

Golden Light

Voice of Golden Sungava

| Year 3 | Issue 8 | January 2020 |

विशेष सम्पादकिय

सरस्वती पूजाको महत्व र यसको महिमा

श्रीपञ्चमी अथवा वसन्त पञ्चमी सनातन हिन्दुहरूको एक विशेष पर्व हो । यस दिन विद्याकी देवी सरस्वतीलाई विभिन्न किसिमले पूजा आरधना गरि मनाइन्छ । यो पर्व माघ शुक्ल पञ्चमीको दिन पर्दछ ।

सरस्वतीलाई बागेश्वरी, भगवती, शारदा, वीणावादन, वरदायनी, काम धेनु, वाग्देवी, जगमाता, कौमारी आदि हजारौं नामहरूले पूजा गरिन्छ । यिनी विद्या र बुद्धि प्रदातृ मानिन्छिन् । यि देवीले बजाएको बीणाको आवाजबाट नै आधुनिक संगीतको जन्म भएको विश्वास गरिन्छ । त्यसैले यिनलाई सङ्गीतकी देवी पनि भनिन्छ । स्वर, सङ्गीत, ताल, लयकी श्रोत सा रे ग म प ध नि सं देखि नृत्यकला, कार्यकुशलता, ज्ञानको भण्डार, वास्तुकला, शिल्पी प्रविधि, हातको सीप, वाणीको माधुर्य, गला र कलाको निरन्तर साधनाबाट साध्य प्राप्तीमा प्रेरित गर्ने सरस्वतीका विभिन्न साधना र पूजा अर्चना गरी मनाइन्छ ।

वसन्त पञ्चमीको दिनलाई यिनको जन्मोत्सवको रूपमा पनि मनाइन्छ । सरस्वतीको

रूपमा यिनी हाप्रो बुद्धि, प्रज्ञा र मनो वृत्तिहरूकी संरक्षिका हुन् । हामीमा जो आचार र मेधा छ त्यसको आधार भगवती सरस्वती नै हुन् । यिनको समृद्धि र स्वरूपको वैभव अतुलनिय छ । उत्साह, लगनशीलता र अथक प्रयासलाई नै सफलताको प्रेरक मान्ने देवी विद्याकी खानी नै हुन् । सबै भन्दा उत्तम धन भनेको विद्या नै हो । विद्याहीन व्यक्ति भाग्यबाट टाढा रहन्छ ।



नैतिकता, लज्जा, त्याग, सेवा र समर्पण भाव नै विद्याका गहनाहरू हुन् ।

विद्याकी देवी सरस्वतीलाई विभिन्न व्यक्तिहरूले विभिन्न तवरले पूजा अर्चना गर्ने प्रचलन छ । बौद्धधर्मीहरूले उनलाई मञ्जुश्रीका नामले चिन्दछन् भने उनका विभिन्न स्वरूपका चिन्तन गर्दै बालबालिका अक्षरआरम्भ गर्दछन् । बुद्धिजीवीहरू विशेषज्ञता प्राप्त गर्ने प्रयास गर्छन् । वाहन राजहंसले दूध र पानीलाई सहजै छुट्याउन सकेभै ठीक वा बेठीकको सही पहिचानको ज्ञान, बुद्धि, संयम र विवेक प्रदायिनी देवी सरस्वतीको कृपा प्रसादबाटै मानव मस्तिस्कको अथाह ज्ञानको प्रयोग गर्दै आजको संसार विज्ञानमय बनेको छ र सर्वसुलभ सुविधा प्राप्त गरेको छ । संस्कार, सम्यता र संस्कृतिकी श्रोत महादेवी सरस्वती जयन्तीका दिन नाक, कान, छेड्ने देखि अन्य शुभकार्यहरू आरम्भ गर्दा कुनै साइत जुराउनु पर्दैन । विद्यार्थीहरू घरै बसेर पनि सरस्वतीको साधना गर्छन् भने विद्यालय, महाविद्यालय वा आ-आफ्ना पराक्रम स्थलहरूमा वा मन्दिर विशेषमा उनको उपसना गर्ने गर्छन् । धातु या मूर्तिमा वा प्रतिमा या उनका चित्र अङ्कित फोटोहरू सजाएर आफ्नो साधनालाई निरन्तरता दिने सन्दर्भमा साधकहरू देवीलाई मनपर्ने दही, दूध, ध्यू, मह, चिनी, नैवेदहरू, फलफूल, मिठाई, कपुर, वस्त्र, भेटी, चन्दन, अगरु, शफ, बेल, मूला, लड्डु नरिवल आदि अर्पण गर्ने गर्दछन् ।

सरस्वतीका प्रसिद्ध पीठहरूमध्ये काठमाण्डौं उपत्यकामा जयवागेश्वरी, स्वयम्भूमा, मञ्जुश्री, हाँडीगाउँ, बल्खु, गैह्रीधारा, भक्तपुरको थाकलमाठको सरस्वती मन्दिरहरूमा सरस्वती मूर्ति बनाई पूजा गर्ने चलन छ । मूर्तिमा प्राण प्रतिष्ठा गरी धूमधाम पूजा र बाजागाजा गरी जलाशयमा बिसर्जन गर्ने चलन देखिन्छ । सरस्वतीको सेवार्थे व्यक्ति हरेक क्षेत्रमा सफल हुने मान्यता रहिआएको छ ।

माथिका हरफहरूले पनि के पुष्टी गर्दछ भने वसन्त पञ्चमी हिन्दुहरूको पवित्र दिन हो । यस दिन जुनसुकै कार्यको सुरुवात गर्दा सफल हुने विश्वास गरिन्छ । साना-साना बालबालिकाहरूको अक्षरआरम्भ गर्ने पवित्र दिनको रूपमा वसन्त पञ्चमीलाई लिने गरिन्छ । उक्त दिन यस विद्यालयले पनि स-साना बालबालिकाहरूलाई लक्षित गरि अक्षरआरम्भको कार्यक्रम राखेको हुँदा उक्त कार्यक्रममा सहभागी भई प्रसाद ग्रहण गरी सफल बनाइदिनुहुन हाम्रा आदरणीय अभिभावक, शुभेच्छुक, शुभचिन्तक, बुद्धिजीवीहरूमा विद्यालय परिवार हार्दिक अनुरोध गर्दछ ।

सुनगाभा खेलकुद सप्ताह २०७६ सम्पन्न

गोल्डन लाइट ।

गोल्डन सुनगाभा इङ्ग्लीस सेकेण्डरी स्कूलले गत पौष अन्तिम साता यस वर्षको शैक्षिक कार्यक्रम अन्तर्गत खेलकुद सप्ताह सफलता पूर्वक सम्पन्न गरेको छ । विद्यालय प्राङ्गणमा सम्पन्न उक्त खेल सप्ताहमा विभिन्न कक्षागत तथा सदनगत सामूहिक खेलहरू खेलाइएका थिए । विद्यालयका अतिरिक्त क्रियाकलाप इन्चार्ज यादव अधिकारी संयोजकत्वमा सम्पन्न उक्त खेल सप्ताहमा सामूहिक खेललाई विशेष जोड गरिएको थियो । “स्वस्थ जीवन र व्यावहारिक शिक्षा का लागि खेल” भन्ने मुल उद्देश्य राखी खेल सप्ताह सम्पन्न गरिएको थियो ।

५ दिन सम्म चलेको उक्त खेल सप्ताहमा कक्षा नर्सरी देखि कक्षा ९ सम्मका विद्यार्थी भाइवहिनीहरूको सहभागिता रहेको थियो । कार्यक्रम संयोजक अधिकारीले दिएको जानकारी अनुसार, गत वर्षभै यस वर्ष पनि विद्यार्थी भाइवहिनीहरूलाई सामूहिकतामा जोड दिई विभिन्न खेलहरू खेलाइएको थियो । विभिन्न तह र विधा गरि कुल ४० खेल खेलाइएको उक्त सप्ताहमा छात्र तथा छात्राको छुट्टा-छुट्टै विधा समावेश गरिएको थियो ।

संस्तित्व, सहयोगी भावनाको विकास गरि स्वअनुशासनमा रहि शिक्षा हाँसिल गर्नका लागि यस्ता खेलकुद गतिविधिले विद्यार्थीहरूलाई सहयोग पुग्ने विश्वास यस विद्यालयकी निर्देशक बिनु गोदार थापाले व्यक्त गर्नुभयो । विद्यार्थी भाइ बहिनीहरूलाई खेल मार्फत वैज्ञानिक र व्यावहारिक शिक्षा दिन विद्यालय व्यावस्थापन सधैं लागि रहेको कुरा विद्यालयका प्रिन्सिपल महेश चन्द्र गौतमले बताउनुभयो । खेल पनि शिक्षण सिकाइको एक क्रियाकलाप हो यसले विद्यार्थीहरूको बौद्धिक, मानसिक र शारीरिक विकास गरि सवल नागरिक निर्माणमा टेवा पुर्‍याउने विश्वास विद्यालयले लिएको विचार विद्यालयका अध्यक्ष लिलानाथ निरौलाले व्यक्त गर्नुभयो ।



शैक्षिक भ्रमण २०७६सम्पन्न

गोल्डन लाइट ।

विद्यार्थीहरूको चौतर्फी विकासमा निरन्तरता दिँदै आइरहेको चाँगुनारायण - २ दुवाकोट भक्तपुर मा अवस्थित गोल्डन सुनगाभामा अङ्ग्रेजी माध्यमिक विद्यालयले यस वर्षको शैक्षिक क्यालेन्डर अन्तर्गत शैक्षिक भ्रमण तथा अवलोकन कार्यक्रम सम्पन्न गरेको छ ।

पूर्व प्राथमिक (Pre-Primary) कक्षा देखि कक्षा ८ सम्मका सम्पूर्ण विद्यार्थीहरूलाई कक्षागत रूपमा भिन्ना भिन्ने मिति र स्थानमा शैक्षिक भ्रमण तथा अवलोकन गराइएको जानकारी विद्यालयका अतिरिक्त इन्चार्ज यादव अधिकारीले दिनुभयो ।

शिक्षण - सिकाइमा **Learn with nature** लाई जोड दिँदै आइरहेको गोल्डन सुनगाभाले विशेष तालिका बनाइ कक्षागत रूपमा विद्यालयको भावना अनुरूप नयाँ - नयाँ ठाउँ र दृश्यको अवलो कन गराइ शिक्षा प्रदान गर्ने उद्देश्यका साथ शैक्षिक अवलोकन गराइएको विद्यालय प्रिन्सिपल महेश चन्द्र गौतमले बताउनु भयो ।

सधैं कक्षा कोठामा रहि अध्ययन गर्ने विद्यार्थीहरूले बाहिरी परिवेशको घुमघाम र अवलोकनले, नियमित पठन पाठनको कार्यमा नयाँ जोस - जाँगर र उमङ्ग ल्याउन सक्ने र दैनिक शिक्षण - सिकाइ अभै परिस्कृत हुने कुरामा आफू विश्वस्त रहेको र यस्ता भ्रमणहरू विद्यालयले हरेक वर्ष गर्दै र अगामि वर्ष पनि गराउँदै जाने प्रतिवद्धता प्रिन्सिपल गौतमले व्यक्त गर्नुभयो ।



Free



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कविता

फुल त्यसै फुल हँदैन् थियो होला
बसन्त नआएको भए
हामी साथी बन्दैन् थियौं होला
सायद गोल्डन सुनगाभा पढ्न
नआएको भए



स्कूल राम्रो गोल्डन सुनगाभा
मन्दिर राम्रो मनकामना
SEE मा राम्रो गर्नुस दाजु, दिदी
यहि छ मेरो शुभकामना !

✍ अशिम बुढाथोकी, कक्षा- ८

कथा र कविता

उडेर हैन जागेर लेख
कथा र कविता
घोचेर हैन सोचेर लेख
कथा र कविता



विल्डिङमा हैन बगरमा बसेर लेख
कथा र कविता
काठमाण्डौं मात्रै सहर बजार हैन
के हेछौं रमिता
फर्केर जाउ गाउँ-गाउँमा तिमी
विकासको मुल फुटाइ
देशको मुहार फेर्नका लागि

✍ जतिन दाहाल, कक्षा- ५

Some unknown facts about model health

- 68.3% of models suffer from anxiety and depression.
- 64.1% of models have been asked to lose their weight by their agencies.
- 50.6% of models have been exposed to cocaine.
- 48.7% of models fast ; do 'cleanses' or otherwise restrict their food intake over short periods to lose weight.
- 24.7% of models have been thinking that they may have alcohol or drug problems.
- 31.2% of models have been eating disorders.
- 28.8% of models have lack of health insurance.

✍ Asmita Lama, Class-9



Student Life

A person who goes to school or college to gain knowledge is called student. Normally, people of age group 3-18 years goes to school .

Student life is most important and pleasant stage of life. The future life of a man depends on his student's life. If a man reads hard, he can be better teacher, doctor, pilot, engineer etc. If a man doesn't read hard, he/she can 't get knowledge and his/her future will be dark.

Students are the shoulder of the nation. Today's students are mirror of the nation. so, students life is the important stage of life.

✍ Nabina Basnet, Class-6



From the Pre Primary In Charge's Desk :

■ -Sabita W. Suwal

Greetings to all . Let me welcome you to the pre-primary section of Golden Sungava English Secondary School. The pre primary section is formed by a team of service oriented individuals with the aim to promote all round development of a child which we term as education. This team does not only believe in imparting knowledge related to the course but is very much focused in grooming each and every aspect as well. The students are given very comfortable, enjoyable, co-operative, loving, caring environment which makes them feel at ease. In this type of environment, a child can grow, and we want our children to grow. We firmly believe that in the present context of education, a child should be prepared in such a way that he/she should be able to deal with the challenges in future. With the changing ways in the field of education, we are equally aware of the challenges that they may face in future. So, to equip the child with new ideas and lasting knowledge, we are creating an environment from which we can tap out the best and promote the child's abilities. A Montessori based education has been introduced in the play group level providing the best care a child needs to get by humble, loving and dedicated care givers. The children are fed twice with the gap of two and a half hours, giving them time to rest

Cow

A cow is a useful animal. It gives milk for us. We use milk to make butter, curd, ghee and cream. These milk products are good for our health. Like milk, cow dung is also of great use. Farmers use it in the field to grow better crops. Moreover, cow's skin is used to make leather shoes, belts and purses. Thus farmer prefer to raise cows than other animals.

✍ Kristuti Baral, Class-3



Importance of Education

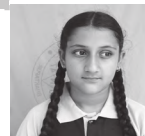
Education is important for our life. Student gets knowledge in schools, college, etc. We need education because we want good job in our life, like nurse, bank manager, an officer etc. It helps us to develop personality and earn recognition and respect in the family and society. We can say that education is socially and personally essential factor of human life. Education not only makes us able to learn about history, science, math, geography, and other subjects, it makes us smart enough to learn how to live life and handle bad situations.



✍ Deepika Bhandari, Class-5

शुभकामना सुनगाभा तिमिलाई

ज्ञान गुनका पाठ सिकाइ दियौ असल ज्ञान
सधैंभरि चम्किरहोस् सुनगाभाको नाम ।



अशिक्षित र अज्ञानीलाई दियौ ज्ञानको भण्डार
तिमीले नै देखाई दियौ शिक्षाको संसार ।

चन्द्रमाको किरण जस्तै तिम्रो नाम चम्किरहोस्
सफलताका पाइलाहरु सधैंभरि लम्किरहोस् ।

सुन्दर, शान्त पाठशाला बुद्धको जस्तो भावना
सुनगाभाले सधैं प्रगति गरोस् यही मेरो शुभकामना ।

अशिक्षित र अज्ञानीलाई आफ्नो काखमा लियौ
कहिल्यै पनि नरितिने ज्ञानको भण्डार दियौ ।

समानता खोज्ने अन्धकार तोड्ने पवित्र भावना
तिम्रो नाम सधैं अमर रहोस् यही मेरो शुभकामना ।

✍ कृतिका नेपाल, कक्षा : ८



for one hour after the first meal. A lot of soft toys, play dough and dolls are there for the children to play thus helping them to develop their motor skills. As the session progresses, the children slowly adapt to the way of colouring, drawing, writing, reading thus leading them towards the reading and writing pattern. Children are then equally trained, guided according to the subject course division, lesson plans, and taught accordingly so that they can excel in their academic performance as well. To bring out the talents, ability and interest, the children are exposed to a lot of extra activities every week. Class-level competitions such as speech, spelling dictation, essay- writing, handwriting, drawing, dances are held throughout the session in order to develop their self-confidence and healthy competitive spirit among the students. The institution endeavors to shape the young minds into becoming knowledgeable, skillful, hardworking, independent, creative individuals- keeping in mind and installing in them the basic values of a good human being. Our main vision is 'all round development' of a child which makes him/her lead a meaningful and fruitful life. You are once again most welcome to see the activities in our Pre Primary Block.

School

School is a holy place where a person learns skill, good manners and knowledge. School is an agent of a social reform as it makes the student aware from the different social problems and evils. School is a second home of a children and home is a first school. Child does the things what the family taught by them. School makes us discipline person. The teachers in school guided us to be in manner, be good person and maintain discipline. It teaches us to be aware from the evils, witch doctor etc. It provides us lifetime opportunities to be better ourselves through learning. It is a the place to shape the future of the students. The school offers us wisdom, friendship, various life-skills, better understanding of ourselves. We should love our school and the teacher who dedicate their life for our sake.

✍ Namsham Rai, Class-7



ल्होसार पर्व



विभिन्न जातजाति,
भाषाभाषीको साझा
देश नेपाल सांस्कृतिक रितिरिवाज, संस्कार,
परम्परा, चाडपर्व आदि क्षेत्रको व्याख्या गर्ने हो
भने बृहत् शब्दकोश नै निर्माण हुन सक्दछ ।
विभिन्न जातजाति, धर्मवलम्बीहरु, वर्ग आदि को
साझा चौतारी हो नेपाल । नेपालीहरुले मनाउने
विभिन्न पर्वहरुमध्ये मङ्गोलियन समुदायले
मनाउने ल्होसार पर्व एक महत्वपूर्ण चाड हो ।
बौद्ध धर्मका तामाङ, गुरुङ, शेर्पा आदि जातिले
अति हर्ष, उल्लासका साथ मनाउने यो पर्व
नेपालको महत्वपूर्ण पर्व पनि हो ।

‘ल्होसार’ पर्वको व्युत्पत्ति दुई
शब्दहरुबाट भएको छ । ‘ल्हो’ को अर्थ ‘वर्ष’
साल भन्ने हुन्छ भने ‘सार’ को अर्थ नयाँ
वा नवीन हुन्छ । विशेष गरि ल्होसार पर्व
तिब्बतमा मनाइन्छ । नेपालमा ल्होसार
पर्व मनाउने प्रचलन चिनियाँ सभ्यताबाट
विकास भई चीनको स्वशासित क्षेत्र तिब्बत हुँदै
नेपाल भित्रिएको मानिन्छ । नेपालमा मुलतः तीन
प्रकारका ल्होसार पर्वहरु मनाइने गरेको पाइन्छ
। ती तीन किसिमका ल्होसारहरु तमु ल्होसार,
सोनाम ल्होसार र ग्याल्बो ल्होसार हुन् । तमु
ल्होसार गुरुङ जातिका मानिसहरुले मनाउने
गर्दछन् । सोनाम ल्होसार भने तमाङ समुदायले
मनाउने गर्दछन् साथै ग्याल्बो ल्होसार भने शे
र्पा समुदायहरुले मनाउने गर्छन् । सो ल्होसार
मनाउने क्रममा आफ्नो समुदाय, परिवार,
इष्टमित्र, साथी-भाइहरूसँग घुलमिल भएर
आफ्नो संस्कार अनुसारका भेषभुषा लगाउने
गर्दछन् । आफ्ना खुसी-हर्षहरु साट्दै, संगै मिलेर
रमाइलो गर्ने गर्दछन् ।

समग्रमा ल्होसार नेपाल र
नेपालीहरुको राष्ट्रिय पर्व हो । तमु , सोनाम
र ग्याल्बो ल्होसार मनाउने समुदायले मात्रै सो
पर्व मनाएतापनि प्रत्येक नेपालीहरुले नेपालमा
मनाइने हरेक पर्व तथा चाडहरुप्रति सम्मान,
श्रद्धा र भक्तिभाव व्यक्त गर्छन् । यो नै
विश्वमा चिनाउने नेपाली समाजको पहिचान
हो ।

✍ साहारा खड्का, कक्षा : ७

देशभक्ति बानीले

साना साना हामीले
देश भक्ति बानीले
परिश्रम गरेमा
हाँसो खुसी छाउँछ
नव ज्योती आउँछ
साना साना हामीले
देश भक्ति बानीले
देश अब चम्कन्छ



विकासमा लम्कन्छ
छिटो छिटो गरेर
समृद्धिले भरेर
साना साना हामीले
देश भक्ति बानीले

पढ्दै बढ्दै जाने हो
देश माथि लाने हो
हामी हौं भविष्य
देश बन्छ अवश्य
साना साना हामीले
देश भक्ति बानीले

तारा बनौं चम्किलो
देश बन्छ हँसिलो
अत्याचार भगाउँ
शान्ति गीत लौ गाउँ
साना साना हामीले
देशभक्ति बानीले

✍ कृष्टिना ढुंगाना, कक्षा : ७

Menstruation Period

Hey guys!!!
How would you feel?
If you are stopped from entering in kitchen for next five days???

What would you do, if you are ordered to sleep on mat leaving your comfortable bed for next five days?

Would you not have a fight, if they stop you from entering in a temple saying you are impure for next five days?



✍️ *Istuti Baral, Class-9*

How would you feel if you have two big fights every month? The fight with bleeding pain and the fight with society....
I can easily defy the pain,
But tell me how to fight with this society,
How to answer on my purity??
Cause if this is impurity,
Then the one who made this rule he himself is impure and you all are also impure!!
If it's impure then God is also impure!!

The Moon

The moon goes round the earth. It is called a satellite of the earth. It takes 29 days to go around the earth. The moon is 400,000 kilometers far from the earth. It is the nearest of all heavenly bodies. The moon is much smaller than the earth. It shines at night. The moon has no light of its own. It gets light from the sun. It is not a gaseous body like the sun. It is full of rocks and craters. The moon has no atmosphere like the earth. It is devoid of plants and animals. The moon changes its appearance everyday in a month. The moon has fascinated poets and scientists. Scientists made several attempts to send man to moon. At last, two Americans, Neil Armstrong and Edwin Aldrin, landed on moon in 1969. In future, the journey to moon may be safe and comfortable.

✍️ *Krija Pradhan, Class-6*

Poem (A little plant)

In the heart of a seed
Buried deep, so deep
A dear little plant
Lay fast asleep,
“Wake! said that voice
of the rain drops bright.
The little plant heart
And rose to see
What the wonderful
Outside world might be.



✍️ *Anweshan Aale, Class-4*

Poem (Our School Day)

Getting up early in the morning
Brushing our teeth and having the meal
Moving towards the school.



The morning time in the assembly.
With the teachers and friends
Makes the day best.

Marching towards the class
With the beat of the drum and the shoes
Thinking when our day is gonna loose.

Again, with the friends
Laughing and shouting in the leisure period,
Hearing the suggestion given by the teachers
To make our result great

Missing the teachers and the
Friends when the last bell rangs.

✍️ *Savyata Gurung, Class-8*

A Movie

One day, Dad took me a movie. Its name was Spiderman. He paid for our tickets. He said, "The tickets are expensive". When we entered the hall, the movie started. During the break-time, he bought some popcorn and chocolate. "The food was expensive", he said. We watched the movie. It was great fun. When the movie ended, I hugged him and said, "Thanks Dad". He smiled and said, "Let's see another movie together soon."



✍️ *Gaurav Adhikari, Class-4*

Essay (Wonder of Science)

This is age of science technology. Science has changed the entire world. It is not some in which our ancestors lived. If they were to return now to the earth, they would not recognize it.

Science has made our life more comfortable, beautiful and trouble free. The blessings of science are too many to count. Science has conquered time and distance. Very fast means of communication and transport have made the world smaller. Telephone, television, radio, aero plane etc are some of these.

Electricity is another wonderful gift of science. Its uses are unlimited. It lights our houses, shops and streets. It runs our factories. It runs our coolers and air conditioners in summer and keeps us warm in winter.

Science has given us wonderful medicines. It has conquered epidemics. Now, even the brain can be operated upon and many vital organs can be transplanted and we can live a longer and healthy life. Travelling is now safe, comfortable and fast. We have car, buses, trains, ships and aero planes. Then there and space ships. We can now reach other planets. In the fields of agriculture, education and entertainments is science has proved a great blessing. It has given us many wonderful inventions in life.

✍️ *Stuti K.C., Class-6*

**Essay (Discipline)**

The act of performing good works according to the rules and regulation is called discipline. It motivates the person to progress in life and achieve success. It guide the ability directs a people on the good path of the life. It means the having proper habits and good behaviors. There are several advantages in our life are. Discipline is of great importance in our every and whole life. Discipline helps to gain respect, love and kindness from others. Discipline is a good character of an individual. A person without discipline the people's life becomes incomplete. It has a great role in our livelihood. Discipline is a good virtue in an individual. We need discipline in almost everywhere. Hence, it is a great importance of discipline in our life.

✍️ *Sanjita Shrestha., Class-6*

**Life Lessons**

Life is a continuous learning experience throughout our lives. We keep rising and falling, picking up important lesson along the way. Some of these lessons come from experiences, yet there are others that we learn watching other or others that we learn watching other or reading in books for eg:- No matter how much we learn from the books, there is a significant differences between practical and theoretical experience. One of the toughest things about improving our life is remembering to what you have learned during your hardship. Anyone can follow strategy as they read about it, but we should always stick with real world though it's tough sometimes. There are many life lessons that we cannot learn until we face situation. Most people would say that there are some lessons that come too late. Some life lessons are:-
i. Walk your own path
ii. Don't hesitate to raise your voice
iii. Money will never solve real problems
iv. Never stop trying

✍️ *Bishal Rai., Class-5*

**Joke**

Sonuka: Did you pass your exam?
Anuska: Our whole class passed but our teacher failed.
Sonuka: How?
Anuska: Because she is still teaching in same class.



✍️ *Sunita Dulal., Class-8*

Joke

Once upon a time there lived a man who didn't know English. One day he was sunbathing and a man told him, "Are you sunbathing?" and another man said, "No I am not sunbathing because he did not know English" and again another man said, Are you sunbathing?" and he become irritated and he went away from that place and he saw a person sunbathing? He asked the person, "Are you sunbathing?" Then the person said, "Yes, I am sunbathing." Then, uneducated person said, "You stupid, you are sitting here and everybody is looking for you down beach."

✍️ *Riju Gautam., Class-5*

**Poem (Childhood)**

We used to play,
dance and laugh
in our childhood.
And steal some
apples of our
neighborhood.



That days were fun.
Now, they all are gone.

It is very fun to play with others.
Now, when we came our house late
then we get bitten by
our mother.

✍️ *Supriya Bhandari, Class-6*

Jokes

Policemen were at the door
Mom: Who is there?
Policemen: We are



Policemen, we came here to talk
Mom: How many are you there?
Policeman: We are three
Mom: Then, talk with each other

✍️ *Piyush Shrestha- Class-9*

Jokes

Patient: Doctor ! I have a pain in my eye whenever I drink tea
Doctor: Take spoon out from mug before you drink.

✍️ *Achutam Khatri Class-8*

**Importance of Religion**

Many people believe that religion is source of inspiration. Religion has an important role to play on our life. When there was no law the religion was supreme and it served as law. People didn't commit any crime because they had a deep faith in the goodness of religion and were afraid of being punished in a religious way. There were religious courts to punish the criminals. Religion is not a bundle of superstitions. But it cultivates our moral sense. It teaches us morality and we need morality today. If all the politicians work on morality all the problems of the world would be solved. The first lesson of morality the world leaders should work for the welfare of common man and if they do so, there would be prosperity and peace in the world.

Religion gives immense faith to man from some unknown power. Whenever, he is in trouble, he remembers this power and gets strength in himself to face all the problems boldly and bravely. It is the faith in god that makes him work with strength. Religion teaches us the spirit of brotherhood. No religion teaches us hatredness. Religion teaches that all human beings are brothers. If it had not been so the world would have become a mess. Religion also diverts the attention of man from money mindedness. It teaches that the money and wealth do not together with the man. All remains here and the earthly life have a short stay. It does not remain forever. If this is accepted by people, it can help in many problems to be solved of the world. Thus, in the modern age, there is a great importance of religion.

✍️ *Sahara Khadka, Class-7*

**Tips to Live a Happy Life**

1. Commit yourself to quality.
2. Don't make the same mistake twice.
3. Don't get afraid to say 'I don't have any idea'.
4. Learn to make something beautiful with your hands.
5. Treat everyone you meet like you wanted to be treated.
6. Make a list of 25 things you want to experience before you die. Carry it in your wallet and refer to it often.
7. Don't waste your time grieving over past mistakes, learn from them and then move on.
8. Remember that 80% of the success in any job is based on your ability to deal with people.

✍️ *Binisha Poudel, Class-7*

Amazing Facts

1. Both black and white rhinoceroses are actually gray!
2. They lips of a hippopotamus are about 2 feet wide!
3. A fox uses its tail as a signal flag to communicate with other foxes.
4. 3,000 of the world's 15,000 species of orchids are found in Brazil.
5. The fastest growing plant is the bamboo. Some varieties can grow up to three feet in a day!
6. 200 years! Yes, that's what a giant sequoia could take to flower for the first time in its life!

✍️ *Susmita Shahi Thakuri, Class-5*

**Amazing Facts**

1. Both black and white rhinoceroses are actually gray!
2. The fastest growing plant is the bamboo. Some varieties can grow up to three feet in a day!
3. In a single year, we will get just about one pound of roasted ground coffee from one tree.
4. The entire world's population could fit inside Los Angeles.
5. The hottest chili pepper in the world is so hot that it could kill us!

✍️ *Rabindra Shahi Thakuri, Class-8*

**Amazing Facts****Amazing Facts of Money**

1. If a million dollars were saked in US \$1 bills, the stack would be 110 m high!
2. Money sounds good but good sounds makes money!
3. Music sales all across the globe total more than US \$40 billion!
4. Countries around the world spend about US \$80 billion on education in a single year!
5. Americans and Europeans spend US \$17 billion per year on food for their pets!

✍️ *Rashik Khadka, Class-5*

**General Knowledge**

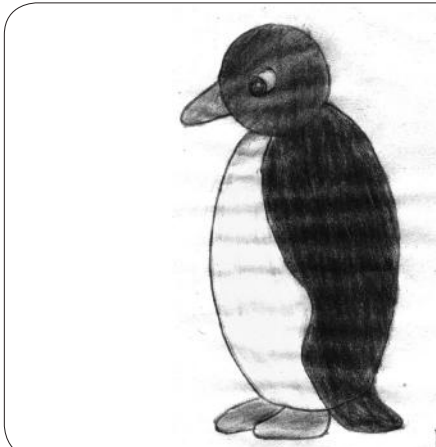
१. जापानको हिरोसिमामा August 1645 मा विस्फोट गरिएको परमाणु बमको नाम के थियो ?
२. 'तेक्वान्डो क्वीन' का नामले चिनिने नेपाली खेलाडी को हुन् ?
३. बैकिङ क्षेत्रमा प्रयोग हुने **SCT** को **Full Form** के हो ?
४. नेपालको कुन जिल्लामा वि. सं. २०७६ कार्तिक ९ गते राष्ट्रिय आविष्कार केन्द्र स्थापना गरियो ?
५. जनसंख्या दिवस कहिले मनाइन्छ ?

गाउँखाने कथा

१. पखेटा नै छैन मेरो उड्ने गर्छु माथि, रङ्गीचङ्गी रूप छ रूखको प्यारो साथी के हो ?
२. आन्द्रा जोडी चलाउँदा ऐना बोल थाल्छ त्यो ऐनाको भुँडीभित्र संसार नै हुन्छ, के हो ?
३. अगाडिको काटेपछि खाने चीज बन्छ बीचको काट्दा सुन्ने अङ्ग शक्तिशाली बन्छ के हो ?
४. तीन प्राणीका दश खुट्टा, काम एउटै भुईँफुट्टा के हो ?
५. हेर्दा लड्छी, चुस्ता कस्ती, थुकी फ्याँक्दा कपास जस्ती के हो ?

विद्यार्थी भाईबहिनीहरूमा अनुरोध

विद्यार्थी भाइबहिनीहरू, *General knowledge* र *गाँउ खाने कथामा* भएका प्रश्नहरूको सहि उत्तर फागुन २ गते शुक्रवार सम्ममा आइपुग्ने गरी सम्पादक मण्डललाई बुझाउन अनुरोध गर्दछौं सहि उत्तर दिने मध्ये गोला प्रथाद्वारा १/१ जनालाई पुरस्कृत गरिनेछ ।



Hangchha Rai, Class-1



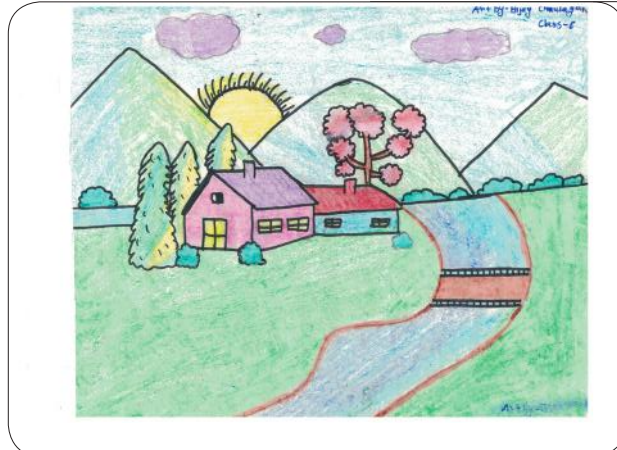
Nischal Malla Thakuri, Class-7



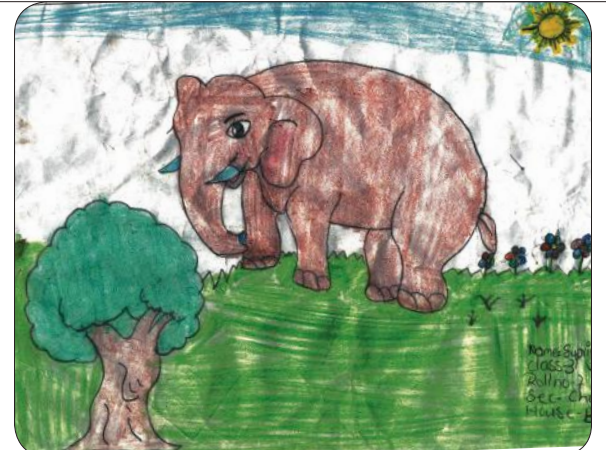
Saurav Karki, Class-6



Suresh Khadka, Class-7



Bijaya Chaulagain, Class-7



Supriya Sunuwar, Class-3



Riya Khadka, Class-3



Chahana Tamang, Class-2



Swostika Shrestha, Class-5



Sports Day-2076



Municipality Wide Dance Competition Winners -2076



Asar-15 Celebration



Glimpse of Krishna Janma Janmashtami



BLE Toppers



Wushu Team



Celebration of World Environment Day



Students in Sports Week