

CHELSEA WAVELENGTH

विद्या संस्कार

A Complete Educational Magazine

November 2016 - February 2017

Year 6, Issue 3

**Letter to
The President of USA**

**Truth :
The Sustainable Mark of
Positivity**

The Pursuit of Happiness

**Habit : What it
Really is and How to Change it.**

**बालदिवसः
एउटा बेग्लै अनुभूति**

प्रेरणाको स्रोत- बुबा



WE HAVE PROVED

A-Level

सन् २०१४ मे/जुन र अक्टोवर/नोभेम्बरमा
सञ्चालित ए-लेभलको वार्षिक परीक्षामा
नेपालबाट सबैभन्दा बढी र बढा अवार्ड लिन सफल

कारोबार

चेल्सी इन्टरनेसनल अगाडि

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अन्नपूर्ण

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नागरिक

क्याम्ब्रिजको
९ अवार्ड चेल्सीलाई

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नेपाल
समाचारपत्र

ए लेभलमा चेल्सी उत्कृष्ट

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WORLD
TOPPER
in Sociology
OCT/NOV 2015

Sanskriti Timseena

WE WILL PROVE

+2



चेल्सी इन्टरनेसनल एकेडेमी
प्रा. लि. द्वारा सञ्चालित

विद्या संस्कार

माध्यमिक विद्यालयले

२०७२/०७३ सालबाट

उच्च माध्यमिक शिक्षा

परिषद्बाट सम्बन्धन लिई

विज्ञान र व्यवस्थापन

सङ्कायको पठन पाठन

गराई रहेको छ ।



VIDHYA SANSKAR
SCHOOL

विद्या संस्कार स्कूल

चेल्सी इन्टरनेसनल एकेडेमी प्रा. लि.

लाखेचौर मार्ग, बानेश्वर, काठमाडौं, फोन नं. ०१-४४९२६६२, ४४७२९०२

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MESSAGE



Sudhir K. Jha

*MA in English Literature / M.Phil in Educational Leadership /
A PhD Candidate in Team Leadership, Kathmandu University*

Principal/Founder Director
Vidhya Sanskar School
Chelsea International Academy

Dear All,

It gives me immense pleasure to pen a few words as preamble to our in-house magazine 'Chelsea Wavelength', "A Complete Educational Magazine", exclusively meant for churning out the suppressed writing talent which bears immense potentiality of sharpening communication skill as part of overall personality development. I congratulate all the contributors and the editorial board for bringing out such a beautiful magazine that is for 'by the student, for the student and of the student' which reaches out to all.

Empowerment of students for their all round development through education is our cherished motto. Today education means much more than merely acquiring knowledge. It is an attainment of knowledge and skills, building character and improving employability of our young talent, in the future leadership. We have inherited a strong foundation to march ahead and achieved great objectives for a stronger and brighter Nepal. Steps taken by the administration, the willing contribution of the teaching and non-teaching staff and overwhelming response and

enthusiastic participation of my dear students in various activities in the recent past, all vow for this. When all the constituents come together and work in unison, the expected results are bound to flow.

I am proud of being the Principal/ Founder Director of such a wonderful institution dedicated to the causes of a better country. Through education and their real empowerment, come on and let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication.

We encourage you to go through the "Notice Board Service" on regular basis to know about the numerous activities and informations, 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 your suggestions/grievances if any at mail@chelseainternational.com.np as a channel of effective communication between us.

Wishing you all the best for the
NEW YEAR 2074.

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NEWS



21ST FR. MORAN MEMORIAL INVITATIONAL FOOTBALL TOURNAMENT- 2016



Our School Junior Football Team participated in the 21st Fr. Moran Memorial Football Tournament at St. Xavier's School, Godavari, Lalitpur. A total of 12 schools participated in the tournament. The boys made it till the quarter finals. The players were Umeed Rayamajhi, Arpit Dhakal, Rajat Shrestha, Umanga Bhandari, Sashank Kumar Mahato, Joshan Shrestha, Adish Basnet, Amogh Lamichhane, Divayanjal Thapa, Utsav Bhandari, Rijan Thapa, Mahak Lamichhane, Prayatna Thapa, Abiral Ghimire, Ishan Gautam and Nirveek Thapa.

School congratulates Umeed Rayamajhi (Class V) for being awarded as the Best goal keeper of the tournament.

INTER SCHOOL SONG COMPETITION

Four students viz. Ridhaj Giri (V "E"), Abiral Thapa (IV "E"), Simran Pandey (IV "E") and Paridhi Guragain (IV "D") participated in the Inter School Song Competition on 24th Bhadra. The event was organized by Baal Sangathan Nepal & Radio Nepal on the occasion of Children's Day.

छन्दोबद्ध कवितावाचन

यही मिति २०७३ साल भाद्र १७ गतेका दिन काञ्जीरो वा उच्च मा.वि.ले मोतीजयन्तीका उपलक्ष्यमा उपत्यकाव्यापी छन्दोबद्ध कवितावाचन प्रतियोगिताको आयोजना गर्‍यो । त्यस कार्यक्रममा विद्या संस्कार उच्च मा. वि.का कक्षा ८ मा अध्ययनरत छात्र विनायक पराजुलीले भाग लिएका थिए । विनायक पराजुलीले उक्त प्रतियोगितामा टिकाराम शर्मा पौड्यालको 'के सम्झँदा हुन् अब भानुभक्तले' शीर्षकको उपजाति छन्दको कविता वाचन गरेर सुनाए । उपत्यकाका १८ विद्यालय सहभागी भएको उक्त प्रतियोगितामा गायिका लोचन भट्टराई, प्र. मोहन राज तिमल्सिना तथा महाकाव्यकार भुवन दे व सुवेदी निर्णायक रहनु भएको थियो भने संस्कृत विश्वविद्यालयका उपकुलपति कुल प्रसाद कोइराला प्रमुख अतिथिको रूपमा उपस्थित हुनुहुन्थ्यो ।

INTER SCHOOL DANCE COMPETITION

An Inter School Dance Competition was organized by Music Nepal & Nepal Baal Mandir on the occasion of Children's Day on 26th Bhadra. The competition was held at Brihaspati Bidhya Sadan, Naxal. Students who represented the school were Snaida Thapa(VI 'A'), Kritika Chaudhary (VI 'A'), Pashima Sherpa(VI 'A'), Manushree Mahat (VI 'E'), Norah Uprety (VII 'E'), Sadikshya Mahaju(VII 'D'), Preeti Mainali (VII 'D') and Aava Sapkota(VII 'C').

ICT QUIZ CONTEST - 207

Third Inter School ICT quiz contest - 2073 was organized by Brushuponline on 20th Bhadra, 2073. Fifty schools from Kathmandu Valley participated in the contest. They were divided among ten different groups. Three students from our school viz. Presha Mainali, Sadikshya Adhikari and Aavash Budhathoki had participated in the contest.

COLLEGE ACTIVITIES

- MUN (Models United Nations), an academic simulation of the United Nations, was a fantastic event held at NAMI College. Chelsea stood out from the crowd as achieved a bunch of awards; best delegate and special delegate!
- Qualifying to participate in the HUDDLE 2016 Inter-College A-Levels Futsal Tournament was a huge feat in itself, but reaching the quarter-finals of such a tough competition was astounding. It was an exciting journey for the institution and the Chelsea Futsal Team that ended on a high note.
- The LA Mathematics Olympiad was a major event that drew countless talented people representing their schools and colleges. The chelseans were able to get the first runner-up position in such a tough competition. All thanks to Bijaya!
- The table tennis and chess competitions organized by our institution were intense and fun-filled. The atmosphere of the competition was one-to-see as winners narrowly won against talented contenders.
- Students were once again given a platform to show their writing and calligraphy skills as our institution organized story writing and calligraphy competitions. Chelsea was glimmering as zealous students, were elated throughout the competition.
- The Fresher's Party was fun, enjoyable and a well-rounded program with outstanding performance from seniors of A-levels and +2 that included beatboxing, dances, plays, musical performance and many others... It was pure entertainment!

INTER SCHOOL 6-A SIDE FOOTBALL TOURNAMENT

Senior Boys Football Team of our school participated in the Fr. Schock Inter School 6-A Side Football Tournament 2016. The tournament was organized by St. Xavier's School Jawalakhel, Lalitpur, on 18th Bhadra 2073, (3rd Sept. 2016). The tournament was a league cum knock-out. 14 schools from the valley and out side the valley participated in the tournament. Though our boys' performance was exemplary, they could not proceed to the knock-out stage. Better luck next time boys.

FRIENDLY FOOTBALL

Our Junior Football Team played a friendly match with Nepal Don Bosco School. Principal Fr. T. L. Joseph welcomed the team. The boys gained a good experience from the friendly match and further enhanced their skill. It also helped the boys to create new friends.

INTER HOUSE BADMINTON

The Junior and Senior Girls and Boys Inter House Badminton Tournament was conducted from November 13 to 15, 2016. The results of the tournament were:



Sr.	Junior Boys	Class/ Sec.	House	Result
1.	Dipesh Adhikari	7 'A'	Sapphire	Winner
2.	Rajat Shrestha	5 "C"	Ruby	Runner-up

Sr.	Junior Girls	Class/ Sec.	House	Result
1.	Manushree Mahat	6 'E'	Ruby	Winner
2.	Tina Shrestha	5	Emerald	Runner-up

Sr.	Senior Boys	Class/ Sec.	House	Result
1.	Anish Dulal	9 'B'	Ruby	Winner
2.	Shubham Bista	9 'C'	Ruby	Runner-up

Sr.	Senior Girls	Class/ Sec.	House	Result
1.	Pranisha Sharma	9 'D'	Topaz	Winner
2.	Ishika Koirala	9 'C'	Topaz	Runner-up

“If offered a seat on a rocket ship,
don't ask what seat. Just get on.”

— Christa McAuliffe

Space Travel: How it Began and Where We are Headed

Bijaya Chandra Luitel, AS Level

“That's one small step for a man. One giant leap for mankind.” These were the first words uttered by a human being on the surface of another celestial object. Everybody is familiar with the story of how Apollo 11 became the most famous human endeavour in space on the faithful day of July 20th, 1969. However, the events that led to this historic milestone are uncharted water for most of us. Also, the nature of space travel has changed over the last few decades. This is my attempt at describing the origins of space travel, where we are right now, and what space travel promises for the human race.

Space travel today is characterized by idealistic needs such as the need to find new habitats and co-operation between different

nations. However, the beginnings of space travel are marked by rather dubious rationales for space travel. The USSR and USA were the first space-faring nations and the reason why they attempted space travel was painfully obvious: to show superiority. Moreover, proficiency in space technology would have given the USA or the USSR a vital edge, since ballistic missiles and other weapons of mass destruction are based on similar principles to that of launching rockets!

In the end, neither the USA nor the USSR could claim “victory” in their pursuits, simply because accolades were shared between the nations. The USSR was responsible for launching the first satellite into space, Sputnik 1, on the 4th of October, 1957. They were also

responsible for the first manned spaceflight, that of Yuri Gagarin aboard Vostok 1 in 1961. However, the USA gained the upper hand as the decade progressed, and eventually put men on the moon before the Soviets. Besides the sacrosanct involvement of the USA and the USSR in manned missions, various unmanned probes trapedes through the inner Solar System. The Venera probes launched by the Soviets visited Mars. The Mariner probes by NASA visited all the planets of the inner Solar System.

Feelings of hostility superiority were clearly present on both sides. The infamous John F. Kennedy speech clearly shows this, where he summed up his beliefs by ending his segment on why a journey to the moon was needed by saying,





“it’s one we intend to win”.

Clearly, space travel did not have the best of starts. How did mindsets change? It has all got to do with the beauty of our planet. Before the “space race” between the Soviets and the Americans, nobody had seen the whole planet inside one frame, inside one picture. Nobody had set foot on another world. Nobody had gone above the upper atmosphere. All this changed in a matter of a few years. Pictures of the Earth as a fragile-looking, spherical, blue object in the sky got people thinking. Al Gore, the prominent naturalist has noted that the beginnings of the environmental movement coincide with this phase of history. The wonders that humankind saw and felt through the astronauts and cosmonauts coupled with efforts to reduce hostilities between the USSR and the USA led to an evolution of mindsets. This evolution was further strengthened by the collapse of the Soviet Union and the end of the cold war.

Thus, we have seen a change in what we perceive as the intrinsic need for space travel. Instead of portraying one’s nation as the best, space travel has become more about our existence. Today, the scientific community is at a consensus: climate change and population growth will render the Earth uninhabitable soon. In order to ensure the continued existence of humankind, humanity must become a space-faring civilization. Some might argue that space travel is expensive and dangerous, and it would be much more prudent to look for technologies to “fix” the

“ NASA, in collaboration with other companies are trying to get men on Mars.

Earth and continue our survival here. However, there are far graver threats. Asteroids are known to impact the Earth, which causes unparalleled levels of destruction and extinction, as evidenced by the extinction of the dinosaurs, which scientists believe was caused by an asteroid/comet smashing into the Yucatan Peninsula. Thinking on much longer timelines, due to the natural stellar evolution of the Sun, temperatures on the Earth will rise as a consequence of the Sun’s bloated size. Moreover, putting in money on space technology results in remarkable inventions and innovations, which have applications in other fields. Thus, it makes sense to travel to and colonize other worlds.

So, what has happened in the field of space travel since the early 70s? Well quite a lot actually. We have

developed stations in space in order to investigate the short-term, as well as long term effects of zero gravity. We have visited all the planets in our Solar System, though only through our unmanned space probes, of course. We have peered back in space and time with the help of our space telescopes. A partly re-usable spacecraft was used by NASA from 1981 until quite recently, called the space shuttle. Heck, we even landed spacecraft on objects thousands of times farther away from the Earth than the Moon is!

However, progress in space travel has stagnated. We have not built up from our expeditions to the Moon. It was expected then that manned travel to Mars would soon be feasible. However, that has not happened. In hindsight, one might blame lack of political will, lack of funding, and lack of international cooperation as the reasons why we have not yet landed on Mars. But, the past is past. We must learn from our mistakes and move on. Currently, our best estimates indicate we might put people on the red planet by 2030. NASA, in collaboration with other companies are trying to get men on Mars. Buzz Aldrin, the second man to land on the Moon, plays an active role in this. Moreover, private companies such as SpaceX are also planning to reach Mars, possibly even sooner than NASA! After landing on Mars, it is our aim to colonize Mars and then move on to the outer reaches of the Solar System and beyond.

This is the basic synopsis of space travel. We can look forward to many more achievements in space within the next few years. In fact, new revelations such as “space tourism” are gaining prominence. With it, space travel is increasingly coming closer to civilians. Mark my words, there will be a day, when daily space travel will feel as routine as a bus ride!

Science and Technology

Suyog Rajbhandari, 9 'C'

We all know that we live in the age of science and technology. Today, the life of mankind is highly dependent on the scientific inventions and modern technologies. Science and technology has changed the lives of people to a great extent. It has made life easy, simple and fast. In the new era, the scientific development has become a necessity to finish the era of bullock cart and bring the trend of motorized vehicles. Science and technology has been implemented to the every aspect of modernization in every nations. Modern gadgets have been introduced to every walk of life and has been a boon to solve almost all problems. It was not possible to have all the benefits of it without implementing it in the sectors like medicines, education, infrastructure and other fields.

Advancement of Science and technology has made lives of people more advanced than the ancient time. It is directly and positively affecting the people's way of living on one hand. However, it is also affecting indirectly and negatively on the people's health on the other hand. New inventions in the field of science and technology are very necessary for a country to be strong and well developed. In this competitive world, we need more technologies to go ahead and become a successful person in the world. Development whether it is of a human or a country is linked to the proper growing and development of the technology in many ways. Technological advancement happens when there is a new invention by highly skilled and professional scientists. We can say that technology, science and

“It has made the lives of people more advanced than the ancient time

development are equally proportional to each other. In order to enhance the economy and betterment of the people of any nation, up to date knowledge of technology is necessary. Science and engineering are the fundamental requisites. A nation can be backward and the chances of being a developed country become minimal due to lack of science and technology.

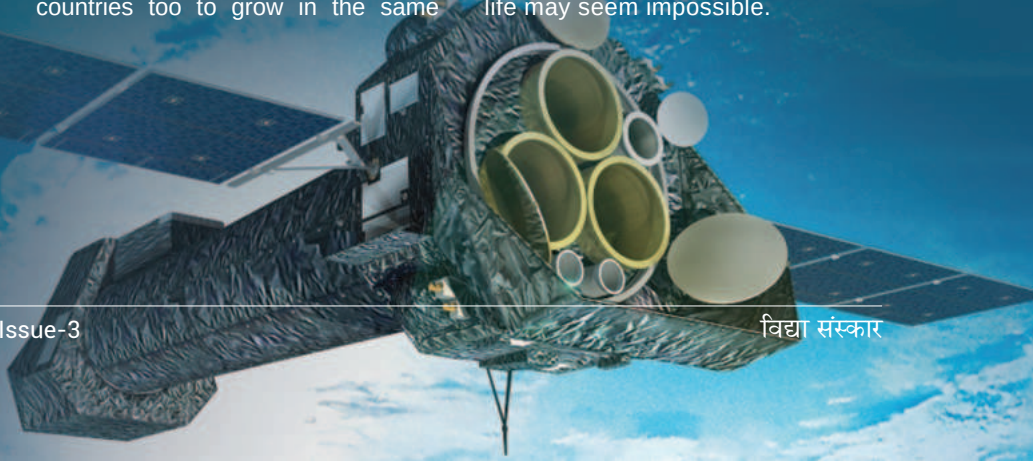
The improvement that we see in our life on daily basis, is because of science and technology. Villages are getting developed into towns and towns into cities. Thus, expanding the greater horizons of economy. Our country is also developing in the sense of science and technology. Science and technology has become a debated topic in the society.

It becomes very necessary for other countries too to grow in the same

way to be strong and well-developed like other countries for the future safety and security. It is science and technology which helps other weak countries to develop and be strong. We have to take support of science and technology forever to improve the way of life for the betterment of mankind. If we do not take the help of technologies such as computer, internet, electricity etc., we cannot be economically strong in the future. We will be backward forever and will have difficulty to survive in such a competitive and technological world. Advancement in the field of medical, agriculture, education, economy, sports, games, jobs, tourisms etc. are the examples of science and technology. All such advancements show us a clear difference in our life style while matching the ancient and modern way of life.

High level of scientific and technological advancement in the field of medicine has made the treatment of various fatal diseases easier which was not possible earlier. It has helped the doctors to find the effective ways to cure diseases through medicine or operations as well as research vaccines to cure diseases such as Cancer, AIDS, Diabetes, Leukemia, etc.

At last, science and technology plays a vital role in modern life and profoundly influences the course of human civilization. Scientific revolution has taken in full speed from the 20th century and has become more advanced in the 21st century. So, without science and technology, our life may seem impossible.



The Nepali Dreams

Priyanka Sangroula, Secondary Teacher

Nepal is a unique country basking under the heat of glorious culture and tradition. Be it the glory of Maruni or the spicy Newari cuisine, Nepal has it all. It is needless to argue about the fact that Nepal is a land that stands for intensity. A multi-ethnic country with 123 languages spoken in various parts of the country and 125 caste people dispersed from Mechi to Mahakali, Nepal is indeed a garland of cultural beauty. Though Nepal, a small country covering total area of only 1,47,181 sq.km. doesn't bellow on the basis of its size, it is home to "The Everest" that stands 8,848 metre tall from sea level. Places like Pokhara, Lumbini, Namche Bazaar, Muktinath, Nagarkot and much more are major points of adventures for both domestic and international tourists. Nepal has the power of getting you high as its pristine, sky rocketing mountains and calm like the lonely Fewa Taal who goes about her business of simply being captivating and wise. To be honest, if you are to find in depth about Nepal, google is one of the best answer. All the knowledge lies at your fingertips. Well acquainted with this fact, I choose to write about Nepal in a very personal level.

Nepal is a land of infinite possibilities. I believe that just like the highly popularized concept of The American Dreams, Nepal is yet

to reckon and consider on a more critical basis, the core of its

potentialities. Why not popularize the very idea of 'The Nepali Dreams', I ask? Why not create such a concept? It would be more of a general dream but it would be worth it. In fact, the very concept would furthermore, strengthen the idea of patriotism. People aspiring for common goals, sounds very patriotic, doesn't it? When I look at Nepal, it makes me happy and inspired. Quite satirical? Well, it sounds so because people go about throwing tantrums on how Nepal is doomed and all of that stuff. Definitely, like any other country, we have our flaws but in order to change that a negative perspective would do nothing if not for further damages. Nepal is a synonym of change. Yes, she is. She has with words unspoken inspired me and probably many others to get going. With the end of monarchy after the people's movement II, she welcomed Presidential dawn. For eternal times, she had been enjoying the fame of being the only Hindu kingdom in the world. She must have never prepared herself to shed away this identity. And yet she stands firm and as beautiful as ever surviving the blows of changes that have hit her to the very core of her historical tales and legacy. Nepal has not just survived these changes but has mastered the art of making peace with it as well. She saw the blood of the warriors. She saw the pillars of Shah Dynasty raised like many others in the past. She saw it fall. She saw young men ripped out of life only for their dreams of

a better Nepal. She saw Lakhan Thapa killed. She saw battles. The forts that rose and the forts that perished. She was there all along. With so much of blood in her name and rise and end of centuries, she stands anew just like a Phoenix that rises from the ashes. She stirs the hearts of thousands of souls like me and you with that evergreen melody of Gopal Yonjan's 'Baneko chha Pahara ley, Yo Chhati Mero' asking for the love and concern she so well deserves. She is home after all. What else do you expect?

Now, let's come to a not-so-much-talked- about stuff about Nepal, okay? Nepal is a land of food. You heard me. The warm smell of the oh-so-popular Dal-Bhat-Tarkari on hunger pang days? Soothing, right? Wait, it gets better. Thakali plates will get you overwhelmed and challenge your appetite. Nepal is all about bliss. And I know of no soul who doesn't consider food a bliss. The very popular Gundruk highlights the wisdom of Nepalese in terms of not wasting food. You got it, right? The Newari delicacies spice up food to a next level. Your digestive system needs to be strong though. Just warning. The mystery of Dhindo in terms of its taste? The prevalence of dumplings with Nepali spices is yet another thing about Nepal. Tourists find all of these very intriguing. Nepal is diverse and the food department is not apart from the saying. Nepal has a culture of hospitality, you see. And trust me, food is a way of welcoming people. At least, it has been a part of culture in Nepal. The very question of 'Khana kharu bhayo?' that inevitably follows the 'Namaste' is a proof of that. Nepal is love. She is all about warmth and kindness. And she is creative about how she expresses herself. Whether its attire or etiquette; food or music; festivals or mourning, everything about her feels home. That is her.

What Tests and Difficulties Tell Us?

Bal Krishna Parajuli

Father of Shreyan Parajuli- 9 'D'

Whether we like it or not, we face a lot of difficulties, sufferings, pains, sorrows, and grief in our lives. No one is exempted from these things, even not the prophets of God. If we look at the lives of some of the prophets, they had also been through such things. For examples:

It is heard that Christ was crucified along with two other notorious criminals. Nails were pinned on his forehead, hands, and feet. The authorities wanted the public to perceive that he was no different than the other criminals. Christ's influence never stopped growing.

Lord Krishna went through a lot of hardships. His parents were put in a jail and all his brothers were killed by his maternal uncle Kansa. There were many attempts to kill Krishna. At last, a hunter shot him, thinking it was a deer. That became the cause of his death. If we look at the life of Lord Ram, he was banished to jungle for fourteen years. His wife Sita was abducted by Rawan.

Buddha was blamed for misguiding the people. Some people used to curse him. Buddha had abandoned his father's palace and become a Vikkshu. If we look at the lives of other messengers of God, they have suffered as like any other human beings.

Similarly, if we look at the lives of great people, who have been able to influence the world through their hard works, all of them have gone through so many tests and difficulties. If we take an example of Ganeshman Singh, our own democracy hero, he fought against the Rana regime, Panchayat. Ultimately, people got freedom and democracy. Personally, he bore a lot of hardships, he was put in jail.

Looking at the tests and difficulties from the surface level, it is a painful thing. Virtually, nobody is interested to get pain. These things also have positive results in our lives and to the society where we live. The world got more developed through a lot of scientific discoveries that took hard works of many scientists.

Sometimes, tests and difficulties are blessings in disguise. We become hard upon our children. They do not do their homework, they do some naughty things. We scold them. We teach them lessons by being tough. We do such things to discipline them, to give moral lessons. Our whole purpose is that we want them to have brighter and successful life. We love them.

Grief and sorrow do not come to us by chance. They come to us for our own perfection, and for lessons that we need to learn. Mind advances faster when difficulties strike us, we become creative. More the ground is ploughed, better the seed will grow. If the world hadn't gone through sufferings, the world wouldn't have made so much progress both materially and spiritually.

We may wonder where we get the difficulties. Here are some of the things that we get our tests from:

- We are emotionally attached to our family and so many things. If a family member dies, that

becomes one of the hardest tests we ever face.

- We become very sad when we fail in the exams.
- We feel very much depressed when we lose our job or regular income.
- We become sad when someone tells us bitter things.
- The same tests and difficulties come to us again and again because we do not learn the lessons we were supposed to learn from the past mistakes.
- So many such things happen to us and we become sad and grieved.

We definitely should learn to overcome the tests; otherwise we'll lose our strengths. Here are some of the things we can do to overcome them:

- If you believe in God, surrender your will to God's will.
- Just overlook each other's mistakes. No one is perfect. Most of our tests come from our relationships.
- Forgive and forget.
- Let's think that difficulties help us to grow to greater heights. If we look into a problem as an opportunity, we can move forward from our current situation for a better future.
- We need to understand that gardens pruned and weeded out become more beautiful.
- Many of our tests fall upon us because of our own nature, because of our own thinking. We really need to accept the things the way they are. Ultimately, all the battles of our lives are within us.
- We really need to see the end in the beginning. The tests and difficulties become our means to achieve our goals perfectly. More we put the gold in the fire, brighter it becomes and shows its true reality.

Happiness, joy, sorrow and pain are all parts of our life like seasons of a year. If we want to see beautiful flowers in the spring, we must pass through harsh weather of winter. If we want to see the fall season, we must go through the rainy season. In another word, if we want to see the sunshine, we must go through the darkness of the night. Nothing is permanent in this world. Not even our hardships, sorrows, pain, difficulties, problems, and sufferings. Everything passes by.

Shadows

Sneha Dahal, A2 Level

As I sat on the hood of my car overlooking the beach and the lake, I remember breathing deeply and saying out loud, "Thank god for solitude"! I ate lunch, walked down the beach and put my bare feet in water which was cold, very cold. It didn't matter to me though because I didn't come here to swim, I came here to hike; I came here to sit by a warm fire on a cold night, sipping warm coffee and enjoying the solitude. However, this peaceful tradition didn't happen. And now the proper procedure of camping in a National Park is to take the permission from a ranger station. There you have to pay fees and give your license. Your personal information is mandatory.

After a quick lunch, I headed straight to the ranger station, about a 15 or so minutes drive to get my affairs in order. I parked in the parking lot and walked into the office. The ranger and I spoke for a while and got everything sorted. Then I walked back towards my car and I saw two kids sitting on a bench just in front of the place where I had parked.

They weren't there when I parked and neither did I notice them when I walked out of the station but it was not a big bother. I saw a small shop nearby and I remembered that I was starving but my bad luck, I went there and found no one. The shop was empty. I looked around and then I heard the shop door open and I heard some voices. I could tell that it was a kid's voice and I figured out that they were the same kids whom I had seen earlier in the parking lot, no big deal right? I opened the door and said, "The shop's empty guys, guess we are all having a bad day" with a bit of humor but the kids just stood there.

After a moment of awkward silence I dropped my car keys and I bowed down to reach them. I looked up towards the children staring at me and I noticed that the freaking kids had completely freaking black eyes! My spine tingled with fear and I cursed them, yeah I did and that felt awesome but the horror wasn't over. I was frozen with fear and I got petrified when one of the boys took step towards me and as soon as that happened, my fighting instinct took over my fear. "Caaaan yooooou heeelp ussss", the boy spoke in a robotic, hollow voice and I did the most logical thing one could do... I screamed, "NO! NEVER". And I ran with a jet's speed. I ran almost about 15 mins with noodle like legs and reached my car. In the safety of my car, I got the courage to look back at the shop and guess what? Those two kids were still looking at me with their soul sucking eyes. I went back to my camp; yeah I know you would be thinking, why the hell am I still camping? But the park was closed so anyhow I had to spend the night there. I could have definitely used some more bad luck so it started raining in that cold windy night. I got completely soaked in rain while putting my camp back inside my car as I wasn't safe in the open.

The night was so freaking long! And my mind was going nuts! I thought to myself, they were monsters or demons maybe? Or even aliens! I don't care who they are and why they are there. My advice is if you ever do encounter Black Eyed Kids, don't listen to them, don't be polite incase they're just weird kids, don't question their validity, don't worry about looking silly or think that others will think you're crazy, just run! Run, and don't look back!

“ Good habits are developed in the workshop of our daily lives.

-Delbert L. Stapley”

Habit : What it Really is and How to Change it.

Saiman Adhikari - 9 'A'

"All our life, so far as it has definite form, is but a mass of habit." This statement is true in almost every aspect of it. Our life is composed of so many habits that we are not even aware of. Whatever you do, from the moment you get up till you sleep, most of the choices we make each day may feel like products of well-considered decision making but they're not. Actually they are habits. Which lace do you tie first, the one of your right shoe or left shoe? Such actions are all controlled by habits.

Habits are so ingrained in our daily life that we are not even aware of it. But still habits, when we do something, do not even use a bit of decision-making power. That is, habits are not something that we decide but happens. Habits happen automatically. It is also controlled by a part of our brain; called Basal Ganglia. Habits are also not memory. Researchers have found that a person who forgets everything every 20 seconds (because of various medical conditions), will forget things, but cannot forget habits. Let's say, if that man is given to make a sketch of his house floor plan, such as where was his kitchen, bedroom, he could not do it. But when he has to go to the bathroom, he will go directly to the bathroom without any body's help, not guided by memory but by habit.

Habits are so powerful and effective tool that it could make a company at the top of the list or even start huge movements or commonly called 'revolution'. Changing or modifying organizational habits into good ones can elevate the company to the

highest level. How can we change our habits?

For us to know how to change habits, we must know 'How' habits work? There is a habit loop, that has been identified by scientists. If we can understand this habit loop, we can change any type of habit.

This process is a three- step loop. First, there is a cue, a trigger that tells your brain to go into automatic

reward can be anything. Mental, physical or emotional.

These are the three things that make up your habit. To understand this, we can take various examples, such as brushing teeth. This is also a habit. Now, there can be various cues such as time, place, etc. But one of the cues can be the film that covers your teeth. Once the cue is activated, you brush, that is routine and you get a reward, a sparkling teeth and a fresh mouth.

Now, after understanding this, we can proceed to the habit- changing part. Habits cannot be removed, it can only be replaced. That means if you want to change a particular habit, you must first identify the cue, routine and rewards. Then you have to change only the 'routine'. To make it clearer, when a cue triggers that particular habit you want to change, you must change (actually replace) the routine, which can give you the same reward. After you do it again and again (properly), then no one can stop you from changing your habit. It will take time, yes it will. But all the same, your habit will be changed.

Now, there is still a major problem. How 'exactly' can we change our habit? Is there a process? Then good news guys, there is. There is a special framework devised by researches that will change your habit.

The Framework:

- Identify the routine
- Experiment with rewards
- Isolate the cue



mode and which habit to use. Cue can be anything, ranging from a particular type of sound, place, pattern or even emotion. It tells you when to activate your habit.

Then is the routine, which can be physical or mental or emotional. In routine, you do what your habit is.

Then, there is reward that tells your brain if this particular loop is worth remembering for the future. This

- Have a plan
- **Step One: Identify the Routine:**

Actually, the routine is obvious; it's the habit you want to change. So, mostly, step one is done.

- **Step Two: Experiment with Rewards:**

Rewards are powerful because they satisfy the craving you're looking for by doing your habit. Once you know the routine, you might not be sure about what is the reward. So, write down why you might be doing that habit to satisfy your craving. Everyday when that habit takes place, try to focus on one particular reward you might be expecting (well, it can be any one of those you had written down). If that reward does not satisfy your craving, try another one then at last, whichever satisfies your craving, bingo that's the reward your habit looks for.

- **Step Three: Isolate the Cue:**

Knowing what is that cue that triggers your habit is one of the most essential parts. Anything can be the cue, such as time, place, emotion, etc. ... But to find a cue, luckily, experiments have shown that almost all habitual cues fit into one of five categories.

- Location: Home, school, at your desk, coming back from a place, etc....
- Time: ____ : ____ am/pm
- Emotional state: bored, happy, sad, rejuvenated, angry, etc
- Other people
- Immediately preceding action: What action preceded the urge? It can be anything, anything at all that you were doing just before the habitual urge struck.

What you have to do is as soon as the urge hits you, you jot down that point. Then, after doing that for four to five times, whichever is common, whichever, that is your cue. If you are not sure, you can give it some more tries if you like.

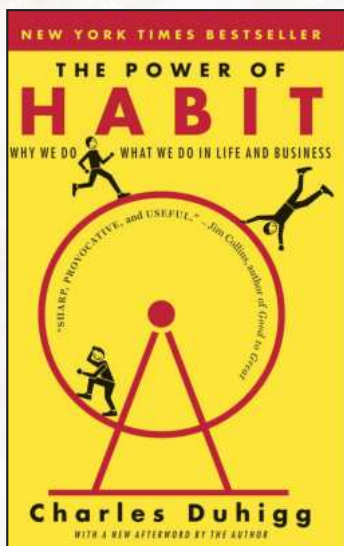
- **Step Four: Have a Plan :**

Once you've figured your habit

loop - your routine the cue triggering it, and the reward driving your behavior - you can begin to shift the behavior. You can change to a better routine by planning for the cue and choosing a behavior that delivers the reward you are craving. Actually, a habit is a formula our brain automatically follows: When I see CUE, I will do ROUTINE to get a REWARD. Once you have a plan to use the same cue to a better routine for the same reward, you better start doing it. For the first few days or weeks it may seem difficult, but slowly, your brain will grasp it. Although sometimes in the middle, you may forget it (of course, this is habit we're dealing with, the automatic thing), but eventually, you will succeed and the habit is changed.

There is one more ingredient though, and that is belief. That belief can be acquired mostly through groups. Even if the group is big as two people, belief is needed that a habit can be changed. This is also one of the main strategies used in changing some really addictive habits, such as taking alcohol and smoking. But, as amazing as it sounds, just adding a little bit belief in the habit loop is enough to change any, let me say it again, ANY habit in the world.

This article is based on the book "The Power of Habit" which is based on other hundreds of researches. The facts and methods to change our habit is the product of hundreds of researches, not my views.



POEM

CHU

Aayush Jha, AS Level

"Of all the things she was, eyes wide,
An innocent smile carried, she lived,
Hearts won as souvenirs, lives lived
through her eyes,
On the fray, she lived herself,

Eyes shut, she lived, through others,
Stories heard and tales regaled,
Passions lost and hardships lived,
She lived, of obligation and necessity,

The guilt of passion, she lived,
Hardening and shoring, grasping for
moments that came,
Flimsy and pessimistic, she lived, for
moments that never came,
Of a love unfelt, and an unquiet mind,
she lived,

For things she learned to hide,
listening,
Listening to others, she lived, never
spoke,
Of words she felt, of the chaos within,
Screaming voices, she lived,
Far and away, of things she
could be, of not what she is,
She leaves, she lives,

Lives a man, at the end of his days,
The passing of time, a blurry haze,
Making his moments, living as he goes,
Forged in agony, in painful throes,

Chaotic, the fires burning on his sleeve,
Not a moment undone, did he leave,
Of eyes well met and words well
spoken,
Residing in her heart, a passionate
token,

Expressive and passionate, she'd lost
her ways,
Until she met the man at the end of his
days,
She lived, for the moment, days gone
by, once again,
Eternity in an hour, time wasn't lost, no,
not in vain.



A Good Friend

Swachha Karn, 8 'A'

Once there lived a boy named Raj. He was an Indian but his family moved from India to England when he was just a small boy. Raj did not want to leave his home but his father said that it was best for the family because it would be hard for them to live in a huge country of dwellers with no proper facility. His father told him that England is a multi-cultural country where people live and work together regardless of race or religious beliefs.

Although Raj was not happy about leaving India, he soon settled into his new life in a big city called London. London is very exciting with tall buildings and museums, and Raj especially liked the London Planetarium and the big River Thames with all of its old bridges.

Raj even had friendship with a boy who lived next door called Andrew. During long summer days, Andrew and Raj used to play in the park or go to the zoo with Andrew's mom. Andrew used to share his toys and his comics with Raj and told him all about his favorite superheroes. They even built a camp in Raj's back garden where they would hide from the grown up people for sometime.

Summer was a fun time and young Raj soon felt quite at home in London even though it was a very big city and not nearly as sunny and hot as it was in India. His English got better and better, especially with the help of Andrew, although there were a lot of words that Raj did not understand and he often felt silly because he could not speak as well as he would like.

When September finally came around and the leaves began to fall from the trees, Raj's father explained that it was time for his son to go to school. Raj was seven years old so he was going to third year of the local primary school the same year as his friend Andrew.

Although Raj was very nervous about going to school, his father and mother assured him that it would be a fun place, where he would meet lots of new friends and learn lots of new things. 'English schools are very good,' said Raj's mother.

'And you will learn some very interesting things and your English will get better in no time,' assured his father. Raj was still not convinced, but when Andrew knocked at the door that morning with a big smile on his face saying how fun it was going to school, Raj felt much better because he trusted his friend.

The two boys chatted all the way to the school gates. Andrew told Raj about the playground and who was the best teacher and what boys were the most fun and what girls were pretty and how often they served custard for pudding at lunch times. Raj did not know what custard was, but Andrew looked very excited about it so Raj thought it must taste very good.

But when the boys got to their class, things did not go how Raj imagined they would. The teacher told Andrew to take a seat at the front of the class and she introduced Raj to the rest of the children. He did not like standing up in front of the class and one boy shouted that he was a foreigner. The boys and girls, all laughed, and then another boy made fun of

Raj's accent when he was asked to say his name and where he came from.

'I can't understand him, miss. He can't even speak English,' said the nasty boy. Finally Raj was allowed to take a seat at the back of the class, but he wished that he was next to Andrew as he felt very alone. The girl sitting beside him kept looking at him in a strange way that made Raj uncomfortable, and during the lesson she put her hand up and asked the teacher if she could move places. Raj did not understand what he had done to offend the girl.

When the bell rang, it was time to go out into the playground. All the children closed their books and put their coats and headed out of the door into the bright autumn sunshine. The teacher kept Raj back for a moment and gave him a badge with his name which she pinned to his jumper. 'There you go,' she said with a smile. 'Now all the children will be able to learn your name.'

Raj thought that the badge looked silly, and when he went out into the playground, children began laughing. 'You've got a crazy and silly name,' said a boy with curly blonde hair.

Raj wanted to explain that it was not a silly name but he was too nervous because all of the children were pointing at him and laughing. When Raj got nervous, his English was not very good and the words always got stuck in his throat. He was very sad and wanted to run out of the playground back to his mother and father and never return to school again. But just as he was about to run, he heard a familiar voice. 'Hi Raj.' And when he looked up there was Andrew standing right beside him.

Andrew looked at the children gathered around and shook his head. 'What's wrong with you lot? 'he asked.' I told my friend Raj that school was fun. Why are you ruining it for him?.' 'He's different,' said a very tall girl who was standing at the front of the crowd of children.

'So are you,' said



Andrew. 'You are the tallest girl in the whole school and you don't like when people make fun of you , do you ?'

Then Andrew looked at the boy with the curly hair. 'And you don't like it when people say that you have girl's hair,' He said to the boy. 'We all are different and this is what makes us interesting, what would life be like if we all were the same ?'

There was silence among the children. Then Raj lifted his head high. ' Boring,' he said with a smile. ' That's right!' exclaimed Andrew, returning his friend's smile. ' Flippin' boring!' And with that all of the children began to laugh. ' flippin' boring,' they chanted at one another.

Andrew went on to explain how he had spent his summer with Raj, how they had built a camp together and played in the park, and how Raj preferred Batman to Superman, and how he really was different because he didn't even like hotdogs!

The children started laughing and soon everybody was talking about all the things that made them different from one another. His new friend Peter even lifted up his jumper and showed everybody a big purple birthmark on the front of his belly. ' Now that's what I call different,' he said triumphantly. ' I bet none of you have a big birthmark like mine!'

When break time was over, Andrew put his hand up in class and suggested to the teacher that they should spend the lesson talking about how great it is that everybody is so different from one another else and how people can come to England from all over the world to start a new life like his friend Raj. The teacher agreed that it was important to be an individual, and also show how multicultural this world is .

Raj wrote these two words 'individual' and 'multicultural' down in his book and promised himself that he would learn them both and remember them always. He also wrote the word 'friend' in his book. He already knew what friend meant, but he just wanted to write it down because he felt so lucky to have a good friend like Andrew who stood up for people and did not judge him just because he was different.

'End'

Moral : Good friends are hard to find. Once you find an ideal friend, never let him/ her go. He / She will be in your life forever ad help you through out your tough and hard times. Be thankful to God if you have a friend who always supports you.

TRAVELLING EXPERIENCE

VISIT TO THAILAND

Sagar Dahal, 6 'C'

In Dashain vacation my father decided to go to Thailand. I was very happy knowing the fact that we would be visiting Thailand for a week or so. I was waiting for the day to go. Finally I was in the airplane (the Thai Air), it was my first time. We landed on Thailand Int'l Airport at 1pm and went to Phuket. It took us an hour to reach there.

The next day, we went to PHI PHI Island in a ship. I swam in the big ocean with the help of a local guide. Then, we went to Pattaya, where I saw Alcazar show (Mixed cultural show) and had lots of fun. After that, we went to Pattaya beach for parasailing and swimming in the big ocean with the help of the local guide.

Later, we went to Nong Nooh garden where the flowers and the plants of all the countries are found. Then we went to Gems Gallery, Pattaya, a maginificent world of jems, where the jewelery



designed and made by Thai craftsmen will enchant everyone. After that we went to see the statue of Lord Buddha. There were so many Buddha statues in different positions, where one of the main Buddha statue was gold plated. Then we went to Safari World. There I saw Monkey show. They were playing, boxing and dancing. Next was Sea Lion show. Those lions were trained. I also witnessed the Dolphin show. All the shows, were so much touching in their own ways which was a very first experience for all of us. The show that actually stunned us by its stunning performances was named Stunt show. This was my first visit to one of the most beautiful countries in the world and will be remembered as the most memorable journey.



“Does anybody thank themselves?”
I answered with a NO.”

Why is Gaming Good for You?

Shreyan Parajuli - 9 'D'

A growing body of university research suggests that gaming improves creativity, decision-making and perception. The specific benefits are wide ranging, from improved hand-eye coordination in surgeons to vision changes that boost night driving ability.

People who played action-based video and computer games made decisions 25% faster than others without sacrificing accuracy, according to a study. Indeed, the most adept gamers can make choices and act on them up to six times a second—four times faster than most people, other researchers found. Moreover, practiced game players can pay attention to more than six things at once without getting confused, compared with the four that someone can normally keep in mind, said University of Rochester researchers. The studies were conducted independently of the companies that sell video and computer games.

Scientists also found that women—who make up about 42% of computer and videogame players—were better able to mentally manipulate 3D objects, a skill at which men are generally more adept. Most studies looked at adults rather than children.

Electronic game play has its downside. Brain scans show that violent videogames can alter brain function in healthy young men after just a week of play, depressing activity among regions associated with emotional control, researchers at Indiana University recently reported. Other studies have found an association between compulsive gaming and being overweight, introverted and prone to depression. The studies didn't compare the benefits of gaming with such downsides.



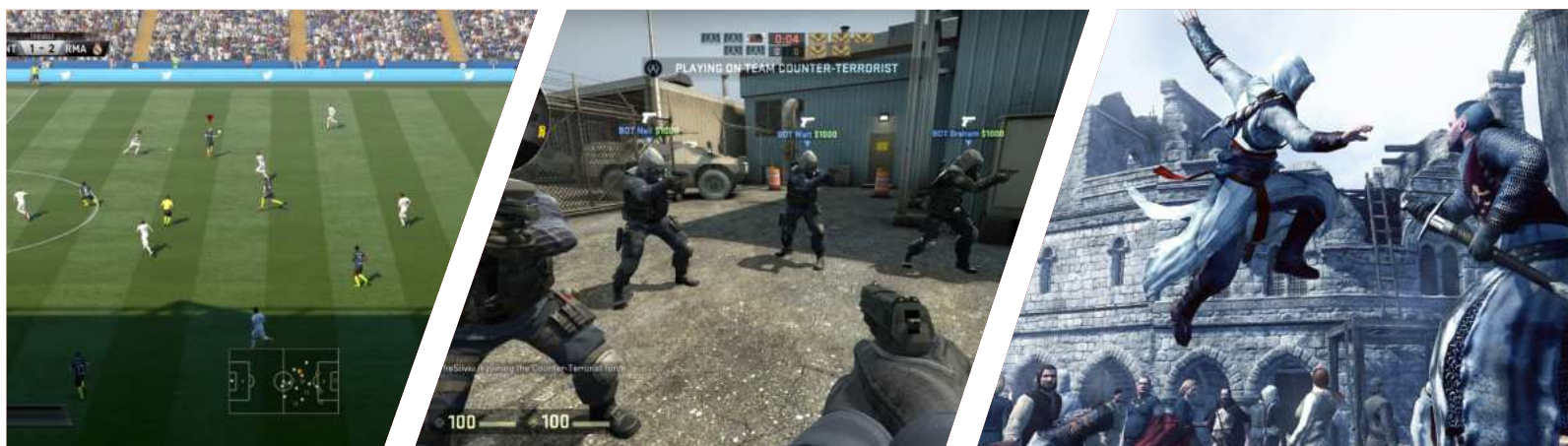
Computer gaming has become a \$25 billion-a year entertainment business behemoth since the first coin-operated commercial videogames hit the market 41 years ago. In 2010, gaming companies sold 257 million video and computer games, according to figures compiled by the industry's trade group, the Entertainment Software

Association.

For scientists, the industry unintentionally launched a mass experiment in the neurobiology of learning. Millions of people have immersed themselves in the interactive reward conditioning of electronic game play, from Tetris, Angry Birds, and Farmville, to shooter games and multiplayer, role-playing fantasies such as League of Legend, which has been played 1 billion times or so in the two years since it was introduced.

"Videogames change your brain," said University of Wisconsin psychologist C. Shawn Green, who studies how electronic games affect abilities. So does learning to read, playing the piano, or navigating the streets of London, which have all been shown to change the brain's physical structure. The powerful combination of concentration and rewarding surges of neurotransmitters like dopamine strengthen neural circuits in much the same the way that exercise builds muscles. But "games definitely hit the reward system in a way that not all activities do," he said.

Until recently, most researchers studied the effects of gaming on small groups of volunteers, who learned to play under laboratory conditions.

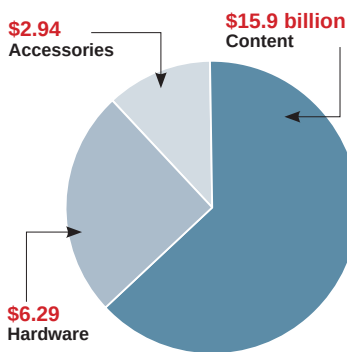


Some scientists now are turning the commercial games themselves into laboratories of learning.

In the largest public study of electronic gaming so far, Mark Blair at Simon Fraser University in Vancouver, British Columbia, is analyzing the behavior of

A Lot of Games

Total consumer spending on games in 2010 was \$25.1 billion



Source: The Entertainment Software Association The Wall Street Journal

150,000 people who play the popular online game called Star Craft II, pulling together more than 1.5 billion data points of perception, attention, movement and second-by-second decision-making.

By analyzing so much game play, he hopes to learn how people become experts in an online world. That may shed light on how new knowledge and experience can become second nature, integrated into the way we react to the world around us.

POEM

CAR

Shubashish Uprety, 5 'E'

I wonder so much about a car
How it can travel so far ?
Some for races, some for driving
Wondering a car is so much exciting.

We pass many houses along the way
Through the fields and pass the bay
Red, blue, yellow and green
From there many houses are seen.



ARTICLE

Truth :The Sustainable Mark of Positivity

Aaradhya Bhatta, 8 'E'

Almost everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth. Truth is actually the reality of what is true. In other words, truth is a fact which may sound bitter, but must be disclosed in order to avoid any sort of misunderstanding. According to the enlightened one, Lord Gautam Buddha, three things cannot be long hidden: the sun, the moon, and the truth. So, if we tell a lie, it leaves us with two options: either apologize and speak the truth, or speak more lies to obstruct the truth. Therefore, it is a better option to continue by telling the truth. Even the religious texts mention that truth alone wins. Because the truth is being obstructed by the false ideas, misconceptions and misunderstandings, we are not being able to see the truth beyond a lie, the truth beyond sarcasm and the truth beyond a deceit.

Right now, many of us fail to understand the scope of truth. If something occurs unexpectedly right now, we would obviously blame others for it. But if we could somehow inject truth in this case, we would blame our own perspective or the way we think. Likewise, if our country gets underdeveloped and corrupted we would obviously blame the politics. But if we could inject truth into politics, there would not be politics. Like history, truth cannot be changed or modified. But unlike history, truth cannot be long-hidden.

Besides these, being truthful has countless advantages. You don't actually need to remember what you said to whom. This way, you won't accidentally contradict yourself. You can also earn the reputation as an honest person. People are more frank and truthful



to you. Apart from these, your stress level also gradually drops. So, you can sleep better, eat better, and stay charming. You can look for yourself in the mirror. Lying causes self-criticism and depression whereas honesty causes self-confidence and pride. Moreover, you can also be more persuasive. To be persuasive, you need to be believable, and to be believable, you must be truthful. Also, speaking the truth makes you trustworthy. Only when people believe in you will they support you, and to reach our goals, the support of people is very essential.

We feel that the brightness after the darkness is much brighter. Likewise, today's world is suffering from falsehood and the corrupt inhabitants. So, we must make our active effort in reformation of honesty and truthfulness. Only then can our planet be as peaceful and blissful as heaven. Right now, the future of nation is in our hands. If we let go this opportunity, there is a high chance of spreading darkness to the future. Also, it is better to be hurt by truth than to be comforted by a lie. So, let us all make our active effort in the reformation of truth, honesty and truthfulness.

CAREER FOR YOU

“Flight is the only truly new sensation
than men have achieved in modern
history”

Introduction to Aviation and the Career of an Airline Pilot

Aviator, Capt. P.J. Shah

Guardian of Adhrit J. Shah- 9 'D'



In this article, I have attempted to introduce the readers, to the subject of aviation, and the remarkable development in the aviation technology and a revolution in the commercial airlines industry. As we all are aware that air travel has been an integral part of our life. Later this writer dwells upon the various faculties of aviation related subjects. You may be aware that some people have already booked space travels ticket, and this adds another frontier which may happen in near future. In the present world, the aviation subject encompasses a vast area of different fields. It covers from general aviation to mega commercial carries, from satellite launch pads to space station and beyond to the distant future for the purpose of space exploration.

There are fixed wing airplanes, rotary wing airplanes and the rocket propelled space vehicles. Mankind has achieved a great deal of advanced technology, from airplanes to the space satellites, from lunar landing machine to the Mercury exploration vehicles.

The major place in the civil aviation are the manufacturers, the regulatory agencies the airlines operators and all these work to make our travel safe, economical and comfortable.

The general aviation include the smaller airplane, for feeder operations, air taxi services and the business jets for use of business executives. The commercial airlines operates by small size airplanes and large jets for international long haul operation. The airlines operation may vary from a short flight to long haul flight that may last up to fifteen hours non-stop. The commercial airlines operate smaller single aisle aircrafts like the Boeing 737 and A 320 aircraft for short haul operations to extended version of these for medium haul operation. The wide body jets, with twin aisles are mainly used for long haul operations. These jets have a passenger seating capacity from 250 to 550. The A 380 double decker is expected to be further stretched. The increase in size

of an airplane also requires larger engine as well. The General Electric engine manufacturer has produced jet engine that produces about 110,000 lbs/thrust. The GE also has plans to produce even bigger engines. There are over five hundred vendor companies involved to manufacture a large commercial jet aircraft. The major components of an airplane are the airframe, the engines, the landing gears, the hydraulic system, the avionics and the fuel and pressuring system. The airplane design involves qualified engineers for airframe, the mechanical engineers for engines, the electrical engineers, the avionic engineers and the instrument engineers. Presently a great deal of design is done with the help of the computers. During the design of an airplane, the information is passed on to the engine manufacturers regarding the shape and size of the airplane, in order to build the required engines for that aircraft. At the same time all these specifics of the airplane in design are sent to the regulatory agencies. It may take as long as ten years to roll out a new airplane, from the day of conception. The new airplane has to undergo a set of rigorous test flights, as per the design requirements. The civil aviation authorities and the regulatory agencies of different



countries are continuously advised on the development of test flights. Upon satisfactory completion of the test flights the civil aviation authority finally grants a Certificate of Airworthiness.

Upon receiving the COA, the aircraft is brought on line operations by the airlines. Each type of airplanes has a well defined maintenance manuals. The airlines engineers have to maintain the aircraft strictly according to it. The manufacturer also provides the operations manuals, for the purpose of preparing the checklists and SOP (Standard Operation Procedure) to conduct the flight safely.

Let us now discuss the various types of professions, related to airlines business. The pilots fly the airplanes, the engineers maintain the airplanes, and behind all these activities there are marketing personnel, the performance engineers, flight dispatchers and many more. All these areas required qualified professionals.

Let me now discuss the process on the career of an airline pilot. The academic qualification required for a student pilot candidate is a minimum of higher secondary certificate with math and science subjects. Also important is the physical fitness required as per the civil aviation authority, usually to meet the medical requirements as defined by the ICAO (International Civil Aviation Organization). The candidate may search the net to find a suitable flight training academy. Once the candidate is accepted by the academy for the courses on CPL and I/R (Commercial Pilot License) and (Instrument Rating) which is required to operate commercial flights, one has to complete the following subjects.

- The airplane airframe, which include the aerodynamic
- The airplane engine
- The electric, hydraulic, and fuel system
- The flight instruments and avionics

- The navigation and airplane performance
- The meteorology

As the ground classes progress, a student pilot commences to fly a single engine airplane with an instructor and after about 10 hours of flight instruction the student may be sent on a solo flight. The ground classes and flight training progress side by side. Upon completion of the ground courses the student pilot appears for the final examination, on the ground classes. As the student completes the required flight training hour and successfully complete CPL flight examination, he/she receives a CPL certificate.

The student pilot then starts the Instrument Rating course. This involves flight training with an instructor pilot in a twin engine airplane. After completing the required training hours, the student pilot appears the final check flight. On successful completion of the check flight the student pilot receives, he is finally ready and qualified to enter the airlines and begin his/her profession.

The airline company provides the pilot an airplane type conversion course. After completing the required course successfully, the candidate is finally qualified to operate commercial flight as a co-pilot. Each type of aircraft has its own performance and different systems. Therefore a pilot needs to undergo a type rating, for any change of aircraft fleet type. The requirements to upgrade for higher position are defined by the airline as per their policies and accordingly co-pilot progresses to the position of a commander of an airplane. Throughout the career of a pilot, one has to undergo medical checks and flight proficiency checks mainly on the type simulator and also on the airplane.

(The writer of this article is a professional airline pilot with forty years experience in the airlines, with twenty-five thousand flying hours experience on airplane from DC-3, B727, A310, A300-600 and B777-ER.)

POEM

THE UMBRELLA

Aahana Singh, 1 'A'

An umbrella is used to protect us from the sun and rain.

Umbrellas come in all shapes and sizes too.

It is a good friend in rainy and summer seasons.

Umbrella can be found in various colours.

It is a man-made thing.

SHOOTING STAR AND ME

Shubashish Uprety, 5 'E'

The clear night with sky so bright
twinkling stars clicking my eyes
watching stars catching a bar
I saw a bright shooting star.

I wished that I could be world protector
looking at a shooting star
I couldn't see where it fell down,
hydrosphere or lithosphere
but hope it was over within an atmosphere.

I wished that no one would make
kindness the scarcity
watching a shooting star, falling in
influence of gravity
I wished that all people could honour
each other
blinking my eyes watching a shooting
star.

All my wishes were taken by that
shooting star
but I still watched it leaving my supper
I wished that my those wishes were
fulfilled
how nice would be the world with all
people kind and educated.



"However difficult life may seem, there is always something that you can do and succeed at"

-Stephen Hawkins

Rhishav Poudel - A Levels, Batch of 2014 - 16



My name is Rhishav Poudel. After my birth, I suffered from jaundice but it wasn't diagnosed in time and as a result of jaundice I developed a neurological disorder called cerebral palsy. According to the definition provided by National Institute of Neurological disorder, cerebral palsy which appears in early childhood restricts body movement, muscle coordination and balance. Thus, this disorder influenced my life, and accordingly the lives of my family members because I have difficulties performing various physical activities such as walking, writing, speaking and so on. After learning that I have developed Cerebral Palsy, at an age of three, my parents admitted me to an informal school Cerebral Palsy (CP) Center. At CP Centre, I would do physical exercises, take therapies and participate in some basic alphabet tutorials. However, the opportunities to learn and read about new things were very limited. Being a kid filled of curiosity about learning new things, I

used to make excuses because I didn't want to go to that place. Fortunately, Mr. Suresh Kafle, who worked at the CP Center, was the only person at that place who recognized that I was different. He was the one to convince my parents that I should go to a normal school.

Which school? Now this was the most important question! Unlike other children, it was not an easy task to find a school for me. As a result of continuous research and help received from a Canadian lady, Mrs. Ellen, I got admission to Montessori House School, Khumaltar. I studied in the school from Class 2 to 6. In those days, it was impossible for me to even write with my hands. I used to complete my assignments using computer. But the frequent load-shedding and my eagerness to write pushed me to use my hands and slowly I was able to write using my hands. Unfortunately, being an unconventional school, Montessori House School didn't offer statewide qualification exam "SLC" for higher

level classes. So, my parents wanted to admit me to another school which offered those exams.

Once again I faced the same problem of finding a school that would fit my needs. For my better education, my parents searched many good schools but none of them accepted me. One of those schools said that if they accept me, then parents of other kids would complain that this isn't the place for me and upsetting other parents would lead to a decrease in the number of students. I used to think that other students had more options to choose their school but in my case, the school had to choose me. Fortunately, one of the book-sellers, who had heard this conversation, gave reference of Mr. Diwas Pokharel and Mrs. Sita Pokharel who are Founder Principal and Principal of The Acme Academy. Ultimately, I got admitted to The Acme Academy.

I studied from class 7 to 10 in Acme Academy. I used to cry after every examination for not being able to complete answers known to me. Class 10 was the most difficult and different experience in my life. In Send Up, I had even scored zero in one of the subjects because the examiner couldn't understand my handwriting. At that time, I had lost all my hopes to pass SLC. Even though I was so depressed, my family never gave up on me. I used to ask my mother how I would be able to pass the exam and she would say- "Give your honest effort and leave the rest to the God". Her faith in me and God really motivated me and I could actually see it happening. I gave my best and could secure a first division in the SLC.

After SLC, I thought that joining A-Levels would be more appropriate for

me. A Levels' studies facilitated concise-concept based exams and vast study and this was what I wanted. Fortunately, this time, I didn't had to face the same problem of searching schools for my admittance. Chelsea International Academy accepted me with open hands. I was also eager to join Chelsea International Academy because on one hand it had a good academic reputation and on the other hand it was easy accessible from my home.

Since my first day at Chelsea International Academy until the end, I had various remarkable experiences. I have felt CIA's continuous support in various things in my school life, whether it was an easy admission of my vehicle into the school's boundary, which isn't allowed for other normal students, or the readiness reflected in my friends and teachers when they come to receive me at the gate. CIA has gone out of its way to suit the class and community according to my needs, for instance, I couldn't have been more grateful when I was told that I wouldn't need to change my class for different courses and was allowed to stay in the same class for all of my classes.

Whenever I had to take exams, I felt more comfortable taking exams at a space where the desk space was large and I was able to concentrate, the college would make arrangements for me such that I could take my exam in the room of chief officer. I used to have lunch in that room. I used to feel very comfortable to share my stuffs with my teachers than friend. I am very grateful to CIA where everyone tried to make sure I was included in the school and great teachers who would try to include me in the class discussion so that I felt I was included in the college community. In my final exam, my physics teacher also came to my home to make sure that I was feeling fine before the exam and gave me some preparation books.

I am fortunate enough to meet everyone associated with CIA and so proud to be a part of the CIA family. CIA indeed has encouraged and motivated me to be myself. I have never had this experience in my entire schooling years. I could express myself and I even feel if I am different than other students, I am still one of them. The space that CIA has provided me with was beyond my expression and I am very obliged and thankful to the entire CIA family.

ARTICLE

An Impressive and Artistic Exhibition

Ashamsa Adhikari, 10 'A'

Exhibition is the process of displaying various artistically items, books and other educational objects. The English Department of our School organized an impressive and artistic exhibition to entertain as well as educate the students.

The items which were displayed in the exhibition were:

- Leaflet/ brochure (places)
- Biography
- Story
- Poem
- Paintings
- Jokes/ Riddles
- Dolls (Explaining conditionals)
- Flowers
- Chart paper presentation of grammatical items
- Flower album
- Paper bags
- Greeting cards
- Bookmarks
- Flower show
- Portraits of writers and poets
- Vase

The preparation for the exhibition was started in the afternoon of 28th Bhadra. Benches, tables and various objects were arranged. The next day, we joined the exhibition after we had our breakfast at school. We started making welcome charts and arranging the leaflets properly. But we could not continue as we had to attend assembly and there was chocolate distribution program for us. As soon as

the assembly was over, we reported back and continued our work. Our first visitors were our C.A.A.O. Pranai Sir, Pradhyumna Sir, Rajan Sir and Sunil Sir. Our C.A.A.O., Pranai Sir was very happy to see the creativity of students. Rajan Sir clicked some pictures and the exhibition went on. Pranai Sir was even happier when he saw the leaflet about Malala made by Abhipsa and multifoldable/ magical leaflet made by Aakanshya . He was even happy to see the painting made by Manash Rai. Then, we moved for lunch as our friends had come back after having lunch.

After lunch, we moved straight back to the exhibition as we were expecting our juniors from Class 5. We were excited to see our juniors joyous when they saw the leaflet of Taylor Swift, Lionel Messi, Neymar and other sports persons. The exhibition continued till the ninth period.

We were happy to see how the students, teachers loved our display. The funniest part of the display was that the flowers, artistic stuff disappeared after the exhibition.

In this way, the exhibition was a huge success.



with Dr. Sita Sharma

Dr. Sita Sharma
Lecturer of Sociology,
GCE A-Levels



What drives you to still contribute in the field of education?

Ilam, where I was born and brought up was relatively a progressive district in those days. Parents were very reluctant to send their daughters to school. But for me, who come from a relatively well-off and liberal family was fortunate to get the support of my parents in this regard. My family promoted girls education and had even donated land to the school which I attended.. In SLC I was the only girl from my class along with one or two boys. Since Ilam and Jhapa had no colleges then, I was sent to India to pursue my higher studies. I opted for psychology, then new to the course of studies at Bachelors level. For Masters level, I started with economics but switched to sociology, another new area of studies in India at that time. My relatives who were political exiles in India had inspired me in my choice of subject. I was from the third batch and stood first in the class.

I settled in Kathmandu after my marriage. The newly started Institute of Medicine offered me a teaching job. My teaching career started with teaching psychology to nurses. I was transferred to Maharajgunj campus after the first medical college was established. In both Nursing Campus and Medical College, I was solely responsible for developing curriculum in psychology, sociology and anthropology. I was one of the faculties under Community Medicine Department. While developing course of studies for medical graduates I had to keep in mind the health needs of the community in rural areas. The villagers often resisted health care facilities. Their belief and practices along with perception and attitudes towards health care facilities were part of the curriculum. Doctor patient relationship or provider's and consumer's

relationship was also included in the course of the study. Among the research projects the one that I carried out was the subject of abortion. It was the time when terminating pregnancy could lead to jail sentence. It was a challenging undertaking but research studies helped me to develop insight into health problem of our rural women from medical, technical as well as sound cultural and sociological perspectives. This special interest still leads me to look for latest development in the area of education.

So bottom line ma'am, why do you still want to contribute? In one line?

Even though, I am getting old I always want to share what I know with other people. I wish to share my experience and knowledge which can be helpful to the new generation.

What is your expert opinion regarding the emergence of ultra-right policies all over the world?

I incline towards conservatism and believe that too much of liberalism is not good for the society. I spent about 25 years in the USA and saw the minority groups are offered a lot of facilities in the name of affirmative action in education. In reality, even though many from the minority groups are enabled to go to good schools or colleges, they are not doing well. As a result, due to affirmative action, good students are left behind. Upliftment of people from minority is necessary but this should not come at the cost of promising talents.

Likewise, in the society in general, too much of freedom is not always good. Family as a primary institution of

the human behavior and personality. During socialization a child learns to conform to the accepted norms and values of a culture in which she/he grows up. When family values are destroyed and abandoned, many family problems such a broken home, child abuse and domestic violence may arise. School system also works as a secondary agency in shaping human personality.

Thank you ma'am. What for you gives meaning to life?

Everyone leads different kinds of lifestyle and each life is important. Not everyone can become a President or a celebrity. Everyone cannot be a Mozart. I believe in meritocracy. If you work hard nothing is impossible. Everyone in his own way contributes to the world. This is what makes life meaningful and beautiful.

How does sociology equip one with the necessary skills to take on life's ever-growing obstacles?

Sociology teaches us how to understand human behavior and social problem. It makes us tolerant towards others. It teaches that each culture is unique. Every culture has its own meaning and the way of doing things. Wright Mills, a famous American sociologist, says sociology provides vivid awareness of the relationship between personal experience and the wider society. It offers vivid insight to look at the outer world. We live in a multicultural and pluralistic society. Sociology gives us a clue at how to adopt and adjust to situations. Throughout the history of mankind, the society has changed from simple to complex. We passed theological to

metaphysical to the age of reason or enlightenment long ago. Now we already passed post-modernism which is skeptical about modern civilization. World has already seen two wars, ethnic cleansing, in Europe, nuclear disaster, growth of fundamentalism and terrorism. We live now in multicultural, pluralist society where modern families are diversified or fragmented by the impact of globalization in which the whole world is considered as a small village. There is not a single village left unaffected by the impact of globalization, Americanization or westernization. We already witnessed three waves of feminist movements in which women speak for equality of gender.

Global media is creating new global hybrid style in food, music, fashion etc. The local culture is replaced by global culture. In our case, we should not blindly follow the elements of global culture but it would be wise to mix and match with the elements of our local culture. Studying sociology helps widen our vision to look at the current issues.

How were your experiences at Colombia University?

As I attended schools and colleges with a very different system, I was greatly confused when I joined the Columbia. I had to work very hard. I needed to spend many sleepless nights and countless hours in the library. Teachers there are just facilitators, there is no spoon feeding. However, I studied sociology in India but to become an anthropologist was always my dream. While I was a student in India I had read about American anthropologist --Margaret Mead and British Anthropologists-- Malinowski and Radcliffe- Brown.

While growing up in Jhapa, I came across many aborigines such as Satar, Rajbanshi and Dhimal and the like. I was fascinated looking at their exotic culture. My curiosity grew. Most of the founding fathers in anthropology come from Columbia University. I thought it would be appropriate University to pursue higher academic training there. My ambition and dedication helped me to earn a PhD in anthropology from Columbia.

So after staying in the United States for 25 years, how did you feel about leaving the land of opportunities for Nepal?

I never intended to continue living in the USA. I have travelled around quite a lot but Nepal is always close to my heart. I would like to cite Voltaire in this context. He in Candide says that "tending one's own garden" is not only a private activity but also productive. Personally, I feel that small thing we do in our country means a lot than you do big thing any where else.

Lastly, ma'am, what advice would you give to future university aspirants like us?

I would advise my students to work very hard. I advise them to take exams like SAT which opens door to good universities. Good essay always counts. Voluntary works and extra- curricular activities mean a lot. I always encourage my students to aspire for the best. Along with full devotion to learning, I would advise my student to do things useful to family, neighborhood & society

At your time, how difficult was it to pursue foreign education?

It was difficult because approach to education was so different even in India. I had to overcome the habit of depending on the teachers for every step. Teaching and learning methods are totally different in the USA. We did not have many facilities here to apply for a fellowship; one had to pass through many hurdles. We now live in digital age and new media or internet makes everything possible.

Interviewed by: Prayas Tiwari
AS Level



POEM

Whom to believe

Arju Giri, XI (Science)

All are gathered on a same roof to live
In this fake world, I don't know
whom to believe.
Everywhere there are droplets of fake
If you trust someone one day, your
heart will surely break.

Here are the sinners as well as the saints,
In this fake world, there are only lies
and pretence,
The tears that fall, they all are just
an action,
even they are fake.

Try to search an angel whom you
can trust, even if you find one day,
but he will also rust.

No one has a perfect life in this
world to live
In this fake world, I just don't
understand whom to believe.

Class : 10

Ashamsa Adhikari, 10 'A'

The class where pressure arises,
and we have to make promises,
to make our future bright,
by doing every thing right.

After a decade in this school,
leaving this institution is not so cool,
love you my dear teachers and
friends,
though this school life is coming to
an end.

I want to enjoy my life,
though facing these obstacles make
me cry,
but I have to do this all,
so that I never feel myself small.

Love you oh! my dear Vidhya
Sanskar,
for giving me help and support so
far,
I am sure I would make my
teachers proud,
who kept me away from all the
problems around.

Amber Gurung

Anamika Adhikari, 6 'B'

Amber Gurung was born on February 26, 1938 in Darjeeling, India. He was a composer, singer and a lyricist. He studied at Turnbull School, Darjeeling, where he had fallen in love with music, singing, Bible hymns. He was barred from singing or recording songs outside the unit. He moved and settled in Kathmandu, Nepal, in 1969. He was from Gurung ethnicity. His citizenship was from India

(1938-1969) and Nepal (1970-2016). His mother encouraged him to sing and compose as child, and he taught himself to play Nepali, Indian and Western Instruments. He is popularly known as the composer of Nepal's national anthem, "Sayaun Thunga Phool Ka". He has also got many achievements and special awards in his life. His professional history was also good as he was a chancellor (2010-2016), Chairman (2006-2007), Music Director (1968-1996), Music Chief (1962-1965).

He became the headmaster of Bhanu Bhakta School founded by Giri and instituted a music school, Art Academy of Music, in the school's premises. Nepal's national anthem composer and father of modern Nepali music Amber Gurung passed away on June 7, 2016, in Grande Hospital, Tokha at the age of 79 at 2:37 am in the morning. The whole country was in grief seeing his death. Even though he is not with us today, he will be always remembered by all Nepalese in their heart.

Amber Gurung

DOB:

February 26, 1938

Place of birth:

Darjeeling, India

Occupation:

Composer, singer, lyricist

Died:

June 7, 2016

(aged 78)



Chelsea Wavelength

June-September 2016
Year 6, Issue 2

Ursula Shrestha, A2 Level

It has been a tradition in wavelength to congregate, compile and convey the perception of knowledge through the eloquent articles. And this convention, I would not scruple or flounder to reveal that it has been continued again and the execution is last issue.

Without leaving the track, the continuity of series have successfully covered immense and compelling arenas; the article on the Perils of Populism by Mr. Bisruth Bhattarai and the interview section with Deepak Bista, a number one Taekwando player of South Asia being the ultimate remarkable. The submission contrived by the collective venture to bring the magazine in this shape of the every member, I would like to appreciate all the common effort and groove on.

Being state-of-the-art yet not leaving the tradition is one of the finest implements that one could ever do. And my heart fills with infinite joy and pride that our Wavelength has become a flourishing and triumphant paragon.

with Ashutosh Bhatta

A-Levels, Batch 2014 - 16

Why did you choose A-Levels?

After the completion of the S.L.C. Examination from Chelsea Int'l Academy (Now, Vidhya Sanskar School), I was confused whether to join the +2 program or the A-Levels. Then, I tried to seek advice from my teachers, guardians and passed out cousins. I gathered that taking up +2 program would be similar to S.L.C. but with larger course content. There would be no basic change in teaching and study pattern. On the other hand, I understood that A-Levels offered a lot more. The course provided up to date knowledge with flexibility in subject choices. Along with that it would help me develop my reading, analytical and comprehension skills together with promoting my creativity. I believed this is going to enhance my capacity for independent study, reasoning and logical thinking process significantly. Therefore, I opted and joined A-Levels in Chelsea.

Any challenges that you faced while you were studying or preparing for exams?

The course was something new for me and required a different study approach and level than I was used to. It was difficult at times during the early days. Limiting to course books was not sufficient and going through external references was necessary most of the

times. The course required extensive learning regarding the course matter as it focused on reasoning and logic. The difficulties were minimized gradually as I was able to adapt myself to the new study patterns and cope up with the course. Similarly, the unpredictability of exam questions made preparation a bit challenging but extensive studying helped a lot in this regard.

Where and what would you like to study further?

I am interested in engineering, but as of now I haven't decided the specific field. Probably, I will study either civil engineering or mechanical engineering.

Where do you see yourself in 20 years?

Twenty years from now, after completion of most of my educational qualifications from reputed educational institutions, I will be working in a well known institution of my field or I may as well establish my own company and serve the people in any way I can. Therefore, I see myself living a fine professional and social life in 20 years from now.

What is your ultimate ambition?

As of now, my ultimate dream is to do



something meaningful for the nation if not for the world and above all, keep my parents happy. Along with this, I also want to be successful and satisfied. I want to enjoy my life and get the best out of me in everything I do.

What suggestions would you like to give to the students who are currently studying in A levels?

Many students consider A- Levels difficult but that is not always the case. The course requires a bit different study approach than most of us are used to. Students should be able to change their study patterns and habit according to the need of the course and develop an independent learning style. Along with this, extensive learning regarding the course, regular practice, interaction with teachers and time management skills can help the students overcome most of the challenges faced while studying A-Level course.

AMAZING FACTS

Rusbina Gurung, 11 (Science)

- The human nose can remember 50,000 different scents.
- The testicles of an octopus are located on head.
- Los Angeles's full name is

"El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula".

- Nearly 3 % of the ice in Antarctic glacier is penguin's urine.
- You can not snore and dream at the same time.



“ Everybody's is worried about stopping terrorism. Well, there's a really easy way: stop participating in it.

- Noam Chomsky ”

Global Terrorism

Paridhi Dhungel, 10 'B'

Global terrorism is one of the burning issues of the world at present. Terrorism refers to the act of using different arms and ammunition like guns, violence and spreading terror throughout the world to support a political view. Our world is not a safe place to live at present. None of the countries of the world are fully safe from terrorism. Terrorism is the most inhumane act anyone can possibly indulge in. We hear news of terrorist attacks on different places in the world on a daily basis. This action has led towards destruction of the peace and harmony of the world.

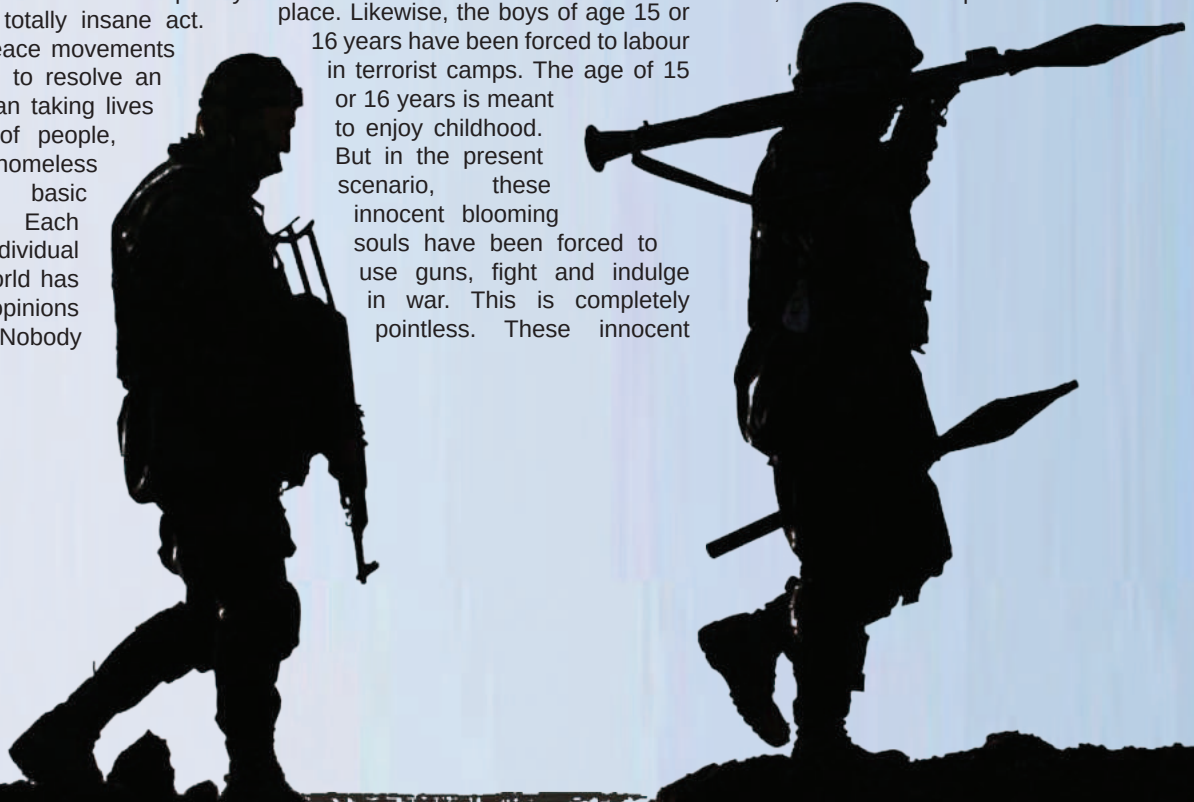
The peaceful world that we used to know doesn't exist anymore. All we can see in the world is mass killings, threat and terror. The use of terror i.e. terrorizing and killing thousands of innocent people in order to prove a political or religious belief is completely stupid. It is a totally insane act. We can use peace movements and consensus to resolve an issue rather than taking lives of thousands of people, leaving them homeless or violating basic human rights. Each and every individual living in this world has freedom of opinions and beliefs. Nobody

can force someone to follow their ideologies. But the terrorist groups have been forcing the people to follow their perspective which has helped in increasing the terrorism rate. For instance, the September 11 attack left 2000 children as orphans and outcome was catastrophic.

Global terrorism has affected the lives of many innocent people. Many people have become homeless, some even have been forced to seek refuge in refugee camps setup by several INGOs. People have been forced to beg for their survival. This is not fair. The children, particularly girls have been forced to work as prostitutes or sex slaves. Malala Yousufzai, one of the famous personalities was also a resident of Taliban controlled area. The girls were not allowed to go to the schools and colleges. She fought against them and helped several girls like her to escape from that prison like place. Likewise, the boys of age 15 or 16 years have been forced to labour in terrorist camps. The age of 15 or 16 years is meant to enjoy childhood. But in the present scenario, these innocent blooming souls have been forced to use guns, fight and indulge in war. This is completely pointless. These innocent

souls have no idea what they are being prepared for. Terrorism is literally ripping out the innocence of these children and turning them into fierce and ruthless people. This has violated the child rights and degraded the mentality and psychology of the affected children.

Along with innocent children the adults also have been tortured by global terrorism. This evil has made everyone suffer in many ways. Many adults have lost their family members, their children, their loved ones and even their desire to survive. But still under such mental torture and pressure, they have been forced to enter into the cruel world of terrorism, labour hard, manufacture armaments and use them to destroy the lives of several other people like them. Is this good ? Likewise, the old people, the ones who deserve all the love, respect and



We all people together have the power to eliminate this evil called "Global Terrorism"

care from the society have been denied of that love and honour they deserve. The adults have been denied of their right to live with dignity and the old people have been denied of their right to live a peaceful retired life.

Modernization has perished in every part of the world. Women empowerment, gender equality and the concept of feminism has flourished in the modern era. But due to global terrorism, women's status has degraded. Using women as a sex tool for pleasure, this doesn't suggest modernization, does it? Women have been treated like a tool for pleasure, beaten, tortured like animals, suppressed like slaves in the terrorist camps. Why is this cruelty towards women? Women are biological creatures equal to men. A woman is a blessing of God. In Hindu religion, women are regarded as an avatar of goddess Durga. Women can be both soft and fierce. But the terrorists have failed to recognize and respect women. Rather than respecting them, they have created such an environment where self respect, purity, virtue and morality of women are frequently questioned. The status of women has been degrading day by day due to terrorism in the world.

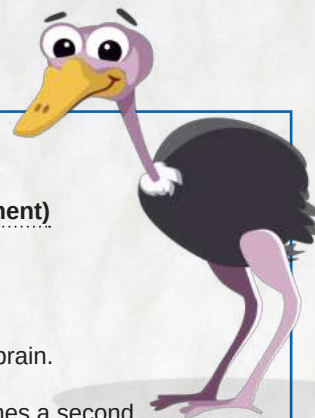
Is it so important to destroy millions of innocent lives in order to prove a stupid point? No, it isn't. I know that we humans together can again establish peace and harmony in the world like in the past. I believe we can create a world where we hear laughter of innocent children, where men of all colors share the words of love and devotion, where people of all nations care for the world. Yes, I believe that together, all of us can make this world a better place to live. We all people together have the power to eliminate this evil called "Global Terrorism" from our world and create a heavenly environment on the earth.

AMAZING FACTS

Keshab Khatiwada, 11 (Management)

Amazing Facts

- An ostrich's eye is bigger than its brain.
- A woodpecker can peck twenty times a second.
- A rat can live longer without water than a camel can.
- A chameleon's tongue is twice the length of its body.
- A chimpanzee can learn to recognize itself in a mirror but monkey cant.
- Butterflies taste with their feet.
- A crocodile can't move its tongue and cannot chew.
- Dolphins can swim and sleep at the same time.
- Rabbits can live upto 10 years.
- Owl is only the bird which can rotate its head.
- Ocean rabbits are known as the machine of laying eggs.
- The leg bones of a bat are so thin that no bat can walk.



POEM

MOTHER

Samrat Poudel, 2 'E'

I am so lucky that
I have a mother
This word describes itself kindness, peaceful, happiness.
She is so beautiful and charming always.
I think the mother is a gift of god for every child.
So I thank to god that I have a mother at my home.
Thank you



LETTER

New Baneshwor, Kathmandu
06/02/2017

Rt. Honorable Pranab Mukherjee
President
Republic of India

Your Excellency,

We would like to express our sincere greetings from the beautiful land of The Himalayas. On behalf of our nation, we would also like to express our most sincere gratitude towards you for visiting our nation. We strongly believe that your visit has helped further strengthen the historical relationship between the two countries.

Your Excellency, as all of us accept it by our heart and soul, Nepal and India share unique and special relationships which hardly exist anywhere in the world. Being citizens of Nepal, we always wish this relationship to strengthen further. Your visit in November, 2016 was a special event which helped to enhance the ties between the two nations.

Your Excellency, Nepal not only share most of its border with India but has similar cultural beliefs. Being such a close neighbour, we believe a unique level of cooperation can be developed between the two countries, which eventually can help in the development of the region as a whole. There are many areas where Nepal and India can work together for the economic prosperity of the two countries. Some special areas of cooperation can be:

- Tourism - Road / Railways - Hydro Electricity
- Irrigation and Drinking Water - Education and Health

Your Excellency, if the two nations will work closely, we believe that people of both countries can benefit a lot.

Your Excellency, we are grateful towards the government and generous people of India for the support they provided to Nepal after the devastating earthquake. It was a very difficult time for our country and as a close neighbour the Government of India did best to help us. We would also like to thank your Government for all kind of support and cooperation that has been provided to Nepal till date.

Your Excellency, at times because of some minor issues the cordial relationship between the two nations has been questioned. We don't believe that some minor incidents should hamper the special bonding that the two neighbours share. We, therefore, would like to request all the citizens of Nepal and India to work together in order to enhance the harmony in the region.

Thanking you .
Yours Sincerely,
Class 10 "A"
Vidhya Sanskar School





Dr. Chinta Mani Yogi is the founding Principal / Coordinator of the Hindu Vidyapeeth in Nepal. He has written 15 books on Peace, Spirituality, Humanity and the Art of Life. He is a peace activist and humanitarian. The founder of Values Education Nepal, Dr. Yogi is a respected Spiritual Advisor and Philosopher.

What is Value Based Education ?

In our Nepali language, 'Shikshya' means learning good things and leaving bad things. Our education system should be based on value, culture and spirituality. Value based education helps us to be better human beings. Culture based education helps us to be patriotic. Education based on spirituality helps us to be spiritually enlightened. In Vedas, it is mentioned that education which liberates us from all kinds of negativity, selfishness, jealousy, etc. is the real education.

From the perspective of a founding principal, what are your suggestions on the ways to translate or practically implement education in one's day to day life ?

Education is useless if it cannot transform one's life. Personal transformation can only be achieved through value, culture and spirituality based education system. Nowadays, our education system provides all kinds of information but less motivation and almost no transformation. Eastern Education System fosters good manners, values and norms in an individual. It can be achieved through good relationship between a teacher and a pupil. A student must have faith in his mentor. Then only the teacher is able to transform his students' life.

Are there specific ways to get personal transformations through education or is

the process limitless?

There are three ways to pursue wisdom for transformation. They are: 1) '**Paripatena**' - complete surrender and high level of devotion towards the teachers. 2) '**Pariprasnena**' -very high level of honesty, sincerity and enthusiasm in students. 3) '**Sewa**'- the relationship between teachers and students should be pure and ideal so that they are encouraged to do anything for their teacher and community.

What are the best measures to be applied for improvement in Nepal's educational sector ?

Education should be available to all. It should be based on value and skill. There must be special kind of consideration / attractions for the children who are still deprived of education. There must be a policy to reduce the gap between the government and private schools' education systems.

What is your opinion regarding tri-dimensional bond among parents, teachers and students ?

This tri-dimensional bond among parents, teachers and students is very important. So, schools should take responsibility of 'Skishya' (education) and 'ship' (skill). Parents should take the responsibility of imparting 'Sanskar' (Good manners' and Values) to their children. Students should have faith in

their parents and teachers, they should obey them.

How can an individual live a meaningful life ?

Life is beautiful and one should realize it. We should appreciate life by being positive towards every aspect of life. Nowadays, we are worried to get success rather than happiness and making life meaningful. We should try to be sincere, wise and humane. Selfless service is art of life. When we serve others, our life becomes meaningful.

Finally, what valuable suggestions or tips would you like to put forward to one of the professionally striving members of service sector like Vidhya Sanskar School?

Vidhya Sanskar is an impressive name for a school. There are two aspects of Vidhya:

- i) **Para Vidhya** - which is life oriented, it leads us towards spirituality.
- ii) **Apara Vidhya**: which is more focused on livelihood, it makes us materialistic. We need fusion between these two. Vidhya Sanskar should make you professionally smart and ethically sincere. I am very happy with Vidhya Sanskar School.

Interviewed by : Aaradhya Bhatta - VIII 'E'
Bibhuti Joshi - IX 'D'
Aditya Khadka - X 'A'

ACHIEVEMENT



छन्दोबद्ध कविता वाचनमा विद्या संस्कारका विद्यार्थीहरू



नेपाली साहित्यका युवाकवि मोतीराम भट्टको जन्मजयन्तीको उपलक्ष्यमा भक्तपुरस्थित एभरेस्ट इन्ग्लिस स्कुलले निम्नमाध्यमिक तथा माध्यमिक विद्यालयस्तरीय उपत्यकाव्यापी छन्दोबद्ध कविता वाचन प्रतियोगिता आयोजन गरेको थियो । मिति २०७३/०५/१३ गते सम्पन्न भएको उक्त प्रतियोगितामा विद्या संस्कार उच्च मा.वि.का कक्षा ८ र ९ मा अध्ययनरत छात्राहरु शुभश्री अधिकारी र शुभाङ्गी खनालले भाग लिएका थिए । उक्त प्रतियोगितामा यस विद्यालयकी छात्रा शुभश्री अधिकारीले द्वितीय स्थान प्राप्त गर्न सफल भइन् । उनले कविशिरोमणि ले खनाथ पौड्यालको शार्दूलविक्रीडित छन्दमा रचिएको 'काल महिमा' शीर्षकको कविता वाचन गरेकी थिइन् भने शुभाङ्गी खनालले पञ्चचामर छन्दमा रचित बुनु लामिछानेको 'नभगा देशका युवा' शीर्षकको कविता वाचन गरेकी थिइन् ।

REAL SCHOOL OF NEPAL 2016



Like in every year, this year as well 6 of our students participated in the Real School of Nepal 2016 in extempore, dance, football juggling, 3 minutes to fame, painting and score the real goal. Saiman Adhikari of Class IX was the winner in extempore. Congratulations!!!!

1ST SAGARMATHA INTER SCHOOL INVITATION VALLEY TAEKWONDO CHAMPIONSHIP -2016



Our school had participated in the 1st Sagarmatha Inter School Invitation Taekwondo Championship and was able to bring accolade. The Championship was organized by Sagarmatha Higher Secondary School, Jawalakhel, Lalitpur on 14th September, 2016. Students from 9 schools from the valley had participated in the event. The result of our school in the Championship was as:

Sn.	Name	Weight	Result
1	Anubhav Giri (Class 5)	Under - 20 kg (Male)	Gold Medal
2	Pratyush Bhattarai (Class 5)	Under - 32 kg (Male)	Bronze Medal
3	Mahak Lamichhane (Class 5)	Under - 28 kg (Male)	Silver Medal
4	Nojan Devkota (Class 5)	Under - 36 kg (Male)	Bronze Medal
5	Deep Dangol (Class 7)	Under - 40 kg (Male)	Bronze Medal

INTER-SCHOOL SWIMMING CHAMPIONSHIP-2016



Adipsha Vaidya of Class VII who is also the Junior National player once again proved her mettle by winning in the following Swimming Championships.

1st Kathmandu District Inter-School Swimming Championship-2016

- 25m in freestyle - gold medal
- 25m in breaststroke - gold medal
- 25m in backstroke - gold medal
- 25m in butterfly - gold medal

Inter School LA Championship 2016 (Little Angels' School, Hattiban, Lalitpur)

- 25m free style - bronze medal
- 25m breast stroke - silver medal

Lincoln Inter School Championship 2016

- 25m Freestyle - bronze medal
- 25m Breast stroke - silver medal

6th NSA Cup

- 50m Butterfly - bronze medal
- 50m Free style - bronze medal
- 50m Back stroke - bronze medal
- 50m Breast stroke - gold medal

"BEST GOAL KEEPER"-UMEED RAYAMAJHI, CLASS-5



1st Apex Life Inter-School U-12 Futsal Tourney 2013

21st Fr. Moran Memorial Primary School Invitational Football Tournament 2016



ACHIEVEMENT



INTER SCHOOL VALLEY WIDE INVITATIONAL SPELLING CONTEST 2016



The 5th Everest Valley wide Invitational Inter-School Contest was organized by Everest English School, Bhaktapur from 24th to 31st Bhadra, 2073. A total of 10 schools had participated in the contest. **Our school spelling team defended the title for the second consecutive year.** Congratulations! The participants were: Amit Mishra (Class X), Aavash Budhathoki (Class IX), Sophiya Shrestha (Class VIII) and Akshyata Pradhan (Class VIII). The students were awarded with the medals and the trophy by Kiran Bajracharya - Superintendent of Police of Bhaktapur district.

FUTSAL TOURNAMENT



Congratulations to our U-12 Boys team for being the **Champions in the 1st Apex Life Inter-School U-12 Futsal Tournament** organized by Apex Life School, Saraswatinagar, Kapan. **Congratulations to Umeed Rayamajhi of Class V for receiving the Best Goalkeeper award of the tournament and Pratyush Bhattarai of Class VI for receiving the Best Player of the tournament.** The team comprised of Sahil Hussain, Suhan Shankar, Soyuj Rupakheti, Pratyush Bhattarai, Atharva Koirala, Pranjal Tiwari, Umeed Rayamajhi, Rajat Shrestha, Sagar Dahal and Sangam Buddhathoki. The school congratulates Mr. Rajan Neupane (coach) and Mr. Roshan Rai (manager) for guiding the students to the Championship title.



Junior Kaleidoscope Inter- School Festival

Emphasizing on the overall well being of a child, an Inter-School Competition titled '**Junior Kaleidoscope Inter- School Festival**' was conducted on 20th of Bhadra, 2073 B.S. by Ace School within its very own premises. Our school participated in ten of the events of the competition and had quite an achievement by securing 1st position in 3; 1st Runner- up in 2 and 2nd Runner-up in one of the events respectively. Also, Mohit Ghimire of Class7 managed to bag the "Best Speaker" award in case study analysis.

List of events along with the name of participants and their respective achievements:

S.N	Event	Name of Participant's	Class/ Section	Remarks
1	Handwriting	Yorika Kunwar (Middle School Team)	V' C'	Winner
2	Painting	Nitesh Kumar Gupta Abhinandana Chand	VI 'F' VIII 'A'	Winner 1st Runner- up
3	Extempore	Deepsha Mainali	VI 'B'	1st Runner - up
4	Case Study Analysis	Mohit Ghimire (Best Speaker) Aaradhya Bhatta	VII 'C' VIII 'E'	2nd Runner - up 2nd Runner - up
5	Quiz	Griya Lamichhane Akshyata Pradhan Samyam Pyakurel	VIII 'E' VIII 'A' VIII 'A'	Winner
6	Spelling Bee	Sophiya Shrestha	VIII 'E'	Winner

ACHIEVEMENT

नयाँ पत्रिका

सिकागोमा धर्तीपुत्र पुरस्कृत

काठमाडौं, १३ बर्षीय आदित्य खड्काले एक वर्षेभन्दा बढी समयमा निर्माण गरेको धर्तीपुत्र फिल्म 'धर्तीपुत्र'ले सिकागोमा अन्तराष्ट्रिय फिल्म फेस्टिभलमा दोस्रो अवार्ड पाएको छ। दुई वर्ष २५ फिल्ममाथि युवा ब्याटलरले यो सिमाना तोके जहाँ हाल पारिएको छ।



फिल्ममा रसियाको कपासी जनाका बालबालाले भइरहेको अवस्थामा सिकागोमा २२ घण्टाको उमरभन्दाबढीको बाल सन्तानको बारेमा फिल्म बनाइएको छ। धर्तीपुत्र नामको फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।

THE RISING NEPAL

Dhartiputra Awarded in Chicago



By A Staff Reporter
Aditya Khadka, a 15-year-old filmmaker, was awarded for his short film 'Dhartiputra' at the 33rd Chicago International Children Film Festival held in the US Sunday.
The documentary is about Sonis Awa, who survived the last year's earthquake.
'Dhartiputra' bagged the 2nd prize in the young filmmaker category.
A total of 289 films had vied for the coveted award.
CICFF is one of the most reputed film festivals in the world and is the biggest film festival for children and youth in North America. Over 25000 people attended the film festival along with many Hollywood celebrities.
Aditya is currently studying in grade 10 at Vidya Bhairav School. He has made a couple of documentaries, including 'Dhartiputra'. It portrays the miraculous survival of four-month-old Sonis Awa.
He was rescued after being buried under his house for 22 hours. The documentary mainly focuses on the emotions and feelings of Ramesh (Sonis's mother) during those 22 hours and after her son being rescued.
'Dhartiputra' had also won the 'Best Documentary' award in the Real Time Film Festival, Nigeria 2016. The festival was held last month. It was the largest film festival in Africa.
The same film was awarded during the Kathmandu International Mountain Film Festival last year.
Also, 'Dhartiputra' was screened in three more US festivals - Scout Film Festival, Vermont, the 39th Asian American International Film Festival, New York and the Awareness Film Festival, 2016, L.A.

अन्नपूर्ण

अमेरिकामा 'धर्तीपुत्र'लाई अवार्ड

अन्नपूर्ण काठमाडौं

अमेरिकामा सिकागोमा आयोजना भएको अन्तराष्ट्रिय फिल्म फेस्टिभलमा १५ बर्षीय आदित्य खड्काले आफ्नो फिल्म 'धर्तीपुत्र'को लागि दोस्रो अवार्ड जितेका छन्। यो फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।

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República

Dhartiputra awarded in Chicago International Film Festival

REPUBLICA KATHMANDU, Nov 6
Aditya Khadka, a fifteen year old filmmaker was awarded at the 33rd Chicago International Children's Film Festival on November 6 for his short film 'Dhartiputra'.
The film, portrays the miraculous survival of four-month-old Sonis Awa who was rescued after being buried under his house for 22 hours following the devastating earthquake in Nepal on April 2015. The film mainly focuses on the emotions of Ramesh (Sonis's mother) during those 22 hours and after feeling after her son was rescued. Of 289 films in competition in the festival, 'Dhartiputra' bagged second prize in young filmmaker category.



The 15-year-old filmmaker Aditya Khadka poses for a picture after receiving second prize for his film 'Dhartiputra' at the CICFF on Saturday.

CICFF is the biggest film festival for children and youth in North America. Aditya is a grade 10 student, studying in Vidya Bhairav School. 'Dhartiputra' had earlier won the 'Best Documentary' award in the Real Time Film Festival, Nigeria 2016 which was held last month and was the largest film festival in Africa. It was also awarded in Kathmandu International Mountain Film Festival. Sonis Awa was rescued after being buried under his house for 22 hours following the devastating earthquake in Nepal on April 2015. The film mainly focuses on the emotions of Ramesh (Sonis's mother) during those 22 hours and after feeling after her son was rescued. Of 289 films in competition in the festival, 'Dhartiputra' bagged second prize in young filmmaker category.

गोरखापत्र

धर्तीपुत्रलाई अन्तराष्ट्रिय अवार्ड

गोरखापत्र काठमाडौं

काठमाडौं। सिकागोमा आयोजना भएको अन्तराष्ट्रिय फिल्म फेस्टिभलमा १५ बर्षीय आदित्य खड्काले आफ्नो फिल्म 'धर्तीपुत्र'को लागि दोस्रो अवार्ड जितेका छन्। यो फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।

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The Himalayan



Aditya Khadka and his father Ramesh Khadka holding their award certificate.

प्रज्ञाप्रकाश

किशोर फिल्म मेकरको चर्चा

'धर्तीपुत्र' छोटो फिल्म अन्तराष्ट्रिय सफलता बटुल्दै...

काठमाडौं। किशोर फिल्म मेकरको चर्चा अतिरिक्त अझै पनि उठेको छ। यो फिल्म अन्तराष्ट्रिय फिल्म फेस्टिभलमा दोस्रो अवार्ड जितेको छ। यो फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।

फिल्ममा रसियाको कपासी जनाका बालबालाले भइरहेको अवस्थामा सिकागोमा २२ घण्टाको उमरभन्दाबढीको बाल सन्तानको बारेमा फिल्म बनाइएको छ। धर्तीपुत्र नामको फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।



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कान्तिपुर

फिल्म

'धर्तीपुत्र' बाट आदित्यलाई सफलता

काठमाडौं। काठमाडौं। १५ बर्षीय आदित्य खड्काले आफ्नो फिल्म 'धर्तीपुत्र'को लागि दोस्रो अवार्ड जितेका छन्। यो फिल्ममा आदित्यले आफ्नै जीवनको अनुभवलाई फिल्म बनाइएको छ।

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Dhartiputra wins at CICFF

KATHMANDU: A 16-year-old Nepali filmmaker has won an award at the 33rd annual Chicago International Children's Film Festival (CICFF). Aditya Khadka's short documentary Dhartiputra (The Son of the Earth) bagged the second prize at the Festival, for Youth-Produced Film under Youth Jury Prizes category on November 6 at Chicago, USA.
CICFF that was held from October 28 to November 6, is one of the top film festivals in the world for children aged two to 17. And Dhartiputra was among 289 films screened at the Festival from 45 countries, according to the Festival's website. These films had been selected from over 2,500 entries.
The five-minute-long documentary of tenth grader Khadka tells the miraculous survival tale of four-month-old Sonis Awa — the famous baby who was rescued from the rubble after 22 hours during the Gorkha earthquake of 2015. It focuses on the emotions and feelings of Ramesh (baby's mother) during those 22 hours.
Khadka has made a couple of documentaries besides Dhartiputra according to a press statement issued by Aditya's father Ramesh Khadka. Dhartiputra is also the winner of Best Documentary award at the Real Time Film Festival 2016, held in Nigeria recently. The documentary has also been screened at many other national and international film festivals. — 100

ACHIEVEMENT



“ A dream becomes a goal when action is taken toward its achievement. ”

Aditya Khadka is a tenth grade student at Vidhya Sanskar School. He is entitled as-Nepal's youngest documentary director. He has made three documentaries till date and has many accolades to his name. He started his cinematography career at the age of 13 with his film "A Dream to be..." One year later he made another documentary titled "Dusk to Dawn". Then again, a year later he made his third documentary film "Dhartiputra: The son of the earth" which features the story of Sonis Awal, four months old who survived even after being buried under debris for twenty two hours and the feeling of his mother Rasmeela Awal during those twenty two hours period. Aditya's Dhartiputra has earned him many accolades. His film "Dhartiputra" has been selected in seven different film festivals in Nepal, US and Nigeria. He has won a nomination for the "Best documentary" award in the Scout Film Festival, 2016 and awards on three different occasions.

Travelling to Chicago with my film: Dhartiputra

I recently travelled to Chicago with my film "Dhartiputra". "Dhartiputra" was previously selected in three different film festivals in US and once in Nigeria. I could not attend any of the events due to various reasons. In a month long break of the Dashain-Tihar vacation, I travelled to Chicago to attain the 33rd Chicago International Children's Film Festival (CICFF), 2016 as "Dhartiputra" was selected in the film festival. CICFF is North America's biggest film festival for children films and is one of the biggest and most reputed film festivals in the world. CICFF is associated with the Academy of Motion Picture Arts and Sciences. CICFF is an Oscar qualifying film festival. Twenty-seven films screened in the CICFF have been nominated for the Oscar and eight of the films screened in the CICFF have won the Oscar. Therefore, selection in the festival with significance like CICFF was an unexpected and huge breakthrough in my cinematography career.

Chicago was cold, rainy and windy



when I landed. But its beauty was enhanced by the fall colors of the leaves. I was looking forward to the opening night of the film festival which was a day away. The time passed by easily while I strolled around the streets of Chicago downtown and the Michigan Lakeshore. At the opening night of the film festival, it was the premiere of a new theatrical release "Trolls" which was an animated film of high quality. Then, I attended the opening night party for filmmakers and the CICFF team. There I realized that I was the youngest person to attain the film festival and the others were all adults. I was amongst some of the very best filmmakers and film producers.

The next day, my film was being screened in the festival. There was a good attendance of the people in the screening of "Dhartiputra". Also, the interaction with audience and the panel of jury after the screening was excellent. Other films in my categories were exceptional which compelled me to think that I was not going to bag any award home. After the screening day, I took few days off from CICFF and travelled to landmark destinations in Chicago and places nearby Chicago.

Finally, it was the closing night at Chicago. I was anxious every time

I thought about the expectations of my family, teachers and friends from Nepal. I did not expect to win anything. But, I had a very little hope alive. First I watched many filmmakers win awards in different categories. I thought that my night was going to pass by watching others win the award. Finally, the emcee announced the award for my category. The 2nd Prize in the Youth Produced Film Category was being announced. The emcee struggled to pronounce the name of the winner- A-dee-tee-yaaa. I did not quite understand whom she was addressing. Later when she said Nepal, I realized it was me she was addressing to. I never had been so surprised before. I could not believe what was happening. It was like a childhood dream come true for me. I thanked god for everything and went on to the stage and dedicated the award for the children who lost their lives in the Nepal Earthquake, 2015.

Chicago taught me a lot. It helped me grow as a person, as a responsible Nepali and as a filmmaker. It helped me gain a new experience. It helped me to broaden my horizon. CICFF gave me an international exposure that I desired since a very long time. And most importantly, Chicago taught me that dreams do come true.

A full-page background image of Donald Trump in a dark suit and striped tie, holding a large, aged, yellowed letter. The letter is pinned with a red pushpin at the top left. The background shows a cloudy sky and a building with a dome, likely the White House.

LETTER

Rt. Honorable Donald Trump
President
United States of America

*New Baneshwor, Kathmandu
06/02/2017*

Your Excellency,

Please accept the greetings from the beautiful land of The Himalayas. On behalf of all the Nepalese citizens, we would like to heartily congratulate you for your victory in the recently held Presidential elections. We also would like to wish success for your tenure. We strongly believe that the ties between Nepal and your country strengthen further during your period.

Your Excellency, the international politics is not in easy situation currently. Being a global leader, you have a huge responsibility to correct it and we believe that you will certainly move with a plan to have a better world for all of us. Not only the American people but the whole world has a huge expectations from you. People from all over the world want peace and harmony with a suitable environment to live in.

Your Excellency, global warming is a big issue of the world. This is a huge problem which affects not only the developing nations but also least developed nations. Our country being a Himalayan nation has been hit hard by the problem. Many countries are expected to go under the sea as it has been estimated that the water level is going to rise. Since we all nations share this problem in common, you being a leader can put up a strong voice in the world forums. The action plans initiated by the leaders like you are certainly going to bring out the results.

Your Excellency, there are many Nepalese residing in United States of America currently. Your government policies will certainly affect all the immigrants. We would like to request you to formulate a suitable policy looking at the future of the immigrants and your country. We are really grateful for your government for providing substantial support in Nepal's development projects. We are also grateful to your government and people for supporting us after the devastating earthquake last year. This has helped to further enhance the cordial ties between the two countries.

Your Excellency, we would like to wish all the best for your tenure and strongly believe that your country and the world benefits a lot under your leadership.

Thanking You,
Yours Sincerely,
Class 9 "B"
Vidhya Sanskar School

Salute

"The Unstoppable"



Mukesh Ghimire

Mukesh Ghimire, an alumni of Chelsea International Academy, Batch 2009-11, through his dedication along with the intellectual nurture provided by the institution itself, achieved Best Across 3As Levels (Science - Oct/Nov 2010)

He is at present pursuing Phd in New York University.

Challenges are what make life interesting and overcoming them is what makes life meaningful.

- Joshua J. Marine

The biggest failure you can have in life is making the mistake of never trying at all

- Anonymous

Build your own dreams, or someone else will hire you to build theirs

- Farrah Gray

A Clash of European Giants

Anamika Adhikari, 6 'B'



UEFA EURO2016 FRANCE

The European Championships have finished yet again, and this time, the winners is Portugal. Not seen as a top contender, Portugal surprised many by beating France 1-0, despite being overwhelming underdogs. Moreover, the victory was all the more surprising given that the Portuguese captain and talisman Cristiano Ronaldo was forced off injured midway through the first half. However surprising the final may have been, it wasn't close to the biggest surprise of the tournament.

That honour goes to Iceland's defeat of England, 2-1. The minnows,

who were competing in their first European Championship finals, were able to knock out a relatively star-studded England in the first knockout round. The shocking and humiliating manner of England's defeat could be summed up in just one event: Roy Hodgson, England manager since 2012, resigned immediately after the defeat. Other surprises included Wales beating Belgium 3-1, and the Czechs as well as the Austrians being knocked out at the group stages (the Austrians were unbeaten during qualifying).

One of the only expected results of the tournament was Antoine Griezmann winning the golden

boot, with 6 goals. He was followed by the sextet of Gareth Bale, Alvaro Morata, Olivier Giroud, Nani, Ronaldo and Dimitri Payet. However, much heralded Robert Lewandowski flopped in the tournament, with the widely acclaimed striker scoring just the solitary goal against eventual winners Portugal.

So in conclusion, the month-long tournament provided us avid football fans with plenty of excitement and suspense. Next up in international matches, we have World Cup 2018 qualifying, which has started as of September, 2016.

Travelling Experience

Sambhawee Acharya, 9 'B'



Life is full of excitement as it is surrounded by miseries and obstacles to tackle. The journey of life is full of events.

People don't like to live in the same place for a longtime. They want to go from one place to another. Some people travel for entertainment. They can see things in the course of travelling and enjoy. It helps them to be knowledgeable. It makes our mind full of joy. We may meet different new people. It helps the students to remember things better than reading the things in books. It is also said that what we hear, we forget but what we see, we remember. Travelling can be done by bus, train or aeroplane.

I love travelling very much. I have traveled to various places of Nepal. The place I love the most is Gorkha. It is a very beautiful place. It is the birth place of King Prithvi Narayan Shah, the founder of modern Nepal. It was my wish to visit that place and I finally made that wish a reality. I had heard about Gorkha so much from my relatives and friends. They had told me that it was a wonderful place. Yes, really it was.

It was a very long vacation of Dashain and Tihar. Due to this, we made a plan of visiting Gorkha, a wonderful place. I was very excited. At 6:00 a.m. we started our journey. We caught the earliest bus from Kathmandu. We enjoyed the natural scene from the bus. We reached Gorkha after five hours. We stayed in a local hotel.

The next morning, we had breakfast and went to Gorkha Durbar. It was a very special day for me. Finally my dream was coming true. It took about an hour to reach Gorkha Durbar. The temple is located on the top of the hill. We enjoyed it very much. We took many photographs of that place. There we saw the temple of Goddess Kali. It is prohibited to go inside. We worshipped Goddess Kali from the door. Then we saw the throne of King Prithvi Narayan Shah. We also saw the window from where Prithvi Narayan Shah jumped down when Lord Gorakhnath called him to eat what he had vomited. Then we got down the Gorkha Bazaar. It is an old town. Next morning, it was time to headback to Kathmandu. We had our breakfast and started our journey back to Kathmandu. We reached Kathmandu at 2:00 p.m. We were very tired. It was one of the wonderful journey that I ever had. I would love to visit this place again and again if I get an opportunity.

As a student, I got various information related to the place. It helped my parents also for business purpose. Travelling helps to understand the ways and manners of different people. It also broadens our mind. People of our country do not give much importance in travelling. It is because majority of people are poor. Also, it is very difficult to travel in our country. In rainy season travelling is challenging. But due to travelling, we can get various ideas and can share ideas with different people around the world.



ASK THE DOCTOR



Dr. Arun Kumar Singh. MD, MS, LTxS

(Senior Consultant Transplant Surgeon)

General, Gastroentero- Onco, Pancreato- Duodenal, Hepatobiliary and Liver Transplant Surgeon

In what ways are junk and fast foods depleting our health conditions?

High calories and low nutritious junk food appears to raise the risk of diseases like high blood pressure, obesity and acne.. Too much of intake of junk foods may contribute to excess consumption of phosphorous and trans fats which are considered harmful for health. Even the chemical and preservatives used in junk food ranging from innocuous to hypo toxic depending upon the amount of intake expose us to diabetic disease and also mix our genes, causing mutation.

How do air pollution contribute to be a provoker of liver disease?

Carbon black and carbon monoxide omitted by the vehicles due to the partial combustion of fact result is tampering the tissues and diseases like fibrosis, obesity and liver cancer. Also pollution could result in detrimental of liver. Already liver is the detoxifying and metabolism centre.

What measures should students adopt for healthy living ?

In my opinion, students must prefer following measures for healthy living:

- Proper diet, intake of nutritious food and intake of fair amount of calorie
- Proper sleep

- Yoga and physical exercises are important for healthy living.

What are the liver diseases and preventive measures against them that we must be aware about?

Liver acts as a detoxification and metabolism center. Our fooding habit is one of the vital factors that affects our liver. Intake of foods enriched with phosphorous, trans fats, sulphur could cause tumor, tampering of tissues, fibrosis and could finally result to liver cancer. Some preventive measures might include:

- Intake of balanced diets and avoiding junk foods
- Proper physical exercises and yoga
- Wearing masks in the pollution areas
- Drinking safe and purified water.

Interviewed by Kripanand Jha (AS Level)



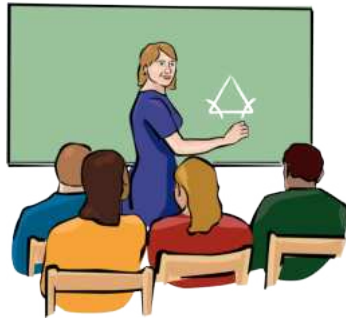
ARTICLE

My Most Unforgettable Teacher

Abhilekh Bhetwal, 7 'E'

Everyone must have passed through school life in their life. School life is not only our most happiest and best part of our life but is also 'Golden period' to develop our career and life which is not possible without help and support of teachers. Teachers are those who not only teach us theoretical knowledge but also give us practical knowledge. They help us in every best way in order to make us successful persons in future without thinking about day and night so that they can be proud to call us their students. Teachers carry great value in a student's life as every good or bad student is guided and praised by the teachers. They give and provide many opportunities which help us to develop our confidence level, self esteem, leadership skill, teamwork etc..... which play a great role in our up coming life. Everyone may think that teachers give us homework or exercises without thinking what happens to us but when we look a bit deeper, obviously it is for our benefit and to make us morally, scientifically, socially educated. Also disrespecting teachers or having negative thoughts in our mind not only make teachers feel bad about us but lead us to a dark and unsuccessful life.

There were many teachers who have taught me and brought brightness in my life. I can never forget any of my teachers who have helped me to find out my way towards my destination and supported me to climb higher in life. But, apart from all the teachers, my class teacher Sumitra ma'am, who was the first one to visit me in my new school on my first day in



grade 7 is very special to me. She not only introduced me with my loving friends and my teachers but she also helped me to be familiar with my school background. Like every teacher, she teaches in a very proper manner giving examples of each and every thing.

She is strict but her strictness has something to do with our behavior. She is strict to only those who lie and don't obey her. After every exams, when we are worried about the results, she says, "Do your best and leave the rest". Being a moral science teacher she gives us many extra moral education apart from our studies. She makes us laugh and has taught us to be happy. She always supports me, guides me in my work and praises as well as encourages me. I am very lucky and fortunate for being a student of her class. It is all because of her that I am spending my time with my friends nicely and joyfully. She is like our mother and understands our feelings in no time and takes good care of us. When we have a complain about anyone, she talks to that person either he / she is a teacher, student or anyone and helps us to find solution of the problem.

She always shows me right path of life and has done a lot for me and my friends. I have also tried my best to make her happy. She has shaped life of all the students.

This is the reason why she is "My Most Unforgettable Teacher".

POEM



SCHOOL LIFE

Aakanshya Ghimire
Abhipsa Bataju, 10 'A'

Full of enthusiasm and joy,
like this we all enjoy.
Dreams are to fly high,
but it doesn't seem easy until we try.

Obstacles are of course there,
but the option is not to fear.
TV, Computer, videos and games,
when exams come there is a pain.

After exams, back to fun,
again enjoying like a bright sun.
Results come near and near,
when there is no one to say goodluck dear.

The stage in which craziness becomes
meaningful,
we experience school life full.
The series of ups and downs come,
teachers of course are there to help
them overcome.

In a phase it is sure hatred burns inside
us,
but the end of school life, always brings
it to a pause,
everyday sketching memories for life,
an unforgettable stage is our school life.



FICTIONAL STORY

"Dreaming permits each and every one of us to be quietly and safely insane every night of our lives"

Bound to hell

Animesh Baral, 9 'A'

Looking at the distance, I saw my home. My sweet home. Oh, how much I missed it. I could never forget the endless hours that I played with my brother in the nearby forest. Our Farm, the time that I and my mother spent there feeding the chickens and taking care of the cattles. The smell when my mum coated the house with a fresh layer of cow dung and soil each and every morning. It was horrible ! And how could I forget my caring parents. I enjoyed every moment with them and I was glad that I had the good memories of our whole family reaping and sowing our fields.

I was filled with inexplicable joy within me but something was not right, My home was there and I was nearing it with each further step but the only feeling I got was 'eerie' or 'strong' and not 'happy' or 'joyful'. Everything was so abnormal, so odd, so silent, so.....

As I reached my home, I saw two figures slowly appearing until they materialized and were standing in the front garden of my house. They were my mom and dad! Not being able to hold my emotions longer, I ran towards them with tears of joy shedding down my cheeks. "Mamu! Baba! " I shouted

as I got nearer to my home. But there was no reply. They were my mom and dad. It wasn't a mistake. Slowly the fear was starting to build upon me. As I got to them, I saw them standing. They were like statues. I saw their faces, tears were streaming down their faces too but there was no any emotions or a hint of recognition. Everything around us started dimming. The sky, the house, it was getting darker. In desperation I shouted, "Mamu, baba ! I am here, your daughter . Don't you recognize me? Baba, Mamu, Please! "I said , I shouted, I pleaded but there was no reply . It was dark now, I could barely see them . Suddenly, I had the



feeling that something was pulling me back, something was dragging me. "Nooooooooo!" I shouted but the unknown force only got stronger. Now, everything was pitch-black. The fear in me was so strong that I was perspiring. Again, I was parted from my family. Sitting alone in the darkness, I realized that I was not alone. Someone was there and I could feel it. Suddenly, a woman was standing in front of me with a huge stick in her hand.

I woke up at once, only to find myself drenched in sweat. I noticed that I was breathing heavily. I tried to adjust myself to my surroundings as I always did. I saw around the intricately designed kitchen, with equipments ranging from a simple rice cooker to high tech cooking gadgets that I couldn't even name. But I was sleeping there on the cold marble floor, with only a thin mat between us, letting the cold creep up towards my body. But still, the cold was nothing compared to the suffering that I had endured. Suffering, pain, scars, hatred.

It all started about three years ago. I was in the jungle near my house with my friends when I saw a black car come and stop in front of our home. Curious, I went to see who they were. Reaching my parents, my mother asked me to prepare some snacks for them. I went to the kitchen and no longer could hear them talk. I still remember that the two people were wearing shirt and pant and were looking very smart. I wished that I was also living in the same conditions as they were. I never wished that again.

As, a child, I was not able to see past their well dressed clothes and polite manner but neither were my parents able to understand their gruesome nature. They fed me well, they brought me a new dress. I thought I was the happiest person in the world but it all started to change after a few weeks. They started to give me some domestic works, I never went to school. They started to scold me and order me. I was getting some chores beyond my physical capabilities and they would beat me if I couldn't complete the work. They started giving me mental tortures saying that my parents didn't love me. So, I was here. They told me to forget them and no one had love for a person like me.

"Suddenly I had the feeling that something was pulling me back"

One night as I was sleeping, I heard someone coming. It was the master (rich guy). He came to my side and sat down. Slowly he started touching me. I tried to scream but my voice was muffled by his hand. I tried to fight but eventually he succeeded to violate me.

Now, I am only eleven years old and the nightmare keeps on refreshing the terrible experiences which gives me the chills more than I get from the cold marbles. The nightmares. They are just a part of me that I have to face each and every day. I do not have any options except to face the darkness in the sleepless night which acts as the nightmares that scare me until I am paralyzed in the cold hard marble floor, until I think I'm dead or unreal. What had I done so bad or evil or sinister that I deserve this fate? Why ?

Oh! how can a human do this to his own kind? Remembering the moment, I feel so much anger and hatred that I want to beat him. I want to torture him as he tortured me. I want to go home to my parents who love me, protect me and understand me but if only I could.

Why has fate taken me to such levels, parting me from my family, even without me knowing it ? Is every child destined for this ? Has the almighty written these things for children? We are just innocent children. Do you want us to be victimized and be treated like animals? I have heard from my parents that we are your children.

Then why do I have to endure such pain? Will my wish of being a dutiful daughter ever be fulfilled or will it stay only as a wish in the hell that I am living in?

Till today my questions and desires have not been answered. So, as always, I try to muffle my sobs and close my eyes, to block out the nightmare and have a closer look at my parent's face, only to find it fade away in my mind.

POEM

My Favourite Season Spring



Ayurva Pradhananga, 4 'C'

Spring, a season
My favourite season
I have ever, ever, ever
felt in my life.

All the gardens are filled with flowers
All the flowers are filled with butterflies
and bees
All the butterflies wandering here and
there
All the bees gathering juices for honey.

All the bees gathering honey for me, for
the whole world
All the butterflies at gardens for me, for
the whole world
Sun, shining, and raining looks, so
beautiful.
Rainbow shining so bright, seven
colours together look so beautiful and
light
Feels like touching the rainbow
The lovely lovelier loveliest rainbow

My best spring, my best best spring,
I wish you were forever with me
I love spring as I love honey too
My favourite season spring



I LOVE NEPAL

Owais Khan, 2 'D'

Let me grow in the shadow of love.
Don't teach me to spread hate
I like the world of peace
No fight, no violence but only free.

I want to reach the high peak.
Do not let me to spread hate
I like the world of peace
No fight, no violence but only free.

Inspirational Quotes

Praveen Thapa, AS Level



- I never lose. Either I win or I learn.
- The secret of getting ahead is getting started.
- Being the richest man in the cemetery doesn't matter to me. Going to bed at night saying we have accomplished something wonderful, that's what matters.
- Raise your words not your voice. It is rain that grows flowers, not thunder.
- Humility is not thinking less of yourself, but thinking of yourself less.
- Your value doesn't decrease based on someone's inability to see your worth.
- You are a tea bag. You cannot tell how strong you are until you put yourself in hot water.
- Never be afraid to build something new. It was amateur who built the

- arc and professionals who built the Titanic.
- Those who follow crowd usually get lost in it.
- Even if you are in the right track, you will get run over if you just sit there.
- DO something for today that your future self will thank you for.
- The man who doesn't read good books has no advantage over the man who cannot read them.
- Everybody is genius. But if you judge a fish by its inability to climb a tree, it will live its whole life believing it is stupid.
- Sometimes you will never know the value of a moment until it becomes a memory.
- The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every

- difficulty.
- If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you.
- People who are crazy enough to think that they can change the world, are the ones who do.
- When I stand before God at the end of my life, I would hope that I would not have single bit of talent left and could say, I used everything that you gave me.
- The quickest way to double your money is to fold it over and put it back in your pocket.
- Don't worry about failures, worry about the chances you miss when you don't even try.
- Do not go where the path may lead, go instead where there is no path and leave a trail.

CW BUZZ

Rules:

Nirmal Prasad Panta
AS Level

- No number should appear more than once in a row. If there are more, some must be marked as black.
- The painted (black) cells must not connect each other horizontally or vertically
- But they can connect each other diagonally.
- When completed, the white cells should form a continuous network.

Hitori

4	2	3	5	1
5	4	1	2	4
3	5	3	1	2
1	4	5	4	2
2	2	4	5	3

Sudoku

						4		
						1		
	1	7			4			
4	7	9						
					7			4
		6	4		9		7	
	5				8		4	
	6			7				3
		3			6			

"भ्रमक घिमिरे"

प्रान्तल तिवारी, ६ 'ग'

जीवनलाई सृष्टिकै सुन्दर फूल भन्ने भ्रमक घिमिरेको जन्म वि. सं. २०३७ साल आषाढ २५ गते धनकुटा ३ स्थित काँचिडेमा बुबा कृष्णबहादुर र आमा आशाको पहिलो सन्तानको रूपमा भएको थियो । निम्न वर्गीय परिवारमा जन्मिएकी घिमिरेले जीवनमा धेरै नै सङ्घर्ष गर्नुपरेको । शारीरिक तथा मानसिक रूपमा अशक्त यिनले २०६७ सालमा मदन पुरस्कार प्राप्त गरिन् । मदन पुरस्कार प्राप्त गर्ने कृतिको नाम "जीवन काँडा कि फूल" हो । उनी सानैदेखि नै अलि मनोमानी स्वभावकी थिइन् । वि.सं २०५० सालमा आफ्नो नामको पछाडि रहेको 'कुमारी' शब्द हटाएर उनले भ्रमक घिमिरे मात्रै राखेकी हुन् । कुमारी शब्द हटाएपछि मानिसहरूलाई उनी केटा हो कि केटी हो, चिन्न गाह्रो परेको थियो ।

सङ्घर्ष चल्दै गयो, हातहरूले धोका दिए । आफ्नो खुट्टामा उभिन सकिनन् । त्यही पनि उनी पछि नहटी अक्षररूपी आवाजबाट सेतो कागजमा कालो मसी छर्दै उनले दोहोरो सञ्चार गर्न थालिन् । उनको शब्दको भण्डारले दर्जनौं कृतिहरू

जन्मायो । साहित्यको आकाशले बेजोड प्रतिभा पायो । वि.सं. २०५३ सालबाट नियमित रूपमा दैनिकी लेख्दै आएकी थिइन् । आफ्नै जीवनको बारेका वर्णन गर्ने 'जीवन काँडा कि फूल' बाट अझ बढी आफूलाई देश सामु चिनाउने मौका पाइन् । अहिले उनको निबन्ध, कविता, गजलका ११ कृतिहरूले साहित्यको भण्डार भरिएको छ । उनले लेखेका साहित्यहरू आफैं बोल्छन् । "काम गर फलको आशा नगर" आफू सङ्घर्ष गर्न पछि पर्नु हुँदैन । यिनी मुलुककी एक बेजोड प्रतिभा हुन् । उनको सङ्घर्षप्रतिको सफलता आज सबै सामु छ ।

साहित्यमा धेरै योगदान पुऱ्याएकी घिमिरेले देशमा साहित्यलाई चिनाउने काम गरिन् । उनको विचारमा जीवन सफल बनाउन आज पूर्ण सफल रूपमा बाँच्नु पर्दछ । उनले लिएको सोच प्रत्येक मानिसको भयो भने अवश्य पनि देशको मुहार फेरिन सक्छ । उनले लेखेका कयौं कविताहरू यति भावुक छन् कि जसबाट मानिसहरूलाई केही गर्नु पर्दछ भन्ने हौसला प्रदान गर्दछ । विभिन्न अग्रज साहित्यकारहरूका लेखहरू

पढी त्यसको अनुसरण गरी अहिले आएर भ्रमक घिमिरे एक सफल साहित्यकारको रूपमा चिनाउन सफल भएकी छिन् । उनका चारवटा पुस्तकहरू विभिन्न संघ-संस्थाको माध्यमबाट छापिएका छन् । तिनीहरू 'सङ्कल्प कविता संग्रह २०५५,' 'मान्छे भित्रका योद्धाहरू कविता संग्रह २०५७,' 'आफ्नै चिता' अमि शिखातिर' आदि हुन् ।

भ्रमक घिमिरे

जन्म:
वि.सं. २०३७ साल
आषाढ २५

जन्मस्थान:
काँचिडे, धनकुटा

पेसा:
लेखक

आमाको दुखेसो

सदिका अधिकारी, १० 'क'



खुशीको सीमा रहेन, मुटुका टुक्राहरू पाएँ
घर- परिवार, इष्टमित्रमा, हर्षका गीत गाएँ
तर भाग्यले रच्यो खेल, खुशीमा दाग लाग्यो
पति गुमाएँ मैले, खुशीले घर छाड्यो ।

छोराछोरीको जिम्मा काँधमा मेरा आए
दुःखकष्ट गरी छोराछोरीलाई हुर्काएँ
बढ्दै गई छोरी, छोरा दूलो भयो
खुशीको मुहान फुट्ने भो, दासता टाढा गयो ।

तर बदलियो समय, परिवर्तन भो समाज
बदलियो त्यो संस्कार, त्यो रीतिरिवाज
छोराछोरी मबाट हुन थाले टाढा
बिर्सिदिए मलाई, मनमा घोच्दै काँडा ।

बिदेसियो छोरा, छोरी भई पराइ
वर्षभरिको खुशी, एकैछिन्ना बिलाई
न त फर्क्यो छोरा, न आई छोरी
एकान्तमा मेरो, बाँधिएको छ डोरी ।

खोज्दै छ मेरो मन, छोराको माया
छोरी आई कि ? आँखा दाँयाबाँया
सुनसानै छ घर, सुनसानै मन
के गर्नु अब म ? तिमी आफैं भन ।

तस्बिरलाई अँगाल्दै आफ्नो दुःख पोख्छु
दुई छाक टार्न, दिनरात माग्छु
तर कालै थियो भूत, वर्तमान छ कालो
दुःखले भरिएको अब भविष्यको पालो ।

तर पनि मनमा आशाको दियो बाली
सोच्ने गर्छु, अब आउँछ खुशीयालीको पाली
आउला मेरो छोरा, फर्किली छोरी मेरी
मन फेरि धड्केला, ओठमा मुस्कान फेरि ।

सम्झँदै बस्छु म बितेका ती साल
समय बित्दै गए, सेता भए कपाल
सोच्दछु यी दुःखका माला म कसलाई गाँसु
अझ पनि भर्छु आँखाबाट वियोगका यी
आँसु ।

कहिल्यै नबिरने भ्रमण

प्रियष थापा, ९ 'क'



अघिल्लो वर्षको कुरा हो, हाम्रो वार्षिक परीक्षा समाप्त भइसकेको थियो । विद्यालयले हामी विद्यार्थीहरूलाई भन्डै एक महिनाको बिदा दिएको थियो । बिदा सुरु भएपछि त केही दिनको लागि आनन्दले बसियो । तर त्यसपछि मलाई घरमै बसिरहन दिक्क लाग्न थाल्यो । मनमा देशको एक – दुईवटा प्रसिद्ध ठाउँहरू घुम्ने रह उठ्यो । अब मेरो सौभाग्य भनू कि संयोग, मेरा बुवा र आमाको गोरखा घुम्ने निर्णय लिनुभयो । यसरी मेरो गोरखा भ्रमण २०७२ को चैत्रमा सुरु भयो ।

म, बुवा, आमा र दिदीसहित हाम्रो चारजनाको सानो परिवार गोरखा भ्रमणका लागि काठमाडौँबाट निस्क्यौँ । मेरो मन खुसीले नाचिरहेको थियो । गोरखा नेपालको पश्चिमी भागमा रहेको एक सुन्दर र सानो जिल्ला हो । थुप्रै किताबहरूमा पृथ्वी नारायण शाहको जन्मस्थल गोरखाको बारेमा पढेको थिएँ । किताबहरूमा पढेको गोरखा घुम्न जाँदा म निकै उत्सुक भएको थिएँ । गोरखा जाने बाटोमा थुप्रै राम्राराम्रा दृश्य मैले देखेँ । त्यो दृश्यले मेरो मनै खुसी र रमाइलो पार्थ्यो । गोरखा पुगेपछि त्यहाँको सुन्दर वातावरण र दृश्यले हाम्रो स्वागत गर्थ्यो । सुरुमा हामी एउटा होटेलमा बस्यौँ । बसको लामो यात्राबाट लागेको थकाइलाई गोरखाको चिसो र ताजा हावाले मेटाइदियो । त्यहाँको सफा वातावरण देखेर हाम्रो शरीरमा एक नयाँ शक्ति र फुर्ति आयो । त्यो दिन हामी गोरखा बजार डुल्यौँ । साँझ परिसकेको थियो , हामी होटेलमा फर्क्यौँ । भोलिपल्ट हामीले बिहानै मनकामना मन्दिर भ्रमण गर्ने निर्णय लियौँ । त्यो रात मलाई निद्रै लागेन । रातभर

मनकामना मन्दिरको सोचमा म डुबिरहेँ । भोलिपल्ट बिहानै हामी सबै तयार भएर मनकामना मन्दिर जानको लागि हिँड्यौँ । मनकामना मन्दिरमा जानको लागि हामीले काठमाडौँ – पोखरा राजमार्गबाट केवल कारमा चढ्यौँ । एकीछिन त म डरले बोल्ने नसक्ने भएको थिएँ । तर पछि त्यो डर हरायो । त्यसपछि हामी मन्दिरमा पुग्यौँ । त्यो दुर्गाको मन्दिरमा हाम्रो मनको इच्छा, कामना पूरा हुने भएकाले मन्दिरको नाम मनकामना राखिएको हो । त्यहाँ मैले थुप्रै बाह्य तथा आन्तरिक पर्यटकहरूलाई देखेँ । त्यहाँ सयौँ भक्तजनहरू आएका थिए । त्यो मन्दिरबाट थुप्रै हिमालहरूको दृश्य पनि देखिँदो रहेछ । त्यो सुन्दर दृश्य मेरो मनमा बसिरहयो । त्यसपछि हामीले गोरखानाथ मन्दिर घुम्ने योजना बनायौँ । गोरखानाथ मन्दिर २०७२ को भूकम्पका कारण अलिकति भत्किए पनि यहाँ थुप्रै मानिसहरू आएका थिए । गोरखानाथ दर्शन गरेपछि हामी गोरखा दरबार हेर्न गयौँ । त्यो दरबार गोरखाको प्रसिद्ध राजा राम शाहले बनाएका थिए र सबै शाह राजाहरू त्यहाँ बस्ने गर्थे । हामीले गोरखाबाट मनास्लु हिमाल पनि देख्न पायौँ । सूर्यको किरण पर्दा त्यो हिमाल हिराको टुक्रा जस्तै चम्किरहेको थियो । गोरखाको भ्रमण गरिसकेपछि हामी आफ्नो होटेलमा फर्क्यौँ र भोलिपल्ट पोखरा जाने सल्लाह गर्छौँ ।

मैले पोखराको बारेमा सुनेको मात्र थिएँ तर कहिल्यै देखेको थिइनँ । त्यो वर्ष मेरो पोखरा घुम्ने इच्छा पनि पूरा भयो । साँच्चै , पोखरा नेपालको अनमोल प्राकृतिक सम्पत्ति हो । यहाँको दृश्यले मेरो मनै लोभ्यायो ।

बुवा, आमाबाट सुनेको पोखरा सहर मैले त्यतिबेला राम्ररी घुमँ । सुरुमा त्यहाँ हामीले फेवातालको भ्रमण गर्छौँ । फेवातालको बिचमा रहेको तालबाराही मन्दिरको दृश्य देखेर शुरुमा त म छक्क पर्छ । मैले अरुबाट सुनेको थिएँ कि त्यो मन्दिर फेवातालको बिचमा छ तर त्यतिबेला मैले त्यो मन्दिर आफ्नै आँखाले देखेँ । यो सुन्दर मन्दिरको दर्शन गर्न हामी दुङ्गाबाट गयौँ । त्यसपछि मेरो शरीरमा एक नयाँ उर्जा भरियो । हामीले पोखरामा भएको फेवाताल, डेभिड्स फल (पाताले छाँगे), महेन्द्र गुफा, सराङ्कोट आदि सबै ठाउँ घुम्न । काठमाडौँ जस्तो सहरमा बसेको मानिसलाई पोखरा जस्तो ठाउँमा लगेपछि ऊ आश्चर्यचकित हुन्छ भन्ने कुरा मैले पोखराको भ्रमण गर्दा थाहा पाएँ । पोखरामा हामीले माछापुच्छ्रे पनि एक हिराको टुक्रा हो भन्नु केही गलत होइन भन्ने बुझ्यौ । त्यहाँ पनि दुई दिन बसेपछि हामी काठमाडौँ उपत्यकातर्फ फर्कियौँ ।

चार दिनको त्यो छोटो भ्रमण मेरो मनमा सधैंको लागि बसिरहेको छ । अहिले पनि मलाई त्यो भ्रमण हिजो भर्खरै सकिएको जस्तै लाग्छ । यो भ्रमणबाट मैले चाहेको ठाउँ पनि घुमँ र नेपालको दुईवटा प्रसिद्ध ठाउँको बारेमा जानकारी पनि पाएँ । मानिसलाई सधैं काम गरायो भने ऊ यन्त्र मानव जस्तो बन्छ । त्यसैले कहिले काहीँ सहरको भिडभाड, फोहोर आदिबाट बाहिरिएर अरु ठाउँहरू पनि घुम्न जानुपर्छ । यसले गर्दा हामीले नयाँनयाँ अनुभव पनि पाउँछौँ । म त्यो भ्रमण आफ्नो जीवनभर बिर्सने छैन । यो साँच्चै मेरो लागि कहिल्यै नबिर्सने भ्रमण बनेको छ ।

बुद्धिमान्नी केटी

सुबेक्षा कार्की, ८ 'घ'

एक समयमा एउटा गाउँमा एउटी केटी बस्थी । त्यो केटीको नाम माया थियो । उसका आमाबुबा, ऊ सानै हुँदा बितिसकेका थिए । त्यसैले ऊ सानैदेखि आफ्नो काकाकाकीसँग बस्थी । उसको काकाको एउटा छोरो थियो । उसको नाम प्रफुल्ल थियो । उसको काकाले उसको भाइलाई बोर्डिङ स्कूलमा पढ्न पठाउँथे । माया सबैलाई माया र आदर गर्थी । ऊ पढाइमा पनि जेहेन्दार थिई । ऊ सबैले भनेको कुरा मान्थी । उसको विद्यालयमा पनि उसलाई सबैले माया गर्थे । उसको काका व्यापारी हुनुहुन्थ्यो त्यसैले घरमा कमै बस्नु हुन्थ्यो ।

एकदिन उसका काका बाहिर जानुभएको थियो । उसको घरमा ऊ, भाइ र उसको



साथी थिए । उनीहरू त्यहाँ आफ्नो परीक्षाको तयारी गर्दै थिए । एकैछिन पछि उनीहरूको ढोकामा एउटा अनौठो, कहिले नदेखेको मानिस देखियो । त्यसपछि मायाले “तपाईं को हो ? तपाईंलाई त मैले कहिले पनि देखेको छैन त ।” भनेर सोधी । त्यो मान्छेले जवाफ फर्कायो , “म हिजो भर्खरै , नजिकैको घरमा डेरा सरेको छु । ” मायाले त्यतिबेला नै फेरि सोधी, “तपाईं यहाँ आएको कारण चाहिँ के हो नि ?” त्यो मानिसले जवाफ दियो , “म यहाँ तिम्रो काकालाई भेट्न आएको हुँ ।” मायाले फेरि भनी , “त्यसो भए आउनुस् न त यहाँ बस्नुस् ।” त्यो मान्छे आएर सोफामा बस्यो र भन्यो, “तिम्रो काका नआउन्जेल म कुर्छु नि त ।” त्यसपछि माया, उसकी साथी र भाइ काम गर्न थाले । उनीहरू अर्कै कोठामा बसेर काम गरी रहेका थिए तर मायालाई चाहिँ त्यो मान्छेमा शङ्का लागिरहेको थियो । एकछिनपछि उसका काकाकाकीको कोठाबाट अनौठो आवाज आयो । उसले बिस्तारै चियाएर हेरी । नयाँ मान्छे त काकाको दराज खोल्न खोज्दै रहेछ । मायालाई एकदमै डर लाग्यो । उसले त्यो कुरा आफ्नी साथीलाई भनी । त्यसपछि उनीहरू मिलेर भाइलाई सुटुक्क छिमेकी काकाको घरमा पठाए । छिमेकी काकालाई पनि त्यस कुराको बारेमा खबर गरे । त्यसपछि छिमेकी काका पुलिस बोलाउन जानुभयो । तर त्यति बेलासम्म चोरले चोरै हिँड्ने तयारी गर्दै थियो । मायाले जुक्ति निकाली । उसले काकाकाकीहरू आएको जस्तो नाटक गरेर त्यस्तै स्वर पनि निकालिछ । त्यो चोरले सान्च्चै काका आए भन्ने ठानेर त्यस ठाउँबाट भाग्न खोज्यो । समयमा नै मायाको छिमेकी काका पुलिसलाई लिएर आउँनुभयो ।

यसरी त्यो चोरलाई माया, उसकी साथी र छिमेकी काका भएर समाते । वास्तवमा त्यो चोर पहिलेदेखि नै अरुको घरमा पनि त्यसरी नै चोर्दै आएको रहेछ । त्यो चोर बच्चाहरू मात्र भएको मौका खोज्थ्यो । माया र उसकी साथीले गरेको कामले आज एउटा चोर समातियो भनेर सबैले उनीहरूको प्रशंसा गरे । उसका काकाकाकीले उसलाई पनि आफ्नो छोरा जस्तै माया गर्न थाले ।

नेपाल

शान्वी श्रेष्ठ, २ 'च'

मेरो देश नेपालमा
धेरै हिमाल पहाड छन् ।
मेरो देश नेपालमा
खोला, नदी तलाउ छन् ।
मेरो देश नेपाल
धेरै राम्रो छ ।
मेरो देश नेपालमा
जङ्गलहरू धेरै छन् ।
मेरो देश नेपालमा
मन्दिरहरू धेरै छन् ।
मेरो देश नेपाल धेरै
राम्रो छ ।



लालीगुराँस राम्रो
यहाँ फुल्दछन् ।
डाँफे मुनाल राम्रो
यहाँ नाचदछन् ।
राष्ट्रिय जनावर
गाई यहाँ पुज्दछन् ।
मेरो देश नेपाल
धेरै राम्रो छ ।
पशुपति, स्वयम्भू मन्दिर
नेपालमै छन् ।
ज्ञानी गौतम बुद्ध
यहाँ जन्मेथे ।

भानुभक्त मोतीराम
यहाँ जन्मेथे ।
हिन्दु , मुस्लिम विभिन्न
जाती यहाँ बस्दछन् ।
दर्शन , तिहार, इद पर्व
यही मनाउँछन् ।
विभिन्न चराहरू
यहाँ बस्दछन् ।
विभिन्न जनावरहरू
यहाँ बस्दछन् ।
मेरो देश नेपाल धेरै
राम्रो छ ।



बालदिवसः एउटा बेग्लै अनुभूति

आशंसा अधिकारी, १० 'क'

बालदिवस हामी १६ वर्षभन्दा मुनिका बालबालिकाको निमित्त बनाइएको एउटा महत्वपूर्ण दिन हो। यस दिनमा हामी बालबालिकाका निमित्त भनेर विभिन्न कार्यक्रमहरूको सञ्चालन गरिन्छ। विगतका दिनहरूमा बालदिवसका दिन हाम्रो विद्यालयमा कहिले अन्तर सदनात्मक त कहिले अन्तर विद्यालयस्तरीय सडक दौड प्रतियोगिता हुने गर्थ्यो। यसपटक पनि हाम्रो विद्यालयमा सदाजस्तै दौड प्रतियोगिताको आयोजना होला भन्ने हामी सबैको सोच थियो। तर त्यस सोचलाई भङ्ग गर्दै बालदिवसको कार्यक्रम भिन्दै प्रकारले हुने खबर सुन्दा हामी तरङ्गित भयौं। गुरु गुरुआमाहरू पनि केही दिनदेखि अभ्यासमा व्यस्त हुनुहुन्थ्यो। हामीलाई कुन शिक्षकले के गर्नुहुने हो र कुनकुन प्रकारका क्रियाकलापहरू हुने हुन् भन्ने सवालहरूले बेचैन पारिसकेको थियो। भाद्र २८ गते जब स्कुल सकियो र हामी आफ्नो घरतर्फ लाग्यौं, तब भोलिपल्टको कार्यक्रमबारे कौतूहल र उत्सुकताले हाम्रो मन उथलपुथल भएको थियो। यस पटक सम्पूर्ण गुरु गुरुआमाहरूले हाम्रा लागि मनोरञ्जनपूर्ण प्रस्तुति गर्दै हुनु हुन्थ्यो। हामी त्यो हेर्न अत्यन्त उत्साहित थियौं।

भाद्र २९ गते जब हामीले स्कुलभित्र पाइला राख्यौं, हाम्रो खुशीको सीमा नै रहेन। मैदानमा सुन्दर मञ्चको निर्माण गरिएको थियो। नर्सरीदेखि ४ कक्षसम्मका भाइबहिनीहरू पनि त्यहाँ आएका थिए। कार्यक्रम त विशाल नै हुने भयो भन्ने कुरा हामीलाई लाग्यो। अनि हामीलाई विस्तारै मञ्च अगाडिको पालमुनिको बेञ्चमा राखियो र कार्यक्रमको सुरुआत गर्ने घोषणा गरियो।

सबैभन्दा सुरुमा गुरुहरूले गीत गाउनुभयो। हामी त त्यहाँ यति खुशी भएका थियौं कि त्यो त एउटा विशाल कन्सर्ट जस्तै देखिन्थ्यो। सुरुआत नै यस्तो राम्रो भएपछि अब आउँदा प्रस्तुतिका कल्पनामै व्यस्त थियौं हामी। अनि तामाङ्गसेलो नृत्यको प्रस्तुति गरियो। यस नृत्यले हाम्रो होस नै उडाइदियो। आउँदा प्रस्तुतिहरू त भन्नु रमाइला हुँदै गए। २ तथा ३ कक्षाका गुरुआमाहरूको नृत्य पनि अत्यन्तै सुन्दर रह्यो। प्रियङ्का म्यामको नृत्य पनि साह्रै नै राम्रो थियो। ताली बजाउँदा

बजाउँदै हाम्रो हात नै दुख्न थालिसकेको थियो। जब हाम्रा गुरु गुरुआमाको अङ्ग्रेजी नाटकको प्रस्तुति भयो, तब हामी ज्यादै नै हाँस्यौं। त्यहाँ यति हास्यास्पद बोलहरूको समायोजन गरिएको थियो कि कसैले हाँसबाट रोक्न नै सकेन। अनि जब सिनियर अर्थात् विभागीय प्रमुख लगायतका गुरु गुरुआमाले आफ्नो नाटकको प्रस्तुति गर्नुभयो, हामी सबैजनाले बेञ्चमा उभिएर हाँस्यौं – रमाउँदै त्यसलाई हेर्छौं। वास्तवमा त्यो अत्यन्त रोचक हास्य गीत र नृत्यको नाटकीय प्रस्तुति थियो। यो हाम्रा गुरुहरूको हामीप्रतिको माया एवम् सद्भाव थियो। हामीले त्यस दिन भरपुर मनोरञ्जन लियौं। अनि त्यसपछि पनि धेरै सुन्दर गीत तथा नृत्यको प्रस्तुति भयो।

यसपटकको बालदिवस एकदमै रमाइलो र छुट्टै प्रकारको थियो। हामी सम्पूर्ण विद्यार्थीहरूले अत्यन्त मनोरञ्जन गर्छौं। सधैं गम्भीर भएर कक्षामा पढाउने गुरु गुरुआमाले यस्तो किसिमको प्रस्तुति दिँदा हामी अत्यन्त हर्षित भयौं। भनिन्छ, शिक्षक कक्षामा पढाउन मात्र होइन, हरेक प्रस्तुतिमा निपुण हुन्छन्। हामीले यसको ज्वलन्त उदाहरण यस बाल दिवसमा प्रत्यक्ष देख्न पायौं। हाम्रा लागि तयार गरिएको यस्तो प्रस्तुतिप्रति हामी आभारी रहनेछौं भन्ने भिन्दै अनुभूति सँगाल्दै हामीले यस पटकको बालदिवसलाई विदा गर्छौं।

बाल दिवस



मेरो नेपाल

कल्भिन मैताली, ५ 'ड'

चन्द्र सूर्य निशानी छ, हामी वीर जातिको हाम्रो देश नेपाल हो, स्वर्गभन्दा माथिको रामजीको ससुराली, शिवजीको कर्मधाम सगरमाथाको चुचुरोमा भुल्किन्छ, पहिलो घाम।

अढेसलागी बसेको छ, हिमालको काखमा डाँडापाखा गुन्गुनाउँछन्, कोईलीको भाकामा लेक हेरे लालीगुराँस डाँफे मुनाल नाचेको लुईचे, मयूर, कोइलीले माया पिरती गाँसेको।

पहाडका नदीनाला भर भर गर्ने भरना दूला दूला घाँस मैदान, गाई भैंसी चरन तराईमा धानका बाला लटरसम्म भुलेका कमलको फूल, पारिजात, शिरीषका फूल फुलेका।

मुटुभित्र अटाउँछ, मेरो सानो नेपाल परिणाममा सानो तर गुणमा छ विशाल सुन्दर, शान्त विशाल हाम्रो नेपाल हामी सम्पूर्ण नेपालीको घरबार।

मेरी आमा

आरभ कोइराला, २ 'क'

मेरो कवितामा मेरी आमा
मेरो कथामा मेरी आमा
मेरो निबन्धमा मेरी आमा
मेरो चुटुकिलामा मेरी आमा।

अक्षर चिन्ने उनीसँगै
शब्द बुन्ने उनीसँगै
वाक्य गाउँने उनीसँगै
विचार जोड्ने उनीसँगै।

देखिने संसार देखाइन् उनीले
नदेखिने संसार सुनाइन् उनीले
ठिक बेठिक बुझाइन् उनीले
जन्म दिई जिउन सिकाइन् उनीले।



"विज्ञान र प्रविधि"

आशुतोष लोहनी, ९ 'ख'

विज्ञान अवलोकन, परीक्षण र प्रयोगको आधारमा प्रतिपादन गरिएको ज्ञान हो। यसले प्रकृतिमा रहेका विभिन्न वस्तु र विषयको अध्ययन गर्दछ। आजको युगलाई विज्ञान र प्रविधिको युग भनिन्छ किनभने प्राचीन युगदेखि स्थापित भएको परम्परागत सोच, मूल्य र मान्यतालाई विज्ञानले प्रतिस्थापन गरी नयाँ मोडमा लान सफल भएको छ। वैज्ञानिक आविष्कारका कारण क्रमशः मानिस जङ्गली जीवनबाट विकसित हुँदै चन्द्रमामा समेत पाइला राख्न समर्थ भयो। उसले वैज्ञानिक अध्ययन र अनुसन्धानबाट अत्याधुनिक प्रविधिको आविष्कार गरेको छ जसलाई कम्प्युटर प्रविधि, डिजिटल प्रविधि, बायो-टेक्नोलोजी, अटोमेसन, यन्त्र मानव (रोबोटिक्स) आदि भनिन्छ।

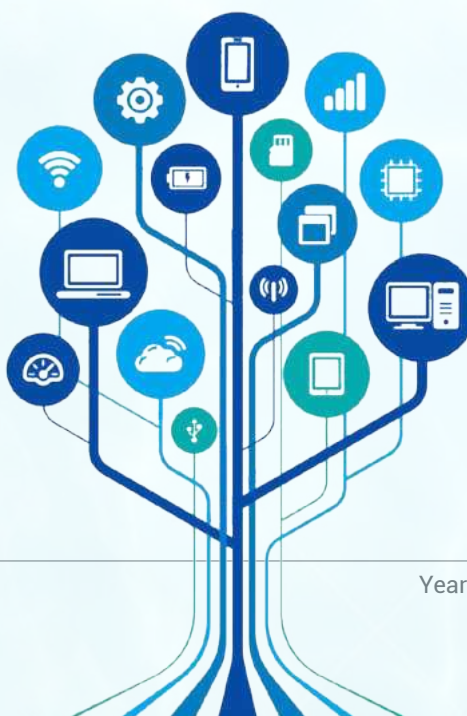
प्राणी जगतमा मानिसलाई सबैभन्दा चेतनशील र जिज्ञासु मानिन्छ किनभने उसले प्रकृतिलाई नियालेर अनन्त चिन्तन गरी नयाँनयाँ सम्भावनामाथि वैज्ञानिक प्रयोग गर्न थाल्यो। जस्तै: पन्छीहरू आकाशमा उड्छन्, माछा पानीमा पौडन्छ, दिन र रात हुनु, पृथ्वीको सतहमा कहाँ अग्लो र कहाँ होचो हुनु, आँधी र भूकम्प जस्ता घटना घट्नु, तापक्रम र हावा पानी बदलिनु जस्ता प्राकृतिक रहस्यहरूको अध्ययनबाट मानिसले नयाँ सिद्धान्तहरू प्रतिपादन गर्न सको। विज्ञान र प्रविधिविना मानव सभ्यताको कल्पनासम्म गर्न सकिँदैन। यसले जीवनलाई सरल, सहज र आरामदायी बनाएको छ। सवारी साधन, सञ्चार माध्यम र यसमा प्रयोग हुने उपकरणको विकास आदि विज्ञान र प्रविधिका महत्वपूर्ण उपलब्धि हुन्। त्यसैगरी यसले स्वास्थ्य, शिक्षा, कृषि, उद्योग र सेवाको क्षेत्रमा ठूलै क्रान्ति ल्याएको छ। वैज्ञानिक विधि अपनाउने मानिसहरू थोरै लागतमा धेरै लाभ कमाउन सक्षम भएका छन्। विज्ञान र प्रविधिले सिङ्गो विश्वलाई एउटा सानो गाउँको रूपमा हेर्न सम्भव बनाएको छ। धर्तीका विभिन्न भागका मानिसहरू जलमार्ग, रेलमार्ग, सडक मार्ग, र हवाई मार्ग प्रयोग गरी सजिलै आफूले चाहेको स्थानमा पुग्ने गर्दछन्।

सूचना प्रविधिको क्षेत्रमा पनि वैज्ञानिक आविष्कार वरदान साबित भएको छ। मानिसहरू इन्टरनेट र इमेल जस्ता कम्प्युटरमा आधारित सुविधा प्रयोग गरी बिना भौतिक उपस्थिति नै विभिन्न स्थानका मानिसहरूसँग सूचना एवम् सन्देश आदानप्रदान गर्दछन्। यसलाई

भर्चुअल सम्बन्ध भन्ने गरिन्छ। विज्ञान अन्तर्गत विभिन्न चमत्कारी कार्यहरू भएका छन्। यसले अणु परमाणुको आविष्कार गरी शुद्धदर्शकयन्त्र मार्फत थुप्रै गुण विशेषता पत्ता लगाएको छ।

विज्ञान र प्रविधिको आविष्कार गर्ने होडबाजीले मानव जीवनलाई ठूलो चुनौती पनि दिएको छ। विज्ञान र प्रविधिको आविष्कार अन्तर्गत बन्दुक, हातहतियार, बम, बारुद र अन्य बिस्फोटक पदार्थ पनि पर्दछन्। यी वस्तुहरूको दुरुपयोगले सिङ्गो मानव सभ्यता नै सड्कटमा परेको छ। यस्ता पदार्थ आविष्कार गर्ने राष्ट्रहरू एकआपसमा अस्वस्थ प्रतिष्पर्धा गर्दछन्। फलस्वरूप प्रकृतिका सुन्दर संरचना र प्राणी जगतले दुःख भोग्नु पर्दछ। यसको ज्वलन्त उदाहरण जापानको हिरोसिमा र नागसाकीमा भएका बम बिस्फोट हो जहाँ कयौँ जन-धनको क्षति भयो।

विज्ञान र प्रविधिको प्रयोग प्राणी हितको लागि गरिनु पर्दछ। यसबाट समाजले भौतिक सम्पन्नता प्राप्त गर्नु पर्दछ। अत्याधुनिक प्रविधि अपनाएर शिक्षा, कृषि, स्वास्थ्य प्रशासन, पर्यटन र उत्पादनमूलक उद्योगहरूलाई समृद्ध बनाउनु पर्दछ। यसले गर्दा व्यक्ति, समाज र राष्ट्र आत्मनिर्भरतातर्फ अघि बढ्दछ। राष्ट्रले आफ्नै मुलुकमा वैज्ञानिकहरू जन्माउनु पर्दछ। विज्ञानलाई अभिशाप होइन, वरदान हो भन्ने कुरा साबित गर्नु पर्दछ। अनि मात्र हामी मानव जाति चेतनशील र सिर्जनशील भएको प्रमाणित हुने छ।



बाध्यता

भगवती भण्डारी, १२ (विज्ञान संडकाय)

वसन्तको हरियालीमा रम्न नखोज
शिशिरको तुसारो त आउन बाँकी छ
निर्मल त्यो स्वच्छ आकाशमा
कालो बादलले छाउन बाँकी छ।

जीवनका हरेक मोडमा पीडा लुकाई हाँस्नु
पन्या' छ
सोचेजस्तो नपुग्दा नि जीवनमा बाँच्नु पन्या'
छ
कस्तो बाध्यता हो यो कोमल मुटु बाँध्नु पर्ने
मुटुभरि पीडा लुकाई बाहिरी ओठले हाँस्नु
पर्ने

समहलेर राखौँ साथी यी हाम्रा सम्भनाहरू
क्षणभरका हाँसो अनि पूरा नभएका
चाहनाहरू।
हेर साथी पीडा लुकाई बाहिर हाँसेको छु।
बुझ साथी बाध्यतालाई विवश भई रुझेको
छु।

मेरो साहस

सदिका अधिकारी, १० 'क'

छैन थाहा जीवनको अर्थ
बाध्यतामा बाँचिरहेछु।
नारी अन्याय र अत्याचारमा
म यहाँ छटपटी रहेछु।
अन्धो समाजको कारागारभित्र
म रोइरहेछु।
निराश आकृतिको प्रतिबिम्बमा
जीवन ओभेल परिरहेछ।
नारी उत्थान गर्ने
मेरो सुनौला कल्पनाहरू
क्षितिजसँगै विलीन भइरहेछ।
तर अबै पनि हतारमा छैन
साहसको शिखरतर्फ अग्लिई रहनेछु।
दानवको अस्तित्वमाथि म
बज्र प्रहार गरी नै रहने छु।

प्रेरणाको स्रोत - बुबा

सोफिया श्रेष्ठ, ए 'ड'

पश्चिम नेपालको एक सुन्दर गाउँ बाहुन डाँडामा एक धिमिरे परिवार बस्थ्यो । घरमूलीको नाम थियो राम प्रसाद धिमिरे । रामप्रसाद धिमिरे एक साधारण किसान थिए र उनको परिवार मध्यमस्तरको थियो । उनको परिवारमा, एक श्रीमती र एक छोरा थिए । छोराको नाम श्यामप्रसाद धिमिरे थियो । १५ वर्षको श्यामप्रसाद धिमिरे स्थानीय विद्या सागर उच्च माध्यमिक विद्यालयमा कक्षा ९ मा अध्ययन गर्थ्यो । ऊ विद्यालयको जेहेन्दार विद्यार्थीहरूमा पर्दथ्यो । उसका गुरु र साथीहरूले उसलाई धेरै मन पराउँथे । श्याम विद्यालयबाट छुट्टी भएपछि पनि आफ्नो बुबालाई खेतीको काममा पनि सघाउँथ्यो र आफ्ना बुबाआमालाई आदर सत्कार गर्थ्यो ।

श्यामकी आमाको नाम रमा थियो र उनको उमेर चाहिँ ४५ वर्ष थियो । उनी शारीरिक रूपमा अलि कमजोर थिइन् तर पनि घरायसी काम सबै आफैं गर्थिन् । सधैं आफ्नो श्रीमानलाई सहयोग गर्थिन्, साथ बस्थिन् र माया गर्थिन् ।

यो सानो परिवार धेरै सुखी र खुशी थियो । बेलुकाको खाना, पूरै परिवार सँगै बसेर खान्थे । खाना खाने समयमा सुख दुःख का कुराका साथै अन्य विषयमा पनि छलफल हुन्थ्यो । तर सधैं बुबा रामप्रसादले छोरा

श्यामप्रसादलाई केही न केही दोष देखाएर अभ्र राम्रो गर्नु पर्ने भन्ने अर्ती उपदेश दिन्थे । श्यामले पनि आफ्ना बुबाको आज्ञानुसार त्यसै गरेर आफ्नो काम गर्थ्यो । श्यामप्रसाद असल विद्यार्थी थियो । ऊ पढाइमा पनि राम्रो थियो । तर उसलाई सधैं बेलुकाको खाना खाने समयमा बुबाले दिने अर्ती उपदेश सुन्दा दिक्क लागिसकेको थियो र ऊ एकलै सोच्यो, “म पनि बुझ्ने भइसकौँ । किन बुबाले सधैं सम्झाई रहनुहुन्छ, उपदेश दिई रहनु हुन्छ ?” यस्ता कुराले ऊ चिन्तित पनि थियो । श्यामप्रसादले आज म खाना खाएपछि बुबासँग कुरा गर्छु भनेर निर्णय गर्‍यो अनि त्यसैअनुसार उसले खाना अलि छिटो खाई बाहिर हात धुन गयो ।

श्यामप्रसाद हात धुन जाने बेलामा भित्र श्यामप्रसादकी आमाको बुबासँग, “हाम्रो छोरा ठूलो भइसक्यो । तपाईं जहिले पनि उसलाई खाने बेलामा केही न केही भन्नु हुन्छ । बिचरालाई नराम्रो लाग्ला । अलि माया गर्नु न ।” भनेर कुरा गर्दै थिइन् । आमाको यस्तो कुरा सुनेपछि पिता रामप्रसाद, “बुबाआमाको अगाडि आफ्ना सन्तान सधैं सानो हुन्छ र उसले गरेको प्रगति यति भए पुग्यो भनेर भन्नु हुन्न अनि सन्तानलाई त्यो भन्दा बढी राम्रो गर्ने हौसला दिनुपर्छ । छोराको माया मलाई पनि छ तर मायाभन्दा धेरै उसको भविष्यको चिन्ता छ ।”



भनेर आमालाई सम्झाउँदै हुनुहुन्थ्यो ।

बाहिर हात धुन गएको श्यामप्रसादले ढोकाबाट भित्र बुबा र आमाको बिचमा भएको कुरा सबै सुन्यो र उसलाई आफ्नो बुबाको कुरा सुनेर धेरै खुसी लाग्यो । त्यस पछि श्यामप्रसाद घरभित्र पसेर बुबा र आमालाई ढोग गरेर, “बुबाआमा मलाई हजुरहरूको अर्ती उपदेश सधैं चाहिन्छ । म अहिले सानो छु । मलाई माया गर्नुस् ।” भनेर रुन थाल्यो । छोरा रुन थालेपछि आमा पनि रुन थालिन् । पिताले दुबैलाई सम्झाउनु भयो । बुबाको अर्ती उपदेशले श्याम अभ्रै मिहिनेत साथै पढ्न थाल्यो । सबै गाउँलेले भन्न थाले, “छोरा होस् त, श्यामप्रसाद जस्तो ।”

कविता

वैदेशिक रोजगार

आशांसा अधिकारी, १० 'क'

हेर न साथी अस्ताए ती तारा
भत्काए मेरा सपना सारा
फेरि आयो मेरो शत्रु बनी उज्यालो
आएन खुशी जीवनमा हाल्न अँगालो ।

रातमा आमाको काखमा बसेको
मेलामा बाबाको साथमा हाँसेको
याद आउँदा खुशाए आउँछ जिन्दगी
याद आउँदा रसाए आउँछ जिन्दगी ।

बाआमाको यादलाई अँगाल्दै
भाइबहिनीको मायालाई सँगाल्दै,
बसेकी छु म यो सानो कोठामा,
रुँदैछु म त आज भाग्यको धोकामा ।
सायद मेरो जीवनको अर्थ यही रहेछ
मेरो जिन्दगी त दुःखमय नै रहेछ
मेरा सारा सपनाबाट जागेर
फेरि जानु छ उज्यालोलाई पछ्याएर
आएँ म त दुःख सुख गरेर

साहुको ऋणको परखेटा हालेर
तर आज गर्न नसक्दा उन्नाति
भेट्न आएछ दुःखको जन्ती ।
सपनाको सागरमा डुबेकी थिएँ म
फल्ला पैसा रुखमै सोच्यौँ म
तर आज हेर मेरो यो दुर्गति,
भयानक तथा दर्दनाक छ मेरो स्थिति ।
बेलाबेलामा खुशीको भान पाउँछु
आफ्नो सपना सम्झेर मुस्कुराउँछु
साहुको जुठो भाँडा माभैँ कति मैले



तर पनि गरिबीको चपेटामै छु अहिले ।

अहिले नै फर्की देश जस्तो लाग्छ
तर दुःख सम्झेर खयाल आफैं भाग्छ
भाइले माफ्ला नयाँ आइफोन सेभेन
बहिनीले भन्ती पढ्नु छ मलाई ट्युसन ।

लौ साथी यसरी नै बसेकी छु विदेशमा
र आमालुवा, परिवार छन् स्वदेशमा
भोदै छन् देशमा कष्ट, भोक, पीडा
म यहाँ आएँ उठाउन परिवारको विडा ।

कविता

मेरो प्यारो विद्यालय

शुभम श्रेष्ठ, २ 'क'

मेरो प्यारो विद्यालय
जहाँ ज्ञानको सागर छ ।

मेरो प्यारो विद्यालय
जहाँ ज्ञान दिने गुरु र गुरुआमाहरु छन् ।

मेरो प्यारो विद्यालय
जसले मेरो भविष्य बनाउँछ ।

राख्नुपर्छ जहिले गुरुहरुको मान
गर्नु हुन कहिले उहाँहरुको अपमान
मेरो प्यारो विद्यालय ।



"मेरो प्रकृति"

विजय लिम्बू, ११ (व्यवस्थापन सङ्काय)

जीवन मेरो सुन्दर प्रकृति
भावना मेरो सुन्दर आकृति !!
घरीघरी परिवर्तन भइरहने त्यही प्रकृति
सरीसरी आइ रहने त्यही आकृति !!

सयौं तारा कयौं तारा अँधेरीको रातमा
हुन्छिन् प्रकृतिको भावना सधैं मेरै साथमा !!
मुस्कुराउँदै हँसिन्छिन् उनी वसन्तको साथमा
रमाउँदै तान्छिन् उनी हात पनि साथमा !!

कहाँसम्म लाने हो, मेरो तन र मन
लाँदालाँदै, जाँदाजाँदै सकिएला हाम्रो जीवन !!
जीवन मेरो सुन्दर प्रकृति
भावना मेरो सुन्दर आकृति !!

बालक

अभिषेक श्रेष्ठ, २ 'घ'

बालक हामी साना
सबैले गर्छन् माया ।
तोते बोली बोल्छौं
क,ख,ग पढ्छौं ।
कापी किताब समाई
स्कुल जान्छौं रमाई
पढ्छौं, लेख्छौं, नाच्छौं
खेल्छौं हामी रमाई ।



फूल

ओजस्वी अर्याल, ३ 'क'

आऊ साथी खेलन जाऊँ
फूलहरुलाई हेर्न जाऊँ
धेरै रङ्गको गुलाब हुन्छन्
धेरै थरी सयपत्री
हेरहेर, बगैँचामा पुतलीको हुल राम्रो ।

आहा ! साथी आहा ! हेर
फूलमा कति रस छ
बतास नआऊ हेर यहाँ
फूल भूईँमा खस्छ
हाल्लुपर्छ सधैं फूलहरुमा पानी
टप्प टिप्पू फूल नराम्रो हो बानी
बगैँचालाई छाडेर मन छैन जाने
बन्न मन लाग्यो मलाई
फूलहरुकी रानी ।



नारीको जीवन

ओजस्वी ज्ञवाली, १० 'क'

भन्छन् है समाजमा छोराछोरीको अन्तरका नानाथरी,
दिन्छन् है सुख शान्ति सबै छोरालाई फालाफाली ।
जताततै भन्दै हिँड्छन् छोराछोरी बराबरी,
तर के गर्न खोजेका होलान् ती छोरी भएको गर्भ फाली ?

सत्य युगदेखि सुरु भएको यो नारीको अत्याचार,
यस अत्याचारलाई अन्त्य गर्न कसैले त राखौं विचार ।
भन्नलाई त नारी पुरुष एकै रथका पाइया भन्छन्,
तर पनि नारीलाई धुलो सरह ठान्छन् ।

शुभकार्यमा चाहिन्छ कन्या जब
छोरी खोज्दै सारा गाउँ डुल्छन् तब ।
छोरा पाएर चाहन्छन् पुनः स्वर्ग,
तर छोरी भए उसलाई यो संसार नै बनाइदिन्छन् नर्क ।

नारीमाथि आज किन यस्तो अपराध बढ्दै गयो ?
हामी नारीहरुको आज अस्तित्व नै के रहयो ?
धेरै भयो अत्याचार तर अब आवाज उठाउँछौं,
नारीको यो हराएको अस्तित्वलाई फेरि हामी बचाउँछौं ।

गौँथली

अस्मिता ज्ञवाली, ३ 'क'

उड्छ बादलमुनि
प्यारो सानो गौँथली ।

मेरो घरको बार्दलीमा
बस्छन् एक जोडी गौँथली
सानो सानो अति सुन्दर
बनाएका छन् गुँड
उड्छ बादलमुनि प्यारो सानो गौँथली ।

चिरबिर चिरबिर गर्दै
गीत गाउँछन् सबै
घरी भित्र घरी बाहिर
नाच्छन् रमाई रमाई
उड्छ बादल मुनि, प्यारो सानो गौँथली ।

च्याउँ च्याउँ आवाज आउँदा
मलाई लाग्यो रमाइलो
केको आवाज होला भनी हेर्दा
गुडैमा दुई जोडी बचेरा
उड्छ बादल मुनि, प्यारो सानो गौँथली ।



साना साना बचेराको
मलाई लाग्छ माया
बिहान बेलुका दिन्छु मैले चारा
गौँथलीको नाच हेरी भुल्छु थकाइ सारा
उड्छ बादल मुनि,
प्यारो सानो गौँथली
मेरो प्यारो गौँथली ।

अविस्मरणीय गुरुआमा

सृष्टि श्रेष्ठ, ७ 'ड'

मा निस जन्मन्छ, मछ, यो प्रकृतिको नियम हो। यही प्रकृतिभित्र हामीहरूले आ-आफ्नो कर्म गरिरहेका हुन्छौं। कर्म गर्ने क्रममा जन्म हुनेबित्तिकै हामीलाई केही थाहा हुँदैन र यहाँबाट नै हाम्रो जीवनको सुरुआत हुन्छ। यसरी जीवनका पाइलाहरू अगाडि बढाउने क्रममा सायद 'मा' भन्ने शब्द पहिले हामी सिक्यौं र यो सिकाउने पहिलो कार्य आमाबाट नै प्रारम्भ हुन्छ। त्यसैले यथार्थमा भन्ने गरिन्छ कि "जननी जन्मभूमिश्च स्वर्गादपि गरियसी" अर्थात् जन्म दिने आमा र आफ्नो ठाउँ भगवान र स्वर्ग भन्दा पनि प्यारो हुन्छ।

घडीको पलासँगै हाम्रो जीवनमा हामीले धेरै काम, कर्तव्यहरू गर्नु पर्ने हुन्छ र गर्दै जानु पर्ने हुन्छ। यही परिधिभित्र हामीले हजारौं मानिसहरूसँग उठबस र सङ्गत गर्दै जान्छौं, धेरै कुराहरू सिक्दै जान्छौं, अनुभवी हुँदै जान्छौं। यो नै प्रत्येक व्यक्तिको वास्तविक कथा हो। कथामा धेरै पात्रहरू हुन्छन्, नायक, नायिका, सह-नायक, खलनायक र जो कर

.....। यी पात्रहरूको कुरा गर्दा मैले मुख्य पात्रको भूमिकामा अभिनय गर्दै जानु पर्ने हुन्छ र अनि मात्र मेरो अविस्मरणीय वास्तविक कथा अगाडि बढ्न सक्छ। कथामा धेरै पात्रहरूका आ-आफ्नो भूमिका हुन्छन्, देखाउँछन्, र आउँछन् र जान्छन्। हो, यही पात्रहरूमध्ये एउटा दुईटा पात्रलाई मात्र म बिर्सन सकिदैन, किनभने उहाँहरू मेरो जीवनमा नआएको भए मेरो वास्तविक अविस्मरणीय कथाको कुनै तुक हुने थिएन। त्यसैले म यहीमध्ये एकजना मेरा अविस्मरणीय पात्रलाई प्रस्तुत गर्न चाहन्छु। उनी हुन्, मेरो विद्यालय विद्या संस्कार उच्च माध्यमिक विद्यालयकी गुरुआमा 'गोमा अधिकारी'। भन्ने गरिन्छ, पाठशाला हाम्रो दोस्रो घर हो। यही घरमा बसेर हामीले धेरै कुराहरू सिक्छौं र भविष्यमा आफ्नो लक्ष्य पूरा गर्न बाटो बनाउँछौं। सिक्ने र बाटो बनाउँने क्रममा कक्षा ६ मा मेरो भेट गोमा अधिकारी भन्ने गुरुआमासँग भयो। सुरुका दिनहरूमा त उहाँलाई देखेर मलाई रिस उठ्थ्यो किनभने उहाँले म लगायत सबै साथीहरूलाई धेरै गाली गर्नु हुन्थ्यो। पहिले मलाई थाहा नै भएन कि उहाँले किन हामीलाई यस्तरी गाली गर्नु भएको भनेर। पछि संगत गर्दै जाँदा, थाहा भयो कि, त्यो गाली वास्तवमा गाली थिएन, फलस्वरूप मैले उहाँले पढाउनु भएको विषयमा पहिलेभन्दा निकै प्रगति गरेको छु, जुन एउटा सानो उदाहरण मात्र हो। उहाँले विद्यार्थीहरूलाई खालि गृहकार्य धेरै दिने र पाठ्यक्रम मात्र सक्ने कामलाई आफ्नो कर्तव्य र धर्म ठान्नुभएन बरु प्रत्येक विद्यार्थीलाई वास्तविक पढाइको अर्थ बुझाउने र प्रत्येकलाई समान व्यवहार गर्दै

रोचक शैलीमा प्रस्तुत हुँदै भविष्यमा सबै विद्यार्थीहरूलाई देशको एउटा असल नागरिक बन्न मार्गदर्शन र प्रेरणा दिन सफल हुनुभएको छ। त्यसैले उहाँलाई सबैजनाको तर्फबाट र स्वयम् आफ्नो तर्फबाट हृदयदेखि सादर प्रणाम र धन्यवाद टर्क्याउन चाहन्छु साथै गोमा जस्ती गुरुआमा प्रदान गरिदिनु भएकोमा र मेरा विचारलाई कलमको माध्यमबाट व्यक्त गर्ने मौका दिनु भएकामा विद्या संस्कार उच्च माध्यमिक विद्यालयलाई पनि धेरै - धेरै आभार प्रकट गर्न चाहन्छु।

मेरो

जन्मभूमि नेपाल

सुगम चौलागाई, ५ 'ग'

म हुँ गौतम बुद्ध यो देशको सच्चा सुपुत्र
म त हुँ नेपाली जन्मेको यही नेपालभित्र
बचाऊ नेपाली मलाई हुँदैछु है म आज पराई
नेपाली भनेर भन्न गाह्रो भैसक्यो आज मलाई।

नेपालमा जस्तै मेरो जन्मस्थल बन्दै छ अर्को
अब मेरो मातृभूमि नेपाल हो कि अर्को
जबरजस्ती बनाउन लागे मलाई भारतीय
म त हुँ नेपाली नेपालको सच्चा सुपुत्र।

कोही छैनन् रोक्ने यहाँ नेपाली सबै मौन छन्
त्यसको फाइदा उठाउँदै नयाँ स्थल बनाउँदै छन्
लुम्बिनी नेपालको हो अरु सबै धोका हो
म सधैं नेपाली हुँ मेरो मन नेपाली हो।

अस्तित्व गुम्न लागिसकेको छ अब म के गरूँ
नेता सबै कुरा गर्छन् काम भने केही गर्दैनन्
नेपालबाट चोरी हुँदैछ आज मेरो अस्तित्वका
पोकाहरू
स्थापित गर्दैछन् नक्कली मूर्ति अनि प्रमाणहरू।

गाई

विप्लि चालिसे, २ 'क'

म हुँ जनावर
मानिसको प्रिय।
घाँस पराल खाएर
दिन्छु पौष्टिक आहार
त्यही पौष्टिक आहार खाएमा
मानिस हुन्छ बलवान्।
मलमूत्र कम्पोष्ट मलबाट
खेतीपाती हुन्छ असल।
सर्वगुण सम्पन्न म दिन्छु माया
गरेमा मानव र पृथ्वीको हुन्छ लामो जीवन।



STUDENTS' ART WORK



Saiswagat Mainali 3 'B'



Sushant Basnet 4 'F'



Sharwan Sapkota 3 'D'



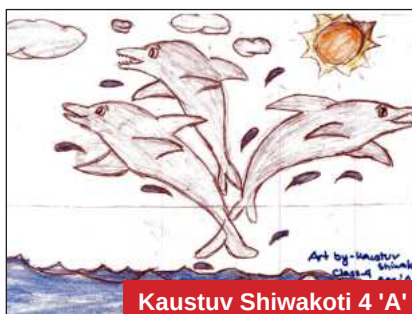
Abhinav Devkota 7 'F'



Prayatna Thapa 4 'F'



Tanvi Maskara 4 'E'



Kaustuv Shiwakoti 4 'A'



Akshita Bhatta 3 'A'



Shreyansh Agrawal 3 'C'



Tanisha Maskara 4 'E'



Suvam Upreti 4 'D'



Sampanna Ghimire 7 'E'



Shivam Jha 4 'A'



Mayumi Rai 5 'D'

STUDENTS' ART WORK



Krishu Bhattarai 'Nursery'



Aavya Lamsal 'L.K.G'



Siddhartha Uprety 'U.K.G. B'



Suyesah Pun U.K.G. 'B'



Manya Pokharel U.K.G 'C'



Reevastha Ghimire U.K.G 'C'



Sushrat Pokharel 1 'A'



Leo Bardan N. Rana 1 'B'



Spandan Jha 2 'B'



Isha Panthi 2 'C'



Dikshya Thakur '4 'C'



Kavya Bhattarai 3 'C'



Suhani Tamrakar 2 'D'

STUDENTS' ART WORK



Helly Gurung (A2)



Lakpa Khendo Lama (A2)



Helly Gurung (A2)



Ritishma Gurung (A2)



Helly Gurung (A2)



Dawa Sherpa (A2)

STUDENTS' ART WORK



Dawa Sherpa (A2)



Season Limbu (A2)



Lakpa Khendo Lama (A2)



Lakpa Khendo Lama (A2)



Aayush Chaudhary (A2)



Aayush Chaudhary (A2)

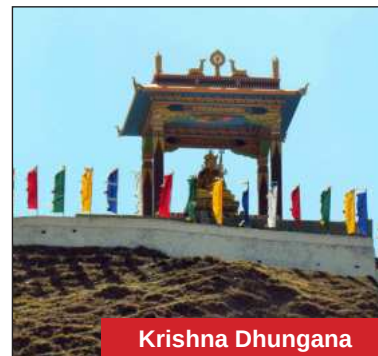
TEACHERS' SNAP



Krishna Dhungana



Krishna Dhungana



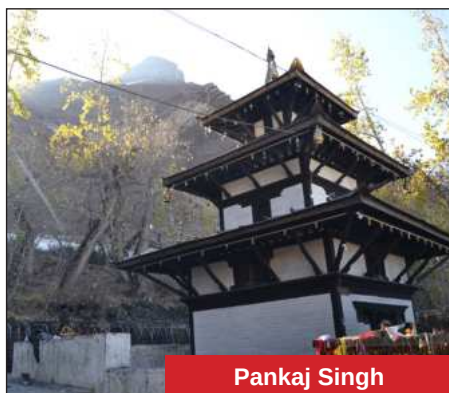
Krishna Dhungana



Prasanna Malla



Geetanjalee Shrestha



Pankaj Singh



Prasanna Malla



Pankaj Singh



Geetanjalee Shrestha



Pankaj Singh

STUDENTS' SNAP



Amit Sharma X 'C'



Amit Sharma X 'C'



Ashamsa Adhikari 10 'A'



Ashamsa Adhikari 10 'A'



Christina Shrestha 10 'C'



Srijan Luitel - 10 'C'



Bidhan Khanal 7 'B'



Yadriksha Uprety 7 'E'



Sunab Ranjit 7 'C'



Srijan Luitel - 10 'C'



Swechha Karn 8 'A'

FILM REVIEW

“If offered a seat on a rocket ship,
don't ask what seat. Just get on.”

— Christa McAuliffe ”

Descendants of the Sun

Bijaya Luitel, A2 Level

"Descendants of the Sun" is a South Korean melodrama starring Song Joong-ki, Song Hye-kyo, Kim Ji-won and Jin Goo. It is directed by Lee Eung-bok and written by Kim Eun-sook and Kim Won-seok.

The drama is a mixture of romance, action and comedy, which often leaves viewers clueless as to what to expect, for one moment the scenes will be filled with humour and in the blink of an eye, action becomes the predominant theme.

Yoo Si-jin, played by Song Joong-ki, is the captain of a South Korean special forces unit that puts his life

at stake for the sake of his country. Many viewers tend to thoroughly enjoy the part where Si-jin meets Dr. Mayeon, played by Song Hye-kyo, as it is equal parts funny and romantic. On the other hand, the viewers also like the second lead couple as their love story tends to be on the rocks from the outside but deep down, their love for each other is quite deep.

Due to a minor misunderstanding towards Sin-jin's profession and his deep secrecy, Mayeon and Sin-jin split up in what is arguably the show's most heart-wrenching period. After two months, the couple meet again in a fictional country named Uruk due to their respective professions.

This drama is filled with unanticipated situations ranging from devastating earthquakes to epidemics; the ending is perhaps the most unanticipated twist of all. Overall, this drama is one of the highest rated dramas in South Korea right now as it has been able to touch the hearts of its entire audience and weave an intriguing love story between a doctor and a soldier that includes moments of joyous laughter as well as moments of crippling despair. Due to its wonderful storyline and masterful direction by Lee Eung-bok, it has won over countless hearts in not only South Korea, but all over the world!

KBS 2TV 공사창립특별기획

BOOK REVIEW

Paulo Coelho: The Winner Stands Alone

Presna Aryal, A2

"People are never satisfied. If they have a little, they want more. If they have a lot, they want still more. Once they have more, they wish they could be happy with little, but are incapable of making the slightest effort in that direction."

This striking and exhilarating novel, set in one of the most glamorous events in the world, namely the Cannes film festival, deciphers the 24-hour account of a Russian billionaire, Igor, who has everything in life that people consider important: recognition, fame and power but is bereft without the love of his life, Ewa. It is the pursuit of this love that takes this entrepreneur all the way to Cannes, determined to win back the woman who left him for another. Igor is determined as ever to prove his undying love for her, even if it means "destroying universes", as he puts it. Will Ewa get back with Igor? Or will Igor's endeavours be in vain?

“The mirror reflects perfectly; it makes no mistakes because it doesn't think. To think is to make mistakes.”

-Paulo Coelho

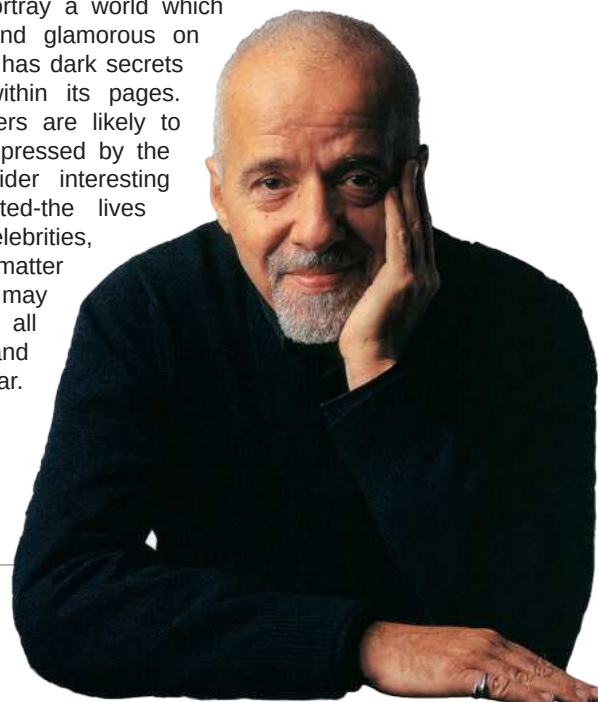
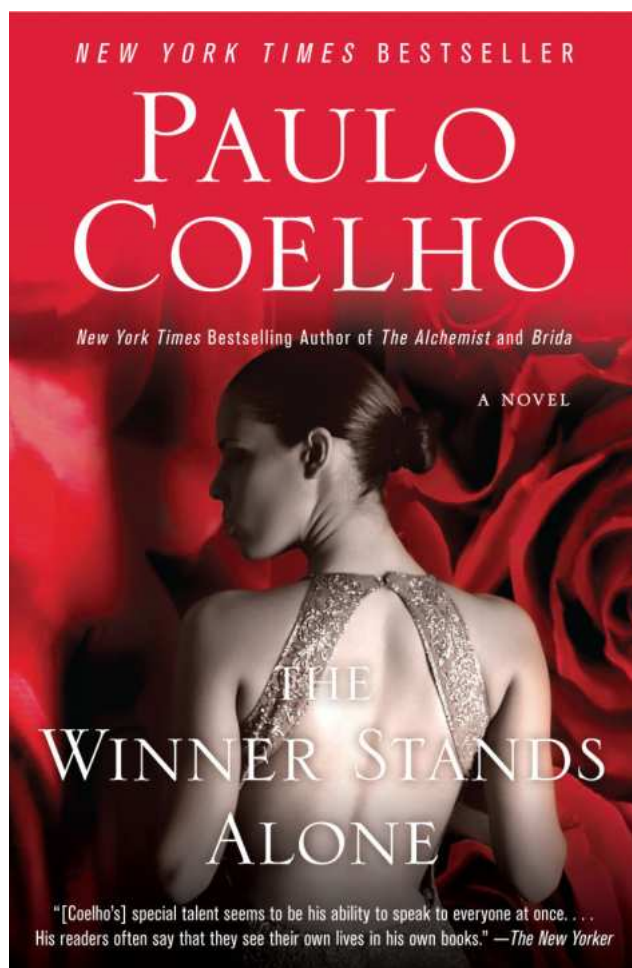
**the pursuit of this love that takes this entrepreneur
all the way to Cannes**

This powerful piece written by one of the best-selling authors in the world has a life of its own and tells how greed will make a person do unexpected things, sometimes atrocious things, especially when a person has lost his heart, lost his state of mind. Coelho once again proves his knack for eloquent storytelling with this piece and compels readers to think about what's really important in life- is it money and fame, or love and belonging?

The protagonist's intriguing and fascinatedly blunt character is undoubtedly the highlight of this novel. Along with Igor, we follow a variety of characters: an aspiring actress, a determined police officer, a model in the making and an unknown film director. However different these characters are from one another, they all have a common motive- a thirst for fame. The fact that no one is happy in this novel, regardless of how famous and rich they may be, speaks a lot of life.

The readers at some point are likely to feel baffled at the protagonist's absurdity and at some point, feel sorry for his vulnerable character. Coelho has structured this book in an interesting way and has successfully managed to portray a world which looks classy and glamorous on the outside but has dark secrets buried deep within its pages. Also, the readers are likely to be no more impressed by the lives we consider interesting and sophisticated-the lives led by celebrities, because no matter how happy they may seem, they are all empty inside and crippled by fear.

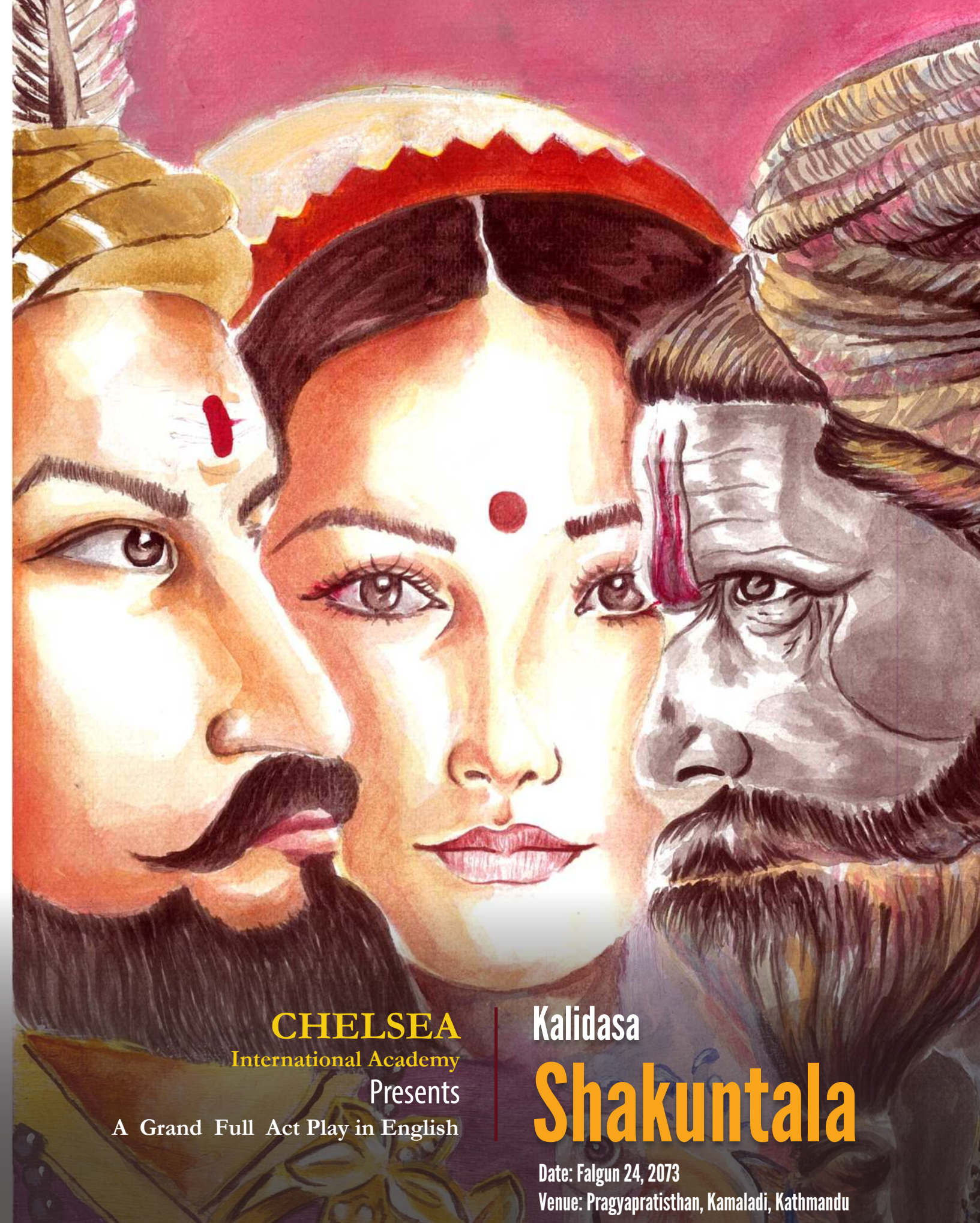
This book is definitely a winner. read!



LEGACY CONTINUES...

WORLD AND NEPAL TOPPERS FROM CHELSEA

YEAR	NAME OF STUDENTS	AWARD RECEIVED FOR	SUBJECTS
OCTOBER – NOVEMBER 2007	Shobha Limbu	Top in Nepal	General Paper
MAY - JUNE 2008	Abhimanyu Chhetri	World Topper	General Paper
OCTOBER - NOVEMBER 2008	Manish Jung Thapa	Top in Nepal	Biology (AS)
OCTOBER - NOVEMBER 2010	Utkrist Adhikari	Top in Nepal	Computing (AS)
	Ujjwol Paudel	Top in Nepal	Economics (AS) /Accounting (AS) /Mathematics(AS)
	Mukesh Ghimire	Best Across 3 AS Level in Nepal	Science
	Ujjwol Paudel	Best Across 3 AS Level in Nepal	Non- Science
MAY – JUNE 2011	Ujjwol Paudel	Top in Nepal	Accounting (A)/ Mathematics (A)
	Utkrist Adhikari	Top in Nepal	Computing (A)
	Ujjwol Paudel	Best Across 3 A Levels in Nepal	Non- Science
OCTOBER - NOVEMBER 2011	Bardan Bazgain	Top in Nepal	Accounting (AS)
	Krishna Shah	Top in Nepal	Biology (AS)
	Sitamsh Rijal	Top in Nepal	Computing (AS)
	Nisha Suwal	Top in Nepal	Sociology (AS)
	Samip Neupane	Best Across 3 AS Levels in Nepal	Science
	Krishna Shah	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2012	Sandesh Bhandari	Top in Nepal	Mathematics (AS)
	Sandesh Bhandari	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2013	Sandesh Bhandari	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (AS)
	Saurav Bishwokarma	Top in Nepal	Accounting (AS)
	Samriddha M Shrestha	Top in Nepal	Chemistry (AS)
	Sandesh Chapagain	Top in Nepal	Computing (AS)
	Angela Sharma	Top in Nepal	Sociology (AS)
	Kanoon Giri	Top in Nepal	Economics (AS)
	Sandesh Chapagain	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2014	Sandesh Chapagain	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (A)
	Angela Sharma	Top in Nepal	Sociology (A)
	Himal Shrestha	Best Across 3 in A Levels in Nepal	Science (A)
OCTOBER - NOVEMBER 2014	Roshan Poudel	Top in Nepal	Computing (AS) / Physics (AS)
	Sanskriti Timseena	Top in Nepal	Economics (AS) / Sociology (AS)
	Roshan Poudel	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2015	Roshan Poudel	Top in Nepal	Physics (A- Level)
	Sanskriti Timseena	World Top	Sociology (A –Level)
	Ruchit Shrestha	Top in Nepal	Computing Science (A –Level)



CHELSEA

International Academy

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A Grand Full Act Play in English

Kalidasa

Shakuntala

Date: Falgun 24, 2073

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