परिवार र समुदायको बन्धनलाई मनाउने समय हो । विभिन्न क्षेत्र र विभिन्न समुदायबिच दसैं कसरी मनाइन्छ भन्ने कुरामा भिन्नता भए पनि विजय, आशीर्वाद र एकताका आधारभूत विषयवस्तु भने उस्तै छन् । दसैं नेपालीहरूको हृदयमा विशेष स्थान राख्ने पर्व हो र यो प्रतिविम्ब, उत्सव र कृतज्ञता व्यक्त गर्ने समय हो । यसको सांस्कृतिक र धार्मिक महत्त्वका साथै पारिवारिक र सामाजिक एकता पनि गराउँदछ । यसका साथै दसैं आर्थिक रूपले पनि महत्त्वपूर्ण छ । किनकि यस समय उपभोक्ताको खर्चमा वृद्धि हुने समय भएकाले दसैंले पनि महत्त्वपूर्ण आर्थिक प्रभाव पार्छ । मानिसहरू नयाँ लुगा, उपहार, र घरेलु सामानहरू किन्छन्, मासुमा समेत धेरै धनराशी खर्च हुने गर्दछ जसका कारण खसी, बोका, राँगा, च्याङ्गा, कुखुरा लगायतका पशुपक्षीको माग वृद्धि हुन गई आर्थिक प्रभाव पर्दछ । दसैंमा विभिन्न सामान र सेवाहरूको माग बढेको हुन्छ । आर्थिक गतिविधिमा भएको यो वृद्धिले व्यवसायहरूलाई फाइदा पुऱ्याउँछ र देशको समग्र आर्थिक वृद्धिमा योगदान पुऱ्याउँछ ।

दसैंलाई आशा र नवीकरणको प्रतीकको रूपमा लिइन्छ र जनमानसमा आशा र प्रेरणा प्रदान गर्दछ । यसले मानिसहरूको जीवनमा चुनौतीहरू र कठिनाइहरू पार गर्न प्रोत्साहनसमेत प्रदान गरेको हुन्छ । मान्यजनहरूका हातबाट टीका ग्रहण गर्दै राम्रा राम्रा सफलताको कामनासहितको आशिर्वादले मानिसहरूमा ऊर्जा थप्न मद्दत गर्ने भएकाले यो पर्वलाई नवीकरण र पुनर्जागरणको समयको रूपमा पनि लिइन्छ । दसैंले परम्परागत रीतिरिवाज र अभ्यासहरूलाई जोगाउन मद्दत गर्दछ । यस पर्वसँग सम्बन्धित विभिन्न रीतिरिवाज र गतिविधिहरू एक पुस्तादेखि अर्को पुस्तामा हस्तान्तरण हुन्छन्, जसले संस्कृति र परम्परालाई जीवित राख्न मद्दत गर्दछ ।

दसैं नेपाली जीवनका सांस्कृतिक र धार्मिक प्रचलनदेखि लिएर सामाजिक सम्बन्ध र आर्थिक गतिविधिसम्मका विभिन्न पक्षहरूलाई छुने पर्व हो । यो पर्व हर्षोत्सवको प्रतिबिम्ब हो र यसले नेपाली जनताको हृदयमा विशेष स्थान राख्छ ।



क्रिस्टिना राई

क्रमाङ्कः २७००६

यसपालिको दसैं

धेरै लामो समयदेखि मनाउँदै आएको दसैं, नेपालीहरूको महत्त्वपूर्ण चाड हो । विशेष गरेर यो १५ दिनको महान् चाडपर्व नेपालीहरूबिच भव्यताका साथ मनाइन्छ । हरेक वर्ष यो महान् पर्व मनाउन नेपालीहरू देश विदेशबाट आआफ्नो गाउँघर आउँछन् । दसैंले परिवारबिच अझै घनिष्ठ सम्बन्ध गाँसेर खुसीयाली छाउँछ । घटस्थापनादेखि पूर्णिमासम्म मनाइने यो चाड अत्यन्त हर्ष र उल्लासका साथ मनाइन्छ । यो चाडसँगै चङ्गा उडाउने, लिङ्गे पिङ्गे खेल्ने, परिवारसँग नयाँ नयाँ ठाउँमा भ्रमण गर्ने, आफ्नो गाउँ घर जाने जस्तो अत्यन्त आनन्दायी र मनोरञ्जनका कार्यहरू गरिन्छ । यसैले पनि यो चाडले परिवार र आफन्तबिच खुसीको वातावरण निर्माण

गर्छ । निधारमा रातो टीका र जमरा लगाउनुले नै दसैंको महत्ता बनेको छ ।

गतः वर्षझैं यसपालिको दसैं पनि मैले रमाइलो गरी मनाएँ । आफ्नो परीक्षा सकिने बित्तिकै म मेरो मामाघर हेटौँडा गएँ । काठमाडौँदेखिको लामो यात्रा गरी म र मेरो परिवार हेटौँडा पुग्यौँ । सानो र सुन्दर सहर हेटौँडामा दसैं मनाउन मेरा आफन्त र परिवार सबै उपस्थित थियौँ । त्यहाँ पुगेपछि मैले काठमाडौँ र हेटौँडाको मौसमबिचमा निकै भिन्नता पाएँ । काठमाडौँमा चिसो मौसम थियो भने हेटौँडामा काठमाडौँमाभन्दा न्यानो मौसम थियो । हेटौँडा गएपछि केही दिनहरूमा त हामी घरमै बसेर मिठो मसिनो खायौँ । त्यहाँका विभिन्न ठाउँहरूको भ्रमण गर्न गयौँ । चलचित्र पनि हेर्न गयौँ । यसरी नै बिते मेरा हाप्ता बिदाका सुनौला दिनहरू । त्यसपछिका केही दिनहरू र टीकाको दिन पनि सोचेभन्दा पनि भव्य रमाइलो भयो । जम्मा भएका सबै आफन्तहरूसहित नाचगान गयौँ । खानपिन गयौँ, खेल्यौँ, टीकाजमरा लगायौँ र अत्यन्त उल्लासका साथ दसैं मनायौँ । त्यसै गरी चङ्गा उडायौँ, पिङ्गे पनि खेल्यौँ । हेटौँडा बजारबाट केही किलोमिटरको दुरीमा भएका सुन्दर गाउँहरू घुम्न निस्क्यौँ । सदाको दसैंभन्दा अरु धेरै ठाउँहरूमा टीका लगाउन गयौँ । त्यस्तै हामी सबै परिवार मिलेर मकवानपुर वनभोज पनि गयौँ । त्यहाँ हामी नाचगान गरेर खाँदै रमाउँदै सुन्दर सुन्दर फोटाहरू पनि खिच्यौँ । यसरी नै रमाइलो गरी मैले यसपालिको दसैं मनाएर काठमाडौँ आएँ ।

२०८० सालको नेपालीहरूको महान् चाड बडा दसैं निकै रमाइलो गरी बित्यो । दसैं नेपालीहरूको संस्कृति र परम्परासँग सम्बन्धित छ । दसैं सम्पूर्ण नेपालीहरूले भव्य रूपमा मनाउने चाड हो । यसले हाम्रो संस्कृति पछ्याउने मात्र होइन, पारिवारिक र व्यक्तिगत रूपमा खुसीको वातावरण पनि ल्याउँछ । दसैं धार्मिक, सामाजिक सांस्कृतिक र वैज्ञानिक महत्त्व र मूल्यको पर्व हो तर पर्व मनाउँदा त्यसको वास्तविक मूल्य बुझेर, यथार्थ विधि र पद्धतिअनुसार मनाउनुपर्छ ।



सक्षम कर्ण

क्रमाङ्क: २६०१३

मानसिकतामा परिवर्तन

कुनै समयको कुरा हो, घुम्ने पहाड र हरिया घाँसको बीचमा बसेको एउटा सानो सहरमा राम नामका एकजना युवक बस्थे । राम आफ्नो तीक्ष्ण दिमाग र जन्मजात बुद्धि कारण टाढाटाढा जान्थे । उनको लापरवाह आचरण र सहज स्वभावले उनलाई आफ्ना साथीहरू र परिवारको हृदयमा विशेष स्थान कमाएको थियो । रामको लागि जीवन एउटा हावा थियो र उनी यसबाट सहजै पग्लिएजस्ता देखिन्थे ।

बाल्यकालमा रामको द्रुत बुद्धि र समस्या समाधान गर्ने क्षमता सबैलाई स्पष्ट थियो । उनका शिक्षकहरू उनको प्रतिभा देखेर चकित थिए र उहाँका सहपाठीहरू अक्सर तिनीहरूको पढाइमा मद्दतको लागि उहाँकहाँ फर्कन्थे । रामको जीवन साहसिक कार्यहरूको एक श्रृङ्खला थियो र उनले कडा परिश्रम र लगनशीलताको महत्त्वलाई विरलै दोस्रो पटक विचार गरे । आफ्नो बुद्धि आफ्नो भविष्य सुरक्षित गर्न पर्याप्त छ भन्ने विश्वास थियो ।

हाइ स्कुल आइपुग्यो र यसको साथ धेरै नयाँ चुनौतीहरू । रामले अझै पनि आफ्नो बुद्धि पर्याप्त हुने छ भन्ने धारणामा आफ्नो पढाइमा कम ध्यान दिए । उनको ग्रेड चिप्लन थाल्यो र उनको एक पटक-प्रभावशाली रिपोर्ट कार्डहरू अब औसत वा औसतभन्दा कम अङ्कहरू आउन थाल्यो । उनका साथीहरू जसले उनको सहज सफलताको सधैं प्रशंसा गरेका थिए । उनलाई आफ्नो शैक्षिक कार्यमा उछिन्न थाले ।

रामको लापरवाहले जीवन चकनाचुर हुन थाल्यो । आफ्नो लक्ष्य हासिल गर्न बुद्धिमत्ता मात्र पर्याप्त छैन भन्ने अनुभूति बिस्तारै उनको मनमा आयो । उनका आमाबाबु सुरुमा आफ्नो प्रतिभाशाली छोरोमा गर्व गरे । पछि चिन्ता बढ्यो । तिनीहरूले उनमा सम्भाव्यता देखे र यो खेर जाँदै छ भनेर डराए । रामका साथीहरूले उनीसँग अध्ययन गर्ने र आफ्नो ज्ञान बाँड्ने प्रस्ताव राखेर सहयोग गर्ने प्रयास गरे तर रामले उनीहरूको सहयोग स्वीकार गर्न पाउँदा गर्व महसुस गरे । उनी आफ्नो सफलताको बाटो आफैँ खोज्न कटिबद्ध थिए ।

एक दिन उनी आफ्नो कोठामा एकलै बसिरहेको बेला आफ्नो निराशाजनक रिपोर्ट कार्डलाई हेर्दै रामलाई अनुभूति भयो । उनले महसुस गरे कि यदि उनले आफ्ना सपनाहरू प्राप्त गर्न र आफ्नो क्षमतामा बाँच्न चाहन्छन् भने उनले आफ्नो बाटो परिवर्तन गर्न आवश्यक छ । बुद्धिमत्ताले मात्र यसलाई काट्ने थिएन । तिनले प्रयास गर्न, लगनशील भई अध्ययन गर्न र आफ्नो भविष्यको लागि स्पष्ट लक्ष्यहरू राख्नुपर्छ ।

त्यही क्षणबाट रामको जीवनमा परिवर्तन सुरु भयो । उनले चाँडै उठ्न थाले , दैनिक तालिका बनाउन थाले, धेरै घण्टा आफ्नो अध्ययनमा समर्पित गरे । उनले आफ्ना शिक्षक र साथीहरूसँग पनि मद्दत मागे, आवश्यक पर्दा मार्गदर्शन माग्न आफैँलाई नम्र पारे । हराएको समयको पूर्ति गर्न र आफ्नो शैक्षिक प्रतिष्ठालाई पुनः निर्माण गर्न उनले घण्टा लगाए ।

दिनहरू हप्तामा र हप्ताहरू महिनामा परिणत भएपछि रामको मिहिनेतको फल पाउन थाल्यो । उनको ग्रेड सुधार भयो र विषयहरूको उनको समझ गहिरो भयो । हरेक परीक्षामा उत्तीर्ण भएर आएको सङ्घर्ष र उपलब्धिको अनुभूतिमा उनले सन्तुष्टि पाए । रामले मिहिनेत र प्रयासको मूर्त नतिजा देखेर आनन्द पाएका थिए ।

रामको नयाँ भेटिएको समर्पण कक्षाकोठाभन्दा बाहिर फैलियो । उनले आफ्नो भविष्यको लागि महत्वाकाङ्क्षी लक्ष्यहरू सेट गर्न थाले । एक क्यारियरको परिकल्पना गर्दै जहाँ उसले संसारमा फरक पार्न सक्छ । उनले आफ्नो बुद्धिमत्ता र नयाँ कामको नैतिकतालाई आफ्नो जीवनलाई अझ राम्रो बनाउन मात्र होइन अरूलाई मद्दत गर्न पनि चाहे । रामले वैज्ञानिक अनुसन्धानमा क्यारियर बनाउने निर्णय गरे । जहाँ उनको तेज दिमाग राम्रोसँग प्रयोग गर्न सकिन्छ ।

वर्षौँ बित्यो, र रामको यात्रा लगनशीलता र लचिलोपनले चिन्ह लगायो । उनले आफ्नो हाइ स्कुलको परीक्षा दिए र एक प्रतिष्ठित विश्वविद्यालयमा गए जहाँ उनले उत्कृष्टता जारी राखे । उनको बुद्धि, एक समय सुषुप्त उपहार थियो । अब उनको कडा परिश्रम र समर्पणको लागि आधारको रूपमा काम गर्दछ । आफ्नो भविष्यको बारेमा चिन्तित भएका रामको परिवारले उनलाई जिम्मेवार र दृढ युवाको रूपमा फूलेको देख्दा गर्वले फुलेको थियो ।

रामका साथीहरू पनि उनको परिवर्तनबाट प्रेरित थिए । तिनीहरूले महसुस गरे कि सफलता केवल प्राकृतिक रूपमा वरदान हुनु मात्र होइन तर प्रयास राख्नु, लक्ष्यहरू सेट गर्न र तिनीहरूप्रति प्रतिबद्ध रहनु हो । फलस्वरूप तिनीहरूमध्ये धेरैले रामको पाइला पछ्याए । कडा परिश्रम र दृढ सङ्कल्पका साथ आफ्नै सपनाहरू प्राप्त गरे ।

अन्त्यमा रामले प्रमाणित गरे कि बुद्धिमत्ता, मूल्यवान् भए पनि सफलताको लागि लगनशील हुनु मुख्य कारक हो । यो उनको तेज दिमाग र उनको नयाँ काम नैतिकताको संयोजन थियो जसले उनलाई महानतामा उठ्न अनुमति दिएको थियो । उनको कथा परिवर्तनको शक्ति र सपनाहरू प्राप्त गर्न समर्पणको महत्त्वको प्रमाण बन्यो यसैले एक पटक आफ्नो बुद्धिलाई सामान्य रूपमा लिएको लापरवाह केटा कडा मिहिनेतले कमाएको सफलताको प्रतीक बन्यो । उनलाई चित्रे सबैका लागि प्रेरणाको ज्योति बन्यो ।



साजिया तामाङ

क्रमाङ्क: २५०६५

डियरवाकमा मेरो पहिलो दिन

डियरवाकमा मेरो पहिलो दिन मैले सोचेकोभन्दा अझै बढी राम्रो भएको थियो । म डियरवाकको गेटमा पुग्दा नै आफ्नो मनभित्र भएको उत्सुकता अझै बढेको महसुस गरेकी थिएँ । म डियरवाकमा पढ्न आउनुको ठुलो र पहिलो कारण भने यहाँको शिक्षा र वातावरण अनुभव गर्न र आफ्नो भविष्य उज्वल बनाउनु हो । मलाई डियरवाकको बारेमा जानकारी दिने पहिलो व्यक्ति मेरी फुपू हुनुहुन्छ । फुपूको कुरा सुनेर म डियरवाकप्रति आकर्षित भएकी थिएँ । पछि अझै खोज गर्ने अनि केही थप नयाँ कुराहरू पनि थाहा पाएँ ।

जब मैले आफूलाई आज डियरवाकमा मेरो पहिलो दिन हो भनेर भने मेरो मनमा धेरै प्रश्नहरू आएँ र मन उत्सुक भयो । प्रश्नहरू जस्तै: मेरो कक्षा कता रै छ ? साथीहरू कस्ता होलान्?, शिक्षकहरू कस्ता होलान् र हामीलाई कसरी पढाउलान् ? अनि जब मेरो गाडी चढ्ने बेला भयो मैले यी सबै प्रश्नहरूलाई छेउ सारेर दिमाग शान्त बनाएँ । पहिलो दिनमा हामीलाई गाडीमा लिन आउने समय र ठाउँको जानकारी थिएन त्यसैले म समयभन्दा ढिलो भएकी थिएँ तर पनि गाडी चलाउने दाइले मलाई पखिनुभयो र यो मेरो लागि एउटा राम्रो सुरुवात थियो ।

गाडी चढेपछि मैले थाहा पाएँ । गाडी खाली रहेछ र मेरो ठाउँबाट त म एकलै रहेछु भन्ने कुरा मनमा आयो । गाडी हिड्दाहिड्दै कहिले मेरो साथी पनि आएछ । मलाई थाहा ने भएनछ । ऊ आएर मसँग बस्यो र हामीले एकअर्काको कुरा सुन्यौं । बिस्तारै बिस्तारै गडीमा मान्छेहरू भरिन थाल्यो र हामीले सानोदेखि ठुला सबै विद्यार्थीहरू देख्यौं । जब हामी स्कुलमा आइपुग्यौं तब त्यो मैले मनबाट हटाएका प्रश्नहरू हुरुआए । मेरो साथी र म हिड्छौं तर कक्षा नभेटेकाले हामीले शिक्षकलाई सोध्ने निर्णय गर्यौं ।

हामीले कक्षा खोज्दै गरेको बेला अरु साथीहरू पनि भेट्यौं र सँगै कक्षा खोज्न थालेका थियौं र अन्त्यमा शिक्षकलाई सोध्यौं अनि हामी सबैलाई शिक्षकले हाम्रो कक्षामा लग्नुभयो । कक्षामा जाँदा निकै भयाङ्क चड्नु परेकाले हाम्रो खुट्टा दुख्यो तर जब कक्षामा गएर बस्यौं त्यो झ्यालबाट आएको ताजा हावा पाउँदा एकदमै राम्रो लाग्यो । कक्षामा बसिसकेपछि एकैछिनमा हाम्रो कक्षाको शिक्षक आउनुभयो र हामीलाई हाम्रा नामहरू भनेर पहिचान गराउन सहयोग गर्नुभयो । त्यसपछि हामीले स्कुलमा हुने र नहुने कुराहरू बारे जानकारी पायौं । यतिबेला निकै रमाइलो भएको थियो ।

एउटा कक्षाको समय समाप्त भएपछि अर्को शिक्षक पनि आउनुभयो र हामीलाई सहयोग गर्नुभयो । खाजा खाने समय भएपछि हामीलाई सरले कुपन लिएर क्यान्टिनतिर जान भन्नुभयो र हामी गएर मिठो खाजा खायौं । खाजा खाने समय निकै रमाइलो मालाई लागेको थियो । तर जब हाम्रो खाजा खाने समय समाप्त भयो र पढ्ने बेला भयो तब हामी सबै कक्षातर्फ लाग्यौं । त्यसपछिको कक्षामा मलाई धेरै पढाइ भएकोजस्तो लाग्यो । एकपछि अरु शिक्षकहरू आउनुभयो र सबैले पढाएर जानुभयो र पहिलो दिन भएकाले मलाई निकै गाह्रो भयो ।

जब सबै कक्षा समाप्त भयो हामी सबैले लामो सास लियौं र घर जानतर्फ लाग्यौं । मलाई यस दिन स्कुललाई हेर्दा जताततै हरियो देख्दा यता उता खेल्न उफ्रिन मन लागेको थियो । बिरुवाहरू र रुखहरू देख्दा पात टिपेर राख्न मन लाग्यो तर मैले त्यस्तो केही गरिनँ । पछि थाहा भयो कि पात टिप्ने काम स्कुलको नियमविरुद्ध रहेछ । यसरी मेरो डियरवाकमा पहिलो दिन निकै राम्रो सोचेभन्दा फरक तरिकाले बित्यो भनूँ ।



दीक्षान्त पाण्डे

क्रमाङ्क: २५०५२

**सङ्घर्षको पाठशालामा सिकिएका
सपनाहरू**

म चितवनको भरतपुरमा जन्मिएँ । सुन्दर प्रकृतिले घेरिएको चितवनको माडीमा र हजुरबा हजुरआमाको मायामा पौडिँदै म हुर्केको थिएँ । यो ठाउँ र मेरो हजुरबा हजुरआमा, काका काकीको हेरचाहले मलाई सुरुदेखि नै बलियो प्रभाव पारेको छ । गाउँको जीवन शान्त र खुसी थियो । मैले रातको शीतल आकाशमुनि हजुरबुबाको काखमा सुत्दै विभिन्न दन्त्य कथाहरू सुन्दा निकै नै आनन्दको महसुस हुने गर्थेँ । कतिपय कथाका मुख्य पात्र आफू भइरहेको कल्पनामासमेत डुब्ले गर्थेँ । यी अनुभवहरूले मलाई जीवनका महत्त्वपूर्ण पाठहरू सिकाए । यिनै कुराले मलाई समुदायमा घुलमिल हुन सहज मात्र बनाएन भविष्यको लागि ठुलो सपना देख्न मद्दत पनि गर्यो ।

मैले भरतपुरको वाल्मीकि शिक्षा सदनमा स्कुल जीवन सुरु गरेँ । कक्षा १ देखि ४ सम्म मेरो लागि यो ठाउँ महत्त्वपूर्ण थियो । म उत्सुक थिएँ र धेरै कुराहरू सिक्न उत्सुक हुने गर्थेँ । स्कुल जीवन सुरु भएसँगै साथीहरू बनाउँदै गएँ । हामीसँगै धेरै रमाइलो गर्थ्यौँ । मलाई मेरा सबै कक्षा कोठाहरू र मेरा शिक्षकहरूले मलाई सिकाउनुभएका पाठहरू अझै ताजा छन् । यी सबै अनुभवहरूले मलाई संसार र मेरो बारेमा थप जान्न मद्दत गरे ।

जीवनको यात्राले मेरो परिवार र मलाई इतिहासले भरिएको प्राचीन सहर भक्तपुरमा पुऱ्यायो । त्यहाँ मेरो शैक्षिक यात्रा आदर्श जनप्रेमी इङ्लिस स्कुलमा कक्षा ५ र ६ सम्म रह्यो । यस दौरानमा मैले शैक्षिक पाठ मात्रै सिकिनँ । इतिहासमा भरिएको यस सहरमा काठका कलात्मक कलाकृतिहरू, परम्परागत चाडपर्वहरू र वीरताका कथाहरूले मलाई कडा परिश्रम गर्न र जीवनमा उच्च लक्ष्य राख्नसमेत सिकायो ।

बाबा ममीको जागिरे जीवनको यात्रासँगै मेरो अध्ययन यात्रा पनि सुन्दर सपनाको सहर काठमाडौँमा पुग्यो । यहाँ मैले भ्याली भ्यू स्कुलमा कक्षा ७ देखि कक्षा १० सम्म अध्ययन गरेँ । पुरानो परम्परा र नयाँ द्रुत गतिको जीवनको मिश्रण भएको यो सहर एक व्यस्त सहर हो । यहाँ मैले हाम्रा पुराना मूल्यमान्यता, परम्परा र आफ्ना सपनाहरू पछ्याउन कसरी अवसर खोज्ने भनेर सिकेँ र सिक्दै छु भन्ने । मेरा लक्ष्य र सपनाहरू प्राप्त गर्न कडा परिश्रम गर्दै गएँ र गरिरहेको पनि छु ।

जब कोरोना भाइरस महामारीको कारण विश्व लकडाउनमा गयो । यो सबैको लागि कठिन समय थियो । तर यस समयमा मैले मेरो आठ कक्षाको कम्प्युटर पुस्तकमा रहेको एच.टि.एम.एल (HTML) एक प्रकारको कोडिङ भाषाको बारेमा सिकेँ । HTML सिक्नु भनेको मेरो लागि कोडिङ मात्र होइन । यसले मेरो आँखा टेक्नोलोजीको रोमाञ्चक संसारमा खोल्थ्यो । यस कारण मेरो टेक्नोलोजीमा चासो बढ्दै गयो । यसबाट कठिन समयमा पनि हामी सिक्ने र अधि बढ्ने अवसरहरू पाउन सक्छौँ भन्ने कुरा मैले महसुस गरेँ ।

मेरा अभिभावकबाट प्रोत्साहन पाएर मैले पाइथन (अर्को प्रकारको कोडिङ भाषा) सिक्न थालेँ । उक्त पाइथन मैले ब्रोडवे इन्फोसिसबाट सिक्ने अवसर पाएँ । पाठ्यक्रमको अन्त्यमा मैले 'पाइथन भ्वाइस एसिस्टेन्ट' नामक एक प्रकारको बोलैरै कम्प्युटरलाई कन्ट्रोल गर्न सकिने एप बनाउन सफल भएँ । मलाई यस प्रोजेक्टले कडा परिश्रम गर्दा र लक्ष्यप्रति समर्पित रहँदा कति सफलता प्राप्त गर्न सकिन्छ भन्ने कुरा देखाएको छ ।

१० कक्षामा आएर मैले आइ.सी.टि अवार्ड २०२२ को बारेमा थाहा पाएँ र मैले आफ्नो पहिलो प्रोजेक्ट 'पाइथन भ्वाइस एसिस्टेन्ट' यस अवार्डको लागि पेस गरेँ । प्रोजेक्ट पेस गरेको केही महिनामा इमेलमार्फत मेरो प्रोजेक्ट आइ.सी.टि अवार्ड २०२२ को शीर्ष १२ मा पर्न सफल भएको खबरको साथसाथै आगामी राउण्डहरूमा प्रतिस्पर्धा गर्ने निमन्त्रणा पाएँ । इमेल आएको एक हप्तापछि बानेश्वर बैंकवेटमा २ दिनको प्रदर्शन आयोजना भएको थियो, जहाँ आइसीटी अवार्डको ३२ जना प्रतिस्पर्धीहरू कोही ठुला ठुला कम्पनी र कोही व्याचलर्स-मास्टर्स पढ्दै गरेका विश्वविद्यालयका विद्यार्थीहरूसँग म एक मात्र १० कक्षा पढ्दै गरेको विद्यार्थी आफ्नो प्रोजेक्टको साथ उक्त प्रदर्शनमा उभिन पाउँदा मेरो छाती गर्वले फुलेको थियो ।

आइसीटी अवार्ड आयोजकले डिसेम्बर २३, २०२२ को रात सोल्टी होटेल, काठमाडौँमा आयोजना गरेको अवार्ड वितरणको महत्त्वपूर्ण कार्यक्रम थियो । त्यहाँ जुरी मेन्सन आइसीटी अवार्ड २०२२ प्राप्त गर्न सफल भएँ । त्यो क्षणमा कार्यक्रममा उपस्थित दर्शकहरूले मेरो कार्यलाई हौसला तथा सराहना गर्दै तालीको गडगडाहटले मलाई अझै हौसला

दिई रहेका थिए । यो मेरो लागि धेरै ठुलो सम्मान थियो र मैले आफ्नो जीवनमा गरेको कठिन मेहनत बाधाहरूलाई पार गर्ने सङ्घर्ष र त्यो यात्रामा हासिल गरेका साना सफलताहरूलाई स्मरण गरायो । यो मेरो लागि विशेष पल थियो र जीवनभरिको यादगारको पलसमेत हुने छ ।

यो जितपछि मेरो ध्यान एस.ई.ई परीक्षातर्फ मोडियो । एस.ई.ई परीक्षापछि पनि मेरो ज्ञानको तिर्खा अतृप्त नै थियो । आर्टिफिसियल इन्टेलिजेन्स (AI) को चर्चा भर्खर सुरु हुँदै थियो । त्यसै क्रममा च्याटजीपीटिका सफलताका कथाहरूबाट प्रेरित भएर त्यसका रहस्यहरू खोज्दै म यसको बारेमा थप अध्ययन गर्न पुनः ब्रोडवे इन्फोसिसमा प्रस्थान गरें । अध्ययनसँगै मैले गफजिपिटिको सपना देखें र यसलाई सफलतापूर्वक साकार गरें । गफजिपिटिको सफलतासँगै यसका बारेमा नेपालका विभिन्न एफ एम तथा अनलाइन सञ्चार माध्यमद्वारा समाचारहरू प्रकाशन हुनुका साथै प्रख्यात टिभी च्यानलहरूबाट मलाई अन्तर्वार्ता दिनको लागि बोलाइयो र प्रसारण गरियो । सञ्चार माध्यमहरूका कारण हाल म र मेरो गफजिपिटिले देश विदेशमा पहिचान पाइरहेको छ ।

गफजिपिटिको सफलतापछि ममा उद्यमशीलताको भावना जाग्र थाल्यो, जसको फलस्वरूप 'इपिसेन्टर होस्टिंग' लाई जन्म गरायो । एस.ई.ई परीक्षाको बिदाको अवधिमा यस 'इपिसेन्टर होस्टिंग' बाट केही रकम कमाउने अवसर पनि प्राप्त गरें । गत वर्ष 'पाइथन भ्वाइस एसिस्टेन्ट' प्रोजेक्टबाट जुरी मेन्सन आइसीटी अवार्ड २०२२ प्राप्त गर्न सफल भएको कारण यस वर्ष पनि आइसीटी अवार्ड २०२३ अन्तर्गत राइजिङ स्टार इनोभेशन विधामा 'इपिसेन्टर होस्टिंग' प्रोजेक्ट पेस गरेको थिएँ र यो वर्ष पनि 'इपिसेन्टर होस्टिंग' साथमा म शीर्ष १३ मा पर्न सफल भएको छु ।

मेरो एस.ई.ई को सफलताले मलाई डियरवाक सिफल स्कुलको गेटमा पुऱ्यायो । यो विद्यालय प्राविधिक शिक्षाको लागि नेपालको उत्कृष्ट कलेजको रूपमा प्रसिद्ध छ । यस विद्यालयमा मैले नियमित विषयहरू अध्ययन गर्ने र मेरो रुचिको टेक्नोलोजी सम्बन्धी विषयमा पनि धेरै थप ज्ञान हासिल गर्ने अवसर प्राप्त गरेको छु । यसले मलाई विज्ञान र प्राविधिमा ठुलो काम गर्ने मेरो सपनालाई पछ्याउन मद्दत गरिरहेको छ ।

आज मैले विगतलाई स्मरण गर्दा चितवनको शान्त परिवेशदेखि काठमाडौँको भीडभाड गल्लीसम्मको मेरो यात्रा एक कोशेढुङ्गा मात्र होइन । यो जोश र सपनाहरूको प्रमाण हो, जुन आफूलाई विश्वास गर्दा प्रकट हुन्छ । अगाडिको बाटो लामो छ तर कृतज्ञताले भरिएको हृदय र उड्नको लागि तयार आत्मविश्वासको साथ म मेरो बाटोमा आउने हरेक चुनौती र अवसरलाई अँगाल्न तयार छु ।



रोषिका विष्ट

क्रमाङ्कः २५०७८

स्वस्थ जीवनयापन

स्वस्थ जीवनयापन हाम्रो जीवनको आधारभूत आवश्यकता हो । हाम्रो आज र भोलि कस्तो हुन्छ भन्ने कुराको निर्धारण हाम्रो जीवनयापनले गर्छ । जीवनयापन भन्नाले हामीले हाम्रो दैनिक जीवन कसरी जिउँछौं भन्ने हो । यसभित्र हामीले बिहान उठ्ने बित्तिकै के के गर्छौं, दिउसो र बेलुका के गर्छौं भन्ने कुरा पर्दछ । जस्तै, यो समयमा हामीले कस्तो भोजन गर्छौं, कस्तो व्यायाम गर्छौं, कस्ता मानिसहरूलाई भेट्छौं, खाली समयमा के के गर्छौं आदि पर्दछन् । स्वस्थ जीवनयापन भन्नाले माथि उल्लिखित कुराहरू सबै स्वस्थकर ढङ्गबाट गर्नु हो । यी सबै कुरा मिलेको छ भने मात्र एउटा मान्छेले प्रगति गर्न सक्छ ।

बिहान उठ्नेबित्तिकै यदि हामीले कस्तो भोजन गर्छौं त्यसले हाम्रो दिनमा असर गर्दछ । यदि बिहानै हामीले ब्रेकफास्टमा जङ्ग फुड लियौं भने त्यस खानाले हाम्रो दिमागमा नराम्रो असर पार्छ र हाम्रो दिनभरको मुडमा उथलपुथल ल्याउन सक्छ । तपाईं दिउँसो राम्रो वा नराम्रो मुडमा हुने कुराको निर्धारण धेरै हदसम्म तपाईंको बिहानको खानेकुराले गर्छ ।

त्यस्तै हामीले बिहान व्यायाम गर्न अल्छी गर्नु भने हामी दिउँसोभरि फ्रेस रहन सक्दैनौं । हामीलाई दिउँसो अल्छीपनाले छिटो समात्छ । यसको छोटो मात्र नभएर दिर्घकालीन असर पनि हामीले देख्न सक्छौं । बिहान व्यायाम गर्ने मानिसको रक्तसञ्चालनमा सामर्थ्य आउँछ । उसका शरीरका हरेक कोषहरूले स्वस्थरूपमा काम गरिरहेका हुन्छन् । दीर्घकालमा उसलाई रोगले समात्ने सम्भावना कम रहनुका साथै ऊ वर्तमानमा पनि रमाउन सक्छ ।

यसरी नै दिउँसो र बेलुका हामीले कस्तो खाना खान्छौं, त्यसले हाम्रो जीवनमा ठूलो असर पार्छ । खानपिन मात्र भएर हामीले हाम्रो सामीप्यमा कस्तो मानिसहरू राख्छौं र खाली समयमा कस्तो क्रिया गर्छौं भन्ने कुराको पनि महत्त्व हुन्छ । आजकल प्रविधिको समय छ तर हामीले प्रविधिको सहीभन्दा पनि गलत रूपमा यसको उपयोग गरिरहेका छौं । हामी बिनाकाममा घन्टौं समय मोबाइल वा कम्प्युटरको अगाडि बसेर बिताइदिन्छौं । यस्तो क्रियाले हाम्रो शरीर मात्र नभई मस्तिष्कमा पनि नराम्रो असर पार्छ । अनियन्त्रित प्रविधिको उपयोगले आजकलका युवाहरूको मानसिक स्वास्थ्यमा गम्भीर असर पारिरहेको कुरा सर्वविदितै छ ।

तपाईंका हरेक क्रियाकलापले तपाईंको वर्तमान र भविष्य कोरिरहेको हुन्छ । स्वस्थ जीवनयापन भन्नाले तपाईं आफ्ना जीवनमा दिनहुँ घट्ने क्रियालाई सार्थक र उपयोगी बनाउने कुरालाई जनाउँछ । यसको महत्त्व कति छ भन्ने कुरा माथि उल्लिखित कुराहरूबाट बुझ्न सकिन्छ ।



ओजस आचार्य

क्रमाङ्क: २५०४६

वर्षमा एक दिन मात्र खुल्ने मन्दिर

सुन्दा अचम्म लाग्न सक्छ तर यस हनुमानढोकामा अवस्थित तलेजु भवानी मन्दिर वर्षमा एक दिन मात्र खुल्छ । काठमाडौं दरबार स्क्वायरमा गएर मैले उचाइमा एउटा ठूलो मन्दिर देखें । नजिकै प्रहरी जवान थिए र मैले उत्सुकताका साथ प्रहरीलाई मन्दिरको प्रवेशद्वार कहाँ हो भनेर सोधें । उनले भने कि यो मन्दिर एक दिन मात्र खुल्छ । काठमाडौं दरबार स्क्वायरमा रहेको यो मन्दिर हेर्दा अन्य मन्दिरहरूभन्दा धेरै फरक देखिने एउटा ठूलो मन्दिर नै तलेजु भवानी मन्दिर हो । तपाईं जस्तै म पनि छक्क र उत्सुक थिएँ । त्यसैले मैले किन त्यस मन्दिर एक दिन मात्र खुल्छ भनेर खोज सुरु गरें । यस्तो अचम्म मन्दिरको बारेमा मलाई मात्र हैन तर अरूलाई पनि थाहा होस् भनेर तलेजु भवानीको बारेमा लेखेको हो । अहिलेसम्म त म त्यहाँ गएको छैन तर त्यहाँ जाने ठूलो इच्छा छ ।

तलेजु भवानीको उत्पत्ति देवी दुर्गाको एक रूपमा प्राचीन हिन्दू पौराणिक कथासँग सम्बन्धित छ । काठमाडौं उपत्यकाका मल्ल राजाहरू देवीका भक्त थिए र उनको ईश्वरीय आशीर्वाद खोज्ने किंवदन्ती थियो ।

१४ औं शताब्दीका राजा जयस्थिति मल्ललाई देवी तलेजुले उनको सम्मानमा मन्दिर बनाउन निर्देशन दिएको सपना देखेको कथा छ । राज्यको रक्षाका लागि देवी भारतको दक्षिणी सहरबाट काठमाडौं आएको विश्वास गरिन्छ । तलेजु भवानी मन्दिर १६ औं शताब्दीमा राजा रत्न मल्लको पालामा काठमाडौं दरबारमा बनेको थियो । मन्दिरको निर्माण राजाले दर्शन वा सपनामा प्राप्त गरेको ईश्वरीय निर्देशनअनुरूप थियो ।

मल्ल राजाहरूले तलेजु भवानीको उच्च सम्मान गर्थे र उनलाई आफ्नो पारिवारिक देवी मान्थे । देवीको पूजा शासक वंशको वैधता र शक्तिसँग जटिल रूपमा जोडिएको थियो । फलस्वरूप तलेजु भवानी मन्दिर शाही मन्दिर बन्यो र शासक राजाको लागि मात्र पहुँचयोग्य थियो । देवी तलेजु भवानीलाई दैवी आकृतिका रूपमा मात्र नभई शासक राजाहरूका लागि अधिकार र वैधताको प्रतीक पनि थियो । मन्दिर केवल पूजा गर्ने ठाउँ थिएन शाही शक्ति र आशीर्वादको आसन पनि थियो।

माहुरीको रूपमा देवीलाई देखा पर्नु भएकोले देवीले राजालाई वर्तमान स्थानमा मन्दिर निर्माण गर्न निर्देशन दिनुभयो र राजाले ईश्वरीय अभिव्यक्तिले दिएको निर्देशन पालना गरे।

देवीको उपस्थिति र मन्दिरको स्थापनामा मौरीको महत्त्वको प्रतीकको रूपमा, विशेष गरी मौरी बस्नको लागि भनेर मन्दिरभित्र एउटा सानो झ्याल वा आला बनाइएको थियो । मन्दिरभित्र तलेजु भवानीको उपस्थिति रहेको जनाउँदै मौरीलाई स्वतन्त्र रूपमा आउन र जान दिने उद्देश्यले यो स्थान बनाइएको हो । मन्दिरभित्र मौरीको उपस्थितिलाई पवित्र मानिन्छ र देवी स्वयंको प्रतिनिधित्व गर्दछ । मौरीको कथाले मन्दिरको इतिहासको एक अद्वितीय पक्षको रूपमा सेवा गर्दछ।

तलेजु भवानी काठमाडौं, पाटन र भक्तपुरका तीनवटै राज्यमा मल्ल राजाहरूका लागि देवता भइन् र प्रत्येक सहरमा यो मन्दिर सबैभन्दा महत्त्वपूर्ण छ । नेपालमा तलेजु भवानीको लागि समर्पित तीनवटा मन्दिरमध्ये सबैभन्दा पुरानो मन्दिर भक्तपुरमा छ । यी ३ वटै मन्दिर वास्तवमा एउटै उचाइमा बनेका छन् र त्यसैले तलेजु भवानी एकबाट अर्कोमा उडान गर्न सक्थिन्।

देवी राजासँग धेरै प्रसन्न हुनुहुन्थ्यो त्यसैले राजासँग कुरा गर्न आउनुहुन्थ्यो र राजा जयप्रकाशसँग पासा खेल्नुहुन्थ्यो । सोही क्रममा पासा खेल्दै गर्दा राजा जयप्रकाश मल्लले तलेजु देवीलाई हेर्न थाले र एकदम घुर्न थाले । राजाले कुट्टिले हेरेपछि तलेजु भवानी देवी क्रोधित भइन् र मन्दिरबाट गायब भइन् । त्यसपछि राजा जयप्रकाशलाई पनि लाज लाग्यो र तलेजु देवीसँग माफी मागेर मन्दिरमा आउन भने । राजाले धेरै माफी मागे र रोइकराई गरेपछि तलेजु देवी मन्दिरमा वर्षको एकपटक मात्र आउने भन्नुभयो ।

यसरी परापूर्व कालमा तलेजु भवानीलाई मल्ल राजाले काठमाडौंमा ल्याएका थिए र उनैको कुट्टिका कारण देवी क्रोधित भइन् र राजाले धेरै माफी मागे पछि उनले वर्षमा एकपटक मात्र मन्दिर आउने भनिन् । यस मन्दिरमा तलेजु भवानी मौरीको रूपमा आएकी भएकाले माहुरीले आफ्नो इच्छाअनुसार मन्दिरभित्र पस्न र बाहिर निस्कनका लागि छुट्टै झ्याल राखेर मन्दिरभित्र स्वतन्त्र रूपमा राखिएको छ। यस्तो रहेको छ एक वर्षमा एक दिन मात्र खुल्ने तलेजु भवानी मन्दिरको रहस्यमय र अचम्मको इतिहास ।



सेरचुङ ल्यामो बाजी

क्रमाङ्कः २५०७०

ल्होसार पर्व

देशसँगै संस्कृति पनि कति कति । त्यसै गरी चाडपर्वहरू पनि कति कति । उट्टै देशमा त यति धेरै चाडपर्वहरू छन् । क्रिसमस, नयाँ वर्ष, गाईजात्रा, दसैं, तिहार, इद, होली आदि । यस्तै ल्होसार तिब्बतीहरूको महत्त्वपूर्ण चाडहरूमध्ये एक चाडपर्व हो । तिब्बती भाषामा लो भनेको वर्ष हो र सार भनेको नयाँ हो । त्यसैले तिब्बतीहरूले नयाँ वर्ष सुरु गर्न ल्होसार मनाउँछन् । यो पन्ध्र दिनसम्म मनाइन्छ जहाँ अगाडिका तीन दिन निकै महत्त्वपूर्ण छन् ।

ल्होसार पर्व भनेको नयाँ लुगा, नयाँ कुरा, आफ्नो परिवारसँग तास खेल्ने, आफ्नो परम्परागत लुगा लगाउने, बाखु, चुवा आदि लगाउने, विभिन्न किसिमका परम्परागत खानेकुरा खाने, एकअर्कालाई उपहार दिने र आफ्ना भाइबहिनीलाई भेट्ने र उनीहरूलाई धेरै राम्रो होस् भन्ने कामना गर्ने हो । वर्षको अन्त्यमा हामी भगवानसँग प्रार्थना गर्न र रिनपोछे (सम्मानित भिक्षु) को आशीर्वाद लिन मठमा पनि जान्छौं । ल्होसार तिब्बत र यसका जनताको समृद्ध र विविध संस्कृति झल्काउने पर्व हो । यो उनीहरूको विगतलाई सम्मान गर्ने, उनीहरूको वर्तमानसँग रमाउने र उनीहरूको भविष्यको लागि आशा गर्ने समय हो । तिब्बतीहरू मुख्य दिनको दुई दिन अघि गुथुक भनिने विशेष सूप खाँन्छन् । सूपमा विभिन्न चीजहरू जस्तै ऊन, कोइला, नुन वा खुर्सानीको प्रतीक हुने विभिन्न अनुभूतिहरू हुने पकौडाहरू हुन्छन् । एक निश्चित अनुभूति प्राप्त गर्ने व्यक्तिमा नयाँ वर्षमा दया, धन, वा तातो स्वभाव जस्ता समान विशेषताहरू हुने छन् । महोत्सवमा पवित्र नृत्य, लोकनृत्य, गीत, सङ्गीत र नाटकजस्ता विभिन्न सांस्कृतिक प्रस्तुतिहरूको आनन्द लिने, केही प्रसिद्ध नृत्यहरू चाम नृत्य हुन्, जसले खराबमाथि राम्रोको विजयलाई चित्रण गर्दछ, र ल्हामो नृत्य, जसले तिब्बती इतिहास र पौराणिक कथाहरू बताउँछ ।

सबै प्राणीहरूमा आशीर्वाद र सकारात्मक ऊर्जा फैलाउन घरको छत, पुल, पहाड र रूखहरूमा रङ्गीन प्रार्थना झन्डाहरू झुण्ड्याउनुहोस् । झन्डाहरूमा पाँचवटा रङहरू छन् जसले पाँच तत्वहरूलाई प्रतिनिधित्व गर्दछ । आकाशको लागि निलो, हावाको लागि सेतो, आगोको लागि रातो, पानीको लागि हरियो र पृथ्वीको लागि पहेँलो । झन्डाहरूमा मन्त्र र प्रतीकहरू पनि छन् जसले विभिन्न देवताहरूको संरक्षण र करुणालाई निम्तो दिन्छ ।

ल्होसार प्रायः नेपालको हिमाली भागहरूमा मनाइन्छ किनभने यो तिब्बतसँग नजिक छ किनभने तिब्बतीहरू मूल रूपमा तिब्बत हुन् । त्यसैले ल्होसार तिब्बत र तिब्बती मानिसहरूका लागि महत्त्वपूर्ण चाडहरूमध्ये एक हो । लामा, गुरुङ, तामाङ, शेर्पा, रोक्पा आदि जातिले ल्होसार मनाउने गर्दछन् । यसरी हामी तिब्बतीहरूले हाम्रा चाडपर्वहरूलाई खुसी, शुभकामना आदानप्रदान आदि स्मरणीय बनाउँदै मनाउँछौं ।



शुभाशीष गौतम

क्रमाङ्क: २५०५९

देश विकासमा प्रविधिको भूमिका

समाज, वातावरण या देशमा सकारात्मक लाभ हुन्छ भने त्यो विकास हो । देश विकास भनेको चाहिँ देशलाई उन्नतितर्फ अगाडि बढाउनु पनि हो । प्रविधिको प्रयोगमा लिने हाम्रो संसार जुन स्तरमा पुगेको छ त्यो प्रविधिकै कारणले सम्भव भएको हो । प्रविधि नेपालीमा प्रयोग भएको एक शब्द हो जसले सिप, कार्य कौशल, तौरतरिका भन्ने अर्थ राख्दछ । जसका कारण हाम्रो जीवनशैली निकै सहज बनेको छ । आजको समयमा प्रविधिले देशको विकासमा निकै ठुलो भूमिका खेलेको छ ।

सानोदेखि सानो गाउँलाई हामीले ठुलाठुला सहरहरूसँग पनि जोड्न सक्छौं यो प्रविधि कै कारण सम्भव भएको हो । जस्तै कि सूचना प्रवाह गर्न पहिले जनतामा देशको केन्द्रहरूमा निर्णयहरू हुँदा कतिपय ठाउँसम्म लामो समय हुँदा पनि सूचना पुगेको हुँदैनथ्यो । त्यतिमात्र होइन सूचना एक ठाउँबाट अर्को ठाउँमा पुऱ्याउन पनि निकै खर्चिलो थियो र लामो समय पनि लाग्दथ्यो । जसले देशको समय तथा आर्थिक तरिकाले पनि घाटा हुन्थ्यो । अहिलेको जमानामा एक ठाउँदेखि अर्को ठाउँमा सूचना तथा सन्देश प्रवाह गर्न निकै सजिलो भएको छ । क्षणभरमै हामीले आफ्नै चाहेको तथा गरेका निर्णयहरू केन्द्रबाट सबै ठाउँहरूमा पठाउन मिल्छ । जसका कारण देशको विकास पनि तीव्र रूपमा अगाडि बढ्छ । अहिले गरिएको सूचना प्रवाह छिटो र भरपर्दो पनि छ किनभने हाम्रो आन्तरिक कुराहरू बाहिर कसैलाई पनि थाहा हुन निकै गाह्रो छ अहिले मान्छेको स्वतन्त्रता तथा ज्ञानको पहुँच पनि फराकिलो हुँदै गएको छ । अहिलेको समयमा हामीले नजानेका नबुझेका कुराहरूलाई हामीले इन्टरनेटभरि खोजी आफ्नो ज्ञान अझै शुद्ध गर्न सक्छौं ।

एउटा देशको विकासका लागि त्यहाँको शिक्षा पनि निकै शक्तिशाली हुनुपर्छ किनभने आजका युवा भोलिको भविष्य हुन् भन्ने कुरामा कुनै शङ्का नै छैन । आजको कक्षाकोठामा ज्ञान लिँदै गरेका छात्रहरू भोलि देशको मुहार फेर्ने जिम्मेवारी लिनुपर्दछ जसका कारण हामीले हाम्रा युवा जनतालाई सही तथा राम्रो शिक्षा दिएर देशको भोलिको विकासका लागि केही गर्नु देशको एक असल नागरिक बन्नका लागि शिक्षा निकै ठुलो कुरा हो ।

हामीले यस्तो महामारीमा पनि हाम्रो शिक्षालाई रोक्नु परेन हामीले कक्षाकोठामै बसेको जसरी सबै गुरुहरूदेखि आफ्नो साथीहरूसँग मिलेर पढ्न सिक्यौं । भौतिक रूपमा मान्छे त्यो पनि जान नमिल्ने समयमा हामी आ-आफ्नो घरमा बसेर पनि विद्यालयको जस्तो शिक्षा पाइरहेका थियौं । यसरी हामीले भन्न सक्छौं कि प्रविधिले शिक्षा क्षेत्रमा पनि निकै ठुलो भूमिका खेलेको छ । कारण नै देशको विकास हुने हो । देश विकासका लागि जनशक्ति नै सबैभन्दा मूल तत्त्व हो । जसले देशको भविष्यमा केही परिवर्तन ल्याउन सक्छ । जनशक्तिलाई शिक्षा मात्र नभई राम्रो स्वास्थ्य भएन भने उनीहरूले आफ्ना क्षमताहरू राम्रोसँग प्रदर्शन गर्न सक्दैनन् जसका कारण देशले कैयौं कलापूर्ण मानिसहरूको लाभ उठाउन सक्दैन । प्रविधिले स्वास्थ्यको क्षेत्रमा पनि निकै ठुलो योगदान गर्ने छ अहिलेको समयमा मानिसले एउटा सानो सिटामोल पनि नहुँदा सानो सानो रोगका कारण पनि आफ्नो ज्यान गुमाउनु पर्ने अवस्था थियो तर अहिले त्यस्तो छैन मान्छेको जीवन अहिले निकै नै गम्भीर रोगहरूबाट पनि बचाउन पनि सक्छ ।

राम्रोको पछाडि नराम्रो पनि हुन्छ नै । प्रविधिका केही नराम्रा पक्षहरू पनि छन् । अहिलेको समाजमा सामाजिक सञ्जालमा निकै अपराधहरू बढेका छन् जसकारण युवापुस्तादेखि सबै जनताहरूलाई पनि ग्रसित बनाएको छ ।

युवतीहरूले पनि यस सामाजिक सञ्जालप्रतिको तीव्र आकर्षणले अल्छी प्रवृत्तिलाई प्रश्रय दिएको छ । यो कुरालाई बैलैमा रोक्न आवश्यक छ ।



सम्पदा पौडेल

क्रमाङ्क: २५०१८

नेपालमा चङ्गाको इतिहास

नेपाल र नेपालीहरूमा चङ्गा शब्द कुनै नयाँ शब्द हैन । चङ्गाको नेपाली समाजमा गहिरो संस्कृतिक महत्त्व रहेको छ । तसर्थ नेपालमा चङ्गाको इतिहास लामो रहेको थाहा हुन्छ। लामो इतिहास भए तापनि वास्तवमा चङ्गा नेपालमा कसले र कहिलेदेखि भित्रिएको भनेर औपचारिक जानकारी छैन तर यहाँका मानिसहरूले मान्दै आएको मान्यताले चङ्गाको इतिहास केही हदसम्म खोल्ने काम गरेको छ ।

भनिन्छ चङ्गाको पहिलो पटक आविष्कार चिनमा २५०० वर्ष अगाडि भएको थियो । पछि चिनबाट बौद्ध धर्मावलम्बी तथा व्यापारीहरूले भारतमा व्यापार र आफ्नो बसाइँ सारेपछि आफूसँग भारतमा चङ्गाको चलन पनि भित्रिएको हो । चिनमा चङ्गाको चलनले आफ्नो खसेका पुर्खाको सम्झनालाई जनाउन यसको प्रसिद्धि बढेको थियो तर भारतमा यो चलन मधेसक्रान्तिको उत्सव मनाउन आएको थियो भनेर पढ्न पाइन्छ । पछि भारतबाट यो रङ्गीन चित्र आकाशमा उडाउने चलन नेपालमा पनि आयो ।

यो चलन दसैँसँग कसरी जोडिएको भन्न पनि यही मान्यताको अर्को अंशले खोलेको छ । मानिन्छ, पहिला दसैँ चैत महिनामा मनाइन्थो । यो समयतिर किसानहरू आफ्नो खेतमा बाली सपार्नतिर व्यस्त हुन्थे । पछि जब उनीहरूको राम्रो सूर्यको प्रकाश र राम्रो मौसमले बाली फक्रिन्थ्यो । यही कुराको खुसी जनाउँदै किसानहरूले दसैँमा चङ्गा उडाएका हुन् रे ।

यो एउटा मान्यता हो भने अर्कोले चङ्गाको इतिहासभन्दा पनि यस चलनको दसैँसँगको इतिहासलाई बताउँछ । पहिलेको समयमा मनोरञ्जनको माध्यम नभएकाले पहिला पहिला मानिसहरू काठमाडौँमा वर्षको हरेक समयमा चङ्गा उडाउँथे । यो चलन लगत्तै चङ्गा चेट जस्ता खेलहरू आए रे । यसै खेलका कारण मान्छेहरू भिजेको चामल र सिसा मिसेर डोरीलाई बलियो बनाउन थाले जसले गर्दा चराचुरुङ्गी धेरै घाइते भए रे त्यसैले काठमाडौँका त्यस बेलाका राजाले चङ्गा एक तोकिएको बेला भन्नाले दसैँका समयमा मात्र उडाउने नियम बनाए अनि यसरी दसैँ र चङ्गा हाम्रो संस्कृति बनेका हुन् भनेर मानिन्छ ।

चङ्गाको चलनले हाम्रो संस्कृति र इतिहास बोके पनि समय बढ्दै गएर आजको समयमा आउँदा यस चलनको प्रसिद्धि धटेको पाइन्छ । यो हामी सबैले आफ्नो घर छरछिमेकमा बस्दा आनुभव गरेको कुरा हो । पहिले दसैँ भन्न पाएको छैन आकासभरि चङ्गा-चङ्गा हुन्थे तर अहिले एउटा दुईटाभन्दा बढी देखिँदैन। यो चलन हराउँदै गएका कारणहरू विविध छन् तर केही मुख्य काराहरूमा प्रभाव पारेका छन् । आज इन्टरनेट र फोनको बढ्दो प्रयोगका कारण मानिसहरूको लागि कसरी दिन काट्ने भन्ने प्रश्न नै उठ्दैन । यसैकारण बाहिर गएर आफ्ना साथीहरूसँग चङ्गा उडाउने सतो उपाय धेरै रहेको हुँदा चङ्गा पहिले जस्तो लोकप्रिय छैन । आज नेपालका अधिकांश युवावर्ग कि त विदेश पलायन भैसकेका छन् या हुने प्रक्रियामा छन् । केही नभए पनि आज हरेक युवाको मानसिकता अर्थात् विदेशिने इच्छा छ । यो बढ्दो बसाइँ सार्ने भएकाले यीभन्दा पछिल्लो पुस्तालाई चङ्गाको बारेमा भन्ने कसरी उडाउने, किन

उडाउने प्रश्नको उत्तर दिने पनि कोही छैन । आज चङ्गा मान्छेको नै अभावको अवस्था सिर्जना भएकाले चलन हराउँदै छ । यसरी युवा विदेश पलायनको बढ्दो अवस्थाको प्रभाव हाम्रो संस्कृतिमा पनि झल्किँदै छ । एक समय यस्तो पनि थियो जब हामी नेपालीहरू चङ्गा निर्माणका लागि आफैं लाग्दा कागज र बाँसको सिन्काले बनाउँथ्यौं । लट्टाइसमेत आफैं बनाउने गरिन्थ्यो पछि आफैं बनाउनुभन्दा पनि भारतबाट भित्रिएको चङ्गा र लट्टाइको प्रयोग बढ्यो जसको परिणाम स्वरूप यी सामग्रीको पनि भाउ बढ्यो । भाउ बढे लगत्तै चङ्गाको बिक्री र व्यापारमा पनि समस्या आयो अनि बिस्तारै यो लगायत अरू कारणले चङ्गाको चलनमा नराम्रो असर पुग्यो । अन्य प्रभावहरूमा नयाँ पुस्तामा चङ्गाको बारेमा जानकारीको अभाव, विदेशी संस्कृतिको बढ्दो लोकप्रियता, आफ्नो संस्कृतिलाई हेला गर्ने र कम सोच्ने सोच आदि रहेका छन् ।

हाम्रो संस्कृति हामीलाई हाम्रो पुर्खाले सिकाएर गएका पाठहरू हुन् । हाम्रा रीतिथिति र परम्पराले हाम्रो जीवन शैलीमा प्रभावकारी भूमिका खेलेको छ । हाम्रो सोच, विचार र हाम्रो नैतिकतालाई आकार दिने काम पनि यी सब चालचलनहरूले गरेको हो । हामी आज जो हौं र हाम्रो परिचय जे भनेर दिने गर्छौं । त्यस कुरामा पनि हाम्रो संस्कृति विशिष्ट रहेको छ । यसले केवल हाम्रो संस्कृति खतरामा परेको कुरालाई जनाएको छ । चङ्गाको चलन हाम्रो संस्कृतिको एक महत्वपूर्ण गतिविधि हो । यसैले यो चलनलाई जोगाउन सक्नु भन्नेको हाम्रो संस्कृतिलाई पनि बचाउनु हो । यसका लागि धेरै नभए पनि आफ्नो सामान्य जीवनमा केही परिवर्तन मात्रै गरे पनि काफी हुने छ । जस्तै अभिभावकले नयाँ पुस्तालाई चङ्गाको बारेमा जानकारी दिन सक्छन्, विद्यालयमा चङ्गा उडाउने जस्ता कार्यक्रम र प्रतियोगिता आयोजना गर्न सकिन्छ । नागरिकमा आफ्नो देश र संस्कृतिप्रति गर्व महशुस गराउने नाटक र चलचित्र बनाउन सकिन्छ । साहित्यिक लेख रचनामा पनि चङ्गा चलनको महत्त्व देखाउने गरी प्रकाशन गर्न सकिन्छ । यी लगायत अन्य उपायलाई व्यवहारमा लिएर आउने हो भने हामीले हाम्रो सांस्कृतिक गतिविधिलाई लोप हुन बाट बचाउन आवश्यक छ । अन्त्यमा आफ्नो संस्कृतिलाई संरक्षण हाम्रो नैतिक शिष्टाचार मात्र नभई हाम्रो कर्तव्य पनि हो ।

EVENTS AND ACTIVITIES OF THE SCHOOL



संविद ढकाल

क्रमाङ्कः ३००२८

डियरवाक पोयट्री नाइटः २०८०

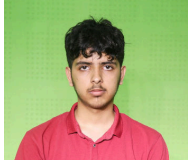
विद्यालय ज्ञानको मन्दिर हो । विद्यालयले विद्यार्थीहरूको व्यावहारिक र सिर्जनात्मक विकासका लागि धेरै अवसरहरू दिएको हुन्छ । जसले गर्दा हामी विद्यार्थीमा लुकेर बसेका प्रतिभाहरू बाहिर आउँछन् । केही प्रतिभाहरू बाहिर निकाल्नको लागि हाम्रो विद्यालयले वार्षिक रूपमा १ देखि १२ कक्षासम्मको कविता प्रतियोगिता तथा वादविवाद प्रतियोगिता आयोजना गर्दै आइरहेको छ । यही वर्ष २०८० मा पनि हाम्रो विद्यालयले कविता प्रतियोगिता आयोजना गर्‍यो । जसमा मैले पनि नेपाली भाषाबाट भाग लिएको थिएँ । यो करिब डेढ महिनाको कार्यक्रम थियो । सुरुमा छनोट चरण, क्वाटर फाइनल, सेमी फाइनल हुँदै अन्तिम चरणमा पुगेर यो

कार्यक्रम सकिएको थियो ।

नेपाली भाषामा १५० र अङ्ग्रेजी भाषामा १८० जना विद्यार्थीहरू सहभागी भएका थिए । अङ्ग्रेजी र नेपालीबाट १६/१६ जना प्रतियोगी फाइनलका लागि छनोट हुने नियम थियो । छनोट चरणमा मैले कविता लेखें । आफ्नो कविता नेपाली भाषा शिक्षकलाई तथा निर्णायक सविता गुरुआमालाई कक्षामा सुनाएँ । अरू पनि थुप्रै साथीले कविता सुनाए । त्यसपछि उहाँले मेरो कविताको निर्णय गर्नुभयो । म क्वाटर फाइनलमा प्रवेश गरें । क्वाटर फाइनल चरण पनि हाम्रो कक्षामा नै भयो जसमा सविता गुरुआमा नै निर्णायक हुनुहुन्थ्यो । त्यो चरण पनि पार गर्दै मैले सेमिफाइनलमा नाम लेखाएँ । यो चरण मेरा लागि निकै महत्त्वपूर्ण थियो किनभने यो चरण मेरो फाइनलमा जाने माध्यम थियो । मैले विद्यालयको हलमा मेरो कविता सबै सहभागी तथा निर्णायक तेज गुरु र हरि गुरुलाई सुनाएँ । म अरू साथीको कविता सुनेर रमाएँ । अब फाइनलमा प्रवेश गर्छु कि गर्दिन भन्ने लागिरहेको थियो तर मेरो लगनशीलता, तथा निरन्तर अभ्यासका कारण म अन्तिम चरण फाइनलमा प्रवेश गरें । फाइनलको अधिल्लो दिन गोलाप्रथा भएको थियो जसबाट मैले एक नम्बरमै वाचन गर्नुपर्ने भयो । त्यस दिन हामीले पूर्वतयारी पनि गर्‍यौँ । भाद्र १ गते हाम्रो फाइनल चरण थियो । बेलुका ४:४५ मा कार्यक्रम सुरु भयो । त्यस दिन म स्वस्तिवाचनमा पनि थिएँ । निर्णायक मण्डलमा युवराज गुरु, सविता गुरुआमा र एक कक्षामा अध्ययन गर्ने एउटा बच्चाको अभिभावक हुनुहुन्थ्यो । सर्वप्रथम अङ्ग्रेजी भाषातर्फको कविता वाचन सुरु भयो । अङ्ग्रेजी सकिएपछि नेपाली भाषामा सर्वप्रथम मेरो पालो आयो । मैले आफूले सक्दो प्रयास गरें । मैले त्यसको नतिजा छिट्टै पाउने आशा गरें । त्यसपछि सबैले आफ्नो कविता भन्दै जानुभयो । अब आयो मुटु ढुकढुक हुने समय । जुन समय सबै फाइनलमा आएका प्रतियोगीहरूलाई प्रमाणपत्र दिइसकेपछिको समय थियो । अब विजयीहरूको नाम घोषणा गर्ने समय थियो । प्राथमिक तहमा विजयी भएका भाइबहिनीहरूलाई तक्मा प्रदान गरिएपछि मिडल स्कुलको पालो आयो । मलाई मैले जित्छु कि भन्ने लाग्यो । उत्तर सही नै भयो । म मिडल स्कुलको नेपालीबाट विजयी भएँ । मैले रुवि गुरुआमाबाट तक्मा र प्रमाणपत्र प्राप्त गरें । त्यसरी नै मावि तहका दादा दिदीहरूलाई पनि त्यसरी नै तक्मा र प्रमाण पत्र प्रदान गरिँदै गइयो ।

अब निकै महत्त्वपूर्ण पालो थियो । जुन पालो थियो १ देखि १२ सम्मको अङ्ग्रेजी भाषा र नेपाली भाषाका कविता वाचन प्रतियोगितामा सर्वोत्कृष्ट स्थान प्राप्त गरेका प्रतियोगीको नाम घोषणा गर्ने । मैले अरू नै प्रथम हुन्छन् होला भनेर अनुमान लगाएको थिएँ तर म पनि झिनो आशामा रहेको थिएँ । मेरो झिनो आशा आश मात्रै भएन त्यो त सफल भयो ।

मैले नेपालीबाट सर्वोत्कृष्ट स्थान प्राप्त गरेँ । मैले निर्मल गुरुबाट तक्मा तथा प्रमाणपत्र प्राप्त गरेँ । यो मेरो पहिलो पदक भएको हुनाले म निकै खुसी भएँ । मलाई निर्णायक तथा दर्शकहरूले बधाई दिनुभयो । विद्यालयका शिक्षकहरूले पनि बधाई दिनुभयो । त्यस दिन मैले २ वटा तक्मा र ३ वटा प्रमाणपत्र प्राप्त गरेँ । यो दिन मेरो लागि निकै नै अविस्मरणीय दिन भयो । आफ्नो सिर्जनालाई साकार रूप दिनका लागि आउने समयका लागि पनि आत्मबल बढ्यो ।



समीप अर्याल

क्रमाङ्कः २५००७

विद्यालयद्वारा आयोजित

अविस्मरणीय पदयात्राः नागी गुम्बा

आइतवार, जुलाई ३०, २०२३ मा हामी सिफल स्कुलका कक्षा ११ का विद्यार्थीहरू ३ शिक्षकहरूसहित नागी गुम्बा गएका थियौं । समय समयमा पदयात्रा लैजानु सिफल स्कुलको नियमित कार्यक्रम नै हो । कक्षा ११ मा छनोट भएका विद्यार्थीहरू पदयात्रामा गएका थियौं । हामी सबै बिहान साढे आठ बजे स्कुलमा जम्मा भएका थियौं । हाम्रो बस बिहान ८:४५ मा आउने भनेको थियो । सबैजना पदयात्राको लागि उत्साहित थिए । शिवपुरी जाँदा बसमा हामीले केही गीत पनि लगाएका थियौं । कुनै विद्यार्थीहरू सङ्गीतमा नाँच उभिए । बिहान ९:४५ बजे शिवपुरी राष्ट्रिय निकुञ्जको गेटमा पुग्यौं । हामीले राष्ट्रिय निकुञ्जको गेटमा सामूहिक एउटा फोटो पनि खिच्यौं ।

बिहान १० बजे नै हामी राष्ट्रिय निकुञ्जको गेटमा पस्यौं । हाम्रो कक्षाभित्र क्याप्टेनले हामीलाई लाइनमा बस्न लगाएका थिए । केही सेनाका अधिकारीहरूले हामीले मासु ल्याएको हो कि भनेर जाँचेका थिए र हामीले स्पिकर ल्याएका थियौं भनेर जाँचेका थिए । चेकिङ सकिएपछि हामीले पदयात्रा सुरु गरेका थियौं । सबैजना सुरुमा धेरै ऊर्जवान् थिए । बाटो ढुङ्गा र माटोले भरिएको थियो । मौसम पनि निकै राम्रो थियो । सबै जना बिस्तारै हिड्न थाले । धेरै मानिसहरूको लागि यो पहिलो पदयात्रा भएकोले हामीले सजिलो बाटो लियौं । हामीले अगाडिको चट्टानी बाटो पछ्यायौं । हामी दुवैतिरबाट रूखहरूले घेरिएका थियौं । त्यहाँ धेरै रूखहरूको नाम थियो । हिँड्दा चराचुरुङ्गीहरूका आवाज पनि सुन्यौं । मौसम तातो भएकाले धेरैले पसिना बगाए ।

म दुईजना साथीहरूसँग भिडको बिचमा बिस्तारै हिँडिरहेको थिएँ । हामी एकै समयमा कुराकानीका साथमा हिँडिरहेका थियौं । हामी धेरै साना झरनाहरूमा पनि पुगेका थियौं । मेरा धेरै साथीहरूले आफ्ना, आफ्ना साथीहरू र आफ्नो वरपरका धेरै तस्बिरहरू क्लिक गरेका थिए । करिब एक घण्टाको पैदल यात्रापछि हामी केही सिँडीमा पुग्यौं । सिँडीहरूमा नागी गुम्बा अगाडि भन्ने सङ्केत थियो । त्यो बेला पानी परिरहेको थियो । मेरा साथीहरू सिँडी चढ्न थाले । मेरा साथीहरूलाई सिँडीहरू चढ्न गाह्रो भइरहेको थियो । तिनीहरू बिस्तारै सिँडीहरू चढ्दै थिए जब म अगाडि बढें । त्यहाँ धेरै सिँडीहरू थिए । केही समयपछि म खुला ठाउँमा पुगें जहाँ मैले मेरा धेरै साथीहरूलाई भेटें । मैले अन्य क्षेत्रका नयाँ मानिसहरूलाई पनि भेटें । उनीहरू हाम्रो पर्खाइमा थिए । केही बेरपछि फेरि सिँडी चढ्न थाल्यौं अन्ततः नागीगुम्बामा पुग्यौं ।

म र अरु ५ साथी पहिले नागी गुम्बा पुगेका थियौं । म नागीगुम्बा गएको यो दोस्रो पटक थियो । म कक्षा १० मा पढ्दा पहिलो पटक त्यहाँ गएको थिएँ । केही समय पछिपछि मेरा सबै साथीहरू नागी गुम्बा पुगेका थिए । मेरा धेरै साथीहरू थकित देखिन्थे । हामी सोचेभन्दा छिटो गन्तव्यमा पुग्यौं । त्यसपछि खाना खान थाल्यौं । सबैले आ-आफ्नो खानाको मजा लिइरहेका थिए । खाना खाएर केही बेर आराम गर्नु । हामीले आराम गर्दा मैले मेरा साथीहरूसँग

मल्टिप्लेयर अफलाइन खेल खेले । त्यसपछि मौसम कुहिरो लाग्न थाल्यो । मौसम सफा भएपछि हामीले अर्को समूह फोटो क्लिक गर्‍यौं । समूह फोटो क्लिक गर्दा एउटा प्यारो कुकुर पनि हामीसँग जोडिएको थियो । केही समयपछि शिवपुरीको गेटमा ओर्लन थाल्यौं । सबै थाकेका थिए र बिस्तारै तल ओर्लएका थिए । म र मेरा दुई साथीहरू गेटमा पुग्ने पहिलो व्यक्ति थियौं । सेनाका सिपाहीहरूले हामीलाई प्रश्न गरेका थिए र ती प्रश्नहरूको जवाफ दिएपछि हामी बसतिर लाग्यौं ।

सबैजना पुगेपछि हाम्रो पदयात्रा सकियो । समग्रमा हामी त्यति हिँडेका छैनौं । यो मेरो लागि सजिलो पैदल यात्रा थियो तर यो धेरै रमाइलो थियो । करिब ३:३० बजे विद्यालय पुग्यौं । त्यसपछि हामी सबै आ-आफ्नो घरतिर लाग्यौं ।



प्रनिश खनाल
क्रमाङ्क: २४०८०
डियरवाक पोइट्री नाइट: २०८०

हरेक वर्ष जस्तै यस वर्ष २०८० मा पनि 'डियरवाक पोइट्री नाइट' को कार्यक्रम सिफल स्कुलको वार्षिक क्यालेन्डरअनुसार करिब डेढ महिना लगाएर सम्पन्न भयो । यो कार्यक्रम विद्यालयको महत्त्वपूर्ण कार्यक्रम हो । यो कार्यक्रमको मुख्य उद्देश्य भनेको विद्यालमा अध्ययनरत् विद्यार्थीहरूकोअन्तरनिहित क्षमतालाई उजागर गर्नु हो । यस्ता कार्यक्रमले लुकेर छरिएर रहेका कवि प्रतिभाहरू पहिचान गरी, विद्यालयमाझ उपस्थित गराई साहित्यिक प्रतिभा पहिचान गर्ने काम गर्छ । कार्यक्रममा विद्यालयका उत्कृष्टभन्दा उत्कृष्ट कवि विद्यार्थीहरूबिच प्रतिस्पर्धा हुने गर्छ । कार्यक्रम सञ्चालन तथा छनोट प्रक्रिया विद्यालयको अङ्ग्रेजी र नेपाली विभागले गरेको थियो । करिब डेढ महिना चलेको यो कार्यक्रम चार चरणमा आइपुगेर सकिएको थियो ।

डियरवाक पोइट्री नाइट २०८० मा कक्षा १ देखि कक्षा १२ सम्मका विद्यार्थीहरूको सहभागिता रहेको थियो । प्रतियोगिताको पहिलो चरण सबै कक्षाकोठा मै भएको थियो। अङ्ग्रेजी र नेपाली विधा भनेर छुट्टिएको यो प्रतियोगितामा हरेक कक्षाको अनिवार्य सहभागिता थियो । अङ्ग्रेजी र नेपाली विषयका गुरुहरूले आआफ्नो कक्षामा छनोट चरण गराउनुभएको थियो । लगभग १ हप्ता लामो चलेको पहिलो छनोट चरण पछि क्वाटर फाइनल चरण भयो । पुनः अङ्ग्रेजी र नेपाली भाषा शिक्षकहरूले कक्षाबाटै थप उत्कृष्ट कवि विद्यार्थीहरूको छनोट गरेर सेमिफाइनल चरणमा लगेका थिए ।

म सिफल स्कुलमा कक्षा १२ खुम्बिलाको छात्र हुँ । मेरो कक्षाबाट म र मेरो समूहमा अध्ययनरत् मित्र सेमिफाइनलसम्मको यात्रा तय गर्न सफल भएका थियौं । अब भने यात्रा कठिन हुने निश्चित थियो । अबको छनोट भने फाइनलको लागि हुने थियो । कक्षा १ देखि १२ सम्मका मित्रहरूसँग रारा हलमा छनोटको लागि प्रतिस्पर्धा भएको थियो । करिब ५-७ दिनको विश्रामपछि पहिलो घण्टीदेखि नै सेमिफाइनल रारा हलमा भयो । प्रतिस्पर्धामा आफूले सक्दो आफ्नो प्रस्तुति दिएपछि कक्षातिर फर्कँदै गर्दा मेरो मनमनै आफ्नो छनोट तथा साथीभाइको छनोटसम्बन्धी कुराहरू पनि खेले । "जे होला होला" भन्दै म कक्षाकोठामा फर्किएँ । करिब २ दिनपछि विद्यालयको नोटिस बोर्डमा फाइनलिस्टको नाम प्रकाशन भएछ । म हेर्न गएँ । विद्यालयका ३० उत्कृष्ट कविहरूबिच आफ्नो नाम देख्दा दङ्ग परेको म, फाइनलमा वाचन गर्न अझ उत्साहित थिएँ । मेरै कक्षाका अङ्ग्रेजी र नेपालीमा अन्य साथीहरू पनि छनोट भएका

रहेछन् । बधाई साटासाट गर्दै तयारीमा जुटेका हामीलाई फाइनलका लागि विद्यालयले प्रशिक्षक पनि तोकेको थियो । प्रशिक्षकको सहयोग लिँदै सबै साथीहरू थप फाइनलको तयारीमा जुटे ।

भाद्र १ गते, शुक्रबार पोइट्री नाइटको फाइनल थियो । अङ्ग्रेजीमा १६ र नेपालीमा १६ प्रतिस्पर्धी भए तापनि मात्र ३० व्यक्ति फाइनलमा थिए । २ कवि साथीहरू दुवै विधामा छनोट भएका थिए । फाइनलमा अङ्ग्रेजी विधातर्फका विजेता कक्षा १२ मा अध्ययनरत् आर्य क्षेत्री हाइस्कुलतर्फ लेबल च्याम्पियन र च्याम्पियन बन्न सफल भए भने मिडल स्कुलकी अनन्या भुर्तेल मिडल स्कुल लेबल च्याम्पियन र निभान अर्याल इलिमेन्ट्री स्कुल लेबल च्याम्पियन बन्न सफल भए । नेपाली विधातर्फका विजेताहरू: रवीहर्ष अधिकारी इलिमेन्ट्री स्कुल लेबल च्याम्पियन, संविद ढकाल मिडल स्कुल लेबल च्याम्पियन र च्याम्पियन बन्न सफल भए भने, हाइस्कुलतर्फ लेबल च्याम्पियन सुप्रभ आचार्य बने ।

निर्णायकहरूमा नेपाली विधातर्फ सिफल स्कुलका नेपाली भाषा विभाग शिक्षक युवराज अर्याल, नेपाली भाषा विभाग शिक्षिका सविता ज्ञवाली तथा अभिभावकका तर्फबाट चन्द्रकला बोहोरा हुनुहुन्थ्यो । अङ्ग्रेजी विधातर्फ सिफल स्कुलकी अङ्ग्रेजी भाषा विभाग शिक्षिकाद्वय रेशिका जोशी र अङ्किता पोख्रेल तथा अभिभावकका तर्फबाट सङ्गीता पाण्डे हुनुहुन्थ्यो ।

यस्तो कार्यक्रम यहाँ अध्ययनरत् अरू कक्षाका विद्यार्थीहरूलाई अर्को वर्ष फेरि आउँछ भने १२ कक्षाका विद्यार्थीहरूलाई यो नै अन्तिम अवसर हो । आफू पनि नेपाली विधाबाट फाइनलसम्म पुग्न पाएकामा खुसी नै छु । यस्ता कार्यक्रमहरू विद्यार्थीहरूको शैक्षिक विकासमा महत्त्वपूर्ण हुन्छन् ।

SPORTS, TRAVEL AND TOURISM AND ENTERTAINMENT



Aayan Upadhyay
Roll no: 35028
My Hiking Experience

I went to Manichur for hiking with my parents along with my sister. We went to Kageshwori in our car and started walking. We had a heavy breakfast so that we would not feel hungry. The road was very muddy and very slippery. We walked for more than two hours to reach Manichur. The place was peaceful. We had our snacks and drank from the natural water tap. In the afternoon, we had our lunch in a restaurant. I had a wonderful time with my family.



Bidhata Dahal
Roll no: 33007
My Trip to Sukute Beach

I woke up early in the morning because I was excited for my trip. I was traveling to Sukute Beach with my family. I carried my clothes and some food to eat on the way. It took one and a half hours to get there. After we reached it, we prepared for the rafting. I wore a life jacket and helmet for safety. It was fun, and water splashed all over our bodies. After rafting, we changed our clothes and took some pictures. We had a good meal and returned home with all the memories.



Ujjwol Dhakal
Roll no: 33023
My Trip to Thousand Steps

Thousand Steps is located in Dhulikhel, Kavrepalanchok. We went there during my Dashain vacation. We started early in the morning. We went by car. I went to the Thousand Steps with my grandparents. We can also go there by a local bus. On the top, there was a temple, so we decided to rest there for ten minutes. Then we started to climb the Thousand Steps. On the way, we ate sweets and ice cream. We clicked some photos. We even visited a Buddhist temple. We had fun climbing the steps. After that, we started climbing down the steps. When we reached our car, we were hungry. We had black coffee and potato chips. The trip was enjoyable. I suggest you visit this place. The place is beautiful. We can see mountains from there.



Ashwith Acharya
Roll no: 33030
My Trip to Kalinchowk

In the new year 2080, we decided to go to Kalinchowk. Early in the morning, we moved from Lokanthali. We were very happy because we were traveling to a new place. After two hours of driving, we reached Dolalghat, which lies in the Sindhupalchowk district. There was a big river in Dolalghat named the Sunkoshi River. I played with water and stones in the river, and we ate lunch at the riverside, and we moved to our new destination. There were many mountains and a nice view of nature, and I was very happy, but the road was damaged in some places. We had to travel uphill and downhill.

Finally, we reached Dolakha and Charikot. We went to Dolakha Bhimsen Temple. When we went to the temple first, we stayed in line. After half an hour in line, we finally went to the main temple to pray to the god. We were going outside of the temple, and we clicked photos. We went to a hotel, and I was hungry, so I ordered chowmein, and I watched TV. The next day, my father took us to Kalinchowk Temple. We had to travel in a Bolero Jeep because of off-roading in the hills. We saw rhododendrons and yaks eating grass on the field. After two hours, we reached Kuri Village. The village looked like Japan. It was cold, so I needed to wear a jacket. After that, we prayed to the goddess. And we also picked some flowers and put them in a bag. My father bought two packets of chocolate, and we also ate Churpi, which was soft and hard but delicious. We clicked some photos and made some TikTok videos. The bus took us to our hotel. When we came to our hotel, we rested for a few minutes, and my father bought some ice cream. We enjoyed eating the ice cream. The next day, we returned to Kathmandu. I enjoyed the trip very much.



Shashwat Poudel
Roll no: 33036
Visit To My Uncle's House

I went to Sirutar to meet my maternal uncle with my mom and sister, Siddhi. We went there by car. When we reached there, my grandparents welcomed us. I could see paddy fields, cows, and mountains. The view was wonderful. There, I watched Cbeebies and cricket on television. My uncle even bought some balloons with pictures of Patlu and Pikachu. The balloons could fly because they were filled with hydrogen. My sister and I enjoyed every moment with our grandparents. We even played cricket. At night, I slept in a cozy bed with a warm quilt. We had a wonderful stay.



Radharani Sen
Roll no: 31022
My Trip To Chandragiri

My trip to Chandragiri was really fun, adventurous, and exciting. I woke up in the morning at 7:45 am, even though I was too sleepy. I was excited to go to Chandragiri because it was my first time there. My mom asked my little sister and me to give her our school identity cards before breakfast. Then we ate breakfast, and my mom prepared lunch while I went to take a shower. After a few minutes, I came back from the shower, and lunch was already ready. I helped my mom serve lunch. Then we had a healthy and delicious meal. After that, we got ready. It was almost 11:00, so we got ready as soon as we could. After getting ready, my dad tried to find a taxi through Pathao, and luckily, we found a taxi. We got inside the taxi, and it took us, I guess, an hour and a half from our home to reach Chandragiri. After we reached there, my mom took out mine and my sister's identity cards, and my dad took them and went to buy tickets. After some time, he returned with only 3 tickets. I was surprised when he told me that "Children under 3 feet do not need tickets," and we went to a line that took forever to reach the cable car. When our turn came, there were three brothers and one sister; I guess they were vlogging. In total, there were eight people in the cable car, and they were changing seats to take pictures. I was scared of heights and was about to cry right there, but I noticed that the nature I had seen was so beautiful that I thought I was in heaven at the time. We landed on top, and I felt dizzy after that. We ate two packets of popcorn and one cotton candy there. Then we climbed up and up, and when we were at the top, it was so cold that it almost became ice. Then we went to see the view from the view tower, and I saw everything; the airport was right in front of me at that time. We ate two plates of vegetable momo and one plate of chowmein. After that, we stayed there for 1-3 hours, and it was so cold that we came back to the line. The same brothers and sisters were in our cable car, and we all recognized each other perfectly. And then that was the end of my Chandragiri trip. It was so good.



Raj Manandhar
Roll no: 31023
My Trip to Pokhara and Ghandruk

We started our journey on October 27, 2023. It was a trip lasting three days. On the first day, we went to Pokhara and stayed at Sarangkot. We stayed at the "Hotel High Ground Inn," which was near Sarangkot Tower. Next morning, we woke up at 5:00 a.m. to see the sunrise and the beautiful view of the mountains from Sarangkot. We saw a mesmerizing view from there. Then we did a side scene of Pokhara until our lunch, and we went to Ghandruk. The road condition in Ghandruk was half pitch and half offroad. We reached there at about 4' o'clock and enjoyed the views of Ghandruk village, their thakali food, and their beautiful cultural dress. It was very cold there, and we saw a beautiful mountain view from our hotel at night. We did an evening walk around the village. The next day, we went to Gurung Cottage to wear the cultural dress of the Gurung community. The dress was very comfortable and wonderful. We all wore dresses. Then we took pictures, we made videos, and we enjoyed the day. The people who lived there were very humble and polite. They welcomed us very nicely and warmly. We enjoyed Ghandruk very much, and next morning we went to Kushma Bridge to see the longest bridge in Nepal. Then we had our lunch at Begnas Lake and

went back to our home. It was a very lovely, adventurous, and beautiful place to visit Ghandruk and Pokhara.



Sambid Dhakal
Roll no: 30015
CWC (Cricket World Cup)

The ICC Men's Cricket World Cup 2023 is currently taking place in India, with matches being held at various stadiums across the country. Ten countries are participating in this tournament: India, the Netherlands, Bangladesh, Afghanistan, Sri Lanka, Australia, England, South Africa, Pakistan, and New Zealand. A total of 45 matches will be played, making it the largest one-day international (ODI) cricket tournament in the sport's history.

Historically, the Cricket World Cup has been held every four years since its inception in 1975. The West Indies were the first winners of the inaugural Cricket World Cup and went on to win again in 1979. India secured their victory in 1983 and 2011, while Pakistan claimed the title in 1992 and Sri Lanka in 1996. Australia has been the most successful, winning in 1987, 1999, 2003, 2007, and 2015, while England won the previous edition of the World Cup in 2019.

My favorite team is India because it boasts some of the world's best cricketers, including Virat Kohli, who is widely regarded as the best batsman. Additionally, India has the No. 1 ODI bowler, Mohammed Siraj, the Yorker specialist Jasprit Bumrah, and the exceptional all-rounder Ravindra Jadeja. India is also currently ranked as the No. 1 ODI team.

In the ICC Cricket World Cup 2023, the top contenders for the title include India, South Africa, New Zealand, and Australia. Some of the standout players to watch in this tournament are Virat Kohli, Rohit Sharma, Jasprit Bumrah, Hardik Pandya, Adam Zampa, Glenn Maxwell, Kusal Mendis, David Warner, Rashid Khan, David Miller, Shaheen Afridi, Mohammad Rizwan, and Babar Azam.

The opening match of the CWC23 took place on October 5 at Narendra Modi Stadium in Ahmedabad, and the final is scheduled to be held on November 19 at the same venue. If New Zealand or South Africa emerge as the winners, it will be their first World Cup victory. If India wins, it will mark their third title, and if Australia secures the championship, it will be their sixth time winning the tournament. We wish all the participating teams the best of luck.



Pratik Karn
Roll no: 30026
Journey of Joy: My Dashain
Adventure

On Ghatasthapana, the first day of Dashain, I woke up at 7 o'clock. After brushing and taking a bath, I joined my family for worship. Following a hearty breakfast, I headed out to play, and it felt like just another ordinary day. The next day was quite similar to the first.

However, on the third day, a Monday, we began preparing for a special journey. We packed our bags with clothes, sports equipment, and other essentials because the next day, we were heading to my village. We made a stop at my fupu's house to pick up my cousin brother, who was joining us. We were all set for the adventure.

The journey was quite long, taking us from Kathmandu to Bhaktapur, Kavre, Sindhuli, Mahottari, Dhanusha, and finally, to my village, Siraha. It took approximately eight hours, but it was made enjoyable by the company of my cousin brother. We passed the time listening to music and playing games on his mobile phone. We left my fupu and my cousin brother in a place called Mirchaiya before continuing on to my village, Inarwa. I felt overjoyed when I saw my grandfather and grandmother. I took it easy on the first day of our arrival, resting and soaking in the surroundings. The second day was similarly relaxed. On the third and fourth days, life went back to its usual rhythm. Then, on a Saturday, my cousin sister Pari, my uncle, my aunt, and the one-year-old twins, my other cousin brother Aarambha and sister Gulabi, arrived. Their presence brought immense happiness. The following day, Pari and I visited a Chautara where my father and all my uncles were. We even had some adventures climbing trees behind the Chautara.

On Monday, Pari and I explored a place near our house with about 20 to 30 mango trees. There, we enjoyed playing hide and seek. The next day, we celebrate Dashain by receiving tika, Jamra, and blessings from our elders. The following three days were fairly routine. We played, ate, and studied our books for about an hour each day. On Saturday, it was time to return to Kathmandu. I was a bit sad to leave my village, but I had my school to get back to, and I was a little excited to share my experiences with my classmates.



Aadarsh Khatri
Roll no: 24001
Psychology of Peak
Performance in Sports

"Peak performance in life isn't about succeeding all the time or even being happy all the time. It's often about compensating, adjusting, and doing the best you can with what you have right now." - Ken Ravizza

Introduction

In the world of sports, good athletes and great athletes are often differentiated by their psychology. Peak performance not only includes physical powers but it is dependent on mental strength and resilience. It is not a switch button that an athlete can switch on before the match, instead it's a mindset that guides an athlete's actions in every point of the game.

Understanding the psychology of those individuals can unlock the door to excellence and success for many athletes, and helps them achieve remarkable results.

Relation between Mind-body

As we know, “A healthy environment leads to healthy life”, a healthy mind leads to a healthy body and vice versa. So in order to acquire the psychology of a peak performer, it is crucial to acknowledge the relationship between the mind and the body. Here are some psychological factors that contribute to peak performance:

1. *Self-Confidence*: Confidence is the center point for a peak performer. Unless one believes in his/her abilities, it's hard for them to achieve their desired goals. Failure has more to do with lack of belief rather than lack of skills. Peak performance is often guided by self-confidence, as it's within themselves which keeps them motivated and performing at their best. So building confidence involves positive thinking and the ability to bounce back from setbacks and the past.
2. *Visualization*: If you can't see then you can't hit. Visualization and mental imagery are powerful tools for athletes. They have the “Big picture” in the mind they build up to accomplish their goals. It's necessary for one to understand the role of visualization in their career as they are able to see the future that lies ahead of them.
3. *Resilience*: Peak performers are not afraid of falling or taking risks at the turning points. Everyone steps out of their comfort zone in order to achieve their goals. Instead of playing safe, they lay on the line even though the outcome may not be the same they had expected. An unsuccessful attempt will surely reward us with better and smarter abilities.
4. *Stress management*: It is the ability to practice techniques and strategies to effectively handle and reduce stress and anxiety. In most cases, athletes often experience stress before, during and after competitions, which affects their performance. Techniques such as deep breathing, mindfulness, and progressive muscle relaxation can help athletes stay calm and work under pressure during the matches.

Case studies

Cristiano Ronaldo, a football player, exemplifies the significance of the psychology of peak performance. His remarkable performance isn't solely dependent on physical strength instead its mental resilience and discipline. The visualization, goals, self-confidence all these skills make him an excellent player and perform at the highest level.

Moreover, basketball sensation Michale Jordan is another example. His mental strength, competitive field of view, and legendary ethics makes him one of the greatest players. The ability to stay calm and focused in every point allowed him to achieve the goals that he had wished for.

Conclusion

It's important for an athlete to recognize the need or crucial role of mental strength in achieving outstanding results. For me, it's not about winning everything, rather it's about being disciplined and training the mind to be different like mentioned above. Visualizing every obstacle, setting goals, maintaining stress, being self-confident, and building resilience helps to achieve peak performance. Overall, understanding these psychologies can help athletes of any level to play at their best.



रिवान शाक्य

क्रमाङ्क: ३३०१८

मनकामना दर्शन

यसपालिको दसैं बिदामा म मनकामना दर्शन गर्न गएँ । शनिवारको दिन बिहान छ बजे म मेरा बुबाआमा, भाइ र हजुरआमासँग निस्किएँ । बाटामा धेरै रमाइलो भयो । नौबिसेमा हामी दुई घण्टाको जाममा पयौँ । त्यसबेला मलाई साह्रै दिक्क लाग्यो । चार घण्टापछि हामी त्रिशूली नदीको साइडको रिसोर्ट पुग्यौँ । रिसोर्ट जानलाई झोलुङ्गेपुल चढ्दा मलाई एकदम रमाइलो लाग्यो । रिसोर्ट पुग्न साथ हामी सबैले खाना खायौँ र पौडी खेल्यौँ । हामीले केही फोटाहरू पनि खिच्यौँ । आइतवार बिहान सबेरै उठेर हामी मनकामना दर्शन गर्न हिँड्यौँ । केवलकार स्टेसनमा पुगेपछि केवलकार चढेर हामी माथि मन्दिर गयौँ । दुई घण्टा लाइन बसेर माताको दर्शन गर्नु । मैले मनकामना बजारमा खेलौना पनि किनेँ । घर फर्किने बेलामा मलेखुमा माछा पनि खायौँ । हामी साँझतिर घर पुग्यौँ । हाम्रो यात्रा लामो नभए पनि एकदमै रमाइलो भयो । मलाई केबुलकार र झोलुङ्गेपुल चढ्दा धेरै मज्जा लाग्यो ।



निर्भीक गुरुङ

क्रमाङ्क: ३२०२२

मेरो पहिलो हाइकिङ

मेरो पहिलो हाइकिङ नागी गुम्बासम्मको थियो । नागी गुम्बा शिवपुरी राष्ट्रिय निकुञ्जभित्र अवस्थित छ । हामीले हाइकिङ शिवपुरी राष्ट्रिय निकुञ्जको गेटबाट सुरु गरेका थियौँ । बाटोमा हामीले धेरै मानिस देखेका थियौँ । कोही फर्किदै थिए । कोही हामीसँगै हिँडेका थिए । हामी आदि बाटोमा पुग्दा मलाई अलि थकाइ लागेको थियो । हामीले एकछिन आराम गर्नु । हामी अगाडि बढ्दै गयौँ । हामी हिँड्ने बाटो कहिले उकालो कहिले ओरालो थियो । हामीले बाटोमा हरिया रुखबिरुवाहरू देख्यौँ । वरिपरिको वातावरण सुन्दर, सफा र शान्त थियो । हामी दुई घण्टाको हिँडाइपछि नागी गुम्बा पुग्यौँ । नागी गुम्बा पुगेपछि हामी सबैले खाजा खायौँ । हामीले खाजा खाइसकेपछि घर फर्कियो । हामी घर फर्किँदा हामीलाई एक घण्टा मात्र लाग्यो । मेरो पहिलो हाइकिङ साह्रै रमाइलो लाग्यो ।



अद्वित आचार्य

क्रमाङ्क: ३००६२

मेरो हवाइजहाजको यात्रा

१ वर्ष अगाडिको कुरा हो । मेरी आमा, बहिनी र म भएर मामाघर जाने योजना बनायौँ । मेरो मामाघर भैरहवा हो । मामाघर जाने भनेपछि म र मेरी बहिनी असाध्यै खुसी हुन्छौँ । मेरो बिदाको समयमा मेरी आमाले हामीलाई मामाघर लैजाने तयारी गर्नुभएको थियो । यसपटक हामी गाडीबाट नभएर हवाइजहाजबाट मामाघर जाने योजना बनायौँ । हवाइजहाजबाट मामाघर जाने कुराले म र मेरी बहिनी निकै उत्साहित भयौँ । मामाघर जाने दिन हामी बिहानै उठ्यौँ । बिहानको चियानास्तापछि हामी ट्याक्सीमा तल बसेर एयरपोर्टतिर लाग्यौँ । त्यहाँ पुगेपछि हामीले बोडिड पास गराई टिकट लिएर हवाइजहाज उड्ने प्रतीक्षामा बस्थौँ । हवाइजहाज उडानको प्रतीक्षामा बस्दा मलाई कुरकुरे खान मन लाग्यो । आमाले यस्तो कुरा खानुहुँदैन भनेर सम्झाउनुभयो तर मैले जिद्धी गरेँ । एयरपोर्टभित्रको ग्रेसरीमा

गएर मैले कुरकुरे किनें । त्यहाँ त ४० रुपैयाँ पर्ने कुरकुरेलाई ८० रुपैयाँमा बेच्दा रहेछन् । कति ठग्न सकेका होलान् । आमाले यस्तो कुरा किनेर, यसले स्वास्थ्यलाई राम्रो गर्दैन भनेर गाली गरिरहनुभएको थियो ।

केही समयको प्रतीक्षापछि हवाइजहाज चढ्ने समय आयो । हामी सबै हवाइजहाजमा चढ्यौं । त्यतिबेला मलाई रमाइलो भइरहेको थियो । हवाइजहाजमा चढ्दा विमान परिचारिकाले नमस्ते गर्दै सबै यात्रुलाई स्वागत गरिन् । हामी सिटमा गएर बस्यौं । मैले र बहिनीले कुरकुरे खान थाल्यौं । मेरी आमालाई हवाइजहाजको यात्रा गर्न डर लाग्दो रहेछ । हवाइजहाजले जमिन छोड्दै माथिमाथि आकाश मार्गतर्फ गइरहेको थियो । त्यति बेला मेरी आमा असाध्यै डराउनुभएको थियो । विमान परिचारिकाले अब तपाईंहरू ३५ मिनेटमा भैरहवाको विमानस्थलमा अवतरण गर्नुहुने छ भनिन् । उनले सबै यात्रुलाई चकलेट पनि बाँडिन् । करिब आधा घण्टाको हवाइयात्रापछि हामी भैरहवाको विमानस्थलमा अवतरण गर्नुभयो । यो नै मेरो हवाइजहाजको पहिलो रमाइलो यात्रा थियो ।



आकाङ्क्षा खड्का
क्रमाङ्क: २७००१
इटहरीदेखि तेहथुम

बिहान ५ बजेतिर मामा माइजुले गाडी लिएर आउनुभयो । हामी टीकाको तीन दिनपछि इटहरीबाट तेहथुमतर्फ हिँड्यौं । बाटोभरि हिमालको रमणीय दृश्य र सूर्योदयको अवलोकन गर्दै हामी करिब १२ बजेतिर म्याङ्लुङ पुतलीबजार पुग्यौं । हाम्रो बजारमा भएको घरमा गर्नुभयो । त्यसपछि सर्वप्रथम मामाघरकी हजुरआमाले हामीलाई टीका लगाइदिनुभयो । त्यसपछि भने हामीले खाना खायौं र बजार घुम्नका लागि निस्कियौं । पुतलीबजार पहिलेदेखि नै तेहथुम जिल्लामा रहेको ठुलो बजारमध्ये एक थियो । यहाँ भएका सबै घरहरू काठ, सिमेन्ट र ढुङ्गाहरूको मिश्रणबाट बनेका थिए । प्रायजसो घरहरू उस्तै देखिन्थे । धेरै मात्रामा सेतो निलो र हरियो रङ घरका भित्ताहरूमा प्रयोग भएको देखिन्थ्यो । केही समय बजार घुमेपछि भने हामी घरतर्फ फर्कियौं ।

भोलिपल्ट बिहान हामी बजारमा अवस्थित सिंहवाहिनी मन्दिरतर्फ प्रस्थान गर्नुभयो । त्यहाँ अन्य बाहेक रबनी बिरालो र ढुङ्गाको आकृति बनाइएको थियो । यहाँ भने ठुलो वरको मुनि भगवतीको प्रतीकरूपी ढुङ्गा रहेछ । ढुङ्गालाई पूजिने र वरमै मन्दिर अवस्थित छ । म्याङ्लुङ आउँदाखेरी सबैभन्दा धेरै आउने ठाउँहरूमध्ये सिंहवाहिनी मन्दिर पनि पर्ने गर्दछ । त्यसपछि हामी नजिकैबाट देखिने आहाले पहाडको रमणीय दृश्यको फोटो खिच्दै घर आइपुग्यौं । चिया नास्ता खाएर हामी हाइवेको बाटो हुँदै कान्छी पाथीभरा जाने बाटोतर्फ लाग्यौं । हाइवेको बिचाम नै एउटा मन्दिरको स्थापना गरिएको थियो र मानिसहरू मन्दिरभित्र अवस्थित ढुङ्गालाई पुँजी रहेका थिए । म्याङ्लुङ बजार पुग्नुअघि नै यो मन्दिर आउँछ । मन्दिरभित्र अवस्थित ढुङ्गामा बिरालाको जस्तो देखिने ठुलो पञ्जाको निशाना भएको र त्यस ढुङ्गाद्वारा नै लिम्बू भाषामा म्याङ भनेको बिरालो र लुङ भनेको ढुङ्गाद्वारा यस ठाउँको नाम म्याङ्लुङ राखिएको भन्ने किंवदन्ती छ । त्यसपछि अलि पर पुगेर कान्छी पाथीभरा जाने बाटोतर्फ लाग्यौं । कान्छी पाथीभरा बाटैभरि जताततै पानी अमला पाइने रहेछ । बिस मिनेटसम्म भन्याङहरू चढेपछि हामी त्यस पहाडको टुप्पोमा आइपुग्यौं । केही परबाट आलेटार जाने बाटो पनि छुट्टिने रहेछ । निकै ठुलो ढुङ्गामा अवस्थित थियो कान्छी पाथीभरा मन्दिर त्यहाँबाट पुरै बजार हामीले देख्न सक्ने रहेछौं । त्यहाँ गएर पूजा गरेर हामीले नजिकै बसेर घरबाट ल्याएको खानेकुरा खायौं । अनि नजिकैको बोटबाट कटुस टिपी हामी घरतर्फ फर्कियौं ।

भोलिपल्ट बिहान एघार बजेतिर सावलाका लागि निस्कियोँ । गाडीबाट जाँदा अहिले १०-१५ मिनेट मात्र लाग्ने रहेछ । धेरै जनसङ्ख्या नभएको साने गाउँ थियो । अहिले भने सबै बाहिर पलायन भएकाले गाउँ नै सुनसान भएको रहेछ । मानिसको चहलपहल त टाढैको कुरो त्यहाँ त हतपत्त मानिस भेटाउन कठिन रहेछ । वडामा केही काम पछि हामी सावलामा अवस्थित घरतर्फ लाग्यौँ । जताततै धान, सुन्तला,अम्बा र फर्सीले भरिपूर्ण थियो सावला । हाडवे पनि धेरैजसो खाली नै थियो । हिँड्न पनि सहज थियो । मलाई भने सावला निकै शान्त र सुन्दर लाग्यो । घर पुगेर केहीबेर गफिएपछि हामी फेरि म्याङ्लुङ फर्कियोँ ।



मुना गौतम

क्रमाङ्कः २५०८५

अविस्मरणीय शैक्षिक भ्रमण

कक्षा ५ मा पढ्दा ताकाको कुरा हो । हामीलाई सामाजिक किताबअन्तर्गत शैक्षिक भ्रमणका लागि सरहरूले नारायणहिटी दरवार र स्वयम्भू लग्ने भन्नुभयो । यो सुन्दा म र मेरा साथीहरू धेरै खुसी भयौँ । हाम्रो खुसीको केही सीमा थिएन । हामीले त्यहाँ जानुभन्दा अगाडि नै थुप्रै सपनाहरू बुनी सकेका थियौँ । हामी धेरै जसो छात्रावासमा बस्थ्यौँ । त्यस दिन हामीले त्यस दिन गफ गरेर बितायौँ । त्यहाँ गएर धेरै कुराहरू सिक्नुका साथै हामीले मनोरञ्जन गर्ने वाला थियौँ ।

रातभरि म सुन्न सकिनँ । मनमा धेरै उत्साहले भरिएको थियो । सुन्न धेरै मन नलागेकोले म भोलिपल्ट बिहानै उठेँ । हात, मुख धोएर पढ्न बसेँ ।

शैक्षिक भ्रमण गर्ने ठाउँको वारेमा केही जानकारी लिएँ । बिहानको करिब १०:०० बजेतिर हामी हामी गन्तव्यतिर लाग्यौँ । हामी ३० जना जति विद्यार्थी र शिक्षकहरूसँग गएका थियौँ । हामीले स्कुलबस लागेका थियौँ । करिब १ घण्टामा हामी नारायणहिटी राजदरवार पुग्यौँ । टिकटहरू बोकेर आफ्नो पुस्तक र कलम बोकी हामी सङ्ग्रहालयमा पुग्यौँ । त्यहाँ पुग्दा त आफू राजा भएकोजस्तो अनुभव भयो । साच्चै राजदरवार हेर्दा त हाम्रा राजाहरूको कमी महसुस भयो । त्यहाँ चारैतिर सिंसिटिभी राखिएको रहेछ । त्यहाँका कोठाहरू ७५ जिल्लाका नाममा लेखिएको थियो । त्यहाँका चित्रकलाहरू, त्यहाँ राखिएका सामानहरू एकदमै मूल्यवान् जस्ता देखिन्थे । हामीले त्यहाँ लेखिएका थुप्रै कुराहरू आफ्नो कपीमा टिपोट गर्थौँ ।

राजाहरूलाई मारिएका ठाँउहरू नि हामीले अवलोकन गर्थौँ । राजकुमार दीपेन्द्र, निराजन र रानी श्रुतिका बस्ने ठाँउहरू नि हेर्थौँ । त्यो वातावरण एकदमै रमणीयताले भरिएको थियो । हामीसँग थोरै समय थियो त्यसैले हामी त्यहाँबाट जानै पर्थ्यो । राजदरवारमा हुँदाको आनन्द नै छुट्टै थियो । हामीले स्कुलबाट ल्याएका केही खाजा खायौँ र केही फोटाहरू खिच्यौँ । त्यसपछि हामी स्वयम्भू गर्थौँ । स्वयम्भूको सङ्ग्रहालयमा पौराणिक जनावरहरूको नमुनाहरू राखिएको रहेछ । त्यहाँका सबै कुराको अवलोकन गरी हामी माथितिर लाग्यौँ । त्यहाँ धेरै बाँदरहरू थिए । त्यो रमणीय वातावरणले हामीलाई अँगालेको थियो । हामीले त्यहाँ विभिन्न वास्तुकलाहरूका नमुनाहरूका वारेमा अवलोकन गर्ने अवसर पनि प्राप्त गर्थौँ ।

साँझको ५:०० बजिसकेको अवस्था थियो त्यसैले हामी विद्यालयमा फर्कियोँ तर त्यहाँको त्यो रमाइलो वातावरणले हामीलाई त्यतैतिर तानिरहेको थियो । हामीलाई त्यहाँबाट फर्किन मनै लागेन । यो शैक्षिक भ्रमण एकदमै रमाइलो भएको थियो । अविस्मरणीय यात्रा थियो । बेलुका धेरै नै थकाइ लागेका कारण म छिट्टै निदाएछु ।

INTERESTING FACTS AND FIGURES



Harshit Agrawal
Roll no: 32009
Black Holes

Black Holes are the celestial bodies that break the laws of Physics. It is that attractive force that whatever comes near to it will be pulled in to never get back.

A Black Hole has three parts. They are; Accretion Disk, Event horizon and Singularity. Accretion disk is the remains of what has been absorbed. It is made up of gas and dust. Event Horizon is the edge that lies between Accretion disk and Singularity. It is the point of the black hole from which there is no return. Anything that passes from this point will never return back to the universe.

Singularity is the point where all the mass is trapped.

Albert Einstein first predicted that there is something as black hole. He had mathematically proved the existence of black holes and later other scientists proved its existence to be true.



Ruhjen Jung Khadka
Roll no: 32014
World War I

World War I, also known as “WWI” , started on 28th June, 1914. It was one of the deadliest wars where over 9 million soldiers were dead, 23 million got injured and wounded and over 5 million civilians were dead.

WWI started when Gavrilo Princip assassinated an Austrian named Archduke Fraz Ferdinand. The war took place around Europe, Africa, Mid- East, Asia and Pacific Islands.

The Allies won the WWI by defeating the central Powers. Germany’s strategy was defeating France and transferring forces to the Russians but being one of the strongest forces, Germany failed and the Allies took advantage as Germany had to be responsible for the loss of Central Powers.

The war took place for 4 years, 3 months and ended on 11th November 1918.



Aashish Dahal
Roll no: 27004
The Origin of Malshree
Dhun

Malshree Dhun, also known as Dashain Dhun, is a popular instrumental music piece played during the Dashain festival. Its history can be traced back to the period between 1000 BCE to 1700 BS when Kathmandu was under the rule of the Malla kings. This music is rooted in Newari culture and emerged during a significant cultural and artistic revolution in Kathmandu brought about by the Malla kings.

The earliest written record of this music can be found in the book "Sangeet Chandra," a Newari text written in the Bhaktapur district. When Prithivi Narayan Shah conquered the valley, he brought this music with him, and it was later integrated into military practices and during wartime.

Originally, this music was played using instruments such as the sitar, tabla, flute, and other traditional instruments. Over the years, the instruments used have evolved, and today, people often include guitar and piano in their renditions.

This music holds a special significance during Dashain, especially during Ghatasthapana, which marks the beginning of the festival. Dashain is incomplete without the sound of Malshree Dhun, and it has become symbolic of the festival itself. It is said that when this music is not heard during Dashain, it doesn't feel like Dashain has truly arrived.

However, there are some historical accounts that suggest this music was first composed during the Anglo-Nepal war in Kangada district, which is currently part of Uttarakhand, India. Inscriptions with lyrics have been found in that district, but it's worth noting that Newari culture has a rich tradition of instrumental music for various seasons throughout the year, and this music happens to be associated with the autumn season, coinciding with Dashain.

In some areas, particularly in the morning, members of the Newari community play this music using traditional instruments while visiting temples, a practice that begins a month before Dashain and is considered a way of welcoming the festival.

Despite its Newari origins, people from various castes and religions now play this music during Dashain. This reflects the influence of cultural blending and the evolving tapestry of Nepal's diverse communities. While some may argue that this shift risks diluting the cultural heritage, others believe it reflects the natural progression of culture and the incorporation of diverse influences.

As time has passed, the instruments used in playing this music have evolved from harmonium, sitar, tabla, and flute to more contemporary instruments like the guitar, piano, and drums. This transformation in musical instrumentation has sparked debates, with some arguing for the preservation of heritage, while others see it as a natural evolution that doesn't significantly alter the essence of the tradition.



Manavi Regmi
Roll no: 27007
Ouija Board

The Ouija board, often regarded as a mystifying tool for communicating with the spirit world, has captured the curiosity and imagination of many. The Ouija Board has become a well-known object, particularly used to call spirits and communicate with them. This board is simply referred to as a game and was discovered during the mid-19th century.

The idea of communicating with spirits using a planchette or other means can be traced back to ancient civilizations. The Chinese "fuji" and

"planchettes" used in Europe in the 19th century are early examples of such devices.

In the mid-19th century, during the height of the spiritualist movement, there was a surge of interest in communication with the spirit world. People sought ways to connect with the deceased, and various methods were used, including seances and automatic writing. This led to the development of talking boards, which eventually evolved into what we now call the Ouija board.

This enigmatic board typically consists of a flat surface adorned with letters, numbers, and words such as "yes," "no," and "goodbye." It is accompanied by a planchette, a heart-shaped or triangular indicator. The Ouija board is used as a means to supposedly interact with spirits or entities from beyond.

To play the game, participants gather around the board, lightly placing their fingertips on the planchette. The process begins with a question or intention to communicate with spirits. In theory, an external force, often believed to be spirits, guides the planchette across the board, spelling out words or providing answers. The planchette may glide from letter to letter, forming coherent messages.

The game is often conducted in a dimly lit room with a sense of reverence or solemnity, enhancing the mystique and anticipation of potential otherworldly contact. Participants should ask questions and remain patient, as the planchette may move slowly and hesitantly before spelling out responses.

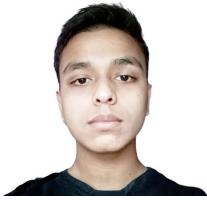
The Ouija board is based on the ideomotor effect, a psychological phenomenon in which individuals make unconscious, involuntary movements, often driven by their subconscious thoughts, desires, or fears. It is important to approach Ouija board sessions with caution, as some individuals attribute negative or even malevolent encounters to their use.

The Ouija board has become a well-known and widely used item, sparking both fascination and controversy. It has gone through various manufacturers and iterations over the years and has found a place in popular culture. Despite its origins in the late 19th century, the concept of attempting to communicate with spirits or the unknown has ancient roots and can be found in various cultures throughout history.

For those who view the Ouija board as a mere game or a psychological experiment, it serves as a source of amusement and intrigue. It is critical to recognize the potential psychological impact it can have on participants. Therefore, it is advisable for participants to exercise discretion and be mindful of the emotional and psychological effects that this peculiar board game can induce.

However, the Ouija board has long been met with controversy and skepticism. While some embrace its supernatural potential, others view it as a psychological curiosity driven by the ideomotor effect and suggestibility. With its enigmatic allure, the Ouija board continues to captivate and divide, prompting warnings and cautionary tales about its potential to invite unknown forces into our world. Whether a tool for contacting spirits or a psychological experiment, it remains an intriguing artifact of our collective fascination with the unknown.

SOCIAL AND CONTEMPORARY ISSUES



Yawat Malla
Roll no: 24049
**A Year Without Social
Media**

Introduction

“For every action, there is an equal and opposite reaction, plus a social media overreaction.”

It won't be an exaggeration to say that the world today is running at the mercy of social media. It is surprising how quickly and rapidly social media has evolved over the years and continues to do so. Social media first started as a means of connecting digitally with friends. Everybody seems to have a social media presence, even children and old people. As of 2023, social media is not only a platform to communicate with friends and families but is also a major industry for marketing. It is hard to believe that the social media we know today first started only a couple of decades ago. In a

world that has become so heavily dependent on social media, it may be hard for some to believe that it is possible to live by being completely cut off from the digital world. Nevertheless, I was able to spend a year without social media which I would say has helped me a lot to transform as a person.

The Social Media Trap

Like many other teenagers, I encountered social media at a very young age, maybe when I was 9 or 10. A friend told me there was this really cool thing called 'Facebook' where you can talk to each other and play Dragon City. I have continued to use social media ever since. As someone who has used social media for quite a while, one thing that I learned is that social media is heavily demanding on time. There were times when I would start watching a YouTube video and realize I had been continuously watching one video after another for several hours. It was almost scary how I would lose track of time so quickly without a hint of realization. But the real question is why do people love social media so much? What is so interesting about it? There is an obvious answer. Regardless of the differences in origin, ethnicity, language, and culture, one thing that unites all human beings is drama. Social media has become the undeniable proof for this. Social media seems to capitalize on the fact that people, whether teenagers or elderly, all share an equal love for drama. May it be politics, pollution, or some controversy about a social media influencer, everybody loves to know what's going on, form assumptions, and share their assumptions on social media. And once we get caught up in this quicksand of uselessly drifting across social media to know who called out whom and what they said, we slowly sink into it and it becomes more and more difficult to escape it.

Social Media Detachment

During the one year that I escaped all the social media drama from my own life, I learned to appreciate the small things in life. I realized the value of time we spend with our loved ones and the true meaning of socializing. After getting out of social media, I felt empty, as I believed that there was not anything to do. I would be lying if I said I was not tempted to get back into Facebook and Instagram after a few days. I realized that now that I was not just scrolling through reels, feeds, and videos all day, I actually had a lot of time. With all the spare time that I had, I had the opportunity to rediscover my hobbies. I discovered my love for coding and reading books. I love listening to

music and even learned some Spanish on Duolingo. I also put some serious thought into my future about what I want to be, and the correct path to be where I want. I was able to spend more time with my family and my mother's concern about me being on my PC and phone all the time seemed to have decimated. I hung out with friends a lot and I have to say that the connection I was able to establish with people in person is something that I would never be able to have with only social media interaction.

In the year that I was absent from social media, I have lost count of how many times people asked me why I deactivated all my social media accounts. They would come up with their own reasons like if I was trying to focus on my studies for the year, if I was pressured by my parents or even if I was emotionally scarred due to a heartbreak. I had to justify myself many times, but I always found it hard to tell my friends that I just wanted a break from all the social media influences in my life and just be me. One thing that I would say is the downside of not using social media is that there were only a few means of contacting me excluding phone calls and SMS, due to which I found myself in trouble several times. Not using social media also feels like being cut off from the digital world, which made me feel a little bit out of place in my friend circle.

Conclusion

Thus when I felt that I had overcome my social media addiction and I would no longer be engulfed by it. I returned to the place where I was. Also part of the reason was because my friends wouldn't stop nagging me all the time to get back because it had become extremely hard for them to contact me regarding anything and they had reached the end of their patience, which I thought was reasonable. So after getting back on Instagram again, I feel rejuvenated and have a sense of self-control over my social media usage. I no longer feel the need to fear that I would waste my time by using too much social media which is very exhilarating. A free piece of advice I would like to give to every person who is too much into social media: engage more with the people around you as real connections happen when you look up from your screen and into someone's eyes, where the world of the heart and soul resides.



Neshan Shrestha

Roll: 24024

**'Mha Puja': Celebrating
the Self and its Renewal**

Introduction

'Mha Puja' is a special and lovely event observed in the Kathmandu Valley of Nepal. It is an essential component of the cultural and spiritual traditions of the Newar community. The Newar people revere 'Mha Puja', which means "worship of the self," with great affection. This event is a celebration of self, rebirth, and the profound connection people have with their inner selves. It transcends traditional worship. We'll go over the meaning, customs, and core of 'Mha Puja' in plain English in this article.

Significance of 'Mha Puja'

On the fourth day of Tihar, a five-day Hindu festival that typically takes place in October or November, 'Mha Puja' is observed. 'Mha Puja' is exclusive to the Newar community, whereas Tihar is mainly observed by Hindus. Since the inner self is considered by Newars to be the source of one's existence, this day is devoted to self-worship. 'Mha

Puja' offers people a chance to take stock of their life, value their journey, and look for inspiration for the coming year.

Rituals of 'Mha Puja'

'Mha Puja' is a very intimate, family-focused celebration. The days leading up to this auspicious day are spent in preparation. Here are some key rituals and traditions associated with 'Mha Puja':

1. **Mandala Creation:** Using rice flour, colored powders, and flower petals, families craft elaborate mandalas on the ground. These mandalas are intended to bring positive energy into the home and represent the universe.
2. **Dinner Setup:** A separate, spotless space is set aside for the dinner, which consists of a variety of customary Newari foods and treats. There's no better way to enjoy the mouthwatering food that Newars are known for than during 'Mha Puja'.
3. **Self-Worship:** The act of self-worship is the focal point and most important aspect of 'Mha Puja'. Every member of the family faces a mandala with an oil lamp lighted while they sit in traditional garb. In order to demonstrate their regard for oneself and the value of self-awareness, they present themselves with garlands, fruits, and other offerings. It's a time for profound reflection and appreciation.
4. **Blessings and Tika:** Senior family members bless the younger ones and apply tika, which is a concoction of rice, yogurt, and vermilion, on their foreheads. This represents the family members' safety and well-being.
5. **Janku:** Family members' wrists are adorned with a unique thread known as "janku". It is thought to shield people from bad energy and provide them luck for the upcoming year.

The Essence of 'Mha Puja'

The main goal of 'Mha Puja' is to accept and rejoice in one's existence. It serves as a helpful reminder to value life's journey and the significance of self-awareness. This special celebration promotes introspection, personal development, and a closer relationship with one's inner self. Here are some key aspects that capture the essence of 'Mha Puja':

1. **Respect for Oneself:** 'Mha Puja' emphasizes how important it is to respect oneself. People are made aware of their inherent value and worth by praying for themselves and treating themselves with respect.
2. **Gratitude:** People show their appreciation for the hardships and experiences they have had over the last year by participating in this event. It's a chance to recognize the information gained and the development of oneself.
3. **Renewal:** 'Mha Puja' is a period of introspection and goal-setting. It acts as a prompt to let go of bad behaviors and welcome constructive adjustments.
4. **Family Bonding:** By performing the traditions as a group, families come together during this festival. It emphasizes the value of harmony and close family relationships.
5. **Cultural Preservation:** 'Mha Puja' is essential to maintaining and promoting the Newar community's rich cultural legacy. It facilitates the transmission of customs and morals from one generation to the next.

'Mha Puja' in Modern Times

The need for introspection and self-awareness frequently gets lost in the fast-paced world of today. Nonetheless, the Newar community still values 'Mha Puja' as a sacred custom. It acts as a reminder to strike a balance between the rigors of modern life and the requirement for introspection and personal development.

Conclusion

'Mha Puja' is a lovely festival that inspires people to examine themselves, value themselves, and embrace self-awareness. It serves as a reminder of the value of appreciation, rejuvenation, and the close relationship that exists between a person's inner self and their life's path. Let's all pause as we commemorate this special occasion to consider our own lives, be grateful for our existence, and make plans for a better tomorrow. 'Mha Puja' tells us that, sometimes, self-worship is the most significant kind of worship.



Prarthana Khatiwada
Roll No : 24026
Menstruation : A Social Taboo

Introduction:

Menstruation, often referred to as a women's "period", is a natural biological process that occurs in females of reproductive age. It is a monthly cycle in which the body sheds the lining of the uterus, known as the endometrium, through vaginal bleeding. This process is controlled by hormones and plays a vital role in the female reproductive system. The menstrual cycle lasts for around 28 days. The duration of the menstrual cycle depends upon an individual's reproductive system. Half of the world's population experiences menstruation naturally, so it should be a topic free from stigma, taboo and discrimination. Unfortunately,

in some societies, menstruation is still considered as a social taboo associated with misconceptions and myths.

Discussion:

The word "Menstrual taboo" refers to the harmful practices, negative behaviors and attitude towards menstruation. Some key aspects of "Menstrual Taboo" are:

- Cultural misconceptions: The stigma associated with menstruation has been increased by cultural myths and superstitions globally. In Nepal, menstruating women are considered to be impure, and their touch can contaminate the food, and make a healthy person sick. These thoughts promote discriminatory behaviors and develop a culture of shame.
- Isolation and discrimination: In some cultures, menstruating women are kept apart from their families when they are menstruating. In the context of Nepal, menstruating women are not allowed to enter the kitchen, worship in the temple, sit on the sofa or enjoy with their family members. This isolation maintains the idea that menstruation is something to be hidden and ashamed of.

Some of the consequences of the menstrual taboo are:

- Physical and mental health: Isolation and lack of access to hygiene leads to health problems, infections, and many other problems. Depression and anxiety are the two major mental health effects that can result from shame around menstruation.
- Gender inequality: Taboos around menstruation keeps gender inequality alive. It promotes the idea that women cannot fully participate in society because they are somehow dirty and impure when they menstruate. Women's self-esteem is impacted and so are her chances of employment, education and personal growth.

Some steps that must be taken to break the menstrual taboos are listed below:

- By providing comprehensive menstrual education in school to both boys and girls can help break the taboos.
- By ensuring that every individual has access to affordable and hygienic sanitary products.
- By empowering women to stand out and advocate for their rights by sharing their experiences and difficult harmful practices during their menstrual cycle.

Final words:

It is high time for societies to drop down the misconceptions that have ruined the image of menstruation. We can move towards a world where menstruation is celebrated, not humiliated, and where everyone can experience it with respect and honor by encouraging education, direct conversation and gender equality.



Ojas Acharya
Roll: 25046
The Living Goddess of
Nepal: Kumari

Introduction

Kumari is a prepubescent girl usually selected from the Newar community in Nepal who are worshiped as the living embodiment of the Hindu goddess 'Taleju' or 'Durga'. The selection process involves rigorous cultural and religious criteria, and the chosen girl undergoes a series of rituals before being officially recognized as the Kumari. Kumari's also symbolizes power and security and Nepalese people believe that the living goddess protects them during difficult times.

Even during the earthquake in 2015 the people inside the 'Kumari Ghar' were sitting with the Kumari without fear. The Kumari is considered a spiritual figure and holds a significant place in local religious practices.

Historical Facts

The history of the Kumari tradition is deeply rooted in Nepal's cultural and religious heritage. There are no definite documents which proves the origin of the living goddess but it is believed to be practiced from the 17th century. In Nepal, There's proof that the Kumari has been worshiped back from 2300 years.

There are many stories behind Kumari's Origin but the most believed story is of the Malla Dynasty. According to this story it is believed that the goddess Taleju used to visit the last king of Malla Dynasty Jaya Prakash Malla during the night as a very beautiful girl and used to play dice with him. The goddess used to visit the king only on one condition that the king should not share anything about their meeting to anyone, not even to the queen. But one day the Queen followed the king Jaya Prakash Malla and found out about the meeting of the King and the goddess Taleju. And when goddess Taleju found out about the queen knowing about their meeting. Goddess Taleju got very furious and left the King's Place.

After all these scenarios, The goddess Taleju came into the dream of Jaya Prakash Malla And said that She will incarnate as a Living Goddess in one of the girls from Ratanawali's Shakya community. To improve the relationship with Goddess Taleju and for the protection of the people of his kingdom the King started the search and found the girl from the Shakya Community and started worshipping her. Also for her residence he created a palace for the Kumari to stay and was named as Kumari Ghar and today

also the Kumari lives there. It is said that from that time of Malla Dynasty worshipping of the living goddess started in Nepal and has been practiced till today.

Kumari Selection

For the selection of the Kumari there's a selection process in which the girl of 3 years from the Shakya community is kept away from their family and is named as Kumari. In this step the conditions are that they should not be unhealthy or sick and their teeth should not fall and they should not bleed even once in their life. After the Girl completes this selection stage then 32 characteristics and qualities inside them are distinguished. Like their tongues should be small, their voice should be sweet and they should be peaceful. The characteristics and qualities of the girl are distinguished by Vajracharya Pujari, Pancha Buddha, Taleju Pujari and Shahi Jyotishi. After this selection is completed and all the 32 characteristics and qualities matches then their final selection takes place in the day of Dashain where A buffalo with its head cut off is kept and a male wearing devil crown dances in front of the girl and if the girl doesn't reacts or passes this step without fear then they are chosen as the incarnation of goddess Mahakali also known as Kumari.

Life of a Kumari

After being the Kumari The girl's life changes. She is kept in the Kumari Ghar where she is engaged in her religious work. The Kumari spends her life inside a 4 wall room where a candle is kept and she cannot move out from the Kumari Ghar on normal days but only during festivals she is brought out from the Kumari Ghar. Here also there's a condition that she should not touch the ground with her feet. The Kumari does not have any expression on their face and while someone meets with the Kumari and if Kumari express their emotion then it is said to be a prediction of the future. If Kumari laughs or cries then it symbolizes suffering from diseases or death.

The girl is considered a Kumari until and unless they don't bleed from their body whether it is a small hurt or they hit puberty and start menstruation. If by accident the Kumari gets hurt and bleeds then that girl is not considered a Kumari. After being removed from the post of Kumari the girl can live her life freely without any restrictions and they also get pension. Also in the Nepalese community people believe that the male who marries Kumari dies at a young age so many male's don't marry Kumari because of fear of death.

Criticism from Modernists

Even though the Kumari tradition has been in practice from 2300 years, The Kumari tradition is facing criticism regarding the well-being and rights of the young girls. The selected Kumari is secluded from her family and the outside world for the duration of her tenure and This isolation may disrupt her education and normal social development, as she's often confined to the Kumari Ghar (the palace) and is restricted from ordinary activities that children her age typically engage in. And many of the Kumari may face psychological problems as the Kumari who was getting all the facilities and attention is now a normal person and many can't handle this scenario.



Sifal School