



MINDSPARK

A PUBLICATION BY EVEREST JOURNALISM CLUB



BULLYING: WHY IS IT A MATTER OF CONCERN AT SCHOOL?

"You will never look good trying to make someone else look bad."

Asin Lamsal - X "Great Wall"



Image Credit: adobestock.com

Bullying, an ongoing physical, social or psychological behaviour to frighten someone smaller or less powerful is one of the most habitual and social injustice actions. It can take many forms such as: physical, verbal, indirect or through the Internet (Cyber Bullying). Bullying is aggressive behaviour resulting in depression, anxiety, humiliation and serious psychological illness. It is a significant matter. The detrimental effects of Bullying such as mental effects, poor academic performance and lower self esteem makes bullying a matter of concern.

Highlighting the main consequences of bullying, it is a mental effect. As per the research conducted in our school, bullying is mostly faced by the children at teenage. Bullying leads to various short term and long term mental issues. When a child is bullied they become depressed and show antisocial and self injurious behaviour. Bullying creates trauma to children which may result in suicide or any injurious activities. As per psychologist, physical bullying such as sexual abuse can leave a negative, permanent imprint on child's brain.

Thus, bullying can cause a lot of emotional, social and psychological damage to children and teenagers.

Bullying can have a negative impact on a child's academic performance. Bullied children are likely to be lonely and unmotivated. They feel difficulty in concentrating and learning. Most of the bullied children don't attend class or skip it just to avoid bullying. They don't feel safe in the school's environment. Bullied children have various mental, physical and academic problems. So, they drop out of the school. They risk their whole life over bullying. These harmful effects lead to poor educational status and can destroy their future. So, Bullying is a matter of concern as it has a serious effect on the academics of a child.

Talking about another effect, it is lower self esteem and lack of confidence in children. Bullied children are insecure about their looks and behaviours. They hesitate to talk with people, even their family members or close ones. Mostly bullied children don't interact at school and are likely to be alone. They fail in every work due to lack of confidence and insecurities. According to the psychologist, Bullied children have a habit of criticising themselves at everything they do. Bullied children remain backward both academically and socially because of self criticism. Hence, lack of self esteem and confidence can make bullying a serious problem.



Image Credit: bestdaypsych.com

According to the UNESCO institute of statistics, "almost one third of youths worldwide face bullying in their school life" (1).

Keeping this data of UNESCO in concern, we conducted a survey from grade 4 to 10 in Everest English School. We figured that around 25% of students face the issue of bullying in the school. A boy from class 6 got bullied physically and verbally at the school bus and corridor area. As per reported, he felt really upset and felt like leaving the school. Even a girl from class 7 was constantly called by nicknames saying she was overweight and fat. This has affected her mental health as well. She felt insecure and unsafe. Likewise, there are thousands of students who hesitate to share bullying problems. We should take steps immediately in order to decrease the bullying cases inside the school premises.

In order to tackle the problem, the school prefect team is taking steps to decrease the bullying problems. They are consulting with both bullies and victims. As one prefect member said, "You never know what a person is going through, because of mental trauma or anxiety students are bullying others. So, there should be a mental health program and a consultant with whom students can share their problems. Giving punishment is not a permanent solution. We should listen to the story from both sides and solve the issue. If there is intense bullying (like death threats), we should call parents and reprimand or suspend bullies."

What seems fun and harmless for one student, is painful and degrading to others. Various effects such as mental, physical and academic makes bullying an essential problem that grave the matter of concern. It is important to deal with the problem of Bullying in order to create a safe, friendly and healthy environment for children. Only through valiant efforts can we build an anti-bullying school.

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DOES MUSIC REALLY HELP WITH MENTAL HEALTH?

Lilish Dahal - IX "Araniko"

Music, a soothing sound that flows in a rhythm. Music is a bridge between the visible and the invisible world to our own world of manifestation. Music is a pleasant sound one can find anywhere and everywhere if searched with pure passion. It is a divine power that mankind has ever discovered till today. Music itself transcends time, space and our culture.

The topic music is an extensive topic that seeks for time and depth. It was formed in the prehistoric era and has been setting its roots in much evolved form. Although, the exact time and date of the formation of music is still a part of concern for different philosophers and historians. Formally the first recorded music with written notes eventually began from 500 AD to 1400 AD.



Image Credit: freepik.com

According to the study by the Canadian Center of science and education on music and mental health, it is found that music is a therapeutic treatment to the patients of depression, anxiety, heart disease, Autism, Alzheimer's etc. It is found that music lessens the impact of depression and anxiety. It also helps many people to focus and concentrate.

It also aids in healing trauma, reducing heart rate, keeping us alert and active.

The most common comfort of music is that it helps to get rid of stress and makes us relaxed. Also, it assists in boosting our memory.

“Music has uplifted my mood and has been a very good companion of mine who could cheer me up. It is my source of unwinding,” says one of the students of Everest.

Engaging in musical activities can be considered helpful as it helps individuals to process and go through wild emotion, releasing all the toxins inside them and to help them get inner peace. “I got rid of my FOMO (fear of missing out) and I also started feeling good about myself.” says another student from Everest.



Image Credit: freepik.com

Music is the source of our happiness. Music has different forms such as: rock, pop, classical, folk, country etc. Each of them possess a unique aura by which people are fascinated and attracted. Each of these forms hold its different styles and vibes on which many people thrive according to their own music taste.

“I’d love to listen to music which has stories and love to watch movies which have lots of music” says Ms Susmita Aryal, one of the teachers from Everest English School in a humorous tone.

We live on music. Music is the medium to describe our feeling and our mood. We found ourselves amalgamating with such music which touches the inner core of our soul. Sometimes, music can be so relatable that we want to merge into the lyrics and into our own world of music and never come out of it. Music inspires us to do better in the future. It instantly enlightens

our mood and makes us manifest our own world full of people with their own choices and decisions. Music makes us forget all the sorrows of the world and helps us to enjoy life however it is.

“I listen to music daily, it is a source of feeling the emotion. It calms me down and helps in my studies. I went through a hard time when my friend and I fought. Music was surely a help in forgetting all those things. I think music is necessary to have a beautiful life, where you can feel yourself when you are at your lowest point of your life” says Ms. Yashaswi Shrestha in the interview.

At last, music is the way of expressing and getting involved in such emotions that we cannot explain ourselves. It is a source of calm mind and soul. The overall merits of music revolves around mental health. Observing all the interviews and the facts given above, we can finally come to the conclusion that music really does help in mental health.

HARMONISING SUCCESS: CULTIVATING ACADEMIC EXCELLENCE AND EXTRA-CURRICULAR ACCOMPLISHMENTS

Amrita Thapa - X “Taj Mahal”

In the pursuit of holistic development, it is highly significant for students to strike a balance between academic excellence and extracurricular accomplishments. Everest English School has always been helping students maintain symmetry between the two spheres by conducting different extracurricular activities and enhancing academics. Students get to uplift their academics while also learning a set of other skills from extracurricular activities. This article presents the importance of striking a balance between the two. It also mentions a brief interview conducted with the

students to discover and develop their passions beyond the books and the classrooms. Through this holistic approach, the true potential of each student can be unlocked, creating a generation of future leaders and achievers who excel in both their academic pursuits and their broader endeavours.

HOW ARE STUDENTS MANAGING THEIR TIME?

Naman Dahal - IX “Buddha”

All of us have certain aims in our life. If you are a student, you have assignments that need to be completed. If your exams are approaching, you will promise yourself that you'll do your best to prepare for the exams. It takes no time for us to decide what we want to achieve but then we don't really do what we ought to. There's an inherent feeling that tells you that you can do it later. This habit of extending the dates for doing tasks is called procrastination. Whether it's delaying important assignments, postponing personal goals, or avoiding responsibilities altogether, procrastination can significantly hinder personal and professional growth.

According to the definition from Oxford Languages, procrastination means the action of delaying or postponing something. Dr Piers Steel is one of the leading researchers in the world, on the science of motivation and procrastination. He has been studying this science for over 10 years. He believes that procrastination isn't a problem which is seen exclusively in this era. It has existed for ages and the solution for this has been time management.

According to a survey¹, it was found that 95% of the students believe that the solution to procrastination is time management. A question was raised that if they could handle interruptions and unexpected tasks that arise during your workday, 66.7% of the students are unable to handle the tasks whereas 33.3 are up

to managing their task. 75% of the students apply different techniques to manage their time. According to the survey 91.7 % of the students are not able to maintain a healthy work-life balance.



Image Credit: outwittrade.com

According to some students, the definition of time management is “The ability to finish assigned work without the concern of deadlines and the issues of procrastination. Management of time in a well-ordered manner. The skill to use the time in an effective and efficient way and complete a specific task within a certain time frame without affecting your other tasks.” As mentioned by the students, time management is not a skill but a gateway to success and fulfilment. It's a skill that involves setting goals, identifying the most important and time-sensitive tasks, and allocating time effectively to accomplish those tasks. They also think that the solution to procrastination is time management.

Conforming to a student from IX who has participated in different ECA activities but is still outstanding at academics, we asked what type of work she prioritised at times and what kind of work she tends to procrastinate on. Their answers was,” I prioritise the work with short deadlines and I tend to procrastinate on those which are not so important to complete at the moment. I prioritise homework as it has a short due date but I tend to procrastinate on project work, practical work and etc. I do procrastinate on household chores.” This clarifies that the student procrastinate on tasks which have short due dates, at the same point they only finish the task which is to be

completed soon. Time management is usually a necessity for project management as it determines the quality and scope of the project.



Image Credit: freepik.com

The students said that they have different strategies to manage their time. They prepare a to-do list concerning their task and assignments. They even try to complete the tasks immediately after it's given to them. Different activities i.e. preparation of schedules, limiting distraction, focusing on important tasks and avoiding multitasking are also performed by the students. Focusing on one task helps them to maintain concentration and produce higher-quality work. They break down larger tasks into smaller ones as manageable steps can make them less overwhelming. Effective time management is a skill that takes practice and patience to develop. According to the students, they try to do their tasks later by dividing them into parts and dividing specific times for them. Also, they stay up all night and do the stuffs.

Subsequently, It's important to note that the reasons for procrastination can vary from person to person and from task to task. The students were asked "How do you handle interruptions and unexpected tasks that arise during your workday?". Their responses were that they add up only urgent tasks in their to do list. If there are any distractions, they get rid of them and try to make a routine that gives them the same pleasure they get from them. Some tasks may be perceived as more challenging, boring, or intimidating, leading individuals to delay starting them. Everyone has different

techniques to deal with procrastination and manage their time. Procrastination can become a habit, and breaking this pattern often requires understanding the underlying causes of this problem but time management is an essential habit to be implemented in our lives.

1. A survey among 30 students from grade VIII, IX and X was conducted in the school.

INTERNATIONAL LITERATURE FESTIVAL WEEK

Yunisha Shrestha - IX "Buddha"

On 2023 June 30th, the students of grades VIII and IX attended the International Literature Festival Week [closing day], held at Premier International IB Continuum School situated in Satdobato Khumaltar, Lalitpur District. Being a significant member of the English Literature club, the attendees were overjoyed to be a part of this captivating event, which brought together literary enthusiasts, renowned authors, and diverse cultural perspectives ensuring a memorable experience.



Image Credit: freepik.com

The students arrived at the event at around 11: 15 am with the aim of attending the " Authors Interaction with Buddhisagar " which started a

few mins after their arrival. Buddhisagar, the renowned author of Karnali Blues, shared his journey of writing and the obstacles he had to tackle throughout the process of becoming a full-time author and pursuing his lifelong dream. He talked about how he started growing interest in literature by borrowing Hindi comics and books from a library in his hometown resulting in him writing poems that got publicised through radio. Later on, he was suggested to write in newspapers, novels, and books by other authors who recognized his potential in Nepali literature through his anonymous blog posts, and he soon started gaining admiration from people across the country.

Though he had to go through his beloved father's death, and several other financial issues, he pursued his dream of writing a novel not as a part of his work but for free will and became a full-time writer and novelist publishing several prominent literature pieces and novels including Karnali Blues and Firfire. A hefty number of students seemed to be greatly inspired by the interaction between Mr. Buddhisagar and have claimed it to have motivated them to work on their dream regardless of any complications.



Image Credit: stockton.edu

One of the attendees of the literature week, Mr. Romharsan Dhungel shares his view, “The main spotlight of the literature festival was the interaction with Mr Buddhisagar. His inspirational backstory as well as the will to never give up on his dreams and ambitions

caught my attention. The mention of his personal struggles and the achievements after all the hard work was really a motivation for all the students which of course includes me too.”

Nonetheless, the “Panel Discussion” with Mr. Achyut Lamsal [NEB coordinator, MOD Nepali department Moderator], Ms. Anuradha [author], Mr. Ananta Wagle [Author], Mr. Puru Lamsal [Drama Director] and author of Bestseller Karnali Blues, Mr. Buddhisagar [poet, columnist and author] was an enlightening event centering the condition of children literature in the context of Nepal. The insightful dialogue between the panellists sparked a deeper understanding of the Nepali literary sphere among the students. The panellists talked about the appalling state of the publication of children's books and other literature pieces including the lack of infrastructure in the field leaving the students in dismay. It was fascinating to note that only about 4000 children's books have been published in total over the course of time since the beginning whereas more than 10,000 child literature are published yearly in the US.

Eventually, the habits and psychology of a child's mind, and the suitable procedures to step into the right path since childhood were further talked about in the event. It was best suggested for the students to start developing reading habits and for schools to collocate DEAR [Drop Everything and Read] programs in order to uplift the literature. Consequently, the one-hour-long discussion came to an end with some questionnaires from the students and the conclusion of promoting Nepali Children's literature as both author and consumer to develop in the literature sector. The panel discussion seemed to be the most captivating and consultative activity among the attendees, which helped them expand their intellectual horizons and get a deeper understanding of Nepali literature and its hierarchy.

Another attendee of the feast, Mr. Shuvam Dhungel responds about the feast; “ The panel

discussion featuring the outstanding individuals who are currently working on the subject of Nepali literature was the activity that drew my attention the most. I found it fascinating to hear their conversation about Nepali literature and history. This action made me realise that we need to start protecting our literature, showing respect for it, and urging everyone, especially the young—to value originality.”

Besides, The U.S. Embassy's Book Bus was one of the main attractions of the event. The dazzling concept put into the bus library and its atmosphere allured many book enthusiasts. Ms. Akanshya Luitel, a former member of the club, who also attended the festival, responds; “The book bus was an overall good initiative for the enthusiastic book readers who were in search of aesthetics. The book bus gave me a really cosy vibe with astounding novels yet to be marked as a hype.” when asked about her experience.

Even if the attendants couldn't be involved in all the workshops and activities due to lack of time, the music, dance, and drama performances added vibrant colours to the astounding event. It was an incredible scenario including all the students of the Premier school joining forces to keep the event going and making sure the activities are running smoothly.

In conclusion, The International Literature Festival Week was a truly immersive and captivating event that allowed attendees to engage with renowned authors, explore diverse literary themes, and celebrate the power of words. It offered the students a unique opportunity to immerse themselves in the literary world beyond the confines of the classroom. Everyone left the festival with a renewed passion for reading and a greater understanding of the diverse literary landscape both within Nepal and internationally.

IS OVERCOMING PROCRASTINATION A MATTER OF WILLPOWER?

Kerusha Khatiwada - IX “Janak”

Procrastination is the act of delaying or deferring tasks, often resulting in the unsystematic finalisation or even debacle to complete them. It's a common comportment where individuals plump for less important, more pleasurable or effortless tasks instead of prioritising the predominant ones. Fear of failure, success or criticism, having unrealistic expectations or perfectionism are some reasons why people procrastinate. Procrastination is done by numerous people in today's world due to their busy schedules. Every aged, youngster and victorious person procrastinates. But it depends how they organise their due work chronologically.

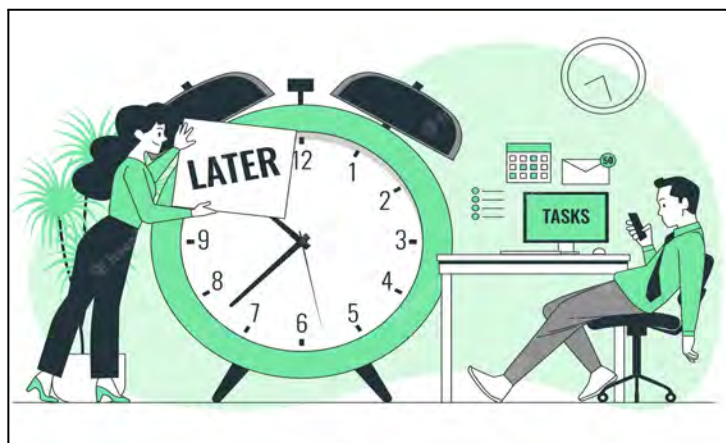


Image Credit: freepik.com

Every successful individual procrastinates but they tend to be sensible about the negative consequences of procrastination. They have determined how to manage their time productively and effectively.

“Procrastination is the phase of my busy schedule,” said one of the students of Everest. Procrastination has become part of their life. According to the students, the feeling after procrastination can be different depending on the students and the particular circumstances. Many students feel guilty after procrastinating,

especially if it led to missed deadlines or imperfect tasks. Procrastination frequently leads to enlarged stress and pressure as the time limit approaches or the work becomes more urgent and really important. Students feel a sensation of dissatisfaction with themselves for not utilising their precious time. Many people may feel overburdened by the quantity of tasks that need to be finished in a limited amount of time. This feeling may lead many people towards demotivation and make it harder to go further. Mobile phone, internet and technology is another reason as students can be easily distracted and keep a watchful eye on entertainment or time wasting activities.

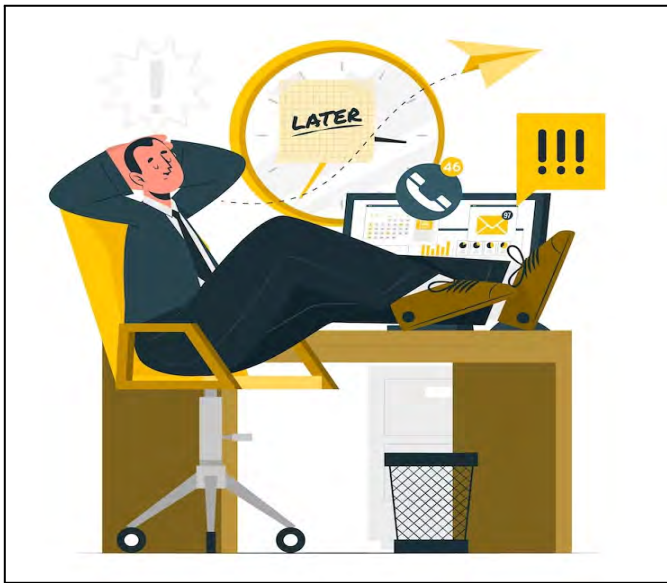


Image Credit: freepik.com

A good few people are able to carry on their tasks on time whereas several people are impotent to handle their piece of work. Some people may have more self discipline and willpower than others, which allows them to overcome their tendency to procrastinate and focus on their ambition. Some people may have more support from family, friends and companions through which they can get quite good feedback. Likewise some students may have more willpower, discipline and effort through which they can manage their time in the last minute of the given deadline. Similarly, Many individuals may finish their work in a systematic way. This is the main reason why many people achieve success and some of them cannot.

According to a survey of 10 students, procrastination is a significant problem in personal and student life. Procrastination may lead to increased stress, curtail productivity and lower academic performance. Procrastination can impact on various aspects and phases of our life. It can lead to feelings of guilt, frustration, self doubt. It can affect mental health causing negative influence and irritation.

“If you want a life where you perfectly fit, procrastination is all you quit” said one of the students of Everest. There are several ways to overcome procrastination. You can break your tasks into small, manageable parts which may lead to more manageable and less formidable tasks. You can set specific and realistic goals from which you can enhance to prioritise tasks effectively. Create a schedule or to-do list for the effective and organised completion of work. You can use time management techniques where you work for a specific amount of time and then take a short and sweet break. This can help to build on focus and concentration.

Procrastination is like a bee, as soon as its harmful sting gets out, It dies and you are back to success again. Likewise, willpower can play a crucial role in overcoming procrastination. Just like a muscle, willpower can be built up and strengthened with time and many other consequences. Willpower is like a battery that needs to be recharged if finished. Willpower seems to fail when we are under stress and it seems more successful when we are under a master plan. Willpower relies on self-discipline, determination and motivation.

If a person has willpower and determination he/she can even finish the tasks at the last minute of the deadline. Your willpower can give you strength to overcome your difficult situations and tasks. Willpower acts as a catalyst to overcome procrastination. Procrastination is a complex behaviour that can have psychological, emotional and situational

components. You need to have intent to conquer procrastination.

Time management is the ability to manage your time effectively and productively. With the help of time management techniques, you can overcome procrastination. Time management is the process of planning and controlling time spent on particular activities. Time management is known as the powerful key to resolve procrastination.

1. This survey is held out to the students which states that the things written here are solely based on the young minds of the upcoming generation of the country.

NEPAL'S ADDICTION TO FOREIGN CULTURE

Anjolina Rai - VIII "Parijat"



Source: adobestock.com

The place where the highest peak of the world, the mighty Sagarmatha (Mt. Everest) proudly lies, the place where the most benevolent, peaceful Lord Buddha was born and the place which is still known as the birthplace of many well-known personalities along with the place being home to many unique and rare creatures or also known as our one and only home country, NEPAL. Along with being famous due to its landscapes, vast forests, rare and unique creatures, it is also known to the world as a

country far more rich in culture and diversity with there being 125 castes and 123 ethnic languages in Nepal. Through the centuries, we Nepalese have been able to preserve our culture just as our ancestors did in their way, but nowadays is it on the brink of extinction? Well, looking through all the impacts and results that turned out, it seems that the influence of foreign culture is the cause behind it. Why, you may ask. Well, you see, our country, Nepal, is being heavily influenced by foreign culture nowadays, we can consider things if it is going in a positive way but it's actually negative as loss of culture is starting to get common in this era with Nepal being involved. Regarding this topic, a survey was conducted with the students of our school and here are their responses regarding this topic.

When students were asked to state their views on foreign culture, the majority of the students described it as somewhat considered modern that everybody likes to copy and expressed their dismay in these things. But in that, about 20/30 percent of the students responded saying that they were actually fond of it and liked the idea of following it. While about 15/20 percent of the students believed in balancing between both our culture and foreign culture in their lives.

Adults or young, both generations seem to be more interested in learning and watching how foreign things work and tend to watch these foreign countries' shows, movies, music, and other sources of entertainment over Nepali entertainment sources. Regarding this, a group of students showed their concern for these kinds of behaviours from our own fellow people as this could be a major loss in the entertainment industry of Nepal. They were even surprised to see how people were obsessing over foreign pop culture when here in our Nepali songs, a lot more creativity with expressing feelings and words in lyrics along with beautiful tunes could be shown. "Not only watchers but nowadays, the film or entertainment industry are also to be blamed", the students said. When supposed to be

expressing the Nepali ways of creating things and making things flow, the industry is now being obsessed with the idea of expressing the ongoing modern trend in Nepal which itself is being a very controversial thing nowadays.

In our country, nowadays, the majority of the people seem to have forgotten their culture due to the lack of them not being able to speak their mother tongue (ethnic language). We cannot even directly jump into mother tongues as here people are even confused about the native language, Nepali. Even in schools, most of the students find it difficult to understand the Nepali curriculum and grammar as some even find it hard to write properly in Nepali.

Nowadays, a lot of people tend to have a habit of including foreign words in their normal way of speaking which seems very confusing to the listeners and in the past, when people did the similar habit, loss of native words started to get common and as a result, up to this day normal people like us still don't know what are some words called in our native language. Some people do show some real concern as it is ofcourse a matter to be concerned about but overall, the majority of the people are blinded about the idea of getting international opportunities through this method. Students, themselves talked about how they could get job opportunities on an international level but how it would be embarrassing and shameful if not being able to show our own culture and language in front of others but only knowing about other country's culture and things.

Nowadays, even more than the adult generation, the young generation of today seem to like the idea of them being known as modern and standard in front of other people. They try to learn how people behave in other countries (mostly modern countries) and try to be like them as much as possible. Lately, there has been this concept especially among the young minds of children, that being known as cultural or following one's own culture and religion started to seem as somewhat shameful or in their own words 'uncool' and this could also be

the reason why children don't like showing their culture to others nowadays with the fear of being judged. But students were not getting about how and why those young people considered it as somewhat modern to be like those foreign people. And, when asked about whether the students wanted to be recognized as more of a modernised person or as a traditional Nepali, all of them said that they wanted to be known as ofcourse, traditional Nepalis with some being exceptions for that. Some of them responded by saying that we should be a half version of both cultures respecting both and that even if others change their identity as another country's citizen, for them there is no such thing as that because they are born Nepalis and have sworn to be proud Nepal.

These are the perspectives of students like us and how they felt about the influence of foreign culture in our country. But this doesn't mean that we are disrespecting other cultures and only promoting our native culture. It means that we should have an equal amount of respect for both cultures and should not compare them as they are both completely different things. This article is therefore presented to relay the message that learning and doing everything has a limit but going to the point of addiction is being overboard and learning to control it is its solving method.

POSITIVE EFFECTS OF GAMES IN TEENAGERS

Prashishya Parajuli - X "Pyramid"

Gaming has become an important part of teenagers. It is easily available in every part of the world and is full of entertainment. It has positively affected teenagers, helping us learn and improve our various skills. There are many positive effects of playing games, however we are going to talk about a few of them. In this essay we are going to see how gaming has a positive effect in teenagers' lives .

Playing games makes us smarter. Many games make us think and solve problems from our decisions, letting us manage our resources in a virtual world as shown in Clash of Clans. These challenging games help our brain enhance our ability to concentrate and improve skills which can be useful in school life as well.

Games also let us learn other new skills. Some educational games can help us with subjects like mathematics and science and even social studies which can be useful in our school life. Playing games makes us utilise our knowledge and provides new ideas and techniques to make it easier. So, while we play, we're learning and growing our skills simultaneously.



Photo Source: criadoresid.com

Life can be stressful, right? Well, playing games can be a way to relax and take a break. When we play, we step into our own world for a while. The world is full of excitement and joy. It helps to reduce our stress level. Some games are even designed to be calming and remove stress. Playing games can help us feel relaxed as well as better at decision making.

We can connect with people from all over the world in multiplayer and online games and create virtual friends which in conclusion doesn't make us anti social. We make new friends and work together to achieve similar goals. It's like being part of a virtual world with strangers as well as friends, it helps us improve our social skills too.

Games let us use our creativity and imagination abilities. In some games, we have to work with our own characters and stories through our ability, this causes us to think about the

consequences that are created by doing so. We can experiment with different ideas and bring them into the gaming world. It's so fun because we get to express ourselves and feel proud of our creative creation.

Gaming not only boosts our decision making skills but also helps us to solve our problems. Many games have complex challenges that require us to face different situations. Difficult levels allow us to think deeply which in return improves our thinking skills. As we go through levels, we learn to make smart decisions and keep going even when faced with difficulties. These skills are not only useful in games but also in real life, helping us face various challenges that can be learned through gaming. Games take us to different virtual worlds which are different from one another. Games provide us a different world for us to enjoy and make us learn from our own decisions and thinking abilities. Role playing games take us to ancient civilizations providing a unique and interactive learning experience. By engaging with these virtual environments, we learn about different cultures from around the world. Gaming also encourages creativity and innovation. Many games allow us to design and personalise characters, avatars, etc by ourselves. We can use our creativity and thinking capacity without any boundaries. Game developers can use game creation platforms to design their own games, exploring programming, storytelling, and game design and improve their skills as well.

According to a class 10 student interviewed, games have several positive effects. He mentioned that playing games improves concentration, enhances various skills, and facilitates learning different techniques. The student expressed that gaming positively impacted him by sharpening decision-making abilities, improving communication skills, and developing both technical and physical skills. It also helps in stress relief. Another student says, "Playing games taught him to approach any problems with many different approaches, however bizarre they might seem". He says

games helped to enhance his creativity with games such as Minecraft that provides freedom for gamers like himself. Both of the students are familiar with games such as Minecraft, Prince of Persia, Spiderman, Red Dead Redemption, Resident Evil, Forza Horizon, Grand Theft Auto: V, FIFA23, Rocket league, Fortnite etc which they say have affected them in a positive way.

In conclusion, gaming offers teenager's various opportunities to learn, grow, and connect with others. By improving decision making abilities and problem-solving skills to encourage creativity, gaming positively impacts various aspects of our lives. Gaming can be a part of our journey as teenagers, providing unlimited possibilities and entertainment.

READING MARATHON: IGNITING A LOVE FOR BOOKS AT EVEREST ENGLISH SCHOOL

Trisha Koirala - X "Pyramid"
Prestha Bhattarai - X "Greatwall"



PhotoSource: GESSeducation.com

Imagine a school where reading becomes a super fun adventure! Everest English School has started a special program called the "Reading Marathon" to make students love reading. They want every student to read at least 48 books in a year to create a reading

culture in the school. Since they began this program, students have changed in a positive way. More of them are going to the library, enjoying reading, and getting better at using new words and writing. This article will talk about how the "Reading Marathon" helps students and how the school helps those who find reading hard. We will also hear from students themselves about their experiences and ideas to make the program even better for everyone who loves reading. We conducted a brief interview with the teachers and students regarding the project.

Interview with the teachers regarding the Impact of the "Reading Marathon" :

What are the positive changes seen in students after the school adopted a "reading marathon"?

According to teachers we interviewed, the "reading marathon" has really helped to bring new changes in students. First of all, Ms. Sangeeta Kibacchen stated that more and more students started going to the library and started reading books. So the library visit has improved a lot compared to previous years. The students who didn't have the habit of reading, started reading books eventually after this policy. This has been a key to inspire and motivate them for reading. Teachers have noticed that it has been helping them to improve their writing and vocabulary as well.

How do you identify the students who are struggling to read and how do you improve them?

They answered that they ask students about what they have read so far and inspire them to read more. Mrs. Sudipa Shakya responded that for the students who are struggling to read, they discuss the benefits of reading. They also suggest books that are appropriate for beginners which can develop reading habits. They have prepared a file called "Reader's Log", where students are supposed to write about the books they have read so far.

How effective is this policy going?

Well this policy is going pretty good. It has increased library visits. This has inspired students to read more and more books as they also provide prizes to reading marathon winners Ms.Sangeeta Kibacchen said that she had noticed even students from smaller grades are reading books that are so high for their levels. Students have also noticed some positive changes in them. So overall, this is going great!

Do you think that all the students actually do read different books in a month or just pretend to read just to get awarded in the reading marathon?

No, because there may be some students pretending to read books just to get awarded in a reading marathon. Considering this, they have prepared a Readers' Log where the students are supposed to summarise the book that they have read. If they are just pretending to read, they cannot summarise the book. Also the students who are really willing to read books are noticed by teachers as they read on leisures, breaks and so on. Plus they have been taking more library books compared to non readers.

What about teachers? Is this policy applied to teachers as well?



Image Credit: fullcircle.asu.edu

Yes, this policy is applied to teachers as well. They are also reading books every week. But some of them feel it's challenging to complete a book within a week as they have work in school as well as home. They barely get leisure time. So it's quite challenging for some of them to complete a book within a week.

So, what's next?

Let us assume that a student has finished reading 48 books in a month. What may be the things that should be done to encourage them to read more?

So this how how the students responded to the questions regarding the reading culture:

Have you noticed any changes in your and others reading habits after the school adopted, "1 week 1 book policy"? According to the students this policy has allowed them to develop more confidence in writing with expanded vocabulary and improvement in their spoken and written language but at the same time they are finding it difficult to cope up with this policy as it is hard for them to manage the time.



Image Credit: freepik.com

Do you find it challenging to finish a book within a week?

Yes, it is challenging to finish a book within a week. They have assignments and other school work to finish within the same time frame which is a little hard for them. It is challenging to finish a book with a huge volume. Nevertheless, it is not that difficult to finish reading a thinner book in a week.

How do you manage time to read novels and do academic work?

As already mentioned, they feel a little difficult to manage the time to read books along with the academic work. However, they manage the time to read the books. They use the time of their second trip to visit the library and study the novels. Also, they utilise their free time

during the morning and night by reading books. They also dedicate their leisure periods to reading books and other times for their academic works.

How do you feel about discussing the books with your classmates and teachers after completing them?

According to the students, usually there are no discussions with each other. This is a common problem in all the classes. The teacher's are working together to deter this issue.

What suggestions or improvements would you recommend to enhance the effectiveness of the '1 week 1 book' policy in promoting a reading culture?

As per the students, the following ways can be implemented to enhance the effectiveness of this policy in promoting a reading culture:

- More effective programs similar to DEAR programs should be held.
- Library still needs more books that include the thriller genre to interest teenagers like us.
- Encouraging new books and awarding the students with more prizes.

Have you noticed any improvements in your reading comprehension as the result of reading books?

For the students it has become easier to choose the right words in the writing task such as essay and others especially in the language subjects like english and Nepali. They are also improving their reading skills and vocabulary.

So, what types of books do you and your friends want in your library so that this type of policy would be more effective? To talk about the genre of the books the majority of the students are interested in the novels rather than the self help books. They mostly want thriller and fiction novels to read. They also find it fun to read comics.

The school's "reading marathon" policy has been amazing. Students are reading more, going to the library more often, and their language skills are getting better. They love reading so much that they're even picking books that are more challenging than what they

usually read. Students are also improving in their reading comprehension and their vocabulary. To make sure everyone is actually reading, the school has started to use a "Reader's Log." Even teachers join in this policy, though some find it hard because they're very busy. They want to reward students who finish 48 books in a month to encourage them to read even more and create a fantastic reading community.

ROBOTICS CLUB: THE INNOVATIONS BEYOND IMAGINATION

Anukaran Gaire - X "Taj Mahal"



Image Credit: shutterstock.com

Everest English School has started a new club called the "Robotics Club" to increase the interest in robotics among students. Since they began this program, students have changed positively. 12 students have joined the club this year. But their creations have amazed everyone. This article will talk about the "Robotics Exhibition" that has been organised recently. We will also hear from parents about their expectations and also some feedback. I conducted a brief interview with the parents of the members regarding the project.

The Robotics Club held on 2080/03/25, Monday at Everest English School recently put on an impressive Robotics Exhibition, featuring a stunning collection of innovations that left the attendees amazed and inspired. The projects on display ranged from Remote controlled cars to blind-aid Sticks all

constructed by the dedicated members of the Robotics Club. One of the most attention-grabbing exhibits was a line following car, equipped with ir sensors and Arduino. Another highlight of the event was a Remote controlled car, which was controlled by an app in the phone which was connected to the Bluetooth module in the car. One of the core objectives of the Robotics Exhibition was to demonstrate what secondary school students can make.

Interview with the parents regarding the Expectations and the impact of the "Robotics club" on the member students.

How did your child become interested in robotics?

According to parents, the student members were already interested in computers and electronics and this program caught their attention, which made them interested to join the club.

What are your expectations from your child's involvement in the Robotics Club?

They answered that they have a hope that they will learn to make something by themselves with just the assistance of teachers. They also have the hope that this club will turn their dreams into reality and build an knowledge in a new field which has a high possibility of growth Have you noticed any changes in your child's integration or attitude since joining the club?

Parents said that they found them independent in themselves. Their perception, enthusiasm, energetic mind, curiosity, exploring new ideas. students have a great chance. Parents of some students are proud of their sons and daughters because in their academic work they would just be seeking help but in the work of the robotics club as they were excited they did the whole task by themselves.

How do you think your child's involvement in the Robotics Club has benefited them academically or personally?

According to the parent, Students' overall IQ may increase by participating in this club. And they think that their confidence has also been boosted. They think members will be more benefited by the involvement in the Robotics Club because the joining of this club is their self-interest & decision. It will make them independent for completing tasks. Their own creative Knowledge will work with them to make them good in the future.

Did your child enjoy participating in a robotics exhibition? What were their favourite aspects?

I think he will be more benefited by the involvement in the Robotics Club because the joining of this club is hys self-interest & decision and made him independent for completing tasks. His own creative Knowledge of work will make him joyful at a robot exhibition? What were their favourite aspects?

Are there any challenges or concerns you have noticed regarding your child's participation in the club?

A parent of the member stated that they are a little bit worried that their children's involvement in the robotics club may hamper his study. Even after that they hope children will manage their time and maintain their study time.

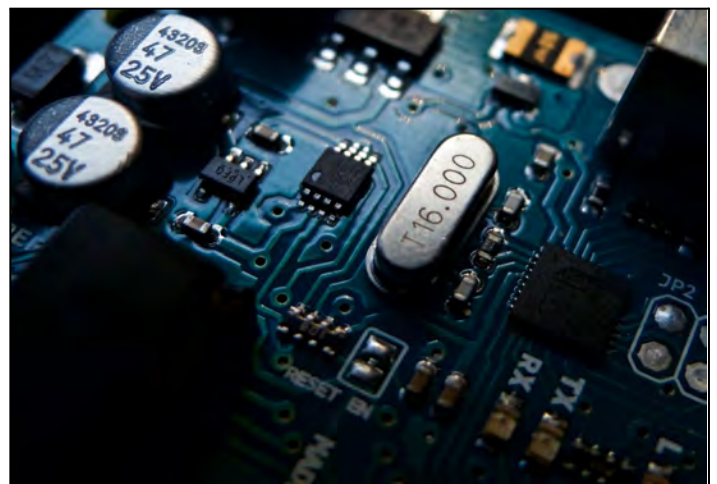


Photo Source:unsplash.com

Are you aware of any specific skills or knowledge your child has gained from the robotics club?

The parents told me that this performance and behaviour after joining this club has been changed positively. They got the knowledge of using Arduino & its applications along with the electric circuit for making the project.

Have you noticed any impact on your child's problem-solving or teamwork skills since joining the robotics club?

There are certain changes like dedication and devotion for making the project independently but that will be more beneficial while performing this task in, this helps to progress in teamwork.

Are there any suggestions or feedback you have for the club organisers to improve the program or future exhibitions?

Parents reported that to enhance the efficiency of the projects. They should be of the creator's interest & useful in daily life. Word of Appreciation makes them more creative & dedicated towards the tasks, more awareness about the use & misuse of the projects.

SHOULD PARENTS SPY ON THEIR CHILDREN?

Birat Tyata - VIII "Janaki"



Image Credit: nypost.com

If you were a parent, would you spy on your children? Probably not right? Yet many parents still spy on their children without their consent to understand them. Spying without someone's consent is still a social crime even if it is your child. How would you feel if you got to know someone has been spying on you? Not the best right? However, many people have diverse opinions, some may think it is okay to spy on their children for their safety or well-being and some may think we should respect their privacy and gain their trust. In my opinion, parents shouldn't spy on their children, but in some exceptional cases, they could. Most parents would say they would spy on their children for safety while students would agree that parents should respect their privacy and talk to them up front.

Imagine you are a parent and you are struggling to connect with your child. You decide to spy on the child to understand him/her but one day they find out. How would they feel? Their own parents have been spying on them. Rather than spying you could talk freely to them, warn them about the dangers of the internet, and share your personal experiences with them. You could create a comfortable environment where you can share the possible dangers of the internet. This is a way better option than just spying. You could teach your child the potential dangers of sharing information with someone online, and how they could recognize the dangers and stay safe on the internet.

Trust is the most important aspect of a relationship whether it may be your child, friends, or relatives. Trust is what maintains a good relationship. Maintaining trust with your child can further help you understand them. By spying, you risk potentially breaking the trust of your child. Without trust, a healthy relationship cannot be maintained. Children want to be independent and not rely on their parents, they want to be free. If you monitor them secretly and they find out not only would it break your trust but also develop a fear of constant surveillance, further leading to a bad

relationship and mental health of the child. Now, put yourself into the child's perspective, you would feel all these things, wouldn't you? You would.

Parents could also go on parenting classes to further gain knowledge about how to act around their children. In some exceptional cases, the child may be a victim of cyberbullying, self-harm, or suicide. In such cases, parents could spy but with extreme caution because if the child finds out their mental health will deteriorate even more. They must communicate with the child about their concerns and maintain an equal level of privacy and safety. They could openly discuss the need for monitoring but at a certain level. They must first think about how spying could hamper their child's mental health and the consequences they could face.



Image Credit: arabnews.com

In conclusion, while some parents may suggest spying for their child's safety and protecting them from the threats of the internet, it is completely responsible but they should also keep in mind the consequences they could face if their child finds out. Parents should avoid spying and rather freely talk with their child

and warn them about the potential dangers of the internet and what they could do to stay safe. In exceptional cases, where the child is suicidal or doing self-harm, they could monitor their child for safety and well-being. They should think about the future and what if the child finds out. The child's mental health will deteriorate further. They should keep a balance between safety and privacy.

THE BOOK THIEF: BOOK REVIEW

Akanshya Luitel - IX "Araniko"

"It suffices to say that at some point in time, I will be standing over you, as genially as possible. Your soul will be in my arms. A colour will be perched on my shoulder. I will carry you gently away." - The Book Thief



Image Credit: thuprai.com

A completely fascinating book by Markus Zusak that has characterised the real scenario in a fictional yet beautiful way that anyone who is

reading could love the book. This book is generally a book related to the life of people in Nazi Germany back in the time when Adolf Hitler used to rule cruelly. In my view, the most fascinating thing in the book is that the story is narrated by "death". Generally termed as one of the most unhappening things in the world, the book shows how soulful, amiable, affable, and agreeable death is and how it feels to devour someone's soul.



Image Credit: lucyem321.medium.com

The story shows an actual setup of Nazi Germany. The story generally talks about the life of people in Nazi Germany in the terror of World War II and, the story talks about one of such little lives, Liesel, who has set her feet upon this terror. This book is all about a girl who has been living with her mother and brother but now as her father was a communist and the men of Hitler took him with them. Being scared by the circumstances, her mother decides to send Liesel and her brother, Werner Meminger, to Molching to live with their new foster parents Hans Hubermann and Rosa Hubermann. Narrated by Death, the story follows Liesel Meminger, a young girl living with foster parents, Hans and Rosa Hubermann, in Nazi Germany during World War II. While adapting to her new home, she is exposed to the terrors of war and politics. As the political situation in Germany deteriorates, her foster parents conceal a Jewish man named Max Vandenburg who turns out to be the son of Hans's friend. Hans develops a close relationship with Liesel, helping her learn to read and write. Recognizing the power of

writing and sharing literature, Liesel begins to steal books that the politicians are seeking to destroy mostly regarding the Jews. She also ends up writing her own story and finds a common interest in them with Max. By collecting laundry for her foster mother, she also begins a relationship with the mayor's wife, Ilsa Hermann, who allows her to read books in her library.

Hans brings suspicion to his household that he might be a sympathiser with the Jews in the war. Max leaves the Hubermanns' home soon after out of fear that the suspicion could endanger him or the family, but eventually returns. With the threat of death looming nearer, bombs fall on Liesel's street, killing her friends, family, and neighbours. Liesel, working on her manuscript in the basement at the time of the raid, is the sole survivor. Many years later, or in the words of Death, "just yesterday", Liesel dies as an old woman, with a family and many friends. However, she has never forgotten Hans, Rosa, Max, her friend Rudy, and her brother. When Death collects Liesel's soul, he gives her the manuscript she lost in the bombing. She asks him if he read it and Death says, "Yes." She asks him if he understood it, but Death is unable to understand the duality of humanity. Death's last words are for both Liesel and the reader: "I am haunted by humans."

Being one of the best selling novels, it has tried to convey strong messages that the world needs now. The book has simply underlined how important mortality is in a person's life and is present in everyone's life. As mentioned in the book it tried to convey that, even death has a heart and is rather caring than fearful. As narrated by death, the book described death as less threatening and full of mysteries. Throughout the novel, knowledge has been shown as a symbolic pathway to freedom. The Nazi burning of books in the story represents evil incarnate. Symbolically, Liesel's repeated rescues of books from Nazi bonfires represent her reclaiming of freedom and her resistance to being controlled by the holistic state.

Similarly, love has acted as a catalyst for freedom in the terror of war and loss. The book signifies the absolute need for love to survive in this world full of ups and downs. As portrayed in the book it shows how love from her parents and friends enables Liesel to overcome her traumas of her beloved brother's death and separation from her mother. The love Liesel gains from her foster parents enables Liesel to experience a sense of freedom and love and help her to survive the terror of the war. And, the teaching from her foster father enables her to experience the "power of words." Liesel's final words in her own written story are "I have hated the words and I have loved them, and I hope I have made them right." She has expressed the power to show her love and freedom on paper.



Image Credit: connectingdirectors.com

In my point of view, the book is an absolute thought changing novel that has wrapped up the story of Nazi Germans and Jews. It has developed my belief in the power of words as a path of freedom and excellence. The life of Liesel displayed in the novel has strongly influenced me to confront the ups and downs and the power of letting go. Her life within the terror of the war and her urge to learn until her last breath has also influenced me. As per me, the book is a must read. The story which has been introduced has gripped me in and kept me turning pages. The book has been able to bring tears in my eyes while gripping on through the words of the book. This is particularly not the type of book you recommend to your friends while they are having a bad day. I would really not recommend the book to all ages of people and mostly young and innocent readers as it

mostly talks about loss, death, destruction and lots of suffering. I would mostly recommend those who are accustomed to handling grief. In an interview with the author about death being the narrator, Markus Zusak replied, "Death is afraid of us and haunted by us, because he is on hand to see all the terrible things we do to each other. It makes sense that he is telling the story to prove to himself that humans can be beautiful and selfless as well."

Also, I would love people to read the book as it is a real life story of not just one person but of most of the people living in Nazi Germany. The book I feel must be approached by most of the people as it mourns about the death and might be a bit depressing. I would really not recommend the book to all ages of people and mostly young and innocent readers as it mostly talks about loss, death, destruction and lots of suffering. I would mostly recommend those who are accustomed to handling grief. Overall, the book is simply a great book admired by many of the readers all over the world which has tried to talk about grief, loss and mostly the power of words towards freedom.

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