

CHELSEA WAVELENGTH

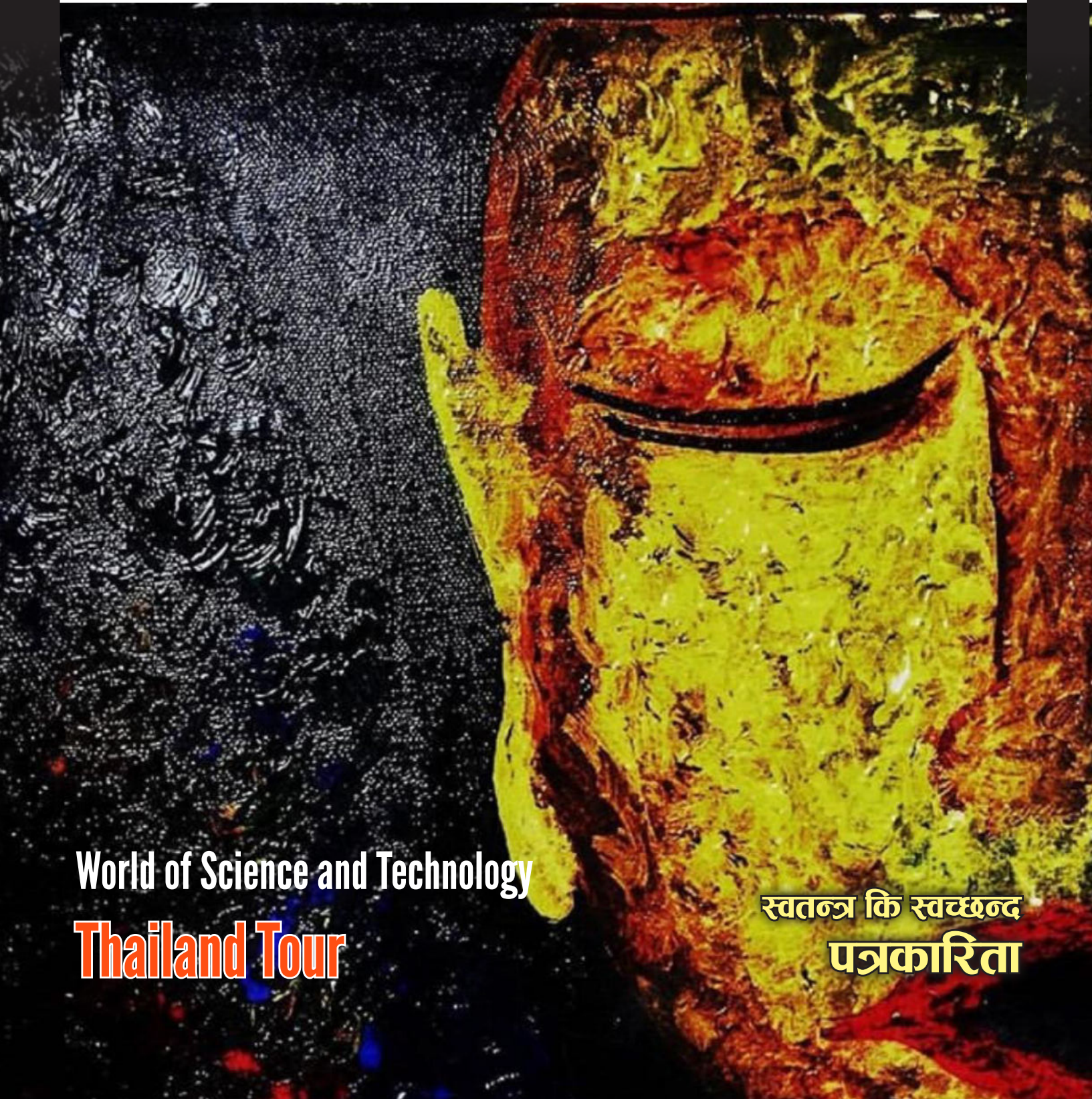
विद्या संस्कार स्कूल

A Complete Educational Magazine

Year 9, Issue 1

World of Science and Technology
Thailand Tour

स्वतन्त्र कि स्वच्छन्द
पत्रकारिता



A-LEVEL WORLD TOPPERS FROM CHELSEA

BISHRUT BHATTARAI

SANSKRITI TIMSEENA

ABHIMANYU CHETTRI



WAVELENGTH

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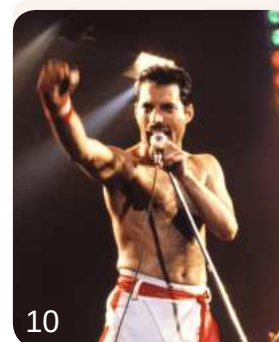
Israeli Palestine Crisis



Salute



Film Review



Freddie Mercury



Futsal



Personality



Topper's Talk



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Greetings to all,

**Sudhir K. Jha**

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

Principal/Founder Director
Vidhya Sanskar School
Chelsea International Academy

I once again feel delighted to present this issue of "Chelsea Wavelength" amidst our parents, students, teaching and non-teaching staff members, well-wishers and related stake holders. This special issue is the testimony of the fact to show how hard our students, teachers, administrative staffs work collectively in and outside the classroom to uphold the mission and the vision of the institution: "Vision through Virtue". "I am very much confident that this virtuous outcome of everyone's effort will satisfy our readers' quest as always.

The academic year 2076 started with a big challenge for all of us. Shifting of our school campus from its premises in New Baneshwor to the completely new premises in Attarkhel, Jorpati was a huge feat. I take this opportunity to thank all the parents and students for trusting us. I would also like to thank all my teachers and staff members for their sincere effort and hard work to make the transition smooth and comfortable for all. Though few construction works are yet to be completed ;then also I can now proudly say that we are into making of one of the most beautiful and well equipped schools in the country.

Another big news to share is the extraordinary results of our students in the final examinations of Secondary Entrance Examination (SEE). The impressive result of all our

109 students who appeared for the 2075 examinations is the clear representation of the hard work of our students, teachers, staff members and parents as a whole. Not only the Grade 10 students but all our students from post Grade 10, i.e. Cambridge GCE A-Level, Grade 11 and 12 performed really well to make the whole Chelsea and Vidhya Sanskar family proud. Two of our A-Level students were awarded national toppers award by the Cambridge International Examinations for their outstanding performance in the board examinations. I take this opportunity to thank and congratulate everyone for all their effort for making our institution a center of excellence. I so feel proud to inform you that maximum of our college pass outs have been able to get prestigious placements in the colleges and universities in and outside the country.

I am very much sure that everyone who goes through this issue will sincerely observe the effort and determination of our students and teachers. You can also see the diverse assortment of activities and events that goes in and outside the school/ college in this publication. I am very much indebted to everyone involved directly and indirectly for the production of this issue. The editorial board of "Chelsea Wavelength" is the one who took all the trouble beyond their classroom to bring out this beautiful issue. Congratulations to the editorial team.



FROM THE CHIEF EDITOR'S DESK



The publication of this magazine marks the culmination of the effort and hard work of the entire student body along with the teachers, without whom this feat would not be possible. This journey was a whirlwind of emotions, to say the least. However, our working methodology on this issue was very different to the last one. The advisory board meticulously delegated various tasks to the editorial team which helped us to work more efficiently. Along with that, this iteration of Chelsea Wavelength also could not have been possible without Pranai Sir who took the role of our mentor and helped us to rectify all our shortcomings. Finally, I'd like to acknowledge the hard work and the patience of the entire administrative staffs who endured us and helped us throughout.

The proficiency of each and every article present in the issue can be attributed solely to our students and their profuse enthusiasm towards the magazine. All the artwork, photography, book/movie review, news piece and the articles we received from our student body has been of a great calibre. In spite of that, we weren't able to include all of the articles we received in the magazine due

to the high influx of items. For this, I, on behalf of my team, sincerely apologize and assure you that your hard work has been acknowledged by us and we are grateful for the interest you've shown in the Wavelength.

Furthermore, we have included various articles on contemporary socio-economic issues which we hope gives an adept insight to the readers. We also have news reports on various events we had in the past months as a reminiscence. Moreover, we've included inspiring stories of our alumnus in hopes that the present students can look up to them and strive to attain their excellence. We also have interviewed several dignitaries in order to enrich our magazine with their expertise and opinions.

Additionally, I'd like to extend a profuse gratitude and appreciation towards Prastab Koirala (AS LEVEL) for this stunning front and back artwork (cover). On a final note, we hope that everyone has a pleasant time reading this magazine. And, although we tried to make it as flawless as possible, please excuse any shortcomings you find.



CHIEF PATRON:

Mr. Sudhir Kumar Jha
Principal/Founder Director

ADVISORS:

Mr. Anand Aditya, Ms. Pramita Bista
Mr. Rajesh Adhikari, Mr. Pranai Moktan,
Mr. Suresh Adhikari

CHIEF EDITOR:

Adeeti Ghimire (A2-Level)

CO-CHIEF EDITORS

Aragya Banepali, "A2 Level"
Swechha Karn, "SEE 2075"

COLLEGE SECTION:

Utsav Shrestha, Tirzah Pokharel, Anush Maharjan, Sikshya Bhattarai, Gunesh Jha, Romansheeka Singh, Animesh Baral, Shreyan Parajuli, Pratistha Pokharel, Brijesh Pandey

SCHOOL SECTION:

Aayusha Yogi, Yogesh Gupta, Saksham Pokharel, Upashana Rayamajhi, Anushmriti Bhatta, Anvesh Sapkota, Shreyana Basnet, Aakriti Singh Oli, Spriha Parajuli, Aayusha Chipala

FACULTY:

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TECHNICAL SUPPORT:

Ms. Shristi Shakya
Ms. Asmita Maharjan
Ms. Reshma Gurung
Ms. Rima K.C.

PHOTOGRAPH:

Creative Composition The Studio

LAYOUT DESIGN:

Abritti Media

FRONT COVER/BACK COVER:

Prastab Koirala (AS Level)

For further information, please contact:

Chelsea International Academy
(GCE A-Level College and +2)

Lakhechaur Marg, Mid-Baneshwor,
Kathmandu, Nepal
Tel.: 4472902, 4499662, 4483212, 5244349

Vidhya Sanskar School

(Pre-School to Grade 12)
Gokarneshwor-8, Attarkhel, Kathmandu
Tel.: - 4917769, 4918034

P.O. Box: 25201, Fax: 4491753

Email: mail@chelseainternational.com.np
Web: www.chelseainternational.com.np

ISRAELI PALESTINE CRISIS

Roshit Niraula (AS Level)

The conflict of Israel-Palestine is no new to the globe. Neither is the subject of the conflict. This dates back from the key events since the late 13th century to the present time and is believed to continue generating events to happen further in the near future. The happenings are not just a conflict over a piece of land or borders of nations between two states but rather also ideological clash that has caused this part of Eurasian continent to be terror-affected region and furthermore a setback to global peace and development.

Back then called the state for Jews in the early ages, the Muslim Arabs

used to reside in what today is Israel. The Jews lived across in several places of the European sub-continent. They also scarcely lived in places near River Jordan and Holy site of both Jews and Arabs, Jerusalem. But the Jews wanted something more; an identity for themselves. So, they wished for an independent state of Jews for their identities. "What better place to start then our ideological home?" they must've thought. So, the number of Jews migration rose up until the late 18th century in the Palestinian lands, then under the great Ottoman Empire. After the WWI, the Ottoman Empire fell. The lands were under two powerful nations now, France and

Great Britain. The Syrian-Lebanon lands were controlled by French army whereas the Palestine was under British control. The British identified Jewish people and supported their motto of "national home for the Jewish people" along with them preaching "nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities".

For the better half of a decade, the Jewish immigration increased like never before. The British Empire then formulated rule to let 10,000 people in the border with accepting emergencies. But since the torch of freedom and independence were





igniting worldwide, Britain was compelled to leave control of those lands. With the support of UN, the region was divided into two halves, Israel for the Jews and Palestine for the Arabs with Jerusalem as international territory under UN, in the year 1948. The real war and conflict began back then.

Although the separation was internationally recognized and agreed, the two parties were disappointed. In the very year of their independence began the first Arab-Israeli War. This war was not only fought between Israel and Palestine but its neighboring countries also did participate. Israel annexed much territory of Palestine and Western Jerusalem; Jordan enlarged its borders from West Bank to Eastern Jerusalem and Egypt occupied Gaza. This brought a chain of chaos in the whole Arabian Peninsula. From year 1949 to 1960s, about 250,000 Jews settled in Israel whereas thrice the number of Arabic population either fled from their own homelands or were expelled.

Over the next few years from 1949, the civil wars and international wars went on. In 1956, Israel colluded with France and Britain (without providing knowledge to Buckingham) to block the Suez Canal and create havoc in Egypt to capture Gaza. This period was termed as "Suez Crisis". Israel now struggled to rise above the political pressure it gained and so in the year of 1957, they built a large nuclear reactor that ten years later was destined to become the unconfirmed Nuclear Weapons Program of Israel. Wealthy in military resources, Israel now attacked Jordan and Egypt (and Syria; Syria supported the claim of Egypt) and slowly, successfully

claimed control of all of Palestinian lands within the famous Six Day War.

In lights of those recent events, in 1975, The United Nations Council no longer supported the Jews and passed a resolution describing Zionism as a



form of racism. UN started to rescind it only until year 1991. Later, in the year 1977, Egyptian President Anwar Sadat visited Jerusalem and began the process that led to Israel's withdrawal from Sinai region and Egypt's recognition of Israel along with aid of US in the Camp David Accords of 1978. As usual, the accords was maintained for a short time frame as there were several opposes and this did not prove to be successful in maintaining peace in the region in a long shot.

Because of the oppression faced by Arabs in Palestine, an organization called Palestine Liberation Organization (PLO) was established. Israel, as can be guessed, did not like it. Soon, Israel invaded Lebanon in order to expel PLO's leadership. Later Israel could not maintain control for it was one thing to capture Lebanon and another deal to hold it. Israel withdrew from Lebanon in year 1985 with still

occupying narrow security zones which later in the year 2000 were completely abandoned by Israel.

In the year 1987, the First Intifada began that gave rise to terrorism in the whole Arabian Peninsula and the globe itself. This also brought rise in violence in Israel. This was to happen for the Arabic-Palestinian people who already had enough being suppressed by the Israeli Jews dominance. In January, 1991, The Gulf War broke out which was settled in October of same year. But this showed an ignition of what could actual happen if war broke out in the region. In 1993 however, Oslo declaration was signed that led for Israel to make peace with Egypt, Lebanon and Jordan.

Egypt moved out of Gaza, Jordan out of West Bank and this set stoned to the road map for peace in the Eurasian region. However, the Arabic population in Israel who were still denied their identity revolted into the Second Civil War of Israel-Palestine also commonly termed as Second Intifada. As a counterattack, in 2008, Israel attacked on Arabic camps in Gaza. However, the situations came under control when Netanyahu's government came in full power in May 2015.

The present context seems better but we can never predict about the future. Political instability has caused the efforts of peace between Israel-Palestine to deteriorate over the passing by ages. At the present scenario, The Arabs are given provincial control of some parts in Gaza and some in West Bank. The scarce parts of middle Israel is governed by both Arabic and Israeli parties whereas maximum including the capital city of Jerusalem. However, improvement in situations, there are still a lot of refugees fleeing from Israel and Israel has been the black Christian sheep in the herd of white Muslim nations of the region.

Israel is rumored to be funded by world power nations for evidences such as its early adaption on nuclear technology and yet secretive assets including Dimona Nuclear Plant, suggests so. Whatever we know, we know very little for we have not witnessed the event. But what we can actually conclude is this event has been a cataclysm that has paralyzed the development of the entire globe.

Ignorance is a bliss

Binayak Maharjan (A2- Level)

For the basic functioning of an individual, certain criteria keep their ordeals in check. For the most orthodox of individuals, theism is a tradition. A theistic worldview offers sanctuary to their thoughts that are in pursuit of a higher meaning to existence. Furthermore, their faith in god can rid them of troubles which they have no control over. God is often put forth as a scapegoat if anyone doubts their inexplicable assumptions and morals. They remain content with what they receive.

Those who reject a theistic worldview put themselves above the aforementioned accounting to the fact that they aren't as gullible as them. However, their search for the higher truth doesn't stop like the theists' search stops at "God". Their dissatisfaction with the status quo and general sentient curiosity pushes them in search for the rudimentary meaning in existence or the absence thereof. The people, who can't instill a scapegoat, like God, can't calm themselves with the same. Consequently, this unrest causes a breaking point for some while others remain dissatisfied and resort to viewing the world with contempt.

In an attempt to consolidate themselves and their mind against the so-called angst of human existence, they familiarize themselves with relevant literature and besiege within peers who hold similar views. While a group of people may just be doing so to dodge the mainstream and stand out, another group is genuinely sweating to break the bandwagon that invites societal control veiled by faith and promises of salvation. In their pursuit, they reach the very foundations of organized religions. The general population's blind conformity stems from their vulnerability to and fear of exclusion from the society.

The social man is grounded by his peers and rooted by the moral guidelines set by his ancestors. At the heart of these guidelines lies a fundamental flaw that is ever so often overlooked without a second thought. The basis of morality and its justifications fail at the most basic of levels. Although this has been a subject of keen speculation since ages, a concrete foundation of morality is still as inexplicable like the quantum nature of reality.

However, it lacks the observational evidence that the latter is supported by. This mentality of man has spread across time like a plague, a plague fueled by ignorance and apathy, a plague that has wiped out anyone who would question the nature of objective reality and it has left none but a few survivors.

These few survivors salvage whatever they can from their partially fabricated history and draw from their imposed laws, a conclusion that, since the basis of morals is flawed and ill-defined; the reasons for moral values might as well be non-existent by their nature of being outside a layman's logical plane of understanding. Consequently, the moral obligation everyone is supposed to follow makes no sense in the grand scheme of things.

So, one doesn't have the intrinsic need to tend to any responsibility and so no one has a definite obligation. Only when one is freed from the prison of principles and is left to roam the fields of possibilities, one would need no sanctuary for one's thoughts. Such transcendental acceptance of existence would rid them of their problems that they consider to give their life meaning.



World of Science and Technology

Rhythm Maharjan, 10 'B'

Ever since the dawn of societies until our time, a large number of discoveries have been made in the field of science and technology. Many inventions and discoveries that our ancestors might have thought to be impossible have been achieved in modern times. These inventions have forever changed the way we live our life and see the world. When we take a look around us and see how much we are dependent on these technologies, it is hard to imagine a world without them. It is their popularity and our dependence on them that gives us testimony that our world has become a world of science and technology.

There are many things that we use in our daily life that have made our lives easier and faster. Famous scientists such as Albert Einstein, Sir Issac Newton, Stephen Hawking, Alexander Graham Bell, Galileo Galilei, Marie Curie, Thomas Edison, Nicolaus Copernicus, etc. have revolutionized the way we see the world and live our life. Many scientific technologies such as telephones, vehicles, bulbs, computers, laptops, cameras, etc. have made our life easier and faster. Due to these inventions, people can communicate with each other across long distances, travel and transport heavy load from one place to another and share various information such as news, pictures, messages, etc. within fractions of a second. Similarly, the development of these technologies in the field of medicine has made it possible to cure previously incurable diseases such as influenza, typhoid, tuberculosis, etc. These technologies have also had a huge impact on other fields such as agriculture, industries, transport, trade and have changed the overall lifestyle and living standard of people.

Although they have their advantages, development of science and technology comes with their fair

share of disadvantages as well. Overuse of electronic devices such as mobiles, computers and laptops can cause addiction and various eye related problems. Overdependence on these technologies can cause people to get lazier and suffer from various problems related to obesity and various diseases.

The smoke, dust and other wastes released from industries can cause air pollution. Similarly, cutting down of trees can lead to greenhouse effect and global warming which in turn can result in over melting of icecaps, increase in the global temperature, rise in sea level, desertification, wildfires and even lead to extinction of all living beings. Similarly, development of various scientific weapons having nuclear or destructive capabilities can lead to conflict which cause catastrophic destruction and result in heavy casualties.

Although, it has its disadvantages, development of science and technologies can play an integral part in the survival of human beings. So, these technologies should be developed keeping their consequences in mind. Their disadvantages can be minimized through the use and promotion of alternate sources of energy, plantation of trees in barren lands, reducing the dependence of human beings on these technologies, prohibiting the use and manufacturing of the nuclear weapons, making these science and technologies available in rural and under developed areas and raising awareness regarding the method of wisely utilizing these technologies.

If these methods are followed, then people can coexist with nature in peace utilizing the technologies for their benefit, minimizing the harmful effects of these technologies. If this can be achieved then our world can truly be a world of science and technology.

Freddie Mercury

Mercury was born as Farrokh Bulsara on 5th September, 1946. He was born in Zanzibar to Parsi parents from India. After growing up in Zanzibar and then in India, his family moved to Middlesex, England in his late teens. He formed 'Queen', in 1970 with guitarist Brian May and drummer Roger Taylor. Mercury wrote numerous hits for Queen, including "Bohemian Rhapsody", "Killer Queen", "Somebody to Love", "Don't Stop Me Now", "Crazy Little Thing Called Love", and "We Are the Champions". He also led a solo career while performing with Queen, and occasionally served as a producer and guest musician for other artists. Mercury died in 1991 at age of 45 due to complications from AIDS, having confirmed the day before his death that he had contracted the disease.

As a member of Queen, he was inducted into the Rock and Roll Hall of Fame in 2001, the Songwriters Hall of Fame in 2003, and the UK Music Hall of Fame in 2004. In 1992, a year after his death, Mercury was posthumously awarded the Brit Award for outstanding contribution to British Music, and a tribute concert was held at Wembley

Stadium, London in 2002. He was placed number 58 in the BBC's 2002 poll of the 100 Greatest Britons. Mercury was voted the best male singer of all time in 2005 poll organized by Blender and MTV2.

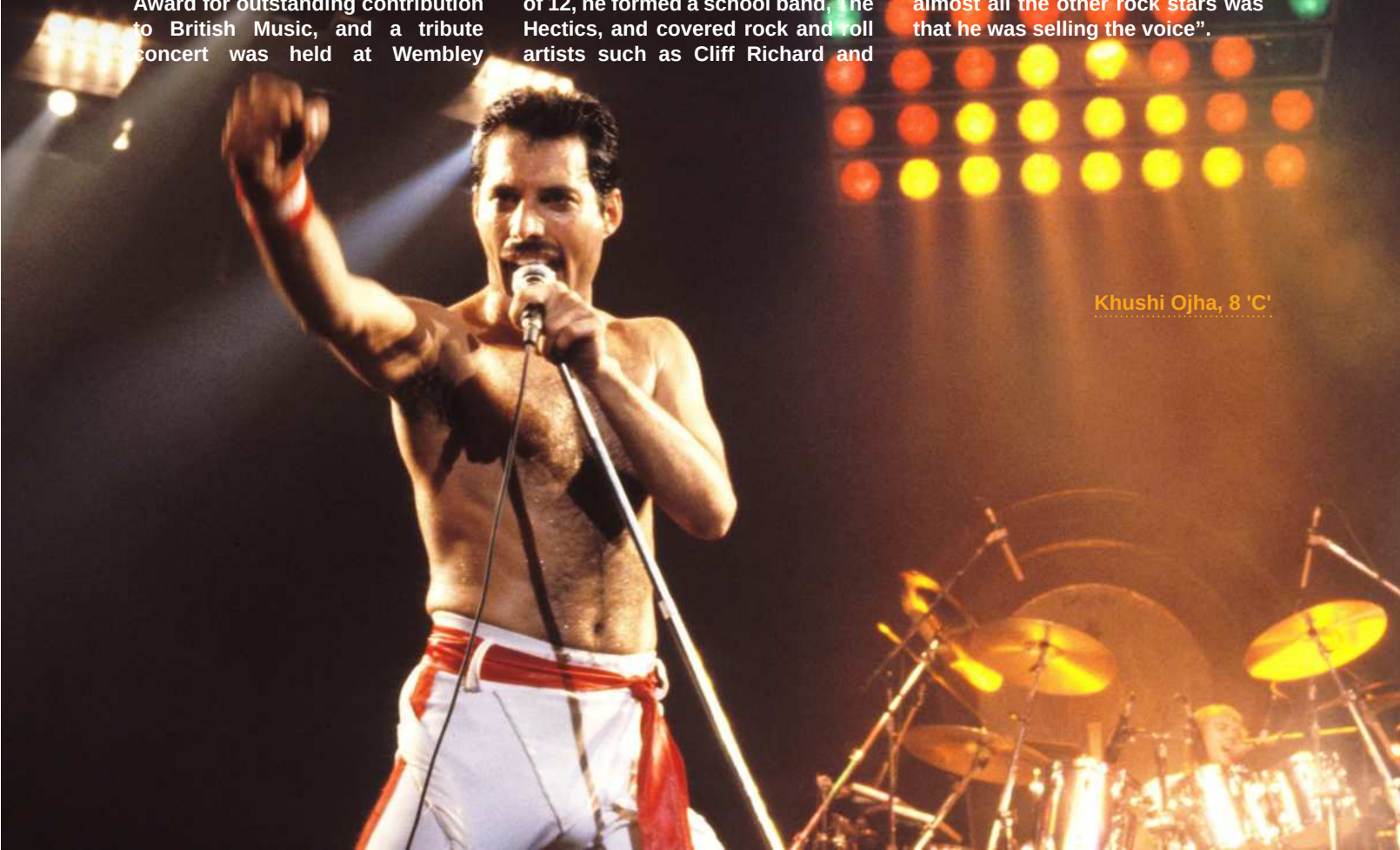
Mercury was also ranked at 18 on the 2008 Rolling Stone list of the 100 greatest singers ever, and ranked the second best lead singer in a 2011 Rolling Stone reader's pick. Mercury was described by All Music as "One of rock's greatest all-time entertainers", with one of the greatest voices in all of music. Upon its release in November 2018, the biographical film about Mercury and Queen, *Bohemian Rhapsody*, became the highest-grossing musical biographical film of all time.

In his early life, Mercury spent most of his childhood in India and began taking piano lessons at the age of seven. In 1954, at the age of eight, Mercury was sent to study at St. Peter's School, a British-Style boarding School for boys, in Ponchgani near Mumbai. At the age of 12, he formed a school band, The Hectics, and covered rock and roll artists such as Cliff Richard and

Little Richard. One of Mercury's formed band mates from the Hectics has said "the only music he listened to and played, was western pop music". A friend from the time recalls that he had an uncanny ability to listen to the radio and replay what he had heard on piano. "It was also at St. Peter's where he began to call himself "Freddie". He also attended St. Mary's School, Mumbai. In February, 1963, he moved back to Zanzibar where he joined his parents at their flat.

Although Mercury's speaking voice naturally fell in the baritone range, he delivered most songs in the tenor range. His known vocal range extended from bass low F (F2) to Soprano high F (F5). Biographer David Bret described his voice as "escalating" within a few bars from a deep throaty rock growl to tender, vibrant tenor, then on to a high-pitched, perfect coloratura, pure and crystalline in the upper reaches. Spanish Soprano Montserrat Caballé expressed her opinion that "The difference between Freddie and almost all the other rock stars was that he was selling the voice".

Khushi Ojha, 8 'C'



QUOTES

Utsav Shrestha (A2 Level)

The most beautiful experience we can have is mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.
- **The World as I see It, Albert Einstein**

Hope does not leave without being given permission.
- **The Mark of Athena, Rick Riordan**

Life is a book and there are a thousand pages I have not yet read.
- **The Clockwork Princess, Cassandra Clare**

But better to get hurt by the truth than comforted with a lie.
- **The Kite Runner, Khaled Hosseini**

Once you have accepted your flaws, no one can use them against you.
- **Game of Thrones, George R.R. Martin**

Religion is flawed but only because man is flawed.
- **Angels and Demons, Dan Brown**

It takes a great deal of courage to see the world in all its tainted glory and still, love it.
- **An Ideal Husband, Oscar Wilde**

The only way out of the labyrinth of suffering is to forgive.

- **Looking for Alaska, John Green**

If you love someone, you must be prepared to set them free.

- **The Winner Stands Alone, Paulo Coelho**

A society has no chance of success if its women are uneducated.

- **A Thousand Splendid Suns, Khaled Hosseini**

When the whole world is silent, even one voice becomes powerful.

- **I am Malala, Malala Yousafzai**

It matters not what someone is born, but what they grow to be.

- **Harry Potter and The Goblet of Fire, J.K. Rowling**

With the new day comes new strengths and new thoughts.

- **Growthality, Eleanor Roosevelt**

Is it hard? Not if you have the right attitudes. It's having the right attitudes that's hard.

- **Zen and the Art of Motorcycle Maintenance, Robert M. Pirsig**

RIDDLES

Shreyan Parajuli (AS Level)

Questions and Answers

- 1) I am first on earth, second on heaven. I appear twice in a week, never in a month, but once in a year. What am I?
- 2) What bird can lift the most weight?
- 3) I fly without wings. What am I?
- 4) Why was the mole of oxygen molecules excited when he walked out of the singles bar?
- 5) Why do basketball players love donuts?
- 6) If money really did grow on trees, what would be everyone's favorite season?
- 7) What three numbers give the same answer when multiplied together or added together?
- 8) What do the following words have in common: Racecar, Civic, Eye and Level?
- 9) What has keys but no locks, space but no room, you can enter but you can't exit?
- 10) Why do communists write everything in lower case?

Answers:

(the letter 'e'), (A crane), (Time), (He got Avogadro's number), (Because they can dunk them), (Fall), (1,2 and 3), (They are all palindromes. They can be read the same backward and forward), (A keyboard), (Because they hate capitalism)



LAUGHTER THE BEST MEDICINE

Gunesh Jha (A2 Level)

Pun intended

I googled "how to start a wildfire". I got -48,500 matches.

Apparently taking a day off is not something you should do when you work for a calendar company.

Three guys walk into a bar. Why? Because they're blind.

What's the difference between glue, a tuna and a piano?" "No idea." "You could tuna piano, but you couldn't piano a tuna." "Oh. And what's with the glue?" "I knew you'd get stuck there."

Some guy in the street stopped me to give me a flier on anger management. - I admit, I lost it.

My ex-wife still misses me. But her aim is steadily improving.

Body Dysmorphic Disorder

a growing problem of today

Aditya Khadka (A2-Level)

Appearance has always mattered hugely. People put hours into working out for a toned body structure. They invest a lot of time and money on makeups, beauty products and cosmetics. Literally, everyone would love to look flawless and to have a new date every night. Based on a research by Danielle Pergament, 64 percent of people first notice how attractive a

person is. Likewise almost 50 percent of the people think that appearance is what significantly or completely defines an individual. His research concludes that people judge others based on their presentation.

This happens even if one is trying not to. Since judgements are largely based on appearance, many would love

to have a flawless appearance. A lot of people put a huge emphasis on their appearance. It is almost impossible to find someone with a flawless face or body. It maybe, say a crooked-nose or vampire-like-incisors or a weird uneven smile. For most, as much as they hate it, it might not bother them too much, they 'shake it off'. For individuals with Body Dysmorphic Disorder (BDD)



however, flaws in appearance can be distressful. The flaws are minor or non-existent. People with BDD spend many hours a day thinking about their flaws. Negative thoughts arouse when they think about it, triggering intense emotional distress. The problem can turn so severe that individuals with it cannot function well in everyday life. They're almost deluded in the way that they fear they'll be judged poorly after people notice their flaws although that's not the case. Statistics suggest that BDD affects 1 in 50 people but the problem seems to be increasingly common at contemporary.

Body Dysmorphic Disorder is a body-image disorder. Its main characteristic includes tenacious obsession with one's perceived body defect. The flaws generally include minor imperfections in their hair, nose, skin, teeth, chest or abdomen. These flaws that people with BDD often perceive are slight or even illusive. According to Veale et. al., the average age at onset was late adolescence and a large proportion of patients were either single or divorced. The causes of BDD are unclear. However, some biological and environmental factors may contribute to its development. Genetic predisposition, neurobiological factors such as malfunctioning of serotonin in the brain, personality traits, and life experiences (child maltreatment, sexual trauma, peer-abuse) can all cause BDD.

Elements and signs and symptoms of BDD vary from individual to individual. However few criterion for diagnosis of Body Dysmorphic Disorder have been identified. First, the individual obsesses over one or more apparent flaws in his or her physical appearance that are not visible or not significant to others. Secondly, the individual performs recurrent behaviors like frequently looking in the mirror, excessively grooming, or comparing his or her appearance to another's. Thirdly, this obsession causes significant distress

or impairment in his or her social or work life. Lastly, the individual's preoccupation with his or her appearance cannot be explained by concerns with body fat or weight, which may be symptomatic of an eating disorder.

With 20% more people leaving dental clinics unsatisfied despite multiple aesthetic procedures, Naini F.B. and Gill D.S. concluded that Body Dysmorphic problem is a growing problem of the time. Failure to detect BDD can lead to poor physical and psychiatric outcomes. Early treatment is hence very essential. However attempts to treat BDD may not lessen the symptoms and could possibly worsen outcomes. Treatment should therefore be done cautiously. BDD can be treated through Cognitive Behavioral Therapy or CBT. This will help individuals challenge negative thoughts about their body image and adapt a more realistic way of thinking, as well as learn about alternate ways to handle urges that come with the disorder such as excessive mirror-checking. BDD can also be treated with medications such as antidepressants, used to treat disorders such as depression. Current evidences suggest the best treatment for BDD is a combination of CBT and medication. Body Dysmorphic Disorder can grow more severe with time. It can trigger more severe problems like clinical depression, social anxiety disorders and anxiety disorders of other forms, obsessive-compulsive disorder and even make individuals delusional. All these mental illnesses are much more severe problem than BDD itself. Without proper treatment in time, it can have a damaging effect on individuals making them highly dysfunctional. Anyone with slightest of symptoms must therefore consult a therapist for treatment. If you think you might have the problem or anyone you know might have it, it's wise to consult a therapist and seek for treatment, possibly without use of any medications.

POEM

My Idol Friend

Aayusha Bishwokarma

SEE 2075



You've been there for me
through the good times and bad,
I know I can count on you
to be there where I'm sad,
Life without you
Just wouldn't be right,
When I've had a bad day
I know that you're the only way,
A friend is someone like you who fills
My life, with joy, and grace,
When life takes that crazy turn
You're always there to help me and
learn,
We've had so many good times
together
I know we'll be best friends forever,
No matter where we are
I know we'll never be too far,
You're my idol, my friend
we'll be together till the end
Even when we're old.

SWIM FOR LIFE!

Amit Sharma (A2 Level)

Swimming is an individual or team sport that requires the use of one's entire body to move through water. Competitive swimming is one of the most popular Olympic sports.

Swimming isn't just all about the bad tan lines, having raccoon eyes and the early mornings. Nor is it about the medals you receive, the wins you take home and the records you make. Swimming is much more to life than just a mere sport. Swimming provides a support base for the most fundamental and critical things that you will carry with you for the rest of your life.

May it be your career, your personal relationships or other various kinds of sports. Swimming will teach you the importance of hard work, being humble and above all being a member of a team.

So, these are few things that

swimming teaches in our lives:

1) If you want something, you've got to work hard

Nothing you want in life is going to come to you easily. It will require your effort. Accomplishing "cool" stuffs will always require giving, which what sometimes might as well seem as, unnatural levels of effort. If working hard is your talent, then you will never come out without success in the pool and in your life.

2) Coping up with failure and setbacks

It is a general thing that we face in our life that it is not always going to be fair and the things will not be as we expect them to be. There will be times when the effort we put into practice, may not give out expected results or there will be moments when you are confused as you get

up on the blocks and totally choke.

The moments will sting. They will hurt. They will take you down. But the most important thing here is, those moments also teach you how to be mentally tough. To overcome. To be humble.

3) Being team makes everyone better (including you)

Isn't it a surprise to see that so many swimmers tend to have superhuman speed when it comes to relay legs? It is seen so many times. There is something that happens when you race for something besides just yourself.

It will always be that you want to accomplish things on your own. You want to say that you did it without anyone's or anything's help. But, when you summon the effort and the will of your team for a common



goal, incredible things start to happen. It is said so: One swimmer chasing greatness is powerful, but a group chasing greatness is unstoppable.

4) Keep in mind that it is a process

Somewhere along the line, swimming teaches you a highly important life lesson and that is wanting something is not the same thing as accomplishing something.

If you want to be successful, if you want to crush that personal time of yours, you have to do more than just dream endlessly about it. More than writing it out. More than telling people about it.

You need to adopt the daily routine and habits that will get you these. Simply to be said, you need to learn to love the process of becoming the swimmer you want to be. Swimming shows you first-hand that when you master the process, you master the goal.

5) You learn to discipline yourself

As you progress through your swimming career, you will learn to become more reliant on your own devices to stay on top of your training.

There are moments in life where you are not active enough to catch up with your daily schedule. Like, getting up in the morning. The alarm goes off, the water poured on the face dries up but no sign of you waking up.

This is when discipline really rises to the surface. The moment where it is just you and your alarm clock. Where the tug of the warmth of the sheets conflicts with the goals and commitment you have made with yourself.

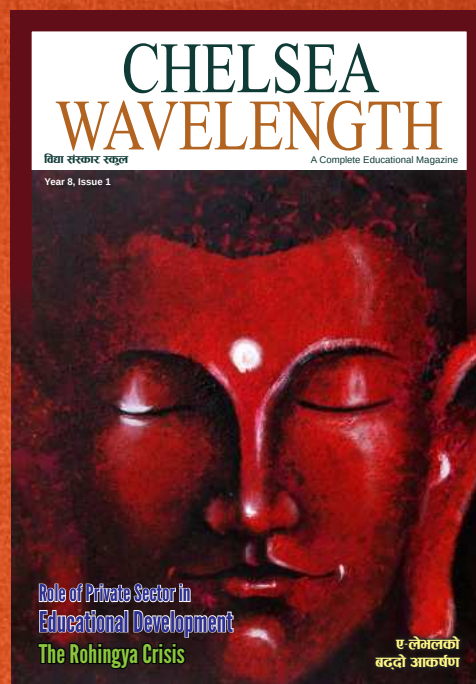
Conquering that damn alarm clock is tough. But, once you do it, everything that comes your way will seem easy in comparison.

6) How you lose is as important as how you win

It is commonly agreeable that winning is great, but losing sucks. But, the truth is, how we do both matters much more than the outcome.

Losing will be a general case over the course of a swimming career. It doesn't mean that you have to like it. But being able to lean across the lane line and shake the winner's hand will mean that even though you didn't conquer the competition, you conquered yourself.

There will be times where you will celebrate your victories. But being a champion is more than just being the first swimmer to the wall – its being humble in victory, congratulatory to others and setting a great example for those to come.



COMMENTS ON THE LAST ISSUE

A magnificent art of Lord Buddha warmly welcomes all readers to all the beauties this edition of wavelength beholds. With beautiful mix of well written articles, which have been contributed by not only the energetic and talented students at Vidhya Sanskar School and Chelsea International Academy but also several faculty members, this edition continues the legacy of the greatness of wavelength.

From presenting contemporary issues such as the Rohingya crisis, to continuing to inspire with the inclusion of interview of Bijaya Chandra Luitel and salutation of Bisruth Bhattarai, both toppers in their own field of study, this edition of wavelength holds no bounds. Furthermore, the interview of Jim O'Niell, A-level exams manager in Nepal, and a separate article detailing the increasing interest of people on A-levels, has provided an insight to what A-levels really is and the key aspects of studying A-levels. Ask the doctor section of this year's

edition includes interview of Dr. Prabhakar Pokharel, Neuropsychologist, who provides in-depth information on substance addiction. In the science section, we have an article which explores what many consider today one of the most important questions with no answers agreed upon yet. A topic which sounds like a fantasy made for the credulous is displayed as a possibility with concrete facts – time travel.

In the society and culture, several myths on menstruation are discussed upon while focusing on what Hinduism actually says on women's life and hygiene surrounding the menstrual cycle. Several other articles revolving around stress management, happiness and life in general and not forgetting the book and film reviews in alongside the aforementioned gems of this edition truly makes this edition a masterpiece, similar to all other editions of wavelength ever made.

Kiran Prakash Shrestha

Topper's Talk with Kiran Prakash Shrestha, Passed Grade 11/12 from Vidhya Sanskar Secondary School (Batch of 2072-2074), got admission to prestigious Institute of Engineering, Thapathali Campus.

1. Tell us something about yourself.

- I am from Mude, Sindhupalchok. I completed my schooling from the very place and I came to Kathmandu for further education. I'm a very simple and optimist person with a goal to become an engineer.

2. What are your major strengths ?

- I believe my strength is possessing an analytical aptitude. I also regard playing in a team as my core strength. And talking about my academic strength, it has to be sincerity and honesty towards my teacher's teaching.

3. What were the hardships you had been through in your learning days?

- As I said before I come from a remote area. We had less access to other informative sources and quality teaching. Not being able to get additional information on a particular subject matter was a big hindrance to my queries. But I used to refer to other guide books with a hope to learn more .

4. Do you find yourself being influenced by anyone to pursue engineering?

- The place Mude, where I come from does not have engineer coming from that place. After the devastating earthquake in 2072, Sindhupalchowk was completely devastated. I wanted to rebuild home for the homeless in my hometown and thus with this emotion I chose engineering with a belief to change the scenario in Sindhupalchowk.

5. In today's time, we students have an addiction to mobile phones. We spend plenty of time in using mobile phone. What is your view on this?

- I think using mobile phone is not the major problem but overusing it is a problem. Through mobile phone one can acquire knowledge on different subjects. Some of us use it as a learning source and some as entertainment. We should use mobile phones to enhance our skills, not just as a friend to kill time.



6. Where do you see yourself 10 years from now?

- I see myself actively working in developmental projects. My major aim will be focusing on helping the needy with my technical knowledge. 10 years from now I just want to fit in people's heart making them feel proud about my work and accolades.

7. Do you have a piece of advice for the juniors?

- We students should first be serious about our career. Until and unless we don't become sincere towards our goal it's impossible to achieve it. We should always accelerate one step more than yesterday to achieve it. Students should make a daily plan for their activities and prepare in an organized manner.

8. How do you suggest the students to keep calm and confidence during failure?

- I regard failure as the biggest teacher. Without committing a mistake one cannot understand the flaw inside him/her. One should never let their moral go down with low set of grades. In order to gain lost confidence one must listen to music and watch motivational videos which will aspire them.

EDUCATIONAL TOUR TO POKHARA, SHASHWOT DHAM AND CHITWAN

Pratiksha Shrestha, HOD-English

Vidhya Sanskar School organizes educational tour every year for the students of Grade 10. This year, the tour was planned for the students and teachers to Pokhara, Sashwot Dham and Chitwan for 3 nights and 4 days from 7th to 10th Jestha, 2076. The tour remained an exemplary one this year as well as the students were able to experience the vibrant culture, religious, social, economical and environmental aspects of the places they visited. In Pokhara, the students

explored and observed the ecological aspect of Fewa Lake as well as the economic activities of the local people. The next day of tour was to Chitwan where the students were amazed to see the exquisite and spell binding holy place - Devghat. Students learnt about the day to day activities of local people with their unique lifestyle as most of the people there were found to be spiritually devoted. Students were also able to explore and study the ecological aspect of the Tharu

community. The students also got the opportunity to explore the Chitwan National Park and the natural habitats of different wildlife.

The entire team observed the different master pieces of art, cultural heritages and architectures at the mesmerizing spiritual site - Shashwot Dham. On the whole the students as well as the teachers found the tour a positive one from the cultural and educational point of view.





Cricket in Nepal

By: Divij Shah (A2 Level)

Cricket, the sport that has conquered thousands of Nepalese all around the world, was first of all introduced to Nepal by the ruling Rana Dynasty when they returned from studies in England and India in 1920s though the game was kept very much within themselves. Although Rana dynasty was the black period of Nepali politics, they started some developmental program, the establishment of Cricket Association of Nepal in 1946 to promote the cricket amongst the aristocracy was one of them. After King Tribhuvan overthrew the Ranas from Nepali politics in 1951, cricket began to spread to the rest of the population.

In 1961, a significant effort was made to promote the game in whole nation, the Cricket Association became a part of National Sports Council though it was limited only in Kathmandu Valley. In the 80s, when the nation was looking to take off in the field of development, the game speedily spread all around the nation. Many cricket grounds were established in the early 80s including TU cricket ground; unfortunately which is the only ground certified by ICC for international cricket matches in Nepal.

Looking at the infrastructure being developed all around the nation, ICC announced Nepal as an affiliate member in 1988. Asian Cricket Council (ACC) that was founded in 1983 affiliated Nepal in 1990, which became a full member nation in 1994.

Nepali men national team played its first ever international match against Bangladesh on 6th September, 1996 in ACC Trophy which Nepal lost. After the match was halted in 39.2 overs. Bangladesh made good looking 213/9 in their 50 overs giving Nepal a stiff target of 214 to ensure their first ever international win, chasing



this total Nepal tumbled to 90/5 in 39.2 over giving Bangladesh an easy win by fastest scoring rate as Nepal required to have scored 168 in that point of time. Nepal finished 4th in 6 teamed group beating Brunei and Japan. Joy and excitement landed in the nation of mountains as International Cricket Council made Nepal an associate member later that year.

TU Cricket Ground

Nepal has been participating in international matches since 2013, including every ACC Trophy Tournaments and ICC Inter-continental Cups. After finishing 2018 ICC World Cricket League Division Two in second place, Nepal National Cricket Team claimed the place in 2018 Cricket World Cup Qualifier. On March 15, 2018 Nepal claimed One Day International (ODI) status for the first time with their win over Papua New Guinea in the 2018 Cricket World Cup Qualifier play off encounter. With being awarded One Day International (ODI) status, Nepal also regained Twenty20 International (T20I) status. Nepal ended their first ODI series in a 1-1 draw against the Netherlands, winning a close encounter in the second match by 1 run on August 3, 2018.

Skipper Paras Khadka was quick to celebrate the historic achievement. With the title of ODI status, Nepal have garnered international exposure and help from the International Cricket Council. Some of the benefits:

1. Nepal will be ranked in One Day International (ODI) Cricket.
2. Nepal gets chance to play some big games like Inter-continental Cup, Asia Cup, World Cricket League along with ODI and List A nations and four-day tournament between Non-Test playing nations.
3. Nepal will receive Rs. 70-80 million from ICC for the development of cricket development programs, players exposure, trainings, etc.
4. Nepal will be playing with test nations in Asia Cup.
5. Nepal will retain the ODI and the Twenty20 International status for the next four years.

Though there are 65 grounds in Nepal with 17 turf wickets, International matches can be played only at the Tribhuvan University International Cricket Ground.

The following are the main cricket stadiums in Nepal:

- Tribhuvan University International Cricket Ground, Kirtipur, Kathmandu – the ground with a 20,000 spectator-capacity has hosted first-class matches, international matches and domestic T20 and One Day matches.
- Pulchowk Engineering Cricket Ground, Pulchowk, Lalitpur – hosted the ACC Trophy
- Biratnagar Cricket Ground, Baijanathpur, Biratnagar (Under construction)
- Sainik Awasiya Maha Vidyalaya Ground, Sallaghari, Bhaktapur
- Rangashala Cricket Ground, Pokhara, Kaski
- Fapla Cricket Ground, Dhangadi, Kailali
- District Sports Development Committee Ground, Mahendranagar, Kanchanpur
- Mulpani Cricket Stadium, Mulpani, Kathmandu - hosted domestic one day tournament (PM Cup)

Lord Buddha International Cricket Stadium is on plan to be built at Chitwan, Nepal. The campaign for the stadium was started by



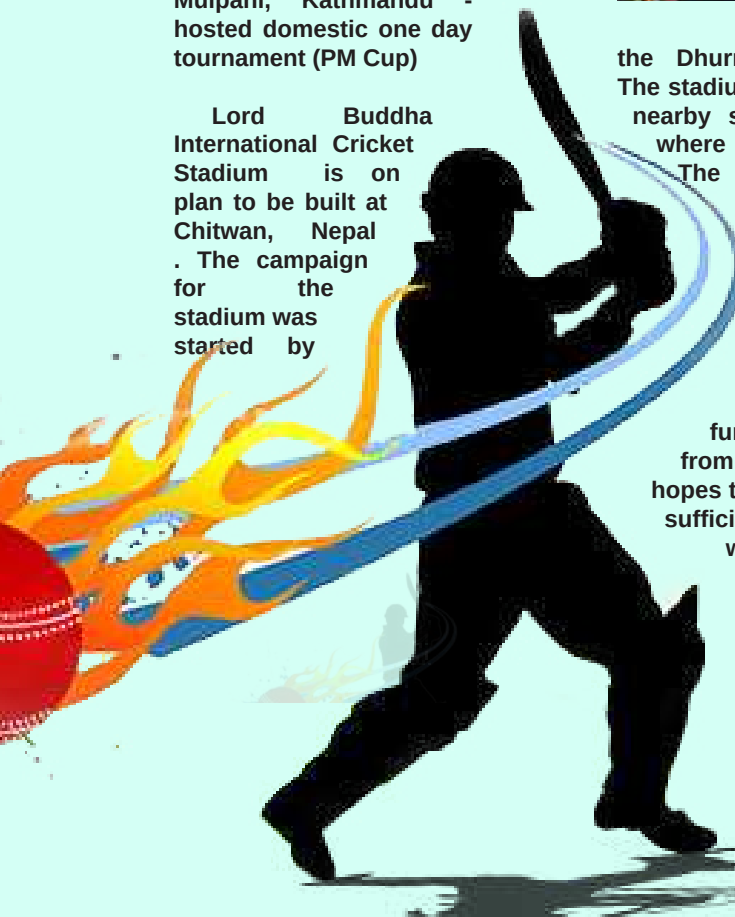
the Dharmus-Suntali Foundation. The stadium gets its name from the nearby situated site of Lumbini where Buddha was born. The stadium construction is expected to be completed by 2021.

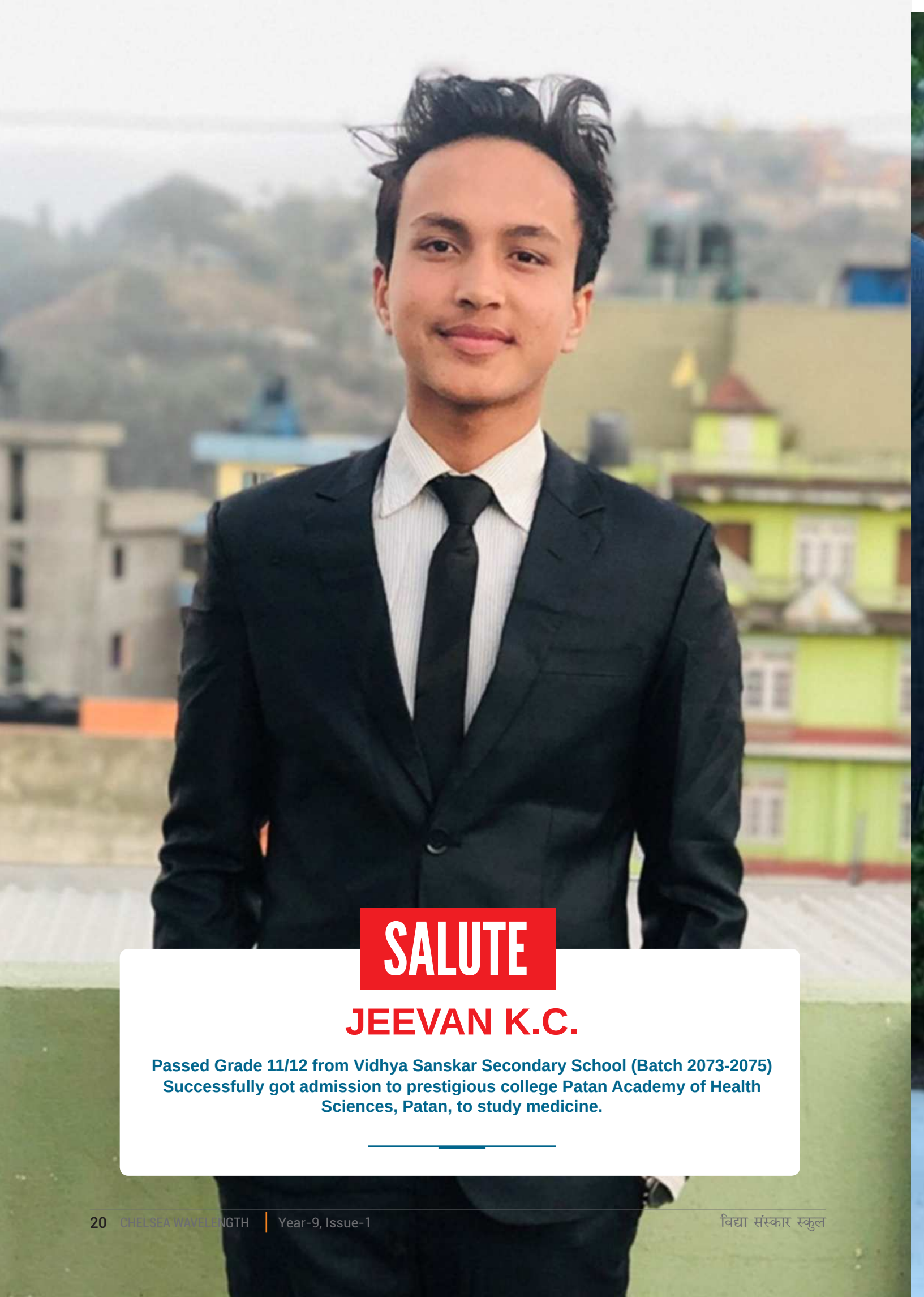
The co-founder of the Dharmus-Suntali foundation Sitaram Kattel says that the stadium will be funded by generous donors from all around the world. He hopes that if the donations aren't sufficient then the Government will provide funds to finish the project. The project has ignited hopes in the hearts of Nepalese Citizens as there isn't any ICC standard stadiums in the country. Upon completion of the project, it will pave ways for Nepal to hold international games and tournaments. The 3D design of the stadium

has been completed and it's initially planned to be of lotus shaped. The entrance of the stadium will resemble the traditional Nepalese architecture. The stadium will also have two grounds for practice on its outskirts. Cricket is one of the most loved games in Nepal. With the enthusiasm and fervor that is being displayed by young enthusiasts, the game is seeing brighter horizons. The performance of the Rhinos, the National team of Nepal has created hope for the future. They have led Nepal to be established as a big name in international cricket.

Nepal now has eyes for the Test status and hopes to achieve it in another eight to ten years.

We hope that Nepal brings home many more trophies and honors and we see more and more young stars like Sandeep Lamichhane make their nations proud.





SALUTE

JEEVAN K.C.

**Passed Grade 11/12 from Vidhya Sanskar Secondary School (Batch 2073-2075)
Successfully got admission to prestigious college Patan Academy of Health
Sciences, Patan, to study medicine.**



SALUTE

PREETY SHAKYA

A-Level alumnus of
Batch 2011-2013

Completed Bachelor of Science
in Chemical Engineering from
Howard University. She is pursuing
for doctoral studies in Biomedical
Engineering at Georgia Tech/Emory
University, USA.

Inter School Dance Competition

ARTICLE

Vidhya Sanskar School observed the National Children's Day 2076 by organizing the "2nd Vidhya Sanskar Valley-wide Inter-School Dance Competition" in its school premise on 29th Bhadra. The second edition of the competition was participated by 13 schools from the valley. A panel of three judges led by Mr. Bhuwan Shrestha, President of Dance Directors' Association Nepal, evaluated the performance of the dancers in the event. Lovely Angels Awasiya Vidhyalaya continued its winning streak once again by bagging the winner's trophy this year as well. Vidhya Sanskar School and the Elites Co-ed School were declared to be the first and the second runners-up respectively. The consolation prizes were awarded to HEMS School and Tilingatar Secondary School. The Managing Director of the School Mrs. Pramita Bista along with other members from Board of Directors provided certificates, medals and trophies to the winners. Mr. Ubraj Bardewa, Dance Choreographer of Lovely Angels Awasiya Vidhyalaya was awarded 'The Best Dance Choreographer.'



JOKE



Laughter the best medicine

Shiksha Bhattarai (A2 Level)

Mother: "How was school today, Patrick?"

Patrick: "It was really great mum! Today we made explosives!" Mother: "Ooh, they do very fancy stuff with you these days. And what will you do at school tomorrow?" Patrick: "What school?"

Father: "Son, you were adopted."

Son: "What?! I knew it! I want to meet my biological parents!"

Father: "We are your biological parents. Now pack up, the new ones will pick you up in 20 minutes."

Bridget asks her son Paul, "Paul, would you say I'm pretty or ugly?" - "A bit of both, actually," replies the teenager. - "How do you mean that?" asks the puzzled Bridget. - "I'd say you're pretty ugly."

FUN FACT

Sama Poudel, 4 'B'

1. There are at least eight lakes on Earth that are naturally pink in colour.
2. 'The snickers' candy bar was named after a horse.
3. Chewing gum while peeling onions can keep you from crying.
4. Carrots were not always orange in colour.
5. Snails have between 12,000- 20,000 teeth.
6. Your nose can remember 50,000 different smells.
7. There's jacket that will make sure you are never lost.
8. Pluto was named by an 11 year old girl.
9. The most poisonous animal is the jelly fish.
10. The brain is more active when you are asleep than when you are awake.

विमोचन

रिमा के.सी. को अक्षरमा यात्रा

२०७५-०३-०६ गते यस विद्या संस्कार स्कुलमा कार्यरत प्रशासनिक कर्मचारी रिमा के.सी. द्वारा रचित 'यात्रामा अक्षर' शीर्षकको कवितासङ्ग्रह लोकार्पण भएको छ । वरिष्ठ कवि तुलसी दिवसको अतिथ्यमा उक्त कवितासङ्ग्रह विमोचन भएको हो । चर्चित कविहरू श्रवण मुकारुड आहुती, विमला तुम्खेवा लगायतले कृतिमाथि आफ्ना महत्वपूर्ण र तार्किक विचारहरू प्रस्तुत गरेका थिए । नारी पीडाको आवाजमात्र होइन नारीप्रति हाम्रो समाजले हेर्ने परम्परागत दृष्टिकोण परिवर्तन गर्नुपर्छ भन्ने चेत बोलेको यस 'यात्रामा अक्षर' कवितासङ्ग्रहबाट एक सशक्त नारी श्रष्टाको उदय भएको कुरालाई नकार्न सकिदैन । शिखा बुक्सले बजारमा ल्याएको उक्त कृतिको माध्यमबाट कवि रिमा के.सी.ले नेपाली साहित्य जगतमै आफ्नो छुट्टै पहिचान बनाउने प्रयास गर्नु भएको छ ।



ARTICLE

F.R.I.E.N.D.S

Grivi Lamichhane, SEE 2075

Samyam Pyakurel, SEE 2075

'FRIENDS' is an American TV sitcom starring Jennifer Aniston, Matt Le Blanc, Lisa Kudrow, Courtney Cox, Matthew Perry and David Schwimmer. It was created by David Crane and Marta Kauffman and directed by James Burrows. It was originated in the United States of America.

This sitcom is completely based on love, relationships, careers, a time in your life when everything's possible. And it's about friendship because when you are single and in the city, your friends are your family. The conception of this series was given by the original treatment used by Crane, Kauffman and Bright to Pitch the series to NBC. There are 10 seasons and 236 episodes in total. The filming took place at Warner Bros studios in Burbank, California. In the original contracts for the

first season, cast members were paid \$22,500 per episode. Later, the actors were paid based on their performance. The first episode of F.R.I.E.N.D.S aired on 22nd September, 1994 with about 31.3 million viewers. This superhit series received a lot of awards including American Comedy Award, GLAAD Media Award, Golden Globe Award, Logie Award, People's Choice Award, Satellite Award, Screen Actors Guild Award and many more.

'I'll be there for you' by the Rembrandts which is the opening theme song of show. It premiered in September 1994. Its catchy lyrics, upbeat tune and accompanying clapping has stolen the hearts of all. Going to its cultural impact, Jennifer Aniston's hairstyle was nicknamed "The Rachel" and was copied around the world. Joey's catchphrase "How

you doin'?" became a popular part of Western English slang often used for greeting friends. The Central Perk coffee house, one of the principal settings of the series has inspired various imitations worldwide. In 2006, an Iranian businessman started a Central Perk franchise.

This sitcom is filled with comedy and life lessons. Overall, this sitcom is the highest rated drama in America till now. The last episode aired on 6th May, 2004. It definitely was very emotional knowing that the sitcom had come to an end; tears rolled off many viewers' eyes. Season 10 ended with about 52.5 million viewers. Due to its wonderful storyline and magnificent direction by James Burrows, it has won over countless hearts in not only America, but over the world.



My Most Unforgettable Teacher

Joyash Shrestha, 10 'C'

We all have met teachers in our school or college life or in many prospects of our lives. Teachers are those who not only give us theoretical knowledge but also values and practical knowledge. They are those who help us to acquire knowledge, experience and values. Teachers give us many opportunities which help us to develop our personality and enlighten us. They help us achieve success in every possible way. Parents are our first teachers. They teach us the core, the starting phases of our lives like walking, speaking, eating, etc.

I have met many teachers in my life who have played one of the important roles in my life. Though, I do not remember all of my teachers, I still remember one - Samjhana Ma'am, the one who inspired and motivated me. I was about ten years old and not so well versed in studies, never confident when it mattered reading and writing skills. I took study as a load for me. It was then when Samjhana ma'am changed my way of thinking about studies. I started visualizing it as enjoyment and a part of my daily life. Her simple way of teaching by writing fun parables that signified simple topics, showed me how I could acquire and use my skills effectively.

I was very fortunate enough to have met Samjhana Ma'am, one of the finest teachers in my schooling life. She was like an elder sister to me. She told me studying isn't the secret to learning but understanding is. She taught me all the basics with an ease. She taught me for two years. Those were the turning points of my life.

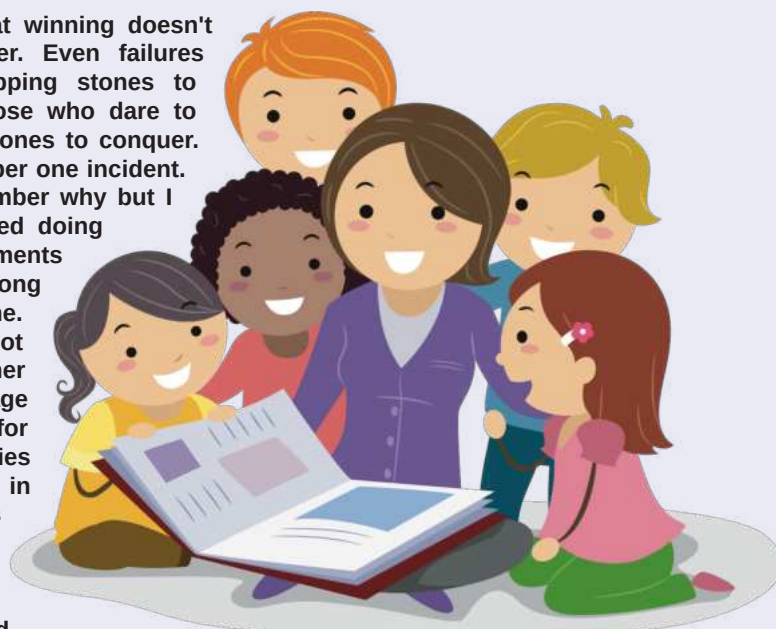
I myself was never aware of my inner calibre. She was the one who was able to identify my potency. She was the other person after my dad who knew how much I could do with a little more effort. Although I had always been a shy student but it was her whom I could rely upon and share my thoughts and feelings without shying away. She would share her experiences about tackling many hard situations and stages of her life which I could apply and improvise. She showed a lot of faith on me and my abilities. She taught me never to compare myself with others as every one is unique. She taught me to be myself and not try to be someone I am not. For instance, if you judge a fish by its inability to climb a tree, it will live its whole life believing it is stupid. This is one of the life lessons I learnt from her.

It is true that winning doesn't always matter. Even failures are the stepping stones to success. Those who dare to leap are the ones to conquer. I still remember one incident. I don't remember why but I totally stopped doing my assignments for a long period of time. I would not even bother to manage my time for regular studies especially in subjects like Social, Nepali and Science which created a huge problem for me. I still get amazed when I remember

that she could point out my problems in no time and then clear all of my doubts. She taught me not to worry about failures and see what I would miss if I wouldn't ever try. This really motivated me a lot and made me learn to be a punctual student.

Because of her positive nature to life and of course her nice behavior towards me made me more positive or else I was doing things beyond the set of rules.

She taught me to be creative. I owe her a lot and I pray and wish to repay her back by being one wonderful human being with all her blessings. If I ever get to meet her again, I will for sure say, "I have tons of reasons why she is and will always remain 'My Unforgettable Teacher'".



A Heart To Heart Talk with Mr. Karma Tshering Sherpa

Would you please share something about your journey from childhood to the coveted post of ANFA president?

The journey from childhood was a tough journey. It is fact that, we have to struggle. We migrated from Sindhupal- chowk to Kathmandu where we were running a shop. I started my schooling there. I used to support my parents in the shop. I used to wake up early in the morning and play table tennis, football and martial arts as well. As I grew up, I was involved in politics,too. I became a founder president at Lainchour club, member at sports club . Thus, my journey travels through honesty.

What differences have you found in the development of football games of Nepal compared to our neighbouring countries ?

We Nepalese, especially the Nepali youths, like football more. Yet, we are backward. Football oriented organizations such as FIFA, AFC are there. SAF under AFC is there in which we are more involved. Rather than comparing a systemized platform

with good governance is required for developing it. We are skilled in Football. For this , a proper system has to made which could help in developing discipline, relation between children and parent.

Are there any proposed plans to develop football in school sector?

Yes, there are plans and policies made to develop football in school sector as well . Grass - root is the platform for school sector. 'Youth Tournament':

Under 14 for below class 8;
Under 16 for below class10 ;
Under 18 for below class 12
has been categorized. To enrich Nepali football, district champion, province champion have been made. So, school is the base for developing anything.

Along with football, there is a big craze of futsal game in most of the major cities of the country. What are the plans and polices of ANFA to promote Futsal ?

In the modern time today, especially in cities, there is a big craze of futsal game which is played in a small area. This is due to lack of enough space of football

ground and other infrastructures. There is a futsal committee which is Youth programme oriented along with new programmes to be applied . Plans are made for age group above 40 too. Different international games are being organized and in near future, national game is to be held.

How has FIFA remained instrumental in the development of football in Nepal ?

FIFA, the major string of football includes 211 nations. It helps in making rules for football. It works in different ways: World Cup qualifying activity, monitoring all the games played in different nations, etc. The revenue collected during World Cup through different advertisements, publicities, etc. is controlled by FIFA and distributed amongst FIFA countries for different development activities . In the assistance of FIFA, referee course in different levels, capacity building activities for coaches, etc. are also conducted. It invests in under- developed countries. As we work under FIFA's guidance, it takes actions on any misconduct and controls the activity like match fixing.



Is playing football a livelihood - earning profession in our country at the moment?

Football is in more demand nowadays. Once the league starts, players can be engaged throughout the year and can earn a handsome amount in regular basis. Excellent players can earn more than lakhs sometimes. There is no reservations in football like in other fields. Here, players, coaches, referees, etc. are encouraged for sustaining their lives through football. For example: If we could send players to neighbouring countries, they could earn an outstanding amount. For this, nation has to invest more in producing efficient/skilled players. Constructing international stadiums is the basic requirement as well.

What are the future plans ANFA has to develop and motivate young players in football?

The basic plan of ANFA is conducting Grassroot programmes. There are three youth programs: Under 14, Under 16, Under 18. It includes about 200 students from various school. Its main focus is to motivate the school level students. For all these, firstly infrastructural development has been a major factor.

What support has ANFA received from the government for the development of football around the country in terms of infrastructure?

It has been delayed for presenting plans and policies as the budget of this fiscal year was already there. FIFA brings the development programs but cannot assist infrastructural development. Most importantly, stadiums in municipalities, provinces are to be made. We are hopeful for effective investment in football in future for the fruitful outcome. Currently, we have federal government with no political disturbance and it can be paid more attention. Football is beneficial through health and discipline point of view .

What message would you like to give to school children like us so that we are inspired to play games and sports?

Education and sports should go together. Both are needed for us. Knowledge is essential along with games. Discipline is primarily important though you're good enough in sports. I encourage students for being more involved in games which makes you healthier with a positive impact. Our goal should always be clear. Wherever you get involved, you should focus in your success. Sports helps to create patience which can lead to success making people hardworking and committed. Thus, sports is very important to make our life better.

Interviewed by:

Stuti Regmi : X 'A'

Swopnil Lamsal : SEE 2075

Grivi Lamichhane : SEE 2075

POEM



My brother

Aayushi Bhandari 4 'C'

Big feet and big hands
Twinkling eyes like magic land
His cute smile makes me happy
His wet eyes make me cry
Yes, he is my lovely brother.

His naughtiness never bothers
With him I play and run
Little quarrels but lot of fun
Sweetness in his every word
Best brother in the world.

Nature and the Wind

Aarav Kumar Gupta

Grade 12 (Management)



God made a very beautiful nature
Where live different species of creature
Look at the nature properly
You can see your future clearly
It's full of destruction
Due to human construction.
There is crisis of food
Due to nature's bad needs,
Due to increase in desire and human deeds.
Advancement of science and technology
Made people live for a longer age;
Although the world is bigger in size,
It has become a global village.

Educational Leadership at a Crossroads

Are We Prepared for Tougher Times Ahead?



Rebat Kumar Dhakal

PhD Research Fellow,
Kathmandu University School of
Education

Background

Today, we stand at a crossroads – our local socio-political turmoil and its effects on educational institutions seem to settle, yet complexities and uncertainties are ever increasing and the pressure on educational leaders to respond to them is even higher. Earlier we had political mayhem resulting in school shutdowns and students losing school attending days, now the challenge has shifted to addressing global competitions through quality enhancement, making safe, effective and responsible use of technological innovations, minimizing the number of Nepali student outflow overseas, promoting social and emotional intelligence, addressing the needs of changing job market, making schools safer, raising the professional status of teaching, and so on. These challenges are going to make a marked impact on schools and the way they operate. As such demands and pressures on our educational institutions are growing, and everyone looks to educational leaders for solutions.

The role and influence of educational leadership become even stronger as schools take more competitive pathways. We have seen failing schools; we have seen thriving schools, and more importantly, we have seen turn-around schools – from failure to thriving. And, in all of these, the role of leadership is crucial. Therefore, what our schools need more than anything else at this time is effective leadership. However, for many leaders harassed by the constant

change and intensifying complexity of today's business world, it seems far from their capacity to address such challenges. This gives rise to a question: are our educational leaders prepared to confront such undeniable challenges?

Resilient Leaders vs. Superheroes

The first step to preparing our educational leaders for tougher times is to identify the capacities and dispositions most crucial for them as leaders. There has been considerable research that reveals that at testing times, educational leaders are to be resilient, not 'bulletproof'. 'Being bulletproof' suggests that they are invincible like

Superman. No, that is not true for leaders. For me, a Superhero leader is merely a myth. Instead, authentic educational leaders with emotional intelligence are vulnerable enough to feel for and with others in hardships. In fact, all educational leaders face an array of challenges, setbacks, and adversity. But only a few have the ability to bounce, the courage to make changes, can connect effectively with others, and use creativity to solve problems. A leader can also develop resilience through intentional observation and practice. A resilient leader also retains heightened self-awareness. These qualities make them resilient. In order to thrive through change, we need to develop leadership resilience. For example, an educational leader who leads a team during a time of principalship change or entire management change, through a period of high teacher and student turnover, through organizational restructuring, turns out to be a resilient leader. In fact, enduring the most trying times helps one to become a resilient leader.

The resilient leaders can survive and thrive not despite adversities, but because of adversities – others cannot. As such, adversity is the real measure that keeps many struggling leaders at bay. Moreover, a resilient workplace looks calmer, is more



thoughtful and innovative. Therefore, leaders need to model resiliency so their people will become motivated and inspired to address their own resiliency. In addition, they need to engage, empower, and equip their people before change could happen.

When facing challenging situations, it is but natural for leaders to fall out of balance –after educational leaders are not Supermen – from whose chest bullets would simply bounce off. However, it is for leaders to regain their foothold by engaging in a set of grounding practices and channeling their energy more adaptively and constructively. But this seems to be an insurmountable problem in a situation engulfed in blame games and buck-passing. We have seen, for example, that administrators blame teachers, who, in turn, blame administrators for terrible workloads and scanty working conditions. Here, educational leaders as they come out of their comfort zones should initiate to make a shift from blame to responsibility. They can start by embracing feedback, seizing personal responsibility, and modeling the changes. When the blame cycle is on, it is wise of a leader to remind his team that they are all working toward the same end and that it's important to remember that.

Reflective Thinking and Learning

In today's context, many schools are performing no better than just maintaining schools. Yet, all of them wish that they could change. But how?

It is important that they make extensive use of available resources, equip them for team leadership and take-up of technological innovations for leadership or school reforms. In a volatile education ecosystem, an educational leader's capacity to reflect dynamically amid the constantly shifting work landscape is what counts most. There is a need for leadership to first identify an adaptive space between what is and what needs to be for a school. For this, school leaders should generate a productive dialogue right across the organizations that assist them to sense and to respond to internal and external needs and changes. This dialogue also empowers each of

them to be flexible problem-solvers and creative thinkers. One of the key skills today's educational leaders need to develop is self-management – readiness to accept responsibility, self-starting, appropriate assertiveness, time management, readiness to improve own performance based on reflective learning. Likewise, another key skill is team-working – respecting others, co-operating, negotiating, persuading, and contributing to team success. These attributes, along with good applied technological skills and a sense of entrepreneurship and enterprise, are necessary.

Innovative Leadership Alliance

Educational leaders have not so much earlier realized that they cannot go farther if they go alone. It implies that to tackle the effects of pressing globalizing needs on their schools, school leaders across the country need to unite in a shared vision to transform their schools. However, to go together, they need to have a selfless commitment to service/ transformation and that they crave for innovative pathways. Moreover, the changing face of educational business mandates that they form a school leadership alliance. It means leading together can be the answer.

By working together, the alliance will deliver support for schools in their wider network. Their focus should initially be on the following areas: leading change; leading people; leading education institutions; and leading learning. It will be up to the schools to decide who their immediate partners will be, and how they will support each other. It is also better to tie up with one university partner – the university will support in teacher training, curricular reforms/adaptations, and pedagogical innovations; while the schools will sponsor some teachers' higher education or professional courses at the partner university. This will also help schools develop their brands – if they happen to partner with some already reputed university/campuses. However, the problem is that many school leaders still compare their performance with other schools and boast of their legacy – despite the fact that the world is changing much faster than the pace they can ever keep. And we have witnessed the wrecking balls smashing

the conventional 'big' schools' reputation walls. To make a useful comparison you have to compare like with like. However, learning from even unlike is crucial for school leaders. Therefore, it is not about like school leaders coming together, but diverse school leaders coming together. In fact, all schools in the alliance will have some strengths and something to offer, so an individual school can tap some excellent leadership practices wherever they exist. It is preferred that this network makes periodic leadership briefs which are accessible to everyone in their school leadership teams. Once you get into the alliance, you will be heartened by the courage and vision of many school leaders, who, despite the adversity, help you see beyond the immediate battle lines.

Summing Up

Though the dust of socio-political turmoil seems to settle, pressing globalizing needs will never settle, rather they keep growing – with a clear message that our students, teachers, staff, parents, and the entire school community deserve better. And the only way to deal with those needs is to set the sail of our education mechanism along the same global tides. This mandates that more demanding leadership attributes must be an organizational priority: so there must be the need to develop a sophisticated personal leadership skillset to deal with people and work in competitive, ever-changing and unpredictable conditions. For this, we need resilient leaders who work in teams to deliver within their own institutions and to work with others across a range of services for children and other school actors.

In fact, school leaders in this network strive to better themselves and the communities around them. They are passionate about educational issues (local, national and global), leadership development, cultural understanding and experiential learning. This forum should work as a facilitating mechanism to create an environment where school leaders from diverse backgrounds can cross-pollinate ideas and gain new outlooks to generate pragmatic outcomes so that their efforts can contribute to driving the education sector forward.

THAILAND Tour

Our school U-11, U-12, U13, U-14 and U-16 futsal and football team students along with the team coach - Mr. Rajan Neupane and the C.A.A.O. of the school - Mr. Pranai Moktan had left for a week long Thailand Futsal Tour on 16th January, 2019. The tour surely further enhanced the game knowledge and skills of our students. It also made them familiar with the new culture.

During the tour, our students played several football as well as futsal matches with various schools of Thailand. Our boys had their matches against Amunuya Silpa School (ANS) and Rasami British International School (RBIS) respectively on 17th and 18th January where our boys won by impressive scores. We also received the match winning trophies in U-14 and U-16 games. The entire squad also received invitation from the Embassy of Nepal on 18th evening where the boys were warmly welcomed by Mr. Junga Bahadur Gurung - Counsellor/DCM and DPR to

UNESCAP. The interaction session with Mr. Gurung and other Embassy officials over dinner gave an insight to our boys about the role of the Nepali Embassy in Thailand.

The most awaited tournament of the visit PKFC tournament organized by the Arsenal Fan Club of Thailand was held on 20th January. Our boys played with full enthusiasm and excitement. It was quite heart breaking to see our boys lose to a more physically and technically superior team but at the same time the boys took it positively as they were able to gain experience and exposure which boosted their skills. The very evening the students left for Phuket for leisure.

At last but not the least, our boys found Thailand beautiful with amazing people who showed great hospitality with their humbling and patriotic behavior. Each student had a cheerful and delightful tour with a life time memory.



Maddy, The Bear

Maddy the little bear woke up when the sun was high up in the sky, the lovely day and perfect for playing hide and seek. He got up and went to find his friends.

First he came across Henry, the Hippopotamus.

"Let's play hide and seek", he called out from the outer part of his cave.

"Not today, Maddy," boomed Henry. "There's only three more days till the big fishing competition. I've got to clean my boat and check for leaks. You should be doing the same, don't you think?"

"Nah, I'll do it tomorrow".

Just then, who came along, Lucas the lion.

"There's no way you'd get me anywhere near water, even in a boat", he shivered. "Come on, Maddy, I'll play".

So they played hide and seek until the sun went down.

The next day was sunny again, perfect for racing game.

Maddy came across Rose, the rhino

"Let's race Rose," he chattered excitedly. Not today, thanks Maddy. We have only two more days left for the big fishing competition. I have to fix the motor and get the gear together. I don't want to forget anything! Shouldn't you be ready?"

"No, why should I be ready for this?" I am a bear and can catch fishes easily with my claws! He murmured.

Again, the next day was a sunny and lovely day. Perfect for cycling race. Maddy came across Moris, the monkey first.

"Let's play a cycle race Moris", he said.

"Not today Maddy, thanks for asking." There's only one more day for the big fishing competition. I have to be prepared for that. Has your preparation been completed?"

"No, I have not even started it. It is very easy for me as I am a bear".

Finally, the day was there. It was 'A big fishing competition'. Many participants were in that event from far or the valleys. The judge of that competition was Lucas, the lion.

The competition was about to be started. All the participants were in the starting line with their boats. Maddy was very confident that he was the one who would win. The competition started and all the participants sailed their boats and were in hurry to reach the fishing pond. All of them started catching fishes but Maddy was not able to catch any fishes. But all the other participants were catching fishes again and again. Poor little Maddy he felt bad, he tried a lot to catch fish but he failed. The time given for the participants was over. The winner of the game was Henry, the first runner up was Rose and the second runner up was Moris.

Maddy felt very bad and realized that he shouldn't be over-confident, as over confidence weakens the capability of doing anything perfectly.

Upasana Rayamajhi, 9 'A'





AN INTERVIEW WITH DR. BEN LIMBU

Dr. Ben Limbu is an Ophthalmologist associated with Tilganga Eye Hospital, Gaushala, Kathmandu. He is also a parent of our student Yalamber Limbu (AS-Level).

How frequently do the young patients (below 18) visit you?

They frequently visit me. About 60% of my clinic patients age below 18.

How does this number compare to the number of visits by your older patients differ? What would be the reasons for this difference in number?

The reasons for visit by younger patients are different than the visits by the older patients. As I mentioned before, 60% of my clinic patients are below 18 years of age. So, the number of visits by my younger patients generally outnumber the number of visits by my older patients because the younger patients approach me for dry eyes symptoms, eye glasses checkup, refractive error (myopia, mostly) and gadget related problems while my older patients find me for cataract glaucoma, age and diabetes caused vision problems. So, basically, the younger people visit me because of gadget caused visual impairment while the older ones visit me due to age caused blindness.

As you mentioned the use of

gadgets, how does this affect the eyes of the users?

When you use gadgets for a long time, we forget to blink as frequently as needed. So, doing this for a long time creates dryness in the eyes. So, in the long run, the users have dry eyes all the time. Besides this, the gadgets also emit blue light that cause huge amount of strain to the eyes as well as the nervous system and so they may cause headaches, burning eyes and itchy eyes.

Considering the trend, it seems almost impossible not to use the gadgets. So, do you have any messages to the users while using the gadgets to minimize the effects?

Yes. Firstly, the users mustn't forget to blink their eyes. And secondly, they should not use their gadgets while lying down. This is because while lying down, the eyes stretch wider than during normal times while we sit down on the table or stand. So, more of our eyes become dry. Finally, the users should use glasses that can reflect the blue light while using the gadgets so that the blue light does not cause any adverse effects.

Of late, the threat of ambient air pollution in Kathmandu has been deemed as an important issue. What are your thoughts on its effects on our eye health?

Basically, the pollution in Kathmandu has definitely been heavy due to expansion of road, and the increase in number of motor vehicles than before. So, this has created not so significant but, caused dryness to the eyes and sometimes, also caused allergy around the eyes and eyelids as well. These two would be the effects created by the pollution on the residents of Kathmandu.

How on par are the treatment procedures and equipments in Nepal when compared to the international standards?

I stand proud to say that we have equally well treatment procedures and equipments in Nepal as in the international level. We do not have any inferior procedures or equipments in comparison to the international ones. We have an extensive elaborated and we have very good network among the eye hospitals in Nepal. We often offer training opportunities to doctors

beyond Kathmandu valley as well as go to other districts in Nepal to learn about what they are doing as well as go abroad to gain more knowledge and also come back with better procedures, equipments and technology for eye treatments as soon as possible to Nepal. After this, we immediately disseminate them to other parts of Nepal as well so that not everyone has to go to the western world to learn about the new technologies.

Lasik surgery and SMILE seem to have quite a good reputation in the field of eye treatment. Can you provide us with some insights regarding Lasik surgery? How prevalent is this in our country at present?

There are many people who do not want to wear glasses. So, they have only two other choices: either wear contact lens or go for surgery. There are also many types of surgery but, when opting for laser surgery, in Nepal, there are two choices: LASIK surgery and SMILE laser surgery. We are the pioneers in the South East Asia in laser surgery. So, for us to understand about Lasik surgery, we need to understand how our eyes work. In our cornea (the black part in our eye), it has curvature. So, when light enters our eyes, this curvature focuses all the light into the retina in the back of our eye. But when growing up, our eyes also grow larger. So, while light focuses to the same point, our retina moves back which causes Myopia (unable to see things a bit far away). So, during LASIK laser eye surgery, we send the laser in such a way that flattens the cornea and decreasing its curvature that causes the image focused to shift further backwards to the point where retina lies and thus, people are able to see without wearing the glasses. But sometimes, when people suffer from hypermetropia (unable to see things near), again we send laser but this time, we steepen the curvature of cornea to ensure that the image forms before the initial point and currently, exactly at the retina. So, the fundamentals of both LASIK and SMILE is to control the curvature of the cornea but nowadays, people consider SMILE safer than LASIK since it is a newer technology. Although if certain conditions are not met for SMILE, then it is advised to go for LASIK. As for their prevalence in our country, both of them cost a bit high due to their sophistication and the technology used soonly some people from middle class family and high

class families are able to afford these surgeries.

If someone asks you about contact lens, will you prescribe them?

It depends on what you do and other factors as well. For instance, if you are a sportsman, you cannot wear glasses, whereas if you're a student, you don't need to compulsorily wear glasses or contact lens. It completely depends upon the choice, interest and sometimes the requirements of the patient's daily life.

And those wearing contact lens have any side effects?

Yes, there are some side effects as the lenses have to be attached to the eye, whereas glasses don't have to be attached. Since the lens is attached it can definitely scratch the cornea, or can lodge foreign objects if not correctly worn.

And can these side effects be considered dangerous?

Not really, if the patient can wear it correctly, and is aware when to take it out and clean it, it shouldn't be a problem.

Is it viable to conduct LASIK and SMILE surgery for younger generation as well? How frequently do you see youngsters coming for surgery?

We don't recommend when your eyes are growing. Refractive error is a problem that comes when your eyes are growing and we don't know the end point. We assume it is 18 years old when your eyes get stabilized, but it is not 100% certain for all patients. However, if you have consistently taken eye checkups and you notice no progression for 1-2 years, we can be certain that it won't progress any further and conduct the surgeries.

There are several instances where younger generation comes for surgery. It is usually 17-18 year old teenagers who come for surgery and instances for children of age 12-13 are rare. There are also some forceful conditions when the younger generations have to take surgeries. For instance younger generation wanting to join the Nepal army, have to take surgeries in young age because they cannot join whilst wearing glasses. When the army conducts optic tests, huge numbers



of teenagers come for checkup and surgeries. This has been observed in our hospital.

Do glasses and contact lens improve eye sight or is it just a correction?

It is just a correction, and wearing contact lens or glasses do not improve eyesight. It neither improves nor deteriorates eyesight.

Can myopia or hypermetropia be cured naturally without surgery?

Only hypermetropia (not being able to clearly see objects close to the eye) might be cured naturally. In hypermetropia light converges behind the retina, that is, the focus point is behind the retina. So, if their eye balls enlarge, there might come a point where the retina reaches focus point due to enlargement. So, if a child has hypermetropia at a young age, which is common, there is possibility that it will just go away with normal progression of eyes. But, if you are suffering from myopia and wearing negative power glasses, it will not be corrected naturally and must undergo surgery to cure.

Lastly, I would like to request all youngsters to go for regular checkup at least once a year, even though they might feel that there is nothing wrong with their eyes. If they come early, we might discover some issues underlying before its too late and cure their vision impairments.

Interviewed by :
Gunesh Jha
Utsav Shrestha
Aarogya Banepali
Anush Maharjan
(A2 Level)



मिति : २०७६।०६।०७
बालकोट, भक्तपुर
श्रीमान् प्रहरी महानिरीक्षक,
नमस्कार ।

म नयाँ बानेश्वरस्थित विद्या संस्कार विद्यालयमा कक्षा १० मा पढ्ने एक छात्रा हुँ । म विद्यार्थीमात्र नभई समाजको एक सदस्य पनि हुँ । म हजुर जति जान्ने बुझ्ने र पढेलेखेको छैन तर देशमा दिनदिनै घटिरहेका घटनाहरूका बारेमा सुनेर मेरो मन खिन्न हुन्छ । काठमाडौँ नगरपालिकाको दुरावस्था, हत्या, हिंसा, चोरी डकैती, लुटपाटजस्ता अपराधहरू बढेको कुरा समाचारमा सुनिराखिन्छ । यसै विषयवस्तु लिएर आज म हजुरलाई यो चिठी लेख्दै छु र मैले यसै चिठीमार्फत् व्यक्त गर्न खोजेको कुरा बुझेर यसको समाधान जतिसक्दो छिटो गरिदिनुहुन्छ भनेर आशा राख्छु । आजको समयमा साँझपख भएपछि हिँड्नुले गर्दा नै डर भइसकेको छ । रातिको कक्षा भएका वा रातिका काम भएका मानिसहरू निर्धक्क भएर हिँड्ने वातावरण हाम्रा समाजमा रहेन । रातको त कुरै छान्दिएँ, दिनमा नै खुलेआम अपराधहरू भइरहेका छन् । निर्मला हत्याकाण्ड यस कुराको बलियो उदाहरण हो । थुप्रै नेपाली चेलीबेटीहरू बलात्कृत भएका छन् भने तीमध्ये कतिको त हत्या पनि भएको कुरा हामी सबैलाई थाहा छ ।

काम विशेषले कतै जान लाग्दा कति मान्छे लुटपाटको सिकार भइरहेका छन् । ठूला मान्छे त भएभए, कलिला विद्यालय जाँदै गरेका बालबालिकाहरूको पनि अपहरण भइरहेका छन् र आमाबुबाका साथबाट फिरोती रकमको नाममा निकै पैसाको माग राखिएको पाइन्छ । लक्ष्मीको रूप मानिने चेलीबेटीहरूलाई ललाई फर्काई गरेर र पैसाको लालच देखाएर अरु राष्ट्रमा लगेर बेचिदिने कुरा, यहाँबाट राम्रो जागिर दिलाउने बाचा गरेर नेपाली युवाहरूलाई विदेश लगेर उता अलपत्र पारेर छोड्ने कुरा पनि मैले समाचारमा सुनेँ । महानिरीक्षकज्यू, यस समाजमा जताततै असुरक्षित र डरलाग्दो वातावरण छ । विद्यालय जाँदाआउँदा पनि कतै के हुन्छ कि भन्ने कुरा दिमागमा खेल्निराख्छ । यसरी हामी जनताहरू कहिलेसम्म असुरक्षित वातावरणमा डरैडरमा बाँच्ने ? यस्तो गरिमामय पदमा भए तापनि हजुरले आफ्नो कर्तव्यहरू पूरा गरेको खै त ? हजुरको प्रथम दायित्व भने को त आमजनतालाई सुरक्षा प्रदान गर्नु होइन र ? खै त हजुरले देशको सुरक्षा कायम राखेको ? खै, अपराधको अन्त्य भएको ?

नेपाल एउटा शान्तिप्रिय देश हो । यसरी बढ्दो अपराधहरूले गर्दा नेपालको पहिचान लोप हुँदै जान्छ । यहाँ वार्षिक रूपमा लाखौँ पर्यटकहरू भित्रिन्छन् । यहाँ यस्ता अपराधहरू बढेका कुराले उनीहरूले हामी नेपालीहरूप्रति कस्तो धारणा राख्छन् त ? यसरी अपराधहरू बढेपछि हामीले कसरी आफ्नो दैनिकी पूरा गर्ने ? यस्तो असुरक्षित वातावरणमा बसेर आफ्नो कार्यमा ध्यान दिन निकै गाह्रो हुन्छ भन्ने मलाई लाग्छ । महानिरीक्षकज्यू, यी मेरा मनमा उब्जिएका कुराहरू मात्र होइनन्, म जस्ता हजारौँ विद्यार्थीको गुनासो पनि यस्तै छन् भन्ने मलाई लाग्छ । हजुरमाथि करोडौँ नेपाली जनताहरूको आशा र भरोसा छ । हजुरले ती नेपालीहरूको भरोसा नतोडी, गुनासो सुनेर आफ्नो कर्तव्य पूरा गर्नुहुन्छ भन्ने म आशा गर्दछु । हामी बसोबास गर्ने समाज अपराध मुक्त र सुरक्षित होस् भनेर हामी चाहन्छौँ । हजुरले मैले लेखेका कुराहरूलाई मध्यनजर गर्दै समुचित व्यवस्था गर्नुहुन्छ भन्ने आशाका साथ म यो चिठी समाप्त गर्दछु ।

सचेत राष्ट्रभक्त विद्यार्थी
सुबेक्षा कार्की
कक्षा : १० 'उत्तीर्ण विद्यार्थी'



स्वतन्त्र कि स्वच्छन्द पत्रकारिता ?

हतारमा सम्प्रेषण भएका कतिपय समाचार गलत साबित भएका छन् ।

लोकतन्त्रमा राज्यका तीन अङ्ग कार्यपालिका, व्यवस्थापिका र न्यायपालिकाबिच सन्तुलित सम्बन्ध हुन्छ । एकले अर्काको अधिकार क्षेत्रमा हस्तक्षेप नगरी समन्वयात्मक ढङ्गले काम गर्ने भएकाले नै लोकतन्त्र लोकप्रिय र उन्नत मानिएको हो । विख्यात दार्शनिक मन्टेस्कीको शक्ति पृथकीकरण र सन्तुलनको सिद्धान्त यसै वरिपरि घुमेको छ । राज्यका तीनवटै अङ्गले आफ्नो कार्यक्षेत्रभित्र बसेर कामकाज गर्छन् । लोकतन्त्रको सौन्दर्य भनेकै त्यही हो । कदाचित एउटा अङ्गले आफ्नो अधिकार क्षेत्र उल्लङ्घन गर्नु भन्ने सबै प्रक्रिया र संरचना भताभुङ्ग हुन्छ । तीनवटै अङ्गले आफ्नुसी काम गर्ने अवस्थामा मुलुकमा अराजकता र अस्तव्यस्तता बढ्ने हुन्छ । यस्तो दुरावस्था नआओस् भनेर पत्रकारिता जगतले सधैं वाच डगको भूमिका निर्वाह गरिरहेको हुन्छ । राज्यका तीन अङ्गको अधिकार र दायित्वको खबरदारी गर्ने भएकाले नै पत्रकारितालाई चौथो अङ्ग भनिएको हो । यस्तो संवेदनशील क्षेत्र आफैँ चाहिँ अराजक भई दियो भने कसले लगाम लगाउने ? यही प्रश्नको उत्तर दिनका लागि राज्यले विभिन्न ऐन कानून निर्माण गरेर नियन्त्रणको प्रयास गर्छ । अहिले यस्तै प्रयास नेपालमा पनि सुरु भएको छ । गत बर्षको भदौ १ बाट मुलुकी ऐन १९९० लाई प्रतिस्थापन गर्न आएको देवानी तथा फौजदारी संहिता २०७४ ले व्यवस्था गरेका कतिपय बुँदा पत्रकारिता क्षेत्रमा चर्चाको शिखरमा छ ।

पत्रकारिता आफैँमा जोखिमपूर्ण पेसा हो । प्रहरी र पत्रकारको झुट्टी समय निश्चित हुँदैन । घटना कुनै पनि बेला हुनसक्छ । धेरै जसो अपराध असामान्य अवस्था र समयमा हुने गर्छ । यस्तो अवस्थामा पत्रकार र प्रहरीले भोलि काम गर्नु भनेर छुट पाउने कुरा भएन । यसैगरी लुकाउन खोजेका कुरा बाहिर ल्याउने भएकाले पत्रकार सधैं अपराधीको आँखी हुनुपर्छ । हाम्रो जस्तो मुलुकमा त यस्तो जोखिम अझै बढी हुने गर्छ । राज्यका तर्फबाट सुरक्षाको प्रत्याभूति नहुँदा पत्रकार आफैँ सेल्फ सेन्सर्ड हुनुपर्ने अवस्था छ । द्वन्द्वप्रस्त समाजमा पत्रकारिता सधैं तरबारको धारमा बसेको हुन्छ ।

विगतको माओवादी सशस्त्र द्वन्द्वको बेला होस् वा मधेस आन्दोलनको रापले तताएको बेला किन नहोस् नेपाली पत्रकारिता क्षेत्र नराम्ररी प्रभावित भयो । यस्तै राजा ज्ञानेन्द्रको प्रत्यक्ष शासन कालमा पनि नेपाली पत्रकारका कलम र आवाज दबाइएका थिए ।



आज हामी लोकतान्त्रिक शासन व्यवस्थाको अभ्यास गर्दैछौं, तर स्वतन्त्र पत्रकारिता गर्ने हैसियतमा भने पुग्न अझै सकेका छैनौं । नेपालको पत्रकारिता क्षेत्र आफैँमा पनि स्वच्छ र जवाफदेही हुन सकेको छैन । सेल्फ सेन्सर्ड मात्र समस्या होइन, स्वतन्त्र पत्रकारिताका नाममा स्वच्छन्दता अर्को डरलाग्दो समस्या बनेको छ । अरुको खबरदारी गर्ने राज्यको चौथो अङ्ग आफैँ स्वच्छन्द भई दिने गरेका छन् । हतियार हातमा भएका सुरक्षाकर्मीलाई रिस उठ्ने बित्तिकै कसैलाई गोली ठोक्ने अधिकार हुन्छ ? यस्तै कलम हातमा रहेका पत्रकारलाई कसैप्रति आक्रोश बढ्यो भनेर जथाभावी लेख्ने छुट दिने की नदिने ? समस्या यहाँ छ । जिम्मेवार पत्रकारिता भएन भने समाजलाई बल हैन नोक्सानी मात्र हुने छ । त्यसैले भन्ने गरिन्छ कि यदि डाक्टरले गलत औषधी लेख्यो भने एउटा बिरामीको ज्यान जान्छ, तर एउटा पत्रकारले गलत लेख्यो भने सयौं मानिसको ज्यान जान सक्छ । त्यसैले पत्रकारले कुनै कुरा लेख्नु अघि दसौं पटक सोच्नु पर्छ । यसका लागि पत्रकार स्वयिन्त्रित हुने हो । समाचार तयार गर्नु अघि त्यसलाई राम्ररी परीक्षण गरेपछि मात्र लेख्नु पर्छ । तर नेपालमा यस्तो समस्या व्यापक छ । ब्रेकिङ न्यूजको नाममा हतार गरेर सम्प्रेषण भएका

**जिम्मेवार
पत्रकारिता भएन
भने समाजले बल
हैन नोक्सानी मात्र
हुने छ ।**

कतिपय समाचार एकैछिनमा गलत साबित भएका कयौं घटना हामी कहाँ ताजे छन् । यस्तै अनलाईन पोर्टलका रुपमा सञ्चालनमा रहेका कतिपय प्रेसले गलत सूचना दिँदै मानिसको जिउ ज्यान र प्रतिष्ठामा परेको प्रभाव थोरै छैनन् । यस्तो अवस्थामा प्रेसलाई जिम्मेवार बनाइनु गलत होइन । यस्तो अभ्यास युरोप अमेरिकामा समेत हुने गरेका छन् ।

कुनै बेला अमेरिकी समाजमा प्रेसप्रतिको लगाव र विश्वास भगवान्भन्दा बढी थियो । बरु बाइबलमा छापिएका कुरा पत्याउन नसक्ने तर अखबारमा छापिएको चाहिँ अकाट्य

मान्ने समाज थियो । समयक्रममा अमेरिकामा यसको व्यापक दुरुपयोग भयो । पत्रकारले आफ्नो पेसालाई स्वार्थसिद्ध गर्ने भाँडोका रूपमा प्रयोग गर्न थाले । फलतः सन् १९०० सम्म आइपुग्दा पीत पत्रकारिताको अभ्यास व्यापक हुन थाल्यो । जोसेफ पुलित्जरले सुरु गरेको एल्लो किङ कालान्तरमा पीत पत्रकारिताको प्रतीक बन्न पुग्यो । परिणामतः अमेरिकी समाजमा पत्रकारिताप्रतिको विश्वास धुलीसात भयो । हिजो बाइबलमा छापिएको भन्दा बढी विश्वास गरेको पत्रकारिता बिस्तारै पीत पत्रकारिताको परिभाषामा आउन थाल्यो । यसले अमेरिकी पत्रकारिता लामो समय प्रताडित भयो । समाज र पाठकको विश्वास पुनः आर्जन गर्न फेरि अमेरिकी पत्रकारहरू अग्रसर भए । यसैक्रममा सन् १९२२ मा न्यूयोर्कबाट प्रकाशित हुने छ वटा अखबारका सम्पादकहरू भेला भई महत्वपूर्ण निर्णय लिए । यो समूहलाई अमेरिकन सोसाइटी अफ न्यूजपेपर एडिटर्स (आस्ने) भनियो । यही समूहले सन् १९२३ मा ६ बुँदे आचारसंहिता जारी गर्‍यो । पुरानो साख कायम राख्न पत्रकार आफैँ सच्चिनुपर्ने र गलत समाचार नलेख्ने विषयमा आस्नेले जारी गरेको आचारसंहिता नै विश्वको पहिलो आधिकारिक आचारसंहिता बन्न पुग्यो । यसलाई समयक्रममा सुधार र परिमार्जन गरिएको छ । यसैको फलस्वरूप अहिले फेरि अमेरिकी समाजमा प्रेसप्रतिको आकर्षण र विश्वास चलिआएको छ । यसको जग खन्ने काम आस्नेले गरेको हो ।

यसै परिप्रेक्ष्यमा आजको प्रेस समुन्नत छ । पत्रकार आफूले आफैँलाई बाँच्ने अभियानमा छन् । पत्रकारिता पेसालाई मर्यादित र विश्वसनीय बनाउन पत्रकार नै जिम्मेवार हुनुपर्छ भन्ने मान्यता आज विश्वव्यापी छ । तर यसको जग भने नेपालमा पनि अखबार प्रकाशनअघि नै सुरु भएको पाइन्छ । वि. सं. १९५८ वैशाख २४ गते गोर्खापत्र प्रकाशन पूर्व नै श्री ३ देव शमशेरले वैशाख ११ गते सनद जारी गरी गोर्खापत्रमा के के छान्ने र के के नछान्ने भनेर उल्लेख गरेको पाइन्छ । नेपालको हकमा यसैलाई पहिलो प्रेस सम्बन्धीको आचारसंहिता मान्न सकिन्छ । त्यसयता नेपालमा पत्रकारितालाई मर्यादित र जिम्मेवार बनाउन व्यापक प्रयास भएको छ । यसमा स्वयं पत्रकार नै संलग्न हुनु पर्छ । आफूले आफूलाई जिम्मेवार बनाउन पत्रकार वर्ग नै अग्रसर हुनु आवश्यक छ ।

● शिवकुमार भट्टराई

अभिभावक (शिक्षा भट्टराई, A2-Level)

मेरो जिरीको भ्रमण

शुभश्री भण्डारी, ९ 'ग'

सुन्दर सुन्दरताले भरिएको देश हो - नेपाल। सेता दाँत देखाएर हाँसिरहेको हिमालको काखमा हरियो वनजङ्गल देखेर रमाइरहेको पहाड र सुनैसुन जस्तो देखिने लहलह भुलेको धानको बाला देखेर मख्ख परेको तराईले बनेको छ - हाम्रो देश नेपाल। साँच्चैँ भन्नुपर्दा नेपाल बेहुली भैँ सजिएको छ। यहाँ हिमालको हिउँ पग्लेर बगेको चिसो र स्वच्छ पानीले पहाडको वनजङ्गललाई हरियो बनाउँदै तराईमा हामीले खाने धानलाई पोषणयुक्त बनाएको छ।

यहाँ विश्वलाई चिनाउने संसारकै सबैभन्दा उच्च हिमाल सगरमाथा, मुक्तिनाथ मन्दिर, पशुपतिनाथ मन्दिर पनि छन्। हाम्रा वीरपुर्खाको रगतले भिजेको यो देशमा असाध्यै सुन्दर र रमणीय ठाउँहरू छन्, जस्तै : लुम्बिनी, चितवन, मनाङ, मुस्ताङ आदि। यीमध्ये मैले दोलखा जिल्लामा रहेको जिरी भन्ने ठाउँमा जाने मौका पाएको थिएँ। म मेरी आमासँग दसैँमा टिका थाप्न भनेर मामाघर गएको थिएँ। दसैँ र तिहारको बिचमा कार्तिक ९ गतेको दिन म, मेरी माइजू, ४ जना दिदी लगायत मेरा ३

दाइ एकसाथ जिरी जाने योजना भयो र कार्तिक १० गते बिहानै ४:३० बजे उठेर भन्डै ५:०० बजेतिर हामी खिम्ती हाइड्रो पावरबाट जिपमा निस्कियोँ। हामी खिम्तीबाट तामाकोशीको किनारै किनारबाट पानी बगेको कलकल आवाज सुन्दै र गीत गाउँदै जिरीको लागि उकालो लाग्यौँ। हामी जिरी भन्डै ९:३० बजेतिर पुग्यौँ। समुद्री सतहबाट १,३०५ मिटरको उचाईमा बरिपरि डाँडाले घेरिएको एउटा सानो उपत्यका रहेछ जिरी। जिरी पुग्ने बित्तिकै त्यहाँको चिसो हावा र मनोरम दृश्यले मेरो मन छोयो।

त्यहाँ धेरै जातजातिका मानिसहरू रहेछन् तर सबै भन्दा धेरै शेर्पा र जिरेलहरू बस्दा रहेछन्। त्यहाँको एकदमै प्रसिद्ध चाडपर्व भनेको तमु ल्होसार रहेछ। यहाँ सबै मानिसहरू मिलेर रमाइलो गर्दै चाडपर्व मनाउँदा रहेछन्। त्यहाँ सबै मानिसहरू ल्होसारको दिनसँगै खुसी भएर रमाइलो गरेर बस्दा रहेछन्। पहिला त हामी त्यहाँको प्रसिद्ध बजार लिङ्कन बजार घुम्थौँ। त्यहाँ एउटा ठूलो चौर रहेछ।

त्यहाँ चारैतिर हरियाली रहेछ। हामी सबै त्यहाँको सुन्दरता देखेर लोभियोँ। हामीले त्यहाँ एकछिन फोटो खिच्यौँ र अन्ताक्षरी खेल्थौँ। त्यसपछि लिङ्कन बजार फर्केर एउटा होटेलभित्र खाना खान गयौँ। हामी सबैले खाना खाइसकेपछि त्यहाँको विमान स्थलमा गयौँ। त्यसपछि हामी त्यहाँ भएको स्तुपामा गयौँ र केही फोटो खिच्यौँ। त्यहाँ एउटा शिवजीको मन्दिर पनि रहेछ। त्यहाँ मन्दिरको पछाडि एउटा सुन्दर झरना पनि रहेछ।

हामीले त्यहाँ गएर पनि फोटो खिच्यौँ। त्यहाँ हामी हाट डाँडामा गयौँ। त्यहाँ हप्ताको एक दिन हाट (बजार) लाग्दो रहेछ। त्यहाँ हामीले जिरी टेक्निकल विद्यालयका साथै हाटडाँडामा र ढुङ्गेश्वरी विद्यालय पनि देख्यौँ। हामी त्यहाँ चियान डाँडामा गएर एकछिन आराम गर्थ्यौँ र आफैँले चटपटे बनाएर खाँथ्यौँ। वास्तवमा जिरी एकदमै सुन्दर ठाउँ रहेछ। यस ठाउँको भ्रमण पश्चात् मलाई नेपालको अझ धेरै ठाउँहरूमा घुमी धेरै ज्ञानसमेत हासिल गर्न मन लागेको छ।

दसैं

संस्कृत भाषाको 'दशमी' शब्दबाट विकसित भई बनेको नेपाली तद्भव शब्द 'दसैं' हो। नेपालीहरूको महान् चाड भनेर चिनिने यो चाड तमाम नेपालीहरूको साँस्कृतिक, आध्यात्मिक एवम् धार्मिक दृष्टिले औधी लोकप्रिय चाड हो र यस चाडमा नेपालमा सबैभन्दा लामो सरकारी बिदा दिइने गरेबाट यो राष्ट्रिय महत्त्वको पर्व पनि हो भन्ने कुरा प्रष्ट हुन्छ। चैत्र शुक्ल पक्षमा मनाइने 'दसैं' र आश्विन शुक्ल पक्षमा मनाइने 'दसैं' वा 'बडादसैं' पर्यायवाची शब्दका रूपमा प्रयुक्त हुँदै आएको छ। दसैं पर्व आश्विन शुक्ल प्रतिपदादेखि कोजाग्रत पूर्णिमासम्म पन्ध्र दिन धुमधामले मनाइन्छ। शारदीय सुरम्य वातावरण, आनन्ददायक शीतल प्रकृति तथा सफा धर्ती र स्निग्ध आकाश हुने भएर होला यो मौसमको वर्णन गर्दै हाम्रा कविशिरोमणि लेखनाथ पौड्याल लेख्छन् : "हट्यो सारा हिलो मैलो हरायो पानीको वर्षा, भवानीको भयो पूजा चल्थो सानन्दको चर्चा।" यतिबेला प्रकृतिमा नयाँ बैँस, नयाँ उमङ्ग, नयाँ लाली र नयाँ मादकता चढेको हुन्छ र जनमनमा पनि एक किसिमको उमङ्ग बहार आएको हुन्छ। यसरी जाडो र गर्मी दुबै समान अवस्थामा रहने शरद ऋतुमा नेपालीहरूले पुनर्निर्माण मर्मत र सफाई गरी आफ्ना सुमधुर मुस्कानसाथ भव्य स्वागत गरी दसैंलाई भित्र्याउँछन्।

आश्विन शुक्ल प्रतिपदाको दिनदेखि प्रारम्भ हुने दसैंको पहिलो दिन घटस्थापना हो। यो दिन कलश स्थापना गरी जमरा राख्ने चलन छ। नव दुर्गा स्थापना गरी पूजा गर्ने कार्यको प्रारम्भ पनि यसै दिनदेखि सुरु हुन्छ। दसैंको विशेष उल्लास सातौँ दिनदेखि हुन्छ। सातौँ दिन फूलपातीको नामले

चिनिन्छ। यस दिन दसैंघरमा फूलपाती भित्र्याउने चलन हुन्छ। दसैंको आठौँ दिन महाअष्टमी र नवौँ दिन महानवमी हो। अष्टमी र नवमीमा घरघरमा खसी, कुखुरा, राँगा आदि काट्ने प्रचलन छ। यी दिनहरूमा विभिन्न शक्तिपीठ तथा कोतघरहरूमा बलि दिइन्छ। दसैंको दसौँ दिन दशमी वा टीका जमरा थाप्ने गरिन्छ। नेपाली समाजमा कतैकतै दशमीको दिनमात्र टीका लगाउने गरिन्छ भने अधिकांश नेपालीहरू कोजाग्रत पूर्णिमासम्म टीका लगाउँछन्। टीका लगाउने, आशीर्वाद लिने कुरा दसैंको सबैभन्दा महत्त्वपूर्ण पक्ष मानिन्छ। विजया दशमी वा दसैं पर्वमा एकातिर टीकाको अत्यन्तै ठूलो महत्त्व भने अर्कातिर त्यही टीकाका दिन काम वा विभिन्न पेसा, रोजगार र व्यापारमा टाढाटाढा गएका घर परिवारका सदस्यहरू भेला भई आ-आफ्ना भावनाहरू साटासाट गर्ने हुँदा यसलाई पारिवारिक पुनर्मिलनको पर्व भन्नु पनि स्वाभाविक देखिन्छ। छरछिमेकमा बोलचाल नभए पनि यस दिन आफ्ना विगतका यावत् तिक्तताहरू बिर्सर सुमधुर सम्बन्ध विकसित गर्ने मानिसहरू अग्रसर हुन्छन्।

यसै दिन राष्ट्राध्यक्षबाट सम्पूर्ण राष्ट्रबासीको सुख र समृद्धिका निम्ति हार्दिक शुभकामना सन्देश प्रदान हुन्छ भने मान्यजनबाट टीका थाप्ने अनि आशीर्वाद ग्रहण गर्ने र मान्यजनप्रति नतमस्तक हुँदै हार्दिक आदर एवम् सम्मान गर्ने प्रचलन पनि छ। निधारभरि रातो टीका, कान र टोपीमा जमरा अनि "आयुः द्रोणसुते श्रियं दशरथे र "जयन्ती मङ्गला काली "जस्ता आशीर्वचन र मन्त्रहरू गुञ्जायमान भई यतिबेला घरघरमा रमाइलो छाएको हुन्छ। यसरी एक आपसमा सुख र समृद्धिको अनि शुभकामनाको आदानप्रदान गर्ने पारिवारिक

भेटघाट र पुनर्मिलनको माहोल जुटाउने, आपसी मेलमिलाप बढाउने र आदरसम्मान अभिवृद्धि गराउने दृष्टिले समेत यस चाडको विशिष्ट महत्त्व रहेको देखिन्छ। तर यही दसैंका नाममा केही विसङ्गतिहरू पनि देखिएका छन्। आफ्नो क्षमता नहुँदा नहुँदै पनि ऋणपान गरेर भए पनि दसैं मनाउनुपर्छ भन्ने सोचाइका कारण कतिको उठिबास लागेको समाचार सुनिन्छ। चाडपर्वको नाममा बलि दिइने प्रथा त्यति राम्रो होइन भन्नेहरू प्रशस्त भेटिन्छन्। दसैंका बेलामा चोरी, डकैती, जुवा तास, विकृतिजन्य घटना तथा सामाजिक अपराध बढेको पाइन्छ। मद्यपान गरेर भ्रमण गर्नु तथा अर्काको देखासिकी गरेर आफ्नो हैसियत बिसर्ने अनि फुर्सदमा पछुताउनेहरू पनि भेटिन्छन्। यस्ता घटनाहरूको कारणले समाजमा ठूलो असर पारेका हुन्छन्। आफ्नो क्षमता अनुसार मात्र खर्च गर्नुपर्छ। दसैंको नाममा दशा भोग्नु नपरोस् भन्ने कुरामा सचेत हुनुपर्दछ।

हिन्दु धर्मावलम्बीहरूको महान् पर्व दसैंमा अन्य धर्मावलम्बीहरूको पनि रुचि र सहभागिता देख्न पाइन्छ। घरको सिँगारपटार, सरसफाई र सजावटमा पनि कलात्मक मूल्य भुल्काउने र परिवार तथा कुटुम्बका बिच मानसम्मान एवम् मायास्नेह जगाउने काममा दसैंको सांस्कृतिक महत्त्व झल्किन्छ। यी धार्मिक, सांस्कृतिक, पारिवारिक, एवम् कलात्मक मूल्यका दृष्टिले सर्वोच्च पर्व दसैंका अवसरमा देखिने आडम्बर, पाखण्ड र विकृत पक्षलाई तिलाज्जली दिई यसका सकारात्मक, कलात्मक एवम् सांस्कृतिक मूल्यको संरक्षण र जगेर्ना गर्नु समस्त नेपालीको दायित्व हो।

गिम्भी लामिछाने, कक्षा १० 'उत्तीर्ण'

सङ्गीत एउटा कला हो। सङ्गीतले हामीलाई मनोरञ्जन दिन्छ भने गीत सङ्गीतको श्रवणबाट हामीलाई आनन्द प्राप्त हुनुका साथै शान्ति पनि प्राप्त हुन्छ। मनोरञ्जन, खुसी र प्रसन्नतामा बाँच्न चाहने मानव समुदायका लागि सङ्गीत महत्त्वपूर्ण तत्व हो। आज सङ्गीतका माध्यमबाट मानव जातिले एकातिर प्रचुर मात्रामा मनोरञ्जन प्राप्त गरिरहेको छ भने अर्कोतिर यो सचेतना र जागरणको पनि सशक्त माध्यम बन्दै गइरहेको छ। यही सङ्गीतको क्षेत्रमा आबद्ध रहेका अमृत गुरुङ नेपाली साङ्गीतिक क्षेत्रका एक कर्मशील व्यक्तित्व हुन्। उनी नेपाली गायक हुन्। उनले नेपथ्य समूह व्याण्डबाट प्रस्तुति गर्ने गरेका छन्। उनको जन्म वि.सं. २०२५ साल जेठ १९ गते पोखराको एक साधारण परिवारमा भएको हो। उनी नेपाली साङ्गीतिक क्षेत्रमा धेरै लोकप्रिय छन्।

उनले यहाँसम्म आइपुग्नका लागि धेरै दुःख, कष्ट र मेहेनत गरेका छन्। सुरुमा उनले आफ्नो जीवन जित्न थरीथरीका चित्रहरू बनाएर बेचे र बिहेमा फोटो खिचेर आफ्नो जीविका चलाए। तर बिस्तारै उनको रुचि सङ्गीततिर बढ्दै गयो। वि.सं. २०४८ मा अरु दुई जना साथी दिपक र भीम पुनसँग मिली नेपथ्य नामको सङ्गीत समूह बनाए। यसै समूहबाट विभिन्न नेपाली लोकआधुनिक एल्बम बनाए। उनका रेसम....., भेडाको ऊन....., तालको पानी....., चरी मन्यो, जस्ता थरीथरीका गीतहरू श्रोतामाझ धेरै नै लोकप्रिय छन्। उनका बुबा छोरा नेपाली सेनामा भर्ती होस् भन्ने चाहन्थे

तर उनमा बच्चेदेखि कलाको रस पसिसकेको थियो। उनी सानैबाट एकान्तप्रेमी र प्रकृतिप्रेमी थिए। सानैदेखि डाँडाको टुप्पामा बस्न, हिमाल हेर्न, बाजा बजाउन र चित्र कोर्न विशेष मन पराउने गुरुङमा सानैदेखि कलाप्रति गाढा मोह पलाएको थियो। एस्.एल्.सी. पश्चात् उच्च शिक्षा अध्ययनका लागि काठमाडौँ छिरेका गुरुङ ललितकला पढ्ने आफ्नो इच्छालाई मारेर बाध्यतावश बाबुका करले रत्नराज्यलक्ष्मी क्याम्पसमा भर्ना भए। उनी रत्नराज्यलक्ष्मीका विद्यार्थी भए पनि उनको धेरै जसो समय ललितकलामा बित्थ्यो। यसै बेलामा उनले बालबालिकालाई पेन्टिङ सिकाएर आफ्नो दैनिकी चलाए। यही पीडा भुल्न उनी सङ्गीतप्रति हेलिँदै गए। यसै समयमा दीपक रानाको सङ्गत उनको जीवनमा बहार बनेर आयो। त्यसपछि नै हुन पुग्यो नेपथ्यको जन्म।

जोमसोमै बजारमा चरी मन्यो सिसैको गोलीले जस्ता गीत समाविष्ट एल्बम सार्वजनिक भएपछि नेपथ्यको लोकप्रियता आकासियो। उनलाई कन्सर्ट गर्न भ्याइनभ्याई हुन थाल्यो। चौथो एल्बम “श्रीनगर” निकलेपछि उनले विदेशमा पनि कार्यक्रम गर्ने मौका पाए। जीवनमा धेरै सङ्घर्ष गर्दै आएका गुरुङप्रति विभिन्न किसिमका आरोपहरू लगाइन थालेपछि उनले केही समय “नेपाल वातावरण पत्रकार समूह” सँग मिलेर केही वृत्तचित्र पनि बनाए। तर यो कामबाट उनको मनमा खुसी थिएन। यसै समयमा उनको जीवनमा उनका साथी दीपक उज्यालो दियो बनेर

आए। तिनै दीपकले सम्पूर्ण खर्च बेहोर्ने भएपछि उनी पोखराबाट काठमाडौँ फर्किए र व्याण्डमा नयाँ सदस्य भित्र्याई बजारमा ‘रेसम’ एल्बम निकाले। यसपछि भने साङ्गीतिक क्षेत्रमा नेपथ्य र अमृत गुरुङले पछाडि फर्केर हेर्नु परेको छैन।

उनी विदेशमा बस्ने नेपालीहरू माझ पनि धेरै नै चर्चित छन्। उनी आफ्ना लोकप्रिय गीतहरू सुनाउन देश विदेश पनि जाने गरेका छन्। बेलायतको ओइब्ले एरिनामा सङ्गीत प्रस्तुत गर्ने पहिलो नेपाली साङ्गीतिक समूह नै नेपथ्य समूह थियो भने जसका मुख्य सदस्य नै अमृत गुरुङ थिए। यति लोकप्रिय हुँदा पनि उनको जीवन निकै साधारण छ। उनी सधैं साधारण खाना खान मन पराउँछन्। साथसाथै सामाजिक सेवामा पनि लागिरेका छन्। उनी दुःखीलाई सेवा गर्न मन पराउँछन्। प्रकृतिको काखमा उनी खुसी हुन्छन्।

फुर्सदमा किताब पढ्न मन पाउँछन्। देश विदेश घुमे पनि आफ्नै देश मन पराउँछन् र आफू जन्मेको ठाउँ पोखरा सबैभन्दा मन पर्ने, सुन्दर र रमणीय ठाउँ मान्छन्। उनले सङ्गीतको माध्यमबाट नेपाल र नेपालीलाई चिनाउनका लागि दिन रात मेहेनत गरिरहेका छन्। उत्कृष्ट गीतहरू गाइरहेका छन्। त्यसैले उनका गीतहरूले श्रोताहरूको मन छोएका छन्। भन् लोक शैलीका आधुनिक गीतहरूले उनलाई अझ उचाइमा पुर्‍याएका छन्। त्यसैले अमृत गुरुङ गीत सङ्गीतमा साँच्चिकै अमृत छन्। आज विशेष खाले सांस्कृतिक माहोलमा अमृतको आवाज नभई नहुने भएको छ।

प्राङ्गणा बज्राचार्य, द ‘ख’

विज्ञान र प्रविधिले भरिपूर्ण विश्व

संसारका सबै मानिसहरू प्रकृतिको वशमा हुन्छन् । प्रकृतिले हामीलाई सधैं डोयाइरहन्छ । यसले जता डोयाउँछ उतै हामी विवश भएर जानुपर्छ । मानिसहरूले जतिखेर पनि प्रकृतिबाट नै ज्ञान टपक्क टिपेर लान्छन् । मानिस विश्वका सबै प्राणीमध्ये सर्वश्रेष्ठ असन्तुष्ट प्राणी हो । मानिसले आफू अगाडि भइरहेको कुरा निहारेर हेर्छ र त्यसको बारेमा खोज्छ । यसरी नै मानिसले आकाशमा उडिरहेको चरालाई देखा उसका मनमा विभिन्न प्रश्नहरू उत्पन्न हुन थाल्यो । त्यसपछि, उसले त्यसको बारेमा विभिन्न खोजहरू गर्न थाल्यो । यसरी बिस्तारै हवाइजहाजको आविष्कार गर्‍यो । त्यसैगरी, मानिसले पानीमा माछालाई देख्यो र पानीजहाजको आविष्कार गर्‍यो र प्रविधिको जन्म भयो ।

वर्तमान युगसम्म आइपुग्दा विज्ञानले मान्छेलाई आफूमा समाहित गरेको छ । आजको मान्छेको पलपलमा, नसा नसामा वैज्ञानिक उपलब्धि जोडिएको छ । मानिसले आमाको कोखबाट जन्मिएदेखि चितामा नजलेसम्मको हरेक पलमा विज्ञानको हात हुन्छ । अझै, २१ औं शताब्दीमा आइपुग्दा त हवाइजहाज पनि जेट प्लेनमा परिवर्तन भइसक्यो । विज्ञान र प्रविधिबिनाको हाम्रो जीवन भ्याल ढोकाबिनाको घर जस्तो हुन्छ । हामीले विज्ञान र प्रविधि बिनाको जीवनलाई अनुहारबिनाको मानिस पनि भन्न सक्छौं । विज्ञान हामी मानिसको जीवनसँग नड र मासुको जस्तै सम्बन्ध छ ।

आजको यो २१ औं शताब्दीको समयमा रेडियो, टेलिभिजन, टेलिफोनजस्ता विभिन्न प्रविधि र सुविधाहरू उपलब्ध छन् । पहिला टेलिफोनको अनुपस्थितिमा हुलाकबाट चिठीपत्रहरू पठाइने गरिन्थ्यो । टेलिफोनको आविष्कार भएपछि मानिसहरूले टेलिफोनद्वारा अन्य मानिसहरूसम्म कुरा पुऱ्याउन थाले । अहिले टेलिफोनद्वारा विश्वको जुनसुकै कुनाबाट मानिसले अर्को कुनामा रहेको मानिससँग कुरा गर्न सक्छ । यसरी मानिसले मिहित गरी आविष्कार गरेको टेलिफोनले यो ठूलो र फैलिएको संसारलाई एउटा खुम्चिएको परिवार बनाएको छ । यसले मानिसको समयको पनि बचत गरिरहेको छ । यसरी हुलाकद्वारा पठाइने चिठीपत्रलाई टेलिफोनले आधुनिक प्रविधिमार्फत बदलेर मानिसलाई धेरै फाइदा भएको छ ।

त्यस्तै इन्टरनेटको आधुनिक प्रविधिले पनि मानिसलाई धेरै फाइदा भएको छ । फाइदा मात्र के भन्नु

र , आजकल ५-६ वर्षका स-साना बालबालिकालाई पनि इन्टरनेटद्वारा गरिने कामको महत्त्वको बारे थाहा छ । ५-६ वर्षका बालबालिकाहरूलाई पनि इन्टरनेटबाट लिने सकिने फाइदाहरूको पत्तो छ । इन्टरनेट आजको युगको नभइ नहुने एक प्रकारको आदत भइसकेको छ । हामीले इन्टरनेटलाई रोग पनि भन्न सक्छौं जसको औषधी कसैसँग पनि छैन । इन्टरनेटका फाइदाहरू धेरै छन् । इन्टरनेटबाट हामीले मनोरञ्जनका साथै हाम्रो प्रश्नको उत्तर पनि प्राप्त गर्न सक्छौं । विभिन्न डाक्टर र वैज्ञानिकले यसमा विभिन्न प्रकारको अनुसन्धान पनि गर्छन् । हामीले ई-मेलको प्रविधिद्वारा एक इन्टरनेट प्रयोगकर्ताबाट अर्को प्रयोगकर्ताबिच विभिन्न कुराकानी गर्न सक्छौं । यसरी इन्टरनेटजस्ता आधुनिक प्रविधिबाट हामीले धेरै फाइदाहरू प्राप्त गर्न सक्छौं ।

त्यस्तै पानीजहाज पनि मानिसको अर्को उपलब्धि हो । सबैलाई थाहा छ, धर्तीमा तीन भागको दुई भाग पानी / समुद्र छ र एक भागमात्र जमिन छ । त्यसैले पहिलाका मानिसले पानीमा तैरिरहेको माछालाई देखे र त्यसको बारेमा विभिन्न खोज र अनुसन्धान पश्चात् मानिसले सानो डुङ्गाको आविष्कार गरी एउटा गाउँबाट अर्को गाउँसम्म जानलाई प्रयोग गरे । समुद्रमा सानो डुङ्गा पनि धेरै टिकेन । त्यसपछि २१ औं शताब्दीमा मानिसले ठूलो पानीजहाजको आविष्कार गर्‍यो । यस जहाजमा खानेकुरा र बसोबासका साथै अन्य केही मानिसको सामान्य आवश्यकताहरू उपलब्ध थिए । यसरी पानीजहाज पनि मानिसको ठूलो आविष्कार मध्ये एक भयो । त्यस्तै टेलिभिजन र रेडियो पनि विज्ञानप्रविधिको ठूला उपलब्धिमा पर्ने थाले । यी सञ्चारका साधनद्वारा मानिसहरू विभिन्न खराब चलनको बारेमा सचेत हुन सक्छन् ।

त्यस्तै, पहिलाका मानिसहरूलाई विश्वका १०० प्रतिशतमा ५ प्रतिशतमात्र थाहा थियो । तर बिस्तारै ५ प्रतिशतबाट मानिसहरू २५ प्रतिशतसम्म पुगे । त्यस्तै 'पाइथागोरास' ग्रीक दार्शनिकले धर्ती गोलो छ भन्ने प्रमाणका साथ पत्ता लगाए । त्यस्तै लाइकापश्चात् यूरी ग्यागिन पहिलो व्यक्ति थिए जसले अन्तरिक्षको भ्रमण गरे । उनीपश्चात् २-३ जना व्यक्तिहरू पनि गए । त्यतिमात्र होइन, 'ग्यालिलीओ' यस्ता महान् र साहसी व्यक्ति थिए । जसले सौर्य प्रणालीको बारेमा अनुसन्धान गरी पत्ता लगाए । उनले सूर्यको परिक्रमा गर्ने ग्रहहरूमध्ये हाम्रो ग्रह, पृथ्वी तेस्रो ग्रह हो र यो मात्र एक ग्रह हो जसमा

प्राणीहरूलाई बाँच्नका लागि आवश्यक तत्त्वहरू उपलब्ध छन् भनेर पत्ता लगाएका थिए ।

यसरी विज्ञान र प्रविधिबिना यो विश्व 'विश्व' कहलिँदैन । टेलिफोन, इन्टरनेट, पानीजहाज, हवाइजहाज, रकेट, टेलिभिजन र रेडियोबाहेक टेलिफ्याक्स, ल्यापटप स्मार्ट फोन (टेलिफोनको नयाँ संस्करण) आदिले हाम्रो जीवन सजिलो र रमाइलो बनाएका छन् । अझ आज भोलि त चाडपर्व र भेलाहरूका लागि नयाँ कपडाहरू किन्नका निम्ति घरबाहिर निस्कने आवश्यक पनि छैन । इन्टरनेटबाट अनलाइन खरिदबिक्री गर्न सकिने सुविधा पनि छ । त्यस्तै इन्टरनेटबाट अनलाइन पढाइ पनि गर्न सकिन्छ ।

त्यति मात्र होइन, मैले अगाडि भने भैँ धर्तीको तीन भागमध्ये दुई भाग समुद्र छ । धर्तीमा पाँच समुद्रहरू छन् । ती हुन् : आर्क्टिक महासागर, आन्ध महासागर , हिन्द महासागर , प्रशान्त महासागर र अन्टार्क्टिक महासागर । समुद्र जमिनभन्दा कयौं गुणा ठूलो छ । समुद्रभित्र जान पनि मानिसकै आविष्कार, पण्डुवी जहाजको प्रयोग हुन्छ । समुद्रभित्रका केही जीवहरू मानिसभन्दा लाखौं गुणा ठूला छन् । यी सबै कुरा आज हामीले विज्ञान र प्रविधिका कारणले गर्दा पढ्न पाइरहेका छौं । यो दुनियाँ प्रविधिको आधुनिकीकरणले गर्दा कहाँबाट कहाँ पुगिसक्यो । विज्ञान र प्रविधिबिनाको संसार हामीले कल्पनासमेत पनि गर्न सक्दैनौं । आजको जमानामा अक्सिजनको कमीले प्राणीहरू मर्ने सम्भावना पनि कम छ । यसरी यो विश्व विज्ञान र प्रविधिका कारण अत्यन्तै सजिलो भएको छ । मानिसले नै आविष्कार गरेका यी प्रविधिहरू मानिसलाई मात्र नभई संसारका लागि नै हानिकारक साबित हुन सक्छन् । त्यसैले यसको प्रयोग सोचेर र होसियार भएर गर्नुपर्छ । संसारलाई विकासको बाटोमा लैजाने वा विनासको बाटोमा लैजाने यो सबै मान्छेको हातमा छ ।

त्यति मात्र होइन, अहिलेको २१ औं शताब्दीमा सोफिया नामक रोबोट पनि आविष्कार हुन सफल छिन् । मानिसको पहिलो रोबोट आविष्कार सोफिया पनि समाजका लागि प्रेरणादायक भएकी छिन् । यसरी, हामीले संसारमा सबैभन्दा बुद्धिमानी प्राणी भएको सही उपयोग गर्‍यौं भने यो दुनिया अहिलेसम्मको राम्रो र आनन्दित अनि प्रेरणादायी प्रमाणित हुन सक्छ ।

जेनी घर्ती क्षेत्री, १० 'ग'

अविर-मरणीय गुरु

विकेश कुमार साह : कक्षा १० 'उत्तीर्ण'

मानिस जन्मन्छ, मर्छ, यो प्रकृतिको नियम हो । यही प्रकृतिभित्र हामीहरूले आ-आफ्नो कर्म गरिरहेका हुन्छौं । कर्म गर्ने क्रममा जन्म हुने बित्तिकै हामीलाई केही थाहा हुँदैन र यहाँबाट नै हाम्रो जीवनको सुरुआत हुन्छ । यसरी जीवनका पाइलाहरू अगाडि बढाउने क्रममा सायद 'माँ' भन्ने शब्द पहिले हामी सिक्छौं र यो सिकाउने पहिलो कार्य आमाबाट नै प्रारम्भ हुन्छ । त्यसैले यथार्थमा भन्ने गरिन्छ कि "जननी जन्मभूमिश्च स्वर्गादपि गरियसी" अर्थात् जन्म दिने आमा र आफ्नो जन्मभूमि भगवान् र स्वर्गभन्दा पनि प्यारा हुन्छन् ।

घडीको पलसँगै हाम्रो जीवनमा हामीले धेरै काम, कर्तव्यहरू गर्नु पर्ने हुन्छ र गर्दै जानु पर्ने हुन्छ । यही परिधिभित्र हामीले हजारौं मानिसहरूसँग उठबस र सङ्गत गर्दै जान्छौं । धेरै कुराहरू सिक्दै जान्छौं, अनुभवी हुँदै जान्छौं । यो नै प्रत्येक व्यक्तिको वास्तविक कथा हो । कथामा धेरै पात्रहरू हुन्छन्, नायक, नायिका, सह-नायक, खलनायक र जोकर आदि हुन्छन् । यी पात्रहरूको कुरा गर्दा मैले मुख्य पात्रको भूमिकामा अभिनय गर्दै जानु पर्छ अनि मात्र मेरो वास्तविक कथा अगाडि बढ्न सक्छ । कथामा धेरै पात्रहरूका आ-आफ्नो भूमिका हुन्छन् । हो , यिनै पात्रहरूमध्ये एउटा दुईटा पात्रलाई मात्र म बिर्सन सकिदैन , किनभने उहाँहरू मेरो जीवनमा नआएको भए मेरो कथाको कुनै तुक हुने थिएन । उहाँ हुनुहुन्छ मेरो विद्यालयमा पढाउने तर अहिले छोडिसक्नु भएको तथा मलाई धेरै नै सम्झना भइराख्ने 'कमल बहादुर थापा' गुरु ।

विद्यालय हाम्रो दोस्रो घर हो । यही घरमा बसेर हामीले आफ्नो भविष्यको लागि

लक्ष्य पूरा गर्ने बाटो बनाउँछौं । केही सिकने र सुनौलो भविष्यको बाटो बनाउने क्रममा कक्षा ९ मा मेरो भेट कमल सरसँग भएको थियो । कमल सर हामीहरूसँग धेरै नै मिलनसार हुनुहुन्थ्यो । हाम्रो भाग्य यति धेरै राम्रो थियो कि उहाँ सम्पूर्ण कक्षा १० लाई पढाउनुहुन्थ्यो र बाँकी कक्षा ९ 'क' लाई मात्र पढाउनुहुन्थ्यो । उहाँ हामीलाई अतिरिक्त गणित भन्ने विषय पढाउनुहुन्थ्यो र अत्यन्त राम्ररी पढाउनुहुन्थ्यो । उहाँले पढाएको हामीले कहिले बिर्सिदैनथ्यौं । हामीलाई हाम्रो पढाइमा प्रोत्साहित गराउन अतिरिक्त: अङ्कको नाममा १० अङ्कको प्रयोगात्मक अङ्क दिनुहुन्थ्यो । गणितमा हामीलाई समस्याको हल निकाल्ने तरिकामा बढी केन्द्रित गराउनुहुन्थ्यो । हामीलाई गणितमा सहज नहुन्जेल अनेक सरल तरिकाहरू सिकाइरहनुहुन्थ्यो । सिकाइ क्रियाकलापमा उहाँ जति कडा हुनुहुन्थ्यो, उति उहाँ रमाइलो पनि गर्नुहुन्थ्यो र बेलाबखत जिस्कनुहुन्थ्यो ।

कमल सर सबै विद्यार्थीलाई पढ्न लेख्नमा प्रेरणा दिदै सहयोग गर्नुहुन्थ्यो । त्यसैले मैले उहाँलाई अविस्मरणीय गुरुको रूपमा राखेको छु । उहाँ मेरो सम्झनामा जहिले आइराख्नुहुन्छ । उहाँलाई सबैजनाको तर्फबाट र स्वयम् आफ्नो तर्फबाट हृदयदेखि सादर प्रणाम र धन्यवाद टर्क्याउन चाहन्छु साथै कमल सर जस्तो गुरु प्रदान गरिदिनु भएको र मेरो विचारलाई कलमको माध्यमबाट व्यक्त गर्ने मौका दिनु भएकोमा विद्या संस्कार उच्च माध्यमिक विद्यालय परिवारप्रति पनि धेरै-धेरै आभार प्रकट गर्न चाहन्छु ।



दोषी आँखा



किश अर्याल, कक्षा १० 'उत्तीर्ण'

भगवानले संसारलाई हेर्न दिएका यी दुई आँखा,

जसले हामीलाई देखाउँछन्, राम्रा नराम्रा घटना

कहिले हेरिन्छ, भोगिन्छ खुसीको पल त

कहिले दुःखी बनाउँछन् यही दुई आँखा ।

देखियो हाम्रै साथी निर्मलाको बलात्कार घटना

मनले भन्यो, महिलालाई जिउँने स्वतन्त्र अधिकार छ कि छैन ?

भनिन्छ, शिशुलाई जन्म दिने पनि तिनै महिला हुन्

त्यसो भए ए पुरुष ! किन गछौं त नारी माथि हिंसा ?

नौ महिना आफ्नै कोखमा सङ्घर्ष गर्दै जन्मायौ आमा

ए आमा ! एक चोटी सम्झाइ देऊ बलात्कारीलाई

ती नारी पनि एक दिन बन्नेछिन् कसैकी आमा ।

कसैको जीवन आफ्नो सन्तुष्टिका लागि नबिगादेंछु तिमी

यही घटना तिम्रा दिदीबहिनीलाई हुँदा पक्कै दुःखी हुन्थ्यो तिमी

के साँच्चै यो संसारमा महिला असुरक्षित भएकै हुन् त

उनीहरूलाई कसैले हेर्दा पनि त्रसित बनाउँदै मनमा खेल्छन् यिनै कुरा ।

पुर्खाले रगत बगाए निर्माण गर्दै शान्तिको प्रतीकका रूपमा उभिएको मेरो देश

किन यस्ता घटनाले हरेक व्यक्तिलाई लज्जित बनाई

कालो बादल लाग्दछ मेरो देशमा ?

अरे पुरुष हो ! महिला हेर्दा गलत हुन्छ म भनिदैन ।

केबल भन्दछु , हेर त केवल सफा मनले ,ताकि

कसैले आफू पीडित भएको अनुभव गर्नु नपरोस् ।

उत्कृष्टा उप्रेती, ७ 'ग'



एकादेशमा नागहुङ्गा भन्ने एउटा सानो गाउँ थियो । त्यस गाउँमा एउटा भगत नाम गरेको मान्छे बस्थ्यो । त्यो मान्छे एकदमै इमानदार थियो । भगतले पसल गरेर आफ्नो जीविका चलाउँथ्यो । उसको पसल त्यहीँ नागहुङ्गातिरै थियो । उसको घरबाट उसको पसलसम्म पुग्न ५ देखि १० मिनेट लाग्थ्यो । ऊ मिठाइको पसल गर्थ्यो । त्यस पसलमा विभिन्न प्रकारका मिठाई जस्तै : बर्फी , लड्डु, दुधबरी, रसमलाई, लालमोहन, रसबरी, आदि पाइन्थे । त्यहाँको मिठाई अत्यन्तै स्वादिलो भएकोले मानिसहरू टाढाटाढाबाट पनि मिठाई खान आउँथे । त्यसैकारण भगतलाई आफ्नो मेहनत, मिठाई र भाग्यप्रति गर्व हुन्थ्यो । उसकी एउटी श्रीमती थिई तर कुनै बच्चा भने भएका थिएनन् ।

उसकी पत्नी (श्रीमती) अत्यन्तै सुन्दर थिई । उसकी श्रीमतीको नाम चाहिँ रानी थियो । रानीको स्वभाव वास्तवमै रानी जस्तै नरम थियो । भगत र रानी एकदमै मिल्थे । कहिलेकाहिँ रानी भगतको पसलमा आउँथी । भगतको पसलमा आएका मानिसहरूले रानीको तारिफ गर्थे । भगतलाई आफ्नी श्रीमतीप्रति गर्व पनि हुन्थ्यो । खासमा ऊ र उसकी श्रीमतीले गर्दा नै भगतको पसल धेरै चलेको थियो । उनीहरूको मेहनतले पनि खुसी ल्याएको थियो । भगत धमाधम मिठाई बनाउँथ्यो र बेच्थ्यो । जसले गर्दा उसको पसल अगाडि मानिसहरूको भिडभाड हुन्थ्यो । ऊ आफ्नो पसलको आम्दानी देखेर धेरै खुसी थियो । मानिसहरू पनि उसको काम देखेर धेरै खुसी थिए । ती स्वादिला मिठाइका त कुरै नगरौँ, मानिसहरूको मुखैमा भगतको मिठाइको स्वाद झुन्डिएको थियो । भगतले दिनदिनै धेरै पैसा कमाउँदै गयो । एउटा सानो भोपडीबाट एउटा सानो घर र त्यसबाट एउटा बङ्गलासमेत बनाउन सफल भएको देखेर उनीहरू धेरै खुसी भए ।

समय बित्दै गएपछि उनीहरूको एउटा बच्चा पनि भयो । उनीहरूले आफ्नो बच्चालाई केहीको कमी हुन दिएनन् । सहरकै सबैभन्दा महँगो स्कुलमा पढाए । त्यो बच्चा पनि धेरै ज्ञानी थियो । उसले आमाबुबालाई दुःख दिएन । राम्ररी पढ्ने आमाबुबा, शिक्षक, शिक्षिकाले भनेको कुरा मान्ने उसको राम्रो बानी थियो । उनीहरू आफ्नो बच्चादेखि एकदमै खुसी थिए ।

बिस्तारै भगतले आफ्नो पसललाई ठूलो बनायो । धेरै काम गर्ने मानिसहरू राखे तापनि मिठाइहरू चाहिँ ऊ आफैँ बनाउँथ्यो । गाउँका सबै मानिसहरूले उसलाई धेरै मान्थे । उसको गाउँमा धेरै इज्जत थियो । उसको मिठाइमा जादु थियो । उसले मिठाईमा मिठो मसला राख्थ्यो, जुन चाहिँ उसको मिठाई मिठो हुनुको राज थियो । त्यो मिठाई खाएपछि मानिसहरू भगतको पसल आउन छोड्दैन थिए । तर एक दिनको कुरा हो, भगतलाई उसको मनमा लोभको भाव आयो । उसले सोच्यो, 'म जहिले इमानदारीले काम गर्छु, आज एक दिन चाहिँ म तराजुमा चुम्बक राख्छु र सबैलाई थोरै मिठाई दिन्छु । म थोरै सामानबाट धेरै पैसा कमाउँछु । यसले मलाई धेरै नाफा हुनेछ ।' उसले सोचेको जस्तो गर्‍यो र ऊ सफल पनि भयो । उसले सयौँ मान्छेलाई ठग्यो तर एउटा बच्चालाई उसको तराजुमा विश्वास भएन । उसले अर्को पसलको तराजुमा नाफा उसले मिठाइको वजन थोरै पायो । उसले तराजुको तलको चुम्बक देख्यो र त्यस गाउँको सबै मानिसलाई बोलाएर भगतलाई सजाय दिन लगायो । त्यसपछि भगतले यो कुरा बुझ्यो कि लोभ गर्‍यो भने जहिले तल परिन्छ । यो कुराले भगतको इज्जत गयो । यस घटनापछि उसले आफ्नो गल्तीको पश्चाताप गर्दै कहिल्यै गलत कार्य गरेर धन नकमाउने प्रतिज्ञा गर्‍यो ।



लालाची मिठाई वाला

MY SNAPS

Sakshyam Pokharl 9 'E'



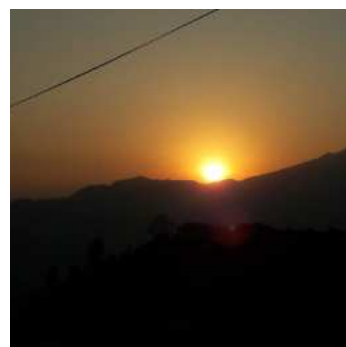
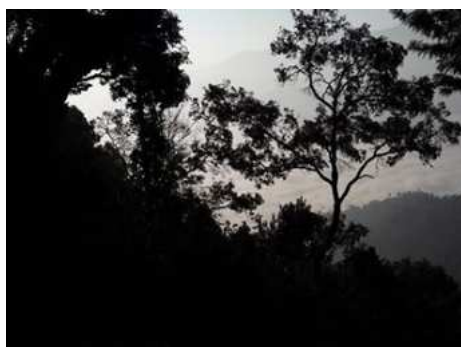
Sonia Parajuli, 10 'A'



Siya Pokharel 9 'B'



Vidhan Khanal 10 'C'

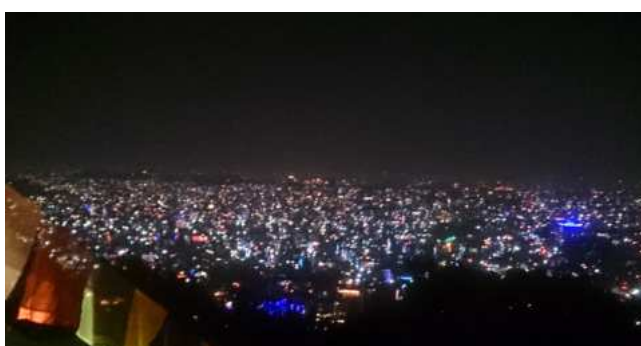
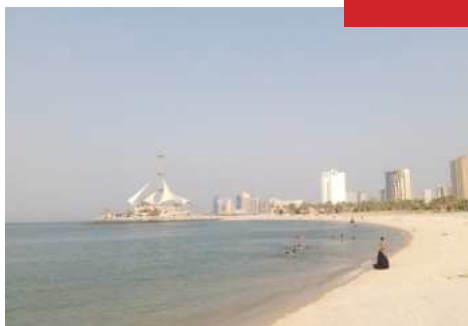


TEACHERS' SNAPS

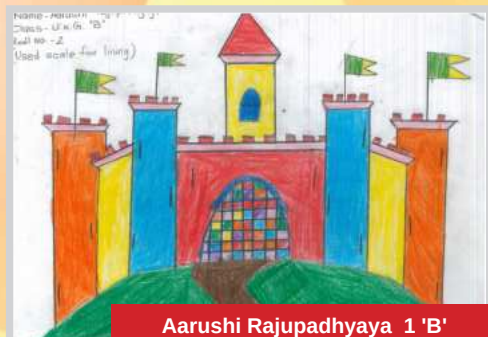
Mrs. Pratiksha Shrestha - HOD - English



Mr. Samir Chakradhar



STUDENTS' ARTWORK



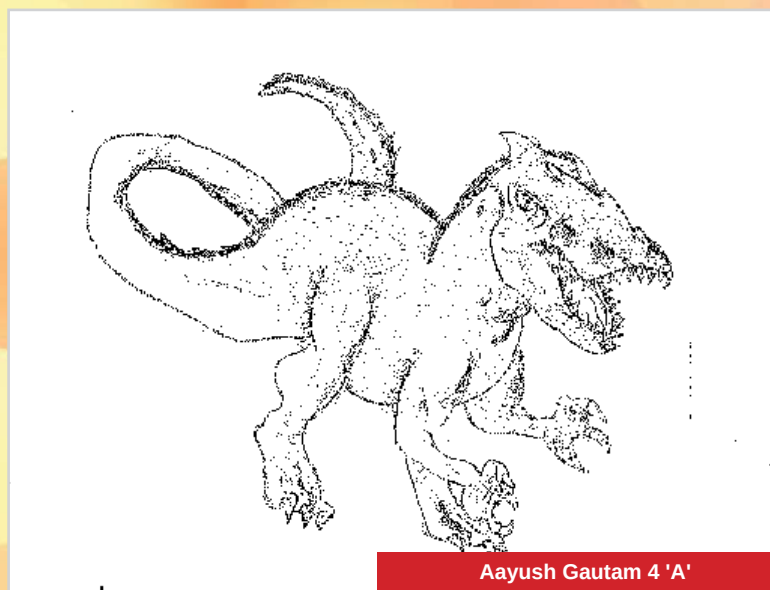
Aarushi Rajupadhyaya 1 'B'



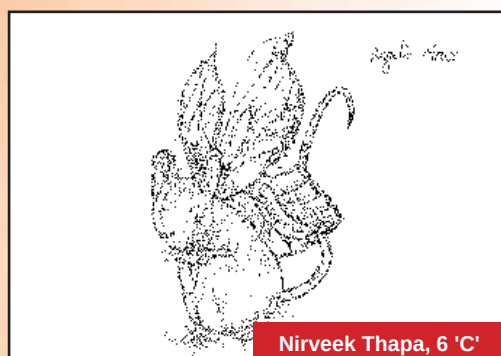
Aarya Adhikari, 6 'E'



Aashutosh Adhikari 7 'D'



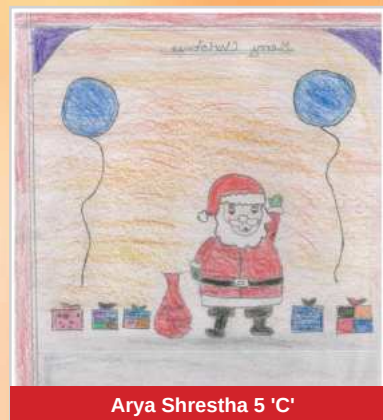
Aayush Gautam 4 'A'



Nirveek Thapa, 6 'C'



Anuska Shrestha 5 'A'



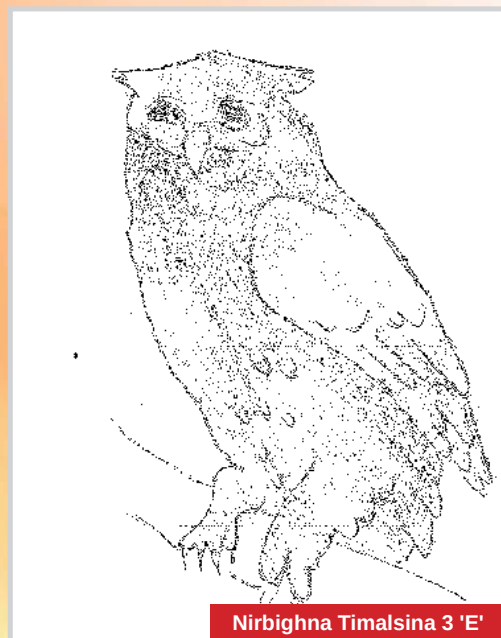
Arya Shrestha 5 'C'



Abhinav Devkota 10 'C'



Ipsita Shree Dahal 2 'A'



Nirbighna Timalisina 3 'E'

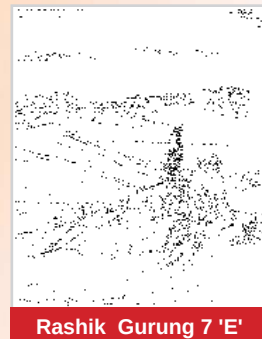
STUDENTS' ARTWORK



Kiara Nawa 5 'E'



Pratistha Maharjan 5 'D'



Rashik Gurung 7 'E'



Samikshya Bhatta, 10 'C'



Rupam Shrestha 2 'B'



Raj Yadav 3 'D'



Rounak Gurung 9 'E'



Riwaaz Manandhar 5 'B'



Sanbi Mainali 3 'C'



Sugam Chaulagain 8 'B'



Shailesh Raj Satyal 6 'E'



Sonia Parajuli 10 'A'



Wonjala Manandhar 2 'A'



Supriya Poudel LKG



Suvekshya Niraula SEE-2075



Reshika Adhikari, 8 'E'

FILM REVIEW

FIGHT CLUB

Aditya Khadka (A2 Level)



Fight Club is one of the best mind-bending psychological thrillers to have been made. *Fight Club*, featuring a troubled insomniac, is an exceptional blend of dark comedy, action, drama and violence. But more importantly, the film portrays sociopathology and social satire brilliantly. *Fight Club* has been critiqued and criticized for a number of issues. The film is based on a sexist idea of emasculated men who're suppressed. It's been criticized for ultra-violent and sexual content in the film. Still, a lot of films project violence and nudity and presentation of it in films has been very conventional. Different critics have different opinions on *Fight Club*. Some argue that it's the greatest movie ever made. Others claim the film to be a mess. Either way, *fight club* is worth the fight.

Fight Club literally starts off in the mind of Jack (the Narrator)'s

mind. Jack, the narrator (played by Edward Norton) is a troubled insomniac who works at a car crash investigation agency. He dislikes his work, doesn't get any form of reward or credit from doing his job. His life is driven by consumerism. He drowns in misery trying to set up his 'perfect' apartment. He narrates in the film - "I am Jack's complete lack of surprises. I am Jack's broken heart". Jack, in *fight club*, is a generalized representation of a generation of depressed men. Jack shares the discontentment that all men in his society do; men do jobs they don't like, become almost lifeless and basically act as servants. His inability to set up his apartment and purchase things he desires loses him the ability to sleep. He becomes so depressed with his life that he resorts to joining a support group of patients with brain parasites or testicular cancer just to talk and share his sorrow and

to cry his heart out. He spills out his suppressed sorrow, a catharsis. He finally sleeps. Jack then uses a variety of name and attends a number of evening support group sessions. At this point he lives his life peacefully. Everything in his life is very sound until he meets Marla.

Marla (played by Helena Bonham) is a rough and tough girl. She has a very untidy hairdo and unpresentable presentation. She also is one of those people who suffer too. She is a faker and Jack hates her. Marla is like a mirror to Jack. When he looks at Marla, he sees himself in her. He sees everything he does in the session. She's a pretender. Just like him. That makes him feel disgusted about himself. Jack loses his sleep again. He's back where he started.

On Jack's business trip, the film introduces us to Tyler Durden

(played by Brad Pitt). Tyler is a hunky tough and bold man who's idea of anarchism influences Jack very much. He believes that the society has become more advanced technologically and economically but the society has feminized men, making them a servant of consumerism-based society. He quotes - "what you own end up owning you". Tyler is a weird soap salesman living in an abandoned house, old and crumbling.

Jack loses his apartment after a explosion that takes place in his building. He then joins Tyler. Together they form a underground club where they bash out on each other, releasing all the aggression and frustration. A ca-tharsis. This provides those men with a feeling of masculinity. It helps them achieve sheer satisfaction in a consumerism based life. Jack later quits his job, lives with Tyler. It is then when Jack finally is truly free. In the film Tyler quotes - "It is when you lose everything, you are free to do anything". The members of the fight club beat each other, reduce their faces to a bloody pulp and then hug each other after the fight with sheer satisfaction. The fight club expands through time with members all across the country.

Tyler then gears up. He initiates Project Mayhem. Fight Club is all about Project Mayhem. Project Mayhem is based on the idea of destruction. Tyler quotes - "break civilization so that they can make a better world out of it". Destruction is a form of creation and Tyler believes that capitalist society must be demolished so that a new, better society can be made. He favors a more primitive society over the society based on consumption. Taking the casual fighting followed by a brotherly hug

to the next level, Tyler along with his fight club recruits vandalise high risers and kill the parasitic rich. He wants people to do jobs they actually enjoy doing.

Jack is unaware about Project Mayhem. When he finally is aware about it, it's too late to stop it. The destruction reaches a whole new level. Nobody can do anything about it. The members of Project Mayhem prevent Jack from stopping it.

Towards the ending, Marla who had been sleeping with Tyler calls Jack Tyler. That's when Jack becomes conscious about the fact that Tyler isn't real. Tyler is an imaginary character that Jack constructed in his mind. Tyler basically is everything Jack isn't but wants to be. Jack kills Tyler by shooting himself. Project Mayhem becomes successful - the credit card company buildings are bombed. People have no debts now. No credits. They're all equal. Tyler is gone and Jack is now free to become whoever he wants to be. Tyler no longer dominates him. Anyhow, he manages to bomb credit card companies' building in the end as Jack holds Marla's hand and watches the high risers crumble down theatrically.

The whole film is based on project Mayhem. It was initiated when Jack met his hallucinatory co-passenger Tyler Durden. The fight club wasn't formed so that men could fight each other to gain back their masculinity. They'd only join fight club to masochistically get beaten by Tyler and then act as his recruit for Project Mayhem. To sum up, Fight Club is a fight against oppression and emasculation, by men, for men.

४० औँ राष्ट्रिय शिक्षा दिवस सम्पन्न



'हामी सबैको प्रण सार्वजनिक शिक्षा प्रणालीको सबलीकरण' भन्ने मूल नाराका साथ गोकर्णेश्वर नगरपालिकाले आइतबार ४०औँ राष्ट्रिय शिक्षा दिवस तथा अन्तर्राष्ट्रिय साक्षरता दिवस मनाएको छ। वडा नं ८ अन्तरखेलस्थित विद्या संस्कार विद्यालयमा विविध कार्यक्रम गरी दिवस मनाइएको हो।

कार्यक्रममा गोकर्णेश्वर नगरपालिकामा उत्कृष्ट ठहरिएका विद्यार्थी, शिक्षक एवं विद्यालय व्यवस्थापन समितिका पदाधिकारीसहित शिक्षा क्षेत्रमा विशेष योगदान पुऱ्याउने व्यक्तिलाई पुरस्कार एवं सम्मान प्रदान गरिएको थियो। प्रतिनिधि सभा सदस्य कृष्ण राई, गोकर्णेश्वर नगरपालिकाका प्रमुख सन्तोष चालिसे लगायतले विभिन्न विधामा उत्कृष्ट भएकालाई सम्मान गरेका थिए। यसैगरी, कार्यक्रममा स्थानीय पाठ्यक्रम तयार पार्न विशेष भूमिका खेल्ने अरुणोदय माविका प्रधानाध्यापक कृष्णप्रसाद नेपाल र वरिष्ठ समाजसेवी दीपककुमार भण्डारीलगायतलाई पनि सम्मान गरिएको थियो। कक्षा १ देखि ८ सम्म स्थानीय पाठ्यपुस्तक लागु गर्ने गोकर्णेश्वर नगरपालिका मुलुककै पहिलो नगरपालिका हो। सोही अवसरमा २५ वर्षसम्म सेवा गर्ने शिक्षक-शिक्षिकासहित एस.ई.ई २०७५मा उत्कृष्ट अंक ल्याउने सामुदायिक तथा संस्थागत विद्यालयका विद्यार्थीहरूलाई समेत सम्मानित गरिएको थियो। कार्यक्रममा विभिन्न विद्यालयका विद्यार्थीहरूले आकर्षक गीत तथा नृत्य प्रस्तुत गरेका थिए।

BOOK REVIEW

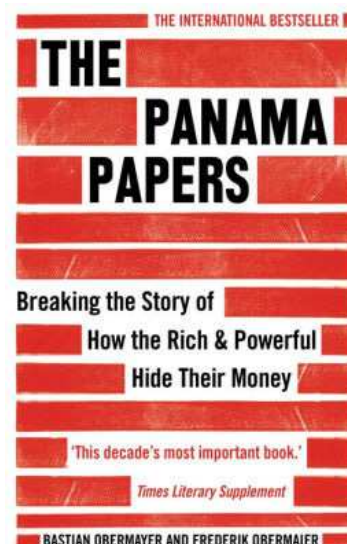
The Panama Papers

Niyam Kumar Acharya (AS Level)

Author: Bastian Obermayer and Frederik Obermaier

Name of publisher: New world

Year of publication: 2016



"With precision and purpose, The Panama Papers is what 'follow the money' means." Bastian Obermayer and fellow *Süddeutsche Zeitung* journalist Frederik Obermaier – commonly known by their colleagues as the Obermaier brothers – find themselves immersed in a secret world where complex networks of shell companies help to hide those who don't want to be found. A few short months ago, The Panama Papers was an investigative news series that rocked the financial world. Reporters from about 80 countries began publishing and broadcasting accounts in April that revealed, in intricate detail, how parts of the offshore industry work.

Income inequality is one of the defining issues of our time. It affects all of us, the world over. The debate over its sudden acceleration has raged for years, with politicians, academics and activists alike helpless to stop its steady growth despite countless speeches, statistical analyses, a few meagre protests and the occasional documentary. Still, question remains why is this happening? The Panama Papers provide a compelling answer to these questions: massive, pervasive corruption. And it's not a coincidence that the answer comes from a law firm. Mossack Fonseca used its influence to write and bend laws worldwide to favour the interests of criminals over a period of decades.

It is certainly the biggest leak in the history of data journalism. The brave authors activate an international network of journalists to follow every possible line of enquiry. Operating for over a year in the stringent secrecy, they uncover global elite living by a different

set of rules: Prime ministers, dictators, oligarchs, Princelings, sport officials, big banks, arm smugglers, Mafiosi, diamond miners, art dealers and celebrities. The real life thriller behind the story of the century, The Panama Papers is an intense, unputdownable account that blows their secret world wide open.

The book tells us that 1% of the affluent people have more wealth than the remaining 99% of the world combined. This book is an essential indictment against the super-wealthy 1% that evade taxes and channel their extortionate levels of money through offshore shell companies at the detriment to developing and undeveloped nation. The Panama Papers clearly shows the failure of democracy and the triumph of commercial power and greed. The book is one of the most exciting non-fiction books ever created but the grass is always greener at the other side. I feel the book has too many redundant information stacked up one by one. Don't get me wrong, of course the biggest leak in the history of journalism will and must have a huge ocean of data however the book contains more details for its own good. The book could've focused more on how they got the information, the hurdles and positive sponsors along their journey. Hence not every part of the book is a thrill.

I find the authors very hardworking and I see the determination on creating the book. But with all due respect, the authors are biased. We know no land where corruption doesn't exist. Many people from many countries launder money but the book's two authors are biased towards only a few countries

like Russia, Iceland, etc. The authors are desperately trying to expose Vladimir Putin, they are basically putting his name in every topic howsoever and that can get pretty annoying to a reader. Furthermore, a complaint I am hearing is that the citizens of Panama, the Panamanians, are offended by the very name of the leak and I definitely agree with that. 'The Panama Papers' doesn't leak anything about Panama but about the Panama based law-firm Mossack Fonseca. Hence, the people were demanding it to be called The Mossack Fonseca Papers but still their cries were in vain. "2.6 Terabyte of yet to be exposed data," they say. The most disappointing aspect of the leak is that the journalists are in a hurry. They are always in a hurry to publish the leak. Although the leak is huge, if they had taken some time, they could've exposed more facts and could've been more of a huge leak however, the hurry part for the book is fabulous, and it really is a huge suspense for the readers and the hurriiness includes the entire thrill. The hurry part makes the reader cross their fingers so that the journalists are able to expose the devils of the offshore world.

At the end, The Panama Papers just hoped to attract the interest of our readers and they expected trite demands from politicians across the globe. But real change? Genuine progress in the battle against the shady world of offshore business? Not really but they succeeded anyways.

Regardless of all the aforementioned constructive criticism, I recommend all of you out there to read this book and know how the murky offshore business really works and how two investigative journalists exposed the rich and powerful.



२०६ औं भानु जयन्ती समारोहमा



२०७६/०३/२९ गते विद्या संस्कार स्कुलले २०६औं भानु जयन्तीको अवसरमा एकल तथा सामूहिक कविता वाचन प्रतियोगिता आयोजना गरेको थियो। उक्त कार्यक्रमको सभापतित्व विद्यालयका शैक्षिक तथा प्रशासनिक प्रमुख श्री प्रणय मोक्तान ज्यूले गर्नुभएको थियो। कार्यक्रममा स्वागत मन्तव्य तथा भानुभक्तको जीवनीमाथि शिक्षक श्री गणेश ओभाले प्रकाश पार्नु भएको थियो। उक्त कार्यक्रमलाई दुई चरणमा विभाजन गरिएको थियो। पहिलो चरणमा कक्षा ४ देखि ७ सम्मका विद्यार्थी भाइबहिनीहरूको सामूहिक कवितावाचन रहेको थियो। पहिलो चरणमा कक्षा ४ देखि ७ सम्मका विद्यार्थी भाइबहिनीहरूले सामूहिक रूपमा कवितावाचन गरेका थिए। पहिलो चरणमा कक्षा सातका भाइबहिनीहरू विजयी भएका थिए। दोस्रो चरणमा कक्षा ४ देखि १० सम्मका ३२ जना विद्यार्थी भाइबहिनीहरूले एकल कविता वाचन गरेका थिए। सो कार्यक्रममा विजयी विद्यार्थी भाइबहिनीहरूलाई विद्यालय सञ्चालक समितिका निर्देशक श्री राजेश अधिकारी ज्यूले पुरस्कार तथा प्रमाण पत्र वितरण गर्नु भएको थियो। आफ्नो मन्तव्य सहित कार्यक्रमको समापन गर्ने काम विद्यालयकी नेपाली विभाग प्रमुख भवानी खड्का ज्यूले गर्नु भएको थियो।

BAGPIPER BAND PERFORMED BY S.U.M.I SCHOOL, KALIMPONG



Our school had invited one of the renowned Bagpiper Bands from a popular and famous school which is known by the name as S.U.M.I (Scottish Universities Mission Institution) situated

at Kalimpong district, West Bengal, India. Infact, our school's C.A.A.O. Mr. Pranai Moktan sir had persuaded them to pay their visit and requested them to showcase their talent and creativity on bagpipers and drums in front of the Vidhya Sanskar Family.

S.U.M.I family accepted his request and performed various songs, music, tap dancing numbers, March past music, etc. In a true sense, our school children had never experienced such a glorious moment. Our school would like to express our gratitude to Mr. Sanjay Samuel Rai sir and his entire S.U.M.I family.

छन्दोबद्ध कविता वाचनमा विद्या संस्कार



नेपाली साहित्यका एक उज्ज्वल नक्षत्र युवा कवि मोतीराम भट्टको जन्मजयन्तीको शुभअवसरमा भक्तपुरस्थित एभरेष्ट इङ्ग्लिस स्कुलले नि.मा.वि. तथा मा.वि तहका विद्यालयस्तरीय उपत्यकाव्यापी छन्दोबद्ध कविता वाचन प्रतियोगिता आयोजना गरेको थियो। मिति २०७६/०५/११ गते सम्पन्न भएको उक्त प्रतियोगितामा विद्या संस्कार उ.मा.वि.का कक्षा १० मा अध्ययनरत छात्रा स्पृहा पराजुलीले भाग लिएकी थिइन्। उपत्यकाका १७ वटा विद्यालयको सहभागिता रहेको उक्त प्रतियोगितामा यस विद्यालयकी छात्रा स्पृहा पराजुलीले तृतीय स्थान हासिल गर्न सफल भइन्। उनले कवि हिरा भट्टको शार्दूल विक्रीडित छन्दमा रचिएको "पुस्तान्तरण" शीर्षकको कविता वाचन गरेकी थिइन्।

WORLD MUSIC DAY (OPEN SINGING COMPETITION)



On the auspicious occasion of "WORLD MUSIC DAY" on 21st June, 2019 an open singing competition was held in the school on 20th June, 2019. Students performed solo number and group songs enthusiastically on the stage. The competition was evaluated by a panel of judges and the winners were awarded with the certificates.

SCOUTS' INVESTITURE CEREMONY-2076



In order to mark the tradition like former years, our school had performed Scouts' Investiture ceremony on 2nd of Shrawan, 2076, with the guidelines and the rituals of scouts. Students of class Six(VI) and the new students of 7-8 were presented scarfs, waggles, badges in the swearing ceremony in the presence of the School CAAO, Co-ordinator and Scouts' Masters.

CRICKET TOURNAMENT- 2019



Our school had participated in the Inter- School Cricket Tournament organized by Canvas Boarding Secondary School situated at Mid Baneshwor on 29th and 30th July, 2019. Our school team played 3 matches with Xavier School, Rajen Memorial and Occidental school during the tournament. Our school derailed from the tournament in the preliminary round. Avishkar Joshi had received 'Man of the Match' in one of the games.



INTER SCHOOL FOOTBALL TOURNAMENT



Our senior boys' football team participated in the 17th Inter School SAMB Running Football Tournament held on 27th Baishak, 2075. Our school played three league games each with GEMS, EPS and Himalayan School. Though our boys put up a spirited team work, they lost the match played with GEMS School and EPS School where as Himalayan school gave a walk over.

ST. XAVIER'S SENIOR GIRLS' FOOTBALL TOURNAMENT

Our senior girls' football team had participated in the Inter School Senior Girls' Football Tournament organized by St. Xavier's School, Jawalakhel. The event was held on 2nd Ashar, 2075. Our school advanced to the quarter final as group runners-up but lost with KUHS school in the quarter final.



TOFFICHHO INTER SCHOOL FUTSAL

Our school U-12 boys' futsal team had participated in the Inter School U-12 Boys' Futsal Tournament organized by Surya Nepal Pvt. Ltd. The event was held from 5th to 7th Ashar 2075. Our

school proceeded to the quarter finals as the group runners-up and won the quarter final match which was played against Pushpa Batika School with a score of 1:0. Master Atharva Koirala from our school was adjudged the 'Man of the Match' in the quarter final game. Despite a wonderful game in the semi finals by our boys, our school lost against Rajshree Gurukul School. Better luck next time boys.....



FUTSAL

Youth Legend Organization on 19th Jestha, 2075 had organized an Inter School Futsal Tournament at Bhatbhateni Futsal Arena, Chuchepati. In the tournament, our school boys' team lost in the 1st game played against Bright Future Academy. The 2nd game played against Shree Guwashwori School ended in a draw which ended the hope for our boys to proceed to the quarter finals.



SWIMMING COMPETITION

After the school swimming session of this session ended, the Inter House swimming competition for both boys and girls was held on 25th Ashar, 2075. A total of 48 students participated from Class 5 & 6 (junior category), Class 7 &

8 (middle school category) and 9 & 10 (senior category).



The list of winners in Junior Level boys & girls .

Boys	Position	House
Samuel Mahaju	1 st	Sapphire
Bedanga Gautam	2 nd	Ruby
Sairus Adhikari	3 rd	Emerald
Girls	Position	House
Riona Singh	1 st	Topaz
Deepika Thapa	2 nd	Sapphire

The list of winners in Middle School (Class 7 & 8) boys & girls.

Boys	Position	House
Bikrant Shah	1 st	Ruby
Sakshyam Malla	2 nd	Topaz
Suhan Shankar	3 rd	Sapphire
Girls	Position	House
Suphin Tamang	1 st	Sapphire
Shelly Guragain	2 nd	Topaz
Khushi Jha	3 rd	Emerald

The list of winners in Senior level (Class 9 & 10) boys & girls.

Boys	Position	House
Dipankar Sharma	1 st	Ruby
Evan Shrestha	2 nd	Emerald
Dikshit Adhikari	3 rd	Sapphire
Girls	Position	House
Adipsha Vaidya	1 st	Ruby
Krishna Shrestha	2 nd	Topaz
Sadikshya Mahaju	3 rd	Emerald

CHARLIE AND THE CHOCOLATE FACTORY (MUSICAL)



CHARLIE AND THE CHOCOLATE FACTORY

Romanshika Singh (A2 Level)

Chelsea International Academy has now been successful to set a milestone in the field of 'theatre' in the entire valley. This year the play to be exhibited was 'Charlie and the Chocolate Factory' written by Roald Dahl in 1964. The story features the adventure of five lucky children inside the chocolate factory of eccentric Willy Wonka.

With more than 130 members involved in the cast, crew, prop, choir, volunteers, director and manager; the play successfully was staged on 4th and 5th of January 2019 at Nepal Academy Hall located in Kamaladi. The four to five months of continuous hard work of the team seemed to be paid back when our chief guest for the day Mr. Saroj Khanal said, "The play took me to 60s." Mr. Khanal is a very popular and successful actor

in the Nepalese movie industry and was also a theatre actor in the earlier days of his life. The play seemed to be a perfect blend of art, creativity and hard work. The absolute accordance of music, light, prop, dance and acting turned out to be a bliss to the audiences' eyes. The portrayal of the Bucket House and the Wonka's Factory was successful in fascinating the spectators to a greater extent. Starting from the Wonka bars, the golden tickets, candies and walnuts to the chocolate river, squirrels, human machine and invention room; every little details had been finely worked upon which eventually led to the grand success of the play.

Charlie and the Chocolate Factory not only gave a thrilling theatre experience but created thousands

of memories that will be cherished by all for their lifetime. It broke the stereotypical belief from the students regarding theatre being all about possessing acting skills but instead set a new mind frame among the students regarding the discipline and coordination that's needed. The play taught us a robust skill and that's team work and the students will be forever thankful.

Chelsea has already set its legacy in theatre by staging "Shakuntala" and "Macbeth" previously and now the success of "Charlie and the Chocolate Factory" "was like the icing on the cake. We look forward to more such plays and acts.

Cheers!



FUTSAL

The 2nd Vidhya Sanskar Senior Boys' Inter School Futsal Tournament was held from 22nd to 24th Bhadra at School Futsal Arena . A total of 16 teams participated in the event. The final game was played between Loyalty Academy and Young Hearts Boarding High School. Young Hearts Boarding High School lost to Loyalty Academy in the finals with a goal margin of 1: nil. Certificates and trophies were awarded for various categories by the Chief Guest - Mr. Dawa Lama - All Nepal Futsal Association Coordinator/ Ex- Co- Member (ANFA) along with the Founder Director / Principal of Vidhya Sanskar School - Mr. Sudhir Kumar Jha. Recipients of other awards were as follows:

1. Fair Play of the Tournament : Daffodil Boarding School
2. Best Goalkeeper of the Tournament : Mingmar Chhebang Tamang (Kathmandu Valley school)
3. Highest Scorer of the Tournament : Dawa Tamang (Young Hearts Boarding High School)
4. Best Player of the Tournament : Dhiraj Joshi (The Excelsior School)
5. Best Coach of the Tournament : Sailesh Karmacharya (Loyalty Academy)

Participating teams were :

- | | | |
|--------------------------------------|------------------------------|------------------------------|
| 1. Loyalty Academy | 7. Vidhya Sanskar School (A) | 12. Arunima School |
| 2. Rato Bangala School | 8. Vidhya Sanskar School (B) | 13. New Zenith School |
| 3. Sahara National School | 9. Kathmandu Valley School | 14. St. Xavier's School |
| 4. EPS School | 10. Kasthamandap School | 15. Valley View School |
| 5. The Excelsior School | 11. Bal Dikshya Sadan | 16. Daffodil Boarding School |
| 6. Young Hearts Boarding High School | | |



LEGACY CONTINUES...

WORLD AND NEPAL TOPPERS FROM CHELSEA

YEAR	NAME OF STUDENTS	AWARD RECEIVED FOR	SUBJECTS
OCTOBER - NOVEMBER 2018	Prashamsha Aryal	Top in Nepal	Biology (AS-Level)
	Pratik Luitel	Top in Nepal	Business (AS-Level)
MAY-JUNE 2017	Bishrut Bhattarai	World Top	English Language (AS- Level)
	Bishrut Bhattarai	Top in Nepal	Economics (A- Level)
	Divas Subedi	Top in Nepal	Computer Science (A- Level)
	Bijaya Chandra Luitel	Top in Nepal	Computer Science / Chemistry ((AS- Level)
	Bijaya Chandra Luitel	Best Across 4 AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2016	Prajwal Bhattarai	Top in Nepal	Physics (AS) /General Paper (AS)/ Computer Science (AS)
	Avash Byanjankar	Top in Nepal	Sociology (A)
	Anup Sharma	Top in Nepal	Business (AS)
	Bishrut Bhattarai	Top in Nepal	Mathematics ((AS)
	Prajwal Bhattarai	Best Across 4 AS Levels in Nepal	Science
MAY – JUNE 2016	Shrija Pokharel	High Achievement	Sociology (AS)
OCTOBER - NOVEMBER 2015	Roshan Poudel	Top in Nepal	Physics (A)
	Sanskriti Timseena	World Top	Sociology (A)
OCTOBER - NOVEMBER 2014	Ruchit Shrestha	Top in Nepal	Computing Science (A)
	Roshan Poudel	Top in Nepal	Computing (AS) / Physics (AS)
	Sanskriti Timseena	Top in Nepal	Economics (AS) / Sociology (AS)
	Roshan Poudel	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2014	Sandesh Chapagain	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (A)
	Angela Sharma	Top in Nepal	Sociology (A)
	Himal Shrestha	Best Across 3 in A-Levels in Nepal	Science (A)
MAY – JUNE 2013	Sandesh Bhandari	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (AS)
	Saurav Bishwokarma	Top in Nepal	Accounting (AS)
	Samriddha M Shrestha	Top in Nepal	Chemistry (AS)
	Sandesh Chapagain	Top in Nepal	Computing (AS)
	Angela Sharma	Top in Nepal	Sociology (AS)
	Kanoon Giri	Top in Nepal	Economics (AS)
	Sandesh Chapagain	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2012	Sandesh Bhandari	Top in Nepal	Mathematics (AS)
	Sandesh Bhandari	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2011	Bardan Bazgain	Top in Nepal	Accounting (AS)
	Krishna Shah	Top in Nepal	Biology (AS)
	Sitamsh Rijal	Top in Nepal	Computing (AS)
	Nisha Suwal	Top in Nepal	Sociology (AS)
	Samip Neupane	Best Across 3 AS Levels in Nepal	Science
	Krishna Shah	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2011	Ujjwol Paudel	Top in Nepal	Accounting (A) / Mathematics (A)
	Utkrist Adhikari	Top in Nepal	Computing (A)
	Ujjwol Paudel	Best Across 3 A-Levels in Nepal	Non- Science
OCTOBER - NOVEMBER 2010	Utkrist Adhikari	Top in Nepal	Computing (AS)
	Ujjwol Paudel	Top in Nepal	Economics (AS) /Accounting (AS) /Mathematics(AS)
	Mukesh Ghimire	Best across 3 AS Level in Nepal	Science
	Ujjwol Paudel	Best across 3 AS Level in Nepal	Non- Science
OCTOBER - NOVEMBER 2008	Manish Jung Thapa	Top in Nepal	Biology (AS)
MAY - JUNE 2008	Abhimanyu Chhetri	World Topper	General Paper
OCTOBER – NOVEMBER 2007	Shobha Limbu	First Place in Nepal	General Paper




VIDHYA SANSKAR
SCHOOL
 (Pre-School to Grade XII)

FOR MORE INFORMATION:

Chelsea International Academy (GCE A-Level College and +2)
 Lakhechaur Marg, Mid-Baneshwor, Kathmandu, Nepal
 Tel.: 4472902, 4499662, 4483212, 5244349

Vidhya Sanskar School (Pre-School to Grade 12)
 Gokarneshwor-8, Attarkhel, Kathmandu, Nepal
 Tel.: 4917769, 4918034

P.O. Box: 25201, Fax: 4491753 Email: mail@chelseainternational.com.np
 Web: www.chelseainternational.com.np


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