



Speak your Heart Out !
I am overwhelmed as I write this.
I am overwhelmed by everything.
My last few years have...
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Pathways of Progress
Allow me to introduce myself—I am
Roshani, a rising force driven by a
dual passion for ...
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**kanjirowa**

Newsletter

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Journey beyond the crown

In the glittering world of pageantry, where elegance meets empowerment, I embarked on a transformative journey that went far beyond the surface sparkle of crowns and gowns. Stepping onto the stage, I found myself not only competing but also discovering layers of resilience, self-discovery, and camaraderie that transcended the boundaries of beauty.

As I ventured into the realm of the event, Mr. Kanjirowa, I was met with a whirlwind of emotions—excitement, nervousness, and a hint of doubt. Like many, I was drawn to the allure of the stage—the chance to showcase talent and grace under pressure. However, what I didn't anticipate was the profound impact it would have on my personal growth.

The preparation phase was a testament to dedication and discipline. From perfecting my walk to honing interview skills, every moment was a lesson for self-improvement. Yet, amidst the rigorous training sessions of nine days and endless rehearsals, I found moments of clarity and self-reflection. In the process, I gained new friends and different experiences, which opened up new paths for me in the upcoming days.

The pageantry became a mirror through which I examined my strengths, weaknesses, and aspirations.

On the day of the competition, nerves fluttered like butterflies in my stomach as I stood backstage, adorned in a gown that shimmered with hopes and dreams. Stepping into the spotlight, I was enveloped by a wave of adrenaline, each step a testament to days of hard work and perseverance.

The winning experience in Mr. Kanjirowa is a multifaceted journey marked by authenticity, confidence, empowerment, lifelong connections, and a celebration of diversity.



Beyond the glimmer of the title lies a transformative path of self-discovery, personal growth, and profound impact.

As I reflect on my time in the pageant, I am reminded that true beauty lies not in perfection but in the courage to embrace own imperfections. Each smile, each tear, and each moment of vulnerability is a testament to the strength of human spirit. And though the stage lights may fade and the applause may cease, the lessons learned and memories made will forever illuminate my journey beyond the crown.



Spandan Chalise
XI, Management

Checkmate: The Strategic Symphony of Chess

Chess is a perpetual game that has captured the hearts and minds of players worldwide for centuries. Known as the “game of kings,” chess is a two-player strategy game that challenges participants to outwit and outmaneuver their opponents on a checkered board. So, coming to the main phase of why we should play chess and my story onward, being a great chess player.

The question arises as to why people play chess and whether it is truly engaging. Chess is deceptively simple to learn but incredibly challenging to master, requiring dedication and time. Despite the difficulty, many individuals devote decades to honing their skills in this strategic game. So, why invest precious time in chess? The answer lies in its strategic nature, devoid of luck, making it a game of pure skill that enhances critical thinking and quick decision-making abilities, ultimately sharpening the mind. Engaging in various activities is essential for personal growth, and for some, like me, chess serves as a means of development. I began playing chess at the age of four, initially struggling and losing consistently to

my father. Despite my early frustrations, my father recognized the mental benefits of the game and intentionally allowed me to win to reignite my interest. Over time, I surpassed his skill level, becoming the best player in my town. However, academic responsibilities forced me to set aside chess for a while. Upon entering college, I rediscovered my passion for chess, seizing numerous opportunities that led to my success in annual chess tournaments. Currently, I, along with my friends, operate a chess club at our college, organizing tournaments and planning to offer lessons to beginners. Embracing these opportunities has been rewarding, and I encourage others not to miss out on the enriching experiences chess has to offer.



Nitesh Bastola
XI, Science



My High School Journey: A Snapshot of Growth and Discovery

In the compilation of memories that consists of my high school experience, each fragment tells a unique story of growth, friendship, and self-discovery. From the first hesitant steps through the entrance gates to my time in school has been a transformative journey, filled with invaluable lessons and cherished moments.

The heart of my High school experience lies in the premises of Kanjirowa National School, where the pursuit of knowledge is a daily adventure. But beyond the textbooks and exams, it was the guidance of dedicated teachers and various ECA's that made the journey truly memorable. Their support and encouragement fueled my passion for learning and instilled in me a lifelong curiosity.

Beyond the confines of the classroom, Kanjirowa offered ample amount of opportunities for personal growth and exploration. Whether it was MUN, Talent Hunt, Sports week, volunteering in school committee, or simply forging friendships that would last a lifetime, every experience left an indelible mark on my journey.

Each experience, whether joyful or ch allenging, has shaped me into the person I am today. And as I prepare to embark on the next chapter of my life, I carry with me the lessons of resilience, the bonds of friendship, and the belief that the greatest adventures are yet to come.



Janhvi Shah
XI, Management



Mustang Trip

The most exciting thing that I experienced in my 11th grade was the trip to mustang. The beautiful memories that I collected there were insane. Here, I am going to share my trip to mustang.

Our journey started with the location of our college. We traveled by bus to our destination. We enjoyed our lunch at Malekhu and had a tea break. The main destination for day 1 was Beni, so we continued our journey.

On day 2, we visited,Mahadev enjoyed it there, and then we went to Tatopani,Mahabir Jharna, and Rupse Jharna. We also visited Lete, Dhumba Lake, and Marpha. Day 2 was tiring, so we slept so well that day.

Day 3 was very exciting, as we were supposed to visit Muktinath temple on that day. I was amazed by the beautiful temple and what a beauty it was. I still remember enjoying Muktinath temple so much with my friends. Not only that, we also explored Kagbeni, Jomsom Bazar, and Marpha Bazar. The bazaar at Muktinath was outstanding.

Our day-4 we, started with a visit to Baglung Sky Bridge. After that, we also visited the Kalika mandir at Baglung. We also visited the Kushma Bridge and the Satabdi Ghari Kushma, also known as the Kushma Art Project, at Parbat. Our last destination for the day was Pokhara. When we reached Pokhara, we spent our night at the lakeside and then slept.

Day 5 was interesting as we went boating at Phewa Lake and also visited the Tal Barahi Mandir. And then we got back to Kathmandu.

Although the trip was short, I enjoyed it a lot. I got to see natural beauty, which was obviously fantastic. I will always remember this trip and the time I spent at Mustang and Pokhara.



Tashila Tamang
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Fascinated by Fungi

Fungi are eukaryotic organisms classified in the kingdom Mycota. These fungi occur in the form of microorganisms such as moulds and yeasts and also as mushrooms. Surprisingly, fungi are more closely related to animals than plants. The mushrooms we are familiar with are the fruiting bodies of fungi. The fungi have a network of hyphae (mycelium) typically found underground which send electrical signals to the fruiting body we call a mushroom. In a book by senior mycologist Mahesh Kumar Adhikari titled "Mushrooms of Nepal" it is mentioned that only 1150 species of mushrooms have been recorded in Nepal so far.

My fascination with mushrooms started in a quire trivial manner. One day as my friend and I were on a hike along Anantalingeswor. We were walking along when I noticed a yellowish mushroom growing near some trees. I had heard somewhere that Golden Chanterelle, a prized mushroom was also yellow. So I took some really bad pictures of the mushroom where most of it was covered with grass and we went about our way. I asked some experts on the Internet about what the mushroom could be and because of the poor quality of the photo, none were able to properly identify it and they requested a better photo. This is what drove my interest towards mushrooms. From then on my friend Sangit Khatiwada and I would go on mushroom hunts early in the morning on holidays. We would head out from home at 5 a.m. and we would come back at 11 a.m. or 12 p.m. We would be exhausted but we would find a lot of mushrooms including Cantharellus cibarius (Golden Chanterelle).

So far we have collected about 60 different species of mushrooms among which we have identified about 17 of them. The mushrooms we have identified range from edible [E], inedible [I], toxic [T] to those whose edibility is unknown [U]. I have even made a Google drive folder and a journal dedicated to these mushrooms. The mushrooms identified so far include Cantharellus cibarius [E], Lycoperdon perlatum [E], Boletellus ananas [T], Bjerkandera adusta [I], Phellinus gilvus [I], Laccaria laccata [E], Trametes versicolor [I], Tulosesus ephemerus [U], Coprinellus disseminatus [E], Scleroderma citrinum [T], Amanita pilosella [T], Leucocoprinus fragilissimus [T], Leucocoprinus birnbaumii [T], Favolus tenuiculus [E], Rusulla cyanoxantha [E], Lactarius gerardii [E]. I could get to only the section of a Amanita mushroom; Amanita sect. Roanokenses [T].



As my journey started because of the Golden Chantarelle I find it fitting to talk about this mushroom. Golden Chanterelles are also relatively easily to identify. They are trumpet shaped; like the flower of a pumpkin. They are yellow or orange in colour. They don't grow in clusters, rather growing individually or in a small group. The chanterelles grow symbiotically with trees, so they may commonly be found close to trees in leaf litters. Instead of gills, they have ridges which seem to discontinue once they reach the stalk. When they are young, they look like little egg yolk. Once they became mature, they develop into a funnel like shape with an indent in the middle. However, they might retain the egg yolk shape. The stem is fleshy and same colour as the cap. No annulus present. Flesh is white or pale yellow and dense. Chanterelles smell faintly fruity, like apricots. The cap is smooth.

Chanterelles can commonly be confused with Jack O' Lantern or the False Chanterelle, both of which are toxic. Jack O' Lantern mushrooms contain the toxin muscarine (also found in Amanita muscaria) which can cause severe cramps and diarrhoea. Jack O' Lanterns grow in large clusters and have a slight glow in the dark. They grow in rotting wood or attached to a tree stump as they are parasitic. They are more orange or brown and less yellow. Most importantly, they have true gills. False Chanterelle may cause upset stomachs and digestive problems. They are a deeper orange with no yellow. They are darker in the middle instead of having a uniform cap colour. Their cap is also usually a bit fuzzy. False chanterelles have true gills, although they are forked on the edges. They still appear as close blades than folds.



Nikash Sharma
XII, Science

Nepathya: Blending Tradition with Modern Sounds, a Musical Journey Through Nepal



Nepathya, a renowned Nepali folk-rock band, has been enchanting audiences with its unique blend of traditional Nepali folk music and modern rock influences for over three decades. Founded in 1990 by vocalist Amrit Gurung, the band has become synonymous with promoting Nepali culture and heritage through its music.

Known for their soulful melodies and socially conscious lyrics, Nepathya's music resonates with audiences both in Nepal and around the world. The band's name, which means "pathway" in Nepali, reflects their commitment to bridging the gap between traditional and contemporary music styles.

Nepathya's music is deeply rooted in Nepali folk traditions, drawing inspiration from various ethnic groups and their rich musical heritage. Songs like Resham, Chekyo Chekyo, and Sa Karnali showcase the band's ability to blend traditional instruments like the madal and sarangi with modern rock elements, creating a sound that is uniquely Nepathya.

Over the years, Nepathya has toured extensively, performing in countries such as the United States, the United Kingdom, Australia, and Japan, among others. Their music has not only entertained audiences but has also served as a cultural ambassador for Nepal, showcasing the country's rich musical heritage on the global stage.

In addition to their musical achievements, Nepathya has also been involved in various social causes, including earthquake relief efforts and environmental conservation projects. Through their music and activism, the band continues to inspire positive change and promote unity and cultural pride among the people of Nepal.

As Nepathya celebrates over 30 years of musical excellence, their journey serves as a testament to the power of music to transcend boundaries and unite people from different cultures and backgrounds. With its unique blend of tradition and modernity, Nepathya remains a shining example of the rich musical tapestry of Nepal.



Kramesh Raut
XI, Science

The Power of Social Connections: Navigating Personal Growth Through Relationships



“You are the average of the five people you spend the most time with,” as said by the famous entrepreneur and author of America, Jim Rohn. This is so convincing, if you think about it. Socializing is not a choice, as we human beings are social animals. At every point in our lives, we should be constantly socializing with people for our own survival. And that social interaction determines our thoughts, beliefs, necessities, interests, and many more. The people in our surroundings influence our behavior, attitudes, and results. The people we spend the most time with, shape who we are and determine what conversations dominate our attention.

Consider the example of a child raised in an unhealthy family environment marked by consistent arguments and domestic violence. Most of us might argue that the child would not follow in his parent’s footsteps since he knows how hard his life has been because of his family situations, but have we forgotten that he doesn’t know how to express love, care, and sympathy? He certainly does not possess the qualities of a good listener because he has never encountered them in his family. He would not share his problems with people because he never had the chance to share them within the family. He thinks it is normal for people to shout and scream because he doesn’t know the means of politeness and softness. This is how the people who surround us affect our lives and personalities as individuals. The norms and expectations within our social circle can shape our behavior and choices. When we are surrounded by people who prioritize honesty, integrity, and empathy, we are more likely to align our actions with these values. Conversely, if our social environment normalizes negative behaviors or attitudes, we may be influenced to conform to those standards. People living in different cities have ideas and values that completely differ from each other. A person who lives in a landlocked country like ours and has never been exposed to the sea doesn’t know the smell and taste of the ocean. Similarly, just as exploring the sea can reveal hidden treasures and wonders, engaging with a diverse range of people allow us to discover new passions, talents, and opportunities.

Reflecting on my journey from the age of 4 to 15, I have spent it with my family, school friends, teachers, and staffs, which was very limited interaction in my opinion. Right after the board examination, I started spending more alone time at home. My parents went to work, and most of my school friends were busy within themselves. I wanted something new, a fresh start, and to leave all my old bad habits behind. I was excited to meet new people and explore more. I started searching to see which course would suit me best; it was really confusing to decide which subject to choose. Most of my friends had figured it out, and I was still confused. I searched online and also went on college visits. One of my juniors from school invited me to her church, where they were giving a session on careers and the importance of choosing the right major. I spent the whole day at the church with people not just of my age but of different ages, ranging from 10 to 25 or 30. The session was fruitful, and I was very interactive with the speakers. It was a fun activity for me because nobody there recognized me, and everything was new. It was probably the first time I spent time with strangers, and that session helped me learn about myself. Various activities and group work were introduced, and that’s when I realized there were people who were different from my family and friends, and that variety exists in the world. The group I was in didn’t win any positions or gifts, but I was given a special recognition award. And out of around 40 people there, I was the only one who received it. It made me question myself: Why me? That’s when I looked back at my environment. I was friends with people who always tried something new and inspired me to try something new as well during my school days. Me and my best friend loved competing with each other in every school event and would never hesitate to take the lead. That’s where it all hit me: how the environment we are set up in shapes



Vintage Love

In the bustling streets of a 1960 city’s embrace,
Where tales of love and loss find solace,
My love my world, a saga unfolds,
In hearts young and old, its story molds.

Amidst the chaos of life’s grand design,
Love’s melody weaves, oh so divine,
In every glance, a whispered plea,
In every sigh, a longing spree.

From the ancient forts to the moonlit lanes,
Echoes of passion, enduring strains,
With every step, a dance of fate,
In the tapestry of love, souls innate.

Through trials untold, hearts entwine,
In world of love, love’s pure shrine,
In every tear, a silent vow,
In every smile, hope’s gentle bow.

So let the verses of this tale proclaim,
In hearts aflame, love’s eternal flame,
For in the depths of passion’s art,
Incomplete and unfulfilled love , etched upon each heart.



Aarambha KC
XII, Science

us. Back in school, if I were not exposed to competitions, I would probably not have taken part in any in the future. If the friend I was closest to did not help me grow, I’d probably not be interested in exploring new things. Hence, it is up to us to choose who can help us grow. How would we know whom to choose? We won’t. And that’s the fun part. It’s important to choose the right people to be around for our personal growth. But sometimes we make mistakes in choosing our close friends. These mistakes help us learn more about ourselves and the world around us.

To wrap it up, we are like water, known for its ability to conform to the shape of the container it is placed in. We humans possess the capacity to adapt to different situations, roles, and social contexts. Our behavior, attitudes, and responses can vary depending on the environments we inhabit and the people we interact with. Just as water adjusts to fit the vessel, we adapt and adjust our behavior to align with society. Having diverse friends and connections is good because it exposes us to new ideas and experiences. But we also need to be careful, as some connections can hold us back from reaching our goals. It’s important to find a balance between having a diverse social circle and having friends who support our growth and dreams. Overall, our personal growth is tied to the people we spend time with and our environments. By being aware of how others influence us and choosing our connections wisely, we can continue growing and evolving as individuals.



Hricha Bhandari
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My Flourishing Journey at Kanjirowa

Kanjirowa National Secondary School has provided fertile ground for my intellectual and personal growth. The school's demanding academic curriculum, coupled with its extensive range of extracurricular activities, has fostered a stimulating environment that has challenged and nurtured my burgeoning skillset. In this piece, I will delve into the various events organized by Kanjirowa that have demonstrably shaped my academic foundation and personal trajectory.

A Vibrant Orientation: My initial foray onto Kanjirowa's vibrant campus was a wave of exhilarating anticipation. Surrounded by fellow freshmen, I eagerly awaited the exploration of academic and social opportunities that lay ahead. This orientation served as a springboard, propelling me into the dynamic world of Kanjirowa.

A Tapestry of Cultural Immersion: My inaugural experience at Kanjirowa promised to be a rich immersion. The celebratory event of Teej, a cultural festival steeped in tradition, unfolded with vibrancy. This initial event acted as a captivating introduction to the diverse tapestry that is the Kanjirowa student body.

The Thrill of MUN: Another significant opportunity blossomed with the hosting of KNS MUN. 3.0. The palpable anticipation of the crowd mirrored my own excitement at representing myself not just as a student but as a delegate on the world stage. This immersive simulation undoubtedly remains a highlight of my year

at Kanjirowa. The MUN experience honed my research, debate, and networking skills, proving to be a truly enriching experience.

Winter Delights and Artistic Expression: Kanjirowa's winter sports program offered a dynamic synergy of physical activity and artistic expression. The winter games provided opportunities to participate in a multitude of sports, fostering a sense of camaraderie and healthy competition. This was followed by the KNS Talent Hunt program, a vibrant showcase of student diversity featuring a spectrum of acts ranging from dance and music to spoken word poetry.

Fostering Enthusiasm Through Initiative: Taking a proactive role, I played a pivotal role in representing myself to the college by establishing the KNS Chess Club. Our inaugural chess tournament, open to all interested participants, served as a cherished memory and a valuable learning experience for the organizing team. It successfully rekindled a passion for chess within the college community.

Motivational Inspiration: My Teacher - Yubaraj Sir's (SDM) recent motivational session resonated deeply. His candor in sharing his personal story, including the challenges he has faced, made his message all the more impactful. Sir's ability to overcome adversity proved to be a powerful source of inspiration. I left the session feeling motivated and empowered to tackle my academic journey with renewed focus and



determination.

Conclusion
Kanjirowa National Secondary School has provided me with more than just an academic education. It has been a crucible for my personal growth, fostering a love for learning, a spirit of collaboration, and the confidence to pursue my passions. The diverse experiences offered by Kanjirowa have undoubtedly shaped me into the well-rounded individual I am today, and I am incredibly grateful for the foundation it has provided for my future endeavors.

 **Nrivik Dhungana**
XI, Science


Speak your heart out!



I am overwhelmed as I write this. I am overwhelmed by everything. My last few years have been my greatest so far, because even though I didn't know that I had so much to give until I started opening up, I get scared when something good happens to me on the surface. I have been learning to embrace and accept that with grace. Nothing hurts me more than not being able to love and to live in an illusion where the world suddenly feels unsafe and I have to protect myself. Since this hurts so much, I strive like never before, every day and every moment, to open and to love deeper. That's what makes me move; that's the water of everyone's life, I guess till we know it. If we don't know who we truly are, we will always betray everyone around us. No matter how big our promises to each other might be, we can put on an act (which everyone does), but we will end up betraying everyone in our hearts, in our intentions, and in our thoughts. Well, this is betrayal in the real sense. At the end of the day, our love and loyalty towards our fellow humans is nothing but a reflection of our love and loyalty towards ourselves. Now, what else do we expect from the world that has betrayed itself to begin with? The person who lies to himself lies to the world; the person who cheats himself cheats everyone around; the person who is hurting hurts everyone; the person who wins over himself wins over everything. Conquer from within! Stop pleasing, stop manipulating, and stop chasing name and fame; they are nothing but riches in a dream. Serve the real kingdom, dig for the real treasure, into your heart, into your being. Serve people by serving yourself. Like the waves, it ebbs and flows, and all you can hope for is to flow at times and to let it drown you sometimes. Strong emotions aren't something you can

ignore, suppress, or work away from; they come for a reason—sometimes to change you, sometimes to humble you. You find your own way, in your own way, to accept and learn. The first few grays call for a celebration. What a moment to be existing and sharing this breathtakingly beautiful gift called life with everyone. I wouldn't wish to have anything other than what I already have. Blessed are the ones who have lost something too deep too soon, only to realize that this is the greatest gain one can have. Now imagine you gained this too late! You wouldn't have the time to celebrate; you won't have days to tell your story. Blessed are the ones who have won too soon by losing too soon. .

Sharing my vulnerabilities: I am scared of relationships. Every day I get defeated and then I try again. I miss certain people even when I am around them because I fear losing them. I still expect someday someone will understand my heart, and then I win over this tendency. I don't like to train at all. I train anyway because I have learned profound lessons from things I didn't want to do, places I never wanted to be, and people I never wanted to meet. Every day, I am the saddest person, and I am the happiest person. I want to be none. I have suffered due to certain things for so long that I wondered if I would ever be fine. Faith kept me going. I am humbled by things and experiences that I can't articulate or express; they are so simple, and that's why they're impossible to convey. I don't know anything about anything. I don't wish to understand anything. I love life. I love everything from a distance because I don't understand people's meaning of intimacy. The list is endless, and so are my efforts to grow and advance. I don't wish to be seen as someone strong and powerful. I wish to be a person who can simply understand another person's heart. And we don't need power, strength, or anything else to do so; it's that simple.

 **Samragyee Thapa**
XI, Management

SOME GLIMPSES OF 2023-24





Business Brilliance and Culinary Mastery Unite: Our Success at the School Food Fiesta

Business studies and hotel management embarked on a thrilling adventure at the college food fiesta. Little did we know that this three-day program would not only lead to impressive sales but also provide us with valuable lessons and unforgettable experiences.

As students, we were eager to put our knowledge into action. The college food fiesta proved to be the perfect platform for us to learn about entrepreneurship, marketing, and customer engagement firsthand. We were determined to make the most of this opportunity and transform our stall into a thriving business.

To stand out among the numerous stalls, we knew we had to offer something unique. We brainstormed ideas, experimented with flavors, and crafted dishes that were not only delicious but visually appealing too. Our innovative approach caught the attention of curious customers and left them craving more. To spread the word about our stall, we employed various marketing strategies. We utilized eye-catching posters and collaborated with other student groups to cross-promote our stall.

Overall, the college food fiesta was a fantastic opportunity for us as students to showcase our entrepreneurial spirit and culinary skills. It taught us the importance of collaboration, innovation, and customer engagement. We are grateful for the great experience. So, to sum it up, our journey at the KNS food fiesta was not just about making good sales but also about the valuable lessons we learned along the way. It was a remarkable three-day event that left us with unforgettable memories and a deeper understanding of what it takes to succeed in the business world.



Rajina Maharjan
XII, Management

My First Day at Kanjirowa

On the first day of college, I stepped through the gates
A mixture of excitement and nervousness had set my heart rate
The college buzzed with energy and the new beginnings
A fresh start for all, leaving behind all the past endings
The buildings stood tall, filled with knowledge and possibility
I felt a sense of wonder and curiosity, which was all filled with humility

New faces and voices filled with the air
I felt a sense of belonging and knowing I belonged there
The teachers were wise, the students eager to learn
I knew from onwards , my mind would always be yearn
For the challenges and growth that the college would bring
A time of transformation, where my soul could spread its wings
On the first day of college, I took a deep breath
And embraced the journey ahead, with faith and strength

For I knew that every lesson, every test and trial
Would lead me closer to success, mile by mile.
So here's to the first day of college, a day to remember
A stepping stone to a future so much greater
With open hearts and minds, I embark on this quest
To learn, to grow and to become very best.



Nisha Giri
XI, Science

Capturing Moments: The Essence of Photography in Preserving Memories

Photography, for me, is more than just capturing moments; it's a journey of discovery, expression, and storytelling. Each click of the shutter transports me into a realm where I can freeze time and encapsulate emotions, memories, and the beauty of the world around me.

Photography is more than just a hobby or a profession; it's a powerful tool for storytelling, a medium through which we immortalize the beauty, the joy, and even the pain of our lives. Each photograph is a window into the past, a tangible link to moments that might otherwise slip away into the recesses of our memory.

In an era dominated by social media and instant gratification, the role of photography in preserving memories has never been more significant. Platforms like Instagram and Facebook have transformed photo-sharing into a global phenomenon, allowing us to connect with friends and family across continents and cultures through the lens of a camera.

Photography is like wearing special glasses that let you see the world in different ways. Each person who takes a photo sees things in their own unique way, like looking through their own special pair of glasses. What sets photography apart as an art form is its ability to showcase the diverse perspectives of the photographers behind the glasses. Every photographer brings their own background, experiences, and worldview to their work, shaping the way they perceive and interpret the world around them.

Photography isn't just about taking pictures—it's about showing others how you see things. When you take a photo, you're sharing your view of the world with everyone who looks at it. And because everyone sees things differently, each photo tells a different story.

So the next time you pick up a camera, whether it's a state-of-the-art DSLR or the camera on your smartphone, remember that you're not just taking a picture; you're capturing a moment and freezing it in time for



generations to come. Because in the end, photos are more than just pixels on a screen; they are windows into our souls, reflections of the moments that shape who we are and who we will become.



Shrayan Prajapati
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Lucid Dreaming:

A short insight & my own experience

Lucid dreaming is the unusual condition of an individual where s/he is aware of the fact that they are dreaming while they are still immersed in the world of their dream. Here the person has a clear idea that they are dreaming along the occurrence of the dream. The awareness of the person involved can be very minimal or fully alerted by the dream state. Within lucid dreams, individuals may hold assorted degrees of control over the setting and scene of the dream, narrative, and characters, enabling them to shape and elevate their dream experiences according to their desires.

Lucid dreaming is not a newly discovered concept, and it can be traced back to numerous historical and cultural contexts. For instance, ancient Tibetan Buddhist practices include dream yoga, which aspires to achieve intelligence within dreams for spiritual awakening and enlightenment. Similarly, in the Western world, philosophers and mystics have pondered the nature of dreams and consciousness over the course of time. References to lucid dreaming have been found in the writings of Aristotle and Descartes. Numerous techniques have been introduced for creating and enhancing lucid dreaming experiences. Lucid dreaming offers valuable insights into the nature of consciousness, perception, and the subconscious mind. It challenges the traditional perspective of dreaming as a passive experience, featuring the active role of awareness within the dream state.

I learned that I could have lucid dreams even before knowing what they were. All this time, I did not think much of the dreams that I could control until my best friend from my school brought them up during one of our talks. My friend was complaining about how she could not lucid dream after trying every method of lucid dreaming, but I was shocked because all that time I had thought it was a normal phenomenon. Later, I learned about lucid dreaming through my pal and from my own research on it as well. Here is a very weird and bewildering lucid dream of mine.

I decided to hop in Bhaktapur Durbar Square with my same pal whom I mentioned before. We were walking, and that's when a group of teenagers spotted us. They approached us, and here I was questioning why and how these teenagers were into this particular dream. For context, I saw those teenagers just days before, and in the dream, they appeared as if they were people

whom I knew very well. After they had approached me and my friend, they tried to scare us by saying, "BOO." My friend flinched a bit only, and I was so confused, even disgusted by the dream and their poor play of scaring us. I was standing there, with my forehead scrunched up and my eyes bewildered, for a good couple of minutes. I was physically feeling the awkwardness while sleeping on my bed too. I had so many questions on my mind. During this, my friend and the group were frozen as the time had stopped. I did not take any action until that point, and I literally paused the dream I was dreaming. To break the ice and make the awkwardness go away, I got an idea that I thought was really funny, but now that I think of it, it was a very stupid one. I thought of giving them a taste of their own medicine. I spread my hands and said, "BOO," and surprisingly, they were taken aback by that stupid gesture. After that, I immediately walked away with my friend from the embarrassment after realizing what I had done, and I directly entered a new dream realm.

Overall, Lucid Dream is a very fun source of entertainment. But a lucid dream is far more than just entertainment. Lucid dreaming holds intense potential for personal spiritual growth, self-discovery, and creative expression. Within the limitless creations of the dream world, individuals can face their fears, explore their subconscious desires, and experiment with new perspectives. Lucid dreaming offers a heavenly place for imagination and innovation, leading to new insights and inspiration.



Rani Lama
XI, Science

Pathways of Progress:

My Journey to Growth

Allow me to introduce myself—I am Roshani, a rising force driven by a dual passion for social work and leadership. "We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." Each stage of growth demanded a shedding of old skin, a metamorphosis into a truer version of myself, often amidst the turbulence of uncertainty.

I took advantage of every possibility for personal growth and self-discovery as I entered adulthood. Whether in my academic endeavors, professional aspirations, or interpersonal connections, I embraced every task with fervor and tenacity, using each encounter as a springboard for my objectives. I am proud alumnus of Kanjirowa National High School, specializing in Biology Faculty.

Currently, I am a first-year student at Nepal College of Information Technology (NCIT) starting my adventure in software engineering. I am at the cusp of an exciting world where creativity and technology combine to define the future. Moreover, a lively and encouraging academic community has defined my first year of study in software engineering. My ability to collaborate with classmates on group projects and participate in peer-to-peer learning initiatives has been my greatest asset during my time in high school. These experiences have not only improved my technical competency but also encouraged a sense of camaraderie and teamwork. Beyond my individual triumphs, I am also known for my compassion and generosity



towards others. Participation in different Social Organizations such as : Amnesty International, Nepal Scout, Kathmandu Eureka Leo Club , Red Cross Society etc and through the acts of kindness and empathy, I have touched the lives of many, leaving a lasting legacy of love and goodwill.

As I bid farewell to this chapter of my journey and set my sights on the horizon, I do so with gratitude for the experiences that have shaped me and with optimism for the adventures that await. My journey to growth may have reached a milestone, but the path forward is illuminated by endless possibilities, and I am ready to embrace them wholeheartedly.



Roshani Khadka
Alumnus (Batch of 2023)



A Trip to Kakani

Leaving the busy city of Kathmandu behind, we embarked on a camping trip, eager for an adventure. On the top of a hill, among nature's serenity, we hiked, danced, and exchanged laughter with one another. The mountains welcomed us as we walked to the top of the hill. We got the opportunity to try new activities, which were fascinating and scary at the same time.

The courage and camaraderie of our peers made us even more united. Climbing rocks and walking through the beautiful area of Kakani was surely delightful. As the evening came, we gathered around the campfire. The next day, we all hiked up to a stupa and a local park, which also taught us a lot about the history of that place. When we reached back to the camping site, most of us were breathless, but none the less, the hike was worth it. After having some deliciously made local food, we bid farewell to our temporary home. The camping trip was more than just an adventure; it taught us about appreciating nature more and how beautiful the world beyond technology can be. In nature's embrace, we found solace and promised to keep the excitement going for the next adventures Kanjirowa had yet to provide us.



Mousami Basnet
XI, Science

From Quiet to Command: A Journey of Self-Discovery

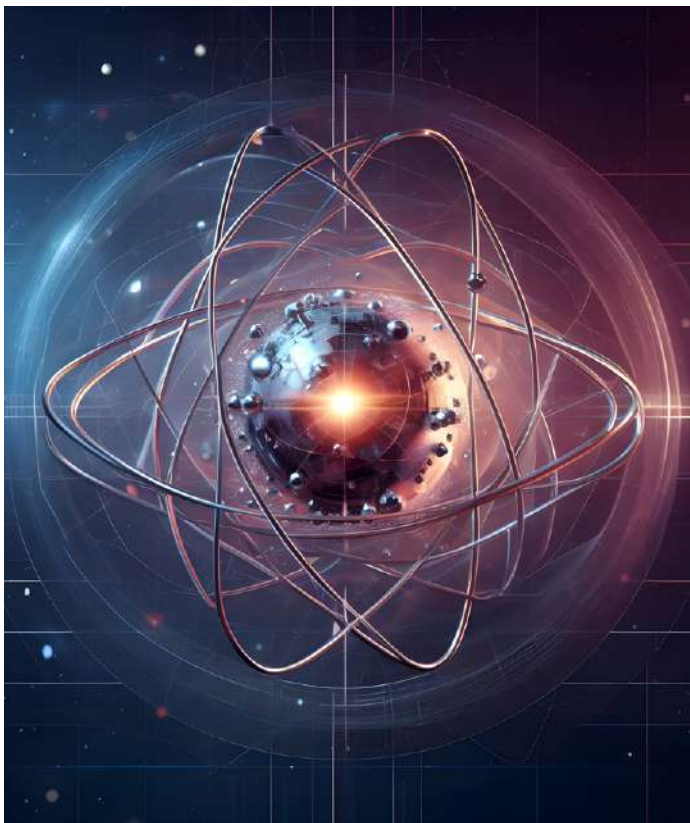
After the Covid-19 pandemic, everything has undergone a profound change throughout the world. Along with the world, it has affected my life too. It transformed me totally, I became a girl who lacked the courage to initiate interactions with others. I isolated myself from engaging in any activities and I found myself deficient of confidence to do so. After the lockdown came to an end, I joined KANJIROWA (My second home). And now as I look back to the day, that's when I made one of the best decisions of my life. Choosing Kanjirowa National School +2 was something that I will always be grateful for.

As I stepped into Kanjirowa, I realized humans are meant to be social which I am not so fond of. Kanjirowa provided me such a conducive environment that I couldn't stop myself from participating in different events and normalizing making friends. The journey from a quiet onlooker to a confident leader started in 2022, when I was just observing the people. Later I joined KNS MUN and that one event boosted up my confidence. Instead of shying away from leadership roles, I embraced it, realizing that true leadership is not about being the loudest voice in the room, but about inspiring and empowering those around me. The excursion of the self -discovery as a good commander goes with the flow and in 2023, I got the chance to host my first ever program where I got appreciation from my teachers. After that, I hosted many more programs which eventually boosted my confidence to speak in the mass.. By the middle of 2023 I was appointed as Sports Club Leader from science faculty and that was something I always wanted to be but I wasn't aware about the responsibilities and thus it was totally new for me. I am grateful towards my seniors and my teachers who helped me out during this phase. Later on I became the executive director of KNS MUN 3.0 and along the way, I discovered the power of my voice, learning to communicate my ideas with clarity and conviction. I cultivated empathy and understanding, recognizing the importance of connecting with others on a deeper level. Apart from leadership, I improved myself academically as well. That feeling of 'being a leader, one mustn't fail' bound me to do well in my exams. I entered 2024 with great achievements and memories with the revised version of myself. Unexpectedly, I became the Miss Ambassador 2024 of Kanjirowa that left me flabbergasted. It is a great experience to have collected lots of good memories at Kanjirowa.

Now when I look back, I ask myself, was I really that introvert? And the question hits a lot. The amount of change that I've got is something that I never expected to get. The journey of an introvert evolving into a leader can be likened to a quiet stream gradually carving its path through the landscape, eventually transforming into a powerful river that leads and influences its surroundings. I am really thankful to Kanjirowa for showering students with opportunities that directly leads to confidence boosting. Always thankful to Kanjirowa for this tremendous transformation from quite onlooker to a good leader who is now able to serve my community and nation as a civilized citizen.



Adity Upreti
XII, Science



Quantum Entanglement: The Spooky Action at a Distance

Quantum entanglement is one of the most perplexing and enchanting phenomena in physics. It occurs when pairs or groups of particles interact in ways such that the quantum state of each particle cannot be described independently of the others, even when the particles are separated by large distances.

Einstein famously referred to it as “spooky action at a distance,” and it challenges our classical understanding of the universe. Entangled particles behave as a single system, so that the state of one particle instantaneously influences the state of the other, regardless of the distance separating them.

This phenomenon has profound implications for the future of technology, particularly in the realms of quantum computing and secure communication. Quantum entanglement could lead to the development of computers that are exponentially more powerful than any that

currently exist and could also enable completely secure communication channels that are immune to eavesdropping.

The study of quantum entanglement pushes the boundaries of our understanding of the universe and suggests that the fabric of reality is far more interconnected than we might have ever imagined. It's a topic that not only captivates scientists but also sparks the imagination of anyone curious about the fundamental nature of reality.

I hope you find this topic as intriguing as many physicists do! If you're interested in diving deeper into this subject, there are many physics books and articles that explore quantum entanglement and its implications for our understanding of the universe.



Safar KC
XI, Science

नेपालका युवा विदेशिने क्रम बढ्दै

काठमाडौँ, पछिल्लो समय नेपालबाट युवाहरू दिन प्रतिदिन विदेशिनेको संख्या बढिरहेको छ । विशेष गरी युवावर्गमा विदेश जाने लहर नै चलेको छ । गाउँघर युवाविहीन बन्दै गएका छन् । चालु आर्थिक वर्षको छ महिनामा मात्र रोजगारीका लागि ३ लाख ४३ हजार ४०५ जना विद सिएकी तथ्याङ्क पाइन्छ । सबैभन्दा धेरै नेपालीहरू रोजगारीका लागि दुवै र कतार जाने गरेका छन् ।

रोजगारी खोज्दै विदेशिनेको सङ्ख्या बढिरहेको बेला पछिल्लो समय शिक्षा क्षेत्रमा देखिएका समस्याले विद्यार्थीहरू समेत विदेशिने क्रम बढेको छ । नेपालका विश्वविद्यालयहरू प्रायः रि तिएका छन् । पढाइ पछिको रोजगारीको चिन्ताले लाखौं खर्च गरेर अध्ययनमा लागि विदेशिनेको सङ्ख्या त्रिभुवन अन्तराष्ट्रिय विमानस्थलमा बढ्दै छ ।

नेपालको शिक्षामाथि अविभावको विश्वास हट्दै गएको छ । उनीहरूलाई छोराछोरीको भविष्यको चिन्ताले गर्दा घरखेत बेचेर विदेश पठाउन बाध्य हुनु परेको छ । नेपालमा शिक्षालाई सैद्धान्तिक पक्षबाट मात्र हेर्नुले पनि विद्यार्थीमा व्यवहारिक ज्ञानको कमी देखिन्छ । यसले नेपालको शिक्षामा लगानी भन्दा विदेशलाई नै प्राथमिकतामा राखेको जानकारीहरू बताउँछन् ।

यस बारे विद्यार्थीहरूसँग छलफल गर्दा उनीहरूले सरकार गुणस्तरीय शिक्षा र रोजगारी सिर्जना गर्ने हरेक ठाउँमा चुकिरहेको कुरा व्यक्त गरेका छन् । त्यस्तै राजनीतिक दाउपेच र विद्यार्थी प्रतिको उत्तरदायित्व पूरा गर्न नसक्नुको कारणले गर्दा विश्वविद्यालयमा विद्यार्थीको संख्या टर्च लाइट बालेर खोज्नु पर्ने अवस्थामा पुगेको कुरा विज्ञहरू पनि बताउँछन् ।

दक्ष जनशक्ति लगातार पलायन हुनाले मुलुकको परिचय वृद्धाश्रमतर्फ उन्मुख हुने पो हो कि ? भन्ने चिन्ताले पिरोलेको छ । युवाहरूको पलायनले शव उठाउने व्यक्ति समेत ज्यालादारीमा खा जुनु पर्ने अवस्था आएको छ । यसको मुख्य कारण भनेको राजनीतिक अस्तव्यस्तताले युवाहरूको पलायनलाई मुख्य प्रोत्साहन गरिरहेको छ ।

यसबारे न संसदमा आवाज उठ्छ न त सडकमा नै । यसको बारेमा बौद्धिक वर्ग पनि मौन बस्नुले शिक्षा प्रतिको धारणा धमिलिदै जाँदै छ । त्यस्तै शिक्षाको गुणस्तर र विद्यार्थी मैत्री वातावरण सिर्जना गर्नमा विद्यार्थी सङ्गठनहरूले समेत चासो दिन छोडेका छन् । युवाहरूको विदेश पलायनलाई रोक्न सर कारले तत्काल केही कदम चाल्न आवश्यक देखिन्छ । यसलाई राज्यले ध्यान नदिने हो भने अघको केही दशकमा नेपालमा दक्ष जनशक्तिको अभावमा नेपाली मौलिक साधन र स्रोतको नास हुने कुरा विभिन्न सर्वेक्षणले पनि देखाएको छ । यसलाई बेलासाथ नै रोक्नु उचित हुन्छ ।



कृतिका बास्तेला
११, व्यवस्थापन

Exploration of Humanity: Danish Students at Kanjirowa



Coming through a relatively long and confidently proud journey as a student of Kanjirowa National School, the interactions and discussions we had today with the Danish team on the theme of “youth for democracy” were incredibly enlightening, and I genuinely learned a lot. All these perspectives, experiences, and cultural and political insights have broadened my horizons, and I feel fortunate to have had this opportunity.

Interacting with the Danish team was not just an exchange of ideas; it was an exploration of humanity. The way we were able to discuss political mindsets, systems, hindrances, and implementation of politics in our nation, as well as the political situation in Denmark. We also got an opportunity to connect with the stereotypes and prejudices of both nations.

The interaction helped us to explore the dynamics of politics, shed light on the challenges, benefits, and learnings.

It wasn't just a chance to enrich my educational experience; I even got to build friendships with the Danish students, play their games, learn their slang, and have a great time together. And for this wonderful time that I get to experience today, I express my gratitude to Kanjirowa National School, Kathmandu Eureka Leo Club, and the Danish team on behalf of every other student of Kanjirowa who gets to work on this project along with me.



Nandita KC
XI, Management

Hey! New Comers

Are you guys ready to be Kanjirowans? Hurry up! Don't miss this golden opportunity. Kanjirowa is not just providing qualitative education but also a lot of entertainment, celebrations, and events will be happening side by side. As an experienced student, what I would say is that Kanjirowa is definitely different from others. We students can explore many more things, grow ourselves in a productive way, show our talents, and have drastic changes in our confidence too. Yes, this is the truth.

Like Wise, another interesting and fantastic fact about Kanjirowa is “Talent Hunt.” This event is celebrated every year. I do have experience and a memorable attachment regarding this talent hunt. I was also the one to participate in that event. There were different categories, like singing (solo, duet, and band), dancing (solo and group), and Mr. and Miss Kanjirowa as well.

Among those, I took part in duet singing with my dearest friend Kramash Jung Raut. We both had created a very beautiful environment and were rocking the stage. After a few hours, our name was announced as a gold medalist in the duet singing category.

That moment and those happy feelings were priceless. Talent Hunt has not just polished off my talent; it has helped me to have a strong bond and good friendship with my friend. Overall, the day was awesome and unforgettable. This is a short flashback of my experience. Kanjirowa is always providing us with endless opportunities. I am proud to be a Kanjirowan.

Hearty Welcome to Kanjirowa!



Jenisha Dhakal
XI, Science



सिंजा, जुम्लाको परिचय

जुम्ला पश्चिमी नेपालको हिमाली भेगमा अवस्थित अलौकिक शक्ति तथा प्राकृतिक सा न्दर्यताले भरिपूर्ण एक हिमाली जिल्ला हो। यस जिल्लालाई नेपालको कस्मिर उप-नामले पनि चिन्ने गरिन्छ। जुम्ला जिल्ला कर्णाली प्रदेशमा पर्दछ। जुम्ला जिल्ला एक धार्मिक, ऐतिहासिक, साँस्कृतिक, भौगोलिक, जातीय विविधता बोकेको ठाँउ हो।
मौसम: यहाँको मौसम समशितोष्ण हावापानी भएकाले हिउँदमा यहाँ अत्याधिक जाडो र गर्मीमा अनुकुलताको मौसम हुने गर्दछ।
क्षेत्र: जुम्ला जिल्लालाई भौगोलिक आधारमा दुई वटा क्षेत्रमा विभाजन गरिएको छ। ती दुई क्षेत्रहरूलाई त्यहाँ दुई वटा नदीद्वारा दसाँउने गरिन्छ। जहाँ हिमा नदी बग्छ त्यहाँ सिंजा उपत्यका अवस्थित छ। यस उपत्यका नेपाल एकीकृत हुनुभन्दा पहिले बाइसे चा विसे राज्यको राजधानी थियो जहाँका खसआर्यबाट खस भाषाको उद्गम भई त्यही खस भाषालाई मध्यनजर गरी हाम्रो राष्ट्रिय नेपाली भाषा संस्कृतिको निर्माण भएको ठहर गरिन्छ।

अर्को नदी हो तिला नदी। जुन नदीद्वारा जुम्लाको सदरमुकामतिरको उपत्यकाको क्षेत्रलाई जनाउँछ। स्थानीयका अनुसार जहाँ विगतमा पैकेलो अर्थात् भीमकाए र एक अलौकिक शक्ति भएको तथा सत्यवादी मानवको जन्म भएको ठहर गरिन्छ।
यहाँ थुप्रै धार्मिक तथा प्राकृतिक पर्यटकीय स्थलहरू रहेका छन्,
१. धार्मिक स्थानहरू: चन्दन नाथ मन्दिर, भैरव नाथ मन्दिर, ठाकुर ज्यू मन्दिर, केदार नाथ मन्दिर, कनकासुन्दरी गढीमाई मन्दिर, विराट दरबार, पाण्डव गुफा यहाँका मुख्य धार्मिक पर्यटकीय स्थलहरू मानिन्छन्।
२. प्राकृतिक स्थानहरू: पातारासी हिमाल, कान्जिरोवा हिमाल, गिरी दह, गोठिचौर पाटन, शंकर भरना, आकाशे ताल, तातोपानी, चिउडीको काँटे सागु यहाँका प्राकृतिक पर्यटकीय स्थानहरू हुन्।
३. बालीनालीहरू: जुम्ला एक कृषिप्रधान जिल्ला भएकाले पनि यो जिल्लालाई विपादी मुक्त तथा अर्गानिक अन्न बाली उब्जाउ गर्ने जिल्लाको रूपमा पनि लिने गरिन्छ। अन्न बालीहरूमा फापर, आलु, मकै, सिमी, चिनो, कागुनो, कोदो, गहुँ, भटमास, जौ, मार्सीधान तथा अन्यथुप्रै पौष्टिक तथा अर्गानिक अन्नबालीहरूको प्रशस्त खेती गरिन्छ भने मुख्यतया यहाँको रातो मार्सी धान निकै प्रचलित हुने गरेको छ। यो संसारको सबैभन्दा उच्च भेगमा मार्सी धान फल्ने भेगको रूपमा पनि लिइन्छ जुन भूभाग जुम्लाको पाताराशीको छुमचर जिउलालाई दर्शाउँछ भने जुम्ला लाछुको जिउलो जो विशाल छ र त्यहाँ यस्तो चम्मत्कार छ जहाँ वर्षैपिच्छे विना बिउको धान उमिने गर्दछ। जुन चम्त्कारलाई पहिलोको शक्ति भनेर मान्ने गरिन्छ।
४. फलफूलहरूमा: विभिन्न आरुहरूका प्रकारहरू ओखर, फलफूलहरूको खेती गरिन्छ। स्याउ, नास्पाती, सानो अनार जस्ता पोसिला फलफूलहरूको खेती गरिन्छ भने मुख्यतः यहाँको स्याउ निकै प्रचलित भएकाले यहाँ प्रशस्त स्याउ खेती गरिन्छ।



सुसिल अधिकारी
११, व्यवस्थापन

Embracing Hospitality Excellence: Internship Experience

As we bid farewell to another academic year, it's with great excitement and pride to share insights from Grade 11 Hotel Management students who recently completed their internship at German Homes, one of Nepal's top hospitality service providers. For our budding hoteliers, this internship wasn't just an opportunity to gain practical experience; it was a journey of personal and professional growth. From mastering the art of customer service to understanding the intricacies of hotel operations, each day presented new challenges and learning opportunities.



One of the highlights of our internship was the emphasis on cultural exchange. As we interacted with guests from around the world, we not only showcased the warmth and hospitality of Nepali culture but also had the chance to learn from the diverse backgrounds and customs of our guests.

Moreover, our internship at German Homes provided invaluable insights into the inner workings of the hospitality industry. From revenue management to marketing strategies, we gained practical knowledge that will serve as a solid foundation for our future careers in hospitality. But perhaps the most rewarding aspect of our internship was the relationships we forged. From fellow interns to seasoned professionals, we were surrounded by mentors who nurtured our passion for hospitality and encouraged us to dream big. As we reflect on our time at German Homes, we are filled with gratitude for the opportunity to learn, grow, and contribute to Nepal's thriving hospitality sector. Our experience has not only equipped us with the skills and knowledge needed to succeed but has also instilled in us a deep appreciation for the art of hospitality.

As we embark on the next chapter of our academic journey, we carry with us the lessons learned and memories made during our internship. We are confident that the lessons learned at German Homes will serve as a guiding light as we pursue our dreams of becoming leaders in the hospitality industry. Thank you, Kanjirowa National School, for equipping us with the tools and opportunities to shine bright in the world of hospitality.



Ranjan Mahat &
Man Bdr. Gubhaju
XI, Management

“
ENGAGING ALL STUDENTS IN
PARTNERSHIP WITH FAMILY
AND COMMUNITY TO BECOME
INFORMED, COMPASSIONATE,
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