

CHELSEA WAVELENGTH

A Complete Educational Magazine

August - November 2015

Year 5, Issue 1

**Examination
Phobia**

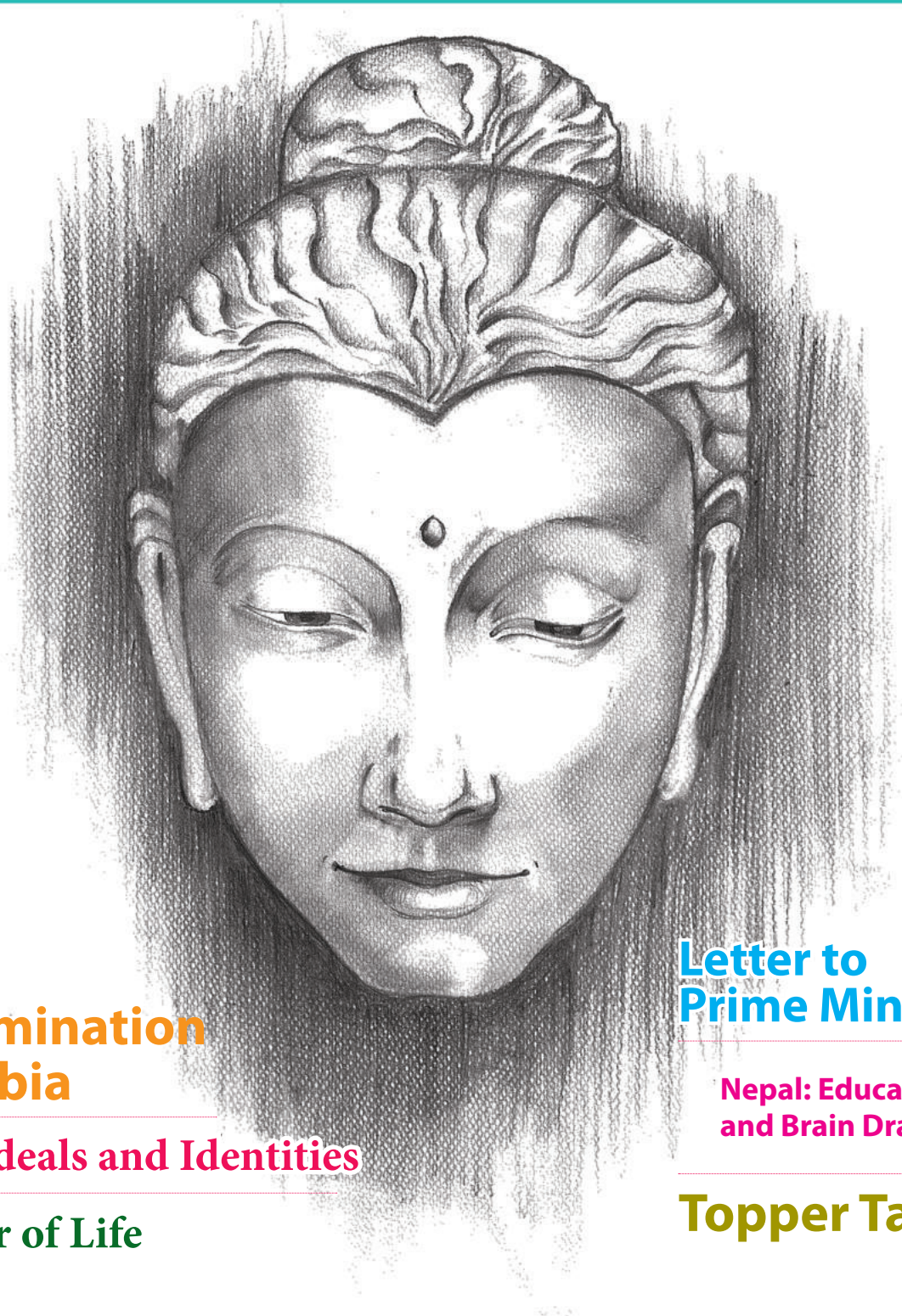
Ideals and Identities

Color of Life

**Letter to
Prime Minister**

**Nepal: Education, Youth
and Brain Drain**

Topper Talks



From the Principal / Founder Director

"Education is a process to develop man's faculties especially his mind so that he may be able to enjoy the contemplation of supreme truth, beauty and goodness" - Aristotle

We are extremely proud of our school, and we strive to provide clear and updated information about all of the wonderful work happening at Vidhya Sanskar H. S. School in association with CIA under the safe hands of Chelsea International Academy Pvt. Ltd.

Wish you a warm welcome to the new session yet again in the decade of excellence and may all your dreams and hopes to see your child emerging as an achiever in the field of academics and other important skills get fulfilled.

The school should be a place of joy, a temple of knowledge and a home away from home for children. Education is the most powerful instrument of change and the backbone of nation. It has to be meaningful for meeting the challenges of the present and the future. In a globalised world, in addition to knowledge, attitude and skills play an equally important role to determine success.

Our goal, as an ideal school, is to impart the best education to our student in the developing scenario around the globe and to provide



Sudhir K. Jha

an environment so that they are converted into successful citizens filled with human virtues of creativity knowledge, brotherhood, patriotism, sensitivity to the environment with best moral values and true sportsman spirit in their capabilities. We are determined to provide safe, orderly, disciplined and creative environment to channelize the potential of children and guide them for the excellence in all fields of learning. School is able to maintain its position at the top in terms of board results of class X and A – Level through the extraordinary performances by our students year after year. Our numerous students have been successful in sports and other academic activities held at different levels. We are also very happy to introduce our own national program of HSEB (11 & 12) from this year.

With all trail of development marking the significant changes over the last few years, the school

is now very well equipped with its improved infrastructure and modern facilities which have proved to be instrumental in the physical and mental development of our students, and the dynamic official website, electronically maintained data and progress reports, safe transport systems to add up some.

Our highly experienced and devoted teaching faculty is also constantly upgraded through workshops equipped with best teaching aids and technology. We also have highly experienced non teaching staff of the school, fully dedicated for the safety, security and well being of the students.

We encourage you to go through the "Notice Board Service" on regular basis to know about the numerous activities planned throughout the session, examination details, school rules, policies and all other schedules.

We appreciate the involvement of the parent community and their feedback for the improvement and furtherance of school system; you can use our school website www.chelseainternational.com.np or email to me your suggestions/grievances at mail@chelseainternational.com.np as a channel of effective communication between us.

I look forward to your participation in keeping school impart meaningful education to your children.

From the Editor

It's been a very good start to the session; we've already had an intra-school futsal tournament, a welcome program, a Teachers' Day celebration as well as an intra-school Olympiad! 2015 is looking up.

This is the first time we have worked as the editors-in-chief for the magazine, so this particular issue holds a lot of significance for us. It's been a wonderful experience, as the entire editorial team, as well as everybody that contributed to the magazine, have been very good to us and have helped us every step of the way. There have been some minute stylistic changes in this issue, so I hope these changes will make it worth the wait. Carpe Diem!

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NEWS AT CHELSEA

Real School of Nepal 2015

The Real School of Nepal, Central Region was held on 15th Bhadra, 2072 B.S. Various school students from Kathmandu district participated in the event. The students competed in Extempore; Dance; Score the Real Goal; 3 Minutes to Fame; Football Juggling and Painting.

The following students were selected to represent our school. Presha Mainali of Class IX had participated in Extempore. Likewise, Aakriti Sapkota of Class IX in Dance, Sashank K.C. of Class VII in Score the Real Goal, Bidhan Khanal of Class VI in 3 Minutes to Fame, Anshul K.C. of Class IX in Football Juggling and Rahul Balamani of Class VII in Painting.

Bidhan Khanal and Aakriti Sapkota were able to secure positions in their respective events. Bidhan Khanal secured 4th position in 3 Minutes to Fame and Aakriti Sapkota secured 2nd position in Dance.

Congratulations!

Extravaganza

With the commencement of new batch in AS, extravaganza was held inside the college premises with participation of both AS and A2 students. On the theme 'Forgive and Forget' an art competition was organized. Then, the students were divided into different groups randomly with selection of group leaders. The members of the group were asked to paint the logo that they made on their face. 'Caterpillar making' and 'hit the pot' were held successfully with the involvement of the audience who continuously hooted and enjoyed as well.

Literature was enhanced with creative writing and calligraphy. Games and sports were organized too Basketball tournament was equally exciting and the computer games like FIFA and DOTA were held, which were appreciated by all. The last day was a complete blockbuster with games like 'Treasure hunt' and 'Hit the pyramid'. It was one of the best and memorable event as organised annually this year.

Intra College Olympiad

It was an approach of the Social Service Club to raise fund from participants in intra college Olympiad. It was held in A-levels block itself. Almost everyone's participation was seen which was commendable. A variety of events were organized to enhance overall development of our students. All the events were held on the theme 'Militarism'. The first event was mime. There were two teams participating who plotted an amazing drama on the story of our brave soldiers and army. Loud bursts of hooting and clapping embraced the enthralment of the audience.

A debate competition was held on the phase of two rounds. The first was held between two teams in a classroom. Since there were four teams, the first round for debate succeeded parallelly. There was a final round for debate which was an impromptu. Even an impromptu debate was performed on the aforementioned theme 'militarism' to celebrate militarism.

Giving a bolster to our talented artists, the art competition produced electrifying paintings and sketches giving tribute to our military force and displaying the military development in Nepal. Those masterpiece collected enough appreciation from everyone.

Digital cameras, Smart phones,

I-pads were allowed for the students participating in the 'Photography' event. All the participants were busy capturing scenic photos and the events ongoing in the college. It was the first time a photography event was held this year. The captured shots were mesmerizing and they will remain as a memory of this historic event.

Then, Chess competition was held with participation of 16 individuals. It was a one-vs-one competition and after the quarter finals and semi finals, finals were held. Finals were an amazing shot. Also, a few non participants were also made to write an essay on whether they would join military force or not. Everyone involved and volunteered in one way or the other. With this, the grand event concluded and the judge panel and the organizers appreciated everyone for their wonderful performance. It was one of the best events organized in Chelsea along with successful fund-raising.

Debate

Chelsea International Academy is well known for its activism in extracurricular activities, participation and victory. The most active club of our institution is the debate club. Debate competitions are organized frequently inside the high school and the debate team of our institution also participates in intra-college debate competitions. The recent competition was held on the phase of two rounds. There were 4 teams, the first round succeeded parallelly. Then the second round was an impromptu debate and it was performed in the theme "MILITARISM". Overall it was a grand success.

Riddles

1. Even if they are starving, natives living in the Arctic will never eat a penguin's egg. Why not?
2. In the Tour de France, what is the position of a rider after he passes the second placed rider?
3. There are nine birds on the branch. You shoot the first and the third bird. How many are left?
4. If there are 3 apples and you take away 2, how many do you have?
5. You are lost and alone in the woods. You stumble across

an old cabin, and decide to stay there for night. You want some heat and light, but the only thing you find in the cabin are a candle, an oil lamp and a wood burning stove. You look in your pocket but you only have one match left. What do you light first?

Answer

1. Penguins only live in Antarctica
2. Second
3. None! They all fly away.
4. You have two because you took away two!
5. The match

Bhuban Rai
A2 Level

“EDUCATION”

Lesson of Life!

*While Planning for a year – Sow Corn
While Planning for a decade – Plant Trees
While Planning for a Life - Train & Educate People
-Anonymous*

Education for me is not just mere Marks or Grades, or shouldn't be for any one, but it is all about values, unconditional respects to the parents, all the surroundings and happiness about life, because (We Die for Once and for such a Long Time).

This writing is the direct off – shoot of the wonderful meetings, I have with my students every day and of the books, and that's how I enjoy an opportunity and a chance of sharing numerous experiences of life and all that it offers. Character and wisdom are shaped over time. They come with losses, lessons, and triumphs. They come after doubts, second guesses, and exploring unknowns. If there were a definitive path to happiness and success, everyone would tread on it. The seeds of your progress are planted in your past failures. Every one of your best stories will come from overcoming your greatest struggles/obstacles. Your praises will be birthed from

your pains. So keep standing, keep learning, and keep living.

In the past articles I have reflected upon several severe hardships, including the sudden death of my Nephew, the loss of my Mom, Granny to illness and there after the loss of my cousin. These experiences were brutal; brutal is the ultimate word to use perhaps. Each of them, unsurprisingly, emotionally, knocked me down and kept me down, but only for a while. But when my time of mourning was over after each tragedy, I tried to press forward, stronger, however, with a greater understanding and respect for life with all of yours support.

So my challenges have taught me and important lesson of life: We must start embracing life's harsh realities and toughest challenges as friends that are going to help us grow, no matter how bitter they prove to be, the fact is in reality. “They say

whatever happens in life, it happens for something good”.

The first step is never easy, remain strong and keep the faith. It will be worth it in the end. The greatest miracle of your success in life will not be that you finished, it will be that you found the strength and courage to begin.

Living a happy, fulfilling life means being in a state of complete acceptance of all that is, right here, right now. Let go and just let life advance in it's own natural course. Because sometimes the outcomes you can't change end up changing you and helping you grow to your full potential.

All the very best for your October – November Examinations and especially for your best future and prosperous life.

Wishing you all a happy and prosperous Dashain and Tihar.



Jeetu Gurung
Chief Academic Admin. Officer
GCE A-Level

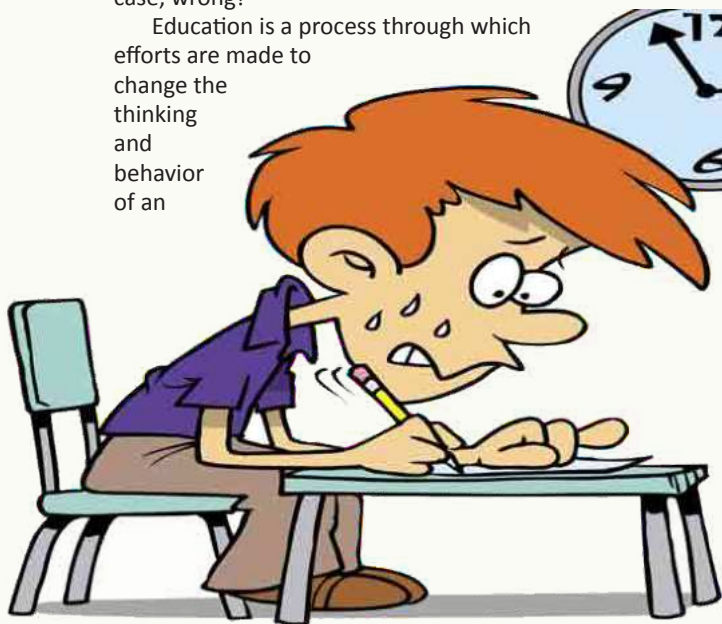


Examination *Phobia*

Avash Byanjankar and
Hrishav Rajendra
(A2 Level)

It is a rather common saying among students that whenever they are in the examination hall, “their mind goes blank” and “they forget whatever they had learned for the examination.” Because of how common these two statements have become among the student body, many parents and teachers consider it just a properly worded excuse. After all, how can anyone’s mind go blank just because they have entered an examination hall? How can anyone forget what they had learned just hours earlier? It seems pretty improbable, right? Well, in this case, wrong!

Education is a process through which efforts are made to change the thinking and behavior of an



individual in desirable direction. In order to find out how much this objective has been achieved, it is measured through conducting tests on students. These processing tests are called examinations. It seems pretty straightforward, doesn’t it? People need to know just how much education they have soaked up and hence they prepare tests for it. It’s nothing out of the ordinary, is it? I mean, it’s simply test! How can anyone be afraid of it?

Although it might seem redundant, a study was carried out to measure secondary school level students’ views about fear of examination. It tried to identify problems and causes of examination phobia among students of secondary level. The results were very surprising.

The findings of the study reported that fear of examination affects the academic performance of the students in the examination. They could not perform

according to their level due to fear of examination as they forgot the answers of some questions during examinations due to nervousness and fear of examinations. A significant number of students answered that “their minds go blank” before the start of the examination and they could not depict their knowledge on paper due to limited time allowed for a particular paper.

The study found out that fear of punishment from parents and fear of annoyance from teachers on poor performance in the examination; tough competition among classmates for getting good grades; limited time in attempting examination questions, fear of repeating the same class and poor preparation for examination were the main causes of examination phobia.

At the same time, it was also identified that students were familiar with the importance of the examinations and they answered that examinations provide them chance to exhibit their abilities of thinking and decision making.

This study basically highlighted several facts that should have been widely known to every teacher and every educational institution but which they chose to ignore anyway. There have been several philosophers around the world that believe that the current way of examining the students’ knowledge is too unscientific. After all, how can

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anyone sum up an entire two years of knowledge in a few hours?

Yes, the examinations might show the ability of the students but they fail to highlight several other aspects that also reflect the ability of the students. Because terminal examinations are usually held once every year, students are asked to reflect on all the knowledge they accumulated in two hours. Naturally, the exams award points on topics that every student studied during the course of the year, but in doing so, they miss a very important factor. There are several students that specialize in specific sections of the course, i.e. they know more about a particular topic than the other topics. A student might be an absolute wizard at solving that particular topic because he has completely understood that topic, but in examinations there will most likely only be one or two questions related to that topic. Because of this, the examination fails to measure the true ability of the student because it is perhaps too shallow. Here in lies another problem of the examination: it is generalized.

It is a widely accepted fact that each person is unique in his or her abilities. This means that each and every student is different from others. Is it fair, then, to prepare just one set of questions for the students, knowing that each of their abilities vary? Questions required for evaluation must be student-specific in order to truly see the progress and the knowledge level of the students. Sometimes, a truly excellent student is declared a dunce just because of his inability to express himself in the examination. Think of Thomas Alva Edison and Albert Einstein, two of the greatest minds in recent history. Both of them were considered academic failures and yet they both went on to achieve success that their so called academic "superiors" couldn't.

The study also showed the negativity of using the ranking system. It showed that teachers and parents put sometimes unrealistic pressure on the students to achieve what they thought was an achievable ranking. Is it really important to know the rank of a particular student? Is it not enough that only the teachers know the ranking of the students? After all, they are probably the only ones that need to know the ranking of the students. Of what use is it to a student, or even to a parent? Can't parents and teachers both simply be content in the abilities of the students? Can't students be classified as just 'excellent' or 'average' or 'needs some more effort'? Do they have to be ranked so that later the parents and teachers often don't generalize them on the basis of it?

All these factors, they show the root cause of examination phobia. Unsurprisingly, it is not the students to blame but the whole system of examinations. Yes, it might be more than a little uncomfortable and tiring to do so, but maybe educational institutions need to change the way they conduct examinations of the students' ability? After all, they and not the students, will be left with their heads scratching if another "academic failure" goes on to become the next Einstein or the next Edison. Maybe a reformation is in order after all...

Poem

Father and Mother

Simon Chemjong (AS-Level)

I love you, father,
I love you, mother,
You are like a burning candle,
Whenever I am in dark.

You give me light,
You guide me day and night,
Whenever I am confused,
I find you always right.

When I was small,
I had high hopes because of you,
When I grew up ,
I feared much less because of you.

Father gave me all the things I
wanted,
Mother gave me all the care I
needed,
Now it's my turn
To bring back the glow in your life,
The dreams that you saw for me,
I will make them come true.

I am sorry, for all the lies I told you,
but
I love you so much I wrote the truth
for you...

Best Dad

Whenever I cried,
You gave me your shoulder ,
So I could keep my head,
And let go of all my tears,
You held me close,
And vanished all my fears.

You were the light in my night ,
The source of happiness in my life,
You kept me in line,
And never let me do crime.

Now I don't have any doubt
To scream aloud and tell the crowd
That you are the best that anyone
has got.
who loves and cares about me a lot.

*Sweekriti Parajuli
(SLC Batch of 2071)*

Chicken Soup for the College Soul

Aadarsha Shahi
(A2 Level)

Coming into college is a big change. The reality seems to hit you when you find yourself eighteen, three hundred miles away from home, and legally an adult. Chicken Soup for the College Soul was given to me by my senior last year. I had read some of the other chicken soup books and was hoping this one would live up to my expectations. I was right, it met my expectations and gave me more encouragement than I had expected.

The story, Finding My Way, by Zan Gaudioso filled my heart with warmth the first time I read it. This particular story is about a young girl starting college without a friend in the world. Desperately needing an attachment to someone she clings on to one of her professors. The relationship that started with a school girl crush moves on to a friendship with the professor, his family, and his special little girl, Lily. Lily had cystic fibrosis and needed individual care. As the college student baby-sat Lily for her professor, a unique friendship developed. Lily gave the girl direction. Because of the involvement with Lily, the student realized what career moves she wanted to pursue. The student received a bachelor's degree in special education. Just as Lily showed the young girl direction, this story along with many more set my heart in the right direction.

After reading some of these stories, an overwhelming feeling of kindness came over me. One of the sections in Chicken Soup for the College Soul, acts of kindness made me realize that the world isn't so cold and empty. People really do care. The story, our community, by Christa F. Sandelier revealed to me the compassion that lives within all of us. The story pertains to nine-college students' homes, which get destroyed in a fire. Left with nothing it seemed a hopeless situation, but the other college students of the community had hope for the victims. They worked tirelessly passing out flyers, taking donations, and putting together fund-raisers. All the earnings were given to the fire victims. In college, it's sometimes easy to feel as though no one cares. This story proved me wrong.

The book is beautifully put together, starting with getting in college and ending the college transition with graduation. At the beginning of every new session, there are quotes pertaining to the subject and experiences. As a college student and a writer, these quotes give me strength and motivation. I live by these quotes now and find myself reading them again and again during troubled times. Saint Francis

DeSalas said, "Do not wish to be anything but what you are, and try to be that perfectly." This quote is one of my personal favorites that I found while reading this book. Intending to touch all the readers, students, and graduates the stories will clothe your heart with experiences of gentleness, death, humanity, and even classroom life.

The stories prepare students for life on and off campus. These heart filled stories can be extended from college years to the workforce. Learning in college is not always focused on books and classes alone. Some of the most important lessons learned in these developmental years are learned through experiences outside of the classroom. Chicken Soup for the College Soul helped me get a head start on learning and becoming who I am. Grayson Kirk once said, "The most important function of education at any level is to develop the personality of the individual and the significance of his life to himself and to others." This unique quote was published in Chicken Soup for the College Soul and sums up the meaning of the book for college students trying to discover their place in the world.





FIFA BALLON D'OR CONTENDERS

 Gareth Bale (WAL)	 Javier Mascherano (ARG)
 Karim Benzema (FRA)	 Lionel Messi (ARG)
 Diego Costa (ESP)	 Thomas Mueller (GER)
 Thibaut Courtois (BEL)	 Manuel Neuer (GER)
 Cristiano Ronaldo (POR)	 Neymar (BRA)
 Angel Di Maria (ARG)	 Paul Pogba (FRA)
 Mario Goetze (GER)	 Sergio Ramos (ESP)
 Eden Hazard (BEL)	 Arjen Robben (NED)
 Zlatan Ibrahimovic (SWE)	 James Rodriguez (COL)
 Andres Iniesta (ESP)	 Bastian Schweinsteiger (GER)
 Toni Kroos (GER)	 Yaya Toure (CIV)
 Philipp Lahm (GER)	



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**Avash Byanjankar and
Hrishav Rajendra**
(A2 Level)

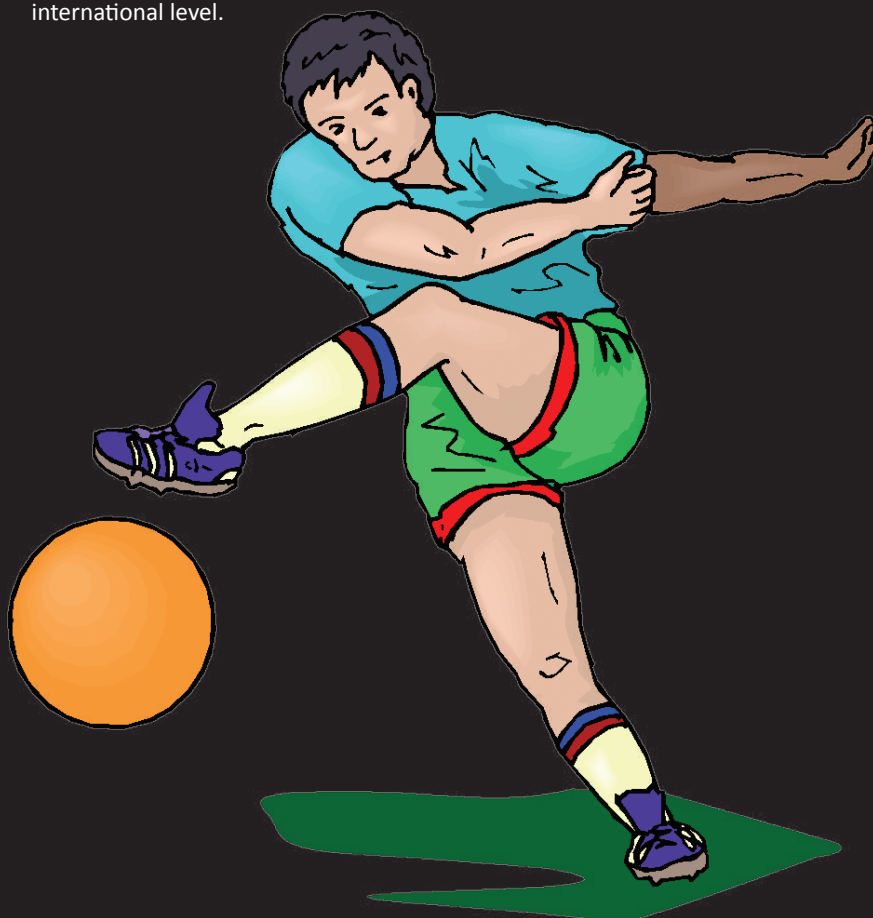
Asian Games 2014

The months of September and October saw the celebration of one of the greatest sporting events in the world, Asian Games 2014, officially known as the XVII Asiad. The event took place in Incheon, South Korea from September 19 – October 4, 2014, with 439 events in 36 sports and disciplines featured in the Games. The event was officially opened by the South Korean President Park Geun-hye. The games were considered successful with its low price tag and high standard of competition. “Diversity Shines Here” was the official motto of the games which highlights the importance Asia’s magnificent diversity in history, cultures, and religions. The spotted seals, Chumuro, Vichuon and Baramere were the games’ mascots.

In the end, the medal tally was lead by China, followed by South Korea and Japan. The Chinese athletes were able to win 342 medals (G:151,S:108,B:83) followed by the hosts with 234 medals (G:79,S:71,B:84) and the Japanese with 200 medals (G:47,S:76,B:77). The game also experienced the breaking of 14 world records and 27 Asian records. A total of 9501 athletes including 5823 men and 3678 women from 45 countries participated in the games. There were 49 competition venues and 48 training facilities with Incheon Asiad main stadium as the main venue.

Nepal also participated in the XVII Asiad. A total of 203 athletes participated in different events throughout the games. Despite participation in various events with numerous athletes, Nepal managed to secure just a single

medal. Bimala Tamang won a bronze medal in women’s single karate on October 2, 2014 to keep the nations’ pride in international level.



AMAZING FACTS

(Anonymous)

- A gold fish has a memory span of three seconds
- An average human eats eight spiders in their life time at night
- Shrimps are actually born males then they become females as they mature
- An ostrich's eye is actually bigger than its brain
- The sentence "the quick fox jumps over the lazy dog" uses every letter in English language.
- The blue whale's heart is as big as a car and It's tongue is as long as an elephant
- A typical lead pencil can draw a line that is 35 miles long.
- If a human being is struck by lightening, his/her skin is heated approximately 28000°C which is hotter than the surface of the sun
- There are approximately 20000 kinds of tomatoes found all over the world
- Every time you sneeze your heart stops a second

Some Good Thoughts

- If you are not willing to learn, no one can help you! If you are determined to learn, no one can stop you!
- If you can't be a pencil to write someone's happiness, then try to be a nice eraser to erase their sadness.
- Good things come to those who work continuously and never give up.
- Time is precious than gold so never waste a minute thinking of anyone you don't like.

Test your brain

1. When can water be held in net?
2. You are my father but I am not your son. Who am I?
3. Who has teeth but cannot eat?
4. Which word in English language has all the vowels?

[Answers]

1. When it is frozen
2. Daughter
3. Comb
4. Education

Drishya Shrestha
(Class 6 'C')

ABOUT BUDDHA

Mohit Bajgain,
(Class 5 'B')

Lumbini is the birth place of Gautam Buddha. It is a sacred place for both Hindus and Buddhists from all around the world. It lies in Rupandehi district of Terai region. The Ashoka pillar, Mayadevi Temple and Pushkari pond are among the important features of the area. Lumbini is a symbol of peace in the world. It has also been listed in the World Heritage Site since 1997 AD.



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AMAZING FACTS



Saugat Rijal (A2 Level)

- The average person's skin weighs twice as their brain.
- Ostrich doesn't need to worry about going thirsty; they can produce water inside themselves.
- If you collected together all the gold that has ever been mined, you would still have enough to fill an averaged sized house.
- With a pair of binoculars you'll be able to see saturn rings.
- It is claimed that the longest kiss ever lasted 417 hours.
- In Russia children believe that washing their hands can wash out their knowledge needed for exams.
- The lead actor of Harry Potter Daniel Radcliffe was a millionaire before his 15th birthday
- Over 250 languages are spoken in London.
- In ancient Egypt, the punishment for killing a cat was death.
- In 2003, two German tennis players played a single match for more than 25 hours.
- Sad tears have different chemical composition from joyful tears.
- NASA is already planning a system to control sky traffic for flying cars.
- Rats destroy around one third of a planet's food supply every year.
- Martial arts star, Bruce Lee's karate movements were so fast, he had to consciously slow down his moves for them to be caught on film.
- There are seven people in this world who look same.
- In some states of America the local government has permitted Right to Die; one can commit suicide legally.

LAUGHTER THE BEST MEDICINE

**Abhishek Acharya
(A2 Level)**

Reaching the end of a job interview, the bank CEO asks a young MBA fresh out of a university, "And what starting salary do you expect?"

The man replies, "In a range of \$125,000 a year depending on the benefit package."

The CEO inquired, "Well, what would you say to a package of 5 weeks vacation, 14 paid holidays, full medical help, a company hired car for two years, say, an Audi R8?"

The man sits up straight and says "WOW! Are you kidding?" The CEO replies, "Yeah, but you started it."

Little Lucy complained "Momma I've got a stomach-ache." Mom said, "that's because your stomach is empty."

Again Momma said, "you'd feel better if you had something in it."

That afternoon, her father came complaining that he had a severe head-ache all day.

Lucy poked up, "that's because it's empty," she said, "you'd feel better if you had something in it."

READER'S COMMENTS

When my sister handed me a copy of her high school magazine, I expected it to be bombarded by a collection of unorganized, clichéd and copied articles. But as I leafed through the wavelength, I was pleasantly surprised to read through researched and creative articles presented in an organized way. Do keep up the goodwork team!
- Anurupa Shree Dhamala

The content of the magazine are very suitable to the students. It also is a platform to showcase the creativity of students, to share their experiences and feelings. Seems that the magazine explore the hidden possibilities and sharpens them to be a better writer in future. Best wishes!!!!

- Adhiraj Regmi

Eve Teasing

Aawaran Nepal & Yashashwi Shahi
(A2 Level)

“Eve teasing” is a term used for the antagonizing act of harassing women in the streets by men. This is common in some of the South Asian countries including Nepal. Young girls and women are compelled to think twice before walking out in the streets. Women are provoked in the streets while walking with the use of disturbing words with immense vulgarity, physically harassed in public vehicles or in the crowded places like the market. Despite of such obscene behavior, women usually don't fight back and are forced to do nothing but tolerate. This kind of negligence of women towards such things encourages the men even more and this later ends up into a horrendous crime. There are many such cases happening in huge cities, especially in India and Nepal. Women try to ignore the catcalls but things get worse when the teasing turns to groping. Women usually suffer from groping in crowded places. Yet, they don't do anything about it. In this way, women are indirectly encouraging men to keep on behaving in the same repulsive manner as the men do not have to worry about the police and punishment. Unless they stand up for themselves, nobody can do anything about it. The male-dominated society in the south-Asian countries is also one of the major reasons behind the inability of women to stand

up against such obscenity. Such societies find it inappropriate and unacceptable for women to raise their voices.

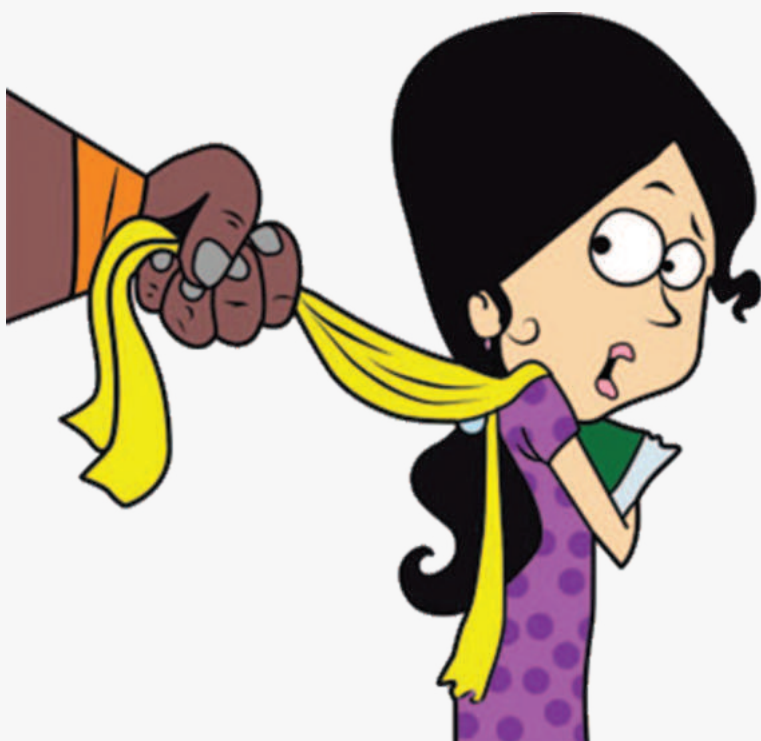
This social plague can be controlled by the joint effort of the community but rather than taking immediate action, the society blames the women instead, for the way they dress



up. Peculiarly, men are never blamed or even questioned for their behavior. It always has to be women, who are interrogated unnecessarily referring their unacceptable dressup. Such kind of social beliefs of the society become ominous for the women's freedom. The voices of the women are suppressed due to such social values and norms which favor their mistake for attracting men which is rather annoying. Beauty attracts men, but in a good way not in a way that would cause a physical assault to a girl.

There are some cases that consider women's dress up as the major reason but it not only happens to the women with such dress up but also to the conservative Muslim women in burqas. In reality, such cases are intense not just in south Asia but in the Middle East as well. It's not that the governments are doing nothing to control this menace to women but it's just that whatever's being done is simply not enough. In fact, this act is increasing at an alarming rate despite of the efforts by the governments and the social organization who are desperately trying to eradicate it from the society. There are many cases of eve teasing reported everyday around the globe. Recently there were such cases in New York, Turkey, Iran and most of the places where such thing as “Eve teasing” usually cease to exist. Peculiarly, eve teasing is becoming a social epidemic throughout the world. There needs to be some immediate steps taken before it's too late.

Authorities are doing the least to control this repulsive act. So, in most cases the brave and daring women do all they can to protect





themselves from it. Most women carry pepper spray with them to stay safe from the teasers especially in the deserted areas where there are high chances of danger for them. Some slap the teasers as a response against their obscenity where they'd touch them in their private areas. Despite that, men never back away from their behavior. Instead, they follow the girls to their home and do the unimaginable with them seeking revenge. Not only that but many girls have ended their lives because of eve teasing. Hence, it's about time that we all work together to end this social plague.

The need of the hour is to have more coeducation schools so men are exposed to women from a very young age and grow to mutually respect each other. Mothers must teach their sons to treat women with respect. Boys who see their fathers treating their mothers with respect will automatically grow into men who think likewise. Boys and girls should be allowed to mingle freely so that they learn to respect each other's individuality. Not only this but crucial steps need to be taken from both the government and community level to end this problem. Boys must be made aware about it and its consequences from the very beginning. Girls could be provided with more effective self defense classes. There is a need of awareness in the community level too, so that when time comes the society takes the right decision.

It's about time that we take the matter of "Eve teasing" seriously, not just as an obnoxious behavior by men towards women but a serious offence. This will lead to the formulation of strict laws. There will be more involvement from the government side and the general public to eradicate it. So, let us all come together and wipe out a social plague named "Eve teasing" from the World.

Laughter the Best Medicine

Nishant Chaudhary
(Class 4 'B')

Teacher: When was Newton born and when did he die?

Student: I don't know, sir.

Teacher: Look at the book and tell me.

Student: Newton (1642-1727)

Teacher: Why didn't you read that before?

Student: I read it, but I thought it was his phone number.

Interviewer: What is your birth date?

Sardar: 13th of October

Doctor: What year?

Sardar: Every year...

Binod: Doctor, I have a problem! I keep forgetting things.

Doctor: How long has it been since you started noticing this problem?

Binod: What problem?



विराट क्याटरिङ सर्विस एण्ड टेण्ट हाउस

कूपरडोल, ललितपुर

शुभ-विवाह, बतवन्ध, पिकनिक, पास्नी सभा-सम
मेलन तथा अन्य शुभ कार्यमा विना भन्कट उच्च
स्तरिय क्याटरिङ सेवा दिनुको साथै मेच, पाल,
भाँडाहरु, स्टेज, स्तल आदि सामानहरु चाहिएमा
सम्पर्क गर्नुहोला ।

हरि (कान्छा दाई)
९८४१२४२४७४
९८०२१२३१२३
वर्जुन ९८२१०१८२७८

Topper Talks

What message would you like to give to the aspirants of grade 10?

Well I know a message is not required when you reach Class 10. A person internally knows what s/he must do but I would like to say that time is the toughest and the fairest judge so every student must utilize their time to succeed.

How do you define the education system of Nepal?

Well, its just grade 10 I have passed so I don't quite have a greater experience with the education system.

What have you learned from the participation in extracurricular activities?

Those experiences were really overwhelming and inspiring. Like debating, giving speeches in masses, spelling competitions, these all participations really did the best to bring out the best from me and develop my personality and confidence to express.

How do you feel being the girl topper?

This experience sometimes really persuades me to tears. Vidhya Sanskar had only male toppers in the SLC before my batch so, it was a quite of an inspiration to work hard, compete with all and stand out as the best.

Whom do you give your credit for your achievement?

First of all, it was my hard work that paid off. If I hadn't worked hard as I had done, I don't think I would have achieved it. But it was not just my hard work; it was the constant love and support of my family and of course my school. Without the teachers; without their teachings; without their moral values that they gave me, I don't think I would have achieved this.

What was your favorite subject and why?

All the subjects were very good to me but personally; I was very much interested in monetary issues so I loved accounts and biology of course. Since, childhood I was interested to know about our origin and all those sort of things and I was very much curious on those topics so I loved biology too.

What difference did you find in the environment of the school and the college?

Well talking about the environment I really miss the school because when you reach out to the college almost none of the teachers know you properly and they do not care much about your studies. They just come give lectures and go. So the affection and care you get in the school is totally lost.

If you are given another chance to sit for the SLC what more would you do?



Sumana Lamichhane

SLC Batch of 2071 B.S.

I think I am satisfied right now and I would do what I have done. We need to be satisfied with ourselves with what we have done and achieved.

What was your first reaction on your result?

My father showed me the result on his phone and our reaction was totally so overwhelming. Mom, my brother, and me we all were jumping with joy. There were tears in her eyes and a feeling of pride that I proved my ability to all. So it was very very joyful.

At last thank you to my interviewers, the whole school, Pranai sir, Pradyumna sir for their support to bring me ahead and I would like to say wherever you go, what ever you study, contribute to Nepal and help it rise back ultimately...

Interviewed by:
Bedant Lohani/ Mani Pratap Singh
(Class X)

Do we need to worry about Ebola in Nepal?

Compiled by: Rishav Rajendra (A2 Level)

Source: Nepali Times

To recap: the first patient with the disease lived near the Ebola River in the Democratic Republic of Congo in 1976 and hence the name.

It was originally called Ebola Hemorrhagic Disease, but now it is known as Ebola Virus Disease (EVD) because not all patients had a bleeding problem (hemorrhage). A complication of dengue in the Tarai region also got a recent name changed from dengue hemorrhagic fever to simply severe dengue for probably similar reasons. This name change is useful as it is more accurate and will not mislead clinicians and treating physicians.

Because Ebola is not transmitted through airborne infection, the danger of transmission is much smaller than flu or a cold. But, unlike them, EVD is deadly. It is chiefly transmitted through direct mucous membrane or broken skin. So, blood, body fluids (for example, sexual contact), indirect contact with environments contaminated with such fluids can lead to transmission. In Africa, burial ceremonies of Ebola victims, where mourners come in direct contact with the corpse, led to infections.

The symptoms and signs of this disease are non-specific and could be mistaken for many common Nepali ailments. Patients present with fever, malaise, sore throat which may gradually progress to the liver and the kidneys and also may lead to internal and external bleeding. In Nepal there are many common diseases such as typhoid, murine typhus, hepatitis, and leptospirosis to name just a few that could mimic EVD. The crucial difference is a history of travel to areas of Africa where Ebola is endemic.

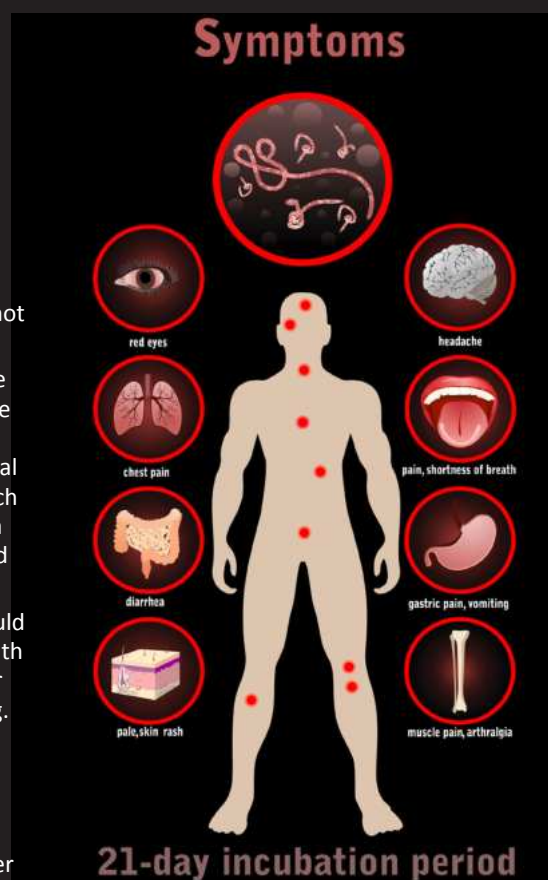
Anyone who comes to see a doctor in Nepal with fever and other non-specific complaints needs to have one important question asked: has he or she been to Guinea, Liberia, Sierra Leone, Nigeria or surrounding regions. Perhaps it may be easier to first ask for a simple travel history to Africa in the recent past, and then if necessary, ask for details about specific countries in the region the patient might have been to. Most importantly, the suspected patient must be immediately brought to the attention of the health authorities.

The incubation period (the time from which the organism enters the human host to when the symptoms are first noticed) is said to be from 2 days to 3 weeks. So it may not matter if the person was in Sierra Leone five or six weeks ago and now comes with flu-like illness, because this will be past the incubation period.

At present there is no vaccine or proven drug therapy to treat the illness. However an interesting ethical problem has risen, about treatment with the 'experimental' drug ZMapp. Apparently two American aid workers (working in Liberia, now in Emory University Hospital in Atlanta, USA) received this drug and are thought to be improving.

Some activists have asked why two white American aid workers received the drug while hundreds of Africans are dying from EVD. But what if this experimental drug, which has not even gone through typical animal testing for side effects, had been used on Africans? The headlines would have screamed that Africans were being used as guinea pigs.

In Nepal there is probably no need to consider an EVD diagnosis unless a patient with flu-like symptoms has a travel history to Ebola-affected areas in the past month. Our immigration authorities have to watch out for such passengers.



Say “NO” to Racism

Raunak Bhattarai -(Class 9‘C’)

This is the 21st century. We, the most skilled and developed people, are running this world. We have witnessed the discovery of language and the invention of smart phones. We have been through wars and disasters but have been able to qualify as the greatest living creatures. As the “greatest creatures”, do we treat all humans equally?

The answer is “no”. We call ourselves “superior” but we can’t even answer this question as yes. The people in the world are divided into races and the people are treated on the basis of their races. People are discriminated for having a certain skin color, a certain accent, for belonging to a certain race. This is racism. We have no right to mistreat someone for being who they are. All of us are human and we have every right to be treated well, treated equally. It’s time to change our thinking.

Treat every human equally.

Say “NO” to racism.

The Enchanting Fall

Nikita Thapa (AS-Level)

The road was paved, almost miraculously, with leaves; I could see trees on the sidewalk. To tell you the truth, those trees were not ordinary; they were on fire. As I moved towards the trees, the smell of the fresh woods overwhelmed the smell of the smoke in the area.

A peaceful vibe, one that conveyed a sense of belonging and love, perforated the area; one would be hard pressed to find any noise in this particular area. People took time off their busy lives, at least one time or the other, to look at the trees. A strong breeze suddenly blew, a subtle hint for me to return back home. As I turned back, a small maple leaf fluttered from its previous perch on a branch and landed on my shoulder. For a second, I thought it was trying to stop me with its five little fingers.

The grasslands, once young and vibrant, had yellowed with age. As I looked up, tears rolled down my cheeks. The clouds had formed a shape vaguely reminiscent of a dog and it reminded me of my dog, Bruno; he lost his life in an accident. We used to have so much fun; we used to spend so much time together. Just like the passing clouds, I thought of wiping my tears in despair. While walking over the bridge, I could feel the stillness of the lake which was looking as if it contained a whole world below it. The river sang silently, maintaining the peace of the surrounding.

Today I find out that autumn is as beautiful as spring. It was so surprising that there were no flowers to smell, no warm sun to enjoy, no green grasslands to sit on and yet I was still taken away on an enchanting journey.



Of Ideals and Identities

Mr. Suresh Lohani
(Senior Faculty, English Language)



Nepal today is rife with talks of inclusion, and for that reason, exclusion. Whether it be in the aftermath of the devastating earthquake or the stretch of its ongoing aftershocks, the positives of the catastrophe have been accentuated by different quarters. One rosy picture portrays the excluded people sharing a common abode with those posited as representatives of top most social hierarchy, perceived by many as the oppressors. However, what does seem to have taken precedence over all burning issues in Nepal is the dichotomy between the upper and the lower castes, and its repercussions on socio-cultural dynamics of this nascent republic.

Down the timeline, I recall with joy attending a school where all that mattered was the first name and roll number. The caste almost never required a mention and caste based discrimination at the premises was next to non-existent. Although at times some "healthy jokes" embodying elements of caste, race and religion were cracked, these remained essentially devoid of prejudiced undertones. Whether it was the then king's kins or the offsprings of "Dalits", none remained subject to preferential treatment; the teachers too hailed from different ethnic and geographical backgrounds. The ambience of the school in totality exuded an aura of unity in diversity. A lot of water has flown below the bridge since I left my school, but to this day I cherish the slice of a beautifully diverse Nepal I experienced there. However, it seems not all birds of feather flock together. I now feel pushed to humbly respond to one of my alumni members' anti Brahmin outbursts that have splashed all over his Facebook wall for quite some time. I ask for forgiveness in advance if my own Brahminical prejudices subconsciously color the caste biases I intend to comment on.

The ideals of yesterday have badly shaken, and the caste discourse is no exception to this assortment. With the physical changes advanced by science and technology, a paradigm shift on caste based perspectives has ensued in the Nepalese society. And it is at this juncture that the bands of segregations

of yesterday have begun to converge and fade. Migration opportunities, education facilities and profession diversities have profoundly impacted our mindsets and modified our identities. So what if this friend with whom I shared the school represents a so called Dalit community? He now enjoys a respectable position at a renowned university overseas. No one dares to ill treat him on account of the tail tied to his name. Depressing, however, are the indiscriminate narratives he has begun weaving on Facebook on how deprivation triggered by unjust caste discrimination compelled his father to quit studies at an early age.

This friend holds one of the Brahmin teachers solely responsible for permanently barring his father from enjoying the light of education. He furnishes what sounds like an over stretched anecdote—at least to my Brahmin ears—to back his claim. Predictably, the story has a Brahmin teacher who, as my friend perceives, was deceitful enough in withering the academic endeavor of his father even before it could bloom. The account has it that his father was then eleven years and walking to school one day when a Brahmin boy his age shoved a packet of tobacco into his breast pocket. The boy then informed a Brahmin teacher about it. The teacher bought in the ruse and harassed his father, both mentally and physically. And with that as the apt pretext, my friend has stereotyped Brahmins as the shrewd ones who would leave no stone unturned in rupturing the potentials of peoples of other castes, especially of Dalits.

The problem with stereotypes, according to Chimamanda Adichie, a famous US based Nigerian writer, is "they are incomplete and rob peoples of their dignity." As a man of scholarship (he is honored with PhD), my friend ought to have dissected the socio-cultural scenario of yester years more objectively before blatantly analyzing the incident through the biased lens of a Dalit. How credible would his story be if he were to take into account the version of the very teacher involved in the act (if he still lives on), or any other witness,

and tally it and against the backdrop of the then prevalent socio-cultural contexts? This would probably help him come up with what Chinua Achebe calls a "balance of stories." He would then definitely not put the entire blame on that Brahmin teachers. Who many, including some Dalit members, remember with reverence to this day.

I do not nurse any grudge against my friend as what he vehemently preaches now tacitly testifies how he is empowered enough make himself vocal against the "dead habits" of the society, as Rabindranath Tagore asserts in *Where the Mind is Without Fear*. However, it would definitely add to the store of his credibility if what he said could be owned by all his audience, a large percentage of which comprises so called upper caste Brahmins like me. At least a persona of his stature should not fail to give some credit to the state for generously funding his education, in probably the best school of the country, in a bid to creating a more equitable society. Rather, he is under some obligation to narrow down the caste differences, and refrain from using his scholarship in escalating communal dis-harmony.

It is undeniably true that many foul practices of yesterday, despite being punishable by law, continue to plague the society. Child labor, dowry system and child marriage still keep scarring the face of the Nepalese society; the caste based discrimination perhaps tops the list. If the problems created by people and aggravated by socio cultural agents have been diagnosed, it is also the people themselves-people like me and him-who can work together to rid such cynical practices. And that can be attained through bridging the differences, not romanticizing the residual grudges of yesterday. We are perhaps now left with two options: The first recourse of conciliation could be exasperatingly daunting but the fruit would be sweet enough to help bridge socio-economic disparities. The other is impulsively packaged, probably colored with overt reservation against the establishment, and only widens the caste divide. Would it be too much to expect from people like the learned friend of mine to disseminate more disinterested views on an issue as sensitive as that of the caste? This objectivity does not have to come at the cost of turning a blind eye to the problems-latent or manifest-that ceaselessly strains communal integrity. However, it is mandatory for people like us to work hand in hand in a bid to envisage a more just society; a society where caste prejudices eventually becomes a forgotten story.

In the end, it does not look fair for someone enjoying a cosmopolitan coziness of an overseas metropolis to keep spitting venom at a certain group back home simply because they happen to be born as "Brahmins." Some episodes of history have definitely carried the shaming scars of caste discrimination with unjustifiable marginalization of so called Dalits. However, things have perceptibly changed. It is perhaps now high time that all, brushing aside their petty communal interests, started afresh by singing a common song of harmony. The song could be difficult to hum but with a little bit of everyone's effort combined, the melody should reverberate in our ears. If Richard Rive can be so optimistic about bridging the color difference between the blacks and the whites in *Where the Rainbow Ends*, there is no reason why we, fellow countrymen, cannot maintain unwavering unity embedded in a multitude of diversity. And who says unity in diversity is but "a lullaby sung and re-sung by those in power" for their own selfish interests?

Quotable Quotes

Sumit Thakur
(SLC Batch of 2071)

Inspirational Quotes

- Sometimes, you have to keep distance with people. If they care, they will notice...if not...then you should move on...
- Sometimes, you will never know the true value of a moment until it has become a memory.
- Instead of looking at the hundred reasons to quit, look at the thousand reasons not to give up.
- One of the hardest decisions you will ever face in life is choosing whether to walk away or try harder.
- Real super heroes of this world are the people who can hide their sorrows and make others laugh.
- No one in this world is rich enough to buy his childhood and youth back; only friends help to recreate those moments from time to time at no cost...

POEM

TIHAR



Name: Anvesh Sapkota- Class: 6 'C'

Tihar is the festival of light
We all look cheerful and bright

We receive tika from our lovely sisters
And explode loud firecrackers
We play DeusiBhailo on those days
Also share our bright happiness and joys.

The first day is Kag- Tihar.
When we worship the crow
On the third day we play Bhailo
With our small crew.

The day when we pray to our lovely pet
garments and tika everything's all set

The dog feels good when we worship him
Over the city it is very light and dim.

And here comes the last and fifth day
Which is Bhaitika and is celebrated with joy

Poem

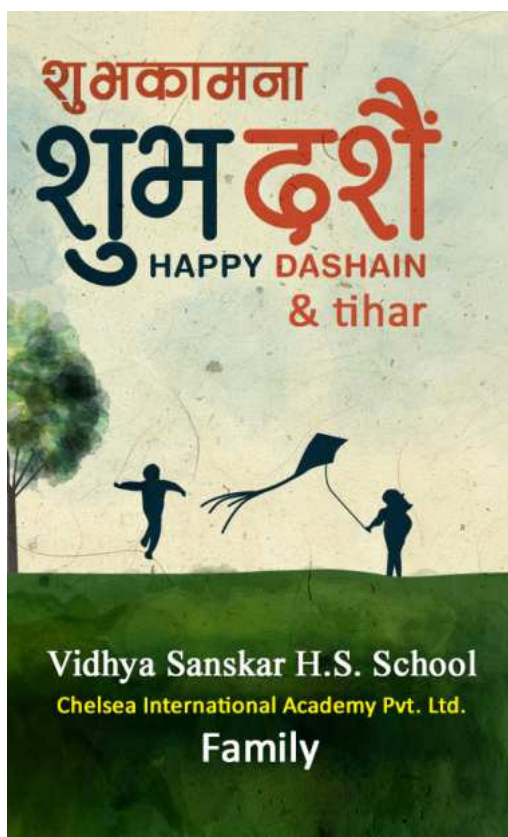
Dashain

Aayushma Ghimire (Class 5 'B')

One of the best festival of mine
In which the time passes fine
Where each and everyone dance
and sing
And all are dressed up as queen and
king

It is the festival of happiness and
joys
All are happy, especially girls and
boys
None of them are sad and have good
mood
We go to play swing and eat deli-
cious food

We go to other's houses, to receive
tika and money
We click lots of photos, that is very
funny
This is the festival, where all people
shine
And put tika in line
Truly Dashain you are the best festi-
val of mine.



STUDENTS' ARTICLE

My Most Unforgettable Teacher

Shubhangi Khanal (Class 8 'B')

Teachers are the one who teach us and give us knowledge. They are the ones who try as hard as us to make our future bright. Teachers carry a lot of importance in every individual's life. Every single one has to be guided by teachers. We especially meet teachers in our school life. Teachers not only give us knowledge but also many chances and priorities to build our self-esteem and self-confidence. They give us many exercises and make us do that to make our brain sharp and ourselves active so that we are able to learn new things. So, we must respect all our teachers and never think bad about them but admire their dedication towards us. We should happily do the work they give and think of it as a step towards our bright future. After all, they always want every student to excel in overall activities including studies and life. Thinking negative about teachers would also lead us towards our own unsuccessful life.

Likewise, there were many teachers who taught and are yet teaching me and came as burning candles in my life. Yes, teachers can be related to burning candles who light on the darkness of our life if its there. I can never forget any of my teachers who came in my life and lighted my life with the light of education and knowledge. But there are some teachers who are very special to me. They are very special and thus can be regarded as most unforgettable teachers. Apart from other teachers, the one who taught me in kindergarden are very special to me because they are the one who made a proper base for my education. But among them, Roza Shakya Maa'm was the first teacher in my school life who taught me at first in my school life. Not only that, she also gave me chances and priorities in my kindergarden to build my self-esteem and self-confidence and also made me improve a lot in my studies and prove myself as a good student. Like every teacher, she also taught me in a proper way. She was friendly and understanding. But the most special and unforgettable thing is that she was the first teacher in my school life who taught me many things apart from studies like extra curricular activities and also built a foundation of knowledge and creativity in me. She gave me many chances in different annual and other functions of our school. When I lost my hope that I wouldn't be able to do it, she always gave me support so that I would be perfect in doing it. She thought that I was capable of doing it. She always tried her best to improve each and every student to be perfect, confident and dedicated in whatever work we do including studies. She not only made a good base of education but also prepared us for our exams as well. She also understood that children always think that exams give them pressure. So, she always prepared us best for the exams and made us think exams as games. She always encouraged her students to do good work and do every work with full concentration and dedication. She always showed the right path of our life and encouraged us to make right decisions of our life. She has done a lot for me and I also tried my best to get best results and make her happy.

Hence, I can never forget her because she has done a lot for me apart from teaching.

Incidence or Co-incidence?

Lincoln–Kennedy coincidences urban legend

- Both presidents were elected to the House of Representatives in '46.
- Both presidents were elected to the presidency in '60, after a series of debates with their opponent.
- Lincoln defeated incumbent Vice President John C. Breckenridge for the presidency in 1860; Kennedy defeated incumbent Vice President Richard M. Nixon for the presidency in 1960.
- Both their predecessors left office in their seventies and retired to Pennsylvania. James Buchanan, whom Lincoln succeeded, retired to Lancaster Township; Dwight D. Eisenhower, whom Kennedy succeeded, retired to Gettysburg. They both then died before the end of the decade.
- Both their Vice Presidents and successors were Southern Democrats named Johnson (Andrew Johnson and Lyndon B. Johnson) who were born in 1808.
- Both presidents were concerned with the problems of black Americans and made their views strongly known in '63. Lincoln signed the Emancipation Proclamation in 1862, which took effect in 1863. In 1963, Kennedy presented his reports to Congress on Civil Rights, and the same year was the famous March on Washington for Jobs and Freedom.
- Both presidents were shot in the head on a Friday seated beside their wives. Both Fridays preceded a major holiday observed within the week.
- Both presidents were accompanied by another couple.
- The male companion of the other couple was wounded by the assassin.
- Both presidents had a son die during his presidency.
- Both presidents' wives died in their sixties after an untimely decline in health, during the administration of a president who had seen their husbands in Washington D.C. the same year as the assassination.
- Lincoln was shot by John Wilkes Booth at Ford's Theatre; Kennedy was shot by Lee Harvey Oswald in a Lincoln automobile, made by Ford.
- Both presidents' last names have 7 letters.
- After shooting Lincoln, Booth ran from a theatre to a warehouse; after shooting Kennedy, Oswald ran from a warehouse to a theatre.
- Both Johnsons were succeeded as President in '69 by Republicans whose administrations were considered failures and whose mothers were named Hannah.
- Both assassins died in the same month as their victim in a state adjacent to the state of their birth.
- Both assassins were Southern white males born in the late '30s, who were in their mid-20s.
- Both assassins were killed before being tried, by men who were reared in the North, changed their name as adults, and were bachelors.
- Both assassins had 15 letters in their name
- Both assassins suffered injuries during escape.
- Both had body guards named William, William H. Crook told Lincoln not to go the assassination point, William Greer drove JFK to the assassination point.

Compiled by: Pratima Giri
(AS Level)

**PROFESSIONAL
PHOTOGRAPHY
VIDEOGRAPHY
GRAPHIC DESIGN**

WEDDING
FAMILY
COMMERCIAL
CORPORATE
EVENT

WE CAPTURE
THE BEST MOMENTS
IN YOUR LIFE.

CREATIVE COMPOSITION the studio
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Hearts of Jungle

Sarwesh Kattel
(Class X 'A')

Travel is the movement of people between relatively distant geographical locations. Travel can also include relatively short stays between successive movements. Reasons for travelling include recreation, tourism, research travel for gathering of information, for holiday to visit people, volunteer travel for charity, migration to begin life somewhere else, religious pilgrimages and mission trips, business travel, trade, commuting, and other reasons, such as to obtain health or flee war or for the enjoyment of travelling. I traveled to Chitwan to meet my relatives.

I was very excited about going to Chitwan. There are many friends and relatives of mine in Chitwan. Me and my family travelled by bus. On the way, there were many hills, waterfalls, temples, rivers that made me excited.

The moment I stepped in Chitwan, I could feel the fresh air. There were no solid wastes around like Kathmandu. The people of Chitwan looked way healthier than the people of Kathmandu.

Chitwan literally means "Hearts of Jungle". In recent years, Chitwan tops the list of things to do in Asia. It is a truly wildlife adventure of a different kind- Jungle safaris on elephant backs or jeeps, bird watching, canoe rides and jungle walks. The Chitwan National Park is Asia's best preserved conservation area, where wildlife thrives and their habitats remain intact. Me and my family had a lot of fun there.

The people inhabiting Chitwan district are farmers cultivating mainly food and cash crops such as rice, maize, wheat, beans, lentils,

mustard and other vegetables. Chitwan is famous in Nepal for mustard growing and production of mustard oil. Chitwan is naturally rich. The Rapti river, The Narayani river are two major rivers of Chitwan. Small islands in these rivers are popular picnic spots.

All the people said to me "You live in Chitwan and have never eaten." Taas yet?" So, I went to a restaurant to eat Taas. It was a spicy fried goat meat lunch dish served with Bhaja and "cheuraa". We took other foods like Momo, Sukuti Khaja set and Newa Cuisine.

The day came on which we have to return back to Kathmandu. Me and my sister were very depressed. We had so many good experiences in this travel. I will never forget the moments we spent in Chitwan in this travel.



Colors of Life

Nripesh Sharma
S.L.C. Batch 2071

Life is a journey; each turn teaches us a lesson, or makes us weep. Although we cannot understand where our journey is taking us, we must continue onwards. Life may be mysterious, but the mysteries of life can be revealed if we explore it.

My heart wept when I heard the story of a boy residing in an orphanage. When I asked him about how he ended up there, he replied with an answer so impactful that it took all my strength to stop the tears from falling; he had never seen his mother, and had no idea regarding the whereabouts of his only brother. Another agonizing part of his story recounted how he had seen his father die because of a dreadful disease. Surprisingly, I seemed to be feeling more sympathetic for the boy than he felt for himself; his final line was, "my situation is no problem for me, and I am happy with my life because I can do what I want to do and there is no one to stop me."

Despite the steps put up by the boy, the pain in his voice was still evident. Even though his story was so tragic, his smile was genuine. This story taught me a very important lesson: life is like a mirror; when you smile, it reflects your smile back towards you. Often, we believe that having one thing or the other will drastically change our lives for the better, but these are actually the obstacles that stand in our way.

We know that life is full of happiness, sorrows, and it has its fair share of ups and downs. Throughout life we have to face difficulties, multiple failures, and inevitably, pain. But these rough times are not everlasting; they too will pass. There are hardships that must be faced throughout life, but this should not discourage a person from continuing

their journey. The fact is, tears teach us some of the most important lessons we will ever learn. If we cannot smile through the rough times, we will not have much to be proud of when we are old and grey. Rather than looking for reasons to cry, we should be looking for reasons to smile, even when everything makes you want to cry. We need to be able to take everything life throws at us with a smile on our face. God creates everyone to be positive and optimistic. So, why do we have to think about what others think of us? I am what I am and you are what you are; there is never going to be another me and there is never going to be another you. Do not let others' perceptions of you define who you are.

Death is inevitable, so why do we fear it? We should think of getting more out of life, rather than just seeing it as a chore. If we have nothing that is worth living for, we will not have anything worth dying for. Are we just arms and legs, eyes and ears, a heart and a brain? No, we are humans. We create our dreams of life. There are obstacles in our life. Everyone has obstacles. People have problems in life, but never do something to solve it. They only have complaints but no solution. The obstacles are not outside; but they are within us. There are moments when we are drenched in tears. There are moments when we ponder through happiness. This has been the case since our birth. It seems like only yesterday the whole world was laughing and there was only person crying and that was us at our birth. Life is playing with us and we are playing with life. So, let's play fair. Otherwise, when we realize that life has played enough with us, it's too late.

The Final Year

Sneha Singh
(S.L.C. Batch 2071)

We laughed, we smiled
Sometimes even went wild,
We failed, we messed up...
Still we rose high
We had great and crazy moments
Every second that we spent ...
We were all just having fun!
Didn't know we were creating memories!

The final year of school life, class 10, wasn't one Big memory but many little moments that came together.

Now it is all about to get over, all we can do is Remember those times as we move ahead with our lives.

Infinite laughter, fight (the silly ones), the hard times, the fun times, the lazy times and so many Other countless memories with our friends and our Teachers will always be missed.
This is not the end, but the beginning of hopefully a successful and happy life for all of us.



CONTACT FOR:
SCHOOL/COLLEGE
UNIFORM, TIE, BELT,
NAME BAIDGE METAL,
BLAZOR, SWEATER,
SHOE, SOCKS, TRACK
SUIT, NIGHT DRESS,
GAME DRESS AND ALL
MATERIAL
WHOLESALE & RETAIL
Lok Bdr. Kathet

**DIA PACIFIC
UNIFORM SUPPLIERS**

Gahesh Sthan, Dillibazar,
Kathmandu, Tel: 4428967

Poem

I'm a teenager

Bidhusi Pyakurel, (AS-Level)

Friendship, hatred, heartbreaks
I don't want to go to school, my
headaches
Facebook, you tube, Instagram
I've got so many assignments to do,
damn!

Cell phones, secrets, secret com-
partments
Oh, the constant nagging from my
parents
Laughter, tears, lots of food
Will you shut up? I've got a really
bad mood

Eat, sleep, and repeat
I've got targets, to meet
Failure, inspiration, grudge
Its just who I am, don't judge!

Article

Youths to Change the Society

Sneha Dahal
(AS Level)



Our society has so many places
Where everything starts and ends with people, caste and races,
To become superior and successful requires so many steps
But when the needful time arrives
No one is ready to go ahead and help,
Our society is just for the sake of name
Where everything that matters is just money and fame

The youth that is us, we are here for good and here for change
For us name doesn't matter nor does fame,
The only thing that matters is the creation of a new society and every
single person's effort for change,
The color for inspiration, the color for change
The color for positivity, the color that has no range.

Ask the Doctor

Dr. Omkar Ghimire (Eye specialist)

Dr. Would you kindly give us some suggestions regarding to keep a healthy eye?

The human eyes are the most crucial part of a body. Eyes are the second most complex organ after brain. We don't often give more contrivance or thought to our eyes until some goes wrong or if the vision is particularly affected. Therefore people must check up at least once in a year as an early diagnosis can limit any vision loss and help to preserve our eyesight.

Some amazing facts about eyes would make you startled and make you realize how perplexities and astounded eyes you live with.

-People who are blind can see dreams if they weren't born blind.

-Our eyes ball stays the same size from birth to death while your nose and ears continues to grow.

-The eye lens is a convex lens which is made up of proteins. The lens is supported and adjusted by ciliary muscles.

PREVENTIVE MEASURES

-The many danger of smoking have been well documented. People who smoke are at greater risk of developing age-related macular Degeneration (opaque spot of cornea of an eye) degeneration.

-Sun glasses with proper UV protection guard you eye from the ultraviolet rays from sun.

Asked by: Ursula Shrestha (AS Level)

creative
that smiles
back

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Malala Yousafzai

Pakistani activist for Female Education

Sabhyata Bhattarai
(Class 7'A')

Malala Yousafzai was born on 12 July 1997 in Pakistan into a Sunni Muslim family. She is a Pakistani activist for female education. She is mainly known for human rights advocacy and also for education and human in native Swat Valley in the Khyber Pakhtunkhwa province of northwest Pakistan. Her father's name is Ziauddin Yousafzai. Her mother's name is Toonpekai Yousafzai. Her last name is Yousafzai. In Mingora, she lived with her two brothers, her parents and two pet chickens. Mingora has always remained a popular tourist spot and attracted thousands of tourists due to its natural beauty. Queen Elizabeth II, during her visit to the area had called it "The Switzerland of the East".

Fluent in Pashto, Urdu and English, Yousafzai was educated in large by her father, Ziauddin Yousafzai, who is a poet, school owner, and an educational activist himself, running a chain of schools known as Khusal Public School. She once stated in an interview that she would like to become a doctor, though later her father encouraged her to become a politician instead. Ziauddin referred to his daughter as something entirely special, permitted her to stay up at night and talk about politics after her two brothers were sent to bed.

Yousafzai started to talk about educational rights as early as September 2008, when her father took her to Peshawar to speak at the local press club. "How dare the Taliban take away my basic right to education?" she asked in the speech covered by newspapers and television channels throughout the region.

On third January 2009, Yousafzai's first entry was posted

to the BBC Urdu blog. She would hand write notes and pass them on to a reporter who would scan and e-mail them. She chose blogging as the way of speaking her mind.

In Mingora, the Taliban had set as edict that no girls could attend school after 15 January, 2009. The group had already blown up more than hundred girls schools. The night before the ban took effect was filled with the noise of artillery fire, waking Yousafzai several times.

After the ban, the Taliban continued to destroy the school area. Five days after Yousafzai wrote that she was still learning for her exam. Schools re-opened but girls were prohibited from joining school.

On 15 February, gun-shots could be heard in the streets of Mingora. After that Yousafzai spoke out against the Taliban on National Current Affair Show, capital Talk on 18 February. Malala wrote against all these suppressions in her blog as well and attracted the attention of social activists all over the world. Malala's effort proved to be fruitful and three days later the Taliban's local leader Maulana Faalulla announced in his FM Radio station that he was lifting the ban on women's education and girls will be allowed to attend school.

This is how Malala helped girls to get education and girls school to re-open. She is a phenomenal woman who despite the challenges chose to stay strong and be the voice of voiceless women all over the world. She is an inspiration. People should aspire to be like Malala and bring changes in the life of needy people

Poem

असफलताले प्राप्त सफलता

रुद्री तिमिल्सिना

कक्षा : ९, 'घ'

कुनै गाउँमा एउटा असल, मिहिनेती र सफा मन भएको मानिस थियो। उसको नाम असिम थियो। ऊ एउटा इन्जिनियर थियो। उसलाई आफ्नो काम ईश्वरको स्तुति गरे समान थियो। नेपालमा प्राविधिक र आधुनिक सेवाको खाँचो थियो। असिमलाई नेपालमा केही प्राविधिक यन्त्र ल्याउने इच्छा भएको थियो।

असिमले नौलोपन ल्याउने चाहनालाई आफ्नो जीवनको लक्ष्य बनाइसकेको थियो। ऊ आफ्नो यो लक्ष्य पुरा गर्नका लागि कडा परिश्रम गरिरहेको थियो। ऊ दिनभर कम्प्युटरमा विभिन्न प्रविधिको बारेमा खोज गर्थ्यो। उसको आफ्नो कामप्रति उत्साह देखेर सबैले उसलाई सफलताको शुभकामना दिन्थे। एकदिन उसका केही साथीहरू उसको घरमा आए। ती साथीहरूले असिमलाई नयाँ नयाँ मेसिनहरू ल्याउने र विकास योजनाका लागि त्यो क्षेत्रमा लगानी गर्ने कुरा बताए। यस कुराले समाज र राष्ट्रमा नौलोपन आउने भएकाले असिमलाई यो कुरा ठिक लाग्यो। साथीहरूले यो कुरा भए पछि कामका लागि लाग्ने धनराशीको कुरा निकाले। यस विषयमा छलफल गरियो। हिसाब गर्दा मूल्य चाहिँ लाखौं लाग्ने देखियो। असिमलाई समाजका लागि केही राम्रो गर्ने चाहना थियो र उसलाई आफ्नो साथीहरूप्रति विश्वास थियो तर यस कामका लागि चाहिने धनराशि ऊसँग थिएन तैपनि बन्दोबस्तका लागि उसले आफ्ना केही जग्गा बेचेर, कतिपय मानिससँग सापटी लिएर चाहिने धनर शि जम्मा गर्‍यो। उसले त्यो धनराशि आफ्ना साथीहरूलाई बुझायो। साथीहरू उसलाई सफलता र नाफा पनि अवश्य प्राप्त हुने वाचा गरे। असिम अत्यन्त हर्षित थियो। उसको लक्ष्य पुरा हुने कुराले उसलाई आफूमा गर्व महसुस हुन्थ्यो। असिम सफलताका लागि ईश्वर लाई सधैं प्रार्थना गर्दथ्यो। दिन बित्दै गयो तर यस कामसँग सम्बन्धित केही सूचना पनि असिमले पाएन। उसले आफ्ना ती साथीहरूलाई यसका बारेमा केही सोध्नेबित्तिकै उनीहरू केही न केही बहाना बनाउँथे। असिम सोभो र शान्त स्वभावको थियो। उसले उसका ती साथीहरूलाई गाली गर्ने, कराउने जस्ता काम गरेन। ऊ प्रतीक्षा गरिरह्यो तर उसलाई केही प्राप्त भएन। जोजोवाट उसले सापटी लिएको थियो, सबैले ऊसँग आफ्नो पैसा माग्न थाले। उसलाई चिन्ता लाग्न थाल्यो। ऊ राति सुत्न पनि सक्दैनथ्यो। उसले धेरै पटक सम्पर्क गर्न खोज्दा पनि उसका साथीहरूसँग सम्पर्क गर्न सकेन। यस्तै हुँदाहुँदा महिनाभन्दा बढी समय वित्यो। असिमको सोभो बुझिने बल्ल बुझ्यो कि उसका साथीहरू उसलाई धोका दिएर सबै पैसा लुटेर लगे। उसले आफ्ना साथीहरूमा सजिलै विश्वास गरेर जसरी तसरी पैसा जम्मा गरेको थियो। सबै हिसाब पुरा गर्नका लागि उसलाई आफ्नो आधाभन्दा बढी सम्पत्ति बेच्नुपर्थ्यो।

उसलाई आफ्नो लक्ष्यमा सफल भएर समाजमा नौलोपन ल्याउने मन थियो। उसलाई आफ्नो यो कामले ज्यादै पश्चाताप भयो। एउटा सोभो र सफा मन भएको व्यक्ति आफ्नो समाजको हित गर्ने सोच राख्थ्यो तर उसकै साथीहरूले नै विश्वासघात गरेर उसको सपना सत्यमा परिवर्तन हुन सकेन। आफू असफल भएको कुराले उसलाई धेरै दुःख लाग्यो। असिमको हातमा अब केही थिएन। उसको अब सबै आशा मर्‍यो तैपनि उसले हिम्मत हारेन। उसले अब आम्दानी प्राप्त गर्ने स्रोत पाउनका लागि केही न केही गर्ने विचार गर्‍यो। उसले आफूले एउटा शिक्षा पाएको थियो र उसले यस्तो घटना कसैको जीवनमा पनि नहोस् भनेर पत्रिकामा यही घटना सम्बन्धित लेख छपायो। उसको यो रचना धेरैले पढे र उसको लेखको प्रशंसा गरे। असिम प्रोत्साहित भयो र उसले अझै नयाँ नयाँ सिर्जना गर्न थाल्यो। फलतः ऊ एकदिन त्यस पत्रिकाको सम्पादक हुन पुग्यो।

उसको लक्ष्य त पुरा हुन सकेन तर पछि उसले अर्कै क्षेत्रमा भए पनि सफलता प्राप्त गर्‍यो।

सन्देश : जीवनमा हुने असफलतालाई हिम्मत राखी स्वीकारे सफलता अवश्य प्राप्त हुन्छ।

Poem

My School

Name: Nitesh Gupta - Class: 5 'E'

Vidhya Sanskar is my school
It helps me to stay cool,
It helps to study well,
So in future I will never fail.

Love to play different games,
Which are not always the same,
Love to make many friends here,
Who are always there.

My brain is growing,
With knowledge
Thank you Vidhya! from my heart,
Our relation will never fall apart.

कविता

मेरो गाउँ

सदीक्षा भट्ट

कक्षा : ४ 'घ'

आहा ! कति राम्रो गाउँ
पहाडको ठाउँ
मलाई त लागि रा'छ
सधैं त्यही जाऊँ ।
पाखा अनि भिरहरू
समतल र खोंच
जतातै फलेका छन्
सुन्तलाका फल ।
पल्लो गाउँबाजाबज्दा
बल्लो गाउँ सुनिने
मन्दिरको घण्टी बज्दा
मनै खुसी हुने ।
कति राम्रो मिठो स्वर
कोइलीले गाएको
हेरिरहूँजस्तो लाग्ने
सूर्य उदाएको ।
कलकल गरी नदीहरू
जतातै बग्ने
पानी घट्ट घुमेको
हेरि रहूँलाग्ने ।
उकाली र ओराली
हिँड्दा कति रमाइलो
छहारीमा बसेर
थकाइ मेटाएको ।
आहा ! कति मिठा ती रूखका ताजाफल
ती फल खाएर त हाम्रो शरीरमा
आउँदोरहेछ बल
चराचुरुङ्गीका ती सुरिला गीत सुन्दा
मनलाई आनन्द हुने ।
कसैले बजाएको त्यो सुरिलो बाँसुरीको
आवाज सुन्दा मनै लोभिने
हरियो वनजङ्गलले घेरेको छ ठाउँ
बैतडी जिल्ला श्रीकोट हो नाउँ
यही हो मेरो पुख्र्यौली गाउँ ।
धन्यवाद !

Nepal Topper

Cambridge GCE A-Level

As a youth what were your dreams of yourself? How important is it to aspire to be a “Nepal Topper in Sociology & Economics” in the Cambridge GCE A – Levels Board Examination?

Through my teenage years, I have found that my ambitions and goals have become increasingly dilute. I have never had a fixed goal in life, as I’m sure is the case with most teenagers today. As to being a Nepal Topper, it never occurred to me in my wildest dreams. Expectations lead to disappointment. So I firmly believe in working hard and hoping for the best.

To achieve what you have achieved today, what would you advise youths like you to take initiatives for grooming themselves?

Firstly, I don’t believe I’ve achieved much as of now. But from my experience, I think it is indispensable to be creative in whatever it is you are up to. And only working hard does not get you anywhere, you must love what you work hard for.

How much time would one needs to spend incase s/he wants to target their passion for something or academic examinations?

I must have studied around 5 hours per week when exams weren’t close. Now I’m sure if one is a Mathematics student, she/he’ll need to devote more time every day to practice. And it also depends on the study techniques the person applies. Since I think I work best under pressure, I usually waited for the deadline to start serious work. But I do believe to excel at anything, one must find their demons. For me, fear and anger have been the most crucial motivators.

How much does a family and schools support make a difference between a successful achiever or otherwise?

Family and school’s environment are two essential ingredients in making a well-rounded person. They’re as important to a person seeking success as the foundation is to a house. But as they say, ‘you can lead a horse to water, but you can’t make it drink.’ So is the case with people. If a student fails, the family and school are not to be blamed (in most cases).

What are the other things that interest you the most apart from studies?

This question makes me sound unforgivably bookish but I take no offense.

Apart from studies, I like to go rambling and giggling around with friends. I like to watch movies, of course. I doodle and sketch sometimes to clear my head. I absolutely love surfing the net, there is a lot to be learnt about people, shoes and food. I occasionally strum the guitar. And I like to hunt for new role models.

What is the importance of ECA’s and how do you think it will help you in the long run. Tell us something about your future plan.

They say, ‘all work and no play make Jack a dull boy.’



Sanskriti Timseena

**Topper in Sociology & Economics, Oct/Nov 2014
(Batch of 2013-15)**

ECAs open a different world to those who are willing to grab the opportunity. They not only build up confidence and a sense of reasoning, they invariably make young people aware of the dynamic world of work in which if one does not learn to take initiatives, one is more than likely to fail. I think Chelsea provides a myriad of ECAs to be devoured, not spoon-fed.

For now though, my most near-future concern is to get a lofty scholarship for my undergrad studies. Apart from that, my future plan is to have no plan at all, to settle for nothing and to completely avoid monotony.

Any tips for your juniors to get engaged and make their studies simple and fun?

Firstly, like Natalie Portman, you must like learning. I’ve always liked learning probably because I could relate anything to my life. Also, you must find out what kind of learner you are (visual, auditory or tactile) and set about in ways that work best for you. And I would advise you to be seriously interested and alert before you begin studying.

Since we usually did our homework at school before class, we enjoyed sharing new ‘facts’ that we’d learnt and complain about them (not like intellectuals though, like women sharing gossip). We were passionate Marxists and Feminists who despised functionalists.

As a side note, check out Emma Watson’s grades. If that doesn’t motivate you, I don’t know what will.

One final question, you are amiable and involved person among your friends, but otherwise it seems that you are not so comfortable with your teachers.

When I’m with teachers, I’ve found, I’m always awkward and at a loss of things to say. Maybe, I just haven’t learnt the art of making friends with my teachers yet.

Interviewed by:

*Kishan Kalwar/ Dipesh Paudel
(AS Level)*

Celebrating A Decade of Excellence



Official Renaming of “Vidhya Sanskar School”



Career in Finance



Prahlad Gautam
Chartered Accountant

Chartered Accountancy is a professional course in accounting for those candidates who want to make their career in accounting field. Every country has its own independent body for regulating the accounting profession, and in Nepal ICAN (Institute of Chartered Accountants of Nepal) is the body, which regulates accounting profession. ICAN is an examining and licensing body in Nepal. This institute is responsible for designing syllabus, conducting exams, issuing membership to successful candidates and regulating the profession. There are three levels in CA education; CAP I, an entry level, CAP II and CAP III, the final level.

How to get an Education in Chartered Accountancy ?

Well, it's an easy way in. There are two routes to get into CA education. One can start either from CAP I level i.e. entry level after completing 10+2 or directly join CAP II if he/she has completed bachelor's level. One has to get registered with the Institute of Chartered Accountants of Nepal (ICAN) for pursuing a CA degree.

How to choose a path into it?

It's a matter of one's interest into it. If you wish to have a career in the financial industry, banking, insurance, or audit itself, you may choose this professional course.

Regarding the Examination process and Success ?

ICAN conducts examination for each level in every 6 months (June and December). One has to secure at least 50% in aggregate in each of the levels. The examinations are conducted on a group basis and one can attempt a single or both groups at a time. However, each group consists of three to four subjects (depending on the level). One has to secure at least 40% in each subject and at least 50% in aggregate for passing each level. One cannot jump from one level to the other without passing the previous level.

These who have completed a bachelor's level however can directly enroll on the CAP – II.

There is a rumor in the market that the success rate is very low in CA education. However, I totally disagree with it. All you need is the dedication and patience. If you feel like failing once or twice is not an option, then CA is not your cup of tea.

What do trainings involve?

Every CA student has to get involved in a practical training after completion of CAP – II level (called as articleship). He/she must undergo a training of 3 years in a CA firm under CA (and of course, little or much but your training will be paid). One cannot appear the examination of CAP – III level until completion of 2 years of articleship. The training involves audit and assurance services to the clients of the firm you join.

What are the best steps to become a Chartered Accountant?

I personally, as I have come from a science background, think that you can pursue a CA career no matter what your background has been. However, it will be a more easy bite if you are from a management background. I too had to work much harder than those "Management Stream" guys on the starting days. But here I am, speaking as a CA, aren't I?

Is Chartered Accountancy – A global qualification, or not ?

Every country has its own regulatory body for examination and licensing of CA. There are mutual recognition agreement within these bodies that provide recognition within these countries. Nepal currently has signed a mutual recognition agreement with the Association of Chartered Certified Accountants, UK. In addition, final negotiations are in the process for mutual recognition agreement with the largest and most reputed International Chartered Accountancy body, 'The Institute of Chartered Accountants of England and Wales'.

Career Paths and Rewards ?

As it goes "Better dedication pays off someday", I have not seen an unemployed CA till date (and of course don't expect to see one soon either). CAs are indispensable to the economy I say that they are indispensable because even at the time when there were no CAs in Nepal, the businesses used to have their financial statements audited by Indian and other foreign CAs.

CAs are involved in the security business, tax advisory and "what not" services related to financial industry, public financial management, business, banking, insurance and what not. Not only have our CAs prospered in Nepal but in foreign countries like in the US, Canada, Australia and Middle East as well. In the context of Nepal, many CAs are into their own practice (auditing and advisory), many on banking and financial sectors whilst some working for the government offices and undertakings like Auditor General of Nepal, Nepal Telecom, NEA, Rastriya Beema Sansthan etc. as first class officers. To let you know further, there are less than 900 CAs all over Nepal.

Conclusion (Your Ideas and Experiences/ Satisfaction and happiness with your profession).

I, after completion of my schooling in science stream and being rejected for a US visa, started the journey to become a CA (Chartered Accountant not Constituent Assembly) and I joined it because of the respect I heard CAs have in the society (and of course money trail stories I heard from them). Now three years down the line of completing it, I am really proud to say that I am a Chartered Accountant.

Poem

Mother

Drishya Shrestha
(Class 6 'C')

Mother is the one who gave me birth
There is no one like her on this earth,
Mother is never tired of her duty,
And has all the beauty.

She is perfect,
She is great,
She is the one
Who helps at any rate.

There's my mother to care,
So, there is no need to fear,
Everybody says that God is great,
But I feel that mother is the greatest.

Short Essay (Sports)

The Joy of an Olympic Day Celebration 2015

After "Securing the Second Position in the Oratory" competition organized by Nepal Olympic Committee, on 23rd June 2015, I along with my friends from our school had a most memorable moment. We were very excited and delighted to celebrate our victory together. It was organized in Nepal Army Club.

Before all these happenings with full vigor we were ready at 7:30 am. We had our breakfast in school at 8:00 am and off we went for the event. When we reached the venue we could feel the positive vibes running through our veins and happiness was abounding to be a part of it.

There were great individuals present in the event, like His Excellency, the Japanese Ambassador to Nepal, Her Excellency Brazilian Ambassador and our Youth and Sports Minister. There were also many Nepalese celebrities from the music and sports fraternity present in the event.

We were lucky enough to take a picture with Her Excellency Brazilian Ambassador to Nepal. Although at the end of the day we were all tired, we really enjoyed the event which gave us the memory to cherish for a life time.

Aashutosh Khatiwada
(Class 10 'A')

GENERAL KNOWLEDGE

1. Name the only mammal which can fly?
2. How many teeth does a dog have?
3. How many years does a snail can sleep?
4. Which water animal has bigger brain than human beings?
5. How many galaxies are there in the universe?
6. Which flower has the smallest seed?

[Answers]

1. Bat
2. 42
3. Three year
4. Dolphin
5. 88
6. Orchid



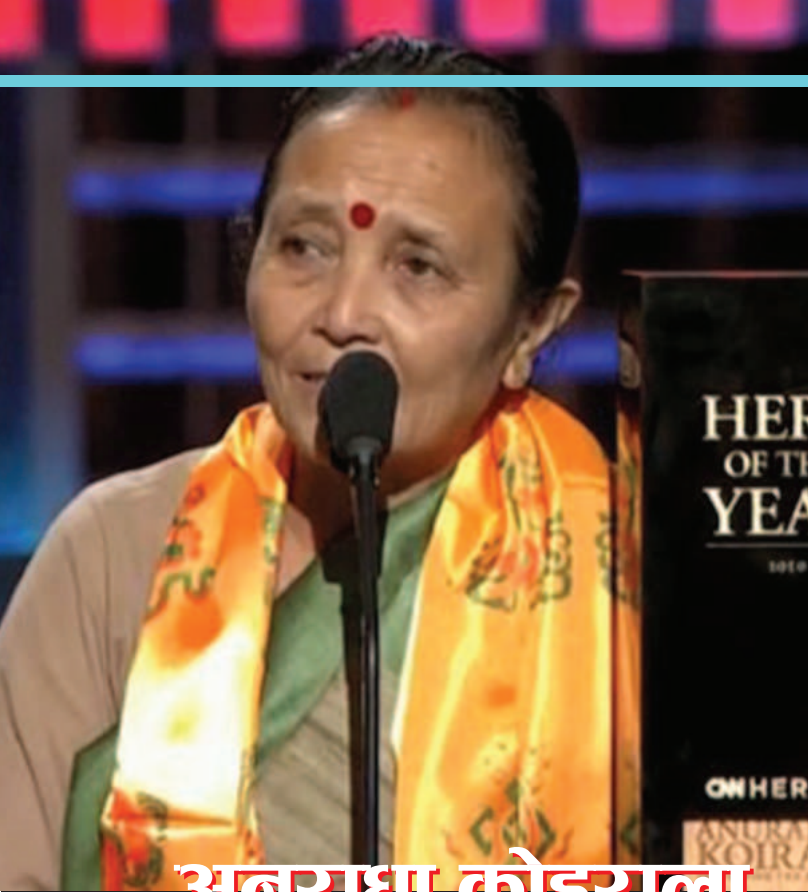
Dikshit Adhikari
(Class 6 'E')

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अनुराधा कोइराला

आयुषा विपाल कक्षा ६ 'घ'

अनुराधा कोइरालाको जन्म १४ अप्रिल १९४९ मा ओखलढुङ्गा जिल्लाको रूम्जाटार गुरुङ्ग परिवारमा भएको हो । उहाँका बाबुको नाम कर्णेल प्रतापगुरुङ्ग र आमाको नाम चाहिँ लक्ष्मीगुरुङ्ग हो । उहाँले कक्षा १० सम्म र बी.ए पनि भारतमै पास गर्नु भएको हो । उहाँ एक समाजसेवक हुनुहुन्छ । उहाँले 'माइती नेपाल' संस्था खोल्नु भएको छ । उहाँले 'म(इती नेपाल) संस्थामार्फत् बेचिएका चेलीबेटीहरूको उद्धार गर्नु भएको छ । विशेष गरी भारतीय कोटीहरूमा बेचिएर नराम्रो जीवन बिताउन बाध्य भएका नेपाली चेलीबेटीहरूको उद्धार गर्न उहाँले यो संस्था खोल्नु भएको हो । उहाँले यस्तो राम्रो काम गर्नु भएकाले सन् २०१० मा सिएनएन हिरो (CNN Hero) पुरस्कार पाउनु भएको थियो । उहाँ भन्नुहुन्छ, "मलाई यस्तो समाज चाहिन्छ, जहाँ केटीहरूको किनबेच हुदैन ।" 'माइती नेपाल' यस्ता केटीहरूका लागि घर हो ; बास हो । उहाँले यो संस्था आफ्नै कमाइले खोल्नु भएको हो । 'माइती नेपाल' भनेको 'आमाको घर' हो । उहाँले यस्ता केटीहरूलाई नयाँ जीवन दिनु भएको छ । यो संस्था उनीहरूका लागि स्वर्ग हो ; सुरक्षित स्वर्ग हो । यो संस्थाले उनीहरूलाई आफ्नै एकलै कमाउन सक्ने, परिवार बसाल्न सक्ने गरी सक्षम बनाउँछ । उहाँ गाउँघरमा जानुहुन्छ र धेरै अपराधहरू बारे सबैलाई सचेत पार्नु हुन्छ । मेरो मन पर्ने व्यक्ति अनुराधा कोइराला नै हो किनभने मलाई लाग्छ उहाँले ती केटीहरूका लागि, समाजका लागि महान् कार्य गर्नु भएको छ । त्यति संसारमा कमै मान्छेले गरेका छन् । म उहाँलाई धेरै सम्मान गर्दछु । उहाँले हजारौं केटीहरूलाई जीवन दिनु भएको छ । यो भन्दा महान् काम के होला?

धन्यवाद !

कविता

'आमा'

स्नेहा पराजुली
कक्षा ९ "ख"

आमा ! तिमी हौ यो संसारकी परी
तिमीबिना म बाँच्न कसरी ?
तिमीलाई म गर्छु माया
तिमी नै हौ मेरो जीवनको छाया ।

तिमीबिना म बस्न सकिदैन
तिमी नभए म बाँच्न सकिदैन
तिमी हौ ज्ञानकी नदी
तिमी नै हौ ज्ञानकी सरस्वती ।

ए मेरी प्रिय आमा ! म तिम्रो राख्नेछु नाम
समाजमा तिम्रो हुनेछु शान
आमा ! प्यारी आमा! तिमी छौ महान्
म तिमीलाई गर्व हुने गर्नेछु ठुला ठुला काम ।

Poem

ZICTIONARY

Dristi Tandukar, (AS-Level)

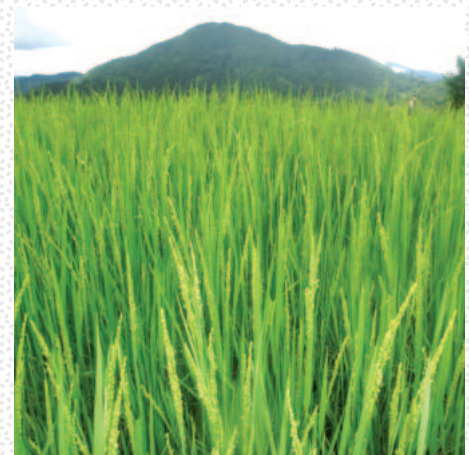
I sat on a chair that felt like junk.
A book in hand, I began to think
Suddenly, a word came into my mind
It wasn't the word I had heard for the first time.
Curious about the word, I searched in the dictionary
For that puzzling word "ZiCtIoNARy"
Not finding it there, I asked my parents about the word
They said until now they'd never heard
May be it's a spelling mistake,
Is all that they suggested
But I knew that the spelling was right;
For it keeps flashing in my mind very bright
I searched for the word everywhere
But it was printed nowhere
Till I couldn't find its meaning I couldn't rest
I couldn't find it even though I tried my best
The whole day I committed to its search
I knew I was behaving like a jerk
Now it was making me mad,
A bit angry and very sad
As the sun began to set
I looked at it with much regret
For I couldn't do a simple thing
Finding out what that silly word meant
I kept thinking where I would see it
But the nail I couldn't hit
At night when I was in my bed
That word kept wandering in my head
Suddenly it struck in my mind
And at last I was successful to find (Oh yeah!!!)
I then remembered where I'd seen the word
It was my new password.



My Snaps

Pranai Moktan (C.A.A.O.) & Ronik Shrestha (A2-Level)

My precious accounts of times spent by me, even with the nature itself. Here are some of my and one of my student time spent in watching the nature.



Salute

"The Unstoppable"

Krishna Dahal, A2-Level



"You only live once, but if you do it right, once is enough."

— Mae West

"In three words I can sum up everything I've learned about life: it goes on."

— Robert Frost

Never assume that you're stuck with the way things are right now. You aren't. Things can change if you want them to, at any age. Life changes every single moment, and so can you. - Anonymous

मेरी स्मरणीय गुरुआमा

आशुतोष लोहनी
कक्षा ८ 'ग'

हाम्रो शैक्षिक जीवन यात्रामा धेरै गुरु र गुरुआमाहरूले हामीलाई ज्ञान, बुद्धि र विवेक दिनु हुन्छ। हाम्रो व्यक्ति निर्माणमा उहाँहरूले महत्त्वपूर्ण योगदान पुऱ्याउनु भएको हुन्छ। हुन त मेरो जीवनमा आउनु भएका सबै गुरु गुरुआमाहरू उत्तिकै आदरणीय हुनुहुन्छ। तैपनि मेरो प्रारम्भिक शिक्षाको सुरुमै भेटिनु भएको गुरुआमालाई म विशेष रूपमा सम्झने गर्दछु।

म यस विद्यालयमा कक्षा यु.के.जी मा भर्ना भएको हुँ। त्यति बेला मेरो कक्षामा शिक्षिका बब्वी क्षेत्री म्याम हुनुहुन्थ्यो। सुरुमा उहाँलाई देख्दा मलाई अलिअलि डर पनि लागेको थियो किनभने उहाँ ज्यादै मीठो अङ्ग्रेजी बोल्नु हुन्थ्यो तर मेरो अङ्ग्रेजी भने त्यति राम्रो थिएन। मलाई उहाँसँग बोल्नु धक लाग्थ्यो। उहाँको पढाउने शैलीबाट म दिन प्रति दिन प्रभावित हुँदै गएँ। उहाँले मलाई अङ्ग्रेजी सिक्न प्रोत्साहन गरिरहनु भयो। पाठ समयमै बुझाउन नसक्दा पनि उहाँले हामीलाई कहिल्यै गाली गर्नु भएन। बरू कुन पाठ गाहो भयो भनी सोधीसोधी पढाउनु हुन्थ्यो, तर अनुशासनको विषयमा भने उहाँ ज्यादै कडा हुनुहुन्थ्यो। मैले अनुशासनको पाठ पनि उहाँबाट नै सिकेको हुँ। उहाँ आफू पनि ज्यादै अनुशासित शिक्षिका हुनुहुन्थ्यो। ठीक समयमा कक्षा भित्र प्रवेश गर्ने, रोचक शैलीमा पढाउने, सबैलाई समान व्यवहार गर्ने जस्ता गुणहरू उहाँमा थिए। बब्वी म्यामले मलाई एउटा अनुशासित विद्यार्थी बन्न सधैं प्रेरणा दिइरहनु भयो। फलस्वरूप मैले आफ्ना घरायसी र पढाइ सम्बन्धी कामहरू ठिकठिक समयमा गर्न थालें। यसो गर्दा मैले शिक्षकहरूबाट माया, उत्प्रेरणा र हौसला पाई रहें।

विद्यार्थी जीवनमा पढाइसँग अन्य गतिविधि पनि आवश्यक पर्दछन्; खेलकुद, गायन, नृत्य एवम् सामाजिक क्रियाकलापसम्बन्धी ज्ञान। यी सबै कुरा पनि मैले बब्वी म्यामबाट नै सिकेको हुँ। उहाँले ज्यादै मीठो अङ्ग्रेजी गीतहरू गाई हामीलाई नचाउनु हुन्थ्यो। कहिलेकाहीँ कक्षाबाट बाहिर चौरमा रमाइला खेलहरू खेलाउनु हुन्थ्यो। यसबाट हाम्रो बौद्धिक र शारीरिक विकासमा ठुलो सहयोग पुग्यो। सानै कक्षामा उहाँले हामीलाई आदर्श जीवन जिउने कला सिकाउनु हुन्थ्यो। आफूभन्दा ठुलालाई आदर गर्ने कुरा, सानालाई माया गर्ने र आफू सरहकालाई मित्र समान व्यवहार गर्ने कुरा मैले उहाँबाट नै सिकेको हुँ। उहाँले कक्षालाई रमणीय बनाउन कहिले काहीँ चुटुकिलाहरू सुनाउनु हुन्थ्यो। हामी ती चुटुकिलाहरू सुनेर मरीमरी हाँस्थ्यौँ।

वास्तवमा गुरु गुरुआमा भनेका प्रेरणाका स्रोत हुन्। उहाँहरूले आफ्नो जीवनमा देखेर, भोगेर र पढेर आर्जन गर्नु भएको अनुभवहरू हामीलाई सुनाउनु हुन्थ्यो। ती अनुभवबाट हामी धेरै कुरा सिक्न सक्छौँ। बब्वी म्यामले मलाई भन्नु हुन्थ्यो - "आशुतोष ! तिमीभित्र धेरै ठुलो प्रतिभा छ। त्यसलाई तिमीले आफ्नो मेहेनतबाट सफल बनाउनु पर्छ। आज तिमी साना छौ। तर भविष्यमा तिमीले धेरै ठुलो काम गर्नुपर्छ। यसका लागि नियमित रूपमा पढ्ने, लेख्ने गर; अतिरिक्त क्रियाकलापमा भाग लिने गर अनि गुरुहरूले दिनु भएको जिम्मेवारी पुरा गर।"

जसरी घर बलियो हुनका लागि जग बलियो हुनुपर्छ। त्यसैगरी हाम्रो शैक्षिक जीवन बलियो हुन प्राथमिक तहको पढाइ गुणस्तरिय हुनुपर्छ। मेरो बाल मस्तिष्कमा गुरुआमाले भन्नु भएका सबै कुरा अटाउन त सकेनन् होला तर उहाँका मार्ग दर्शनमध्ये केही म अहिले पनि सम्झिरहन्छु। विद्यार्थीले पालना गर्नुपर्ने नियमहरू उहाँ पटकपटक कक्षामा भनिरहनु हुन्थ्यो, जस्तै : ठीक समयमा सुत्नु, उठ्ने, खेल्ने, गृहकार्य गर्ने जस्ता कार्यका लागि आफैले समय छुट्याउनु पर्दछ। आफ्ना स्कुल पोसाकहरू फोहोर भए धुन दिइ हाल्नु पर्दछ। कापी, कलम सफाएको छ भने आफ्ना अभिभावकलाई समयमा नै भनिहाल्नु पर्दछ। कपाल र नङ बढेको छ भने तत्काल काटिहाल्नु पर्दछ। स्कुलमा कुनै



लिखित र मौखिक सूचना दिइएको भए आफ्ना अभिभावकलाई बुझाइ हाल्नु पर्दछ। यी सबै कुराहरू मैले गुरुआमाबाट नै सिकेको हुँ।

बब्वी म्यामले हामीलाई हरेक ठाउँको नियम फरकफरक हुन्छ भन्नु हुन्थ्यो। घरमा, स्कुलमा र चौरमा हामी एउटै गतिविधि गर्न सक्दैनौँ। ती फरक ठाउँमा बोलिने भाषा पनि फरक हुने गर्दछ। स्कुलमा हामी औपचारिक अर्थात् तोकिएको शैलीमा कुरा गर्छौँ भने घरमा घरायसी र पारिवारिक भाषा बोल्ने गर्दछौँ। हामीले आफू कुन ठाउँमा, केको लागि आएको हो भनी थाहा पाउनु पर्दछ। सडकमा हिँड्दा, सवारी साधन चढ्दा, खेल खेल्दा त्यहाँको नियमको पालना गर्नु पर्दछ, हामीलाई अनुशासित बनाउने क्रममा यी कुराहरू गुरुआमाले सम्झाइरहनु हुन्थ्यो। राम्रा अक्षर भएका विद्यार्थीलाई उहाँ ज्यादै मन पराउनु हुन्थ्यो। मैले पनि अक्षर सुधार्न त्यति बेलादेखि नै कोसिस गरेको हुँ। धेरै अभ्यास गर्नाले मानिस पोख्त हुन्छ (Practice Makes Man Perfect) भनी उहाँ भनिरहनु हुन्थ्यो। गणित जस्तो गाह्रो विषयलाई पनि उहाँ रोचक ढङ्गले पढाउनु हुन्थ्यो।

मित्र भएको ज्ञानको प्यासलाई गुरुआमाले मेटाई दिने गर्नुहुन्थ्यो। म जे सोध्न चाहन्थेँ, उहाँ त्यसलाई पहिले नै बुझाइ दिनु हुन्थ्यो। उहाँसँग पढ्दा मलाई कहिल्यै अल्छी लागेन। उहाँको हाँसी हाँसी पढाउने बानी मलाई ज्यादै मन पर्थ्यो। त्यसैले होला हामी घरमा भन्दा बढी स्कुलमै रमाउने गर्थौँ। गुरुआमाले हामीलाई अत्यधिक गृहकार्यको भारी बोकाउनु भएन। आफ्ना विद्यार्थीले सहज रूपमा भ्याउन सक्ने गृहकार्य मात्र दिनु हुन्थ्यो। परीक्षा आउनुभन्दा अगाडि सम्पूर्ण पठनपाठन पुरा गरी गाह्ला विषयहरूलाई दोहोर्‍याई दिनु हुन्थ्यो। त्यसैले होला हामी कोही पनि अन्तिम परीक्षामा अनुत्तीर्ण भएनौँ।

त्यति बेला मलाई सधैं उहाँकै कक्षामा पढिरहनु पाए हुन्थ्यो जस्तो लाग्थ्यो तर त्यो सम्भव थिएन। शैक्षिक वर्ष पुरा भएपछि हामीले अर्को कक्षामा प्रवेश गर्थौँ। मैले उहाँको प्रेरणाले राम्रो अङ्क ल्याए र परीक्षा उत्तीर्ण गरें। त्यसपछि बब्वी म्यामसँग पढ्ने मेरो धोको त्यहीँ रोकियो। तैपनि कक्षामा आउँदा जाँदा उहाँ मलाई बोलाउने र हालखबर सोध्ने गर्नु हुन्थ्यो। विद्यालयको वार्षिक उत्सवमा भाग लिने सल्लाह मलाई बब्वी म्यामले दिनु भयो। त्यो साल पहिलो पटक धेरै अभिभावक, शिक्षक र विद्यार्थी भाफ्न मैले नृत्य प्रस्तुत गरें। त्यसपछि उहाँले मलाई स्याबासी दिनुभयो। वास्तवमा गुरु गुरुआमाको सही मार्गदर्शनले जीवनमा सकारात्मक परिवर्तन ल्याउँदछ। यो कुरा मैले महसुस गरेको छु। आज बब्वी म्याम त मेरो साथमा हुनुहुन्न तर सौभाग्यवश मैले उहाँ जस्तै माया गर्ने, प्रेरणा दिने र सही मार्गदर्शन गर्ने योग्य, दक्ष एवम् अनुभवी गुरु गुरुआमा पाएको छु। मलाई विश्वास छ कि उहाँहरूले मलाई भविष्यमा मेरो लक्ष्यसम्म पुग्न सही मार्गदर्शन दिनु हुनेछ।

Nepal: Education, Youth and Brain Drain

Dr. Binod Bhatta

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(Parent of Master Ashutosh Bhatta, A2 Level)*



Nepal is not a poor country; it is rich in so many natural resources such as fresh water, forest, biodiversity, natural beauty, and so on. We are equally wealthy in cultural resources and diversity. Despite this, we have been tagged as one of the poorest countries in the world. This has been so engraved in our mind that many of us have started to believe that we are poor and cannot develop ourselves without any support from outside world. Promotion of this situation about poverty has led and increased the mental or psychological poverty among our people. Reverting this situation is critical for our development and this can only be achieved through self-confidence in the people of Nepal. This is where proper education is essential, which can install the required trust among the people that they are not poor and capable of changing their situation themselves if they wish. I believe this is true, as Nelson Mandela also said, "Education is the most powerful weapon which you can use to change the world." If the youths are equipped with proper education and the socio-political environment of our country its right, they will contribute towards the development

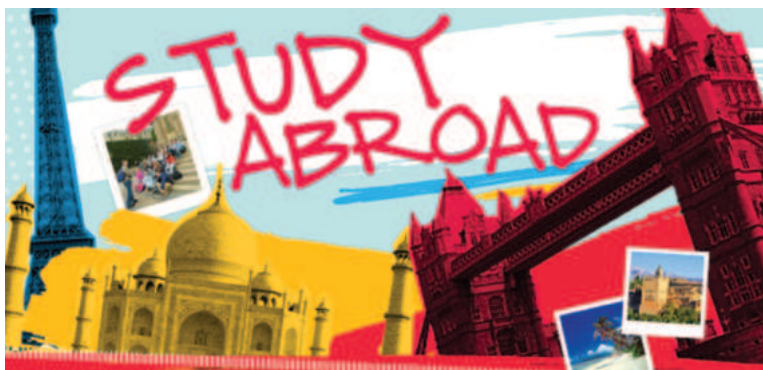
of the country by indulging themselves in various economic activities rather than migrating to other countries.

Education in Nepal

I believe there are three critically vital components for any Education viz. the curriculum, the pedagogy and the facilities, besides the human components (students and teachers).

Basically, there are two types of education, formal and non-formal or informal. Formal education is categorized into various levels such as pre-school or pre-primary, primary (class 1 to 5), lower-secondary (class 6 to 8), secondary (class 9 and 10), higher-secondary (class 11 and 12) and tertiary or higher education (which includes college and university). In other words, it is divided into school education and higher education. At the end of class 10, a national-level School Leaving Certificate (SLC) examination is administered, which has always been a bottleneck in our education system.

We have been particular in revising and updating curriculum. However, we have been poor in terms of pedagogy or method of teaching. At the same time, most of our schools have a dearth of required facilities in terms of equipment, infrastructure, ambience and physical environment. Moreover, there is a clear divide between private school and community school. In most cases, private schools are comparatively better than community schools considering the result of SLC examination. Formal education takes place in a school environment, where trained teachers are supposed to teach students in classrooms with a group of students learning together. Another crucial dimension in our education system is politicizing of education.



In general, we have higher education under eight universities currently that include bachelor, masters, and Ph.D.

In most cases, the right attitude among the teachers and management is not seen, which is one of the most critical factors in degrading quality and result of education.

Though the Net Enrollment Rate in primary education has reached encouragingly high to 98 in 2014, it is disheartening to realize that very few among them get through the SLC examination. Another depressing fact has been the rate of students passing SLC examination has seldom been more than 50 percent. This raises a serious question to our education system. When more than 50 percent students fail the examination, it is not the failure of the students rather it is the failure of the complete system. The aim of education is to pass everyone or achieve 100 percent. The more frightening fact has been the very low success rate in SLC examination from the community schools indicating that larger proportions of poor people are unable to get higher education. This also implies that we have delineated our future citizens into two categories based on their economic status.

In general, we have higher education under eight universities currently that include bachelor, masters, and Ph.D. levels. However, the faculty, capacity and facilities of these universities appear to be inadequate to cater the need and demand of the country. Thus, many students go abroad in search of education every year.

The informal education or learning may occur anywhere at home or at work, or in society, without any curriculum or formal facilities as in school, and no pedagogical planning. Such learnings are often spontaneous in life through natural experience.

One of the weaknesses in our present education has been poor value education, which may create a weak and less coherent

future society. Despite our rich culture and values, we have not been able to incorporate this in our education system. Thus, this aspect needs to be inculcated seriously in our current education system. There has been significant investment of government as well as private sector in the education sector. The investment of government appears to be failing in its objective, mainly due to mismanagement associated with local-level politics and power, while private-sector investment is largely managed as the business where weaker section of the society does not have access.

Status of Youth in Nepal

Our National Youth Policy (2010) defines youth as the women, men and third gender of 16-40-year age group. This group is an invaluable asset of the nation and a change agent. Total youth population in Nepal accounts for 40.34 percent and includes 54.5 percent female and 45.8 percent male. Likewise, the sex ratio between the youth is 84 males per 100 females. Out of the total Nepali youths, only 5.25 percent have passed SLC (or equivalent) examination, while only about 1 percent has acquired the post-graduate (or equivalent) degree. Approximately 13.8 percent of the total youth have been abroad for employment and education, of which 12.7 percent have been for employment and 1.1 percent for studies.

Youths are the backbone of any country's workforce. Unfortunately, our youth force has limited education. Another disturbing factor with our youth has been their unrealistic expectations, aspirations and attitude, aside from the country's socio-political and economic environment. They are prepared to carry out any dirty and dangerous work abroad, but they would not like to indulge in any dirty work such as agriculture in their own society. Another difficulty we face is that our youths are dreaming of very quick return on any work or investment (becoming overnight millionaire), which is impossible. Some youths that have returned after working abroad have realized this and now working especially in agriculture here which, pays off better than going abroad as an unskilled worker. Thus, they have started their own venture here successfully.

Most educated youths, especially from the private schools have been found to prefer working in the non-government or private sector, mainly owing to the working environment and salary structure of the government job. Even today those who qualify the Public Service Commission (PSC) examination are mostly from



the community schools. There are very few best-performing students who would like to join the politics or civil service in Nepal which, is one of the disturbing observations. Until and unless we have best-qualified youths in politics and civil service, it is difficult to improve the situation of the country.

In general, medical and engineering education has been the top choice of most of the best-performing youths. This is indicated by the enrollment record in these faculties (13,782 in medical education and 10,992 in Engineering in the year 2012/13), highest among the natural science and technology subjects. However, the medical education has been most expensive and not accessible to many aspirants. Many medical graduates have been found to migrate to other countries as they find better facilities, pay and working environment.

As Franklin D. Roosevelt said, "We cannot always build future for our youth, but we can build our youth for the future" should be our approach.

Brain Drain and Labor-Force Drain from Nepal

With the advancement in communication and transportation facilities, the world is becoming a global village. However, the concept of global citizenship is still very far from reality. Thus, we always need qualified and competent Nepali youths to develop our country, as Albert Camus also said, "Youth is above all a collection of possibilities."

As most of our youths do not possess higher education, our youths are bound to migrate as unskilled labor. This situation forces them to compromise for a low salary with risky job. Nonetheless, their number has been significant and our economy has been dependent on their remittance. Unfortunately, these youths do not get any recognition for their contribution to the economy, except for some lip-service. The remittance they send mostly has not been invested in the productive sector, which means that we are not benefitting from this in perpetuity. The country needs to develop programs and strategies to engage and employ all these migrating youths in economic activities here.

Brain Drain is large-scale emigration with technical skill and knowledge, in which smart people are leaving country to other nations for better income and better working condition. Nepal has a long history of foreign employment in India, dating back to 19th century as "Lahure." This could be termed as labor or work force drain. However, brain drain in Nepal has been a recent phenomenon from 1990s. There are some push and pull factors behind the brain drain. Some of the push factors include unemployment, poor working environment, income inequalities, disregard for Local Talent, discrimination in appointment and promotion, and bad governance. While some of the pull factors include better employment opportunities, higher salary and income, better working environment, better research facilities, desire for higher education and recognition.

The exact data on brain drain in Nepal is not known. However, number of Nepali students in United States increased by 27.9 percent between 2006 and 2007 and Nepal ranked 13th (from 23rd in 2004). In 2011, students obtained no-objection-letter from Ministry of Education for 64 countries.

Some positive effects of brain drain could be creation



space for freshmen here, population decrease, people bring technology, skills and new ideas from abroad (if they return), improved quality of education by insuring international standards and training and improved competitiveness as international degrees are held in higher esteem. Brain drain has nominally brought some remittance to the country unlike labor force migration.

Similarly, some negative effects of brain drain are loss of high-quality human resources/capital, government spending billions for education of experts and lack of motivation. Brain drain has also affected healthcare and educational system in developing countries and failure to stop it could lead to unprecedented level of economic and social catastrophe.

Some of the measures to stop the brain drain could be political stability, institution for higher-level studies with exchange programs, good governance (prohibition of nepotism and favoritism), competitive opportunity to everyone based on qualification and adequate/justifiable salary and facilities for every work and various level.

Potentials and Prospective

Nepal's future development depends on the return of such people as well as in creating the environment to motivate people to live. Those going abroad should go for learning knowledge and skills and return. Moreover, we should also stop the labor drain by creating enough employment opportunities here in the long run. For the time being, we should only be sending our labor force making them skilled so that they will be able to better negotiate for their work. The key to all these would be significant improvement in the education system. Our education system should be improved as Martin Luther King, Jr. said, "The function of the education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education." There should be the opportunity in education and employment based on free, fair and merit of the individual.

“Chelsea is a Grooming Place...”

Tell me a little bit about yourself and your experience at Chelsea.

I define myself as a simple human being born to learn from each and every step of our valuable life. I have been working in Chelsea since 2006. I always remember my first day at Chelsea and the most supportive part of respected officials. I believe due to their utmost support I have been continuing the work till date with every new learning process. I feel I will be less than honest if I forget to mention that Chelsea is not only the work place but it is grooming place for our all round development.

What is the most needed role of the position that you are designated in?

You will need to maintain a lot of patience, ability to convince and finding a prompt solution to problems.

What is your favorite part of your official responsibilities?

Since my duties are related with the information desk, I attend to queries of various people from various walks of life. I happily attend to all of my duties and responsibilities to the optimum level without any complaints.

What techniques do you use to motivate yourself, students and colleagues?

I make myself always ready to do work, along with it where I can learn a lot with my colleagues.

In the cases of students and colleagues, I am always there for them whenever they need. I think my supportive part is to assist them whenever and however I can.

According to your experience, can you share some of the valuable traits that one should have in your position?

After my completion of +2 level, I started working in various institutions along with my further studies. In my position, one should be able to make people convinced to their enquiries. Positive thinking and positive approach is a big necessity in this position.

State, if any moment during the course of your professional experience that encourages or disturbs you a lot.

First of all, I have had the opportunity to complete more than 15 years in this profession and each and every day I have been honored to learn something new or the other. Every new day, every new challenge encourages and motivates me. However, what we think may not be always right as all the fingers in our hands are not the same.

And of course, during work there may occur disturbances and I think we should learn from those situations and rather than complain.



Ms. Shristi Shakyra
Public Relation Officer

What is the most exciting thing that you experience while working with the students?

Today, students are very active and self-dependent than the time period of our student life. I feel I am also a student while I involve with them in their work.

Are you comfortable using a phone with multiple lines and handling a high volume of telephone calls?

As my duties are related with phone line so of course it comforts me better to say I enjoy it. But sometime with the faithful duties of self and carelessness of other make myself feel guilty and irritating but it happens in my daily routine.

What are your hobbies and recreational interests?

Throughout the day, I keep myself busy attending to official work. Sleeping! Whenever I get a free time I sleep. I mostly enjoy attending to household chores while at home.

What is your greatest strength and how will it help your performance in this position?

I feel that my greatest strength is my patience which helps me perform my responsibilities even under sheer pressure in any circumstances.

At last, I am thankful to the Chelsea Management for the opportunity and support given to me as well as thank you to my seniors, colleague and students for their support.

Interviewed by:
Ursula Shrestha (As Level)
Smriti Tiwari (As Level)
Kazol Shrestha (As Level)

Achievements



Real School of Nepal 2015 - Central Region
Aakriti Sapkota-Dance (2nd) & Bidhan Khanal- "3 minutes to Fame" (4th)



5th N.S.A. Cup 2015, org. by Nepal Swimming Association
Adipsha Vaidya - CClass VI - Winner - Breaststroke



Olympic Day 2015 - Org. by Nepal Olympic Committee winners of various competitions
Suman Pandey, Ashutosh Khatriwada, Presha Mainali



SLC 2071 School Topper-Felicitation
Sumana Lamichhane felicitated by Hon. Deputy PM Prakash Man Singh

"Glocal Teen Hero 2015"

Glocal Teen Hero was organized by Glocal Khabar.com, an online media. The competition was supported by Ministry of Youth and Sports, Honda Nepal, Mega Bank, Panchakanya Group, Business 360°, and the Annapurna Hotel. The official media coverage was done by Himalayan Television. The event was attended by Hon'ble Minister of Youth and Sports, Mr. Purushottam Paudel, Ambassador of Sri-Lanka, acting legend of Nepal Mr. Rajesh



Hamal, National cricket team captain and Brand ambassador of Glocal Khabar, Mr. Paras Khadka.

Mr. Saurav Jyoti, Director of Jyoti Group and Chairperson of Honda Nepal, Anil Keshary Shah, CEO of Mega Bank, Hon. GaganThapa - a constituent assembly member, Samriddhi Rai, a popular pop singer and former

bureau chief of M & S and Narottam Aryal, Chief Executive Director of Kings College were the judges.

Among the 98 applicants from all over the nation, 6 teenagers made it to the finals on the basis of their achievements and extra enhanced activities with appropriate evidences to support their achievement

and works. The 6 finalists were interviewed by the respected judges. The Judges were highly impressed and glad to see the extraordinary capacity and their valuable achievements.

Aditya Khadka, a 15 years old student of Vidhya Sanskar School who also makes him the youngest documentary maker from Nepal and one of the youngest in the world who makes in professional level, and also, Samprada Chapagain; a 18 years old student who completed her A-Level studies from Chelsea International Academy and who is also a social worker was among the Top 6 finalists.

The finale was held in Annapurna Hotel and was broadcasted live on Himalayan television.

A Cracking Fire Greeted Me

"...no, it doesn't work that way. Don't leave, please!" I gesticulated wildly, trying to stop whatever it was that was happening. I didn't remember much of it, but I knew that at that moment, something was happening, something that didn't really sit right with me and I knew I had to oppose it. A faint outline of a person could be seen, walking away. That person had hair that was slightly longer than shoulder length, and features that could be distinctly identified as feminine; definitely a female. Why was she walking away, and why was I so averse to her walking away? A sort of haze clouded my mind, preventing me from thinking straight; I could barely remember my own name. What was happening to me? Suddenly, my face started heating up, and although it was dark at that time, my eyes involuntarily shut, as if shielding me from a bright light. A few moments later, my eyes snapped open.

A crackling fire greeted me, the close proximity to me uncomfortable. At once, I moved away, my face a sweating mess. I tried to get my bearings about me, and at once everything came back to me. My eyes took in the sleeping forms of three other people in a circle around me, their forms slouching on chairs. 'Apparently I was dreaming. Geez, I almost burned my eyebrows off! I have to be more careful!' I thought to myself, touching my eyebrows almost gingerly. They were a little wet from the sweat, and I thanked whatever deity existed above me for waking me up in the nick of time. I tried standing up, and crumpled sloppily back on to my chair; my legs were a little sore from all the walking I'd done earlier, and demanded more rest. My mind was in a hazy state, half awake and half asleep, not exactly the ideal condition for proper functioning. I thought back to the things I'd done that day, building up to this particular moment.

It was the third day after the April 12 earthquake, and I'd been working with the local youth red cross to help in any way I could. Spending the entire day running around like a headless chicken, carrying supplies and orders, would probably not be the average person's idea of work, but for me, and indeed, the rest of the volunteer corps, it was a sign of a job well done. There were four large open spaces where everybody in my locality was staying at, and I had to keep juggling between the four, carrying a first aid kit here, some relief materials there, a shiny red helmet with the red cross logo strapped firmly on my head; the usual. The day's work was tiring, but to me at least, I was highly rewarding.

Night came, and the excitement began. See, the volunteer corps conducted patrols all through the night, because everybody was out of their homes, and it provided an almost irresistible opportunity for would-be thieves to go about doing their thievery. The patrols went on well beyond midnight, with the last patrol ending at five in the morning. That night, I got the second shift, which was from just over midnight to 2 in the morning.

The patrol was an exhilarating experience, because of the roots the volunteer corps used to take; we would go through these narrow alleys, the buildings on either side of the alleys about ready to crumble down, cracks running everywhere on their exterior. It was a different sort of fun, one caused almost entirely by the fear, the anticipation of a particularly strong aftershock coming and ending our alley-dwelling existence. It was a morbid sort of thrill, true, but it kept us awake throughout the night. One particular side effect of this was that when the adrenaline did leave us, we would become utterly tired, hence the current state of affairs.

This time, I managed to stand up, groggily rubbing my eyes, searching for my bag. A few seconds of looking around, and my bag was found, being used as a pillow by my cousin. Deciding that waking him up to get my bag was not worth the effort, I glanced at my watch. Four in the morning, it said. I felt that I should go home, and sleep properly there, instead of slouching it out on a chair, face inches from getting burned, and not a soul awake to stop me should it happen. In hindsight, I can see just how bad of an idea it was, walking home at four in the morning, but to my sleep-deprived mind, it seemed a brilliant idea.

So, I began walking to my house, helmet still strapped on to my head for some reason, and one hand still rubbing almost lazily at my eyes. Half the trip was uneventful; peaceful almost. But somewhere around the middle, things went wrong. I'd forgotten one thing entirely; the people had let their pet dogs loose for the night, and when you're walking alone, that spells trouble, because trained dogs are not really trained how to behave in public without the presence of a familiar figure. So when I saw three German shepherds, all of them fully grown and with a look in their eyes that spelled trouble for me, I knew I was done for. It started off as a chill that ran down the back of my spine, and suddenly my body felt high, almost, as a wave of adrenaline rushed over me. But despite my flight-or-fight instinct getting activated, I tried walking past the dogs, fully hoping they'd leave me alone. Alas, that was not to happen. As soon as I got within biting distance, they barked at me and ran towards me. I did the only (un)sensible thing I could, and ran towards my house, my face portraying almost comical terror. Of course, thirty seconds into my run, I realized that trying to outrun three fully grown dogs is not exactly something considered wise, and halted immediately. The dogs caught up, and barking incessantly, circled me, sniffing me and snapping their jaws, a look of anticipation on their faces. If those three could talk, they'd probably be saying, "Human for breakfast!". Five minutes later, and they finally left me alone. I was sweating profusely by then, body quivering slightly, and I breathed out a sigh of relief. The bed was never more comfortable!

INTER-COLLEGE DEBATE COMPETITION 2015



The annual debate competition organised by GEMS Institute of Higher education 2015 was a successful event. The competition consisted of extremely talented debaters from different colleges. These passionate debaters had to debate on the motion "Is Democracy a successful form of government in Nepal." The competition was judged by honorable personalities from different fields. Despite the tough competition Chelsea secured the first position as well brought home the Title "Best Speaker".



All Kathmandu Debating Championship 2015 Best Debater Award
Raman Kadariya 9th Best Debater, Pradeepta Adhikari 6th, Avash
Byanjankar 5th



Ms Pradeepta Adhikari & Mr. Avash Byanjankar
represented "Chelsea & Nepal" in the "World Debate
Competition" (WSDC) in Singapore in August 2015.

ए-लेभलमा नेपालबाट सबैभन्दा बढी ५ वटा अवार्ड

चेल्सीलाई

व्यवहारमा लागू गर्न सकिन्छ



हिमाल श्रेष्ठ, चेल्सी इन्टरनेसनल एकेडेमी
ए लेभलमा क्याम्ब्रिज विश्वविद्यालयको कोर्स पढाइ हुने भएकाले मलाई मन पर्‍यो। यसमा रटान नभई बुझेर पढ्ने हो। आफ्नै पढेको कुरा कसरी व्यवहारमा लागू गर्ने भन्नेमा जोड दिन्छु।
यसमा धेरै पढेर धेरै बुझिन्छ। ए-लेभलमा गतिरिएर अध्ययन गरिन्छ। क्षमता बढ्छ।

यस वर्ष चेल्सी इन्टरनेसनल एकेडेमीले ९ वटा अवार्ड सिन सफल भएको छ।

Kantipur Daily,
20 Feb 2015, Page No. 12 & 13

कारोबार

चेल्सी इन्टरनेसनल अगाडि

काठमाडौं, ७ फागुन (कास) : ए लेभल अध्ययन गराउँदै आएको चेल्सी इन्टरनेसनल एकेडेमी यो वर्ष ९ अवार्ड सिन सफल भएको छ।
चेल्सी नेपालबाट ए लेभल अध्ययन गराउने कलेजमध्ये सबैभन्दा धेरै अवार्ड सिन सफल भएको हो।
सन् २०१४ मे, जुन, अक्टोबर र नोभेम्बरमा सञ्चालन भएको वार्षिक

परीक्षामा चेल्सीका रोशन पौडेलले कम्प्युटर, फिजिक्स र बेस्ट एक्स फोर एल्स लेभलमा व्याख्या गरिए।

त्यसैगरी, चेल्सीकै हिमाल श्रेष्ठले फिजिक्स र बेस्ट एक्स थ्री लेभलमा प्रथम स्थान हासिल गरे।

Karobar Daily,
20 Feb 2015 Page No. 2

The Himalayan

Himalayan News Service
Kathmandu, February 18

Over 33 learners today received awards for their exceptional performance in Cambridge examinations, including 29 learners from Nepal who attained the highest marks in Cambridge International AS and A Level.

A programme was jointly organised by British Council and Cambridge International Examination (CIE) to hand over the Outstanding Cambridge Learner Awards, Nepal to outstanding academic achievers of secondary schools in Nepal. The learners were awarded on the basis of their performance in Cambridge examination series held in June and November 2014.

During the programme, five students from Chelsea International Academy bagged the highest number of Cambridge University Awards with nine

awards,

Roshan Poudel from Chelsea International Academy received the 'Young Achievers Award' along with 'Best across Four Cambridge International AS Levels' and 'Nepal Topper in Physics and Computing' for his performance in the November 2014 exams.

The Himalayan Times
19 Feb 2015, Page No. 3

Likewise, Hinal Shrestha from Chelsea International Academy was awarded with the 'Best across Four Cambridge International A-Levels' and

नयाँ पत्रिका

Naya Patrika,
19 Feb 2015, Page No. 3

सामो समयदेखि ए-लेभल सञ्चालन गर्दै आएको चेल्सी इन्टरनेसनल एकेडेमीका संस्थापक निर्मलपन सुधीर भाले १० वर्षको अर्धशताब्दी पछिल्लो पटक विश्व उत्कृष्ट हुन नसकेको बताए।
नेपालको ए-लेभल नराखे भएर होइन, अरु देशले यस वर्ष राम्रो गरेकाले नेपालका विद्यार्थी विश्व उत्कृष्ट भएनन्, भनि फेरि नेपाली विद्यार्थी विश्व उत्कृष्ट हुनेछन्, उनले भने।

सबैभन्दा बढी चेल्सी इन्टरनेसनल एकेडेमीका विद्यार्थीले नेपाल उत्कृष्ट भई सबैभन्दा बढी नौवटा अवार्ड प्राप्त गरेका छन्।

CHELSEA INTERNATIONAL ACADEMY
Cambridge GCE A-Level College

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कान्तिपुर

वसन्तपुर श्रेष्ठ व्यवसायी हुन्। पछिल्लो घर भक्तपुर तार हान काठको मोहो जोगी गाविसमा बस्छन्। उनका छोरा हिमाल श्रेष्ठ ए लेभल पढ्छन्। चेल्सी इन्टरनेसनल एकेडेमीका विद्यार्थी हिमालले जुन २०१४ को परीक्षाको शुभसामा फिजिक्स विषयमा उत्कृष्ट भए।
ब्रिटिस काउन्सिलले बुझाएर काठमाडौंमा गरेको कार्यक्रममा छिरीने परस्कार पाएका बालु पदम र आमा सुन्दरीमाथि बल्लोले गर्दा दिए।
कुनै समय विद्यार्थी ए लेभल पढाइ गर्ने विभिन्न देशका विदेशी राजदूत, विदेशी र माथिल्लो तहका प्रशासकको छिपछिरीने साथ पढ्ने छाउँ भनेर बुझिन्थ्यो। 'छिपछिरी' भएको भए, उनले ए लेभल नै पढ्नु भन्थे। 'पढाइले' बालु पदमले भने, 'विश्वले मेरो परिवार र आफन्तलाई छिपछिरीमा ए लेभल पढ्ने रीतले व्यक्त हो। नेपालको परिवारलाई हेर्ने हो भने हिमालजस्ता आफ्नी छेक्छट ए लेभल पढ्ने रीतले व्यक्त छैन।

Kathmandupost

Kathmandu Post,
20 Feb 2015, Page No. 6 & 7



Himal Shrestha

Nepal Topper in A Level Physics in June 2014 Examinations
Best Across Three Cambridge International A Levels in June 2014 Examinations
Chelsea International Academy

The A Levels do not encourage rote learning unlike other higher secondary courses in Nepal. The programme gives more importance to implementing what we learn in classes. It also allowed me to study the subjects I have interests in. For instance, I could choose to study Computer Science, alongside Physics, Mathematics and Chemistry.



Roshan Poudel

Nepal Topper in AS Level Computing and Physics in November 2014 Examinations
Best Across Four Cambridge International AS Levels in November 2014 Examinations
Chelsea International Academy

The number one reason to go for A Level is its wide recognition. Cambridge University is considered one of the best all around the world. The A Level offers the flexibility to choose subjects from various disciplines and attaches significance to applied knowledge. Even formulas are provided in exams and need not be memorised. We need to learn to use them to solve problems.

Similarly three students got the 'Best across Awards' for obtaining the highest aggregated marks in four subjects. The highest numbers of awardees were from Chelsea International Academy, with nine.

गोरखापत्र

सन् २०१४ को नतिजा अनुसार सबैभन्दा बढी अवार्ड चेल्सी इन्टरनेसनल एकेडेमीले प्राप्त गरेको छ। सो विद्यालयका विद्यार्थीले विभिन्न नौ विषयमा सर्वोत्कृष्ट अवार्ड हासिल गरेका छन्।

Gorkhapatra,
19 Feb 2015, Page No. 5

अन्नपूर्ण

चेल्सीलाई ए लेभलमा नौ अवार्ड

काठमाडौं : ए लेभलको अध्ययन गराउँदै आएको चेल्सी इन्टरनेसनल एकेडेमीले क्याम्ब्रिज विश्वविद्यालयबाट प्रदान गरिने नौवटा अवार्ड पाएको छ। सन् २०१४ मा भएका विभिन्न वार्षिक परीक्षामा चेल्सीका विद्यार्थीले उत्कृष्ट नतिजा प्राप्त गरेकाले नौवटा पुरस्कार पाएका हुन्।
चेल्सीका प्रचार्य सुधीर भाले चेल्सी विद्यार्थी विश्वका विद्यार्थीसँग प्रतिस्पर्धी गर्न कोच छन् भन्ने सन्देश दिएका बताए। उनले भने, 'नेपालमा पनि उच्च गुणस्तरको पढाइ हुनु भन्ने नम्रुना सो नतिजाले देखाएको छ। यसले सम्पूर्ण नेपाली विद्यार्थीको हित ठाडो बनाइदिएको छ।'

Annappurna Post,
23 Feb 2015, Page No. 2

नेपाल समाचारपत्र

ए लेभलमा चेल्सी उत्कृष्ट

क्याम्ब्रिज विश्वविद्यालय र ब्रिटिस काउन्सिलले ए लेभल उत्कृष्ट विद्यार्थीलाई सम्मान गर्न आयोजित कार्यक्रममा बानेश्वरस्थित चेल्सी इन्टरनेसनल एकेडेमीले सबैभन्दा बढी ६ वटा अवार्ड सिन सफल भएको छ। सन् २०१४ को मे-जुन, अक्टोबर-नोभेम्बरमा सञ्चालन भएको वार्षिक परीक्षामा सहभागी विभिन्न कलेजमा अध्ययनरत विद्यार्थीमध्ये ३३ जना विद्यार्थी सम्मान भएका मध्ये चेल्सीले सबैभन्दा बढी सफलता हात पारेको हो।

Nepal Samacharpatra,
23 Feb 2015, Page No. 2

THE RISING NEPAL

Nepali students show outstanding...

'High Achievement' based on outstanding performance in subjects which are not yet so widely taken in Nepal, and learners who have achieved the total highest cumulative marks across a number of subjects. The winning learners out-performed thousands of candidates worldwide who sat for examinations in Cambridge International AS and A Level.

Students of Chelsea International Academy, Baneshwor have bagged highest number of awards in Nepal. It has bagged altogether nine awards.

The Rising Nepal,
19 Feb 2015, Page No. 1 and 6

Adolescent Health

Saugat Rijal/ Ronik Shrestha
(A2 Level)

The World Health Organization (WHO) defines an adolescent as of any person between ages 10 and 19. Every 1 of 6 persons in the world is an adolescent i.e. 1.2 billion people are aged from 10 to 19. This period designs the whole life as physical and mental development of a person will be at the peak. These ten years of life is the most crucial part of their life where they have to decide to choose a path; of Heaven or Hell. But, these changes are followed by the development of lots of risk factors that can bring nightmares in one's life.

The health of the adolescents is a key factor for their all-round development. They are the pillars of nation. It won't be wrong to say that 'Good health of adolescents has positive externalities for the world'. But their health condition completely depends on how they want it to be. This is a very important issue in their physical, mental and psychological development. They face several problems; friends, schools, family, society, etc. Many of the adolescents face peer pressure to use alcohol, cigarette, or other drugs and to initiate sexual relationships at earlier ages, involving themselves at high risk of intentional and unintentional injuries, unwanted pregnancies and infections for Sexually Transmitted Infections(STIs). Sexually Transmitted Diseases (STDs), texting while driving, sexting, drug parties, and chewing tobacco like candy are some others.

Today's adolescents are driven by the technologies. They can surf anything on internet. The vulnerable materials for this age group have a deep effect in their psychology. They try to imitate the same action but unfortunately they are unknown to a fact that fiction are only for entertainment.



Adolescents are not fully capable of understanding complex concepts, or the relationship between behavior and consequences, or the degree of control they have or can have over health decision making including that related to sexual behavior. "Despite the education provided by parents, teachers and newscasters, teens have a very egocentric mind-set," says Alec L. Miller, Psychologist, Chief of Child and Adolescent Psychology.

The diseases adolescent got caught by in the last few years are:

Acne	Asthma
Menstrual Disorders	Gynecological Conditions
Obesity	Periodontal Disease
Sprains and Strains	Tennis Elbow
Breast Conditions	Diabetes
High Blood Pressure	Infectious Mononucleosis
Scoliosis	HIV
Gonorrhea	Cancers

According to the World Adolescent Survey 2012 an estimated 1.3 million adolescents died in 2012, mostly from preventable or treatable causes. Road traffic injuries were the leading cause of death in 2012, with some 330 adolescents dying every day. Other main causes of adolescent deaths include HIV, suicide, lower respiratory infections and interpersonal violence. Globally, there were 49 births per 1000 girls aged 15 to 19, according to 2010 figures. Half of all mental health disorders in adulthood appear to start by age 14, but most cases are undetected and untreated.

Chelsea Exhibition 2014



Activities



Educational Tour to Sauraha, Chitwan



Annual Prize Distribution/Investiture Ceremony



Students with the "Best Composition" award in the Inter School song competition



Talk program with His Excellency Indian Ambassador-Ranjit Rae

Activities



Scout Chief Mr. Robin Dahal being felicitated by the Principal during the 7th Vidhya Sanskar Scout Dickchyanta Ceremony



Primary students awarded in the Annual prize distribution function by the Principal and Managing Director



Senior Hostel boys' camping in Kakani



Freshers' welcome



Winners of Table Tennis Inter School Olympiad



Student reciting poem during Bhanu Jayanti celebration

सम्माननीय प्रधानमन्त्री ज्यू ,
नमस्कार !

म कक्षा ७ मा पढ्ने छात्रा हुं । म राजनीतिक कुरा धेरै बुझ्दैन तर मलाई देशको वर्तमान अवस्था देखेर आफ्नो भविष्यप्रति निकै ठुलो चिन्ता परेको छ । मलाई थाहा छैन यी चिन्ताहरू कसलाई सुनाउनु पर्ने हो ? मैले कक्षा ६ को सामाजिक शिक्षामा पढेअनुसार देशको सरकार प्रमुख प्रधानमन्त्री नै हुन्छ । त्यसैले म आफ्ना मनमा उब्जिएका केही प्रश्नहरू यो चिठी मार्फत् लेखेर तपाईंलाई पठाउँदै छु ।

प्रधानमन्त्रीज्यू ! म त विद्यार्थी हुं । सबैभन्दा पहिला मलाई मेरो पढाइको चिन्ता छ । म पढ्न चाहन्छु तर राम्रा विद्यालयहरू अति नै महँगा छन् । सानो तिनो व्यवसाय गर्ने मेरा बा आमाको त्यसको शुल्क तिर्न सक्नु हुन्न । म मात्र होइन, मेरी बहिनी पनि पढ्ने उमेरकी छे । मलाई उसको भविष्यप्रति पनि चिन्ता लाग्छ । के सरकारले सबै बालबालिकाले पाउने गरी गुणस्तरीय शिक्षा दिन सक्दैन ? दिनभर विद्यालय गएर आयो घरमा बेलुका गृहकार्य गर्ने बेलामा बिजुली बत्ती भ्याप्ल निभ्छ । थोकेको जिउमा अलिअलि पलाएको जाँगर पनि मर्छ । यतिका धेरै खोलानाला भएको हाम्रो देशमा के बिजुली उत्पादन गर्न सकिँदैन ? तत्कालै उत्पादन गर्न नसके कमसेकम साँझमा २/३ घण्टा बिजुली नकाटी दिएर त अलिक राहत हुनेथियो नि ।

देशमा जताततै डरलाग्दो वातावरण छ । विद्यालय जाँदा आउँदा पनि धेरै असुरक्षित महसुस हुन्छ । अपहरण, चोरी, दुर्व्यवहार तथा बलात्कार जस्ता घण्ट्या अपराधहरू बढेका बढ्दै छन् । बालबालिकाहरू श्रम गर्न बाध्य छन् । कोही भोकभोकै छन् , कोही नाङ्गै छन् त कोहीको सडककै बास छ । भोला बोकेर विद्यालय जानु पर्ने उमेरमा बोरा बोकेर थोत्रा सामान बटुल्दै हिँडेका छन् । यस्तो लाग्छ समाज , समुदाय र सरकार सबै अन्धा र बहिरा छन् । के हामी जस्ता कलिला केटाकेटीले खाने, बस्ने, पढ्ने जस्ता आधारभूत कुराको व्यवस्था सरकारले गर्न सक्दैन ? विद्यालय जानका लागि भोला बोकेर सडकमा निस्कँदा कतिबेला सडक बन्द हुन्छ, कहाँ भडपमा परिन्छ कुनै टुङ्गो छैन । के सरकारले शान्ति (सुरक्षा दिन सक्दैन ?

प्रधानमन्त्रीज्यू ! मैले रेडियो, टेलिभिजन तथा पत्रपत्रिकाबाट थाहा पाए अनुसार देशको स्थिति धेरै दयनीय छ । दुर्गम भेगमा मान्छेहरू सिटामो ल नपाएर मरेको खबर सुन्दा सुन्दर हृदय पग्लेर आउँछ , दिनहुँ जस्तो सडक दुर्घटनामा मानिसहरूले ज्यान गुमाएको तथा अङ्गभङ्ग भएको समाचार आउँछ ; बोकेर अस्पताल लगिँदै गरेका बिरामीहरू बाटैमा मरेको कुरा सुनिन्छ बाढी पहिराले बस्ती नै सखाप पारेको खबर पाउँछ , चोरी, डकैती, लुटपाट तथा हत्याका खबरहरूले सबैलाई अत्यन्तै विश्वस्त बनाउँछन् । तपाईं त प्रधानमन्त्री, यी सारा खबरहरू पाउनु भएकै हो ला । कृपया जनताको दुखेको घाउमा केही त मलहम लगाई दिनु हुन्छ कि । ठुलो नसके पनि ससानो राहत समयमा पुऱ्याई दिनु हुन्छ कि ?

हाम्रो देशमा सामानको मूल्य अति नै बढेर छ । अरू कुरा त छाडी दिनुहोस्, शैक्षिक सामग्री किनेर पठनपाठन गर्न पनि धेरै मुस्किल छ । खाने कुरा, लुगा तथा अन्य सामग्रीहरूको भाउ धेरै उच्च छ । नियमित रुपमा पेट्रोलियम पदार्थको मूल्य बृद्धि तथा कृत्रिम अभावले जनताहरू हैरान भैसके । कुनै पनि सामान सक्कली पाइँदैन । हरेक कुरामा मिसावट छ । मानिसको लागि आधारभूत कुरो हावा पानी पनि प्रदूषित छ । अझ मेरो घरको धारामा त दस दिनमा एक पटक पानी आउँछ । मैले सुनेको मेरो साथीको घरमा त खानेपानीको धारा नै छैन रे; सधैं किनेको पानी प्रयोग गर्छन् रे । घर बाहिरको वातावरण धेरै अत्यास लाग्दो छ । सडकहरू साँघुरा छन्, सवारी साधनहरू धेरै छन् । त्यसैले मेरो घर अगाडि सधैं गाडीको लाइन हुन्छ । तिनका आवाजले मेरो मौनता र एकाग्रता सधैं भँडग गरिदिन्छन् ; म ध्यानपूर्वक पढ्ने सकिँदैन । के यी सबै कुराको समाधान सरकारसँग छैन ? के सरकारले बजार व्यवस्थापन गर्न सक्दैन ? के सरकारले सवारी साधन व्यवस्थापन गर्न सक्दैन ?

प्रधानमन्त्रीज्यू, हजुरलाई भिँजो लागि सक्यो होला तर मेरो मनमा यस्ता धेरै प्रश्नहरू छन् । मैले थाहा पाए देखि बिगत १०/१२ वर्षमा देशमा धेरै उथलपुथल भइसक्यो । २ पटक त चुनाव नै भइसक्यो । मेरा बाबाले भन्नु भएको त्यो संविधान बनाउँने चुनाव थियो रे तर म आजकल रेडियो , टिभीमा देशमा संविधान बन्न नसक्ने भयो भन्ने खालको खबर सुन्छ । साँच्चै भन्नुहोस् त, हाम्रो देशमा संविधान कहिले बन्छ ? अझ चुनावको बेलामा माला लगाएर आउनु भएको नेता अडकलले त हाम्रो घरअगाडिको सडक ठुलो बनाउँछ भन्नु हुन्थ्यो तर आजकल उहाँ त देखा नै पर्नु हुन्न । प्रधानमन्त्रीज्यू ! सबै नेता अडकलहरू भूटो बोल्नु हुन्छ हो ? सबै जनाले देश र जनताको माया गर्नु हुन्न हो ?

मलाई यी सबै प्रश्नको जवाफ त हजुरले पठाउनु भ्याउनु हुन्न होला तर यी सबै कुराको चाँजो पाँजो मिलाउन आदेश त दिन सक्नुहुन्छ नि ? म जस्ता लाखौं स्कुले विद्यार्थीको मनमा यस्ता अनेकौं प्रश्न छन् । बरु एक दिन समय मिलाएर हामीजस्ता सानासाना विद्यार्थीलाई पनि भेट्न आउनुहोस् न, हामी सबै कति खुसी हुनेछौं अनि आफ्ना सबै गुनासाहरू सुनाउनेछौं । हजुरसँग छिट्टै नै भेट्न पाउने आशा राख्दै यो पत्रबाट बिदा माग्दछु । साथै मेरो पत्र पढेर सबै समस्याको समाधानतर्फ लाग्नु हुनेछ भन्ने आशाका साथ यो चिठी समाप्त गर्दछु ।

धन्यवाद !

राष्ट्रप्रेमी विद्यार्थी
आस्ना श्रेष्ठ
कक्षा : ८ 'क'
विद्या संस्कार स्कुल

मेरो विद्यालय

निर्दर्श श्रेष्ठ
कक्षा : ३ 'घ'

मेरो सानो विद्यालय
मेरो दोस्रो घर हो ।
पढ्ने मेरो ठाउँ हो
खेल्ने मेरो ठाउँ हो ।
शिक्षकले शिक्षा दिने
ठाउँ हो विद्यालय ।
विद्यार्थीले ज्ञान पाउने
ठाउँ हो विद्यालय ।

साथी बनाउने ठाउँ
विद्यालय मेरो ।
गुरुहरूको साथ पाउने
ठाउँ विद्यालय ।

गुरुहरूको माया पाउने
ठाउँ हो विद्यालय ।
नयाँ कुरा सिक्ने एउटा
ठाउँ विद्यालय ।

अतिरिक्त क्रियाकलाप
गर्ने विद्यालय ।
खेलकुदमा दक्ष बन्ने
ठाउँ विद्यालय ।

विद्या संस्कार नाउँको
मेरो विद्यालय ।
बानेश्वरमा रहेको छ
मेरो विद्यालय ।

नेपालका तारा

प्रेसिता शिवाकोटी
कक्षा : ६ 'ड'

यताउता जताबाट
हेरे पनि राम्रा
ती हुन् सबै नेपालका
भाइबहिनी हाम्रा ।

रङ्गीचङ्गी फुलजस्ता
सौन्दर्यका खानी
आँखाभित्र राखे पनि
बिभूदैन् यी ज्ञानी ।

हाँसै खेलै ठुला हुने
ईश्वरका फल
हेला गरी नराखौं है
आफूभन्दा तल ।

सुनूँ सुनूँ लाग्ने सधैं
मिठो तोते बोली
हेर्दा हेर्दै युवा बन्छन्
हाम्रासामु भोलि ।

माया दिए हाँसदिने
गाली गरे रूने
हुन्छन् यी नै भविष्यमा
सगरमाथा छुने ।

विद्यापुञ्ज

पानी

उमङ्ग भण्डारी
कक्षा : ४ 'ग'

तिमी नै हो जीवनको रानी
तिमी नै हो पानी ॥

पानी तिमी कति जाती
कस्तो राम्रो तिम्रो बानी ॥

जति धेरै जोगाउँछौं वन र रूख
त्यति धेरै पानीबाट पाउँछौं सुख ॥

पानीले नै बत्ती दिन्छ
बाँच्न पनि तिमी नै सधैं साथ दिन्छौ ॥

तिमी नै सबै कुरा
हामीहरूका लागि ॥

प्रिय बनी समाजको माभूमा बसी दियौ
वनी दीप अन्धकारलाई आफैँ पिई लियौ ।
रमाउँछन् काखमा तिम्रै लालाबाला नानी
बगाउँछौ संसारमा ज्ञान गङ्गाको खानी ।

विद्या तिम्रै बखान गर्न दुई चार अक्षर कोरिएका
होस् नाम सधैं भनी श्रमले पत्थर फोरिएका ।
न्यायो घाम बनीकन भुल्केका छौ सबको माभू
वर्षौँ बाँच्ने वृक्ष भई देऊ गोधुलीको रङ्गीन
साँभ ।

जनशक्ति तयार गर्ने अभिभारा लिएका छौ
मैन भैं आफैँ सिद्धीकन तेस्रो आँखा दिएका छौ ।
यति धेरै जिम्मेवारी लिने विशाल माथ
थाके भने अनायासै दिने कसले साथ ?

विश्वासलाई साक्षी राख फेर्नु परे आफ्नो हात
लागे पनि योग्यताका अधिल्लिर ठुलो खाता
इमानदारी हराएमा पछि दिउँसै निष्पट रात
मनुष्यलाई जित्न सक्ने मानवकै हुन्छ जात ।
श्रमजीवि जनहरूको प्यारो बन्थौ कर्मभूमि
उन्नतिका बिहान तिम्रै हातमा परुन् घुमीघुमी ।
आकाश चुम्ने लक्ष्य त्यसै हराउला कि भनी
पन्छाई काँडा पाषाण अनि फराक पथ खनी ।

अभाव एवम् तनाव तोडी भानुसरी सदा हाँस
मौलिकता र सुसंस्कारको आफ्नै धरातलमा
बाँच इतिहास बनाऊ नौलो दिन ल्याऊ
निजको आँगनीमा मुलुक हाँक्ने जन ।

यो लोकले रुचाऊन् तिम्रो गौरव गाथा गाउन
छुट्टै नाम कमाइ जिऊ विश्वभर छाउन ।
शुभ इच्छा प्रकट गर्न कापी कलम रोजें
विश्वमान चित्र पल्टाई तिम्रै पहिचान खोजें ।

नेपाली शिक्षिका
मञ्जु सिग्देल



Students' Art Work



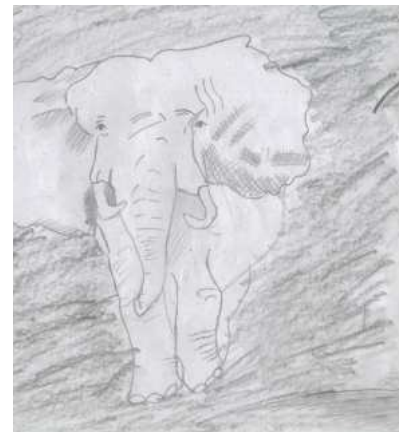
Abhishek Chataut V - A



Kushboo Shah X - C



Bikrant B. Shahi V- C



Pranjal Tiwari V-C



Divyam Gurung UKG - A



Prashanna Raj Acharya VIII - D



Prashan Thakuri X - B



Prasamsa Sharma V - C

CROSS WORDS



1			2		6	4				
	7		21							
3						26				22
5			9	10						
			13		12		15			
8						23				
11							17			
	14					19				24
	16			20						
18										
25										

ACROSS

1. The Japanese art of folding papers into attractive shapes(7)
3. A television set (informal) (5)
5. Join made by tying together two pieces of ends of string (4)
6. A person who loves money and hates to spend it.(5)
8. A poisonous substance in tobacco(8)
9. A old word used instead of "your"(3)
11. A word termed to Arsenal FC fans(6)
13. Forward I am heavy backward I am not (3)
14. 16 ounces = 1_____.(5)
16. Capital of Poland (6)
18. A dried grape used in cakes(6)
19. The cup or bowl believed to have been used by Jesus Christ before he died(5)
20. A Muslim practice of not eating or drinking or eating in day during ninth month of Muslim year :RAMADAN(4)
23. Winner country of U-19 SAAF championship 2015 (5)
25. What has four eyes but cannot see??(11) (riddle)
26. The time between late afternoon and when people go to bed (5)

DOWN

1. Japanese Animation (Anime) lover(5)
2. A person who eats too much (7)
4. A student or new graduate who is getting practical experience in a job (6)
5. A Chinese method of fighting without weapons(6)
7. A word or phrase that compares something to something else ; A figure of speech (6)
10. Opposite of love (4)
12. Oscar movie winner 2014(7)
15. Acquired knowledge (5)
17. Used about a horse or a rider to go at fastest speed (6)
21. Endangered species found in Nepal especially with one horn (5)
22. A act of testing somebody/something (5)
24. Kind of fruit only found in Nepal (5)

Abhishek Gaire/ Dipesh Poudel
(AS level)

My Ultimate Dream; Good Bye Poverty!

Dashain is approaching soon and yet very fast we realise that this year's Dashain has already passed. Tomorrow's school and my friends will once again humiliate me after they know how much money I got as blessing. My mom always says, "Blessings are not money, they are given so that you can earn money." Maybe she is right. I believe that I can earn a lot of money someday. But, I'm not even able to pass the examinations as my family is not able to pay the bills of my school. My father is the only member in our family who earns. But he spends all his money gambling and drinking.

I asked my father when he was going to buy me a dress for Dashain. Then my drunken father angrily started beating me up. His muscles were steels which badly made me hurt. Then, my mother came and stopped him. I don't know how my father got into this habit. But I'll never get into such bad habit. I'll have to wear the same dress this year too. It's worn out already though. I really feel embarrassed when I go to play football in the evening with my friends. I am hungry too. I don't get to eat well. I'm living a life worse than death. But anyway, I think I really deserve to sleep well. But, I don't get that too. My father and mother quarrel with each other and the argument ends up with father beating my mother. When I go to stop their fight I often get beaten up by angry drunken

father. Then my mother and father, both of them retire to bed. My mother finds that I'm awake and tells me that she believes I can change the condition of our family. She says I am the master of my own destiny.

The next morning, I wake up, get ready for school and leave my home. In the school everyone assembles in the football field. Our principal had an announcement. He said that a story writing competition was being organized by the British Council. The ultimate prize was a trophy, scholarship till the high school and five thousand dollars. I decided to participate in it. The competition was held the same day on which we were informed. I decided to write my story, my own story, the story of my reality, the story of my mother, father and me, the story of tears and sadness, the story of my life.

I began writing, "Every morning I wake up, with a hope..... Maybe one day, we will have good food to eat, good shelter to sleep and good bed to sleep." I ended up my story with my eyes full of tears. And as I proceed to submit the story, the tears roll down my cheek. But my intentions and my determination are strong enough to wipe my tears away and bring a smile on my face. Then I finally submit my story with lots of confidence. I truly believed that my story could win this competition.

After few hours, the results were ready. One of the officials from the British Council announced the first and the second runner ups. Then he started to say. "The winner is a genius. He has written a story that really touched my heart. He is even capable of writing a better story than this. His words in the story were strong enough to make anyone in tears. And, the name of the winner is" I confidently stood up and walked towards the stage. And he announces, - Rajesh Chaudhary!" I walk with pride towards the stage. He just shook his hand with me, I lifted up the trophy and I got the cheque where it was written. "Five – thousand dollars to Mr. Rajesh Chaudhary"

Suddenly, I hear my mom's voice. "Wake up Raj! Wake up! You're already late for school. Then I realize that all this time I was dreaming. I quickly get ready for school.

Hope, determination, intension, courage, confidence, I truly believe that I have all of these. Every dog has its day. I will be waiting for my day to come and I'll change the condition of my family, the condition of my society, the condition of my country. And one day I'll change the world. And make this world a place, where nobody has to face the problems that I have faced. One day the world will say, "Good buy poverty!"

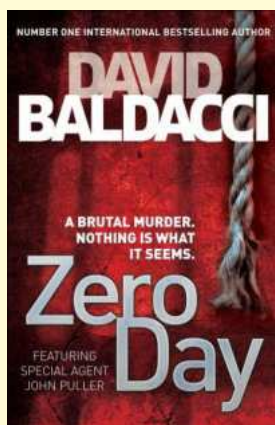


Reviews

Book : ZERO DAY
Author: David Baldacci

First thing you know, it's way past your bedtime, but you just keep turning the pages.

"When a postal carrier in a rundown West Virginia coal town tries to deliver a package and stumbles onto a bloody crime scene, he freaks. The victims are an officer of the Defense Intelligence Agency, the officer's wife and their two children, and the murders seem out of place in the town. But the killings set in motion events involving John Puller Jr., an investigator in the U.S. Army's Criminal Investigation Command. Puller is assigned to the case by himself and is told that there's heavy interest "at the top."



Author David Baldacci, who has a law degree from the University of Virginia and practiced law for nine years, has written a string of suspense novels, many with plots involving the U.S. government. In "Zero Day," he has another winner.

Puller's past is complicated: He served in Iraq and

Afghanistan; some comrades were killed by an IED; his father was a legendary commanding officer; and his brother, Robert, is a convicted traitor serving time at Leavenworth. Puller is the kind of guy who makes a good investigator — a driven loner who doesn't let anyone get too close to him

The reader follows Puller to West Virginia, where the local authorities are supervising the murder investigation. Samantha Cole, the detective in charge, has her own family challenges, and there are the usual "who-are-you-and-why-are-you-here" moments. But Puller and Cole settle into cooperating with each other.

The homicide investigation leads to a conspiracy that may reach far beyond the tiny mining town. Puller,

with Cole's help, uncovers deception that leads them from the mega-house of Roger Trent, the mining mastermind who owns most of the town, to the Pentagon to the local Harley motorcycle club. Puller and Cole fight to discover the truth despite attempts on their lives.

"Zero Day" would probably win a PG-13 rating if it were a film because of its sprinkling of rude words and a healthy dose of violent images, mostly in the ways people meet their demises.

Even though some acronyms seem as a problem but Baldacci meets the true test of sucking a reader into his yarn.

Abhishek Gaire
AS Level



THE THEORY OF EVERYTHING

Movie: The Theory Of Everything
Director: Ja mes Marsh

The film seems provoking the mystery of science reflecting one of the major part of life of a scientist called Stephen Hawking who is tagged as the most superior scientist of the world after Albert Einstein. The film shows that the life of Stephen Hawking is an inspiration for all the mentally and physically different people that even though they are different from other normal people, they can contribute to the welfare of the world and bring many changes around it.

The setting of the film is in the Cambridge city of London in the twentieth century which is not so crowded and people are quiet not interested in each other's personal life. There is a conflict between forecast and reality in the film because doctors forecast that Hawking has a life span of two and a half years to live but in reality he is still alive. So, the reality wins the conflict in the film clarifying that the medical science and technology in the twentieth century was not so developed that resulted in the unpredictable prediction of the doctors regarding



Stephen's neurological disorder.

Jane Wilde, the wife of Stephen Hawking, who married Stephen even after being aware of his illness, plays a major role in the film describing the problems of Stephen Hawking in his personal life. Professor Dennis Sciama who has a supportive role in the film encourages Stephen Hawking to continue his research and experiments on Black Hole and has always helped him with his ups and downs of life. So, Jane and Professor Dennis have a very appreciable role in the film because they are the only one behind the success of Stephen Hawking's approach towards life. Although Jane and Stephen loved each other

they made a decision to get divorced and be friends at the end. It shows that marriage is not the biggest relationship in which two people should be together but instead friendship is the ultimate relationship to be each other's support. Brian, Beryl Wilde, Frank Hawking, Elaine Mason and other characters have just other supporting role in the film.

The characters in the film use a very direct, straight forward and polite language while communicating so that other people can easily understand them. Stephen sometimes uses a very humorous way to express his feelings and true facts which has made the film more interesting where as Jane uses an emotional way of expressing her feelings. The music and colorful bright lights has created an atmosphere of love in the film.

People say love and science cannot exist together but this film proves all those people wrong because the film reflects the love life of Stephen Hawking along with his contributions in the field of science.

Kishan Kumar Kalwar
(AS-Level)



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broadcasted live on the
National Channel.



Name of the winners and
the schools will be published on
Daily Newspapers.



- | | |
|--|--|
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