

VEDIC FLUORESCENCE

Publication

of



DAV Sushil Kedia
Vishwa Bharati School
Jawalakhel Lalitpur,



Annual Publication May, 2025 Issue I

Message from the Principal

It is with immense pride and joy that I extend my heartfelt congratulations to all the young writers, artists and contributors of the students' literary book, 'Vedic Fluorescence'. This compilation stands as a radiant reflection of your imagination, your voice, and your ever-blossoming talent. Every poem, biography, essay, story and thought woven into this book echoes the depth of your creativity and the brightness of your potential.



Dr. Bhubaneswari Rao
(Principal)

At our school, we believe that expression through words is not just a skill—it is a powerful medium to shape thoughts, inspire change, and connect with the world. 'Vedic Fluorescence' is a testament to that belief. I commend each student who has poured their thoughts into 'Vedic Fluorescence', daring to share a part of themselves with courage and authenticity.

To the mentors and teachers who guided these young minds, thank you for nurturing this garden of creativity. And to our dear students—may you always keep writing, dreaming and shining. Let this be just the beginning of your literary journey.

With Heartfelt Blessings for Continued Success,

May God bless you all!

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Editorial

"Vedic Fluorescence: A Collection of Students' Thought, Emotion, and Expression"

Vedic Fluorescence is a beautiful collection of writings by young students, full of energy and imagination. It includes poems, personal stories, biographies, and short stories that are filled with honesty and creative expression. The book gives us a close look at how young minds think and feel, as they write about love, fear, hope, learning about themselves, and staying strong.

There are touching pieces about parents, thoughts on teenage worries, fun and adventurous tales, and writings that show pride in their culture. This collection highlights the different ideas and backgrounds of the students.

Full of feelings and fresh ideas, the book shows both the talent of the writers and the supportive school environment that helped them grow. With beautiful drawings that go along with the stories, the book is a mix of art and writing. Vedic Fluorescence is not just a book—it's a joyful celebration of youth, their hopes, and the power of words to bring people together, heal, and inspire.

On behalf of the Publication Team, we extend our heartfelt gratitude to our School Chairperson Shree Anil Kedia, Principal Dr. Bhubaneswari Rao, Vice-principal Mr. Ramchandra Khanal, and the entire parent community for creating such a nurturing space for students to grow and express themselves. We recommend this book to readers of all ages.

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Biography

My Father

Mahika Yadav - VIII 'D'



My father's name is Ram Lalan Yadav. He is forty years old. He is a veterinary doctor and government employee. He is tall, smart, and laborious as well. He has white and black hair and brown eyes.

My father loves me very much. Like every child's hero, my dad is my real hero in the world. I think without my dad, I am nothing, and he is the one who taught me everything. I love him very much.

My father is the head of the family. Well, it's not true in every student's diary or any other form in which we write that "Father is the Head of Family," but the actual Head of Family is our Mother, and I feel this is 80% true.

My father doesn't stay with us in Kathmandu as he lives in



Illustration by: Mr. Mangal Prajapati

Solukhumbu. I miss him so much.

I am really proud of my father, and I will make sure that one day he will also be proud to see me as his brave daughter. He is always ready to help others. He never thinks of himself. He only thinks of others. He wants me to study on a scholarship, and I will try my best to do as he has advised and I will be a good daughter.

When he is at leisure, he tells us funny and interesting stories. I like to listen to him. I make sure to spend a lot of time with him. I will not do such work that disappoints him. That's all about my dad. I can't describe more of him as I have no words to describe him and his kindness.

He is an excellent son to his parents. He is from a small village, but he has done a lot for everyone. For him nothing is impossible. "If you are willing to do something, you can just give it a try and don't give up," he says.

Whenever I go to the village to see my grandma, she always tells me about my dad's past. She tells me how hardworking he was, and tells he never learned to give up. I also want to be like him one day. For me, my whole world is my dad.

My world starts with him and ends with him. I love you so much, dad! Thank you for your every single support in my life; without you, my life is incomplete.



Ocean

Siya Agarwal - XI 'B'

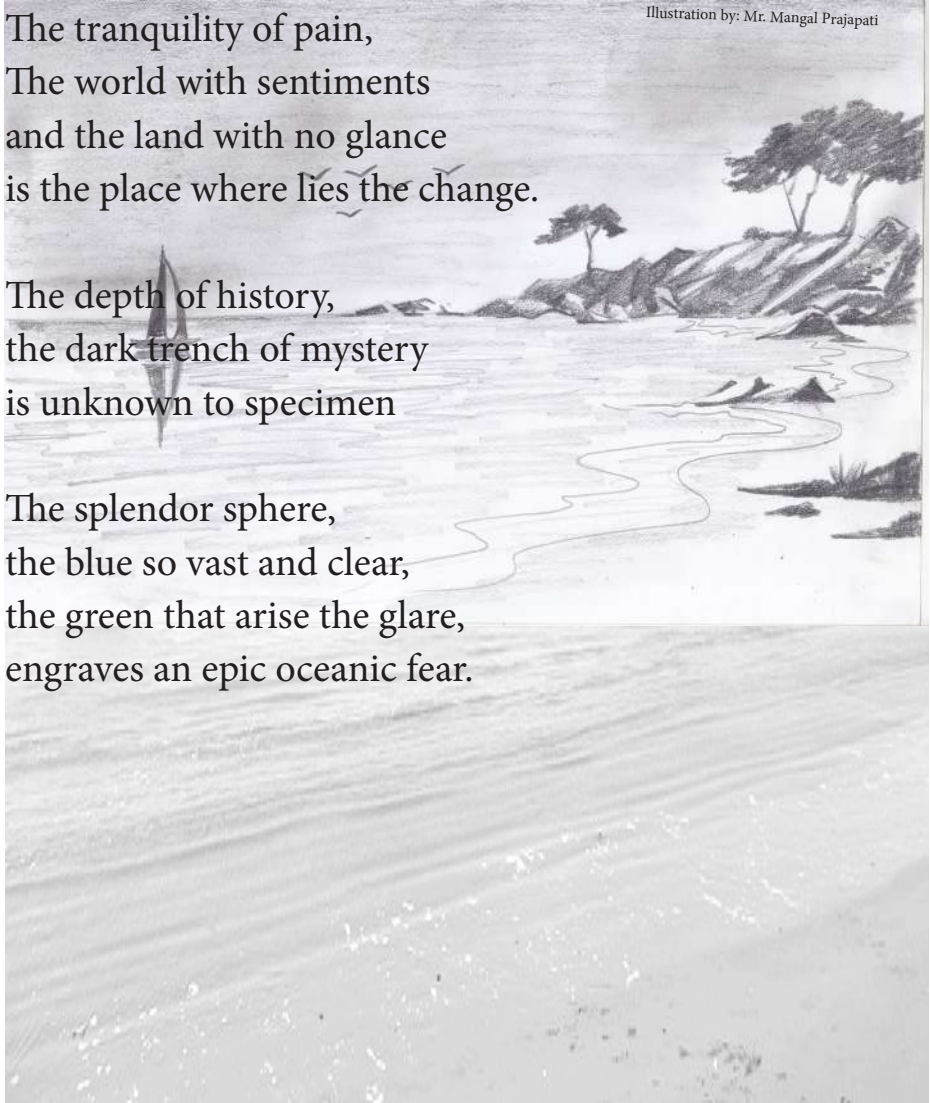


The tranquility of pain,
The world with sentiments
and the land with no glance
is the place where lies the change.

The depth of history,
the dark trench of mystery
is unknown to specimen

The splendor sphere,
the blue so vast and clear,
the green that arise the glare,
engraves an epic oceanic fear.

Illustration by: Mr. Mangal Prajapati



Why You Should be Self-motivated?

Shakshi Kedia -XII 'E'



Self-motivation seems a word that we hear quite often nowadays. Of course, there are some days when you feel like getting out of bed is a hard task. When you might think that this is just some negligible kind of situation but it's a very important issue.



Illustration by: Mr. Mangal Prajapati

Self-motivation is the reason you do what you do. In the era or the world, we live in it would be absurd to be depended on anybody. This world has become a race or more like a cycle. Self-motivation is what helps you be on yourself not be depended on anybody.

Believe me when I say, " If you are self-motivated, if your goal is set right in front of you, if you are not letting the negative energy effect you, this life that seems like a race for other people may not be the same for you". We all have heard the phrase

“You are your critic.” Sometimes we judge ourselves so harsh that we don’t think that it’s becoming more like our habit.

Do you criticize your friends, just as the same way you do yourself? The answer would be no. Obviously we care about their feeling and wouldn’t want to demotivate them. So, why to be so harsh on yourself. Try looking at the positive things you can achieve, and small celebrations you can make.

In your life the only person who is going to stay with you is yourself. I know that it makes most people sad, but it is the truth. You might feel motivated one day and the other day might feel worse. This is a part of your journey. You are your own coach and you can figure out things one by one.

It sounds like a cliché however, music can really lift or calm your soul. The days when you are feeling demotivated, or just got your exam results, try listening to music.

It helps to calm us and think about what should be our next step, how to rectify the mistake we just made rather than making a harsh decision and regretting later.



Daily Diary



Dikshya Agrawal – IX ‘F’



Dear Diary,

That play was awesome. I will never forget the play, which was my first getaway with friends. That was so much fun—the best day of my life. We went to watch a movie with my friends. My close friend Juhi also accompanied me. With her, I enjoyed a lot. There were a few girls and a few boys.

We went to watch the movie, ‘RRR’. The movie was great. The good thing was that I had already watched the movie earlier and was telling them about all the scenes. After the show was over we just roamed and enjoyed a short walk in the mall. Then we went to a café, ‘Bella Vista,’ at Basantapur. We first ordered some cold drinks.



Illustration by: Mr. Mangal Prajapati

Telling the truth, we didn’t like the juice at all. I mean, the juice cost more than 100 rupees, but it was more like 20 rupees for the litchi juice. But we ate, drank, and enjoyed a lot. We sang, and we all pranked our friends. This was very awesome, and I assumed it was more like a play.

Yours

Dikshya

Teenager Anxieties and Insecurities

Ishani Baral- VIII 'B'



Illustration by: Mr. Mangal Prajapati

As I am going through my adolescence or teenage period, I can say that this is the most sensitive of all. It changes us mentally, emotionally, and physically. This is the period when we need to deal with a lot of changes and build ourselves up.

This is the period in which we need someone to listen to us. If we have someone to rely on, like parents who completely understand their children's situation and are supportive, that would be very beneficial to any child.

But it takes time for us to open up and talk about our issues and anxieties. Some of us become introverts during this stage, while others become extroverts. We don't speak up easily due to a lack of confidence.

We over think and even small actions can bring disappointment to our faces. It's not the age that's dangerous, but it's the age in which we should help ourselves, control our emotions, and also lead life on the right track.

During the teenage period, we often get offended since they don't understand our emotions rather they compare us to others indiscriminately. So, we have to deal with such a huge pressure.

We need understanding parents, teachers, and friends. Some people bully others, which directly affects our mental condition. We easily get annoyed and perhaps feel miserable.

People should understand and know how to deal with us rather than yelling at us and lowering our esteem. We all need to work on ourselves. We shouldn't step away from our family rather than believing on a friend's side.

And parents are also responsible for being the great bridge of communication with the people around us. This is what I feel teenagers are going through nowadays, and I feel your support can play a huge role in making a big impact on us.



The Season's Love

Swikar Rana Magar- X 'D'



Every Spring I see the birds flock around,
Trying to find whole grains to feed their love on ground
Every morning, they sing the song of spring love
Hoping to see the ever green summer grove.



The summer arrives with loads of joy
The kids in the playground playing with their toy,
Happiness shines in the face of everyone here
May summer leave goodness forever and ever here.



The withering of leaves start
Day shortens and painters paint their art,
Crispy leaf and red, brown coloured hue
The burning of summer woods brings home a few.



The cold winter arrives with thick far of shoes
People cherish the livelihood with comfort and loose,
A hot cup of coffee with cinnamon sticks
Hope spring again shall bring the flowers of beautiful silks.



Could it Scare Me ?

Trishna Bansal - X 'T'

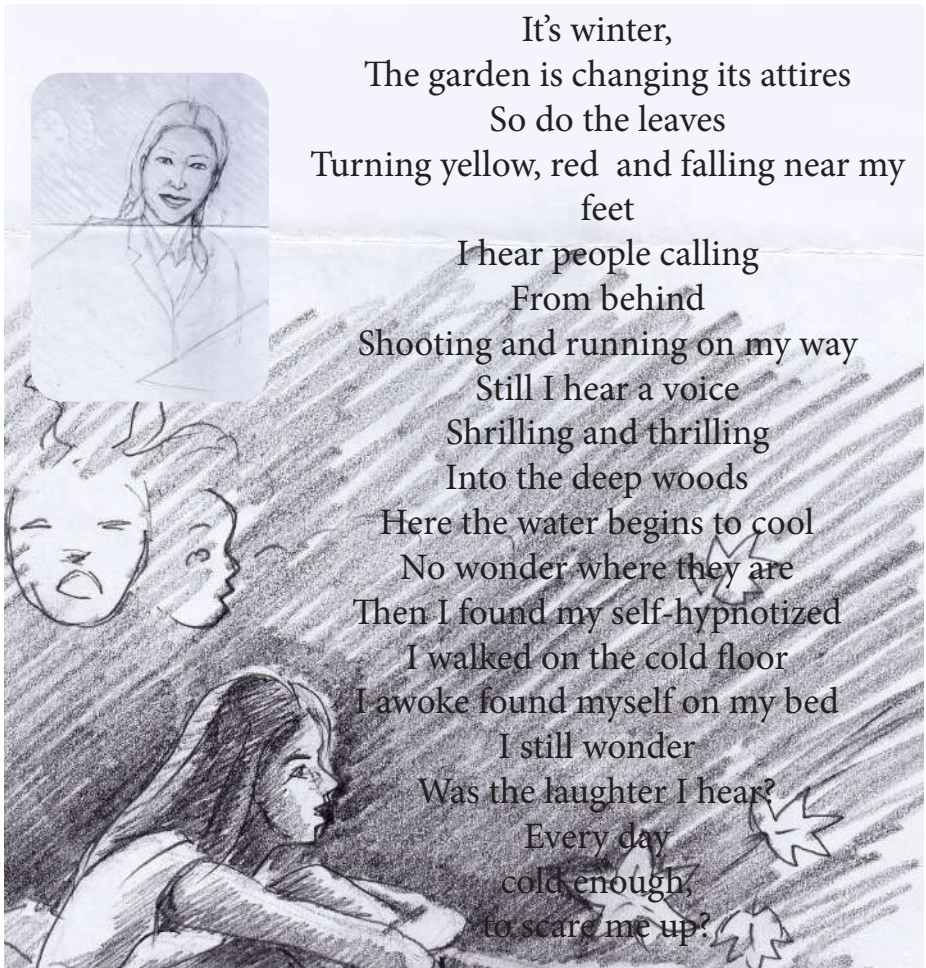


Illustration by: Art Department

निद्रा

पल्लभी खड्का कक्षा ४ 'ई'



Illustration by: Mr. Mangal Prajapati

रातको बेला घुम्दै फिर्दै कहाँबाट यो आयो
सुटुक्क आई सबैको आँखामा यो छायो ।
भ्रप्पभ्रप्प पार्ने निद्रा भन्ने चिज यो कस्तो हो ।
अल्छी मानेर चुप लागी बस्ने मानिसको दशा हो ॥

पढाइको बेला यो निद्रा लागे सबै चिज बिग्रिहाल्छ ।
परीक्षामा लेख्न नसके अझै गाह्रो भइहाल्छ ।
यो कुरा सोच्छु तैपनि आँखामा निद्रा आइहाल्छ ।
फेरि सोच्छु तीन बजेपछि त घर जान पाइहाल्छ ।



Broken Wings

Ashutosh Jha- X 'I'



Like a string,
Somebody pulls and you fume,
You lay lost in the sandy dune.

Fall head-first on the ground,
Broken thoughts don't make a sound,

Flying too long to be free,
The wall of time you did not see.

You want a world of angel and fairy
It's too bad all you have is a blurred memory,

Your life was a tune and you were a bard,
Lived all of it safe and didn't try hard

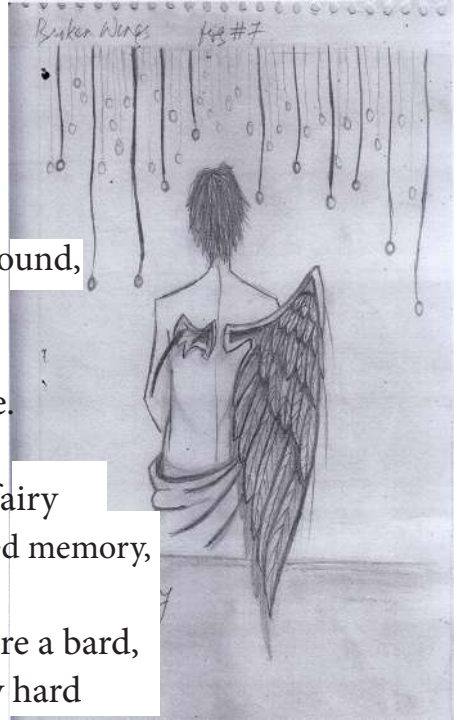


Illustration by: Art Department

Lay you dying bird,
Lay underneath the sky,

For a bird with broken wings,
Can never fly.



The One Who Follows Me!

Snigdha Khadka -XII 'E'



"Good morning, students! Get ready for today's morning prayers!" "All the students may disperse now."

Every day, this is how all my mornings begin. It's the routine of my 16-year-old life, and as a relatively high-school girl, my mornings have always been ordinary until I saw her. I don't remember where or when I saw her first, but her existence had shaken up the tiny world limited to my home and school.

She is tall and lanky, with fair skin and long hair. From my bedroom to the library, and from the library to the bathroom, she is present everywhere. Once, she crossed all her limits of outrageousness. She appeared when I was hanging out with my friends. She is a pain in the neck. Her painful existence ruined my day, and



Illustration by: Mr. Mangal Prajapati

for a long time, I couldn't forget her and her haughtiness.

Recently, I have been seeing her more. I see her in my overweight body, my awkward smile, my frizzy hair, and my flabby arms. She becomes more apparent in the mirror. Suddenly, I realized she was me! Seeing her makes me feel unhappy. I am repulsed by my own sight. I wonder how many young girls and boys are haunted by their own shadows.



Insomnia

Ashutosh Jha- X 'T'



Tick tock tick tock You watch the clock
Try to work You pull the lock.
Seconds turns minutes
Minutes turn hours
A million death shower
Chest turn sour.

Turn to side
Read your mind
Eyes go blind
Hate your own kind.
Night refuses to pass
Cries judge your class
Words lose their mass
Long for a touch of glass.



Illustration by: Mr. Mangal Prajapati

Norma you'd wish be
Wishes some would see
There is nothing for me
Need the end to set me free.
Tick tock tick tock You watch the clock
The night never leaves
I won't too
Because I am you.

There is a Way Out

Aishwarya Singh -X 'I'



There is a way out
Yes, there is
But I am afraid
The path is too dark
Too dark to go through it
No one comes back to tell
us about it
Because once you take it
There is no way out of it

Knowing you can escape
from reality
Gives you hope
A hope to be free
Not to experience pain
Not to experience
bitterness
Not to experience
hopelessness
Not to experience simply
present
I know how it feels
I know you do too.



Illustration by: Mr. Mangal Prajapati



Newari Food

Prajain Kaji Maharjan

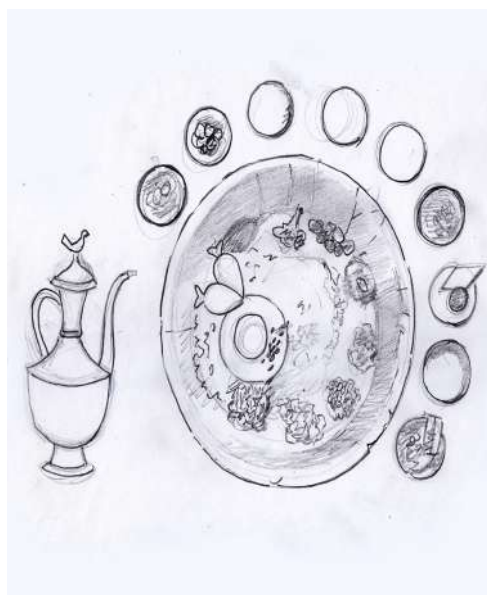


Illustration by: Mr. Mangal Prajapati

The very popular Newari food is also known as Newa Cuisine or Newari delicacy by Nepali locals.

It is one of the most popular foods in Nepal, especially in Kathmandu valley, i.e. Kathmandu, Lalitpur, Kirtipur and Bhaktapur. It has more than 1200 varieties of dishes.

Traditional Nepali cuisine has always been famous all over Nepal. The main famous foods are Newari khaja set, yomari, chhoila, quati, samaybaji, chatamari, bara etc.



My Unexpected Special Best Friend

Paridhi Sarawagi- X 'F'



Thank you for being nice.
For helping me out with your silly advice.
For being with me in my hard times,
And for making me cry sometimes.

The first time I saw you,
I was not interested in knowing you,
Our friendship was unexpected,
But now, we are connected,

I have never met a great person like you,
I find myself really lucky to have you,
I hope we will never get apart,
And you will always be in my heart.

People may not understand you,
For they don't know the real you,
But don't fall off your track,

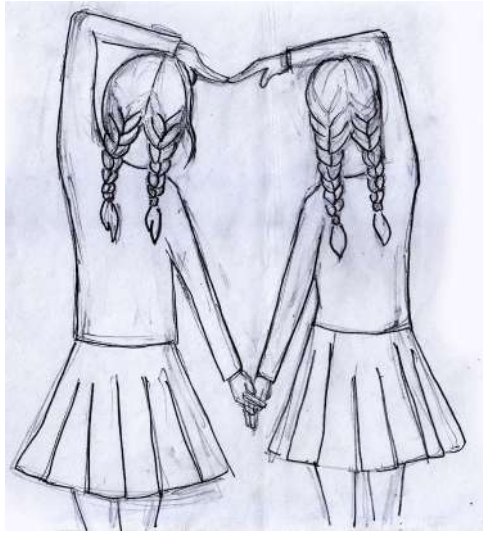


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‘Cause you will always have my back.
Always remember, I am there for you to lean on,
A shoulder for you to cry on,
An ear to listen all your pathos, and a brain to cheer
your egos.

I hope our friendship always remains very strong,
And we never go wrong.
I can't tell how special.
You are to me,
And I assure you won't miss me!



Understanding the Dream:

Superstition to Constructive Diversion

Niharika Rana- IX 'A'



I have never met anyone by this time who has told me they have not dreamt yet. This is to generalize that all people have a dream. Some people experience weird or horror dreams, while others have common dreams. What-so-ever, our dreams tell a lot of things about our mental and psychological conditions of the brain.

One day, I had a strange dream in which I was attempting to climb a ladder but was unable to reach the top. I was sweating hard, repeatedly falling and rising from the ladder while going upstairs. I awoke suddenly, unsure whether it had been a dream or a real experience. When I realized that it was a dream, I tried to connect the dream with my present situation and made the interpretation that rising in the ladder was related to attempting to achieve the highest grade, whereas falling implies failure. Now it was clear that I had to work harder to get the best results.

I also experienced another very weird dream where a mysterious man sneaked into my room. He was holding a knife in his gloved hands. He slowly approached me as if he were

trying to chop off my head with a knife, but because of my defensiveness, he hurt himself near the cheek and vanished from the scene. The blood gushed down from my cheek. Something



Illustration by: Mr. Mangal Prajapati

unexpected happened with this horror dream scene.

I suddenly wake up with courage and determination to find the monster and identify the conditions of the wound in the dream. This is an endurance test to face all the consequences that I had to face to save myself.



मेरो बुवा

प्रिन्सी यादव ९ 'जी'



मेरो कलिलो हातले मलाई अक्षर लेख्न सिकाउने
मेरो सानो पाउले मलाई हिँड्न सिकाउने
मेरो नाजुक ओठले मलाई प्रस्ट बोली बोल्न सिकाउने
संसारकै एक मात्र प्यारो व्यक्ति –मेरो बुवा

आफ्नो सपनी छोडी मेरो सपनी पूरा गर्ने
वृक्ष जस्तै कडा तर चिसो सितल दिने
म बालिका छँदा मलाई काखमा बोकी चन्द्रमा हेराउने ।
आज म ठुली हुँदा मलाई सही मार्गमा ल्याउने ॥

छोरामात्र होइन छोरीलाई पनि खुला आसमानमा उड्न सिकाउने
आफू रमाउने समय जवानीमै त्यागेर सन्तान पाल्ने ॥
सानो छँदा मलाई खेलौना ल्याएर दिने तर आज म
ठुली हुँदा सोही खेलौना जस्तै सम्हालेर राख्ने ।
सजिलो कहाँ छ, दुनियाको सामु चरी जस्तै उड्न दिने ॥

म बिरामी हुँदा मिठो औषधी बनी आउने ।
आँखामा आसु होइन केवल शक्ति देखाउने ॥
हजुर बिना जीवन मेरो अन्धकार छ
हजुरको साथ पाउन पाएमा भगवान्लाई करौडौँ सलाम ॥



Illustration by: Mr. Mangal Prajapati

Yoga Trip Experience

Bhawana Jain -VIII 'F'



We, the Yoga Club students, and our yoga teachers went to Shree Arvinda Yoga Ashram, at the bottom of Chandragiri hill.

The peaceful environment in and around the ashram probably attracts people like me who are tired of living in the noisy and crowded city. There were a total of 10 departments in Ashram.

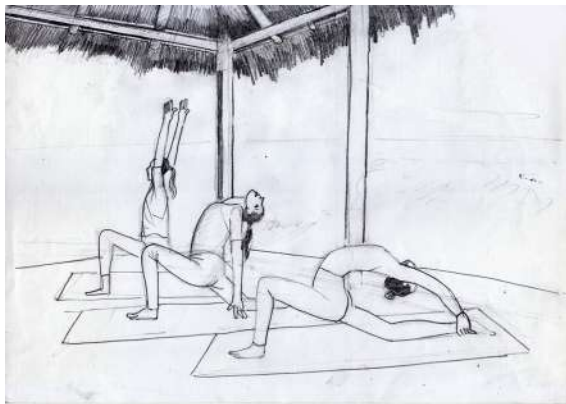


Illustration by: Mr. Mangal Prajapati

At first, we went to the most important place in the Ashram, where the nails and hairs of Arvinda Yogi were placed. It's quite surprising to those who were unaware of Yogi's style of living and culture. It was also the praying place for the visitors as well as the members of the ashram. We mourned for five minutes for the departed soul of Arvinda Yogi.

After that, we went to the cowshed and soon got involved in grass cutting. Then we went to Pathshala. In the Pathshala, we interacted with the students and also talked about how the students were reading in the Ashram.

Then, we went to one room where in the things made by the ashram family were kept for sale. We bought some things and went to the canteen; we had tasty yogic food there.



Now we had to leave for the meditation room; we stayed there for almost half an hour. We were guided in all those departments by a staff member, Ms. Sushma, who explained about the activities there. While we were observing everything there, one Gurujī came and told the story of Sri Arvindji, after whom the ashram was named.

Before returning, we went to the manufacturing and sales department, where hand-made pashmina shawls and cotton clothes were kept for sale. It was one of the beautiful moments of life.

Thursday Assembly Speech

Muskan Poddar – X 'T'



Illustration by: Mr. Mangal Prajapati

Imagine a world of perfect people. A world where everyone is perfect and doesn't make any mistakes. Basically, wouldn't that world be boring as humans would be just working like robots

and, most importantly, there would be no experiments, no creation, and no mistakes? So, basically, even mistakes are important. Isn't that great?

By the way, a very good morning to all those present here. Today, I, Muskan Poddar, am here to present the special item of this morning. So, I am going to leave the job of deciding the topic of my special item on your shoulders. Fine, let's talk about something that's trending.

Have you all heard the thought "be yourself"? How many of you agree with this thought? Can you all just please raise your

hands? Alright. Well, if you ask me. I don't agree with being yourself because I can be better, or if being yourself is being someone who is a loser, lazy, depressed person, and the one who doesn't earn, is a bad person, then why be yourself? I think I should always be someone who is successful, smart, and an achiever, but basically, we should always try to be better as we are never the best.

I myself have figured out many things, like that Initially my thoughts were different, but gradually they have changed as I rethought them.

So, basically, it's about experience and moving toward the best—not about being yourself but being the person you want to be. And we will undoubtedly face many ups and downs during this process, as well as mistakes. Let me share a story with you.

Once when Albert Einstein had been teaching his class, he wrote on the board that 9 times 1 equals 9, and 9 times 10 equals 91. The class broke out in laughter. Einstein waited for everyone to stop laughing and said, I wrote the correct answer 9 times, no one congratulated me but when I made one single mistake; "I was pointed out and made fun of." So, the reminder to you today is that even if a person is successful, society's work will be pointing out mistakes.

Remember, your nose is located just above your mouth, but if you don't brush your teeth for 3 days, your nose won't tell you that you have brushed but the people around you will. Thus, society will always point out others' mistakes, but the one who realizes his/her own mistakes is the one who brings change.

We must remember that mistakes are a part of the beautiful journey to success. As Einstein once said, "the only person who doesn't make any mistakes is the one who does nothing." Thus, make mistakes and learn from them; learn from every single mistake. Accept your mistakes. Make mistakes.

It's perfectly normal; do not try to be the "perfect person," as no one can ever be. People love to see successful stories, but most of the success stories succeed due to failures or mistakes. Thus, learn from mistakes, and nobody is perfect. We must learn to fight and prepare ourselves for any situation.

Let me share another story of the vulture. Culture can survive for 70 years. At 30, it faces a challenge. Its nails bend, its wings become heavy, and its beak bends, which disallows it to fly, hunt, etc. Now, it has 2 choices: fight or die, so it goes into a process of 90 days where it breaks its nails and wings, though it hurts and blood flows, but it comes back with new wings, nails, and beak and then lives peacefully for the next 40 years. Thus, we too need reframing capabilities in our lives to deal with various situations.

At the end, I would like to share an ancient proverb that says: I cried because I had no shoes until I saw a man who had no feet. "I repeat, it shows that it is so easy to magnify the blessings we all have to be so very grateful for.

Now, I would like to conclude my speech by saying, "Sometimes God doesn't give you what you want, not because you don't deserve it but because you deserve better".

Science Center was Fabulous with Learning and Fun

Hriday Agrawal IX - 'G'



In my opinion, learning inside the classroom is just 50% of education; the other 50% is believed to be attained by doing. We, Davians are fortunate not only to get education in such a holy organization but also to be able to theorize now. Our school took us to the "Science Simulation Center" to bolster interest in the sciences. On July 19, 2019, around 150 students from classes 5 to 10 were taken to this center.



Illustration by: Mr. Mangal Prajapati

The center was fabulous with learning and fun. All the students were taken to different branches of the Science Simulation Center, like robotics, physics lab, astronomy lab, and so on, where we learned about various tools and had the opportunity to learn about concepts from daily life. All the instructors and teachers

were very friendly and understanding. The most interesting part of this tour was seeing a real human robot that can dance, talk, walk, etc. I would like to thank the Science Department for organizing this fun-filled learning tour.



My Dog



Samikshya Poudel – IV 'E'

Oh' my Dog
O' my Dog
O' my Dog
You are my best friend.
You play with me,
You chase me,
But all the things you did
doesn't matter.

Oh, my Dog
O' my dog
You are forever.
O' my dog
Oh' my Dog
I love you forever



Illustration by: Chetana Jain IX 'J'

The Story of a Greedy Girl

Shuprashna Shrestha – V 'F'



Once in a forest there lived a girl with her family. Her name was Sashi. She was greedy. She wanted to have what she liked and if she did not get it, she would cry. She would not give her belonging to anyone.



Illustration by: Meghg Thakur IX 'I'

One day while Sashi was going to school with her friends, she saw a big bar of chocolates at the top of a hill. Then she ran up instead of running to school.

As she was running the half way up, she got tired and sat there. From there the way was steep and difficult. She called her friends to go with her but no one listened to her. They said, "Sashi, you are greedy. You never give anything to anyone.

We know you'll take all the chocolate bars."

Sashi began to cry because no one was with her. And it was

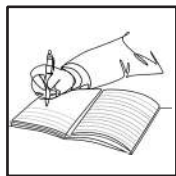
when she realised that being greedy is not good. Meanwhile her mother, father and friends came down from the hills. Her mother said, "Sorry dear! Sorry for this trick!"

Actually it was her parents' plan to teach her a lesson. They had kept a lot of chocolate bars on top of the hill and asked Sashi's friends to act like that.

From that day on Sashi was not greedy anymore.



Biography of My Father



Choyongee Thing- IV 'H'



My father's name is Krishna Bahadur Thing. He was born on August 31, 1983. He was born in Manahari, Makawanpur. His father's name is Bishnu Bahadur Thing and his mother's name is Sukumaya Thing. He has passed Master's Degree from TU. He is a businessman. He works in Om Shanti Auto Center. He likes playing volleyball, taekwondo, football and cricket.

I like my father because he motivates me to work hard and is always in worry when I get sick. He is the most selfless person I have ever met. He is kind and always encourages us to stay positive. So, I think I am very lucky to get a kind father like him.

What is This Magic ?

Dikshya Agrawal - X F



What is this, magic?

It's all full of tragic.

Sometimes everything feels so special,
But people here are really cruel.



Illustration by: Bhawna Sharma IX-'J'

Let's move to the city of dream,
Away from all the singing stream,
Alone dancing and running in the night street,
And giving you a sweet treat.

Let's try to love ourselves and create a new magic,
With this life comes a will all its logic,
What is this magic?
It feels so nostalgic.



A Nameless Traveler

Megha Thakur- IX 'J'



The distance is far, and the way is hard,
But no stop or regret will be bought,
There won't be a meal for someone to appeal,
But if you start, no grief will you feel.

With each step you take, the distance will fall
And every time you try,
you will cross another
wall.

The sky is high, and the
wind is strong,
But if you stop, no relief
will be brought.



Illustration by: Jigyasa Agrawal IX- 'H'

The things that you see,
could your dream it be,
The things that you want are
ahead of this great sea.

The pain that you feel in your heart would you seal,
For the warmth that you want would the cold you feel.

The mountain you climb can feel endless and tall,
But the treasure you find would be greater than all.
The journey is harsh and the path is long
But the glory that you seek to you it would be long.

Looking back at time it is greatness you will find,
The value that you learnt and the trust that you earned
The story that they learn and the glory that you earned
The name that they search, a nameless traveler they learned.



Biography of My Mother



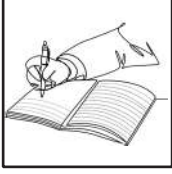
Savya Ghimire- IV 'E'



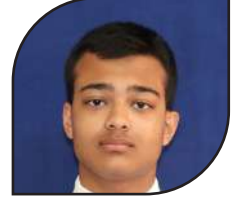
My mother's name is Babita Banjara. She was born on 17th August 1988 in Kavre District. Her father's name is Govinda Banjara and mother's name is Shubhadra Banjara. She has passed +2 from Siddhartha Academy, Banepa. My mother is a homemaker. She likes listening old songs and dancing.

I like my mother because she supports me in every situation. She motivates me in my studies and teaches me to be obident and polite to others. I love to eat delicious food she makes. I love her very much. I will be always grateful to her.

What's Special Today?



Omraj Jha- IX 'A'



Dear Diary,

Everything remained as usual today except for the morning assembly. You know today's morning assembly was quite special. It was something we don't get to see so often.

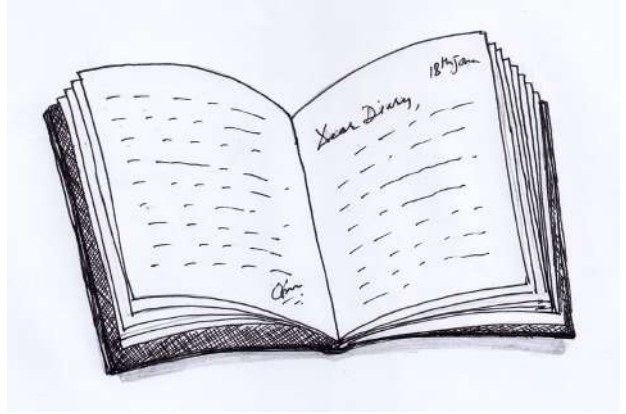


Illustration by: Rajumuni BJ.

The assembly conduction was done by our school's Sanskrit Club on the occasion of Sanskrit Diwas. So, the entire conduction was in Sanskrit— even the national and international news in Sanskrit, sports news in Sanskrit, special item in Sanskrit.

Hearing all the students speaking Sanskrit so fluently was a moment of pride for the students and teachers alike. Yes, you could see it on their faces. All those Sanskrit compositions

drove all my exhaustion away.

You may be wondering why I was already exhausted in that early morning. That's because I had woken up at 3' am to study for the upcoming tests which are starting right from tomorrow.

Well, I was exhausted not because I didn't have enough sleep but because of the pressure of the next day's exam. I was to get a lot of things done though. I studied Samajik Shiksha, Science and a little bit of English as well as Nepali. I must give consistency to my study routine to perform well in the exam. That's it for today.



Biography of My Father



Rihansee Mehta- III 'E'



My father's name is Hari Mehta. He was born on 3rd June 1981, (2035, Jestha 21). He was born in Inaruwa Sunsari. His father was Prem Lal Mehta. His mother was Mahabati Mehta. He has passed Master's Degree from Tribhuvan University. He is a businessman. He works in Balkumari, Lalitpur.

He likes playing football, singing Hindi songs and dancing with Nepali songs. I like my father because he is a kind-hearted and soft-spoken person. When I make mistakes, he never scolds me but teaches me to be a good person. He works till late night to fulfil our needs. So, I love my father very much.

Nature

Aditi Thapa- V 'A'



Nature, Nature, Nature
Where lives so many creatures
It's full of happiness and joy
Where there are little girls and boys.

Wonderful butterfly and bees
Look at the beautiful waves of seas.
The sun is in the sky like gold
Looking at the rivers, and the ponds.

The sun is shining in the sky
Looking at the butterflies
The moon is shining in the night
No one wants to miss this sight

Nature, nature, nature
Where lives so many creatures
Nature looks really good
Every creature in their own mood.



Illustration by: Rajumuni BJ



Books

Jigyasa Agrawal- IX 'H'



Books are our mates
Don't ever be afraid of reading them,
They will always help you
Whenever there is a guest between any two.

Love and respect them
As they are the ones who lead you,
A life as bright as you
If you don't have any friends,
Then make a book are of them.



Illustration by: Rajumuni BJ

You can share anything with them
And they will also share the knowledge they have,
They will help you fight against,
The cruel world outside, hiding,
Then, you can face the fear hiding inside you.

नेपाल

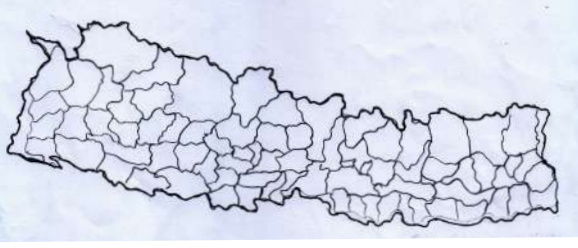


Illustration by: Subheeha Patra IX 'H'



आयुष्मान् श्रेष्ठ - ऋ 'डी'

हाम्रो देश नेपाल
सुन्दर, शान्त विशाल ।
विश्वको अग्लो हिमाल
काँधमा हाम्रो नेपाल ॥

हिमालमा डाँफे नाचेको
पहाडमा गुराँस फुलेको ।
तराईमा मयुर नाचेको
अनेक नदी बगेको ॥

जाति र भाषा धेरै छन्
मिलेर सबै बसेका छन् ।
सीताको जन्मभूमि यो
बुद्धको ज्ञानभूमि हो ॥

कहिले भएन परतन्त्र
सदैव रह्यो स्वतन्त्र ।
सबैको प्यारो नेपाल
मनमा हाम्रो नेपाल ॥

A Bad Memory

Reagan Baidya- V 'D'



Out of all my six years attending this school, this is the memory that I remember the most.

It was when I was about six years old. I and my friends were playing in the school's playground. All the students of



Illustration by: Rajumuni BJ A Bad Memory

my class were running across the ground. Excited as I was I didn't notice who was standing beside me, and so, pinched the one standing on the left. I thought it was one of my friends

but I was wrong. It was Manju Ma'am, my class teacher. As I knew it I got very nervous. But I didn't know what I should say. Ma'am also didn't say anything. I thought she didn't take it seriously. So, I started playing with my friend.

We all went back to the classroom when the sports period was over. The following was Arts period. Soon I join the class. The teacher gave us a task of drawing and I began to do it.

I was doing it keenly when a sister called me. She told me to go to Shanti Ma'am's office.

Shanti Ma'am was the coordinator, and she still is. I was very scared then. When I went into the office I saw Manju Ma'am. She was sitting in the sofa. She looked mad almost and was staring at me furiously. I thought she would scold me.

"Why did you pinch Manju Ma'am?" asked Shanti Ma'am angrily as I stood before her.

"Sorry Ma'am! It was an accident. I didn't notice that it was Manju Ma'am. I thought it was my friend," I said nervously, and apologized. Then Shanti Ma'am reminded me to be careful before I did something. Manju Ma'am too, cooled down and asked me to go back to the classroom. It was a bad memory I still become still nervous whenever I see Manju Ma'am.

Thoughts



Illustration by: Megha Thakur IX 'J'



Subhecha Patra- IX 'H'

Thoughts are a silent prayer without words

It can be sweet or sour just like pears

Thoughts give us the faith to fight

It gives us the motivation

To do something right

My thoughts are like a mess sometimes,

Which is the reason for my sleepless nights,

But, also my thoughts help me to move forward,

When everything feels like giving up.

Thoughts are like a train that never stops

It keeps on moving even in the darkest sports

Thoughts can either give you the hope to fight

Or the tears that makes you cry

Thoughts are the reflection of you

So, be sure to never feel few.

The World is a Village



Illustration by: Subhecha Patra IX - 'H'



Cyrus Gahatraj – XII 'D'

The lines on the map lack true meaning,
They simply help to show nations gleaming,
The roads we once thought to travel along,
Now visited without opening doors proving us wrong.

All the species in the world have the gift to grow,
Yet the world itself sinks low and low,
It's not that past and present, sizes are not the same,
But only to say, the world feels small and tame.

In a sense it transforms to a global village,
The farthest place also becomes the nearest,
The world now has become more daring,
As untraveled roads are open for traveling.

As time decreases, the world turns to a village,
Yet I implore, don't confine it within a village,

Ode to Daylight

Cyrus Gahatraj – XII 'D'

I see all with light, yet it is concealed,
Invisible itself, its wonder revealed,
Look each face with a single view,
No twins found in daylight hue.

Darkness hide many lies we can't see,
And light conceals it quite cleverly,
Not only in day does darkness depart,
Same vanish too, under the moonlight art.

I have seen colors surrounding our days,
Colors seem colorless without mighty rays,
Some colors come slow while others rush,
Complexities are only seen in daylight.

Embrace me with light and let darkness dissolve,
Dreams born in shadows let blindness involve,
In my verse I will capture it gleam,
A longing to see all daylight beam.

Illustration by : Subhecha Patra IX- 'H'

Haiku

Cyrus Gahatraj – XII 'D'

Boat in an ocean
Thirsty I, around water
But no, I can't drink.

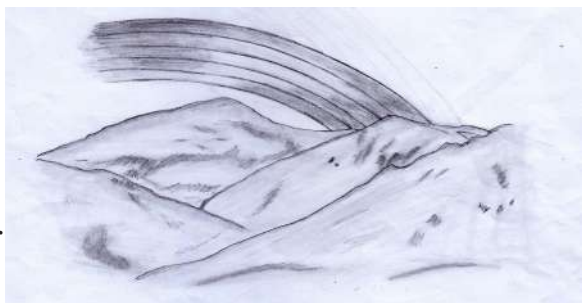


Illustration by: Subhecha Patra IX- 'H'

My Mind

Cyrus Gahatraj – XII 'D'

My mind is like a raining cloud,
Whose water in a filled bowl.
My mind is like a lied stories,
Whose tales are made by imaginative glories.



Illustration by : Subhecha Patra IX 'H'

My mind is like a forget soul,
That walks in a little river.
My mind is not only thought,
Because it is itself an influence people bought.

Biography of My Father



Vedanshi Dumre - III 'C'



My father's name is Dr. Shyam Prakash Dumre. He was born on 25th December, 1978. He was born in Waling -14, Syangja, Nepal. His father was Tika Ram Dumre and his mother was Tika Kumari Dumre. My father is a professor. He has passed Ph. D from Thailand. He works in Tribhuvan University, Kathmandu, Nepal. He likes playing badminton, singing modern songs and dancing with rock songs.

I like my father because he takes care of me and my family. He is my source of inspiration. He is the one who taught me the importance of honesty, responsibility and value of hard work. I love my father very much.

The Spaceship

Madhav Sah – IX 'I'



It was 28th September. I was looking at the sky through my telescope. Do you know why I was gazing into the sky? Don't worry, I will tell you.

I had read in Science that planets come closer to the earth on 28th of September. Also I had read that it has a patch on its top. It has many spots on its surface that show that there was water on the planet long ago. But due to some unknown reasons all the waters vanished. It made me curious, and so, I was looking at the sky through my newly brought telescope.

As I was looking through my telescope, I saw something coming out from one of the spots. It was something strange so strange that I kept looking and looking at it, yet unable to identify. It was looking like a spaceship my teacher had outlined. Still I was not sure. I called my parents to see it. But they too, were not able to identify it. Then we called an astronaut.

"Yes, it is. It is a spaceship," he said and soon started estimating how long it might take to come to the earth.

"Well, it will come here by tomorrow afternoon if it heads straight to the earth, or it may go somewhere else." he said

biting his finger nail. "If it comes here" he added, "it may attack us."

What to do then?

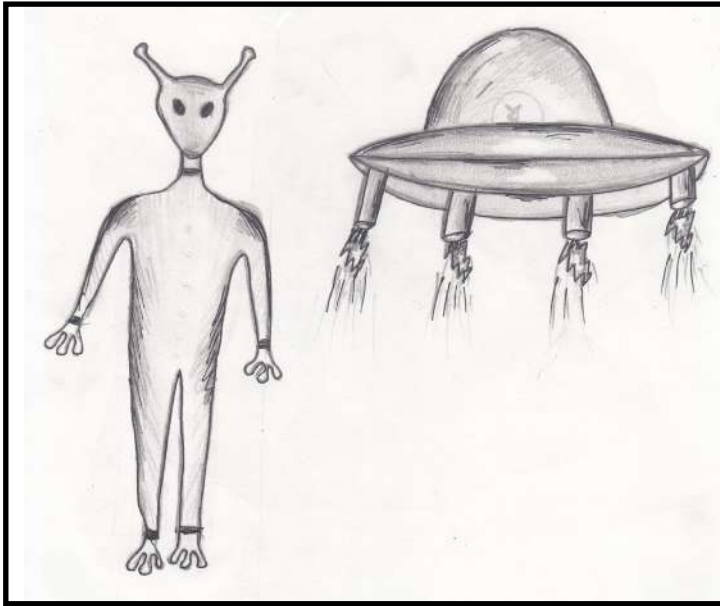


Illustration by : Jigyasa Agrawal IX - 'H'

We called the police. The police stayed alert and so did we. To our surprise the spaceship came closer to the earth exactly on time. As soon as it arrived, the police began to fire. And in reply the people, too, began to fire by marauding over us. It seemed they were searching for someone around there. Scared much I locked myself in the bedroom and crouched under the cot.

When I was coiling motionless, someone knocked at the door. I thought it was my father. I tiptoed to the door and opened it

cautiously. Oh my God! it wasn't my father, and neither was it my mum. What I saw was a green man with two antenna on his head. He was saying something.

First I was aback and he moved further. Then I stopped trying to understand what he was saying but could not at all. Lastly he gave me a pair of antenna and asked me to wear on. Scared yet I thought that it could be a trap. But I was wrong. The thing he had given me was the device to make me understand what he was saying. It was a translator.

"Help me, please," he said when I asked him what the matter was," and went on, "I, along with my friends came here to see the earth. But our parents don't know it coz we left home by not letting them know it. Why they have come here is to take us back home. Please tell them to stop firing." "Good heaven! But how.....how can I tell them to stop firing?"

I took the green man up to rooftop and shouted, "Stop firing! Stop firing! They have come here not for fighting, but for taking their children back home! Here comes one! You see here!"

Thank God! Firing stopped. The police apologized for not understanding the matter and the aliens compensated the damage caused due to the firing and they went back on the same spaceship.

My Best Friend

Dikshya Agrawal - IX 'F'



Before you came to my life, I was all alone,
After you came, my life became best overblown,
Our friendship was totally unexpected,
Now, we are heart to heart connected.

You never let me fall,
You came in my every call,
You stood with me in my every failure,
And taught me to deal with that failure.



Illustration by: Mr. Mangal Prajapati

I hope our friendship remain strong,
And I believe, we never go wrong,
Thank you for standing by me in my hard time,
And help me smile all the time.

You are very special to me,
So, never cry when you don't find me.



A Visit to Sauraha

Aksat Shrestha – IX 'E'



Exploring Sauraha and its natural beauty was a part of our school trip. In this trip we, the students, were taken to visit Gorkha and Sauraha during our winter vacation. It was at 8 am of December 28 when we started our journey with full excitement. We had a good time on the bus and enjoyed with our friends.

Our first destination was Gorkha where we got the opportunity to see the amazing art and architecture of the Gorkha Palace. Then we went to the Gorkha Museum. There we had a view of historic weapons and came to know a lot more about the history of Gorkha State.

We had our lunch at about 12. The food they served was very tasty and fresh. We clicked lots of photos and enjoyed much over there. Lastly we headed to Sauraha, our final destination in the evening. We stayed at a resort in Chitwan where we had a sound sleep in a cosy bed at night.

The next day, right after having breakfast we went to explore Chitwan National Park. It was really a wonderful sight. There were different kinds of wild animals like deer, rhinos, elephants, tigers etc. and various species of birds like parrots, peacocks.

We became much more excited to see such beauty of nature. We enjoyed a lot there. Also we went to the elephant breeding centre. We saw many baby elephants. They looked cute. To give more details about elephants there was a guide who explained about their food habit, breeding and their behaviour. Besides this he told us about the importance of wildlife and their preservation.

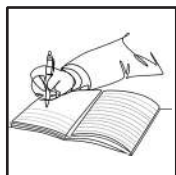


Getting back from the National Park we visited the local markets as well as Tharu villages in Chitwan. We learned about their culture and tradition, and watched the famous Tharu dance in the evening.

The next day, i. e. the last day of our trip, we went to a famous Bish Hajari Taal where we saw many crocodiles. We clicked several photographs of those amazing reptiles. Moreover, we liked the peaceful and beautiful environment of Bish Hajari Taal. I had never seen such a beautiful place before.

On the third day we ended our journey. Passing through the scenic views of rivers, hills, and forest we got back to Kathmandu on 28th December. We came to an end in school at around 4 p.m.

Standing as an Anchor at the Closing Ceremony of English Week, 2023



Nandini Rai – XI 'A'



9 June, 2023

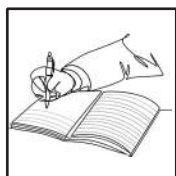
Dear Diary

I was the anchor for the English week's closing ceremony. Do you know how nervous I had gone? I was terribly nervous as often. After so long it was to face the biggest mass, and speaking in front of everyone in Buddha Hall, in front of the chief guest, parents, Principal Ma'am and teachers was really challenging.

Before the program, I had had a confidence that I would be able to do it, for I had been the host for many other programs held in the school but it was the one which had assembled so many people there.

The panic began right from the beginning. I felt an uncontrollable cough itching my throat and heard my organs moving. I could hear the food that I had eaten rattling my stomach, and feel my intestines moving. I didn't know when my eardrums would go blast and my heart would anytime come to my hands. It went on until there prevailed a silence. But after the programme had ended, I knew it was all worth it. It taught me lots of things.

The Last Day of My German Youth Camp



Vanshika Agrawal – XI 'B'



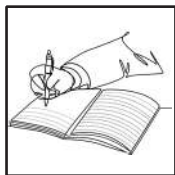
22 July 2022

Dear Diary

Today was a day full of emotions. The past few days which I spent with 71 unknown people from 21 different countries in an unknown, but now a memorable city of Frankfurt has now come to an end. Today was the last day of my German Youth Camp. My friends are probably still partying out, nudging each other in the lobby below but right now I am staring these memories so that I can cherish them forever.

Today was a day filled with cherishment of the past. We ate all our favourite dishes from past few days. Mime was "pommes" which translate into French fries but a little thicker one with Cheese sauce. We had cultural exchange, in which we gifted items to each other from our hometown. We sang our camp song throughout the streets of Frankfurt. We cried, laughed and hugged each other wondering if we would ever see each other- I wish today would never come to an end.

Fresher Day Experiences



Tanisha Maskara – XI 'D'



4th August 2023

Dear Diary,

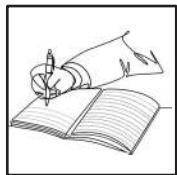
Today I am super excited. You might think it correct. Today I would like to share my "fresher day experience" with you. Well, it was held on June, 2023. You Know that I, along with my batch mates had got gifts like bottle award kind of . I enjoyed a lot. I wish that I could capture all my views and memores in you with my pen. You won't believe me.

(Yet). I truly, had enjoyed a lot. It was true and lovely surprise given by Grade XII to XI students for welcoming us in the new phase of life. We ate yummy food like pasta, rice, and ice-cream.

You know I was too nervous to appear before new mates when we arrived at school. I was much tensed wondering how I was looking like. Soon we were taken to the college building where we had breakfast. Then we went to Buddha Hall and got some information related to the programmes.

The programme was hosted by The Head Girl. It was a true memory, as there was a band which gave us a surprise with a lovely melodious song. I joined the dance with my friends. It was the best programme I have attended so far. I still can't get over the day when I was myself a fresher. It's all about today. I will keep sharing with you if I should have such refreshing moments again.

A Visit to Bhrikutimandap, Kathmandu



20th August, 2023

Dear Reader

Manshi Singh – IX 'F'

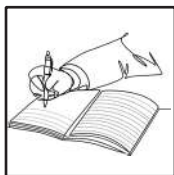


It was a very eventful afternoon. I arrived at the destination with my family at about 2:45 pm. We had made a plan to visit Bhirkutimandav, theme park for quite a while now. By the time we arrived the park was almost crowded with people. However, it was not much surprising to us because it was a working day for the majority. We endured the silence as we headed on with the day.

In the beginning, we all agreed on meeting father after he had parked the car at a parking lot. After the meeting we headed towards the gate of the park and registered our names. We moved through the entry gate to be welcomed with many shops, stalls and games which we could experience. As it had been a long time since I had visited the park, I was kind of bummed out to see that many of the rides were under construction, under maintenance. All the same I chose to have a ride, a horse ride basically. I had rounds and round on the ride until I felt dizzy.

After an hour or so we headed to a restaurant nearby to have some snacks. Then we realized that the day was slowly coming to an end. 'It's time to go home,' said my father and we headed, tired just as if we had run through the entire world. I was quite happy and relieved. Although it was the shortest one, but the best experience I have ever got because I was with my family. We had a great fun. I wish to spend my time with my family once again.

My First Periodic Results



Oorja Joshi – IX 'D'



Dear Diary,

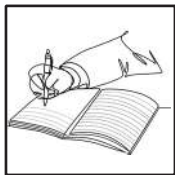
Hi diary, how are you? And I'm totally fine doing here. It has been a long time I have not written to you, and you already know that I only share with you, some of my fun, specific or exciting whatever. And here I am with my topic " My first periodic result day". So here, I begin:

As you remember I had written to you in the past year (2022) when I was in Grade 8th and the topic was "first periodic results". I was pretty satisfied that I had got 3.54 GPA. But guess what I got in Grade 9 first periodic examination? It's 3.77 GPA. I was over the moon, to be honest. It was my first highest score. My family were proud of me.

As I remember over the past Grade I promised myself to work hard. And honestly this time I did not try too hard but still got 3.77. I was pretty surprised. You know that I only share these things to you, and not to others. And you know that I am flexing a bit. And I'm sorry about that. Anyway, I'll work hard in my future and get better scores.

With this I would like to end my writing here. And remember that I will share my every moment of joy to you. Take care.

A Strange Incident



Subhecha Patra – IX 'H'



Dear Diary,

I hope you did well today. And about me? Well today was a pretty strange day. Let me tell you about it. Yesterday I had a pretty mundane dream. I saw as I was walking to my house from school, a random boy came up to me and handed me a crumpled up letter and he magically just disappeared into thin air. But that was just a dream so it is understandable.

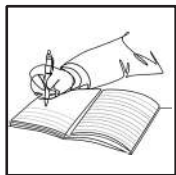
However, the loop continued as today when I was coming to my house, a random boy stopped me at the edge of the road. He looked familiar with his crystal green eyes and brown messy hair. He started talking to me about my whereabouts. The way he was talking to me made me think as if he had met me before. I was too confused to ask him anything, so, I just casually replied to him.

After a while, he pulled out a vintage looking letter from his pocket and handed it to me. The nostalgia of yesterday's dream hit me with a force. I looked up wide-eyed to ask him about it but to my surprise there was no one standing there.

I looked around here and there but there was no sign of the sunny-haired boy. I clutched the letter in my hand and walked to my house in a daze. I kept the letter on my table and decided to read it later. After dinner I quickly, came to my room so that I could read the letter. But guess what?

The letter was not there! I tried searching for it everywhere but it was of no use. I finally gave up and now I'm sitting here writing this. Maybe all of this was just my imagination. Hmm! Goodnight.

A New Starting



Aarya KC. – IX 'J'



Date: 4th August 2023

Dear Diary

Today was the first day back at school and it went well I guess. I had been imagining about how my first day would be. It didn't go as planned but at the end of the day it all came into place. Stepping inside of the school after about a month I had many emotions running through me.

A half of me was excited to see my friends but the other half was anxious to see if I would be in the same section where the others used to be. I marched up the stairs with confidence and looked at the name list to see who my new classmates were. As I looked through the list I had a wave of emotions that hammered me hard.

You see I was not with whom I wanted to be with. Like me some of my friends were sad not seeing my name in their list. I stood nonplussed wondering who would be my friend, who would I share my feelings with, homework with.

Any way it was a fresh start again. Don't worry, I'll make a new friend to share my feelings, emotions, homework, etcetera and etcetera. Goodbye! See you next time.

First Day after Online Class



Keepa Maharjan. – IX 'B'



August 4, 2023

Dear Lily,

It was my first day at school after online classes. I was in a new school and with new people. I was scared at first but thought it would go by.

When I reached school I was having trouble knowing not where my class was. There were two girls who helped me to find my classroom. I can't even remember their face or the name now. They were nice anyway.

When I entered the class, I was scared because everyone was staring at me. I didn't know what to do. So, I sat in one of the benches. Then the students stood up and came to me to have my introduction. They talked to me politely. I was moved with how they behaved. My previous school's people had never behaved in the way they had. They were very nice indeed.

You know most of them are still my very close friends, particularly the four who are my best friends now. It was in 7th grade and now I am in 9th. It's been a long time, but I still recall the day when we were in the same class. It was one of my best days.

I still miss that class. If I could go back to that day, I would go with no regret. It was the day when I truly understood the meaning of friendship. They had helped me when I was in need. I had no idea at all of the school and rules, and they backed me every time. I wish we all could be in the same class once again. Bye, Lily

Why is Participation Important ?

Akshay Shah. – IXI 'D'



"Imagine a classroom where everyone feels comfortable sharing their ideas and opinions. The best classrooms are those where everyone is engaged and participating. It's where knowledge becomes action, and where ideas come alive."

Participation in any activities plays an important and valuable role in learning. It is an opportunity to express our views and ideas. speaking in front of a group doesn't come easily to many of us and speaking up in class is a struggle for many students .it can be seen in a variety of ways like, not answering questions, not asking for help and even not talking in class at all. We always fear and avoid ourselves from participating in activities fearing about the embarrassment and sounding silly in front of others.

Participation and interaction is needed in every classroom activity. It helps the teaching and learning process run smoothly .When students speak up in class, they learn to express their ideas and when they ask questions, they learn how to obtain information to enhance their knowledge and understanding. It is a very valuable learning tool for the students as well as the teachers. . Active class participation also improves creativity, improves our higher level thinking and even helps to boost up

our self-confidence.

Apart from academics we should also participate in extracurricular activities.

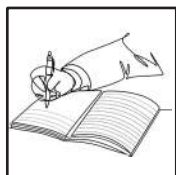
Co-curricular activities in school refers to art, dance, music classes, sports, quizzes etc. that take place during the day. In either case, participation helps students in emotional development, social skill development, and overall personality development.

Though we should participate in all sorts of activities, we have to maintain the balance of extra activities as well as academics.

A healthy balance of academics and extracurricular activities is the key to a successful student life, whereas an imbalance causes poor performance and can lead us to stress and anxiety.

"Participation may seem scary at first, but with the right approach, it can be a powerful tool for learning, personal growth, and community-building. By embracing participation and seeking out opportunities to contribute, we can make a positive impact on those around us and in our communities. It's time to step out of your comfort zone and start participating in your education, work, and life. The power is yours to take action and make a difference." "Participation is the key to human well-being. It is not just about being informed. It is about being involved. It is not just about watching. It is about playing an active part. It is not just about listening. It is about contributing and making a difference. It is about being a participant, not just a spectator, not just an outsider."

Taylor Swift



Aakriti Jha – IX 'G'



Taylor Swift is a Native American Music Artist. She was born on the 23rd of December, 1989 in a small town in America. She began her music career in her young age of 15 and today, she is one of the most successful and popular music-artist in the world. She is adorned by people of all age groups because of her unique style of composing lyrics and expressing them in her pleasant voice.

She has won hearts and loyalty of billions of people till date. Not only did she win hearts but she's also achieved many awards in her music career. She has won over 7 Grammy's and 9 Vamps awards which are the most prestigious awards in the music industry. But this journey obviously wasn't easy. She went through a lot in the beginning. She had just received a lot of love and support in her first few albums which she unfortunately got scammed. As a young teenager it was very difficult for her to face everything but she still handled it very well.

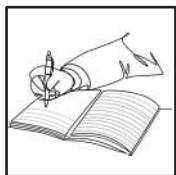
The music production that she was working with, stole all her albums and she didn't own any of her music. Everything she was earning from her music was going to the production team. Even after all this she didn't give up. She released even more albums and decided to rerecord her stolen ones. After this, she posed even more and helped the society and her country a lot. Her albums are Taylor Swift: debut, Fearless, Speak Now, RED, Reputation, Folklore, Evermore, Lover and Midnights.

Over 15 Billion people listen to her monthly on Spotify. Her fans identify themselves as 'swifties'. Unlike other singers, her song lyrics hold deep meaning. I myself am a swiftie and adore her songs. In today's era, her music is like the rapy to many teenagers and she heals our soul.

In this year, Taylor Swift had a world wide concert tour, which she calls 'Eras tour" This tour literally boosted the overall far economy of the USA so much. She dedicated a lot of her earnings to charity as well. Today, she is an iconic personality. But all this started when she was just 13.

Her career started when a guy came to her house to fix a computer. He had a guitar. Taylor looked at him and told the guy that it looked good. The guy asked her if she wanted to play it. "I wish....", she answered. Then the guy offered to teach her every week and gave the guitar to her. This is when, she became really good at it and wrote her first song, Enchanted". And now, she wins the hearts of billions of people. She heals them, including me.

Katherine Johnson



Aastha Thakur: XI 'B'



The present world is a world of equality where every single human has the right to participate in all fields irrespective of race, religion, gender or any other diversity. However, it is not always the same. The human civilisation has gone through multiple changes, some good and some bad. Katherine Johnson is one of those great personalities who broke all the barriers of differences and discrimination and inspired the future generations.

Katherine Johnson was born in an African family in West Virginia. She was not from a very economically well-off family due to which her childhood was pretty difficult. However, no difficulties stopped her and she graduated at an early age of just 14. She later on started teaching and got married at the age of 33. She applied to NASA (National Aeronautics and Space Administration) and was deployed as human computer

to calculate the trajectories. She was kept separately to the other white employees who were pretty deceitful. However, her amazing talent helped her rise up among all her colleagues.

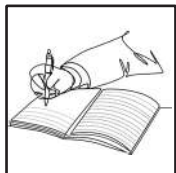
She had a prominent contribution in different space missions. She worked in NASA for about 33 years with Apollo 11 and she was the woman behind the great success of missions that include Apollo 11 mission, the first one and the mission 1962 (The friendship mission). In fact, John Glenn denied to go on the space mission of 1962 unless Katherine personally reviewed the calculation of Trajectories.

Her contributions were so astonishing and significant that she was awarded the Presidential Medal of freedom in 2015 A.D. by Barack Obama. She also raised voice for fair pay for the women employees and advocated to uplift the involvement of women in STEM areas.

Katherine Johnson once said in one of her interviews, " I never ran away from my work playing sick or any- thing: The one problem I had was answering questions to the world which I did in the best way possible." This undoubtedly proves her dedication in the field. She stands as the biggest inspiration for those who always get back thinking that their problems or difficulties are the barriers for their success.



Mahendra Singh Dhoni



Archit Singh : X 'H'



"Dhoni finishes off in style with a magnificent strike in the crowd and he is an Indian captain to lift World Cup after 28 years."



In a small town of Jharkhand, Ranchi the two parents Pan Singh Dhoni and Devki Dhoni were blessed with a legend one whose name will be chanting in all Indian crowd. Dhoni was brought and raised up in Ranchi.

From his childhood he had interest in Football. His love and passion for football had far away opened a door for cricket which he never thought. His potential in cricket was recognised by his coach Mr. Banarice. His love for cricket increased but it was not living a good impact on his father. But his sister supported him a lot in cricket.

After his day to day game improvement, his father started believing in him and his performance. His game was recognised by Railway chief which led him to giving an opportunity of Job in the railways. But Dhoni didn't favour it much and left it behind and thought of giving his full dedication towards cricket. After being selected in Indian Team he married Sakshi Dhoni.

In the beginning of his career, he consistently lost the matches and was hated and criticised by all Indian Cricket fan followers. After that, BCCI recognised his talent of leadership and he was appointed as the captain for T20 world cup which led to victory for India. Then people again started believing in Him.

The Final Day, (11-11-2011)

The final match was played between India vs Srilanka under the captaincy of Dhoni. First it was batting of Srilanka leading up to target of 245 run.

We thought an easy target to be chased but during our opening all the star batsmen became out one by one. Then batting came of Dhoni. We thought Yuvraj Singh should come because he was at his prime during tournament but Dhoni came and played a captaincy inning and leading to a win, by hitting a sixes and fours all around.

Life of Putin



Ishan Khan - XII 'C'



Today Putin is one of the most powerful and the most influential people of the world. Born on 7th October 1967 at St. Petersburg Russia, he has served as the President of the Russian Federation for more than four terms.



During the Soviet Era, Putin served as an undercover spy for the KGB, the popular Soviet intelligence agency. After the collapse of the Soviet Union, he was heartbroken to see his country fall apart.

During the 1990's, Putin resigned from his post of senior spy and decided to join the Russian Politics. With the help of his KGB comrades, Russian mob bosses and the oligarchs, he rose to power becoming the mayor of St.Petersburg. During his time as mayor, he was able to win the hearts of the Russian

people through his influential speeches and debates which mainly focused on to reunite Russia as a global superpower.

After the 1998 Moscow bombing by the rebels of Crimea, Putin was able to influence more Russian citizen through fear. Due to this, his approval rating suddenly jumped from 2% to 49%. And during the 1999 election, he became the Prime Minister of Russia.

During the New Year's Eve of 1999, the then president resigned making him the President of the country. After he rose to power, he successfully invaded two of Russia's neighbours Georgia and Ukraine. Ever since Vladimir Putin became the President, he has suppressed the Russian media as a propaganda weapon to deceive the general public.

In the beginning, he worked to suppress the 12 Russian oligarchs who were powerful due to their states in the Russian natural gas sector. He favoured those who supported him and eliminated those who didn't. Afterwards, he shifted his focus to stop the eastward and came across the North Atlantic Treaty Organisation (NATO) or North Atlantic Alliance (NAA).

Currently, Putin is fighting a bloody war in Ukraine. Despite Russia facing criticism, Vladimir Putin stands strong like a beacon of hope providing stability to Russia and the Russians.

BLACKPINK



Keshavi Somani - X 'F'



Blackpink -the world's greatest K-pop girl band is making history around the world. The one who struggled a lot and who had to live with cockroaches in their houses, have now become the world's greatest singers with fans all around the globe.



Blackpink has four members - Jennie, Jisso, Lisa and Rose. Each singer is from different parts of the world. Jennie and Jisoo are both from South Korea. Rose was raised in New Zealand and Lisa is from Thailand.

Blackpink has grown out with a concept of dark music.

They produce songs on how we should fight problems in our life. Their songs help us to cope up with the hardest of all situations in our life with all our strength.

They debuted in YG Entertainment on 8th August 2016 with the song "Whistle". It became a hit overnight and named their fandom 'Blink' within a month. It was followed by their new beats, like Boombayah, How You Like That, Ddu-Du Ddu, Ice Cream, As If It's Your Last and et cetera. They have collaborated with many big artists like Dua Lipa, Selena Gomez and have broken many records too. Their new release was hit in Billboards.

They have organised many concerts all over the world including Coachella and Los Angeles (LA). Their contract expired on 8th August 2023. But for their fans sake, they again renewed their contract. And now they are going to come with a big comeback.

These 4 girls have become an inspiration for thousands of girls and youngsters around the world by their devotion of never giving up no matter how much struggle they face or hate they get. They have also taught their fans to work for their dreams and what not they would achieve.



SIR ISSAC NEWTON



Krish Mahato - XI 'C'



Sir Issac Newton was born on 4th January 1643 and died on 31st March 1727. He was an English mathematician, physicist, astronomer, alchemist, theologian and author. He was described in his time as a natural philosopher.

Moreover, he was a key figure in the Scientific Revolution and the Enlightenment that followed. His pioneering book,

first published in 1687, consolidated many previous results and established classical mechanics.

Newton also made seminal contributions to optics and share credit with German Mathematician Gottfried Wilhelm Leibniz for developing infinitesimal calculus.

In *The Principia*, Newton formulated the laws of motion and universal gravitation that formed the dominant scientific view point for centuries until it was superseded by the Theory of Relativity.

Newton used his mathematical description of gravity to derive Kepler's laws of planetary motion, account for tides, the transections of comets, the precession of the equinoxes and other phenomena, eradicating doubt about the solar system as heliocentric.

He demonstrated that the motion of objects on earth and celestial bodies could be accounted for by the same principles. Newton built the first practical reflecting telescope and developed a sophisticated theory of colour based prism separating white light.



The Eveland



Manshi Singh - IX 'F'



Mr. Ike Eveland is a great novelist, who has a great history of being a multitasking. He was born on 12th of July in the great land of Sweden. He is a well-known individual around the present year with a great number of followers along his side inspired by his works.



Mr. Ike Eveland joined the company, Nijisanji, on 11th December 2020 and made his debut on 1st January 2021 along with his co-workers and gen-mates. Mr. Eveland was renowned with the like of The Novelist from the past " from his followers and was a member of the new wave of Nijisanji En's

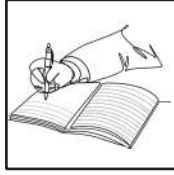
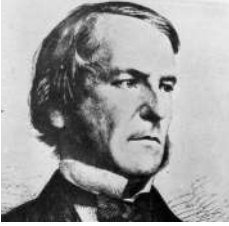
4th "Luxiem" with his gen-mates Luca Kaneshiro, Vos Akuma, Shu Yamino and Mysta Rias.

He is known for his amazing work with novels and music and has a fascinating liking to caviar on toast and a wide knowledge on The Vocaloid genre. His new found job as a V-Tuber on the internet has gone a long way as up to 2 years by now and he wishes to continue his work as said by him on his latest vods.

He was known/ given the title 'The man of gender' C "Funny Swedish Man" "The Vocaloid King" and many more, there is even a particular title for him given by one of his gen-mates Mr. Vox Akuma for their Vods together and is named as the Horror for Husbands as some may say. He is also famous for his humor and way of expressing him-self to others around him despite showing a whole new personality with other very close to him.

His voice being quite relaxing and charming people usually like his Zatsudan Vods on his stroms. He has collabed with many different V. Tubers personalities in his time and will continue with Mr. Eveland who is greatly praised for his knowledge of languages as he is fluent in all English and Swedish along with Survival" Japanese. He has met talents world - wide who along with his co-workers and his followers expect more from him in the future alongside him.

George Boole



Nistha Jain - XI 'D'



George Boole was born on 2nd November 1815 in Lincolnshire, England. He died on December 8, 1869, Ballintemple, County Cork, Ireland.

George Boole was an English Mathematician who helped to establish modern symbolic logic. His algebra of logic and many other contributions are there in the world today. 'Boolean Algebra' is named after his last name 'Boole.' The Boolean Algebra is basic to the design of digital computer circuits.

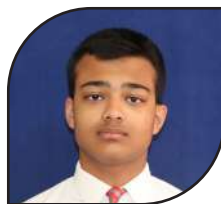
George Boole is a legendary mathematician, who is also known as 'Grandfather of the digital world and one of Lincoln's greatest minds.' His ground breaking work 'An investigation of the Laws of Thought' in 1854, formulated his 3 fundamental laws of logic that is now known as 'Boole's Law of Thought.' These laws established a mathematical framework for reasoning and laid the groundwork for Symbolic logic - a method of representing logical relationships using symbols rather than words.

Overall, George Boole's contribution to logic and mathematics have had a profound and lasting impact on fields such as computer science, philosophy and engineering. His ideas continue to be a prerequisite in the design and functioning of modern digital technologies.

Dr. Sanduk Ruit



Omraj Jha - IX 'A'



Dr. Sanduk Ruit was born on 4th September, 1954 in Olangchung Gola, that lies in Taplejung district of Nepal. He was the 2nd son out of his parents' six children. His father was Sonam Ruit and his mother was Kesang Ruit. Ruit was born in one of the most remote areas of Nepal.



Due to the lack of health facilities, he lost three of his siblings to simple diseases that could be cured with modern medicine. The death of his younger sister, Yangla had the most impact on him. After this, he was determined to become a doctor for the poor.

The nearest school from Ruit's village was across the border in Darjeeling, India. He began his education at the age of 7 in St. Robert's High School. He later shifted to a school in Kathmandu and completed his school level education. He later completed his MBBS from King George's Medical College, Lucknow, India. His father ran a small business to provide for his education. Ruit mostly studied under scholarships.

After completing his MBBS and working in Tripureshwor Eye Hospital for 3 years, he wanted to specialize in Ophthalmology and completed his MD from AIIMS, New Delhi, India. As he continued to work in Tripureshwar Eye Hospital, he met an Australian Ophthalmologist who offered him the chance to study more about cataract surgery.

Ruit accepted the offer and they went on to develop Small Incision Cataract Surgery (SICS) with the use of intraocular lenses. This method was very affordable and cheap compared to the western method. With the help of this, Dr. Sanduk Ruit went on to treat more than 180,000 people in several countries across Asia and Africa. Most of them were from remote areas with no health facilities.

He set-up makeshift surgery rooms and performed the surgeries, He gave people the ability to see again after several

years. For this, he is known as the god of sight. He also set up Tilganga Research Center in Kathmandu.

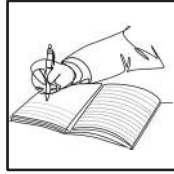


For his selfless service, he won awards such as Padmashree, Asian of the Year Award and many other. He made his country Nepal, known all over the world through his dedication and efforts.

He is an inspiration, not only for health professionals and social workers, but for everyone. In 2020, he also received Janasewashree Award from the Government. He is still continuing to serve the people as the eye surgeon. Likewise he is also dedicated in various social welfare programmes.



Florence Nightingale



Oorja Joshi - IX 'D'



Florence Nightingale was a generous lady. She was born in 1820. As a child, she was a very helpful person. Later, she grew up to become a well-known person and changed the hospital to - keep it clean.

During her childhood, she loved to do and learnt many more new things. She used to get excellent grades during her schools and colleges. She passed many high-level examinations. Her ambition was to become a perfect nurse. And for this, she worked hard day by day and finally became a nurse.

She became an inspiration and motivation to many people. She cared many patients and even established some of the important hospital regulations. She is also known as "The Lady with the lamp" as she used to care the injured soldiers during the World War -II every night with a lamp. She was a very helpful lady from the very beginning.

Moreover, she has won many awards and was the first nurse in the world. Due to her generosity, her birth date is celebrated as international nurse's day. She died in 1900's which was a very heartfelt thing to hear. However, she is still alive in our hearts. She taught us many things. And she stood up for women's rights. We will never forget her kindness and generosity towards the world and us.

Biography of Indira Prasai



Prashan Maharjan - X 'E'



Indira Prasai, known as the legendary person gave many literary works to Nepal. She wrote many poems and stories in different genres. Indira Prasai was born on 3rd Falgun, 2014 BS, in Darjeeling. Even though she spent her childhood in Darjeeling she lives in Kathmandu. Her father was Ganesh Prasad Sharma and mother Durgadevi Nepal. She studied M.B.A in Tribhuwan University, Nepal.

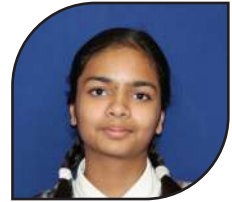
Indira Prasai is one of the known literati of Nepal. She has literary works like writing a story, poem, novels, short poems, and biographies et cetera. She has good hand in writing about her thoughts. She has played a vital role in the literature of Nepal. She is wife, mother, woman, social worker, literati and many more. She writes on various diverse topics which is her speciality about writing. She has obtained all the knowledge through her career.

She received many renowned awards like Yuba Barsa Moti Puraskar, Madan Puraskar, Rastriya Yuwa Pratibha Puraskar, Rastriya Gaurav Yuwasamman Puraskar, Deepjyoti Puraskar and many more awards. We can get many inspirations from her works. She is always helping people as a social worker or writing books of our interest which develops the inner-thoughts of a person.

A Life Full of Hard Work



Shanaya, Agrawal - IX 'T'



Born during a hot summer morning, in the small village of Rishikesh, India was a girl from a poor family who hardly had money to feed themselves. She started doing job since the age of three. And she is none other than Neha Kakkar. On June 6, 1988, she entered this world with a dream of being a successful singer.



Growing up surrounded by the family problem, she had a lot of things going in her mind. With the help of her sister Sonu Kakkar and brother Tony Kakkar, she did many 'Mata ki Jagrans' and 'Mata ki Chowki' to earn money for her family so that they could at least feed themselves. They worked all night and hardly got enough for their work.

She worked hard to balance her studies and work. She faced many problems. One fine day she got a call from Delhi who wanted Neha and her two siblings to perform there in a function. And to shift to Delhi, it needed a lot of money which they couldn't afford but still for the passion of Neha, her parents agreed and shifted to Delhi. In Delhi, she had to work for extra

hours and her dad used to sell samosa in a small cart. Her life went on like this until one day she took the initiative to give the audition for a very famous reality show 'INDIAN IDOL'. She stood in line for hours to give her audition and moved a step forward for her passion.

She got selected as a contestant in the show. She went until the semifinal round but sadly got rejected. She couldn't win the show but gradually after a few years she got a call from a music composer. The composer wanted Neha Kakkar to sing a song for an upcoming movie. In this way, she finally launched her first song 'Jawani'. Her song became very famous. And slowly she got many songs to record.

Meanwhile, she and her sister Sonu Kakkar also sang a combined song for the movie 'Queen' which again was a hit. The title of the song was 'London Thumakda.'

She recorded many songs like Dilbar, Saki-saki, Humsafar, Rock star, Kala Chasma and many more. Neha has more than 100 songs which today are very famous and are loved by all. Although her journey was full of problems and challenges, she kept on working hard. And today she judges many reality shows like Sa Re Ga Ma Pa, Little Champs and Indian Idol. Once she a contestant in a show is the judge of the same reality show, today.

Today Neha Kakkar comes in the top artists not only in India but in Asia. Her songs often hit millions of views. And her fans are known as 'Ne Hearts'.

Virat Kohli



Sharad Kabariga - XI 'E'



Virat Kohli was born in a middle-class Punjabi family. And he is a fine national cricketer from Delhi, India. He is 34 years old.



Virat was passionate about cricket right from his childhood. But he was not that good in studies. Therefore, he did not like to study. It was once when he got only 8 marks in Maths. But he was a very talented cricketer. He found some teachers who

supported him. His parents also supported him a lot. And he successfully debuted for India in 2011.

He had been playing IPL for RCB from the first season from 2008. The day his father died; he had a Ranji Trophy match. He attended his father's funeral and went to play the match where he hit his first century. He also contributed a lot in 2011 ICC world Cup.

He married Anushka Sharma in 2018. He ultimately became father in the year 2020. His daughter's name is Vamika. Till now he has hit 76 centuries in different international matches. His best match is with Pakistan in 2022 T20 World Cup where he made India win the losing match by scoring 82* runs.

Right now, he is the brand ambassador of many brands like Puma, Wrogn, MRF Tyres etc. He is the richest cricketer and takes crores of rupees for a single advertisement posted in social media. He has many luxurious cars.

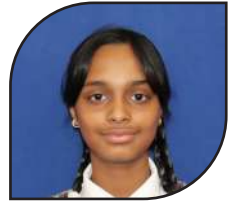
He has also the record of highest scores in IPL 2016 season i.e. 75. He is the only cricketer who hit centuries in all the cricket formats. He has the largest fan following and has 257M followers in Instagram. And he is very handsome.

Today he is the role model of millions of people. love to watch him play cricket every time. He is also known as 'Run Machine', 'King Kohli', and 'King of the Cricket'. And he believes that he can break the record of Sachin Tendulkar of 100 centuries as he is one of the fastest runners and the fittest cricketer.

Subhash Chandra Bose



Simon Ginodiya - IX 'H'



Subhash Chandra Bose, popularly known as Netaji, occupies a respectable place in the Indian history of independence movement. He was a man of great courage, single minded and dedicated leader who burned with patriotism.

He wanted to free India from the British yoke, not by peaceful agitation or petitioning, but by waging an open war.

He went abroad, collecting a big army of Indians. They fought like Mazzini and Garibaldi of Italy. This is rarely mentioned in the annals of liberation movement all over the world.

He was admitted to the protestant European school in Cuttack for primary education. When he was fifteen years old, Bose read the writings and speeches of Swami Vivekananda. And inspired by them, he became greatly interested in the

teachings of Sri Ramakrishna Paramahansa too. He left his school in 1909.

He observed a psychological change in himself after his admission in Revenasha Collegiate School. The school's atmosphere was totally Indian at school. He was always serious, reserved and did not take much interest in sports. The 'sadhus' and pilgrims visiting Puri, the famous Shrine near his place everything about there fascinated him.

After his school, Subhash joined the Presidency College, Kolkata that made him go in search of a Guru in 1914. He started a debating club in his college saying that India, in her forthcoming struggle, would need great debaters and parliamentarians.



After the time passed, Subhash reached Mumbai and met Gandhiji. He never agreed with Gandhiji on the issue of using non-violence as the only strategy for freedom struggle. However, Gandhiji was impressed by him and sent him to Bengal to work under the guidance of Deshbandhu Chittaranjan Das, the most popular lawyer of Bengal.

Rabi Shakya



Snigdha Shakya - X 'B'



In this world, many admirable and great achievers have been born. But among them, the one who has mostly influenced and inspired me is my father – Rabi Shakya.

He was born in Itumbal, Kathmandu on 25th November 1973 A.D. He was the second youngest son of Nani Hera Shakya and Rajikaj Shakya. He came from a poor family with five siblings. Having a sick mother, he was raised by his sisters and had a challenging yet memorable childhood. However, he was a very sincere and diligent child who excelled in studies.

After completing his SEE ranking in top 10 in Nepal, he pursued the path of becoming a doctor as inherited by his family members. He did his Bachelor in Bangladesh and finished his MBBS in one of the top medical universities in Delhi, India.

Thereafter, he went to do MD in psychology in medical science becoming one of the first few psychologists in Nepal. He got married with Ambika Lama at the age of 32. He left

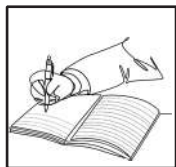
his home and went to work at BP Koirala Institute of Health Science Dharan for 5 years.

There he continued his career in Mental hospital for 5 years. And finally, he joined Patan Hospital opening the psychiatrist department there. He got promoted as a professor and also became Head of Department of psychiatry. He is now the Director of Patan Hospital.

During his career he did several researches, published books, did several conferences and has earned a notable position in the medical field in Nepal. He received several awards and is now a well-respected doctor.



Vincent van Gogh



Soumya Bista - XII 'A'



Art is a universal language that transcends the barriers



of spoken words. It is unique, personal and remains as one of the finest forms of expressions of emotions. Art depicts the minds of the artists, their feelings, thoughts and the deepest emotions. And one artist who stands out by expressing the emotional turmoil through each precise brush stroke, is Vincent van Gogh.

Vincent van Gogh, was a Dutch painter who rose to prominence in the post-impressionist era of the 19th century. His arts still continue to find relevance in the realm of modern art.

Van Gogh was born on 20th February, 1853 in the Netherlands to a middle-class family. His father was a pastor while his mother came from a family of art setter. Van Gogh was not very immersed in art in his early years. But he did give

a shot at selling arts. It was not until his mid-twenties that he started painting of his own.

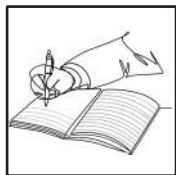
These paintings, however, were different from the van Gogh, we have and know today.

His art got progressively better when he moved to France, where he was moved by the work of French painters like Claude Monet, who indulges with bright colours on their canvases. This started his 'Yellow Era' where he used bright paints for his printings. One of the most notable paintings from this period was 'Sunflowers'.

Even though van Gogh was making hard in his artistic career, his state was dwindling with each passing day. He was always under the constant stress and had severe turmoil of life. An incident in his apartment in Paris, where he cut off his ear shows his tumultuous state of mind.

His art work, 'The starry Night' portrays his life when he had the blues. Even if he is not alive today, the remains immortalized in more than 2,100 artworks seem to give solace. They stand as a symbol for people struggling with mental health issues.

Helen Keller



Vidhisha Nepal - XII 'D'



Underrated by deafness and blindness, Helen Keller rose to become a major 20th century humanitarian, educator and writer. She advocated for the blind and for women's suffrage.

Meanwhile, she co-founded the American Civil Liberties Union. She was born on 27th June 1880 in Pon Tuscumbia, Alabama.

Helen was the older of two daughters of Arthur H. Keller, a farmer, newspaper editor and confederate army veteran. His second wife Katherine Adams Keller, an educated woman was from Memphis.

Several months before Helen's second birthday, due to her serious illness, possibly meningitis or scarlet fever - left her deaf and blind. She had no formal education even when she was seven years old. Since she could not speak, she developed a

system for communicating with her family by feeling the facial expressions of others.

Recognizing their daughter's intelligence, Keller's mother sought help from experts including inventor Alexander Graham Bell, who had become involved with deaf children. Ultimately, she was referred to Anne Sullivan, a graduate of the Perkins School for the Blind, who became Keller's lifelong teacher and mentor.

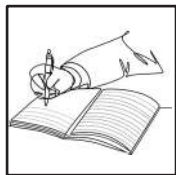
Although
H e l e n
i n i t i a l l y
r e s i s t e d
h e r,
S u l l i v a n
p e r s e v e r e d.
S h e u s e d t o



teach alphabets and to make words by spelling them with her fingers on Keller's palm. Within a few weeks Keller caught on to the technique.

A year later, Sullivan brought Keller to the Perkins School in Boston, where she learned to read Braille with a specially made typewriter. Newspaper chronicled Keller's progress at the age of fourteen. Later she went to New York for two years where she improved her speaking ability.

Teachings from the Bhagvad Gita



Garima Bhagat - XI 'B'



What if I tell you that Bhagvad Gita is not a religious text? Yes, you heard it right. It's not a religious text but it's the world's first life guide.

This thousand years old book is still relevant in this modern age. So, does that mean that today's youth can learn something from Bhagvad Gita? Let me tell you about its 3 lessons which are my favourite.

1. Let's talk about being Arjun

We all have some anxiety in our minds when we deal with the easiest exam papers according to teachers but the toughest one for us. Like us even Arjuna in Kurukshetra was hesitant and doubted his capabilities. Like some of us Arjun had also accepted his defeat without even fighting for it. He had questions about whether he could fight against his own guru. Then our

mentor Krishna made Arjun understand that no individual is above knowledge and knowledge is the world's biggest strength. Dronacharya was a very good teacher but Arjun couldn't just become the world's best archer due to him. Arjun devoted and pursued his life to knowledge. The pursuit of knowledge helped him become capable. For we students, studies are the training ground and knowledge prepares us for a war called exam. To win over this war we need to have a weapon of knowledge of the subject and knowledge of oneself.

2. Distractions

Our world these days is filled with distractions. The phone we used in study during lockdown is the same phone filled with multiple distractions. I am not asking you to spend your time wondering how Bhagvad Gita teach us how to not get addicted to phone because I am here with your answers.

According to lord Krishna, we have 3 distinct qualities i.e., Satvik, Rajasik and Tamasik. Tamasik means short term pleasure like addiction of phone, social media, etc. Rajasik are the things we do for our entertainment. Satvik are the things that are difficult for us to do. Gita can tells us that we need to balance these three qualities. We should set our goal to reduce the Tamasik qualities. I know the difficult things bring joy but we can make it fun right. This is what Gita tells us to increase

your interest in Satvik things.

3. Failure

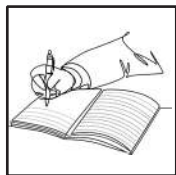
We live in a world where competition demoralizes some of us. Shri Krishna told Aurjun that results don't depend on your effort alone but they depend on many things that are not in your control. He teaches us to not only work for results but work for the right reasons. We should work hard because that is the right path to move forward. And, as mentioned in three idiots, *"kamyaaab hone ke liye nahi kaabil hone Ke liye padho, success ke piche nahi excellence ka picha karo, success jhak maar ke tumhare piche aayegi"*. Not even trying for the fear of bad result is foolishness. So just keep giving your best.

Yes, Gita is too old for today's generation but its knowledge contains no expiry dates. Lastly, if you can't fly then run, if you can't run then walk, if you can't walk then crawl.

But whatever you have to do, you have to keep moving forward -By Martin Luther King.



PASCH Youth Course in Goslar, Germany



Ilishiva Shrestha - X 'A'



Good Morning to everyone present here! Today on this



glorious morning of 27th July 2023, I Ilishiva Shrestha, am here to deliver a speech about my time spent in Golsar Germany. Where the PASCH youth course and camp was held from 2nd July 2023 to 22nd July 2023.

The camp was extremely fun-filled. It was far better than I had ever expected before. Meeting and interacting with diverse group of people is something which I enjoyed a lot. The staff, betreuer (carers) and the teachers were very nice and polite.

Me and two other, students from Matribhumi School, Bhaktapur, represented Nepal in the Youth Course. A total of 89 students from 19 different countries from all around the globe were there for the language course. We left Nepal on 1st July with our accompanying teacher Ms. Stuti Sharma.

We reached Hannover, Germany on 2nd July 2023 with 13

students from India. The camp was extremely nice and fun. As soon as we reached the camp site, we got our luggage and met our betreuer's Mira and Eva. I remember playing card games with them. After a while, we boarded a bus to a place named Goslar, where we were going to stay for 3 weeks.

When we reached there, we did a quick COVID test just to make sure we were on the safe side. Thia, who was one of our care takers showed us our room. I kept my things there and headed towards dinner. Honestly speaking, I didn't like it much. I was really exhausted from the long day's trip, so I went to bed.

The 3 weeks in Goslar which seemed very long for me at the beginning was actually very short. When it was time to leave, I felt as if I had come there just yesterday. It's quite surprising how time flies very fast. We had German Classes 3 or 2 times a day and on other time enjoyed games and different engaging activities.

My German teacher of youth course was extremely cheerful, nice and funny. He facilitated activities like origami, bracelet making, henna tattoos, treasure hunt, etc.

Getting to meet people and hearing their stories and their lifestyle was something I enjoyed listening a lot during my stay.

Sitting and interacting with diverse people during the dinner was awesome.



There were also events like cultural programme where each one of us had to represent our country. I performed a Nepali dance. In addition, singing a song, "Kinideuna Saila Dai," was a proud moment for me to represent Nepal and wave our crimson flag.

We also had a bad taste party where we had to dress in our best wart attire. This is something I will never forget! They also took us to visit beautiful place such as Goslar City, Gottingen, Steinberg tower, Wolfsburg and Hannover. The most interesting trip for me was our visit to Rammelsberg .

Goslar is very famous for its century old mining. We had the chance to see the actual underground mining area. We always gathered around in a circle every evening and sing a song called 'Die Perfekte Welle'. It was so amazing to sing that song.

Before heading for bed, we gathered around in circle and share our most favourite part of the day. Finally, there arrived a day when we had to say goodbye. Honestly, 3 weeks was not

enough for us. We had our last day in Goslar on 22nd July 2023 Friday.

We made teams and played a game from the morning till lunch. We even had a talent show in the evening and I remember dancing with my friend on the song " Swalla". I remember clicking hundreds of pictures on the last day.

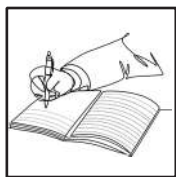
I would like to thank the Goethe Institute, my school and especially our dear Principal Mam for providing me this privilege to explore the outer world. This wouldn't have been possible without their efforts.

I have learnt the time is most precious thing from this camp. It goes by in the blink of an eye. You never know it. So, enjoy the time spent with loved ones and seize the opportunity at every moment.

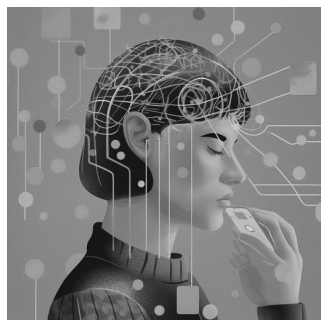
I hope my juniors will also have a great time and come back with amazing stories to share from this annual programme.

Each and every one of my friends gave me something to remember. I am always happy and grateful to God for giving me such a wonderful experience. Sometimes, I really wish I could go back in Germany and re-live all those moments.

The Art of Positive Thinking



Sadhwi Devkota - IX 'G'



Good morning everyone. Today, I, Sadhwi Devkota stand before you all to discuss a matter that makes a deep impact in all your lives. My topic is 'The art of Positive Thinking.'

The perspective we adopt often dictates the colors we decide to paint with on the larger canvas that is life. Like a great artist, positive thinking can turn the ordinary things into the spectacular and the challenges into chances.

Making the conscious decision to concentrate on the positive parts of life despite obstacles is what positive thinking entails. It goes beyond simply donning rose-colored glasses.

It is important because it has the power to influence our attitudes, perception and eventually our actions. Resilience, inventiveness and growth are all accelerated by a cheerful outlook. It empowers us to navigate a sense of gratitude for

life's blessings.

It entails choosing opportunity over restriction, bravery over fear, and optimism over pessimism. It encourages us to have the courage to dream large despite uncertainty and having faith in oneself despite what the outside world may say.

We open the door to a world of limitless opportunities where every challenge is only an opportunity to get stronger and where failure is not a setback but rather a stepping tool. Thank you thank you all.



Nepal



Suryanshi Bista IV 'B'



Nepal, a garden, full of delight,
Mountains and rivers, a majestic sight.
Temples and culture, rich and grand,
Warm hearted people, across the land.
From Terai plains to the peaks so high,
Nepal's a treasure, under the sky.



A Picnic



Aaditya Agrawal -VI 'D'



Gathered with my friends so dear,
With baskets full of treats and cheer,
We venture out into the sun,
To have some fun and games, and run.

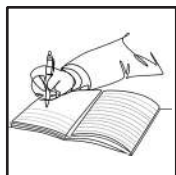


Our blankets spread upon the ground,
We sit and chat, with laughter all around,
And sandwiches and fruits we share,
The perfect picnic, beyond compare.

We play some games, like catch and fall,
And run around, having a ball,
We climb some trees, and explore the place,
A day filled with adventure, at a steady pace.

As the day draws to an end,
We pack our things and Say amen,
To a day so filled with fun and glee,
A perfect picnic, for you and me.

Til Bikram Nembang Limbu



Aayush Kumar Gupta -X 'A'



Til Bikram Nembang Limbu aka 'Bairagi Kainla' is a prominent Nepali literary figure. He was born on August 9, 1939 in Panchthar, Nepal. He had a great childhood experience as he was home tuitioned by the local teachers who taught him to write letters. He had a Bachelor's degree in Arts. Later he started growing interest in composing literature.

Til Bikram had contributed a lot during his peak of career for our country and its people by publishing 'Bairagi Kainlaka Kavitaharu', 'Sappok-Chomen', 'Limbu Jatima Kokh Puja', 'Nawawit Mundhum' and many more. His contributions are absolutely brilliant. He was given the title of Bairagi Kainla from his most famous published book Bairagi Kainlaka Kavitaharu. He is a poet and also a former chancellor of the Nepal Academy, pioneer of Tesro Aayam (Third Dimension) movement. His contributions not only stayed till the boundaries of poetry but also he served as a former chancellor of Nepal Academy.

Due to his fabulous contributions to the betterment of

Nepalese society, he became an example for the youth of Nepal to follow his footsteps and contribute to one's own country filled with dedication and courage to serve the nation. He was awarded with Jagdamba Shree Award, 2076 B. S - Sajha Puraskar in 2031 B.S, Bishistha Shrasta Samman in 2066 B.S. along with many more awards during his career. He is still appreciated for his contributions and he is successful to achieve a place in each and every one of our hearts. He is not only an example or symbol to Nepalese society but also is an example which the whole world takes as an inspiration.



Mum



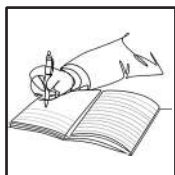
Aayush Shrestha - II 'F'



Thank you, Mum
for your Loving care,
and thank you for being
there your generous, kind
and full of smiles.
No one is more special
than you, I love you Mum.



Technology



Chetna Jain IX 'J'



Technology plays a vital role in our life. Technology seems to be a small word but its actions are big. Most of our basic things & chores are done through technology. It is very important and a blessing for new generation and for further too. It is used everywhere in school, colleges, shops, offices, hospitals, banks, even at home etc. As the time passes, technology gets more advanced.



Now days, many things have changed due to technology. Technology has enabled young generation to pursue their goals and opened up the paths of success. Most importantly, it also helps us in studies. We know many things going around the world politics and economy. Technology is a source of entertainment for young generation.

We can also have an online course in dance, guitar, cooking, violin, Bharatnatyam, Kathak etc as per our interest. It even helps us to set up a new online business. Technology provides security to our home, office, shop, bank etc. from being theft, kidnapping etc.

We can search anything in google & it gives us answer within a second. It can provide empowerment, knowledge, awareness etc.



A little Turtle



Hriden Siwakoti -I 'B'



I am a little turtle.

I crawl so slow

I carry my house

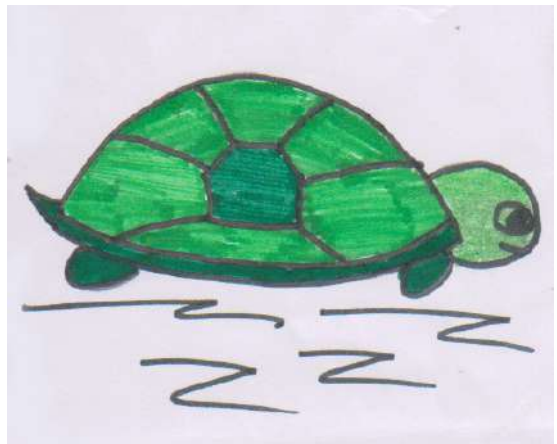
Wherever I go.

When I get tired

I put in my head.

My legs and my tail

And I go to bed.



Essay on "My School"



Krishna Goyal V 'G'



Education is an important part of life for every individual. Schools are the doors of education that leads to the success. The school plays a significant part in shaping the future personality of a child. My school is also one of the greatest and reputable schools of my area.

I study in DAV Sushil Kedia Vishwa Bharati School. My School is one of the largest schools in Lalitpur. It has 3 grounds. My school has several classrooms. And my school has 4 halls. They are Pratik Hall, Buddha Hall, Indu Hall, and Jetavan Hall. My teachers and friends are kind, nice and humble. Most of my teachers are very understanding. And, my first half of the academic session 2023/24 is going very well. I participated in Inter-section Dance Competition in Buddha Collage Making Competition in which my team got 1st rank. I will participate in Hindi Poem Competition and Prefect Council.

It is my pleasure to learn in an amazing school like this. My brother Pranav Goyal was one of the smartest students and now I have to show my teachers that I am his sister. He became smart because of the amazing and wonderful teachers.

Darkness it is



Megha Thakur IX 'J'



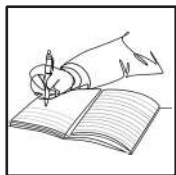
The silence, the peace, the darkness it is,
Spread far across the lands, your fear it is.
The beauty behind your fear, like a lovely scent in the air,
Even cherry blossoms can't compare.

When the mind is filled with thoughts in it,
For help you seek the darkness it is.
The things that you dread & the love that has fade,
Away from everything when you run, the darkness you seek
not the sun.

The light that you see needs darkness to exist.
A story isn't complete without the villain in it,
The world isn't complete without the darkness in it.
The silence, the peace, the darkness it is.



Mom

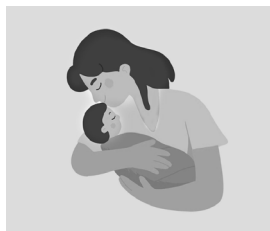


Sakshi Jaiswal XI 'A'



When I was out of a small comfortable zone,
I felt like where did reached alone.
I couldn't think where was I,
And I had no option other than to cry.

Suddenly, to calm me down.
A lady hugged me having a skin of brown.
There, I felt comfortable and warm,
Slowly, I came to know that she was my mom.

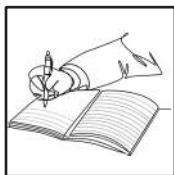


I grew older and older,
And I always found my mom as my back holder.
She can't see me cry, and wants me to rise,
Also, she always wants me to be infront of her eyes.

There's a hand always ready to help me,
There's an eye always seeking me to see.
I am the lucky one for whom she cares,
And she always opens her ears to listen to my shares.

She is never wrong and never wants me to be bad,
And the thing is I can't see my mom being sad
My mom is ready to help me at any cost,
And, I love my mom a lot and lot.

The Magical Teddy



Samragyi Mahat VI 'B'



Once upon a time there was a girl called Amanda. She was very naughty.

She even threw a cake at her cousin in her birthday. Once she got a teddy from her grandma when she was sleeping she suddenly woked up it was 3:10 am.



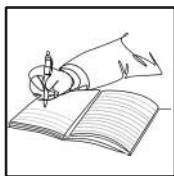
Her teddy said "Hi" She screamed "What do you want?" "You to be good," said her teddy. "Why? I am good, aren't I?" said Amanda "No, you are not," said the teddy, "You said that it was easy being a mom" said teddy "Yes it is." said Amanda and after saying that she went to sleep.

The next day she woke up and screamed when she saw that she was in her mom's body. She went and checked again and it was true. She thought it was easy and started her day. She had to work all day and she only got 1 hour break in a day.

She had to work hard to pay the bills. She realized how hard it was. After a week, she was normal. She went and said sorry to her Mother and thanked the teddy.

Moral: you never know how hard somebody's life is until you walk in their shoes.

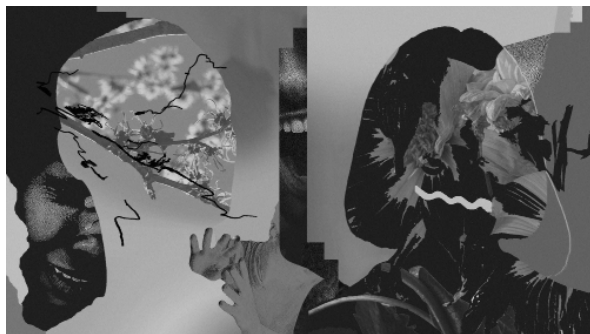
A Tremendous Circumstance



Sonali Jakhar IX 'T'



On a warm Sunday morning while sitting on my balcony enjoying the view of the sunrise, I instantly detected a deep pain in my chest.



I imagined this was my last moment of my life. I ought to call my parents and my brother to do something, but couldn't. I fancied what their life would be if i were dead. I was in terrible pain and thought what would happen to them if I collapsed. I prayed God to give me some more time. Suddenly, a concept came to my mind. "You have to live, to do something."

As If I was a dumb person. I couldn't even call out their names clear and loud. Not a single word came out. I knew I should not lose my wits and confidence. I had to do something to keep going until my family noticed me. At the moment, my

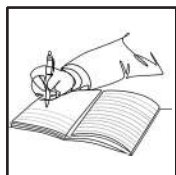
eyes went on the glass kept on the table. With my trembling hands, I pushed the glass down. I heard a huge bang on the ground. After that incident, I do not remember anything.

After a long black day, I found myself awoken in the hospital room with a team of doctors bending over me and watching me. "Ouch" I screamed. It was the pain of my injured head. Later, I was informed that I had been carried in an ambulance to a multi-specialty hospital at the nick of time.

Delay would have been fatal for me. I was happy as I could still see this wonderful world. I immediately decided to give my best to my family and stay happy as life is short-lived.



The Cycle



Tanya Agrawal XI 'E'



Here Perfect tan skin always amuses,
She chooses clothes that will hide her bruises.
Walking down the street with unbeatable graces,
No one knows the torture she has to face.
She watches the clock with a sad, broken face.
When someone approaches, the smile is back in place.

When she meets him, it is impossible to smile,
He breaks her body and spirit in such a violent style.
Her eyes start watering, knowing what is to come,
Just imagining the bloody mess she was to become.

Putting on her make-up, she finds herself,
Her trademark smile is back in place.
The sadness is blocked away from her face,
She feels she could collapse under the strain,
She heads out the door, repeating the cycle again.



My Childhood Memories



Yukta Ghimire X 'G'



The sound of the clock striking fast,
Filters the memories from my past,
The innocent little smile on our face,
Gradually fades away along with the time's race.

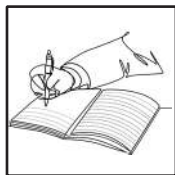
When I was narrated each night,
About the heroes, the battles and their fight,
I remember those beautiful days,
Where I used to play outside always.

Running as I tried to chase the butterfly,
And looking at the sky as I wanted to fly,
Laughing until my eyes were filled with tear,
And having no trace of any exam fear.

As I watch my childhood slowly perish,
These memories in my heart I shall always cherish,
If I could ever go back to time,
I'd go back to live these moments of mine.



The Notes That, Never Stopped Coming



Rohit Sah IX 'J'



I was at Fin's Cafe, with the strong smell of coffee all over the place. While, I was sipping my own coffee, Fin warned me that the coffee was hot. I took a sip forgetting about how hot the coffee was in less than a second.

Fin chuckled and said, "Watch your mouth!", in a teasing voice. As I was supposed to reply something to him, I was interrupted by the vibration of I-phone which I had placed on the table.

I took a quick glance and saw that it was my dad. I excused myself and said " Hello !". It was my dad "I need you here, Robert," he said in a calm tone. I took my coffee and drove my car to dad's office. My dad is a retired therapist, having around 25 years of experience in the field. He has seen a lot of patients during his working time.

When I reached his office, he took me towards his bookshelf and showed me a bunch of notes with odd writings in them.

"Are you pranking me! You will regret this, young man," Said he angrily.

I immediately denied this and said, "No dad! This was not me. It might be Lilly, you know how she is! But I do wonder how she got here without a car."

He said that he had already asked Lilly about it and that had denied it. I was quite surprised because she never lies, "But when you really think about it, why would she have to lie for this silly prank?" I wondered. My dad finally let me go home, and I drove back, sipping on my hot coffee which had become cold. I reached home and lay on my bed for a while.

While I was changing I saw something odd on my bookshelf. It was a note, similar to the notes found on my dad's bookshelf too! It read "Help "951 street, building 29, Austin, Texas."

I called Lilly and asked her, "What type of prank is this?" She said that she had no idea what it was and just told me to ignore it and sleep, and I did. I woke up the next day, which was Sunday, so I had a holiday from work !

I got out of bed and did my morning routine, and that's when I saw another note on my bookshelf. This one said, "Not a joke". I called my dad. "This is about the note, right?" He said as soon

as he came over. I said yes. Then he told me to come over to his office where he showed me his note. It had exactly the same writing, it almost looked like a duplicate one.

Me and my dad both said that this couldn't be Lilly because there was absolutely no way that she would've driven to my dad's office in the middle of the night, written two notes in exactly the same fashion and gotten away with it. My dad told me that we should go to the address as given in the note and I agreed. He dad got his jeep out, which was kind of dusty, rusty and cold. So, it took a while to start.

I drove it to the location, so fast that it took us only about 30 minutes which would take an hour in my car. During the ride my dad looked a bit uneasy and confused which was felt quite odd for him because he was a smart fellow who never got confused in that way. So, I, too become nervous. I asked him about a thousand times, what it was that was bothering him, but he refused to answer. When we arrived at the place, he literally held my hand and refused to let me go. I didn't want to disrespect my dad and did as he told me to.

"I wonder why dad is being so weird all of a sudden. It was as if he had know something about this, something he's been hiding for a long time", I wondered but brushed it. We both went back home.

The notes kept coming in and in. At one point, I got so annoyed with the notes that I just burnt them all, other than the address because I just had a feeling that it was real, it was something in me just screaming. After I had received numerous notes, I decided to go there alone. with a torch and a couple of bottles of water as it was dark and the place was abandoned.

Just as I arrived there, I wasted no time to go in. The door creaked when I opened it. I turned my flashlight on and crept in. In the house I saw a lot of family pictures in every corner. But the odd thing was that there was the one guy who was present in each picture. I assumed he was the owner of the house. As the house was decently big, it took me a while to check everything out. Every time I took a step, the floor creaked. It worried me somehow. The floor felt falling underneath my feet. I made sure to check every centimeter of the house. It took me a while but the last room I went in had a notebook and a pen on a dusty table. The notebook looked new, and so did the pen, almost like it was used regularly. That was the only sign of life in the entire house. Hastily , I grabbed the book and left the house, for it felt weird. I drove back home where my sister could be waiting for me, and a bunch of cops waiting on my driveway. I realized that I had lost the track of time. Yes, it had been around 8 hours since I left for the house. So, everybody else might be thinking that I had been kidnapped. The cops took me aside for a bit of questioning and I just told them I had gone camping

and had forgotten to tell my sister about it. The empty water bottles in my car just made my story believable. But, I saw my dad sleeping on the couch. It was 3 in the morning. Everything cooled down when I went into my room and opened the book. It was a diary of a man named Paul.

I read the entire diary in one go, not even realizing how big the thing was, but anyway, I noticed something odd in the end. The writer of the book, Nick, heard some windows breaking and that was where the diary ended abruptly. I decided to confront my dad about some of the things I read in the story, which I hoped would give me a clue on how it would end up. It was almost 6 am, When I went to sleep.

I woke up at 1 'o' clock to the sound of cooking going on in my kitchen. I decided to check it out. This was odd in my house, because other than me, my sister doesn't cook, so I was wondering if I was dreaming, or if it was real. When I went downstairs, I saw a man, about the size of my dad, but his hair was different. I felt chills going down my spine because this was the first time I had been in such a situation. So, I suspected that it was a robber who thought I wasn't at home. I was still in shock, but anxiously looked around for a weapon of some sort to attack him with. I saw a knife just on the dinner table which was right behind the man. I slowly crept towards the knife and grabbed it. But I happened to drop a glass which made the

loudest noise ever, and the man turned around. I thought he would attack me because he was chopping onions with a knife. I closed my eyes, screamed loudly and attacked him first. The man ducked down. When I opened my eyes, I saw my dad. The sunlight was affecting his hair color. I took a sigh of relief. Thank you God ! My dad had ducked down.

He was angry, but when things calmed down, I had breakfast then talked to my dad about the things I had read in the diary. I was a bit scared, and nervous, my palms sweating. Finally I broke the ice and talked to him about it. He confessed that he knew about the the situation but didn't want to get involved in it because of his family, because of me. He knew meddling into that situation would be a kind of suicide, so, he backed off.

My dad went on, "Nick was my patient, and I was helping him out with his trauma. One day, he begged for help. He explained his situation to me, and I got scared. I immediately backed out & hung up on him. A few hours later I decided to visit Nick. I knocked on his door, once, twice, and thrice. No response. I decided to peek in through the window and saw Nick's body lying on his couch, in a horrific state. I was terrified and had a clue that it was the gang he had problems with. I wondered who it could be to kill him. I immediately ran away and never visited the place again." I understood his decisions and decided to forgive him, thinking how he could see the dead body of one

of his patients. But I wondered and asked him why he didn't call the cops as soon as he saw the body. It sounded like I was framing him for the murder. He looked at me dead in the eye, and said, "I was scared." I saw the terror in his eyes and just realized he wasn't lying. I had never seen him this way before.

Now I understood some more backstory about Nick, when I asked my dad about the gangster who Nick had also written about in his diary. He told me that he didn't know much about the guy who had killed Nick, but he knew Nick had some debt to pay to a mysterious man which was probably why he was killed.

He then went back to his home, and I searched up whatever details I had of the man. The person who I was looking for had blue eyes & blonde hair which made the possible suspects narrower. In the diary, Nick had also said that the man had a neck tattoo of a car. It was a lifesaver for me, but still not enough. It took me 17 hours just to find the man of Face Book, and the fact that his account was private made everything worse.

To get him to accept my friend request, I changed my profile picture to something similar to his, so he'd think we know each other, and adjusted my username to feel a bit more friendly, rather than formal. He accepted on the second day, and I was delighted. His profile showed me his face and I recognized that the pictures he had posted were mostly from Fin's life.

I immediately called Fin and asked him if he knew the man and he recognized him well. I asked Fin to call me if he met him again, and he told me that he would generally meet him at 2:30pm which was about 20 minutes from then. So, I decided to leave instantly. When I reached there, the man was leaving. I followed him, and Fin joined me. I told him everything and he agreed on my plan to confront the man.

I followed the man and reached his hideout. I decided to search the place where I found out an ex-gang member who would own the place. But he was not there. He had supposedly fled the country. I got a bit suspicious of the story, but I didn't bother. Knowing the fact that the man was possibly armed, we got a bit nervous. However we were still confident in our fighting skills and slowly exited out of my car.

There was a guard on the main entrance. We took the keys and entered into the house but creaky floor alerted the other guards. We could not take four of them all at once. So we decided to hide ourselves. We nearly got caught because of me almost sneezing but I controlled it.

As we were to go further, one among us, who wanted to make himself a leader tried to confuse us about the murder. Furthermore he was trying to kill us by distracting us from our mission. In the mean time one of his men sneaked up behind us. I screamed to Fin to duck down because I saw the man in

my peripheral vision. We both were successful anyway, and before a fight broke down, the police arrived. It was none other than Fin who had called the police. We were safe. The gangster was arrested, as we had a video recording as an evidence. I was given an award because of the case I had solved, it had remained unsolved for years. Fin was also given the opportunity to be awarded but he refused. He said that, he only helped me fight.

My dad is proud of me, and I wrote a journal on how I solved the case. It went viral which delighted me. I wrote every small detail I liked that helped me empty my head of the bad memories and made me revisit the good ones. Me and my dad both tried to make sure that Nick would remain in peace in heaven. Since then we stopped receiving the notes.



DAV SUSHIL KEDIA VISHWA BHARATI SCHOOL



P.O. Box: 929, Jawalakhel, Lalitpur, Tel.: 5436626, Fax: 977-1-5446440, Email: school.admin@davnepal.com