

## सगरमाथा दिवस विभिन्न कार्यक्रम गरी सोलिड्यारिटी स्कूलले मनायो ।



आरोहण गरिसकेका छन् । आरोहण गरेर विश्व कीर्तिमान कायम गर्नु भएको छ । यसै वर्ष नेपाली आरोही कामीरिता शेर्पाले ३० पटक सगरमाथाको आरोहण गरेर विश्व कीर्तिमान कायम गर्नु भएको छ । सन् २००८ देखि नेपालमा सगरमाथा दिवस मनाउन थालिएको हो । सगरमाथा दिवसको यस वर्षको नारा 'विश्वको सर्वोच्च शिखर सगरमाथा: नेपालको पहिचान र गौरव' तय गरिएको छ । दिवसको अवसरमा आज सोलिड्यारिटी स्कूलका छात्रा सिम्रन खातुन र एन्जल राईले कविता वाचन प्रस्तुत गरेका थिए ।

### समचार रिपोर्टर- प्रेस टोली

हेटौंडा विभिन्न कार्यक्रमसहित आज अन्तर्राष्ट्रिय सगरमाथा दिवस सोलिड्यारिटी स्कूलले मनाएको छ । हरेक वर्ष मे २९ मा सगरमाथा दिवस मनाउने गरिन्छ । सर्वोच्च शिखर सगरमाथामा पहिलोपटक मानव पाइला टेकिएको दिनको अवसरमा यो दिवस मनाइन्छ ।

सन् १९५३ मे २९ मा नेपालका तेन्जिङ नोर्गे शेर्पा र न्युजिल्यान्डका सर एडमन्ड हिलारीले पहिलो पटक सगरमाथामा पाइला टेकेका थिए । सगरमाथाको चुचुरोमा मानव पाइला टेकिएको आज ७१ वर्ष पुगेको छ । हालसम्म ८ हजारभन्दा बढीले सगरमाथाको

### सगरमाथा



एन्जल राई

सगरमाथा हाम्रो देशको पहिचान हाम्रो देशको शिर यो हाम्रो शान अग्लो र उच्च यो हिमाल सर्वोच्च शिखर यो अटल

सेतो हिउँले ढाकिएको सुन्दर विशाल यो शिखर रहन्छ यो नेपालीको मुटुमा हरपल सुन्दरता यसको अप्सरा जस्तो छोयो भने दाग लाग्ला जस्तो अटल यो शिखर सिकाउँछ धेरै शिक्षा लियो यसले धेरै पर्वतारोहीको परीक्षा

सपना बनाउनुपर्छ सगरमाथा जस्तो विशाल मिहिनेत गर एक दिन त हुन्छौ सफल न आँधी न दुरीले कमजोर गरायो यसलाई कष्टको दिनहरूमा पनि अटल हुन सिकाउँछ हामीलाई ।

दुनियाँमा चिनायो यसले नेपालको नाम दियो यसले पर्वतारोहीको सपनालाई सम्मान कहलिएको छ यो देवी आकाशको वर्णन हो यो सुन्दर सगरमाथाको ।

एन्जल राई  
कक्षा ६ (W.B)

## Sachin elected as school captain

News Reporters- Press Team  
Hetauda, June 5, 2024

Solidarity International Academy has announced its new school captain for the academic year 2081. The election was held on 23rd of Jestha in the school premises in the chairmanship of Election Commissioner. Miss Reena Acharya and our Social teacher Pradip Sir, as the election officer. Sachin Yadav and Sanskar Gnyawali were the candidates for the election with symbol of Bat and Dhaka Topi respectively. The voting process commenced at 10:30 am, with the involvement of Students from 6-10 as voters. The total number of votes was 518. Two polling stations and one ballot box were managed in the election.



The voting concluded at 12:30 p.m. The election process was notably organized and smooth, although initially, there was speculation that teachers also might participate in voting. However, it was later clarified that the School's Captain's role is primarily focused on students' representation, which justified the exclusion of teachers from the voting process. Vote Counting started at 1:40 pm in the presence of vice principal Co-ordinators, election officer and the Election commissioner.

During the Counting the competition was intense especially as the vote tally progressed. After counting the 100 votes, Mr. Sachin had 62 votes while Mr. Sanskar had 35, with 3 invalid votes. The trend continued with Mr. Sachin maintaining the lead throughout the counting stages. The final tally showed Mr. Sachin with 289 votes, resulting in Mr. Sachin winning by a significant margin of 75 votes. The election result was announced on the same day at 2:30 pm. Congratulations were extended for both candidates for their efforts and sportsmanship from the Election Commissioner.

The election was held with meticulous, organization and management, concluded with Mr. Sachin Kumar Yadav victory as the School Captain for the year 2081. The whole school's environment was filled with a sense of excitement and anticipation along with cheers and clapping. This election showcased the spirit of democracy and the importance of student leadership within our school.

A team of house Prefects and house vice-Prefects were also appointed.

### नेपाली उखान टुक्काहरू

१. अनिकालको मानु, दिनु न खानु ।
२. अर्काको नासो गलपासो ।
३. अर्काको बाच्छो चाट्यो, मुखभरी रौं ।



## Blood Donation Program Successfully Held



**News Reporters- Press Team Hetauda, 11 June, 2024**

A blood donation program was held at solidarity International Academy Starting at 10:50 am. The event was a collaborative effort between the Nepal Red Cross Society and Grade - 10 students of the school. The Solidarity Child Club, led by Chairman Samragyi Chalise and secretary Aarati Nepal, organized this program. The event saw active participation and management by the school's prefects, school

captain, Grade 10 students ensuring everything ran smoothly.

The program was inspired by the Science teacher Mr. Ram Krishna Shrestha, and aimed to highlight the importance of blood donation in saving lives. A total of 33 individuals donated blood, comprising 17 males and 16 females. All donors were either parents of the students or teachers, showcasing strong community involvement. The Nepal Red Cross Society supported the event with three of their members

present, ensuring the procedure was conducted safely and efficiently. The program concluded at 1:00 p.m., providing all donors with water, food and juice both before and after their donation. This initiative not only demonstrated the school's dedication to saving lives but also emphasized the humanitarian values being instilled in the students. The success of this program reflects the collaborative spirit and the commitment of everyone. From the school staff and students to the parents and Red Cross members.

## The Importance of Computers for Today's Students.



In today's world, computers play a crucial role in the lives of students. They are not just tools for entertainment but essential devices for learning and education. Here are several reasons why computers are very important for today's students:

Firstly, computers provide access to a vast amount of information through the internet. Students can easily research any topic, find academic articles, and access online libraries. This access to information helps them to learn beyond what is taught in textbooks and explore diverse perspectives.

Secondly, computers facilitate communication and collaboration. Students can connect with their peers and teachers through email, messaging apps, and online platforms. This makes it easier to discuss assignments, share ideas, and work on group projects even when not physically together. Thirdly, computers enhance learning through multimedia. Educational software, videos, simulations, and interactive lessons can make complex concepts easier to understand. Visual and auditory aids cater to different learning styles, making learning more effective and engaging.

Furthermore, computers improve organization and productivity. Students can use tools like word processors for writing essays, spreadsheets for organizing data, and presentation software for creating impactful presentations. These tools not only streamline tasks but also teach important skills that are valuable beyond academics.

Moreover, computers help in developing technical skills that are essential in today's job market. Proficiency in using computers, navigating software, and understanding digital tools is increasingly important for future careers across various fields.

In conclusion, computers are indispensable for today's students because they facilitate access to information, enable communication and collaboration, enhance learning through multimedia, improve organization and productivity, and develop essential technical skills. Embracing and integrating computers into education prepare students for the challenges and opportunities of the digital age. Therefore, ensuring access to computers and digital resources is crucial for providing quality education and preparing students for success in their academic and professional lives.

## Reminiscing My Bygone Days

**Composer-  
Devki Rimal**



**When I remember my bygone days.  
My heart fills with pleasure and Joys.**

**The hide and seek and those innocent  
playful friends.**

**The resounding stream, mustard field  
sparkle my brain.**

**The Dashain and the Tihar where I used to  
swing.**

**My spirit used to fly as if I had swing.**

**I still remember my childhood ignorance  
Now that all have made me difference.**

**Now the moments are too much longer  
No events are full of pleasure.**

**Oh! Lord, if I get the chance of divine  
vision.**

**I wish to be away from this present  
prison!!**

## गाउँ खाने खथा

१. मन चोर्ने मायालु ती राती आउँछिन

उज्यालो हुन् नपाउँदै कुन्नि कता

जान्छिन् । के हो?

उत्तर : सपना

२. हात खुट्टा केही छैन जता सुकै जान्छु

बोल्ने मुख नभए पनि गोप्य कुरा

खोल्छु । के हो?

उत्तर : चिठी

३. झोलामा अटाउने, ढोकामा नअटाउने ।

के हो?

उत्तर : छाता

४. हिँड्दै छ पाइला मेट्दैछ । के हो?

उत्तर : डुङ्गा चालेको

५. सबैलाई चाहिने, मरुभूमिमा नपाउने ।

के हो?

उत्तर : पानी

६. कुन राई कालो हुन्छ?

उत्तर : कराई

७. नौ तले घरको न झ्याल न ढोका । के हो?

उत्तर : बाँस

८. हरियो चरीको दुबैतिर पुच्छर । के हो?

उत्तर : दुना



# सोलिडियरिटी ई. एकेडेमीका विद्यार्थीको आवाज

## सगरमाथा



### ✍ सिम्रन खातुन

हाम्रो देशको गौरव हो सगरमाथा  
विश्वको सर्वोच्च हिमाल हो सगरमाथा,  
हाम्रो मुटुको धडकन हो सगरमाथा  
प्रकृतिले दिएको पुरस्कार हो सगरमाथा ।

सगरमाथामा चढ्ने मानिसलाई छुट्याउन  
सकेन सगरमाथाले भने को हो ?

हामीलाई धर्म र जात बिच भिन्नता  
गराउने,  
नेपालीले शिर उचाली ढोक्छन् सगरमाथालाई  
हामीले आफ्नो देशलाई झै सम्मान गर्नुपर्छ  
सगरमाथालाई ।

हामीले हाम्रो जीवनमा आफ्नो लक्ष्य बोकी  
अगाडि बढ्नुपर्छ,  
जीवनमा जति पनि समस्या आयो भने पनि  
अटल भएर समस्याको समाधान गर्न  
सिक्नुपर्छ ।

सिम्रन खातुन  
कक्षा ६ (W.B)

## My Mother



### ✍ Kavya Thakur

My mother does hard work  
So, I can focus on my studies  
My mother is just like friend  
Because she always plays with me  
My mother is also a teacher  
Because she teaches me in my exam.



She always cooks delicious food for us  
If she is well or not  
If we are sick  
She always sits with us  
She always does hard work for us  
So, I want to make my mother proud.

## NATURE



### ✍ Ritzi Lama

The sun is shining  
The birds are flying  
The sky is blue  
And the breeze is so cool  
On my way to school.

I turned towards my west  
Saw a beautiful hill with forest  
My sister and I was playing and then  
it suddenly started to rain  
We put on our rain coat  
My sister started jumping on muddy  
road.

On our way, we crossed the bridge  
I looked down to see river and trees  
The water was clean in river  
I could see my face like in mirror.

We must love nature,  
We must give them love and care  
We should not be cruel  
With these thoughts, I finally got to  
my school.

## Teacher



### ✍ Suom Shrestha

Thank You Teacher  
You are so kind  
You gave me joy  
And peace of mind



You helped me dream  
You gave me hope  
You thought me so  
I would not mope

## My most embarrassing situation



### ✍ Sizukha Dangol

When I was a child, I loved to dance.  
One day I started dancing in front of the mirror.  
My mother was watching her mobile.



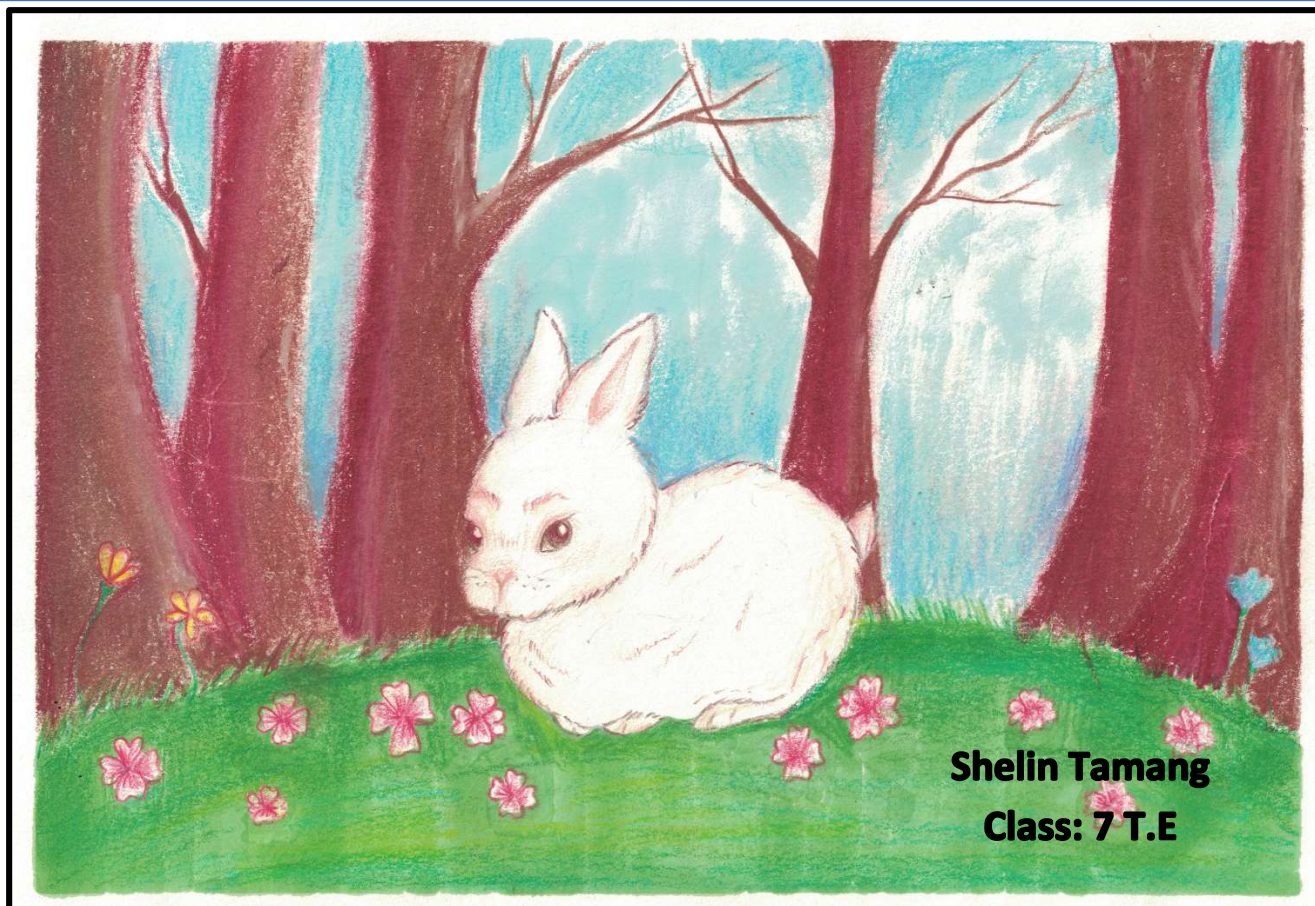
After she finished watching her  
mobile, she was staring at me.  
When I finished dancing, at last,  
I saw that she was recording the  
video of dancing.

Sizukha Dangol  
Class: 5 T.C

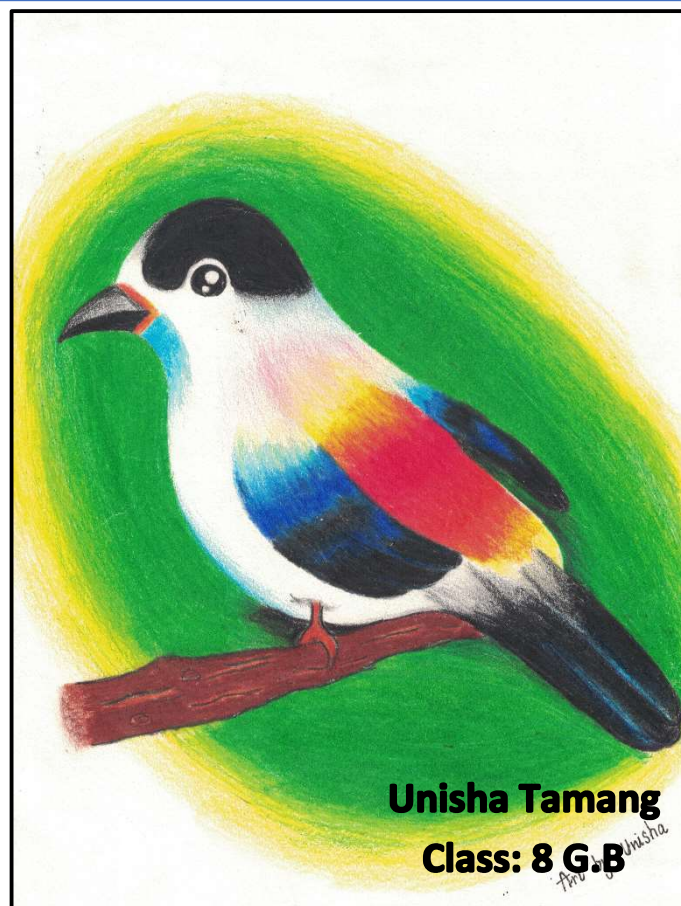




# Art Corner



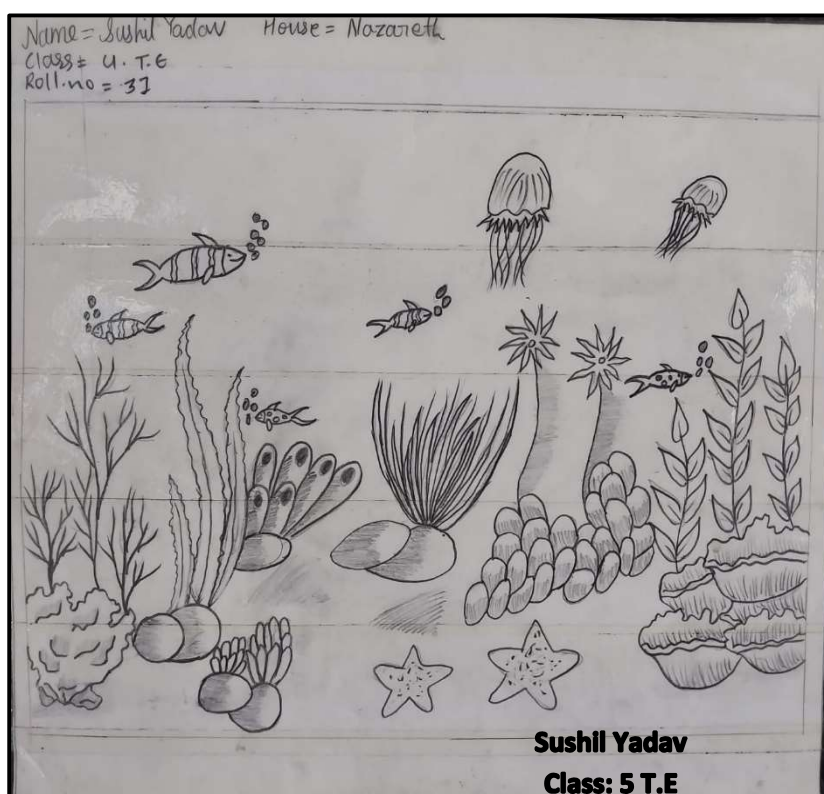
**Shelin Tamang**  
Class: 7 T.E



**Unisha Tamang**  
Class: 8 G.B



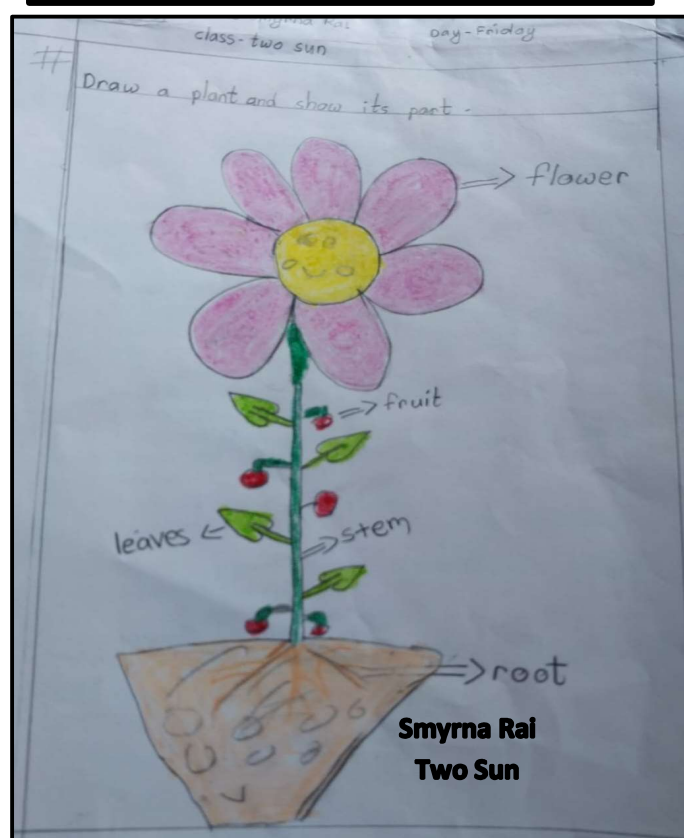
**Angel Tamang**  
Class: 8 W.B



**Sushil Yadav**  
Class: 5 T.E



**Rayan Prakash Rai**  
4 W.B



**Smyrna Rai**  
Two Sun



**Prinsha Babu Malla**  
Class: 10 T.E