

Chelsea Wavelength

April 2014 - July 2014

Year 4, Issue 1



Refinement at its Best



From the Principal/Founder Director

Sudhir K. Jha

Welcome to Chelsea International Academy. This year we are Celebrating "A Decade of Excellence". In the pretext of celebrating our 10th anniversary, we highly applaud the pride, dedication, hard work and fervent enthusiasm, vigorously, epitomized by our students that have, always, been the driving force behind the academic excellence of this institution. I would like to take this opportunity to congratulate our eight Nepal Toppers of 2013 for, relentlessly, garnering our legacy of academic excellence ahead.

We want to augment the intellectual competency of our students in such a level where they could assimilate a budding Chelsea culture of excellence, leadership and responsibility inside them, and blossom into a good human spirit to the entire society, yet, further. We believe it is possible to foster these qualities to our students because we are a close-knit school family where our students and college graduates always

work together to spawn our academic ethos. Kshitiz Raj Lohani, one of our brilliant college graduates, deserves our inner most appreciation for making all Nepalese proud by his success of Krinjal Space Program, and sending our national flag and playing the national anthem in the space. Similarly, our heartiest congratulation goes to Shreya Poudel for being elected as the student president of Middle Sex University, U.K. and Abhinav Kahanal, our student of batch 2009-11, for winning the Social Venture Challenge at Clinton Global Initiative University, USA.

Teaching-learning process can't achieve its real goal in the exemption of modern technology today. With this realization, we have made an inception of technology assisted class in Chelsea. Our launch of Smart Class from this year to the students from class one to eight is a part of our promise to introduce Computer Assisted Language Learning (CALL) in near future. Regular teacher's trainings for introducing modern pedagogy and carving teaching skills yet further have been an integral part of this institution. Likewise, strengthening cross cultural

bridges through various academic trips to the different parts of the world have really boosted the maturity of our students. Recently our school students attained Scout Jamboree in Malaysia and college students had an academic tour of different universities in Malaysia that were, primarily, aimed to extend our camaraderie to some of the brilliant academic institutions there. My best wishes goes to our college students, along with psychology teacher, Suman Niraula, who are attaining the "World Affairs Seminar" in Chicago, USA.

I would like to congratulate all the students enrolled in AS for the academic session 2014-15 in Chelsea. We are eagerly waiting to extend our warm welcome to all the successful students through an orientation program very soon.

My Best of the Best Wishes goes to all the SLC appeared students (3rd Batch) from School and A2 level students from College for their ongoing examination of May – June 2014. All the very best and great good luck to all of you.

We look forward to a great year ahead.

From the Editor

This issue of Chelsea Wavelength is a very special one for both of us. The reason is quite obvious and simple: This issue of Chelsea Wavelength is the last one that we have gotten the opportunity to work on as editors-in-chief. To begin with, the priceless experience we had, while creating several issues of this magazine, was truly incredible.

We also feel, rather we are sad to say goodbye to Chelsea International Academy—at least formally. But this formal goodbye is not an end and we will be back. Yes! We will be because the friends that we have made here, our teachers, and wonderful memories will forever make us remember the good old days we spend in Chelsea.

We would like to wish all the very best to the new members of the editorial board, future editors-in-chief and all the soon-to-be seniors. Make the most of your time no matter what it is that you are doing because you will only realize how much you are going to miss it when it is over.

Angela Sharma – A2 Level, **Elena Pradhan** – A2 Level

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Blog Writing Competition 2014

On "Rights and Responsibilities of A Student"

Chelsea International Academy is undertaking various collaborative projects having international dimensions that aim to reciprocate our curriculum and pedagogy to the schools around the globe.

One of such projects is the Blog Writing Competition. CREATIVE CIA is an effort by the students of Chelsea International Academy as the part of this competition on the topic "RIGHTS AND RESPONSIBILITIES OF A STUDENT."

On January 23, 2014, students of classes 8 and 9 took part in the competition. Altogether 16 participants and a guest blogger from class 10 took part in writing blogs. The venue for the program and competition was the senior block computer lab. Following is the list of the participants:

| Name Of Participant | Class & Section |
|---------------------------------|-----------------|
| 1. Swornim Abiral Koirala | 8 A |
| 2. Shaswot Guragain | 8 A |
| 3. Aashutosh Khatiwoda | 8 B |
| 4. Mani Pratap Singh | 8 B |
| 5. Niya Manandhar | 8 C |
| 6. Shreesha Aryal | 8 C |
| 7. Bedhant Lohani | 8 D |
| 8. Prayash Tiwari | 8 D |
| 9. Aryan K.C. | 8 D |
| 10. Alex Kunwar | 8 D |
| 11. Sujohn Shrestha | 8 D |
| 12. Komal Dahal | 9 B |
| 13. Kazol Shrestha | 9 C |
| 14. Briyanka Adhikari | 9 C |
| 15. Saharsha Joshee | 9 C |
| 16. Rahul Shah | 9 C |
| 17. Isha Mandal (Guest Blogger) | 10 B |

Mr. Gaurab Kandel from View Your Choice, a blogger's network, was the facilitator and guide for the students. Mr. Kandel delivered a training session for the participants regarding the creation and maintenance of blogs. After the two hour-long training, the participants created and wrote their own blogs (which can be viewed here: <http://createcia.blogspot.com>). So far, 17 blog articles have been written. The individual effort of students and the guidance of teachers helped to make the blog writing competition a success.

1st Chelsea Cryptic Coding Contest, 2014

12 participants from six different colleges; little angel's, Orient, Omega, Nasa International college, the British college and Chelsea International Academy, participated in cryptic coding contest jointly organized by Chelsea alumni, Dhulikhel plaza and a social networking blog www.nepallica.com on May 1, 2014.

Among many interesting cryptic programs like luck calculator, capatilize, graph generator and others, "Permutation and combination calculator" by Mr. Damodar Dahal of Little Angels College was declared the best programmer of the contest.

Token of Appreciation to the supporting judges was provided by Deerwalk Institute of Technology.



"Music energizes my work and studies"

Born and raised in the Baitadi district of the Far Western Development Region, Keshav Bhatta is an immensely inspiring, multi-talented figure. He has been working in Chelsea International Academy from the very beginning as a chemistry teacher. He has also been maintaining a musical career. Having completed his higher studies in the Nainital University, Keshav Bhatta, a father figure at the institution, believes in an interactive class environment for the students' development.

As you have played a key role in educating such meritorious students, what has your formula for excellence been in the past years?

Chemistry is a foundational subject for all types of undergraduate and graduate courses. I underscore and emphasize discussion and interaction among the students in the classroom about what we have learned about specific topics. Simultaneously, we also approach the subject matter practically in the chemistry lab. During practical classes, we directly apply and thus understand what has been taught theoretically.



What kinds of changes have you witnessed in the institution from its very beginning to this day?

We all have definitely come across innumerable changes around us--there have been a lot of changes in the institution, the classes, and the infrastructure. First of all, the classrooms have become more spacious and comfortable. The number of students has also increased. Due to these and many other improvements, the classroom activities have become more effective.

As a veteran teacher, what are your views on the technique of mugging up used by the students?

Well, it's senseless to mug up something if you've not understood it. Understanding the subject matter is crucial. However, in the context of science (particularly chemistry), to a certain extent we are required to memorize; it is also a part of learning. But understanding definitely outweighs memorizing.

How important do you think chemistry is for Nepalese students?

Students who have completed their A levels, a program which is equivalent to 10+2 in Nepal, can apply for undergraduate education. Chemistry is a basic requirement in almost all fields. The application of this subject is very wide. Moreover, despite the lack of infrastructure and resources, our students have proved that they can be the best in the world on many occasions. Nepalese students in general are hard-working and determined.

How do you feel when you see your students reaching all corners of the world after their A levels and achieving incredible goals?

I think this brings the greatest amount of satisfaction to any teacher. For a teacher, the greatest achievement is when his or her students become successful. I feel immensely proud when my students do well in their respective fields.

Along with being an A-level teacher for 10 years, you are also a successful singer. How have you been managing these two careers simultaneously?

Initially music was just a hobby. However, I gradually got involved in various programs, and that became a profession later. I think music is an important part of life. It gives me mental satisfaction.

Does involvement in music affect your academic career or your profession in the field of science?

I would rather say it enhances my working capacity. If you are mentally calm and internally satisfied, it is easier to work. Music can help relieve stress and provide pleasure. I think it can do wonders not only for me but for everyone else.

What has been the highest point of your musical career?

The highest point of my career as a singer must be when I perform on stage. When people show appreciation and support for my singing, it makes me the happiest.

What would you say to those people who claim that we should only be concerned about having one career?

Well, this is the era of multitasking people--there are so many individuals doing well in various fields. We have to explore all the talents within ourselves.

What are your future plans regarding your teaching and singing careers?

Well, I have been compiling a book for A level chemistry students. In the near future, I am also releasing a new album. It will be out in about six months.

**Interviewed by:
Ruchit Shrestha, AS Level**

SOMETHING TO THINK ABOUT

“When You Lose Money, You Lose Nothing. When You Lose Your Health, You Lose Something. But, When You Lose Your Character Along With Your Health, You Lose Everything!”
– **M.K. Gandhi**

Apply your own ways for your better health

The summer is a time when we tend to be more active and to spend more time outdoors. Naturally this is a good thing. But, I wonder if our exercise shouldn't be confined to simply periods of good weather or consigned to a gym. Nor does it mean that to be healthy, we have to lift weights, run for miles or go to other physical extremes. According to a study I came across five years back, as far as I remember, on physical activity conducted by the University of Missouri, just moving regularly throughout the day appears to be the key to good health.

The Medical Association around the world, says we should all strive to take 10,000 steps a day, but many of us get less than half that amount. This is because today so many people are confined to desk jobs. The problem with being so sedentary is that your blood sugar levels spike more after eating than someone who is getting up and moving a lot. And blood sugar spikes are definitely not good for us. A report after a study on movement and health concludes that, “Spikes and Swings in blood sugar after meals have been linked to the

development of heart disease and Type 2 diabetes.”

There are lots of ways to enjoy the health benefits of movement, even if you are shut inside due to the weather or your desk job. You can



start by avoiding the elevator and taking the stairs, parking farther away and walking to work or the store. These are all great ways to boost your activity levels. Get up at least once an hour to move around. Fetch a drink of water, make that trip to the washroom, or walk those files to the person they go to right away, and use your supporting staff lesser. The key is to be up as many times as possible during the day getting those steps in.

Whether at home or in the office, make it a point to go for a walk when the weather is good, even if it's just around the block. If you are stuck inside at home, turn on the radio and dance to a few tunes, and give it a go, even if it's just for a few minutes (as I do that). If you have stairs at home, make sure to use them frequently. If not, get up frequently and move around your house. Researchers have proved that the key is to never sit too long in any one place.

Dear readers being healthier are only steps away. Get up and get moving. You'll feel more energetic and be doing good things for your body. Now that is the reason why you see me in all the places after every half an hour or an hour, hahahahaha, sometimes in the reception, in the middle, third block, library, hostel and ofcourse our cafeteria. So, better don't tell or ask me “Katti tala mathi garnu huncha ho Sir”. Have a wonderfull “HEALTHY LIFE”.

Mr. Jeetu Gurung
Chief Academic Admin. Officer
GCE A-Level



Amazing facts about the human body

1. Bones are four times stronger than concrete.
2. The human body produces enough saliva in a lifetime to fill two swimming pools.
3. The acid in the stomach is strong enough to dissolve zinc.
4. The human nose can remember and recognize 50,000 different scents.
5. In 30 minutes, the human body produces enough heat to boil a gallon of water.
6. There are 45 miles of nerves in the human body.
7. More than half of the bones in the human body are found in hands and feet.
8. The human body contains enough carbon to fill 1,000 pencils.
9. The human heart pumps 2,000 gallons of blood each day.
10. Humans sneeze at the speed of up to 100 mph.

Apurva Acharya, Class: 8 'C'

School Life, Golden Life

Putting tie, carrying heavy bag, going to school and abiding the rules and regulations is the most boring period for students. I have almost passed that period and getting to the end of school life. It's been thirteen years of schooling from the artful wielder of marker and duster and now only few months are going to get me on a threshold by putting the stamp "The End" on the book headed "My school life".

Heading towards the end of my school life, I have been left with mixed feelings. I am somehow reluctant to bid goodbye to this wonderful school, which I have loved the most as my second home but also excited about the college I will be enrolled in near future. In retrospect, those exciting school hours, hostel study hours, studious times in library, experimental time in lab and watching TV during Fridays and Saturdays were the best memories that still trigger my mind. These impeccable years of school have been beautifully painted by the multiple colors of friendship, cheers and tears.

There are lot of such moments when we couldn't answer the teacher's questions and had to be penalized, but they too are a part of our beautiful time. Whether we will be able to come up to the expectations of Chelsea Family or not will be decided by the S.L.C. result later, but one thing is for sure that we will always be grateful to this institution that has taught to believe on ourselves. I would thank all the elite bunch of teachers of this institution for their deep dedication and commitment towards our school, career, education and future. I will cherish every moment of my school as a sweet memory throughout my life



Subhechchha Lama
Class: 10 'C' (SLC 2070)

Human Brain by the Numbers

1. Number of neurons: 86 Billion
2. Thickness of the human cerebral cortex: 4 millimeters--equal to 4 credit cards stacked on top of each other
3. Area of the cortex unfolded: 2,500 cm²--equal to a newspaper unfolded
4. Length of capillaries: 400 miles
5. Length axons: 100,000 miles--equal to 4 trips around the Earth
6. Calculations per second: 10,000,000,000,000,000
7. Number of synapses: over 10 trillion, more than the number of cells in the entire body
8. Percentage consumption of the body's oxygen: 20%
9. Speed of a neural impulse: 220 mph
10. Number of people suffering from epilepsy: 2 Million
Alzheimer's: 4 Million
Stroke: 4 Million

Source: Dwayne Godwin and Jorge Cham

Mokshya Pradhan, AS Level

Interesting Facts

- The White House is not free for the president: He receives a bill for food & expenses every month.
- If the human eye were a digital camera, it would have 576 megapixels.
- There's a family in Komatsu, Japan, that has run the same hotel for nearly 1,300 years (46 generations)
- January 8th, 1836, was the last day in history that the U.S had no national debt.
- You are more likely to meet the person you'll one day marry between the ages of 16 & 25.
- McDonald's sells more than 75 hamburgers every second.
- If Wal-Mart were an army, it would be the second largest in the world after China's.
- You need to be shorter than 6'3" and taller than 5'2" in order to get a job as an astronaut.
- It would take 1,200,000 mosquitoes, each sucking once, to completely drain the blood of an average human.
- The Spanish national anthem has no official lyrics.

Nobel Gurung
AS level

Sports

I believe that sports is all about preparation. "If you fail to prepare, you are prepared to fail." Sports is not only a matter of playing; it is all about unity, discipline and the leadership qualities you develop. I grew up watching legends like Ronaldinho and LeBron James play, and that is what motivated me the most to be involved in the field of sports.

I used to play and practice a lot, but I never succeeded to play like those legends. After my continuous desire and determination, I am now able to play well, but still I'm not the best. So, I realized that willing to work hard in the face of fatigue, boredom, pain and desire leads to the opportunity to have a professional sports career. Skills and abilities are not inborn qualities.

Developing them only depends upon your sincere efforts. I used to be seen as one of the best athletes among my teammates, and that is what put pressure on me to develop my qualities. Our dedication and hard work drive us toward perfection, but achievement is what gives us complete sat-

isfaction. I got that satisfaction when I got a letter from the U.S. Department of State to attend a youth sports exchange program as one of the delegates of the under-14 national basketball team of Nepal. That was the moment which inspired me the most and made me happy to be in the sector of sports. I consider the court as my classroom, the sports gear as my pen and the jersey as a matter of pride and dignity. Sports has given me a healthy life, a healthy mind and a healthy spirit. Sports has taught me to be disciplined, and that is the most valuable asset I have in my life.

It has encouraged me to show the true spirit of sportsmanship on the field as well as off the field. So, in this long and tough journey toward perfection, there will be many hurdles ahead of you, and you must never give up your hope and faith. I never will.

Nabin B.K.
A2 level

A businessman receives a phone call.

Businessman: Hello who is it?

Caller: I've kidnapped your son. Bring Rs. 10,000 to your gates. I'll be waiting for you.

The businessman brings the money to his gates. There he sees a man waiting.

Businessman: Did you call me just now?

Man: Yes, I called you.

Businessman: Then take this money and give me my son back.

Man: I'm hungry. Can you give me Rs. 10 so I can buy some food?

Two Sardars are putting a bomb in a car.

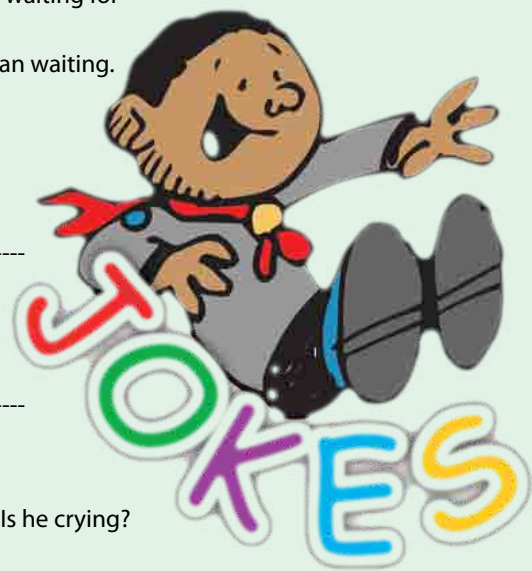
Sardar1: What will you do if that bomb explodes in your hands?

Sardar2: Don't worry, I have another one, too.

A man has lost his hand in an accident. He is crying.

Man: I've lost my hand! It hurts so much.

Sardar: Why are you crying? Look at that man: He has lost his head! Is he crying?



Sandarbha Gautam
Class 7 'E'

Animals in Scientific Research

For the past 20 years, we have witnessed an intense over the propriety and value of using animals in medical and scientific research, testing and education. Coming down to the basic topic of the use of animals in scientific research, plenty of reasons can be gathered on its legitimate purposes. Disregarding the petty differences, there are decent agreements among the majority concerning the costs and benefits, Where the opponents distend, primarily, on animal pain, distress and death.

Although an average person's stance on animal issues wildly remains inconsistent, arguments can be put forward on moral grounds associating the extreme cruelty and detrimental consequences resulting from these operations in the laboratory. Animal rights activists have long sought to eliminate what they refer to as "barbaric" acts from the mainstream science of experimentation and research analysis. They argue specifically about cosmetic testing where unidentified potentially toxic components are tested on specific animals to get the response and possibly come up with a meaningful result regarding its viability in humans. An instance of utter repugnance--a dog being force-fed a herbicide to check how toxic it is--prompts a careful interpretation of the quote by Jeremy Bentham, an English barrister in 1780s, regarding extending moral regards to animals, "The question is not, can they reason? Nor, can they talk? But, can they suffer?" And the answer obviously seems to be, "They can."

Adding to the ethical issues are the practical uncertainties and unreliability that are evident in animal testing quite often. The fact that important medical advances have been delayed because of misleading results derived from animal experiments points to the argument that animal tests are inapplicable. David Wiebers and his colleagues at the Mayo Clinic, writing in the journal *Stroke* in 1990, described a study showing that of the 25 compounds that reduced damage from ischemic stroke (caused by lack of blood flow to the brain) in rodents, cats and other animals, none proved efficacious in human trials. Animals tend to react differently from humans to many substances, which renders many numbers of tests pointless. For instance, Tamoxifen--supposedly a substance of contraceptive use--was once developed and later tested on rats. Although the substance worked as intended on rats, when given to humans, it was discovered much to everybody's surprise that it had an opposite effect on women, actually increasing their fertility!

Following the issues discussed above, it seems imperative to deal about the alternatives of animal testing that assists us further in our scientific experiments without letting any species suffer. It helps us to avoid the unavoidable ramifications that would otherwise have resulted. In fact, researches have better methods at their disposal. These techniques include epidemiological (the study of epidemic diseases and their control) studies, clinical intervention trials, astute clinical observation aided by laboratory testing, human tissue and cell cultures, autopsy

studies, endoscopic examination and biopsy, as well as new imaging methods. And, the emerging science of molecular epidemiology, which relates genetic, metabolic and biochemical factors with epidemiological data on disease incidence, offers significant promise for identifying the cause of human disease. The success of research on atherosclerotic heart disease could be considered as an example where the conclusions drawn after autopsy results and chemical studies were linked between risk factors and diseases.

Notwithstanding, animal research has played vital role in almost every major medical breakthrough over the last decade. For instance, Herceptin- a humanized mouse protein- has helped to increase the survival rate of those suffering from breast cancer. Also, the development of Highly Active Anti-Retroviral therapies (HAART) must be acknowledged to research on animals which assures us that AIDS is no longer the death sentence it was 30 years ago. Similar example is of UK where 450,000 people suffering from diabetes type 1 rely on insulin- which was developed through experiments in rabbits and dogs. Proponents of animal testing for scientific research argue that arguing against it won't take people anywhere since

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it is inevitable and almost always necessary. They further link this to the progress of biotechnology and the current position of technology, providing evidence that all these would stop if animal researches were to be ignored and intercepted.

Decision on what scientific research to choose, the process to do it and the ways to do it solely remains a singular judgment of the person wishing to do the research. While on the one hand, there are important issues raised against animal testing concerning the animal rights and its uncertainty and unreliability, on the other hand, there does seem to be circumstances in fact where people favor use of animals in scientific research such as, for example, in case of development of cure to so many vital diseases. However, one needs to look and weigh the costs and benefits both to human and to animals while deciding to use animals for scientific research since it is a highly sensitive issue which may undermine the ideals of so many groups of people and the members of the public who are much concerned about the relation between these researches and the animal rights.

Saurav Bishwakarma
A2-Level

The Science of Persuasion

Persuasion as defined in the Merriam-Webster's dictionary as "the act of causing people to do or believe something." In other words, persuasion means getting people to say yes. How important is persuasion? Be in the workplace or at a family gathering, persuasion is very important. Recent studies have shown there are six ways to persuade someone, namely via reciprocity, scarcity, authority, consistency, liking and consensus.

The first is reciprocity. Reciprocity is the obligation to give when you have received. For instance, if a friend invites you to a party, you are obligated to invite him or her to a party you are hosting. If a colleague does you a favor, you owe that colleague a favor yourself. In short, it means people are more likely to say yes to someone they owe. The secret to conquering reciprocity is to be the first to give and to make sure what you give is personalized and unexpected. The second is scarcity. It simply means people want more of the things they can have less of. When it comes to effective persuasion using the principle of scarcity, it is not enough to tell them the benefits of any product or service, but to tell them what they stand to lose if they fail to consider your proposal. The third is authority. This principle says people will follow the lead of credible, knowledgeable

experts. This means before you ask someone to do something, you should make it clear why you are right for it and how you are a credible, knowledgeable expert. The fourth is consistency. People like to be consistent with what they have said and done previously. So if you get them to make a voluntary, active public commitment, they are more likely to say yes later. The fifth is liking. There are three important factors that need to be considered when getting people to like us. First, we like people who are similar to us. Second, we like people who pay us compliments. Lastly, we like people who co-operate with us. People say yes to people they like. So we need to identify similarities, compliment them genuinely and co-operate with them to get them to agree. The sixth is consensus. When in doubt people are likely to look to the actions of others to help determine their own. So getting some to agree will ultimately cause others who are uncertain to agree, too.

In conclusion, using these subtle techniques before you ask someone to do something for you may increase your chances of getting them to say yes.

Elena Pradhan
A2 level

Chelsea School

I love my dearest Chelsea School,
Truly the best knowledge Pool
The environment is beautiful and cool

An example of excellent learning,
A comfortable school for teaching

A place, where teaching and learning is fun,
Students are the moon and teachers are the sun

A very good family reflection,
Here education is refraction

I love my dearest Chelsea School,
Truly the best knowledge Pool!!

-Soni Kushwaha
Class: 9 'C'

"LIFE"

Claim for your luck,
Only emptiness is crawling back to you,
Cross the next mountain,
Darkness appears in front of you.

Occupy the next territory,
Be pragmatic, be a leader,
Imagine your future,
Remind you fast,
Watch where you are!

Life does not pass lingering and there
Creates the opportunity to cheer,
Whistle the song,
Go ahead and proudly embrace,
The future which is ahead.

Soni Kushwaha
Class: 9 'C'



Love for books

The reading habit is a thing of past or so they say. Due to their short attention span generation Y needs entertainment in the quickest form. Books are too long for them. With the availability of audio books and movie adaptations, it seems as, the reading culture is dying. But there are many people across the globe who believe that the aesthetic joy we get inside the amazing world of the book can't be felt either while watching movies or going through the digital copies.

Reading can improve social perception, empathy, creativity, and even math skills, among a host of other benefits. Reading literary fiction may enhance people's understanding of the mental states of others. Like other mentally engaging past-times, reading could help to slow memory loss as you age. Compared to those who take part in fewer brain workouts, people who frequently participate in cognitively stimulating activities may experience slower mental decline as they get older. Moreover, books can stimulate and excite your imagination and curiosity, everything that exists and has ever existed is documented and can be found in a book, reading can teach you new skills, ideas and give you a new positive outlook on life. It also helps flourish one's social life. Your vast array of new found knowledge will help you to become more involved in discussions; you will be more able to instigate much more variable and interesting levels of conversations. Obtaining more information will give you a distinct advantage over the others because you will have gathered a much wider understanding of many subjects and topics of conversation. Limited knowledge can seriously hold you back and leave you feeling left out in some social situations. Apart from all these obvious benefits, a study in the Proceedings of the National Academy of Sciences, found that older people who read regularly are two and a half times less likely to have Alzheimer's. Also, a study by the National Endowment for the Arts found that people who regularly read are much more likely to be engaged civically and culturally. Last but not the least, a study found that intelligence—even just perceived intelligence—is one of the most attractive qualities to women.

The average person reads less than one book per year. After most people finish college they only read 5 books over the course of their life. These saddening facts are almost unbelievable after all the perks reading has. Why not exercise these, so read on

Samyamta Sen

A2 level



Dashain

Dashain arrives with lots of fun
Oh! This school assignment lots to learn
Everywhere relatives calling us for grand feast
Where did I keep my long shopping list.

The sky and ground is full of swings and kites
Let's celebrate this festival with songs and lights
But in this festival no matter what weather
We will celebrate it together

Let this festival go more and more
Not one month but four
Blessings everywhere by elders
A garden of Jamara could be our shelter

But like three birds in a nest
This festival dashain is the very best
Like three berries in a vine
Let this festival go very fine

-Aashutosh Khatiwada

Class 9 'A'

I Bought a Maserati

I bought a Maserati
And a new Mercedes-Benz,
Plus a brand new Lamborghini
I could show off to my friends.

I purchased a Ferrari
And an Aston Martin, too,
And a Porsche, and a Jaguar
And a BMW.

I had them all delivered
To my mansion in the hills.
I like to sit and look at them,
Imagining the thrills.

For though it's fun to be
The richest teenager alive,
I'm sure I'll like it better
When I'm old enough to drive.

Srijan Luitel

Class: 8 'A'

LOVELORN

She strolls on her soft, tender feet
Along the gleaming riverside rocks;
Who shall I compare her to
Among the beauties that the earth stocks?

The morning sky, in dazzling blue?
Or a sunny day, bright and gay?
The ripples on the lake look out to horizon?
All the brilliance, to whom should I pray?

He worries about his beloved, out in the country
That he doesn't know, where she lives
Untouched by glories of the type
That frustrate him; he believes.

It was that warm summer's day until
It was all rain, rain and rain ...
Time took no time; soon it got murky and scary;
They were helpless, couldn't catch the train.

Far, like an angel, came to pass to an inconceivable proximity
A sample no less of divinity;
Wet everything: lips, the eyebrows, cascades of hairs falling
As if the rain fell to cause the beauty.

He walked behind the Mrs. Lady,
Overlooked by her innocent eyes
The heart of the young man so eager
To explore the reason to her cries

Alas! How short an encounter?
Without an eye and a talk?
How is he to recover from the pain
Of the guilt he feels for the woman's sulk?

Now, in the afternoon, he dazes by the window,
Thinking and imagining being with her.
Eyes of hope constantly look for cue
For him, to buy her some presents when she comes, if ever.

But as sad, the reality is:

No longer does she stroll by the river;
And vanished like many a beauties of the earth,
For him, she will never come, nor will the dazzling blue,
The sunny day, or, the lake's ripples
Which he had believed would one day be true.

Saurav Bishwakarma
A2 Level

NOSTALGIA

I am going to pay dearly for describing how I was a couple of years ago because after you read this, you will see me as an unscrupulous brat. But I don't care. I believe in the saying, "No matter how tough the past is, you can always begin again." At times, no-one could deny the fact that I was a little joker, dressed in long bell-bottoms pulled up to the waist and a shirt that could probably fit two persons in it. Oh, I also had yellow teeth and Amitabh Bachchan's accent. Yes, his accent, by which I tried to impress attractive girls, but never succeeded. (For instance, by saying the word haanyefrequently and staring like an angry young man.) I barely had any friends, as I was not like the other kids. But there was one named Safal, a lanky fellow with a broad chin and a better accent than mine, who fell in the pool of intimate friendship with me. I was quite startled. I vividly recall his violent and aggressive face when he defended me when someone made fun of me. I never seemed to mind anyone teasing me, though. Never.

Once, our classmates gathered for a picnic. There were students from other classes behind us listening to our gossip. I daresay a pang of jealousy was rising in them. Quite baffled by all the talking, Safal said, "Do I need to go?"

"Come on, Safal. Doesn't your mom give you any money? What a blockhead she is. Don't worry, you can borrow the money from me," I said, pointing toward him, giggling. His face, at the meantime, turned red; I could see tears streaming down his cheeks.

"How dare you say that?" chocked Safal in despair.

"Come on, I'm kidding, yarr," said I, my breathing hot and ragged.

He didn't listen to me and sprinted away. I was wholly startled. And the most awful thing was that I didn't feel it was important to go and apologize. Why? Why couldn't I do that? I mean, I was his closest friend, a title I didn't really even deserve. Later, I came to know that he'd had no mother, nobody he could turn to.

I broke my best friend's heart (which, I suppose, is the biggest crime there is), and I curse myself for what I did. So, you should always think before you utter something stupid. You may suppose that it's just a joke, but the people around can find it rather offensive.

Suraj Bhatta
AS level

Exam Fever

Those days are coming near;
No T.V. or computer, only fear ...
10 subjects plus homework,
And practicing to use the crock;
Science, social, English, math,
I want to return home from the school's path.
Finally the days when the exam starts;
There is vocabulary and the arts.
When the exams are going on,
Everything seems gone, even fun.
Study all the time ...
Finally the exams are over, and my mom gives Lime,
But the tension has not gone yet.
The result date is set.
Then the result comes.
If I get distinction, I get heaps of pencils as big as the domes!
Now all tension is gone.
One thing is back in life: the word "fun!"
The holidays start;
We go to Brikutimandap and even the zoo.
But the exam cycle is on,
And soon the fun will be gone,
But we should try and work hard
If we want to see nice marks in the report card.

Sadikshya Adhikari
Class: 8 'E'



Love of Mine

I believed
in you,
And you took my
heart away.
I loved you,
And you took my life away.
I will forget you never
Because I want to make you
mine forever.
I want you to love me
So together we will be.
Trust me when I say, "I love you."
Believe me, there is no one else
above you.
You are my weakness,
You are my strength,
You are my hope,

And you are my faith.
Even though you neglect me,
I will always care for you.
Even though you hate me,
I will always love you.
Even though you deceive me,
I will always trust you.
When you go,
I will feel that my life is a burden.
A body without soul;
Life without existence ...
You are my love, my hope,
My source of inspiration;
You are my ultimate destination.

Kshitiz Shrestha
AS level

My Dream

Fighting with my fear,
I went up on the stage.
A voice inside me shouted,
"This is your life's most important phase!"
I started singing my favorite song,
A song by One Direction;
I tried the best I could
To sing it with perfection.
As I sang the song, I saw
The crowd was humming with me.
Everything was happening
The way I wanted it to be.
Everyone was applauding for me in the end,
I could hear my name in the audience's scream ...
My alarm clock rang loud at six o'clock,
And I realized that it was just my dream.

Sumana Lamichhane
Class: 10 'C'

What came before?

This is a never ending debate in physics, from the beginning of advance physics till present physicist are fighting to verify and prove the beginning of our universe. Though there have been some efforts in it, but how our universe may have begun is still the biggest dilemma of our time. Without an established scientific theory capable of addressing the extreme conditions at very beginning of time, we now delve into speculation. Not wild, unreasonable speculations, but rather the educated guess of some prominent researchers.

No definitive proof of any of the following ideas are formed and none of these ideas leads to a definitive falsifiable predictions, at least not.

HAWKING: NO 'BEFORE' BEFORE

This is the most proposal of the greatest mind of our time, Stephen Hawking. From a mathematical viewpoint, he proposes that time is an imaginary quantity being a multiple of the square root of -1. Hawking says there is no 'before' before. The beginning $t=0$, is like the North Pole of The Earth. Asking what came before $t=0$ is like asking what is north of the North Pole. Though like everywhere else in Earth, the surface of North Pole is also round and smooth. However at North Pole, every direction within Earth's surface points due south. In the same sense $t=0$ is like any point in Hawking's four dimensional space-imagery time, where every direction points forward in time. So there are no points with (time) $t < 0$.

GUTH: THE ULTIMATE FREE LUNCH

One proposal that cuts our speculation short is the theory of Inflation that has become an integral part of The Big Bang Theory. According to Alan Guth, our universe came from nothing. He says that an extremely large, and very rare, quantum fluctuation could have created our universe. Guth envisions the spontaneous creation of a super-charged version of dark energy, which he calls an inflation, which drives the exponential expansion of space during the Era of Inflation. After 1 tic, the inflation decays and its energy is converted into radiation and matter. And the rest is all history.

LINDE: ETERNAL INFLATION

Andre Linde independently conceived the Theory of Inflation in which quantum fluctuations, such as the one that created our universe, are continually occurring in various locations, at various time. According to Linde new universe pop out here and there, now and then from virtually zero energy. Each universe might have different laws of physics and may differ or may not be habitable.

LOOP QUANTUM GRAVITY: COLLAPSE BEFORE EXPANSION

Loop Quantum Gravity is the most promising effort towards completing an effective Theory of Quantum Gravity. Lee Smolin and Carlo Rovelli proposed this Loop Quantum Gravity Theory which says that spacetime is quantized,

meaning there is a smallest "chunk" of spacetime that cannot be subdivided. Calculations based on LQG principles showed that the universe was collapsing before the expansion that we call The Big Bang. At this instance, the universe was the smallest possible size, one "chunk" and then re-expanded becoming our universe.

SMOLIN: COSMOLOGICAL NATURAL SELECTION

This is the most interesting speculation till now and hope it is true. It was conceived by Lee Smolin and discussed in his book 'The Life of the Cosmos'. Smolin calls this wonderful idea The Theory of Cosmological Natural Selection. As the name implies, Smolin introduces Darwin into cosmology.

Smolin asks, what if every black hole creates a new universe from its singularity? A new universe is created that that expands into a new and different spacetime, entirely separate from its parent universe. Further, what if the new universe has parameter values that are similar, but not necessarily identical, to the values in its parents' universe? This reminds us of living beings inheriting its parents' DNA, perhaps with some mutations. Universe that make more black holes will have more offspring (they are "filter") and their parameters ("genes") will be passed on more effectively. Universe that makes few or no more black holes are history. "Good" parameters, those that result in many black holes, will proliferate far more than "bad" parameters. After many generations of universe, all the universes that remain are very likely to have good parameters because the others die out.

This is very Darwinian. Every creature born now is the product of countless generation of natural selection. Therefore Smolin says, it is no more surprising that our universe has good parameters than it is that humans have good DNA.

Niraj Aryal
AS Level
(Einstein for Everyone)

Technical Education and Vocational Training in Nepal: Current Needs, Challenges and Future Direction

Continued from previous issue...

IN THE CHANGED CONTEXT, THE FOLLOWING NEEDS SHOULD BE ADDRESSED IN TEVT SECTOR (F_SKILL, 2006):

focus on priority basis on school leaving youths offering more flexible affordable technical and vocational education programs at post-primary and post-lower secondary levels.

linkages of short courses, mobile training, skill testing, on-the-job learning and technician programs etc. to vocational pathways of career development,

support to the development of national testing system consistent across the sectors within a national vocational qualification framework,

introduction of new financing mechanism and instruments for shifting from input based to outcome or result based financing,

Need for decentralization of public delivery system with an increasing involvement of the private sector,

Need for a comprehensive National TEVT policy to address the learning needs of the poor and disadvantaged and career development needs of skill workers.

There is a need to equip Nepalese workforce for the continually changing labor market which requires 'building the national stock of skills to an internationally competitive level'. This will require to devise an education training system that provides multiple and diverse pathways to encourage workers to



✦ Prof. Dr. Tanka Nath Sharma

Dean, School of Education
Kathmandu University

undertake TEVT programs responsive to the needs of the labor market. The TEVT system is expected to result in the expansion of pathways and options for all individuals and, thus, a reduction in unemployment, increased opportunities for school students, the provision of a potential source of new skills with individuals achieving nationally recognized qualifications; and the promotion of the value of life-long learning to adapt to the rapidly changing technological skills needed by industry and the labor market.

Along with expansion of the access TEVT Quality should be ensured by strengthening accreditation, monitoring and evaluation, standardization, assessment, testing and certification mechanisms and training professionals and providing instructional support services in order to prepare globally competitive skilled workforce. Appropriate system and structure should be developed and strengthened to improve existing

quality assurance mechanism.

The national system should ensure the equitable access to TEVT regardless of location, educational level, caste, ethnicity and gender. The system should be committed to achieve equitable outcomes for those individuals undertaking TEVT, ensuring that the policy, planning, funding and delivery mechanisms are inclusive of all needs. In the changed context, there is a need to identify and remove structural and other barriers to improve access to, and outcomes for, people identified as disadvantaged.

The government needs to increase investment in TEVT to build the national stock of skills in Nepal. Resources being spent in the name of skill development need to be accumulated to establish National Training Fund to meet the skill development needs of deprived segments of the population and the disadvantaged ensuring efficient fund management.

In order to maximize the value of public TEVT expenditure, the system should efficiently use the infrastructure, assure accountability, and improve management and labor market information resulting in effective, responsive and efficient TEVT in Nepal. Ongoing research into VET and evaluation of major initiatives are to be used for continuous improvements and future policy and program development.

In order to address the issue of low social image of skill workers

efforts should be made to develop career pathways for skill workers and TEVT graduates through developing a national vocational qualification system. Outcomes of this system will be directed toward developing and encouraging a societal attitude which values learning and the development of skills in the TEVT arena. The outcomes also include an increased number of Nepalese skill workers and technicians holding formal qualifications, increased international competitiveness due to a highly skilled workforce in comparison to other neighboring countries, and an increased participation in post-school education and training resulting in vocational training becoming an universal experience and valued as part of the workforce culture in Nepal.

SUGGESTED REFORM, REORGANIZATION AND RESTRUCTURING TEVT

Vast number of young and adults who are illiterate or have not completed basic education needs vocational skill training to capacitate them to income and earning at the grass root level. Similarly, people who have not completed lower secondary and secondary education level of education require marketable skills useful in the local and international labor market. Also Nepal need to prepare highly competent world-class technicians and professionals in various technologies in demand to harness the opportunities from the national and international labor market created by economic liberalization and globalization.

Council for Technical Education and Vocational Training (CTEVT), the national Apex body was expected to develop institutions and programs for people having various levels educational back ground and prepare people for livelihood, self employment, wage employment at the community, national and international job market and prepare highly trained technicians who could be instrumental to the wealth creation and economic development of nation. However, CTEVT focused its programs and activities for 10th grade pass youths ignoring large mass of out-of school youths needing

skills and technological concepts and application to perform as a productive citizen. It has been an urgent need to restructure TEVT programs and institutions to address the skill development needs of illiterate, literate, youths having lower secondary level, youths who could not complete high school education, and SLC pass and beyond. Therefore, Nepal need to restructure its TEVT programs in the following categories and levels.

VOCATIONAL TRAINING FOR LIVELIHOOD AND TO PROVIDE COMMUNITY DEVELOPMENT

The first type of Vocational training programs should be directed to income generation and livelihood skills. Such skill training programs will capacitate literate or neo-literate or out of school youths who serve as community service providers fulfilling the diverse needs of the community. For example, young people in the community can be trained to serve as electricians, plumbers, carpenters, black smith, machine operator, pest controller, helping to promote cash crops, vegetables, fruits, floriculture, sericulture, beekeeping etc. Training can be delivered either bringing young or adults at the district level vocational training centers or trainers can be deployed to conduct training on a mobile basis. Main focus of skill training at this level will be self-employment.

B. EMPLOYMENT ORIENTED VOCATIONAL SKILL DEVELOPMENT:

There has to be adequate provisions of vocational training centers for people who have completed basic education to learn vocational skills useful for employment at the local level or outside. Such vocational training centers should prepare the participants to work competently in specific trade or occupation. Depending upon the market needs, the program duration may range 3 – 6 months. The programs will be offered by developing vocational or rural training centers at least one in one district or constituency

or franchising skills to qualified institutions. The focus of this program will be both wage employment and self-employment. Training packages will be modularized and linked with skill testing allowing skill worker progress in their career.

C. PREPARING TRADE PERSONS, CRAFT PERSONS AND JUNIOR TECHNICIANS:

Trade schools will be developed to prepare trade persons and junior technicians having competencies to work as skilled workers in the business and industry, international market, or start own enterprise in the related occupation. Young people who have completed primary education are enrolled in these institutions. Probable duration would be about two years. The participants are provided with foundation knowledge and skills with extensive practical skills in respective occupations, trade or technical area. The graduates of these institutions either may work as skilled worker or may enroll in next level of technical schools preparing themselves as technicians.

D. PREPARING TECHNICIANS AND HIGHLY SKILLED OCCUPATIONAL WORKERS

Young people having completed basic education will be provided with 2-3 years of education and training in various technologies and occupations. The education program will have heavy practical domination with adequate general and technological knowledge. Technical schools will prepare such workforce. The graduates will be awarded with TSLC that allows them to work as junior technicians or get enrolled in next higher level education program in their respective specialization. Such workforce can also be prepared allowing vocational education options at selected secondary and higher secondary schools.

TECHNICIAN AND ADVANCE TECHNICIAN DIPLOMA AND PROFESSIONAL DEGREE PROGRAMS.

Polytechnic institutions and

technological colleges will be developed to prepare world class technicians and technological professionals useful in both national and international job market. The duration of such programs will range from 2 to 3 years. Youths having completed SLC or TSLC will have access to join the polytechnic. Provision for credit transfer will be made for graduates of technical schools. Advanced polytechnic or technological colleges will be developed allowing technicians advance in their career. Advanced diploma programs will be of 2 years duration. After having 2-3 years of experience in respective occupation graduates of advanced diploma or associate degree program should be allowed to complete their Bachelor's degree in two years enrolling them in technological colleges and universities to be developed within TEVT stream. These poly-technical institutions can be managed using three options: (1) directly managed by Council for Technical Education and vocational training, (2) Local management board with adequate involvement of business and industry representative and representatives from appropriate higher education institutions along with local community members, (3) local university system may take charge of operation and development of such high tech institutions. Adequate operational autonomy should be given in all the cases.

CONCLUSION

Human resource is the most essential factor for productivity. The major role of TEVT is to prepare competent workforce capable to contribute in increasing country's productivity. Nepalese workforce should also be able to harness the emerging job opportunities in the national and international job market to improve their income and earning. In order to make TEVT responsive to the changing needs and requirements of the labor market, Technical education and vocational training providers should be constantly monitoring the workplace demands and requirements and change, adopt or adjust their

education and training programs accordingly.

The challenge for TEVT today is how to make programs relevant to the changing need of the employment market. Further challenge for TEVT would be to maintain quality, relevancy and efficiency with balanced improvement in access, equity and relevance. Besides, since the country is stricken by the growing poverty, TEVT should comply with its social responsibility by offering adequate programs for poor and disadvantaged in order to contribute to the poverty reduction. While bringing balance among these factors, TEVT constantly will face several problems and issues. In order to resolve constantly emerging issues and problem, TEVT require adequate resources, dynamic and responsive management and competent trainers.

Trainees either expect access to employment and income, or they expect high earnings because of the increased post-training value of their skills. Students have genuine interest in portable skills, as it makes them potentially mobile and more independent from individual employers. Or they want to prepare themselves to advance their career through additional education or training. In general, students (youths) have long-term perspective; as they expect long-term career prospects, return on their investment from education and training.

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Environmental Tour 2014

It was Sunday, April 6 2014 when we packed our bags for a trip which was going to be one of the most amazing experiences of our life. We were heading towards Lamjung district which is one of the most beautiful tourist destinations of Nepal.

On our way to Lamjung we visited Siddha Cave which is the second biggest cave of Nepal. The cave lies in Bandipur Tanahun District, a place known as the queens of hills. We had to walk uphill for about 30 – 45 minutes to reach the mouth of the cave. Inside we saw beautiful shapes of animals and humans which were formed naturally. After visiting Siddha Cave we headed towards Lamjung and reached there at about 5pm. Then we moved towards Khasur (a local village of Lamjung) which was one hour uphill walk from Belautibeshi.

When we reached Khasur, the tired faces of our team faded away by the warm welcome of the local people. We were divided into groups for our homestay. After freshening up, we went to community dining hall where we were served with delicious typical Nepali dinner. After dinner we were invited to the cultural program organized by the people of Khasur.

It was a singing and dancing event commonly known as "DohoriSaanj" in Nepal. Along with singing and dancing we also learned a lot about their culture. One of the interesting thing to learn at khasur was about the culture of the women dwelling there. About 20-25 women in Khasur live unmarried throughout their life so that they can serve independently to their community without any hindrance changes by these women to the society.

Next morning we visited beautiful places of Khasur. We also gained information about the lifestyle, vegetation and history of people



move further as they were caught in mud erosion.

We had to walk to reach Ghalegaun after our effort to push the jeeps failed. On our journey towards Ghalegaun we were showered several times by hailstones. We had to cover ourselves by our bags in order to protect ourselves from getting hurt. One of our friends Mr. Aakash Kasuadhan shocked everyone who was in the tour. Despite being a Terai region dweller he walked very fast in the hills leaving everyone behind. It was amazing to see friends from different regions struggling to reach Ghalegaun in the hard fought journey.

After walking for about 3 hours we finally reached Ghalegaun. It is situated at a height of 2192 meters above the sea level. So it was obvious that we felt very cold when we reached. We were welcomed by the



living in the community. We had our lunch at Khasur and moved to Belautibeshi where we were picked up by jeeps for our journey to Ghalegaun. On our way to Ghalegaun we were showered heavily by massive rainfall and hailstones. Our jeeps could not

local people who put tika on our forehead and garlanded us with flowers. We sat near the bonfire in our homestay for about 2 hours. After having dinner we jumped to our beds to take an ever enjoying sleep.

The next morning we went to the top of a hill situated in Ghalegaun from where 27 districts of Nepal can be sighted. Never before in our entire life, had we watched so many hills together. The view of the Himalayan ranges was unmatched. We also witnessed the fantastic view of the sun rising through the mountains. After having our breakfast we started heading towards Kaulepani. On our way to Kaulepani we had our lunch. After a continuous walk of 6 hours we reached Kaulepani where we were

welcomed in a similar manner as in Khasur. We visited Lamjung Durbar in Kaulepani and we were informed about the events of the time of unification of Nepal and the origin of Shah Dynasty. Then we moved to our homestays and had at our dinner.

After breakfast in the next morning we visited Kaulepani temple and other beautiful places of Kaulepani. We left Kaulepani and moved towards Kathmandu. On our way back to Kathmandu we visited

Middle Marsyangdi hydropower project which is the second largest hydropower project of Nepal. We visited both the dam site and the power house of the hydro power project. Then we moved toward Kathmandu. It was a fabulous trip as we learned a lot about Nepali culture, history, geography and much more.

Zenith Bhurtel
A2 Level

Ever wondered, what if our life wasn't real? What if it was just a dream, what if we were just a character in someone else's subconscious? What if all of this was a lie and all we do just didn't mean anything? What if someday the big guy wakes up and all this ends? What if we are nothing but just a part of someone else's sleep, lost in the virtual reality of the subconscious thinking. What if all our life had been nothing but five minutes in a person's daily catnap?

This is a really disturbing thought, to assume we are worth nothing and we don't exist and we are just an image in someone else's head beats the crap out

of me. We are busy hating each other, nagging each other in selfish matters, being jealous just because someone else has better gadgets than you but we all don't realize that we don't have time doing this. We don't know when we will end nor do we know how we began. We are here today and let us make it worth. Even if we are just images in someone else's head, let us cherish it and make it the most worthwhile five minutes of that person's life.

Let's do, because we want to; not because we have to, let's put all our hearts in what we do and leave the rest in the hands of fate to decide, let's put all our might for things that's worth a

fight and for all the people who died. Let's not make their lives go in vain, because someday it will rain, wash away all our pain, and reflect all that we have gained.

So, let's stop looking for what we have lost, and focus instead on what is yet to come. Let's not worry about how we came to this world but focus on how we will leave. Let's leave all our hatred behind and show that we can be trusted. Let's cherish our life and say that we are alive and believe that it was all that mattered and when fate kicks you in the gut, believe that you got a new lease on life.

Srijan Baral
AS Level

Let's live life
meaningfully,
full of love



INTERVIEW

An Interview with Vidhan Rana

Entrepreneurship Developer

What are the minimum requirements to set up an office? A clear idea about what to do; proper guidance about the steps to be taken at a particular time; paperwork for registering the firm; and fully furnished space with the availability of basic amenities. With these things, anyone can start any kind of office on their own. What if another person or organization makes all of the aforementioned things ready for you at a low price when you want to start a new firm?

Before this interview, I did not know about the existence of organizations working for the development of entrepreneurship in Nepal. Among the many firms providing these services, Biruwa Ventures is one. It is regarded as the first organization to provide office space, mentoring and consulting, and also to help venture capitalists to start new firms easily in Nepal.

Vidhan Rana is the one of the young leading entrepreneurship developers in Nepal. He is the founder of Biruwa Ventures; he was also nominated for the Kantipur Barsha Byakti award.



Whittaker Associates to outsource some of its back-office research and data entry tasks to Nepal, which could give us some tremendous cost savings."

How did you get the idea to open Biruwa Ventures?

While I was working in Nepal to help Whittaker Associates set up its office, I had to face many difficulties during every step I took. For instance, it took more than two months to search for working space. Much more problems were encountered in governmental offices. As I was working in that particular field (setting up an office) for the first time, I had to face many problems which pushed me to come up with the idea to open a firm that would help open new offices by providing all kinds of help from finding office space to furniture to paperwork.

Is this organization totally a result of your investment?

No. I along with my partner, Abhinav Basnet, have started this firm with the financial investment from both of us. Similarly, there are many

people who have helped me set it up. Ujjwal Thapa from Bibeksheel Nepali also helped me in different ways. As I was planning to open this firm, I wanted to do it properly. Though I didn't have much money, I had a plan. I went to Ujjwal Dai asking for financial help. He was unable to provide me with any financial help, but promised to support me in any way he could. I was searching for office space as if my plan to open Biruwa Ventures had already been successful. However, Ujjwal Dai suggested that I start with a small investment and turn it into a big one later on.

Do you want to suggest anything to the students planning to go to foreign nations for higher studies?

First of all, going to foreign nations for higher studies is not a bad thing. One can learn much from the infrastructure and development of other nations and apply that knowledge later in Nepal. Some people return back and some do not; it depends on the thinking of the person in question. I went to the US and worked there for a little while. I wanted to return back and do something over here, and I did what I wanted to do.

Furthermore, while choosing a college, make sure that you choose the best college for your undergraduate studies. I will give my personal example: When I completed my A levels, I had no idea about how to select a college. Although I had three As in my certificate, I was not even thinking about applying to Harvard or any other renowned college because I lacked courage. I do not have any regrets that I got admitted to Hope College, but I think that if I had applied to Harvard, then I would have been selected. So make sure that you select your college in such a way that you will not regret your decision later.

Interviewed by Diwas Poudel
AS Level

BACKGROUND:

Born in September 1984 in Patan, Vidhan Rana attended Budhanilkantha School. After completing high school, he got a bachelor's degree in Business Management and Economics in 2008 from Hope College in Michigan, USA.

Afterward, he started working as intern at Whittaker Associates, Inc.; he became a full-time employee later. As it was a market research firm, he helped to establish several medium-scale enterprises and small business organizations. While working there, he felt a strong desire to return back to Nepal. At the same time, Whittaker Associates, Inc. was facing problems related to the costs of its services in the USA, which led to the establishment of a research division of Whittaker Associates, Inc. in Nepal.

Vidhan Rana says, "I always knew that there was talent available back in Nepal. I saw the potential for

CHELSEA SPORTS DAY



GLIMPSES AT CHELSEA



A-Levels Environmental Management Tour 2014.



Winners and Runners-Up of 1st Chelsea Teachers' Futsal Tournament 2014.



Workshop for the school teachers on practical usage of English Language.



Farewell-SLC Batch 2070.



Scout activity at Kakani Scout Camp.



Bedant Lohani (9 'A') - Winner of Inter-School Letter Writing Competition. "A Letter to Buddha".



Smritee Rai (10 'B') - Winner of Inter-School Solo Dance Competition.



Sagar Poudel (10 'C') - Winner of Inter-School Debate Competition.



Investiture Ceremony 2071.



A-Level Students - Educational Tour to Malaysia 2014.



Prize distribution for Academic Achievements.

STUDENT PHOTOS



STUDENT PHOTOS



STUDENT PHOTOS



STUDENT PHOTOS



STUDENT

PHOTOS



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 3 (G)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (A)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (B)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (C)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (D)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (E)

SESSION: 2070

STUDENT

PHOTOS



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 4 (F)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 5 (A)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 5 (B)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 5 (C)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 5 (D)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 5 (E)

SESSION: 2070

STUDENT PHOTOS



STUDENT PHOTOS



STUDENT PHOTOS



STUDENT

PHOTOS



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 9 (B)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 9 (C)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 10 (A)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 10 (B)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



CLASS: 10 (C)

SESSION: 2070



CHELSEA INTERNATIONAL ACADEMY
Lakhechaur Marg, New Baneshwor, Kathmandu



SCHOOL TEACHERS

SESSION: 2070

STUDENTS'

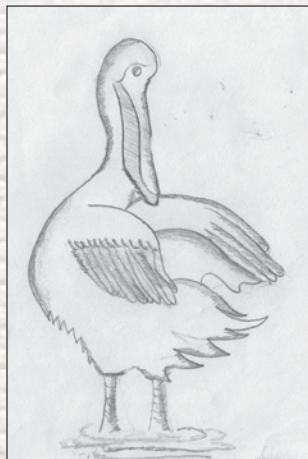
ART WORKS



Kriti Karna
Class- 5 'A'



Arya Basnet
Class- 8 'C'



Swachha Karn
Class- 6 'D'



Suhan Shanker
Class- 4 'F'



Suhani Singh Karki
Class- 4 'A'



Smriti Rimal
Class- & 'E'



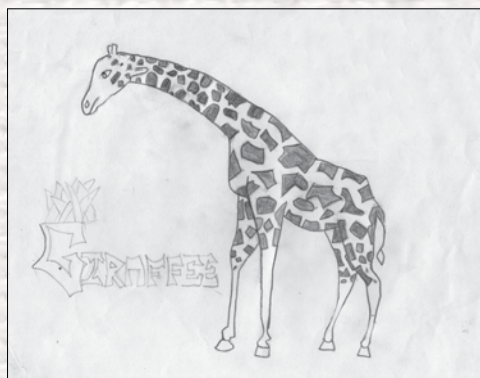
Reshabh Rai
Class- 5 'E'



Sayuri Roka
Class- 4 'E'



Cindrella Pant
Class- 5 'B'



Sujal Aryal
Class- 5 'B'



Adipsha Vaidya
Class- 5 'E'



Nitesh Gupta
Class- 4 'D'



Ritika Shrestha
Class- 4 'C'

STUDENTS' ART WORKS



Khusi Rai
Class-8 'B'



Dixit Giri
Class-8 'D'



Atul Thapaliya
Class-8 'A'



Saiman Adhikari
Class-7 'E'



Khusi Giri
Class- 8 'C'



Rajen Lama
Class- 5 'A'



Bhumika Shah
Class-10 'C'



Manan Lamichhane
Class-UKG 'A'



Brijesh Pandey
Class- 8 'A'

बाठो स्याल



एकादेशमा एउटा गाउँ थियो । गाँउ नजिक सानो जङ्गल थियो । उक्त जङ्गलमा एउटा स्याल बस्दथ्यो । त्यो स्याल दिनहुँ गाउँमा गएर गाउँलेको कुखुरा चोरेर खाने गर्दथ्यो । त्यो चोर स्यालदेखि गाउँलेहरू हैरान भएका थिए । एकदिन सबै गाउँले मिलेर त्यो चोर स्याललाई समाउने निधो गरे । तर स्याल बाठो भएकाले समाउन सजिलो थिएन । सबैजना गाउँलेले सल्लाह गरी पासो थापेर स्याललाई समाउने निधो गरे ।

पासो थापेपछि स्याल समातियो । स्याल समातेपछि त्यो स्याललाई सजाय दिन गाउँलेले उसको घाँटीमा डोरी बाँधी दुइगैदुइगा भएको बाटोमा घिसार्न थाले । स्यालले आफूलाई धेरै दुखे पनि नदुखेको जस्तो गरी “खुब मजा भयो” भनी अभिनय गर्न थाल्यो । गाउँलेले फेरि चिप्लो बाटोमा घिसार्न थाले ।

यसपछि त्यो बाठो स्यालले “धेरै दुख्यो, ऐयाबाबा !” भनी अभिनय गर्न थाल्यो । गाउँलेले बल्ल यसलाई ठीक पेरछ भनी चिप्लो बाटोमा मात्र घिसारिरहे । केही बेर घिसारेपछि अब पुग्यो होला भनी अब आइन्दा कुखुरा नचोर्ने शर्तमा छोडी दिए । वास्तवमा स्याललाई केही पनि भएको थिएन । उसलाई त चिप्लो बाटोमा घिसार्दा मज्जा पो भएको थियो । उसलाई मज्जा भएको कुरा गाउँलेले उसलाई छाडीदिएपछि मात्र भन्दै भाग्यो । यसरी बाठो स्यालले गाउँलेलाई भुक्क्यायो ।

सान्थना पन्त, ३ ‘क’ (दन्त्य कथामा आधारित)

माहुरी

भूँ भूँ गर्दै हवाइजहाजभै आकाश थर्काई आयो
देख्दा देख्दै भुमरीभै आँखै तिरमिर भयो ।

बसाई सरे माहुरीको सागर बग्या रेछ
नयाँ ठाउँ खोज्नलाई निस्किएको रेछ ।

किन छोड्यो होला कठै जन्म घरलाई
दुःख कतै दिए हुन् कि पराइहरू आई ।

मलसाँप्रोले मेहनत गर्ने माहुरी खायो कि
घारलाई बगाउने बाढी आयो कि ।

भूँ भूँ गर्दै हवाइजहाजभै आकाश थर्काई आयो
देख्दा देख्दै भुमरीभै आँखै तिरमिर भयो ।

वर्षा शाह, ७ ‘ड’



मेरो धर्ती

हराभरा धर्ती राम्रो नीलो गगन राम्रो
घाम राम्रो जून राम्रो रात पनि राम्रो ।
धर्ती भरी रमाइला कुरा धेरै हुन्छन्
पहाड मैदान खोलानाला बनपाखा हुन्छन् ।
हिमालबाट तल भरि थरीथरी नदी
समुन्द्रमा मिल्न जान्छन् सललल बगी ।
दुइगा हुन्छन् , माटो हुन्छ , रुख यही हुन्छ
जीवजन्तु सबैको बास धर्तीमा नै हुन्छ ।

उत्कृष्ट उप्रेती, २ ‘ख’

प्रकृति

आहा ! कस्तो सुन्दर प्रकृति यो
मनै लोभ्याउने
आहा ! कस्तो सुन्दर भरना त्यो
हृदय नै रमाउने ।
खेलौं खेलौं जस्तो लाग्छ मलाई
छहराको पानीमा
बसेको छ त्यो प्रकृति
मेरो आँखाको नानीमा ।
सपनामा देख्छु म
मेरो सुन्दर हरियालीलाई
सिरानी बनाई राख्दछु, अब
मेरो प्यारो प्रकृतिलाई ।

प्रनिशा सापकोटा, ७ ‘ख’



हामी कोपिला

आजका हामी कोपिला
भोलि फुल बनेछौं
फुलै फुलको बास्नाले
बगैँचामा सुवास छर्नेछौं ।
आजका हामी बालबालिका
भोलि युवा बनेछौं
देशको विकास गर्नेछौं ।

निदर्श श्रेष्ठ, २ ‘ग’



विमान र यात्रीहरु



एक दिनको कुरो हो, नेकोन विमानमा पाँचजना यात्री थिए । विमान काठमाडौँबाट रामेछाप जाँदै थियो तर खराब मौसमले गर्दा विमानलाई काठमाडौँ फर्कन आदेश आयो । ती पाँचजना यात्रीहरुमध्ये एकजना नेपालका शिक्षाविद्, एकजना स्वास्थ्यविद्, एकजना वरिष्ठ नेता, एउटा वृद्ध र एउटा काठमाडौँमा पढ्न आएको विद्यार्थी थिए ।

विमान उच्चतम उचाइ लिएर उड्न सुरु गरेको थियो । यात्रीहरु गफमा मस्त थिए । त्यत्तिकै पाइलटले कम्पिटबाट सड्कटकालीन अवस्था घोषणा गरे । उनले भने “आदरणीय यात्री महानुभावहरु ! मैले काठमाडौँ तुरन्त फर्कन आदेश पाएकाले विमानको राम्रो निरीक्षण गर्न पाइँन । यसका लागि क्षमा चाहन्छु । “पाइलटले भने “हाम्रो विमानको इन्जिनको खराबीले गर्दा आगो लाग्न सुरु भएको छ , जसले गर्दा नियन्त्रणमा ल्याउन पनि मुस्किल छ ।” सबै स्तब्ध भए तर पाइलट गम्भीर भएन । उसले भन्यो “माफ गर्नुहोस् , मैले हतारमा चारवटा मात्र प्यारासुट राखेछु । तपाईंहरु पाँचजना हुनुहुन्छ । को को बाँच्ने आफैं निर्णय गर्नुहोस् ।”

सबैले आफूलाई बचाउनका लागि तर्क सोचिरहेका हुन्छन् । त्यसैबेला डाक्टर भन्छ “हेर्नुहोस् म देशका लागि बाँच्नु अति जरुरी छ । मैले गरिब जनताका लागि निःशुल्क औषधी

सेवा र

अस्पतालको

व्यवस्था गर्ने योजना बनाएको छु । तसर्थ यो योजना पुरा गर्न म बाँच्नै पर्छ ।”

सबै यात्रीहरुले डाक्टरको तर्कमा सहमति जनाए र डाक्टरले देश सेवाको तर्कमा प्यारासुट प्रयोग गर्ने मौका पाए । त्यसपछि शिक्षाविद्ले अघि सर्रे भने -“म पनि देशका लागि सेवा गर्ने एउटा शिक्षित नागरिक हुँ । मैले शिक्षाको गुणस्तर बढाउन राष्ट्रिय अन्तर्राष्ट्रिय सबै क्षेत्रबाट तालिम लिएको छु । मैले शिक्षाको गुणस्तरलाई सगरमाथाको उचाइमा पुर्‍याउने सङ्कल्प लिएको छु । यसर्थ जसरी भएपनि म बाँच्नुपर्छ ।”

अब पालो थियो नेताको । नेताले मनमनै सोचे, “मैले जे जस्तो देश निर्माणको तर्क राखे पनि यिनीहरुले विश्वास गर्दैनन् । अब धाँधली गर्नु पर्‍यो । त्यसपछि ऊ हतारका साथ प्यारासुट ब्याग लिई हाम फाल्यो ।”

बुढा र बच्चा अँगालो मारेर रुन थाले । विमानमा आगो बढ्दै थियो । आँसु पुछ्दै बुढाले भन्यो “हेर बाबु, म भनेको अस्ताउन लागेको घाम जस्तै छु, मेरो जीवन आज छ , भोलि छैन । तिम्रो पो उमेर छ ।” यति भनेपछि बुढाले आफ्नो अनुहार मलिन बनायो । विद्यार्थीले चारैतिरबाट

बढ्दै

गएको

आगोको लफ्का

देख्यो र खुसी

हुदै बुढालाई भन्यो

“होइन बा, हामी दुवै बाँच्न सक्छौ ।”

“हेर बाबु, हामी दुवै बाँच्ने कल्पना नै नगर । हामीमध्ये एक मात्र बाँच्न सक्छौ ।” बुढाले भन्यो । बुढाको कुरा सुनेपछि विद्यार्थीले भन्यो - “हेर्नुहोस् बा , यहाँ एउटा होइन दुइटा प्यारासुट छन् ।” बुढाले अचम्मित हुदै भन्यो “कसरी बाबु, कसरी ? चमत्कार भयो कि क्या हो ?” विद्यार्थीले मुस्काउँदै भन्यो, “अघि धाँधली गरेर जाने नेताले हतारमा प्यारासुटको सट्टा मेरो स्कूल ब्याग पो लगेछ ।” दुवै जनाले एक अर्काको मुख हेरेर मुसुक्क हाँसे । उनीहरु दुवै प्यारासुट लगाएर हाम फाले । तर नेताको हालत के भयो होला भनी सबैले कल्पना गरे ।

आश्विन अधिकारी, १० ‘ग’

आगो

अग्निको तातो राप ताप्ले भुन्टेकी आमा आफ्नो नवजात शिशुलाई सेकाई रहेकी थिई । भुन्टेका बा भुन्टे जन्मनुभन्दा पहिले नै पल्टन गएका थिए आफ्नो परिवारको सुरक्षित भविष्यका लागि । आज भुन्टे जन्मेको एक महिना भयो, भोलि भुन्टेका बा घर आउँदै छन् । भुन्टेकी आमाको मनमा आज असीमित खुसी छ ।

कता कता ऊ अब सुनौलो भविष्य आफ्नो आँखा अगाडि नाचेको देख्छे । मिठो खाएको, राम्रो लागेको, भुन्टेलाई बोर्डिङ्ग स्कूलमा पढाएको, आफ्नो दाम्पत्य जीवन दुःख सुख जसरी हुन्छ खुसी रहेको सपनामा डुबेकी हुन्छे । काली-काली भए पनि आज खुसीले उसको अनुहार धपक्क बलेको थियो, खुबै राम्ररी देखिन्थी आज ऊ ।

भुन्टे सुताएर भुन्टेकी आमा भुन्टेको बालाई असाध्यै मन पर्ने राँगाको मासु आगोमा सेक्न लागेकी थिई । तर अहँ, आगो दन्कनै मानेन । उसले जर्किनबाट मडितेल खन्याउन लागी, अहो ! भुक्किएर जर्किन पल्टियो । “थुक्क ! अहिले नै पोखिनु पर्ने” भन्दै ऊ बाहिर बोरा लिन गई तर आगोले मौका छोपेर फैलिहाल्यो । खरले छाएको काठको घरलाई आगोले समाती हाल्यो । भुन्टेकी आमा “ए मेरो बाबा ! भन्दै भुन्टेलाई समात्न पुगी तर उसको शरीरमा मडितेल लागेको थियो भन्ने थाहै पाइन । ऊ भित्र मात्र के छिरेकी थिई, उसको सुतीको धोतीलाई आगोले जकड्यो ।

ऊ आत्तिई, कराई , बाहिर जान खोजी तर यो अग्निलाई भुन्टेको परिवारको खुसी देख्न नसक्नु भएछ कि क्या हो ? उसले भुन्टे र उसको परिवारको भविष्य खरानी पारी दियो । भुन्टेका बा घर आउँदा उसकी प्यारी



अर्धाङ्गिनी र उसको छोरोको मुख पनि देख्न पाएन । यो पीडाले उसको मस्तिष्कमा के असर पार्‍यो ? ऊ आज भुन्टे, भुन्टे भन्दै सडकमा पागल भएर हिँड्दै छ ।

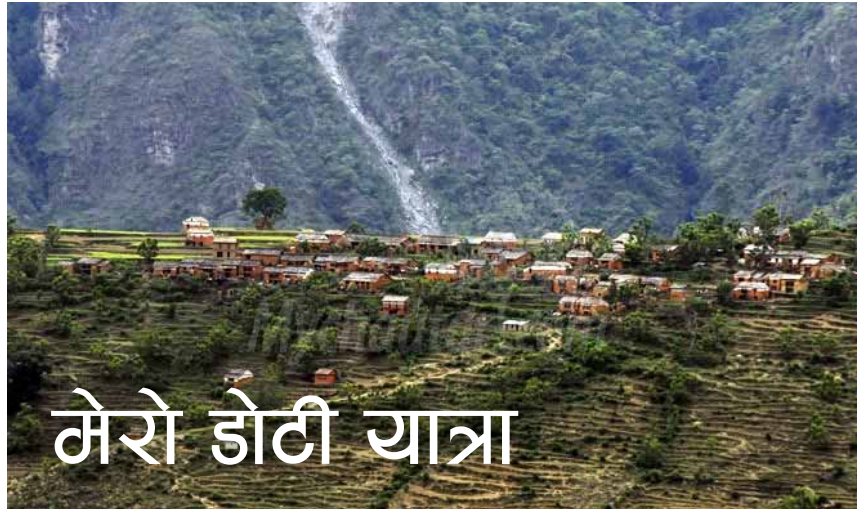
आश्विन अधिकारी, १० ‘ग’

काठमाडौँमा 'बाजेको सेकुवा' धादिङमा 'बाजेको नास्ता' सप्तरीमा 'बाजेको पेडा' गोरखामा 'बाजेकोको स्वाद लिइसकेको म अहिलेचाहिँ डडेलधुरामा बाजेको खिर खाँदैछु । चालिस रुपियाँमा एकथाल पाउने "बाजेको खिर" भिमदत्त राजमार्गका यानुहरूबिच निकै लोकप्रिय रहेछ । मैले खिरबाजेलाई सोधेँ- "बाजेहरू किन यति चर्चित होलान् ?" उनले डडेलधुराली लवचमा जवाफ दिए - 'अरुको त थाहा भयान बाबु, मेरामा चाहिँ मिसमास नभयार त्यस्तो भयाको होला ।'

सानो कलाकारको नाताले म, दिनेश काफ्ले, नेत्र रावत, सुरविर पण्डित, मनोज गजुरेलजस्ता हाँस्य कलाकार सहितको त्यो डोटी प्रदेशको मेरो पहिलो यात्रा थियो । सुदुर पश्चिमेली भाषा र संस्कृतिसँग नजिक हुने प्रयास गर्दै थिएँ । सुदुर पूर्वमा नयाँ मान्छेसँग परिचय गर्ने तरिका अलग छ । त्यहाँ 'नाम' भन्दा पहिले 'थर' सोधिन्छ । अनि 'के थरी पर्नुभो ?' तराईयन आदिवासी बाहेक अन्यलाई थरपछि पनि नाम सोधिन्छ, मूलथलो सोधिन्छ । अनि पहाड कहाँ हो ? त्यसपछि मात्र 'नाम' र 'काम' को प्रसङ्ग आउँछ ।

तर सुदुरपश्चिममा पहिला 'थर' सोध्नुहुन भन्ने किंवदन्ती सुनेको थिएँ । नानीदेखि लागेको बानी, दिमागले रोकदारोक्दै मुखबाट फुत्किहालेछ 'तपाईंहरू के थरी बाजे?' बाजेले बिजुलीको तालमा जवाफ फर्काए, "हामी यहाँ थरी थरी छौँ" । कोही महतारा, कोही चुनारा, धेरै चाहिँ देउवा पड्यौँ । मलाई पूर्वप्रधानमन्त्री देउवाको याद आयो - हाम्रो शेरबहादुर देउवाको घर पनि यही हो कि क्या हो ? नजिकैको उच्च मा.वि.मा पढाउने शिक्षक बोले - "शेरबहादुर दाइले एस.एल.सी. दिया स्कूल नै त्यही हो ।" साहुखर्कबाट दार्याँतिर रहेको स्कूललाई देखाउँदै उनले भने । मैले मन चोरें - 'के कहिलेकाहीँ उनी यता आउँछन् ?' खिरबाजे बोले - "भ्यायाको बेला सँधैँ आउन्थ्यो गर्दछन् ।"

धेरै ठाउँमा नेता गाउँ नफर्केको गुनासो सुनिन्छ तर खिर पसलमा उपस्थित दस-पन्ध्र जनामध्ये कसैले पनि देउवाप्रति त्यस्तो गुनासो गरेनन् । केही असन्तुष्ट छ कि भनेर मैले थप सोधेँ - "आफ्नो गाउँको लागि के के गरे त ?" अर्का लोकल देउवा बोले - "अरुको भन्दा धेरै गन्याछन् ।" आफ्ना वंशज प्रधानमन्त्रीको प्रतिरक्षा



गरेका हुन् वा साँच्चैको सम्मान हो, त्यो चाहिँ अन्य डडेलधुरालीले जान्नु तर देउवा बाजेको खिर मुलाई भिल्कै मिठो लाग्छ ।

स्याउली बजारबाट ओरालो भरेपछि मलाई खिर लागेछ क्यारे चालकको कुममा ढल्किन पुगेछु । अधिदेखि रमाइलो गरिरहेका चालक नारन श्रेष्ठले प्याच्च भने - "भाइ तिमी त सिनु ।" तिन दिनदेखि ननुहाएकोले सामान्य गन्हाएको त थिएँ होला तर मलाई 'सिनु' भनेपछि रिस थाम्न सकिनँ र भने - "तपाईंले के भन्न खोजेको ?" फेरि भन्छन् - 'तिमीलाई 'सिनु' भनेको । मेरो रिसको पारो चुलियो - "म हैन तपाईँ सिनु । नारन हाँस्दै भन्छन् - म सिएँ भने त गाडी गुल्टिहाल्छ नि वड्डा !' म थप जड्गिन खोज्दै थिएँ । मेरो छेउमा बस्नु भएका मेरा श्री आदरणीय दाजु मनोज गजुरेलले परिस्थितिलाई सम्हाल्दै भन्नुभयो - "पवन भाइ ! तिमीलाई गन्हाउने सिनो भनेको होइन । डोट्याली भाषामा सुत्नुलाई 'सिनो' भनिन्छ ।"

भाषाको भेड नपाउँदा छेउ न टुप्पाको लफडाहरू पर्छन् । रातको साँढे सात बजे हामी दिपायल सहर पुग्यौँ । उद्योग वाणिज्य संघका पदाधिकारीहरू हाम्रो स्वागतका लागि होटल अगाडि तयार थिए । गाडीबाट उत्रिँदै मैले आड तानेँ "बल्ल आई पुगियो ।" आयोजक सदस्य बमजीले भने- हामीले त ठुलो कलाकार मानेका छौँ । हजुर आफैँले यस्तो गाली गर्नु भयान । म

अलमल्लमा परें । मेरो अप्ठ्यारो बुझेर चालक दाइले गाँठो फुकाए - "तमले भन्नुभयो बल्ल आई पुगियो तर डोट्याली भाषामा 'गोरु'लाई 'बल्ल' भन्छन् क्या ।"

दिपायलबाट एउटा ई-मेल पठाउन सानो सङ्घर्ष गर्नु परेन । केही गर्दा पनि असफल भएपछि मैले वेटरलाई सोधेँ - "सिमल कहाँनिर टिप्छ ?" वेटरले जवाफ दिए - त्यो डोट्याली नबुझ्नेका लागि भयानक थियो । धन्न मैले त्यो शब्दको अर्थ अगाडि नै थाहा पाई सकेको थिएँ । वेटरको जवाफ थियो - 'चागमा गएर बस्नोस् न त्यहाँ इन्टरनेट राम्रोसँग चल्दछ । घरको बरण्डा वा कौसीलाई त्यहाँ 'चाग' भनिन्छ, भन्ने कुरा थाहा नहुनेको अनुहार कस्तो हुन्थ्यो होला भन्ने कुरा अनुमान गर्नुस् त ।

हाम्रो नेपाल सानो छ तर भाषा र संस्कृति विशाल छ । प्रत्येक दुईसय किलो मिटरमा अलग संस्कृति छन् । हरेक पाँचसय किलो मिटरमा अलग संस्कृति छन् । हरेक पाँचसय किलो मिटरमा भिन्न भाषा भाषिका भेटिन्छन् । यही नै त हो हाम्रो आफ्नो पहिचान भन्ने कुरा । अरु भन्छन् "डोटी गयो धोती न टोपी" । तर म भन्छु - "गाउँ डोटी आएँ ज्ञान बोकी ।"

तम्नाडोटी आइवट मुलाई भिल्कै निको लाग्छ ॥

पवन लुईटेल, AS-Level

“प्रश्न सोझो उत्तर बाउँठा”

१. केटाकेटीको परिभाषा के हो ?

केटाकेटी भनेका ती हुन् जसलाई ती काम गर्न दिइन्छ, जुन काम तिनका अभिभावक यस उमेरमा रमाइ रमाइ गर्दथे ।

२. एमबुलेन्सको हर्न विचित्र किसिमको किन हुन्छ ?

“बाटो छोड नत्र उसमै उठाएर लक्छु” भनेर हो ।

३. जवानी र बुढेसकालमा के फरक छ ?

जवानीमा हामी संसारलाई बदल्न खोज्छौं र बुढेसकालमा जवानहरूलाई ।

४. रुखबाट स्याउ भरेपछि न्यूटनले नयाँ सिद्धान्तको विकास गरे, यसमा तपाईंको के भनाइ छ ?

न्यूटनलाई भोक लागेको थिएन होला ।

स्नेहा सिंह, १० 'क'

मेरो अविस्मरणीय यात्रा

एककाइसौ शताब्दीका मानिसहरू निकै व्यस्त हुन्छन् । विज्ञानले गरेको चमत्कारपूर्ण कार्यहरूले गर्दा मानिसले केही राहत पाएका छन् । यदि त्यस्ता जीवनबाट समय निकालेर मानिसहरू विभिन्न ठाउँ तथा देश गएर त्यहाँको रीतिरिवाज, चालचलन, ठाउँको अध्ययन गर्ने कार्यलाई यात्रा भनिन्छ । यात्राले गर्दा मानिसको दुःख कम हुनुका साथै त्यस्तो जीवनबाट टाढा रहेर स्वस्थ हुन्छन् । यसले मानिसको दिमाग ताजा बनाउन महत्वपूर्ण भूमिका खेलेको हुन्छ । त्यसैले मानिसहरूले केही समय निकालेर यात्रा गर्दा निकै फलदायक हुन्छ भन्ने मेरो विश्वास छ । मेरो देश नेपाल प्रकृतिको काखमा रमाउने भएकाले यहाँ विभिन्न यात्रा गर्न लायक ठाउँ छन् , जस्तै: काठमाडौँ, पोखरा आदि छन् । म पनि मेरो परिवार सहित यात्राका लागि पोखरा घुम्न गएको थिएँ र यो मेरो लागि निकै

अविस्मरणीय यात्रा थियो । २०६८ सालको आषाढ ८ गते ५ बजेदेखिको यात्रा मेरो लागि अविस्मरणीय बन्यो ।

पोखरा मेरो स्वप्न नगरी थियो । मैले धेरैचोटि यसको बयान सुनेको थिएँ । हाम्रो गाडीले सानो डल्लोजस्तो खुम्चिएको काठमाडौँ सहरलाई छाड्दै प्रकृतिर्फको यात्रा तय गर्‍यो । बिहान ८ बजेतिर हामी मनकामना पुग्यौँ । देशको पहिलो केवलकारमा चढ्दा मलाई निकै रमाइलो लाग्यो । करिब २ घण्टा लाइनमा बसेपछि बल्ल हाम्रो पालो आयो । दर्शन गर्नका लागि ११ बजे म र मेरो परिवार पोखरातिर लाग्यौँ । हामी थाकेकाले त्यो दिन कतै घुम्न गएनौँ र होटलमा सुत्‍यौँ । जीवन गतिशील भयो भने सुन्दर बन्दछ, पोखरी जस्तै एकै ठाउँमा जमेर बस्नेले वास्तवमा जीवनको स्वाद मेटाएको रहेनछ भन्ने अनुभूति मलाई त्यतिखेर भयो,

जतिखेर भोलिपल्ट म फेवामा माछापुछ्रेको छाया नियाल्दै थिएँ । केही बेर तालमा धुमेपछि हामीले तालबाराही मन्दिर दर्शन गर्‍यौँ र खाना खान गर्‍यौँ । खाना खाएपछि हामी महेन्द्र गुफा घुम्न गर्‍यौँ । महेन्द्र गुफा पछि हामी गुप्तेश्वर गुफा र चमेरी गुफा गर्‍यौँ । घुम्दा राति भएको पत्ते भएन र हामी होटल गएर सुत्‍यौँ ।

हाम्रो पोखरा भ्रमणको अन्तिम दिन बिहान पाताले छाँगोतर्फ लाग्यौँ । 'डेभिड फल्सको' नामले विश्व प्रसिद्ध उक्त छाँगो अद्भूत रहेछ । पोखराको छातीबाट बगेको ठूलो जलराशि छडछड गर्दै सेती कहाँ बिलाउँदो रहेछ कहाँ, म त आश्चर्यचकित भएँ । बुबाको काम परेकाले वहाँ पोखरा नै बस्नुभयो । म, दिदी र आमा हवाईजहाज चढेर काठमाडौँ जानका लागि एयरपोर्टतिर लाग्यौँ । रोहन सुवेदी, कक्षा : १० 'क' (एसएलसी २०७०)



महाकवि

चुरोट खान्थे महाकवि क्यान्सरका रोगी
जीवन उनले धान्नु पन्थो दुखैदुःख भोगी ।

नाउँ थियो लक्ष्मीप्रसाद थिएँ ठुला कवि
नेपालीको शिर ठाडो पार्थे सधैं अघि ।
साहित्यका भण्डार हुनु, बोल्थे मिठो बोली
आजभन्दा पनि अझै राम्रो पार्थे भोलि ।

मन्त्रीसम्म बने उनी आफ्नै बुद्धिबलले
सबैलाई माया गर्थे गाली गर्ने कल्ले ।
तर एउटा भूल गरे उनले चुरोट तानी
संसारमा प्रसिद्ध छन् प्रतिभाका खानी ।

सोनी कुशवाहा, ९ 'ग'



हिसाब नै मिल्दैन

एक एक मिलेर
हुन्छ हेर दुई
तिमी जाऊ बसमा
म त जान्छु बुई ।

भन्ने साथी सित
के लगाऊँ मीत
हिसाब नै मिल्दैन
गान्हो भयो गणित ।

प्रशंसा शर्मा, ४ 'ड'



व्यक्ति जब एकबाट दुई हुन्छ, तब समूह बन्दछ । त्यही समूहका मानिससँग बस्ने ठाउँलाई समाज भनिन्छ । समाजमा विभिन्न जात-जाति, भाषा, भेषभूषा भएका मानिसहरू बस्दछन् । कोही मानिसले व्यक्तिगत स्वार्थ त्यागेर समाजको लागि गर्ने कार्य नै वास्तवमा समाजसेवा हो र समाजसेवा गर्ने मानिस समाजसेवी । 'समाजसेवा' समस्त शब्द हो । समाजसेवा कुनै लाभको, फाइदाको आशा राखेर गरिंदैन । वास्तवमा समाजको भलोको लागि सोचेर केही मद्दत गर्नु नै समाज सेवा हो । सबैको जीवन एकै प्रकारको हुँदैन कोहीलाई मद्दतको जरूरत हुन्छ । यस्ता आवश्यकतामा परेकाहरूलाई आफ्नो क्षमताअनुसार सहयोग गर्नु नै समाज सेवा हो । जीवन नाशवान् छ, जन्मेपछि मर्नुपर्छ, त्यसैले शरीर मरे पनि जन्मलाई सार्थक पार्न मान्छेले कर्म

समाज सेवा

गर्नु पर्दछ ।

नेपाली संस्कृतिले आज राम्रो काम गर्‍यो भने भोलि मुक्ति मिल्छ भन्दछ । यस्ता समाजसेवी मानिसहरू प्रशस्त पाइन्छन् । मान्छेले सेवालाई आफ्नो मूलमन्त्र मान्नुपर्दछ, जसबाट उसले आत्मिक सुख प्राप्त गर्दछ । सुख भौतिक हुँदैन, यो त आत्मिक हुन्छ । त्यसैले भिक्छ हयुगो भन्छन् - 'परोपकारका क्रममा धनको थैली रिक्तिदै जाँदा हाम्रो हृदय भरिँदै जान्छ । आफू जलेर अर्कालाई प्रकाश दिने बत्ती जस्तै सेवामा लीन भएर आफू दुःख सहनेले नै जीवनको अर्थ भेटिएको हुन्छ ।

समाजसेवा 'सेवा हि परमं धर्म' भन्ने कुरामा आधारित हुन्छ । समाज सेवाको खोल ओढेर धन कमाउने भाँडोका रूपमा संघसस्था खोल्ने लहर चलेको देखिन्छ । यस्तो प्रवृत्तिले समाज सेवाको अवमूल्यन गरेको छ । त्याग र निःस्वार्थ सेवाको खिल्ली उडाएको छ । समाजको विकास भएमा मात्र सामाजिक विकास हुन्छ । निःस्वार्थ भावले गरिएको सेवा फलदायी हुन्छ । "परोपकार पुण्याय पापाय परपीडनम्" अर्थात् परोपकार भनेको पुण्य हो र परपीडित वा अर्काको कुभलो हुने काम गर्नु नै पाप हो भन्ने रहेको हो । यसबाट उपकारको महत्त्व स्पष्ट हुन्छ । त्यसर्थ समाजको भलो गर्नु ठुलो कर्तव्य हुन पुग्दछ ।

कृतिका न्यौपाने, १० 'क'

लागु पदार्थको दुर्व्यसन

लागु पदार्थ भनेको एक प्रकारको औषधी हो । यो विरामीहरूको रोग निको पार्न प्रयोग गरिन्छ । लागु पदार्थहरू विभिन्न किसिमका हुन्छन् । जस्तै: गाँजा, कोकेन, ब्राउन सुगर, चरेस आदि । यी लागु पदार्थहरू औषधीका रूपमा बनाइएका भएपनि मानिसहरू यसलाई नकारात्मक तरिकाले प्रयोग गरिरहेका छन् । जसबाट मानिसको स्वास्थ्यमा असर परिरहेको छ ।

यी कारणले गर्दा समाजमा विभिन्न आपराधिक घटनाहरू घट्छन् । यसले गर्दा देशको विकास क्षेत्रमा पनि असर पुग्छ । त्यसैले हामीले लागु पदार्थको दुर्व्यसन गर्नु हुँदैन । लागु पदार्थको दुर्व्यसन हटाउनका लागि विभिन्न तरिकाहरू पनि छन् जस्तै : जनचेतना जगाउने, मानिसहरूलाई शिक्षित बनाउने जस्ता अरु थुप्रै कामहरू गर्न सकिन्छ र यस्ता तरिकाले लागु पदार्थको दुर्व्यसन घटाउन सकिन्छ । लागु पदार्थको दुर्व्यसन गर्नु राम्रो होइन र हामी सबै जना एक जुट भएर यसलाई हटाउनु पर्छ । किनभने यसले धेरै किसिमका असरहरू ल्याउँछ । यदि हामीलाई ती असरहरूबाट मुक्त हुनु छ भने मैले भने झैं हामी सबै एक जुट भएर जसरी पनि यसबाट टाढा रहनुपर्छ ।

अतिथी चौलागाईं, १० 'क'



देश बाहिर र रोजगारी



नेपालीहरू मुलुक बाहिर कहाँ पो नहोलान् र ? यो बसाइ र सराइ प्रथम विश्व युद्धताका धेरै भएको थियो । मानिसलाई सबैभन्दा प्यारो ज्यान हुन्छ अनि सन्तान धनको पनि ज्यान पछि धनकै महत्त्व हुन्छ भन्छन् तर ज्यान र सन्तानको सुरक्षा पहिलो कोटीमा पर्छ । हिजो हालसालै कति मानिसहरू बेलायत अमेरिका, क्यानडा, अष्ट्रेलिया र न्यूजिल्याण्डमा बसोबास गरिरहेका छन् । नेपालबाट नेपालीले हेर्दा त्यो सपनाका देशहरूमा स्वर्ग भोगेर बसेका होलान् भन्छन् तर त्यहाँ पुगेका नेपालीहरूको नर्क भोगाइ म आफू स्वयंले देखेर आएको छु ।

यहाँबाट विद्यार्थी भिसामा जान्छन् अनि यहाँ बस्ने आमा बाबुले गर्व गरेर मिठाई बाँड्छन् । यहाँ आमाले बेड खुवाएर, स्वस्थ खाना पस्केर, सुकिलो कपडा लगाई दिएर दिउँसोको खाजा समेतका लागि हातमा दाम राखिदिएर बाबु, नानी राम्ररी खाजा खानु र समयमै घर फर्कनु है भनेर बिदा गरेको । कतै छोरा छोरीको हात गोडामा मैलो धूलो लाम्ने नदिएर जतनले हुर्काएको । मायाले छोपेर पुलपुल्याएको । यहाँनेर यसो समय बिताउन डिपार्टमेन्टल स्टोरतिर काम पाउँदा गर्दिन लाज हुन्छ भन्ने, होटलमा काम पाए पनि इज्जत हुन्न भन्नेहरू समुन्द्र पारी पुगेपछि त जस्तो सुकै काम गर्न पनि तयार हुने, भाँडा माइन, ट्वाइलेट सफा गर्ने, जुठो भाँडा उठाउन अनि मालिकको सेवा गर्न सबैथोक ठिक ठान्ने हुन्छन् ।

हाम्रो मुलुक पनि त त्यस्तै छ जसलाई बेरोजगारको मुलुक भनेर विश्वले चिन्छ । यहाँ आमा बाबुले ढुङ्गा गिट्टी कुटेर, ज्याला मजदुरी गरेर एम.ए. पास गराए पनि काम पाउँदैनन्, पढिसकेपछि सानो तिनो काम गर्न लाज मानिहाल्ने । सुरु देखि पढाउँदा पचासौं लाख

खर्च भैसकेको हुन्छ तर फेरि घर खेती बन्दकी राखेर साउदीको मरु भूमिमा भेडा चराउन पठाउने जस्तो अवस्था छ ।

यसरी हेर्दा नपढेकाले आफ्नै मुलुकमा कुटो कोदालो, सानो किराना पसल वा तरकारी खेती गर्नेले आफ्नो आर्थिक अवस्था सुधारेको छ । परिवारसँग खुशी र माया बाँडेर बस्न पाएको छ । पढेकाहरू विदेशै जान्छन् फर्केर आउने लास हो कि सास हो ठेगानै हुन्न । दैनिक १५०० जना देखि १७०० जना युवा जमात वैदेशिक रोजगारीमा लाइन लागेर जान्छन् । एयरपोर्टबाट अर्कोतिर कार्गो गरेर साउदीबाट लासको बाकस आइरहेको हुन्छ । यो कस्तो विडम्बना हो ।

मुलुकको आर्थिक अवस्था हेर्दा रेमिट्यान्सले पो धानेको देखिन्छ किनकि अन्य क्षेत्रबाट देशमा हुने आम्दानी नगण्य नै देखिन्छ । ती युवा जमात कमाउन जान्छन् र घर परिवारलाई पैसा पठाउँछन् तर आफ्नो शक्ति र जवानी, शिक्षा र योग्यता रित्याएर फर्कँदा उसले पठाएको पैसा उसले देख्न पाउँदैन । उसले पठाएको पैसा त छोरीको पढाइमा नै खाना, नाना, छाना र छोरोछोरीको पढाइमा नै सिद्धिएको हुन्छ । अब उसको बुढो शरीर हेलाको पात्र बन्छ, रोगको घर हुन्छ, डिप्रेसनमा परेर कुनै न कुनै रूपमा काल गतिले होइन अन्य तरिकाले मृत्यु वरण गर्छ ।

नेपालको राजनीतिक व्यवस्था मुलुक बलियो पार्न भन्दा बढी आफ्नो स्वार्थ पूर्ति गर्ने लुच्चाचुँडीमा २००७ सालदेखि २०७० सालसम्मै समय बित्यो । राजनीतिलाई आफ्नो पेसा र व्यवसाय बनाउनहरूले कसरी हुन्छ सत्ता हासिल गर्ने व्यक्तिगत सम्पत्ति थुपार्ने र आफ्नो सात पुस्तालाई पुगे गरी कमाउने, सुख सयल गर्ने, मोजमस्ती गर्ने र नाम चलाउने काममा समय

बिताए । हुनत सुकार्यले पो नाम चल्छ दुष्कार्यले के पो नाम चल्छ ? सारा युवा जमातलाई सत्ताको भन्याङ्ग पल्टाउन प्रयोग गर्ने अनि सारा युवा जमातलाई बेवारिस छाड्ने, यसरी यो सात दशक राजनैतिक दल र नेताहरूले गैर जिम्मेवारी पूर्ण कार्य गर्दै रहे । आश र त्रासमा तथा भुट्टा आशवासनमा नेताहरूका पछि लागे फेरि पनि गाँस, बास, कपासको ठेगान नहुँदा रोजगारीका लागि विदेशै त तान्नु पर्‍यो । मुलुकको समृद्धि र राष्ट्रियताका लागि कसले सोच्यो ? यस्तो शिक्षा प्राप्त गर्नु भन्दा त अशिक्षित नै भएर बस्नु जाति । यदि शिक्षा लिनु छ भने आफ्नो लक्ष्य र उद्देश्य पुरा गर्ने खालको होस् । यदि ढुङ्गा मुढा गरेर अरुलाई सत्तामा पुर्‍याउने हो भने त्यो श्रम र सीपको प्रयोग आफ्नै लागि गर्नुहोस् । अधिकांश युवा जगतले त्यो स्वर्ग प्राप्त हुन्छ भन्ने आशमा दश वर्षे जनयुद्ध लडे । आज सहिद परिवार, बेपत्ता परिवार कोख र काख रित्याएका, बलात्कारमा परेका महिलाहरू आफ्नो सिउँदो पुछेर भरी जवानीमा विधवा भएकाहरूको जनवाद, साम्यवाद, सर्वहारा वर्गको आधिपत्य हुन्छ र यो धरतीमा प्राप्त गर्न नसकेका विषय प्रकृतिले दिन नसकेको बाहेक केही हुने छैन भनेर शब्द जालमा भुलाए तर आज तिनले के पाए ? आज गरिबी र भोकमरी अनि बेरोजगारी पाएका छन् । त्यसकारण शिक्षा आफ्नो लागि, काम आफ्नो लागि, सङ्घर्ष आफ्नो लागि मात्र गर्नुहोस् । सम्पन्न भएमा मुलुकका लागि, जनताका लागि सोच्नुहोस्, राष्ट्रियताको जगेर्ना गर्नुहोस् ।

रानु लक्ष्मी श्रेष्ठ

महासचिव

महिला सुरक्षा दवाव समूह

अभिभावक -क्षितिज श्रेष्ठ (एस लेभल)



सरस्वती पूजा २०७०को मेरो अनुभव

विद्याकी देवी सरस्वतीको पूजा हामीले यस साल माघ २१ गतेका दिन गरेका थियौं । त्यस दिन मैले बिहानै उठेर हात मुख धोएर सरस्वती माताको पूजा गरें । हामीलाई विद्यालयमा गुरु बुवा, गुरु आमाले आफ्नो घरबाट फुल ल्याई आउन भन्नु भएकोले मैले विद्यालय जाने बेलामा फुल टिपें । विद्यालय पुग्दा त्यहाँको चौरमा सरस्वती माताको मूर्ति, फोटो, विभिन्न किसिमका फलहरू र प्रसादहरू राखिएका थिए ।

बिहानको प्रार्थना सभामा हामी सबै विद्यार्थीहरू र गुरुबा र गुरुआमाहरू जम्मा भयौं । कक्षा ९ 'क' का विद्यार्थीलाई गुरुआमाले स्तोत्र गाउन लगाउनु भएको थियो । हामीहरूलाई चौरको अगाडि बोलाउनु भयो । हामीलाई स्तोत्र गाउन हल्का डर लागिरहेको थियो तर आँखा चिम्ले गरेपछि हामी सबैले राम्रोसँग गाएका थियौं । एक छिनको कविता वाचन पछाडि पूजा सुरु भयो र हामी हरू सबैले गुरुआमाको हातबाट टीका लगायौं र प्रसाद लिएर आफ्नो कक्षा कोठा तर्फ लायौं ।

खुशी लुईटेल, १० 'क'



मेरो जीवनका मुख्य घटना

आजभन्दा पन्ध्र वर्ष अगाडि म जापानमा जन्मेको थिएँ रे ! सुन्दा अचम्म लाग्छ । अहिले नेपालमा म बसिरहेको चौध वर्ष पुगिसकेको छ । मेरो अनुहार अहिले त्यति उज्ज्वल पनि छैन । सानो हुँदाको फोटो हेर्दा गोरो अनुहार रहेछ । कहिलेकाँही त त्यो गोरो बच्चा को हो भनी पनि लाग्छ । पछि आमाबुबालाई सोध्दा म पो रहेछु । आमाले भन्नुहुन्छ मलाई भर्खर नेपाल आएको बेला नेपाली बोल्न आउँदैनथ्यो ।

चार वर्ष भएपछि मात्र नेपाली बोल्न बानी बस्यो । म दुई वर्षको हुँदा मेरी सानी बहिनीको हाम्रो परिवारमा आगमन भयो । अरु कोही साथी नभएको बेलामा बहिनीको जन्मपछि ऊ मेरी नयाँ

साथी बनी । अढाइ वर्षको हुँदा म विद्यालय जान थालें । विद्यालयमा अरु बच्चाहरू देख्दा अचम्म लाग्थ्यो । म यू.के.जी. मा डेनेब स्कूलमा भर्ना भएँ । त्यस स्कूलमा विभिन्न परिवारहरूबाट आएका विद्यार्थीहरूसँग हाँसी खेली रमाइन्थ्यो । त्यो विद्यालयमा मैले पाँच वर्षसम्म पढें । त्यस पाँच वर्षको समयमा त्यस विद्यालयबाट मैले निकै कुराहरू सिक्ने ।

आफ्नो खुट्टामा आफैं उभिने कुरादेखि मित्रताको सत्य अर्थ मैले यही विद्यालयमा सिक्ने । त्यसपछि म कक्षा चारदेखि यस विद्यालयमा आएँ । यहाँ आइसकेपछि मेरो जीवनमा आमूल परिवर्तन आयो । यस विद्यालयमा मैले जीवनका लागि

उपयोगी धेरै कुराहरू सिक्ने । सबैभन्दा अगाडि कोही पनि मित्र आफ्नो कहिले हुँदैन भन्ने कुरा मैले सिक्ने । आफ्नो खुट्टामा आफैं उभिने, जीवनको लक्ष्यमा पुग्न पढ्नुपर्छ र गुरुहरू पनि हाम्रा अभिभावक हुन् भन्ने मैले यही विद्यालयमा आएर सिक्ने । कक्षा -६ पुगिसकेपछि विश्वमा आफ्नो अस्तित्व कायम राख्न पढाइ एकदमै नभई नहुने कुरा हो भन्ने मैले महसुस गरें । त्यसपछि कक्षा-७ मा गएर केही उत्कृष्ट साथीहरूको साथमा जीवन भन्नेको एकदमै सुन्दर हुन्छ भनी मलाई अनुभूति भयो । कक्षा-८ मा मैले जीवनमा कहिल्यै नबिर्सने पाठ सिक्ने । साथीहरू भन्नेको आफ्ना कहिल्यै नहुँदा रहेछन् ।

आफूलाई गाह्रो परेका बेला कोही पनि साथमा नहुने कुरा र केही कुरामा कमजोर हुँदा सबैबाट हेपाइ खानु पर्ने कुरा मैले २०६८ सालमा आफ्नो दिमाग र मनबाट कहिल्यै नहट्ने गरी सिक्ने र त्यो कुरा मेरो मनबाट कहिल्यै हट्ने छैन । अझ त्यसमाथि जीवनमा पहिलोपल्ट अनुत्तीर्ण हुँदा एउटा असफल मान्छेले भोग्ने पीडा पनि भोग्नुपरेको कुरा कहिल्यै बिर्सिनेछैन । त्यस घटनापछि जीवनमा केही गरेर देखाउने अठोट लिएँ कक्षा-९ मा त्यसलाई साकार पार्न सफल भएँ । विद्यालयका उत्कृष्ट १० मध्येमा पर्नु मेरो जीवनको सबैभन्दा अविस्मरणीय क्षण थियो । यही कुरालाई कायम राख्दै म यसपालिको एस.एल.सी. परीक्षामा उत्कृष्ट नतिजा ल्याउने आशामा अहिले कडा मिहिनेत गरिरहेको छु ।

तसर्थ मेरो जीवनका मुख्य घटनाहरूबाट निकै पाठ सिकेको व्यहोरा बताउँदै जीवनमा कहिल्यै हार नमानि सधैं आफूमा मात्र विश्वास र आस्था राखेमा जोसुकै मानिस पनि आफ्नो जीवनमा सफल हुनसक्छ ।

यशस्वी शाही, १० 'क' (एसएससी २०७०)

गुरुद्विषा र तपस्या

आफू पुरै रित्तिएर शिक्षा दिन्छन् गुरु
ज्ञानको ज्योति जलाई गर्छन् बाल जीवन सुरु
खोली दिन्छन् अन्धकारको ढोका इवाङ्ग पारी
फाँडी दिन्छन् अचेतनका पुरै काँडाघारी ।

जन्म दिन्छन् बाउआमाले गुरु दिन्छन् शिक्षा
अँध्यारोमा चम्की दिओस् गुरुको त्यो दीक्षा
आगोजस्तै भर्भराओस् निःस्वार्थता त्यस्तै
गुरु देख्छन् सपना सधैं शिष्य बनोस् यस्तै ।

शिष्य चढोस् सगरमाथा शिखर छुन
गुरु सधैं बजाउँछन् आशीर्वादको धुन
जब शिष्य शिखरमा पुग्छ ज्योति बाल्दै
खुसी हुन्छन् गुरु मनका सपना सँगाल्दै ।

भन्छन् गुरु ज्ञानको दियो कहिल्यै निभ्नु हुन्न
नफर्कंदै यी कोपिला टिप्नु पनि हुन्न
विद्या मन्दिर, अभिभावक, गुरु सबै मिले
राम्रा फुल्छन् यी कोपिला टपरीभै खिले ।

श्रृष्टि ठाकुर, १० 'क'



शान्ति चाहिएको छ !

शान्ति क्षेत्र भनी चिनिएको देशमा
हिजो आज अशान्तिले छाएको छ
भगवान् गौतम बुद्ध जन्मिएको देशमा
आज हिंसा र दानव जन्मिन थालेका छन् ।

श्रमको पसिना कमाउने माटोमा
रगतको भेल बम थालेको छ
माटोको डल्ला फुटाई खेती गर्ने ठाउँमा
गोला बारुद र बम पड्किन थालेको छ
गाउँ बस्ती र शहरको विकास गर्ने बेलामा
हत्या, हिंसा र मानव तस्करीको विकास गरिएको छ ।

रातमा मात्र महशुस गर्ने बेला
दिउँसै अन्धकार छाएको छ
भगवान् बुद्धको अनुपस्थितिमा आज
विश्वमै अशान्ति फैलिएको छ ।

एरिका तिमसिना, १० 'ख' (एसएससी २०७०)



आमा

आमा - तिमी नै मेरो माता पिता
आमा - तिमी नै मेरो जन्मदाता
आमा - तिमीले मलाई दियौ प्राण
आमा - तिमीले मलाई चिनाथौ संसार ।
आमा - तिमीलाई मैले देवता बनाई
गाउँछु महिमा तिम्रो गुनगुनाई
आमा - तिम्रो माया पाएको छु मैले
आमा तिमीलाई म दुःख दिन्न कहिल्यै ।

स्वीकृति तिमिलिना, ४ 'घ'

काली

तल्लो गाउँको काली पनि विदेशतिर आइछ रे
गुन्यू चोलो थाती राखी मिनिस्कर्ट लाइछ रे
घाँस, दाउरा वनपाखा मेलपात गर्ने काली
हिजो आज नाइट क्लब र डिस्कोतिर धाइछ रे ।
गोबर गन्ध आउने हातले गुन्द्रक, ढिँडो खाने काली
हिजो आज पाँच तारेमा काँटाले खान खाइछ रे ।
के छ हालखबर भनी कसैले सोध्यो भने
टुटेफुटे अंग्रेजी र हिन्दीमा पो भट्याइछ रे
दुधले जति नुहाए पनि भैंसी गाई किन हुन्थ्यो
कालो छाला गोरो पार्न ब्युटी पार्लर धाइछ रे ।

अभिषेक जैसवाल, ए.एस. लेभल

मनका भाव

के छ सुन्दर यो विश्वमामाभ्र
त्यो फुल सुवास दिई फुल्छ जहाँ
को हो आफन्त, मित्र मान्नुपर्ने
जो हो दुःखमा सहयोग गर्ने ।

मानिसले के गरे बन्दछ अमर
अमरताको कडी हो परोपकार
ठुलो कसरी बन्ने ठुलो लक्ष्य लिएर
अगाडि कसरी बढ्ने जाँगरिलो बनेर ।

नराम्रो कर्म गरे हुन्छ के फल
सधैं हुन्छ नराम्रो र दुःखी पल
जीवनलाई सार्थक बनाउने कसरी
राम्रा र असल काम गर्दै अगाडि सरी ।

मनको भाव व्यक्त गर्ने कसलाई
जसले बुझ्न सक्छ त्यसलाई
पुनु कहाँ, जानु कहाँ लक्ष्यको टुप्पोमा
शान्ति कहाँ, सुख कहाँ, असल मन छ जहाँ ।

मोक्षा प्रधान, एएस लेभल



नभनौं है भोलि

स्कूल गई पढ्नु पर्छ
असल मान्छे हुन
अन्तरिक्ष ताक्नुपर्छ
चन्द्रमालाई छुन ।

लेख्नुपर्छ हामीले
ठुला विद्वान् बन्न
केको लाज सृजनाका
गीत, कविता भन्न ?

थाल्नुपर्छ हामीले
राम्रो काम अहिल्यै
काम राम्रो नभए
कदर हुन्न कहिल्यै ।

बोल्नुपर्छ हामीले
मिठा मिठा बोली
राम्रो काम सुरु गरौं
नभनौ है भोलि ।

प्रतिष्ठा भट्टराई, ७ 'घ'

जोक

एक जना स्टुडेन्ट र टिचर थिए ।
टिचर : तिम्रो नाम के हो ?
स्टुडेन्ट : मेरो नाम हिरा बहादुर हो ।
टिचर : English मा भन त ।
स्टुडेन्ट : Diamond Brave
टिचर : तिमी कहाँ बस्छौ ?
स्टुडेन्ट : बत्तीस पुतली
टिचर : English मा भन ।
स्टुडेन्ट : I live in 32 butterflies

सृजल डडगोल, ५ 'घ'

समोसा र पानीपुरी

सीता : मलाई भोक लाग्यो ।
गीता : समोसा र पानीपुरी खाने त ?
सीता : त्यहाँ गएर खाऔं न त !
गीता : ए साथी ! तिमीले समोसाको भित्रको, पानीपुरीको भित्रको मात्र
किन खाएको ?
सीता : किनभने मेरी आमाले बाहिरको खाना नखानु भन्नुभएको छ ।

मानुश्री महत, ४ 'च'



कथा/पुस्तक समीक्षा

‘झोला’

कथाकार : कृष्ण धारावासी

कृष्ण धारावासीद्वारा लेखिएको “झोला” कथा झोला सङ्ग्रहमा सङ्ग्रहित छ। यस कथाको हालै मात्र चलचित्र बनेको छ। मैले हेर्न नपाए पनि मैले



यो कथाको श्रवण गर्ने मौका पाएको थिएँ। लेखकले एउटा अन्जान व्यक्तिको झोला खोलेर हेरे। उक्त झोलामा एउटा कागजको पोका भेटे। त्यो कागजमा धमिला अक्षरमा लेखिएका कुरा पढ्न थालेका लेखकले आफ्नो ध्यान त्यो कागजको लेखाइबाट हटाउनै सकेनन्। त्यो पढ्दै जाँदा प्राचीन नेपाली समाजमा जरो गाडेर बसेको सती प्रथाको बारेमा लेखकलाई छर्लङ्गा हुन्छ। एउटी श्रीमतीको मृत्यु पछि छोरा मान्छेले जति बिहे गरे पनि हुने तर श्रीमानको मृत्युपछि स्वास्नी मान्छे त्यही चितामा जल्नु पर्ने यो कथाको मुख्य भाव हो। अब यो पछि के हुन्छ? त्यो मान्छे को थियो? सती प्रथा के हो र यसलाई कसले उन्मूलन गर्‍यो भन्ने कुरा थाहा पाउन यो चलचित्र हेर्ने पछ र कथा पढ्ने पछ। सरल भाषामा लेखिएको र अत्यन्तै रोचक कथा ‘झोला’ ले एक आमा र छोराको सम्बन्धलाई पनि सजिलै प्रस्ट्याउँछ। त्यसैले यो कथा पढ्ने पर्ने सल्लाह म दिन्छु। यस कथाले नेपाली नारीहरू धेरै पहिला देखि नै पुरुषको दमनमा पर्दै आएको कुरा पनि बुझाउँछ। त्यो “झोला” कथा सुन्दाखेरी पुरुषमा अलिकति पनि मानवता नभएको कुरा महसुस गर्ने मैले। आफ्नी आमा जिउँदै जल्दा छोरालाई कस्तो भावना आयो होला! कृष्ण धारावासीद्वारा लेखिएको यो कथा मेरो र हजारौं पाठकको लागि उत्कृष्ट बन्नुका कारण यिनै हुन्।

आवरण नेपाल, १० ‘क’ (एसएलसी २०७०)



चलचित्र समीक्षा

‘लाइफ अफ पाइ’

निर्देशक - आड ली

पात्रहरू - इरफान खान (पाइ), बाघ (रिचार्ड पार्कर), बौदर, जेब्रा

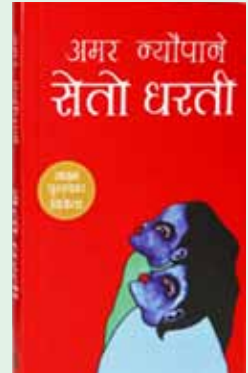
सारांश- यस कथामा ‘पाइ’ नामक पात्र मुख्य नायक हुन्छन्। उसको बुबाले चिडियाखाना खोलेका थिए। केही कठिन परिस्थितिको सिर्जना भएका कारणले उसको परिवारलाई क्यानडा जानुपर्ने मजबुरी आयो। उनीहरू सारा परिवार पानीजहाजमा जाँदै थिए तर आँधी आएको कारणले पानीजहाजको दुर्घटना हुन्छ र पाइ मात्र बाँच्न सफल हुन्छ। ऊ एक लाइफबोटमा भर्छ र त्यहाँबाट बगेर पर पुग्छ। उसको सारा परिवारको मृत्यु हुन्छ। त्यस लाइफबोटमा त्यो केटा (पाइ), जेब्रा, बौदर हाइना र बाघ हुन्छन्। हाइनाले जेब्रा र बौदरलाई मारिदिन्छ र बाघले पनि हाइनालाई सुलुककै निलिदिन्छ। अब त्यस डुङ्गामा बाघ र पाइ मात्रै हुन्छन्। उसले दिमाग लाएर त्यस डुङ्गामा डोरी बाँधी अर्को सानो बोटमा आफू जान्छ र बाघबाट बाँच्छ। उसले समुद्रमा माछा मार्छ र कहिले पनि मासु नखाने



मान्छेले मासु खान थाल्छ। उसले माछालाई समातेर त्यस बाघलाई पनि खान दिन्छ। यसरी नै उसको जीवन बित्दै जान्छ। उसले हरेक दिनको दैनिकी लेखेको हुन्छ। धेरै सङ्घर्ष गरेर उसले आफ्नो जीवन बिताउँछ। पाइले बाघलाई खान दिएकाले उनीहरूको बीचको माया बढ्छ र बाघले

‘सेतो धरती’

लेखक : अमर न्यौपाने



अमर न्यौपानेद्वारा लिखित ‘सेतो धरती’ हाम्रो नेपाली समाजमा प्रचलित कुप्रथाको बारेमा लेखिएको पुस्तक हो। बालविधवाको गम्भीर शीर्षकलाई कथावस्तु बनाई लेखिएको सेतो ‘धरती’ मनलाई छुने खालको पुस्तक हो।

कथाकार न्यौपानेले आफू देवघाट जाँदा त्यहाँ रहेकी एक वृद्धासँग जीवनको कथा सुनेर उहाँबाट प्रभावित भई उनले यो कथा ती वृद्धाकै लागि उनकै बारेमा लेखेका हुन्।

तारा नामकी ती वृद्धाको सानै उमेरमै विवाह भयो र त्यति मात्र नभई उनी सानै, कलिलो उमेरमा नै बालविधवा पनि भईन्। सेतो धरतीमा उनै ताराको बाल्यकालदेखि वृद्ध अवस्थासम्म घटेका राम्रा, नराम्रा, दर्दनाक र रोमाञ्चक, यी सबै घटनाका बारेमा लेखिएको छ।

एक बालविधवाको कठिन जीवनमा उसले के के भोग्छे, उसको मनमा के के विचारहरू आउँछन्, उसलाई समाजले कुन दृष्टिकोणले हेर्छ, उसको इच्छाका बारेमा रहेका हरेक प्रश्नको उत्तर दिने ‘सेतो धरती’ सबैले पढ्नु पर्ने पुस्तक हो।

विदुषी प्याकुरेल, १० ‘क’

कहिल्यै पाइलाई खाँदैन। एक रात निकै ठुलो आँधी आएपनि उनीहरू बाँच्न सफल त हुन्छन् तर बाघ निकै कमजोर हुन्छ। त्यसपछि त्यो डुङ्गा तैरिँदै एउटा टापुमा पुग्छ। त्यस टापुमा एक घना जङ्गल हुन्छ र बाघ त्यस जङ्गलभित्र जान्छ। यसले जङ्गल छिर्नु अघि पाइको याद पनि गर्दैन। यसको मतलब के हो भने जनावरमा आत्मीयता हुँदैन। यसरी यो चलचित्रको अन्त्य हुन्छ।

यस चलचित्रमा नायकको निकै राम्रो भूमिका छ। ‘पाइ’ नाम गरेको नायकले निकै नै राम्रो अभिनय गरेका छन्। मलाई उनको अभिनय निकै नै राम्रो लाग्यो। उनको हाउभाउ सबै परिस्थितिमा मिलेको छ।

यस कथाले हामीलाई के सन्देश दिन खोजेको छ ?

यस कथाद्वारा जनावरमा आत्मीयता हुँदैन भन्ने कुराको सन्देश दिन खोजिएको छ। यदि हामीले जनावरलाई माया गर्‍यौं भने पनि उनीहरू हामीलाई माया गर्दैनन्। यसले डार्विनद्वारा प्रतिपादित सिद्धान्त पनि लागु गर्छ। जसले सङ्घर्ष गर्छ, त्यसले मात्रै यस संसारमा बाँच्न सक्छ।

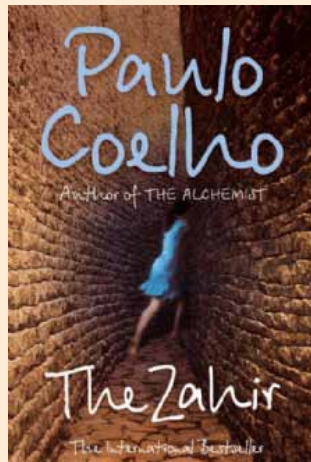
अनुप गेलाल, १० ‘क’ (एसएलसी २०७०)



BOOK REVIEW

ZAHIR, in Arabic, means visible, present, and incapable of going unnoticed. It is someone or something which, once we have come into contact with them or it, gradually occupies our every thought, until we can think of nothing else. This can be considered either a state of holiness or of madness.

The setting of this book is in Kazakhstan. The narrator is an unnamed but very famous writer who lives in Brazil. The narrator's wife is a war correspondent and after 10 years of happy married life, she leaves him alone and disappears. Then the writer lists all the possibilities of what might have happened to his wife. He feels alone although he manages to fall in love again and the ghost of his wife still haunts him. Then he becomes obsessed of meeting with his wife and getting her back and sets on a quest. In this quest, he meets a man



Mikhail, who seems to know about the whereabouts of his wife. This meeting teaches him about love not physical or logical love but love for his life and the love for the world. This revelation changes the way of his thinking and sets on a journey to Kazakhstan from Paris. A lot changes in between and he finally meets his wife and when he

does, he is a changed man.

In this book Coelho talks about the unwritten rules that we are obsessed to follow and also calls this a kind of zahir. He talks about the situation of our society where different or not obvious ideas and people with those ideas are bound to give up their dream to the rule obsessed society. He also mentions that everyday people die living because they do not take the risks of following their dreams and live with an unhappy heart and habituated to painful comfort.

This book and his ideas in this book may not be acceptable to everyone but I accept his views. A person who dares to dream, believes in his dreams and gives everything in fulfilling that dream is the happiest person and a happy person can find comfort even in the bed of rocks.

Srijan Baral, AS-Level



MOVIE REVIEW

Hobbit 2: The Desolation of Smaug

Director: Peter Jackson

Cast: Ian McKellen, Martin Freeman, Richard Armitage, Orlando Bloom...

The sequel of Hobbit: An Unexpected Journey this movie Hobbit 2: The Desolation of Smaug continues on the quest of a Hobbit and Dwarves led by Thorin; son of Thrain; son of Thrór, the king under The Lonely Mountain of the Kingdom of Moria.

As the dwarves discovers wealth under The Lonely Mountain, Thrór the king of dwarves gets so tempted by the jewels that he mines more and more golds, diamonds, mithrils etc. Above all else was the Angstone, a small white stone that was so precious that it made the dwarves, the Elves and Humans united. The whole palace gets filled by wealth that brings Smaug; a dragon to take over The Lonely Mountain.

After the dragon took The Lonely Mountain, King Thrór tried to reclaim the ancient Dwarf Kingdom of Moria. But their enemies had gone there first.

Moria had been taken by the leagues of Orc led by the most, vile of all their race Azog. The giant pale orc had sworn to wipe out the line of Durin. He began by behating the king. Thrain, Thorin's father was driven mad by grief that he went missing. The Dwarves were leaderless, defeated and death



was soon after them, that is when they saw the young prince facing down the pale orc. He stood alone against this. Taking shield of an oaken branch he cut the hand of Azog.

The movie is entirely based on the quest of getting back The Dwarf Kingdom of Moria. Bilbo Baggins a Hobbit played by Martin Freeman was like all Hobbits, smoking pipe, farming and drinking, until the day he meets Gandalf, a wizard who entirely changes

his course of life. He becomes the part of the quest. The movie continues with Bilbo and the dwarves led by Thorin moving towards The Lonely Mountain. In this journey they are sometimes attacked by huge spiders, sometimes prisoned by the Elves, sometimes haunted by Orcs, and are once driven into the fight with Goblins. They are also helped by the Elf prince Legolas and Tauriel. Bilbo does so well to inspire the dwarves and to steal the Angstone and also to make Smaug leave. Peter Jackson has so well created the twists and turns in the stories that the viewers will be speech bound. Continuing the mystery of previous movie; this part also ends in suspense where Gandalf was trapped by the Orcs, and The Smaug flying in anger towards Dale. You should definitely watch this movie.

We are so keenly awaiting the sequel of this movie; Hobbit 3: there and back again which is going to be released soon which will further reveal the unspoken mysteries about the three parts of The Lord Of The Rings.

Niraj Aryal, AS-Level

