

Intellescope 2015

A Step Towards Revolution

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केही प्राविधिक शब्दहरू

अबको गन्तब्य

त्यो दिन भूकम्पसँग जम्काभेट

यसको शीर्षक के ?

पर्खाइ त्यो सुनौलो दिनको

शान्ति खोई ?

Message from Advisor



It was quite inspiring to watch and witness the potential of our students unfolding at various stages and situations each day. Trying and testing times during the system have elicited our students to put forth their best.

Intellescope, the annual magazine of INTEL INSTITUTE, is published to enhance student's knowledge and creativity. The main aim of this magazine is to give them lots of ideas for creative writing and their academic fields.

The intellescope team has worked really hard with dedication. We would like to thank the intellescope team for such wonderful work. They are the ones who made it all happen!

We would like this committee to continue this publication every year to provide useful information to readers for years to come.

Congratulations to the editorial team for their determined efforts in bringing out this magazine.

Best wishes,
Kanchan Sharma

Message from Co-ordinator

Dear Students,
Greeting to you!!

"Focus on the journey, not the destination.
Joy is found not in finishing an activity, but in doing it".

Very few have fully realised the wealth of sympathy, kindness and generosity hidden in the soul of student. The effort of every educator should be to unlock that treasure and the Institute is an excellent example where everyone strives indefatigably for this. This institution has been nurturing young minds of the town for the past 20 years with the belief that "The heart of education is the education of the heart".

We are pleased to present to you the Intellescope Magazine of INTEL INSTITUTE. Enjoy every moment you have because in life there aren't rewinds, only flashbacks. For you, we have worked hard to bring up an exhilarating flash back of the inception of the Institute.

I sincerely hope that each of the articles here will provide some significant stimulation to a reasonable segment of our community of readers.

Happy Reading!!

Gyanendra Kumar Mishra



A Message from the Editors

The difference between school and life? In school, you're taught a lesson and then you're asked to give a test. In life you're given a test and then it teaches you a lesson.

Greetings and a warm welcome to our 9th volume of Intellescope. We couldn't more excited to have made it to this point. It's wonderful how closeness comes between people in such short time. It seems like yesterday when we actually did introduce to each other and no sooner we were the members of Intellescope 2015.

Working till hours, discussing, laughing, completely exhausted at the end of the day, this is how it worked. We often spent most of our time in school day-dreaming about getting out, didn't we? Who knew, that 90 days of our life after SLC would turn out to be like. Intel is just an endless cycle of, "I just need to make it through this week every week." LOL!

Nevertheless having an awesome motive of exploring and show-casing our interest is worthwhile working hard all day. And we are so grateful to our beloved friends, for their tremendous support by untributing their articles, provoking words and other materials, without which we couldn't have been able to make it to this level, in just less than 14 days.

We dedicated this issue of "Intellescope" to all our beloved brothers and sisters who lost their life during the 'Gurkha Earthquake'.

We are Shaken yet strong.

- The Haudey Gang





8 Tips to Tame Your Anger

1. *Think Before You Speak:*

In the heat of moment, it's easy to say something you will probably regret later. Take a few moments to collect your thoughts before saying anything.

2. *Once you are calm, express your anger:*

As soon as you are thinking clearly, express your frustration in a calm and tactful way. State your concerns and needs directly without hurting others.

3. *Get some exercise:*

Physical activity can help reduce stress that can cause you to become angry. Taking a small walk or practicing other exercises can be of help to calm you down.

4. *Take a timeout:*

Give yourself short breaks during times of the day that tend to be stressful. A few minutes of quiet time can do wonders.

5. *Identify possible solutions:*

Instead of focusing on what made you mad, work on resolving the issue at hand. Remind yourself that anger might only

make things worse,

6. *Don't hold a grudge:*

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive ones then you might find yourself swallowed up by your own.

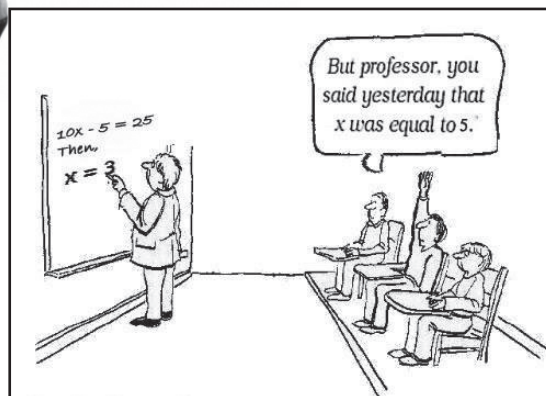
7. *Use humor to release tension:*

Use humor to help you face what's making you angry and possibly any unrealistic expectations you have for how things should go.

8. *Know when to seek help:*

Learning to control anger is a challenge for everyone at times, consider seeking help for anger issues if your anger seems out of control

- Samikshya Devkota





The Art of Living

“Simple living high thinking”

Birth and death is the reality of life, no one can change its reality, and one who takes birth has to leave everything behind, which he/she desires the most. We must understand that life is journeys not a destination and our sole work are keep on fulfilling our responsibilities, without any grudge. Many people in this world are not able to enjoy the moment they have, because they hardly know how to be happy and alive. They hardly have any realization, about their lives. Life in fact is a mixture of happiness, success, love, care and sorrow, depression and tragedy as well. Living a life is an art, which reflects the personality and culture of a person.

Everybody seeks peace and harmony because this is an ultimate aim of our physical life, and what we lack in our lives must be discovered through the self-realization. Every one's joy lies in different things, someone's happiness lies on money, position, and power but these are very fleeting in nature. One cannot hold it permanently and chasing it ambitiously gives tension and unhappiness. Overly ambition about power, position and money results into agitation, initiation and disharmony. When we suffer from

these miseries, we do not keep them to ourselves, we often distribute to others as well, and these negative feelings influence the mass and society.

Unhappiness passes through the atmosphere around someone who is miserable and those who meet such a person also gets affected. Certainly, this is not a skillful way to live. After all human beings are social beings, they have to live in a society and deal with each other and live peacefully. But how do we live peacefully? The answer to this is that when we generate impurity or negativity we are bound to become unhappy. In order to live in peace and harmony we should develop positive attitude and not make our life miserable.

I am really touched by the saying that “all the art of living lies in a fine meaning of letting go and holding on “. According to Ravi Shankar spiritual blossom means, blossoming in life in all dimensions being happy, at ease with yourself and with anybody around you. We have to face certain circumstances in our life but they are just the fleeting moment that touches us and pass away. Our problems are like salt in our life as it adds taste. If the salt



is taken from a meal, our food becomes tasteless; likewise our life without difficulties is meaningless, our problems are like an examination in which we have to secure a good result. The ultimate purpose of life is a service. We can take an example of the inspiring personalities like Mother Teresa who sacrificed her life to uplift the living standard of poor people. There are also the personalities like Mahatma Gandhi who fought for freedom and independence and introduce us the real meaning of art of living.

Throughout our life unwanted things keep on happening wanted things may or may not happen and process of reaction is a key reason of generating negativity. Therefore, when things do not happen according to the way we want we must have patience and tackle the problem by evaluating it, and deal with it positively. In my opinion, the best way to live life is just smile, be happy and spread happiness around you, smile and laugh is the best medicine. Our time is limited and we should not waste it bothering someone else's life. We should have the courage to follow our heart and not let the noise of others opinion drown our inner voice. Lastly, we should not hate anyone as it makes a burden in our life when we love everyone our soul may rest in peace.

-Rakshya Singh Thakuri

God

O dear,
Don't fear
When you remember me
I shall be there

Don't search me anywhere
Do your work honestly
And make your heart good
Because I stay there

No need to come in
Temple, church and anywhere
I stay in you, so
Be good not a bad

Follow the path of humanity
Help the poor and needy
If you do so,
I will be happy

O dear
Don't fear when
You remember me
I shall be there

-Rudra Narayan Chaudhari





I'm alone with my Loneliness in KTM Valley.

I am alone, there is no one.
I wish there would be someone.
With whom I could share my pain and sorrow
Who makes me wanna live tomorrow.
I'm walking through a path
Where nobody cares,
Me and my loneliness
Is the only thing here
I'm lying on a ground
But I feel like I lie in darkness
Where I can feel the sunrays
I'm sick of pretending
Saying "I'm happy, when I'm not"
Everyone there for me in my dreams falsely,
But then I have to face this cruel reality in
Kathmandu valley

A TRUE FRIEND

Friends are the flowers in the garden of life,
They help each other through trouble and strife.

They are the joy that cannot be taken away,
Once they enter in your life, they are there to
stay.

There are nothing like friends to make your heart
sing.
True friends will share almost everything.

No man is useless while he has friends,
Chances makes our parents, but choices makes
our friends.

- Prashant Thakur



My mother (my happiness)

*My life is Brighten up
With every sense of your touch.
You're the one whom
I love and admire so much
U may be nothing to the world
But you mean a world to me
Without you I don't think
I would have any aim or destiny.
Mother you know you're the reason
Behind my every smile and glee.
You're the one who can only
Cover my flaws flawlessly
And always make me special
Even through of other doesn't count on me
And Today I want every felling
Of mine towards to set free
Mother you're more awesome than an
Actress playing numerous role in life
From a beautiful daughter to a canng
Mother and loving wife.
And to be your daughter
Is a mother of great pride?
I love you for the one
Who you are
And respect you for
Everything you have done for me
You're a superwomen in my life
Making it happy and light.*

- Karishma Kunwar



Friendship

A true friendship is like that of a ring, which doesn't have its end. Friendship is a priceless possession, which is neither bought nor sold.

Man is a social being and by nature seeks companionship of others. In our journey, we meet countless people but I everybody cannot be friend. To be a friend or to have friendship, certain basic qualities are essential. For a true friendship similarly in heart and mind. Love and respect, devotion etc. are the very much essential.

It is almost true that we cannot live or wait alone, we look for someone to whom we can open out our hearts and reveal our secrets. We even look for someone who can share our joys and give us sympathy and consolation in our sorrow. Certain secrets can be revealed to friends than the other. We can talk to father with respect, we can talk to our brothers and sisters but with limitations but we can talk to a friend in a free and frank manner. A friend can satisfy our requirements and, that is why, he/her is welcome to our hearts and without him/her, our life seems to be a dreary desert.



There can be many friends but it is essential for us to distinguish between true friends and false friends. A true friend can double our joys and share our sorrows. A true friend can stand by us in prosperity and is every ready to sacrifice his own life and interest for our sake. If false friend, he serves his own interest than his friend's needs and desires. True friends are rather hard to find these days. We cannot deny that our life is influenced by our friends either for good or for evil. Once we have accepted a person as friend, we should not be slow to appreciate his worth. Even though there can be weakness in friends, we should always think more of his virtues than of his shortcomings. It is unfortunate that some people do not appreciate the worth of their friends till they have lost them.

To sum up it is important to be careful to make friends and it is far more important to be careful to keep them. A true friend sweetens our life, heightens our joy and lightens our sorrows. Even death cannot separate true friends.

- Shova Chaudhari



"KATHMANDU"

Surrounded by hills,
There is a place on the earth
Where I'm sure
Everyone learns to struggle, right after the birth

A place where the Himalayas took far away,
A place where humanity seems to be fading away,
A place which used to be drained by the holy Bagmati,
Which now I believe will soon be a history.

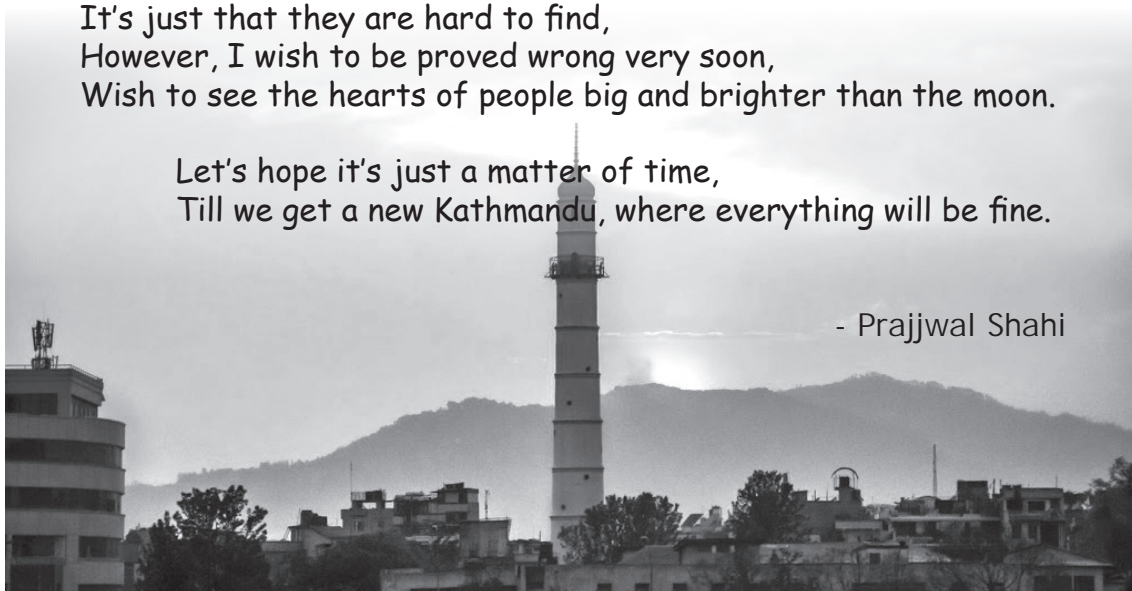
The building here keeps getting taller and taller,
The population gets larger and larger,
Only I wish, I could say the same about people's heart,
Which now I fear, is broken, beaten and dark.

If you be here, don't get confused by the lime lights
Just keep your ears sharp and you'll hear;
Behind each tall building, someone cries.

But to be candid, not everyone here is heart-blind,
It's just that they are hard to find,
However, I wish to be proved wrong very soon,
Wish to see the hearts of people big and brighter than the moon.

Let's hope it's just a matter of time,
Till we get a new Kathmandu, where everything will be fine.

- Prajjwal Shahi





A Scientific Love Story

*Date: 14th July 1997
Longitude: 30°N, 45°E
Latitude: 9°N, 15°E*

My heart Helium,

When I saw you for the first time, the ray of light forget to intersect at the retina instead of it intersected before the retina. So, I had used concave lenses. Darling I love you Vn times where "v" is a natural number and "n" is approaches the infinity. Please believe me, my love towards you is like a pure acid. If you dip it into blue litmus paper, it will turn red. I still remember the 1st day, you touched me. It took 1000 joules of your energy to touch me but 1000 volt of eddy current was produced along with it.

Honey I am waiting for you like zinc pieces in a woulfe's bottle. Please come to my life like dilute hydrochloric acid so that our love won't change like acceleration due to gravity and weight. It will remain constant as mass does. Dear Helium if you love me then keep me in your outermost orbit. I promise that I will not react with other elements like the electron belonging to zero group and yet remain with you like the stars of constellation of Cassiopeia.

Darling, I love you too much if you asked question to the compass then it's needle would point me. If you have any doubt in it, you may test it by adding not copper solution which will surely turns blue.

Now I put my pen interest. Hoping that echo from your side will cause vibration in eardrum.

- Anamika Sapkota

The story of life

Sometimes people come onto your life and you know right way that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these may be (possibly your neighbor, long-lost friend, lover or even a complete stranger) but when you look eyes with them, you know at that very moment that they will affect your life in some profound way.

And sometimes things happen to you that may seem horrible, painful and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength or will power.

Everything happens for a reason. Nothing happens by chance or by means of luck. Illness. Injury and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight road. It would be safe and comfortable, but dull and utterly pointless.

This is the story of life. So make every day count!! Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be for others to believe in you. You can make of your life anything you wish. Create your own life then go out and live it with absolutely no regrets.

- Abhishek Rijal



MY DAD

I have heard people saying my idol is Barack Obama, My idol is Rabindranath Tagore and others in the same way. We definitely have an important person that means a lot for us to whom we feel. Obviously, in my life my first and last idol is my dad.

If I could only pick one person as my role model, I would have to say my dad. He truly is an amazing man and has accomplished so much in his life. I really look up to him and admire him as a person. Not just what he's accomplished in his life but also how easily he has provided me everything I could possibly want. He definitely has put me and my happiness first in his life and I am truly appreciating that. That is why I always feel proud by getting such type of dad. Sometimes, I feel like I haven't successfully accomplish his dreams. But, I know what really is most important to my dad is my happiness. Since my childhood, I have always been getting support from my dad. He is the one, who is most precious for me in my life. I can never love others like my dad. In fact I have no reason, Why he is so important for me. Although there are a lot of personality in my life I don't have anyone so special. As my dad is the best one. I can't replace any one with him. I want to laugh remembering those days, when I was

very sick in my childhood. I pissed in my dad's arms.

He taught me that mistakes were just opportunities for learning something new and applies it very wisely in your life. He always teaches me the things by saying that, "Your destiny depends on you. Not on any other external factors." It is not enough to hope for the best but you have to do something to improve your life. Whatever problems I have, my dad will listen to me and try to help me. He says everything without saying a single word. He always takes care of me and makes many sacrifices for me.

He had always encouraged me to all extra credits so that I have more practice. He always makes me step forward, taught me to fight the battle of life bravely rather than being a coward. This success is because of my dad and of course he can never see me sad. As time is dynamic may there comes changes in our behavior but we should always follow the saying of the special person so we can tribute to their philosophy. Likewise, I too always follow to my dad's saying. I want to be as him. That's why I want his hands on my head. I always want him beside of me standing for my support.

- Nemic Tiwari



Love

It seems to be a simple word consisting of 4 letters but actually it is the most needable and valuable feeling in the world.

There are various form of love like sympathy. Pity and many more. If people would not have the feeling of love then the various form of love would not have been existing. From the birth till the end of the life love plays an important role. Love is the purest feeling that can only be felt from heart. Love doesn't mean only the love between two lovers or couples but it includes all the love that a single creature do continuously without any terms and conditions. Love can make people do anything. It is also responsible for bringing change in the behavior of the people. But the one who has understand it from the depth of heart has the ability to do sacrifice. Yes, the biggest thing that love teaches us is to love others.

Because of the existence of love only, this world has become so much beautiful resulting in the togetherness among the people. Neither has the beginning nor any ending point. It cannot be forcefully created or destroyed. Just it can be felt.

Beauty of nature

Green hills rivers and forest
With snow falling, great mt. Everest
Which are our heart and peasure
It's all the beauty of nature

A violet by a mossy stone
Beautiful creature with their own tune
Don't ablaze and misuse our treasure
Its gift and beauty of nature.

Colloquy of birds in spring
Sitting on the tree with ding ding
All the birds, animals & other creature
Are our properties, beauty of nature?

Big big waterfalls and pond
Following of brooks beside parks which
are zoned
It's full of greenery & absent of squator
What's that? The beauty of nature.

Day by day, people are being attacked
Seeking the flavor of beauty & its track
Even the floras which are mature
Are reckoned as the beauty of nature.

But it's being aberanted now-a-days
We have to save it, no one says
It's abiding and our greatest pleasure
It's all the beauty of nature

Now joining the hands we have to
preserve it
To say nope is fully prohibit
We shouldn't think they are sniffy
rather beauty of nature us our dignity



Children Who Are Rough

"Kalanki....Kalimati.....Ratnapark"... they repeat and shout attracting the nearby people. It's as if parrots have been taught to imitate some syllabus. Who else, but those poor creatures. Children or adult, it is difficult task to find out looking at the way they are. It is not something new or anything surprising that we can locate quite number of children engaged in travel and tour business- to describe simply, employed as conductors in buses, micro-vans or any other vehicles. And mind it, I am talking about Nepal. No shelter to cover their head, so the vehicles become their house. No food to feed on and no clothes to wrap their body in. So the little money they earn become their source of income.

At such a tender age, when they are supposed to be in schools holding books and bags, those ignorant fellows seem to be enjoying rupee-notes in their hands. However, they are not to be blamed. That's how they have been reared. Perhaps the calculation that the lads perform while handling money to passengers is where they learn maths.

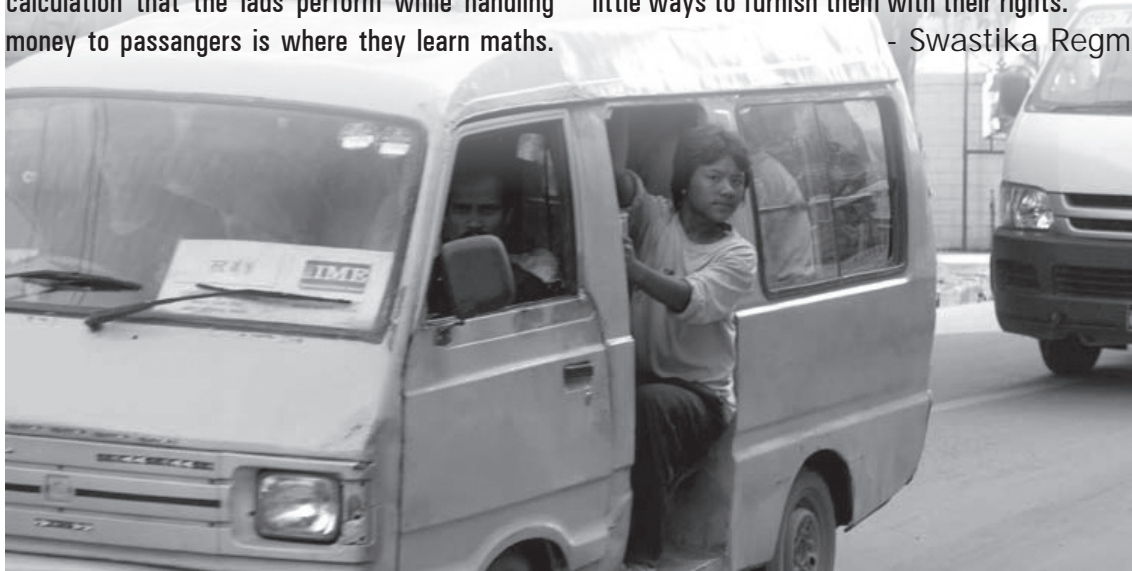
And obviously, the hotchpotch English that they try to speak is possibly a result of the mixed language they hear from the passengers. To add, society where they probably learn their social studies.

Those street urchins, thus, throw words like stones and wear torn clothes. Their thighs shown through rags yell for their lives. Yell, so we can reach our respective destination but none of us tend to hear their inner voice that has been suppressed somewhere in some corner of their heart. The voice that echoes all children need life and affection. But, all of us seem to have turned deaf towards their call for empathy.

Childhood for us is the morning of our life which will later become a happy recollection for us. But it is not the same for those children who have lived their entire life through fire and water.

To give the sum and substance, it is high time that we soon make an effort to be a good human being. In other words, we should try in our own little ways to furnish them with their rights.

- Swastika Regmi





Men's Role in Feminism

It has been many decades since people have started to fight for women's rights and freedom. However, still the thinking way of a lot of people haven't been changed about feminism. Very few recognize that women are too entitled to live with dignity and freedom. Despite of solid evidence to demonstrating women's empowerment in reducing poverty and promoting development; addressing it as the world's most urgent challenge, women empowerment remains as unfulfilled desire.

In my opinion, the prime cause of this problem is existence of very low involvement of males of our society in this movement to eliminate gender inequality. Gender inequality is a social problem and it can't be uprooted from the society till men take this mantle so that their daughters, sisters and mother are free from prejudice. No one can deny the fact that in our male-dominating society men get more privileges than that of women. In many families birth of son is celebrated with full fun and joy while the birth of daughter is taken as the curse to the family. In many offices women are not paid same wages as those of male counterparts. In many societies women are imposed with more roles. All these nonsense can be eliminated only when women along with men work together to bring feminism.

Lately, some controversies have risen regarding feminism. People seem to consider feminism synonymous to male-

hating which is an utterly false believe. For the record, feminism isn't defined as movement to create female-dominating society but give equal rights to women that of men. It is like making gender equality. Men and women working hand to hand for the development is the main concept of feminism.

English Statesman EDMUND BURKE said, "All that is needed for the forces of evil to triumph if for enough good men and women do nothing." In other words, if all of us don't unite now, gender inequality can be a permanent issue. Hence, I would like to make a plea to all my readers, especially to all males to set feminism as their goal.

"Ask yourself if not me, who? If not now then when?"-EMMA WATSON (Ambassador of UN campaign, HeForShe)

- Aparna Tripti

Words of wisdom

If you plant truth, you'll reap trust.
If you plant goodness, you'll reap friends.
If you plant humanity, you'll reap greatness.
If you plant consideration, you'll reap harmony.
If you plant patience, you'll reap improvement.

- Nemic Tiwari



Finding me

Sometimes I wonder how fast life can change
One moment you are here, the next you are dead
I know it can be strange
But everything does not come around as we said.

In this short life, everybody is running for finding themselves.

I wonder myself why this competition
Here and there every individual busy.
Oh! How can I find myself?

Nobody around to talk and walk.
Feeling so dizzy now I became like them to find myself.
To fulfill my dreams
I don't want it to be scattered.
Someday I need to work for it

I am going away from people
Because all I want to do today is to find true me.
Someday not so fake but someone
That I can gladly be.

- Anisha Giri



My Motherland

It's a cool day with air on the top
Of the world, my land where I stop.
My love, my heart where comes alive
My mother, my land place where I be hive

What gives birth to me? where I stand
My soul, my mind, the place my motherland
Of where, hospitality, famous all over the earth
My pride, my land, where I got birth.

Of where. All lovely, everything I know
Greater the value stands, anything my land show
Gives a life to millions of bodies like me
I can't say, until my life stands, how long it be.

What shows the Everest the pride of my mind?
Wherever I visit, my land, I can't find.
My destiny, my desire, the place to stay
My land my motherland, the nature to pray.

The only place, where spiny live
Suitable to me heartfelt love, what my land give
Where Buddha still live in all my might
Can give, extreme love to one who give a sight.

My land, very brave, in all its past
The glory of my land alive until the sun last
Start it's glow, seems bright, my land
Remain bold, until the moon stand.

It's my message to all who show
Their pride and the one who don't know
It's a land, with me, my soul all along
The land from where I belong
The land from where I belong.

- Yushma Dhakal



The Best Thing I Learnt From

INTEL

Everyone in this world have their own desires, expectations, wills and dreams. Very little work hard to let their dreams come true. When I joined INTEL after my SLC examinations I got to know that all the INTEL students are moving ahead in order to achieve their dreams and INTEL is playing the role of strong base to their dreams. I was also one of the students who had joined INTEL looking forward my goals to be achieved.

I course of time, our classes started and slowly I got attached to my new friends. We all have an ego on something and that's the human nature. Some may claim that they don't have any ego but everyone has ego on something. I used to be a talented student and secure very good marks at my school. I used to think myself very intelligent student. But when I joined INTEL I came to know that intelligence and talent within a place is not enough. I realized that the world is very competitive. I also came to realize that my own ego was dragging me downwards. So, I was determined to remove my ego. I knew that life is very dynamic and challenging thing. I

am glad that I came to INTEL perhaps, my ego would always remain with me and I could never remove it. Similarly, INTEL taught me fruitful lesson about life. I came to know what exactly life is. Along with it, I learned to develop a hope inside me because you know what I secured very low scores at the beginning and got frustrated. But slowly I created a hope inside me that I will learn from my mistakes and surely do well next time and I did better the next time. I made out that failing once, twice or thrice don't mean that you are a failure. Failures are the pillars of success.

INTEL provided me lots of hope and confidence. If INTEL hadn't provided such a competitive environment, I would have never learnt such lessons. INTEL taught me many more things along with academic knowledge. So, I would like to thank INTEL from the bottom of my heart for not only being excellent at academic education but also at the lifelong applicable behavioral lessons.

THANK YOU INTEL FOR WHATEVER
I GOT TO LEARN HERE!!!!

- Sadhana Cheetri



REAL SUCCESS OF LIFE

Life is not only breathing. It is also not only the time period of birth and death. Instead, it has a very vast and deep meaning. Some call it as a burning candle while some call it as a drama. But in my view, life is the success that we get after our struggles.

Life would become easier if our expectations go on correct path but, there is a huge gap between our ability and expectations. And to remove this gap we have to struggle real hard. When we bring we our expectations in real form through our hardship then it is the real success i.e. life. Getting luck and opportunities is not the success but making luck is the real success. Similarly, the one who smile with hurts in hurt and tears in eyes is successful than the one who shows misery to grab others smile. It is the best thing to take others sadness and give them our happiness.

It is not possible for all to get success. Sometimes, one may not be able to get what they want because other better than them grab the success who have dream to get it, isn't it? When you don't get success don't be discouraged and don't lose your confidence, because there is a day for you too, to get the success but you have to bring that day on your own. Here I have three tips for you all to avoid the tensions of failure that we always have in our life.

1. Remember that day of your success

when your life would be changed by your own efforts.

2. Take your each failure as inspiration and challenge.
3. Think that your talents will be polished when you try again and again to achieve you goal.

People are born and eventually they die. Within their life, they get success through their struggle then they are the best. I don't mean to say that only those who are successful are the best but I meant, the one who struggles without getting depressed from failure or run away from challenges are successful in their life. His/her life is truly meaningful. But the one who gets failed without any struggle is the worst and their life is totally meaningless.

Earning money is not the real success money can't but many things like:

- It can buy a house, but not a home. It can buy a position, but not respect.
- It can buy a bed, but not sleep. It can buy a medicine, but not health.
- It can buy a clock, but not time. It can buy blood, but not life.
- It can buy a book, but not knowledge. It can buy administration, but not love.

Lastly, I would like to say, "Try and try and try until you get the real success in your life."

- Rakshya Pandey



WHY DO WE LAUGH???

Did you ever had a condition that you told a jock and discovered that your listeners didn't laugh? Don't you know, some people never laugh or smile while others always seem to be cheerful? We laugh not because of mechanical process in the body but to express our feelings of joy, lightness of heart or amusement.

There I one mechanical cause of laughter- TICKLE. It is a reflex action on the part o our body to certain king of ticklish stimulation. It is not related to other kind of laughter we really do enjoy. When we laugh, we laugh spontaneously to express certain felling that are brought on by seeing, remembering, imagining or thinking of something that provokes laughter inside us.

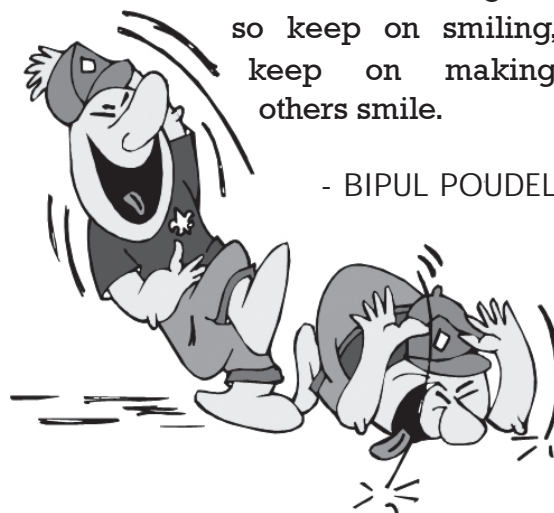
So, why does laughter create reaction in us? This is a question really suitable for a psychologist and they have come up with many theories too but no one seems to have a complete answer yet. One of such ideas is that laughing is a kind of social act. Suppose, if you are watching TV and see something funny you don't seem to be laughing loudly but, if you are with a group of friends watching with you, you all might laugh loudly. If

people are sitting together and telling stories, they might laugh and smile. You can hear what they are saying but since you are not a member of that story telling group you probably won't laugh or smile, will you?

We all know, in general way the kind of thing that makes us laugh may be because we feel superior at the moment and are so pleased about something that we laugh. Even the kind of laughter we engage in may vary depending on the cause. Like humor creates one kind of laughter, the ridiculous one creates another kind. It is even possible to form a laugh scornfully at someone. So, laughter is an expression of our feelings, a way of reaching to something and the best medicine to live a long life

so keep on smiling,
keep on making
others smile.

- BIPUL POUDEL





मुक्तक

सम्पत्ति जोगाउन कम्युनिस्ट बन्नेहरू देखेको छु,
अनि निरङ्कुशतालाई लोकतन्त्र भन्नेहरू देखेको छु
यतिसम्म कि पुल भत्काएर डुङ्गा चल्न दिई,
आफूलाई प्रगतिवादी ठान्नेहरू देखेको छु ।

सरकार चुरेको दोहन गर्छ, अनि तिमी मेरो
सरकार निमुखाको घरबार हरण गर्छ अनि तिमी मेरो
यै त द्विविधामा छु तिमी सरकार हो या सरकार तिमी
सरकार जनताको शिरमा रोहन गर्छ अनि तिमी मेरो ।

- पवन कार्की

मुक्तक



मेहेनत गर्छु अनि विवेक कमाउने छु
हेर्दै जाऊ एकदिन यही विवेकले
यो देश चलाउने छु
पढेर के गर्छौ हे मित्र भन्दैछौ तिमी अहिले
देख्ने छौ तिमीले एकदिन, त्यही पाठले
यो विश्व हल्लाउने छु ।

- रबिन कुशमा

नेताहरू

देश विकासमा भन्दा बढी, भाषणमा दिन्छन् समय
अब त कुर्सी तोड्न थालिसके, माग पूरा नभए
शान्तिको बाटो अपनाउन, किन भो गाह्रो यस्तो यिनलाई
रुवाए त्यही जनतालाई, जसले पुर्याए त्यहाँ तिनलाई

थिए त्यस्ता पिरहरू पनि जसले दिए देशका लागि
बलिदान
तर, आजका नेताहरू बगाउँछन् पसिना गर्न कुर्सी
तानातान
भाषणमा त भन्छन् नेताहरू बनाउँछौ स्विटजरल्यान्ड ने
पाललाई
तर आजसम्म पनि दिनसकेका छैनन् संविधान
जनतालाई

विकसित हुन सकेन नेपाल तिनै भ्रष्टाचारी नेताका
कारणले

छोएको छैन अभैसम्म पनि यिनका मनलाई सहिदहरूको
मरणले
कति रुवाउँछौ अभै नेताहरू आफ्नै नेपाल आमालाई
आफ्नो सम्पत्ति बढाउन हैन नेताहरू देऊ समय
विकासका कामलाई

अभै पनि बुझ्दैनौ देशको पीडा भने धिक्कार छ
तिमीहरूलाई
उठ जाग नेताहरू हो अब दिन संविधान जनतालाई
फेर्न सक्छौ तिमीहरूले चायौ भने नेपाल देशको मुहार
त्यसैले एकजुट भई लाग गर्न देशको सुधार

भ्रष्टाचार क्रियाकलप अन्त्य गरी बढाउ देशको सम्पत्ति
पछि नहट कहिले पनि नेताहरू पर्दा देशलाई आपत्ति
पाइला चाल अब नेताहरू पुग्ने देशको गन्तव्यमा
एकजुट भई देश विकास गर्नु नै हो तिमीहरूको कर्तव्य

- युष्मा ढकाल



घायल मन

जरिएको घाउ आज बल्भिएर दुख्न थाल्यो
तड्पीतड्पी भरिएको मनको फुट्न थाल्यो
फूल नभई कोपिलामै बैलिएर 'घैला' भर्न थाल्यो
प्रीति कसम कुरा मात्रै तिम्रो माया भुठो रैछ
अल्लारे भैं लहड पनमा वैश तिम्रो खुल्नो रैछ ।
मुटुभरि माया साँचे तिम्रो माया जाली रैछ
धोका दिने निष्ठुरीको सिउादो अभै खाली रैछ
किन साँचे माया हिजो, आज त्यसै छाती पोल्छ
बैगुनीको गुनले गर्दा न्याउली भाका दिलले बोल्छ
कहाँ पोख्रौं मनको बह ठाउँ कतै खाली छैन
दिलको फूल कहाँ रोपीं सम्भार गर्ने माली छैन
जरिएको घाउ आज बल्भिएर दुख्न थाल्यो
तड्पीतड्पी भरिएको मनको घैला फुट्न थाल्यो ।

- सिद्धार्थ रेग्मी

चाहिएको छ

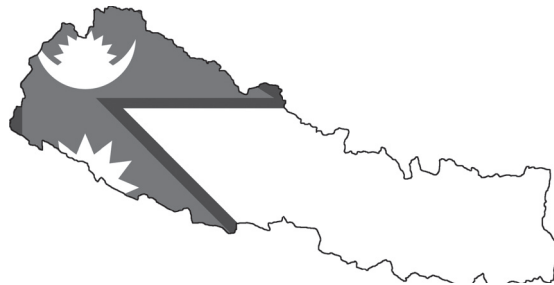
दयाको भिख मात्र हामीलाई
समान अधिकार र अवसर चाहिएको छ
माया, ममताको काउलो दिनु पर्दैन हामीलाई
साङ्ग सरहको अधिकार चाहिएको छ

अपाङ्गको हकहितका लागि सदा तत्पर हौं भनेर
फुकला भाषण चाहिँदैन हामीलाई
समान अधिकार चाहिएको छ हामीलाई
अपाङ्गलाई शिक्षा दिन्छौं मात्र होइन
हामीलाई शिक्षाको उज्यालो ज्योति चाहिएको छ

आश्वासन मात्र होइन, हामीलाई अवसर पनि दिनुपर्छ
अवसर पाए केमा कम छौं, प्रयोग गरी हेर्नुपर्छ
प्रयोग गरी हेर्नुपर्छ ।

- श्याम शरण भण्डारी

मेरो देश नेपाल र नेपाली



प्रितले भरेको नेपाल मेरो प्रीति छर्ने नेपाली
एउटैगीत गुन्जिन्छ यहाँ अनेकौं भाका फेरी
दयाका धनी गोर्खालीहरू मायाका धनी भापाली
राखेका छन् नेपालीहरू प्रकृतिको बरदान सम्हाली

बिहानीको मिरमिरेसँगै रम्छ मेरो देश
एकताको बलसँगै जम्छ मेरो देश
आँधी हुँदा आए पनि ढल्दैन् मेरो देश
सूर्य समीप भए पनि जल्दैन् मेरो देश

जन्मे बुद्ध नेपालमा नै बने गौरव नेपालीको
अर्ति उपदेश दिई छाडे भयो रक्षक सबैको
गरे त्याग मरे आफैमा हिम्मत भने हारेनन्
नेपालीको यो गौरवशाली शिर भूईं टेक्न पारेनन् ।

शान्तिको यो सुन्दर ज्योतिले नेपाल नै उज्यालो गराइदियो
विश्वासको यो अटल मोतिले धर्ती नै चम्किलो बनाइदियो
होओस् जीत सत्यको नै नहोस् जीत भुटको
लिन्छन् बदला नेपालीहरू शत्रुले दिएको चोटको ।

नेपालीको भेषभूषा हो गून्चु, चोली, पटुकी
अघि बढ्छन् नेपालीहरू एकताको हात समाती
नलिउन् सहारा नेपालीले रिपुको अन्जानमा मित्र उनी
आखिरमा मर्न पाउँ 'जय नेपाल' भनी ।

- मनिषा भण्डारी



साथी

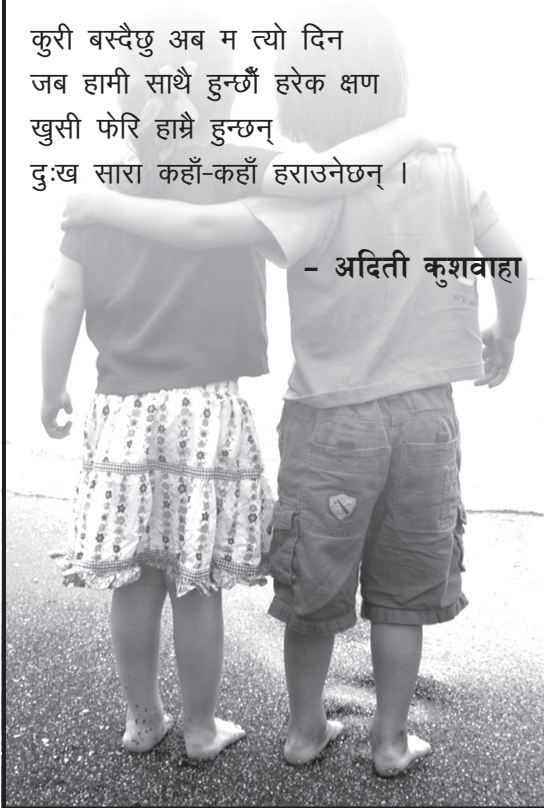
पाइला-पाइलामा साथी भेट्छन्
तर तिमी जस्तो कहाँ हुन्छन्
सुखमा सधैं साथ हुन्छन्
दुःखमा कहाँ-कहाँ हराउँछन्

तिम्रो सम्झनामा दिनहरू बित्दै छन्
बिताएका समयको याद आउँदैछन्
कुरा गर्न पाउँदा पनि
तिमीसँग भेट्ने यादले सताइरहन्छन्

कस्तो राम्रो थियो त्यो दिन
जब हामी साथले थियौं भरिपूर्ण
चारैतिर खुसी नै हुन्थ्यो
दुःख सारा कहाँ-कहाँ हराउँथ्यो

कुरी बस्दैछु अब म त्यो दिन
जब हामी साथै हुन्छौं हरेक क्षण
खुसी फेरि हाम्रै हुन्छन्
दुःख सारा कहाँ-कहाँ हराउनेछन् ।

- अदिती कुशवाहा



अबको गन्तव्य

आकाश छुने धरहरा, माटो भई लडेको छ
रास ढुङ्गा-माटोको, दरबार स्क्वाएर बनेको छ

नेपालीको दह्रो मनले गहिरो चोट पाएको छ
हजारौं नेपालीको, ज्यान यहाँ गएको छ

हाम्रो खाँचो छ आज, हाम्री नेपाल आमालाई
भूकम्पका चोटहरू, मलम लगाई भर्नलाई

पिरिएका मनहरूमा, शीतलता छर्नलाई
भक्तिएका संरचना, फेरि खडा गर्नलाई

नयाँ नेपाल बनाउने, यो सुनौलो मौकालाई
सदुपयोग गरी मिलौं देश निर्माणमा जुध्नलाई

विभिन्न सहायताको, सही प्रयोग गर्नलाई
जनशक्तिको अभावलाई, जरैदेखि भेट्नलाई

हाम्रो देश नेपाललाई, अझ सक्षम गराउन
पुनर्निर्माण गरी सबै, देशको मुहार फेराउन

समृद्ध नेपाल बनाउने गन्तव्य लिई साथमा
आऔं काँधमा काँध राखी, लागौं देश निर्माणमा ।

- अनुसूया अराधना पन्थी





त्यो दिन, भूकम्पसँगको जम्काभेट

पुरैँदै थियो भर्खर त्यो घाउ, त्यो पीडा, उत्पीडन जुन तिमीले एक्कासी आएर मेरो मुटुमा नअट्ने गरी पोखेर गएको थियो । हो, त्यही घाउको कुरा गर्दै छु म, जुन तिमीले नब्बे सालमा एक्कासी आएर मेरो मुटुभरि दिएर गएको थियो । हो त क्यारे, म त आमाले मीठो गरी बनाएर भोलामा राखिदिएको खिर, सम्झिँदै कति खेर स्कुल पुगाँला, टिफिन होला र खाउँला भन्दै आफ्नै सुरमा हिँडिरहेको थिएँ । एकै छिनमा आफ्ना सुन्दर कपाल मात्रै होइन, प्रत्येक पाइलामा पूरा बस्ती नै हल्लाउँदै मेरो मुटुमा चसक्क घोचेर गयो तिमी त । साँच्चै मेरो त्यो सपना एकै छिनमा हावा सरी फुङ्ग उडेर कता गयो, गयो । तिम्रो त्यो यौवनको लालीमा फस्ने डरले भनीँ या तिम्रा ती बस्ती नै हल्लाउने प्रत्येक पाइलाको डरले भनीँ भागाभाग नै मच्चिएको थियो त्यहाँ । अँ साँच्चै ! पछि कुरा बुझ्दा तिमी त अपा ना दाजुहरु टेक्टोनिक चट्टानको बीचमा ठक्कर भनीँ या त भगडा सहन नसकेर पो आएको रैछ्यौ । तिमीले त बास बस्न नदिँदा कतिको घर पनि भत्काइदिछौ । तिमी त कति निष्ठुरी है ज्यान समेत लिन पछि परिनौ । मेरा कपाल फुलर भर्लान तर म त्यो पल कहिल्यै बिसर्ने छैन भने पनि नातिलाई काखमा खेलाउँदा सबै बिसर्नै लागेको थिएँ म । तर... तिमीले मलाई जवानीमा त पीडा दियो दियो अब त आठ दशक बितिसक्यो सानी तर पनि नछोड्ने भयो है । यो रबिनेले के के नै भन्न थाल्यो भनौली, अस्ति भर्खरको कुरा क्या, अस्ति भर्खरको ...। हुन त तिमीलाई कहाँ याद हुन्छ र सानी ! तिमी त जहरौंको मुटुमा पो बसेकी छ्यौ त ।

हया ! कति कुरा घुमाएको भनौली, हतार नगर सानी, म सबै कुरा याद भएसम्म शब्द शब्द भन्ने छु । उही क्या त, अस्ति भर्खरको कुरा, बुझिनौ ? ल सुन, वि.सं. २)७२ साल वैशाख १२ गते शनिबारको कुरा हो । जुन दिन म औधी खुसी थिएँ । हुन्छ पनि कसरी ? घरमा नाति जो भित्रिएको थियो । सायद, मेरो त्यही खुसीको ईर्ष्याले होला, दिनको १२ पनि बज्ज नपाउँदै भेट्न आइपुग्यौ तिमी त । अब त मरो बिहे भएर नि नाति भैसक्यो हो, सानी, कपाल फुलेर सेतै भैसके तर पनि मेरो पुष्परूपी कोमल हृदयमा आफ्ना नशालु नजरले चसक्क चसक्क घोचन छाडिनौ है ? कति नबुझेभैँ गरेकी भनेको, म नातिलाई कमिज लिन भनी हिँडेको थिएँ, तिमी त ताल न सुरमा एक्कासी आएर ती नब्बे सालका दिनहरु झलझली याद दिलाएर पो गयो, एकछिन त मुटु बेस्सरी पोल्थ्यो, मन भसङ्ग भयो, शरीरका रौं ठाडा भए, नहुनु पनि कसरी ९० सालको बल्ल बल्ल विशेष हुन लागेको घाउमा तिमीले नुन जो छरेकी थियो । हुन त तिमलाई यस्ता कुरा भनेर के काम, तिमीलाई त के छ र ? जहाँ मन लाग्यो त्यहीँ भौतारिन्छौ, कसैले म तिब्बतमा छु भन्दा, सिन्धुपाल्चोक हुँदै तिब्बत पुगिछ्यौ, यहाँ समम कि तिम्रो माइत जापानमा गएको कुरा सुन्ने बित्तिकै अर्को हप्तामै ७-८ को तिम्रा जापान पनि पुगिछ्यौ है । आखिर तिमी मेरोपछि यो पागलसरी किन भागेकी हुँ ? भागेकी पनि कहाँ हो र ? भगाएकी पो छ्यौ त । याद छ तिमीलाई ९० सालमा मलाई धरहरा माथि अर्कैसँग... देखेर, त्यो धरहरा नै भत्काइदिएकी थियो । तिमीलाई याद छ



होला नि त । धन्नै स्वर्ग बास भएको थिएँ म । तर
यसपाली त सबै, मैले उनीसँग घुमेका ठाउँ, धरहरा,
हुनमान ढोका, स्वयम्भू, गोरखा दरबार, पाटन सबै
सखाप पार्ने भनी अस्ति १२ गते अएकी थियौ अरे ।
आखिर त्यो निजीर्व धरहरा, स्वयम्भु ... को के दोष
थियो र ? अभै तिमीले त नेताहरूले संविधान
बनाउन सकेनन् भनेर, सिंहदरबार समेत भत्काउन
खोजीछ्यौ त । आखिर, तिमीले मलाई अनुराग गर्न
खोजेकी हौ या निर्दोष मेरा दाजु भाइको ज्यान
लिएर दुःख दिन खोजेकी थियौ थाहा छैन मलाई ।
तर, जे भए पनि वैशाख १२ गते मेरो जीवनको
क्यालेन्डरमा कालो दिन भयो । कति नाबालक,
कति सुत्केरीको प्राण हरण गर्‍यो तिमीले, त्यो पनि
क्षण भरमै । साँच्चै पत्थर पो रैछ तिम्रो त्यो हृदय
त । रानी पोखरीको मन्दिर पनि भत्काउनै आँटेकी
थियौ अरे तर पछि त्यही मन्दिरमा बिहे गर्छु भनेर
नभट्काएकी भन्ने हल्ला सुन्नमा आएको थियो ।

हैन, मेले तिमीलाई बुझ्न नसकेको कि, तिमीले
मलाई बुझ्न नसकेकी, साँच्चै भनी भने १२ गतेदेखि
घडीको पेन्डुलम अनि शान्त पोखरीमा ढुङ्गा
फालेपछि पानीभैँ अस्थिर भएको छ यो मेरो मन
प्रत्येक क्षण, प्रत्येक पल, प्रत्येक निमेषमा मेरो
दिमागमा एउटै प्रश्न घुमिरहनछ 'ती निर्दोष बालक,
मानिस, पाठशाला अनि राम्ररी आँखासमेत खोल्न
नभ्याएका ती निर्दोष शिशुको के दोष थियो ? जो
तिमीले उनीहरूको प्राण हरण गर्‍यो, भङ्ग गर्‍यो ।
आखिर यो सब कहिले सम्म चल्यो भन त,
कहिलेसम्म ? म जवाफ खोज्दै छु सानी जवाफ...
के तिमी कहिल्यै शान्त हुन्थ्यौ त ? जवाफ देऊ
सानी ... !'

- रबिन कुश्मा

मिसमिसेको यात्रा

सपनाका अनगिन्ती लहरहरू बोक्दै
यस सुनसान सडकमा
पूर्णिमाको मन्द अँध्यारोलाई
चन्द्रमाले पछ्याउँदै गर्दा
कहाँ कतैबाट कसैले मन्द गतिमा
आफ्ना रसिला आँठ चलाउँदै
मलाई नै पुकारेको हो कि जस्तो लाग्छ
अनि म आफ्ना नजर चारैतिर घुमाउँछु
तर यहाँ म पाउँछु, केवल सुनसान सडक
अँध्यारो रात
र अनगिन्ती सपनाका लहर बोकेको
एक्लो म ।

यहाँ म एक्लो छु
कसैको साथ पाउने आश राख्दै
आफ्ना पाइला बिस्तारै चाल्छु
तर, अविरल बहने खोलासरी
बढिरहेछ यो सडक
बढिरहेछन् मेरा पाइलाका चालहरू
बढिरहेछन् मेरा सफलताका दूरीहरू
अभै पनि
अभै पनि यस एकल यात्रामा
म कसैको चालको आभास गर्दछु
तर यहाँ छ त केवल
उही सुनसान सडक
एक उज्यालो चन्द्रमाको अपेक्षा गरिरहेको
अँध्यारो रात
र अनगिन्ती सपनाको लहर बोकेको
एक्लो म ।

- सपना राज पौड्याल



त्यो विनाशकारी महाभूकम्प

प्राकृतिक विनाश कहाँ कसरी हुन्छ कसैलाई थाहा हुँदैन । सदियौंदेखिको यो प्राकृतिक लीला विश्वमा अहिलेसम्म त्यस्तै छ । कुनै वैज्ञानिकहरूले यस बारेमा कुनै विकल्प दिन सकेका छैनन् । पत्ता लगाउन सकेका छैनन् । त्यस्तो हुँदो हो त भूइँचालो, ज्वालामुखी, बाढी पहिरो, सुनामी, आँधीबेहेरी जस्ता प्राकृतिक विपत्तिले यति सारो विचल्ली बनाउने थिएन, मान्छेलाई । अहिलेसम्म वैज्ञानिकहरू यो महाविपत्तिको सूचना दिन सफल हुन सकेका छैनन् । ज्वालामुखी, सुनामी, आँधीबेरी जस्ता प्राकृतिक विपत्तिबारे जनतालाई अग्रिम सूचना दिन सकिएको छ भने भूकम्पबारे कुनै संकेत पाउन सकिएको छैन । त्यसो हुँदो हो त यति विधिको जन-धनको क्षति हुने थिएन ।

यस्तै भयो वैशाख १२ गते शनिबार मध्याह्न हुन नपाउँदै । ११ बजेर ५६ मिनेट जाँदा पृथ्वी पूरै

हल्लियो । को कहाँ कसरी बसेका थिए, त्यहीँ नै हाहाकार मच्चियो । बुडबुड्ती धुलो उड्यो, पशुपंक्षी कराउन थाले । जताततै हुरी हुण्डरी आँधीबेरी जस्तो आयो । जमिन हल्लिए सँगै भयभित पार्ने खालको ठूलो आवाज आयो । विगतका भन्दा भिन्न प्रकृतिको भूइँचालो गएकोसबैले अनुभव गरे । अरु बेलामा जाँदा बाहिर डरलाग्दो आवाज आएको थिएन । तर यसपटक वैशाख १२ गतेदेखि अहिलेसम्म प्रत्येक चोटि भूइँचालो सँगै ठूलो आवाजले मानिसलाई तर्साइरहेको छ । पराकम्पनहरू गइरहेकै छन् ।

भण्डै ८ रेक्टर स्केलको सो दिनको विनाशकारी भूकम्पले नेपाली भूमि तहसनहस बनायो । लाखौं घर एकैचोटी धराशायी भए । साँस्कृतिक सम्पदाहरू ९० प्रतिशत भन्दा बढी ध्वस्त भए । भण्डै सयको हाराहारीमा सम्पदाहरू नष्ट भएको आँकलन गरिएको छ । एकै निमेषमा भएको यो प्रलयकारी कम्पनले





नेपाली जनताको सपना चकनाचुर बनायो । भण्डै १० हजार नेपालीले ज्यान गुमाए भने त्यसको दोब्बर हराहारीमा घाइते भए । ऐतिहासिक सम्पदा जहाँको त्यहीँ थुप्रो लाग्यो । सयौँ वर्ष अघि ढुंगा, माटो, चुना, ईटा आदिद्वारा निर्माण गरिएका पार्टी पौवा, सत्तल, धर्मशाला, मठ मन्दिर, मस्जिद कुनै बाँकी रहेनन् । धार्मिक आस्थाका मुख्य केन्द्र पशुपतिनाथ, कृष्ण मन्दिर, चाँगुनारायणबाहेक करिब करिब सम्पूर्ण सम्पदा धराशायी भए ।

नेपालीको धरोहर धरहरा हेर्दाहेर्दै एकै निमेषमा गर्ल्यामगुर्लुम ढल्यो । हाँसीहाँसी धरहरा चढेका पर्यटक त्या गगनचुम्बी संरचनाबाट एकैचोटि जमिनमा पछारिए । कसैले सोचेका थिएनन् यसरी धरहरा चढ्दाचढ्दै मृत्युको मुखमा पुगिन्छ भन्ने कुरा । कोही चढ्दाचढ्दै र कोही ओर्लदा ओर्लदै ज्यान गुमाए भने कोही अग्लो धरहराको टुप्पोबाट उपत्यका नियालिरहँदा अचानक एकैचोटि फेदीमा पुग्ने गरी बजारिए । कोही संयोगले बाँचे, कोही एकैछिन अगाडि बाहिरिनेहरू बाँचे । कोही टिकट लिन पैसा नपुग्दा फर्कदा बाँचे । कोही आज नचढौँ भोली वा पर्सि चढौँला भन्नेहरू बाँचे । कोही कसरी मरे, कोही कसरी बाँचे, खोइ केही भन्न सकिएन ।

हाम्रा असंख्य अमूल्य सम्पदाहरू थिए । विशेषगरी काठमाडौँ, ललितपुर र भक्तपुरमा । नेपालको शान, नेपालको मान गौरव र प्रतिष्ठा थिए ती सम्पदाहरू । वर्षेनी लाखौँ विदेशी तथा स्वदेशी पर्यटक त्यही सम्पदामा लालयित भएर नेपालको भ्रमण गर्थे । अबौँको आम्दानी थियो । पर्यटन व्यवसाय यी सम्पदामा नै निर्भर थियो । अब खै ती सम्पदा कहाँ गए ? यी सम्पदाहरूको पुनर्निर्माण कसले गर्ने, के अबको दश-बीस वर्षमा यी सम्पदाहरू पुरानै स्वरूपमा फर्किएलान् त ?

वैशाख २९ गते भन्डै १२ गतेलाई बिर्साउने गरी अर्को महाभूकम्प आयो । पहिले चर्क-मर्कका संरचनाहरू यो कम्पनले धराशायी त बनायो नै,

सिन्धुपाल्चोक जिल्लाई अभ बढी तहसनहस बनायो । दोलखालाई केन्द्रविन्दु बनाएर औधी नाश गर्‍यो । ९० प्रतिशत घर ध्वस्त भएको आँकलन गरिएको छ । गोरखाको बारपाकको जमीनमा धाँजा फोटेर के प्रलय हुन लागेको हो थाहा छैन । पर्यटन क्षेत्रमा तेस्रो नम्बरमा पर्ने लाङटाङमा भूकम्पले विनाशकारी लीला मच्चायो । जनता विस्थापित ने हुनुपर्ने गरी संरचनाहरू ध्वस्त बनायो ।

नेपाली जनता खुला आकाशमुनि रात बिताउन बाध्य भए । न ओत छ न खानपिनको व्यवस्था नै । कतिपय पीडित बस्तीमा राज्यहरूको उपस्थिति देखिएको छैन । त्रिपाल नपाएर बाहिर चौर वा खेतमा त्यसै रात बिताएका छन् । कति भोकभोकै छन् । मर्नेहरू मरेर गए, कतिपय बाँच्नेहरू अस्पतालको शरणमा छन् । यो प्राकृतिको के विडम्बना हो ?

धनजनको क्षतिको हिसाबकिताब छैन । गाईवस्तु कति मरे थाहा छैन । अन्नपात माटोले पुरिएका छन् । वर्षायाम सुरु हुन लागिसक्यो, के खाने ? के लाउने ? कहाँ बस्ने ? बस्न घर भत्किएको छ, पढ्न विद्यालय ध्वस्त भएको छ । बालबालिकाले कसरी भविष्य सुनिश्चित गर्ने खोइ ? चिराचिरा परेको भवनमा कसरी अध्ययन गर्ने ?

हिमपहिरोमा परेर नेपालीलगायत सयौँ व्यक्तिले ज्यान गुमाए । कति अभै हराइरहेका छन् । कतिको शव निकाल्न सकिएको छैन । सुख्खा पहिरो जाने क्रम रोकिएको छैन । हिमाल बग्दै छ, पहाड बग्दै छ, डाँ खस्दै छ । न कतै ओत लाग्ने ठाउँ छ, न कतै बास बस्ने ठाउँ छ । मन बुझाउने ठाउँ पनि छैन, पीडा बुझाउने ठाउँ पनि छैन । अब यही एउटा कामना गरौँ, संसारको कुनै पनि ठाउँमा र नेपालको भूमिमा यस्तो विपत्ति कहिल्यै नआओस् । नेपाली जनता यति मर्माहत भएर पीडादायी अवस्थामा बाँच्नु नपरोस् ।

- रसिल अधिकारी

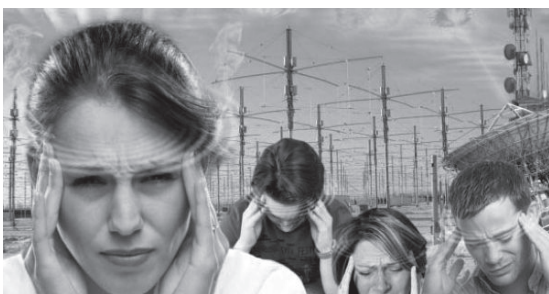


केही प्राविधिक शब्दहरू

एल निनो (EL-Nino) :

एल निनो भन्नाले पृथ्वीको तापक्रम र मौसममा देखिने असमान्य परिस्थितिलाई बुझिन्छ । एल निनोमा समुद्री सतहको तापक्रम अचानक बढ्न गई बढी खडेरी, अतिबृद्धि जस्ता समस्याहरू देखा पर्दछन् ।

इलेक्ट्रोपोलुसन (Electropollution) :



इलेक्ट्रोपोलुन भन्नाले विद्युतीय चुम्बकीय विकीरणहरू (Electromagnetic radiation) ले गर्दा वायुमण्डलमा हुने प्रदूषणलाई जनाउँछ । आधुनिक सञ्चारका उपकरणहरू राडर, एफ.एम., रेडियो, सेल्युलर फोन आदिबाट मानव स्वास्थ्यमा गहिरो असर पर्दछ ।

डिटक्सिफिकेसन प्रविधि (Detoxification Technique):

डिटक्सिफिकेसन प्रविधि मानिसलाई लागू पदार्थको लतबाट छुटाउने नयाँ प्रविधि हो। भियना विश्वविद्यालयको वैज्ञानिकहरूले पत्ता लगाएको यो प्रविधिको प्रयोगले हेरोइनजस्तो लागू पदार्थको लत लागेको मानिसलाई केही घण्टामै उक्त लगतबाट छुटाउन सकिन्छ । यस प्रविधिमा लागू पदार्थको बानी भएका मानिसलाई पहिला एनेस्थेसिया भन्ने औषधी दिइन्छ । यसबाट मानिस बेहोस भएपछि नेनोक्लोजन इन्जेक्सन दिइन्छ । यसबाट लागूपदार्थको प्रभाव पूर्णरूपमा समाप्त हुन्छ ।

- चन्द्रिका रिमाल

यसको शीर्षक के ?

कहि गिरिजासाथ विदेश घुम्न पनि गएँ
प्रचण्डका साथमा कहिले वनका बीचमा पनि रहँ
ज्ञानेन्द्रका साथमा लागी दरबारभित्र पनि पसे
कहिले राजा बनी एकछिन राजगद्दीमा पनि बसेँ ।

सगरमाथा निहुराइ सल्लेरीमा छुवाइयो
सप्तकोशी घरमै लगी मजासित नुहाइयो
दुई हात्ती एकैचोटी सुँडमा पत्री उचालियो
चितवनबाट फुत्त फ्याँक्दा वीरगञ्जनेर खसालियो

एक तोला सुन किनँ, मात्र आधा हजारको
गरँ यात्रा सबैलाई साथमा लिई संसारको
सिंहका गनियो दाहा, जिब्रा मथि बसीबसी
जुँघा बाघका उखेलियो, त्यसकै कानमा पसी ।

कहिले वान्किमुनलाई गई निर्देशन दिएँ
कहिले स्वर्गका राजा इन्द्रसँ पनि थिए
दाहिने हातमा पृथ्वी र देब्रेमा चन्द्रमा लिएँ
कुखुरी 'काँ' गरी बासी, म भल्याँस्स ब्युँफिएँ ।

अन्त्यमा,

यो कविताको शीर्षक 'मेरो आज रातिको सपना'

- लोमश खतिवडा

New Seatbelt Design
45% Less Accidents !!





मेरो देश र अवस्था

हिँड्दा हिँड्दै पूर्णिमाको उज्यालो रातमा
रोकिनुपर्यो छ औशीको दुःखी कालो रातमा
थिए शिरहरु देखाउनका लागि योग्य
ती शिरहरु आज देखिँदैन् कर्म योग्य
अयोग्य हातहरुमा दस्तावेज परेपछि
के हुन्छ खै थाहा छैन हस्ताक्षरपछि
कालो किरण आउँछ घरघरी मध्यान्हमा

आउँछन् शिरहरु नौलो पाहुना बनेर
जान्छन् ती शिरहरु प्रभुत्व फैलाएर
खोसिएका छन् हाम्रो बाँच्ने समयपलहरु
गुमेको छ हाम्रो उच्च शिर धरोहरहरु
उज्यालो खोसिन्छ पलपलमा सूर्यकै कारणमा

द्रोहीहरु मरे कि मर्नका लागि तयार छन्
योद्धाहरु जन्मे कि जन्मन बाँकी नै छन्
हामीले त समयमात्र दिने गरेका छौं
तिमीले त हिंसा र विग्रह दिएका छौं
चन्द्रले पनि पोख्छ तातो किरण सूर्यकै आग्रहमा

हिँड्दाहिँड्दै पूर्णिमाको उज्यालो रातमा
रोकिनुपर्यो छ औशीको दुःखी कालो रातमा ।

- बाबुराम श्रेष्ठ

Teenager Post # 3753
I act completely normal
around my parents. But as
soon as I'm with my
friends, I'm like the
energizer bunny, on crack.

भ्रष्टाचार

देशको गति डामाडोल, पहिलेभन्दा अहिले
भ्रष्टाचार, नेपालबन्द जनतालाई सास्ती जहिले
एक काम बनाउनलाई दश ठाउँ धाउन पर्ने
न त नियम, न त कानुन कसले के गर्ने ?

देशको विकास गनृलाई पठायौ नेता बनाई
भ्रष्टाचारले भुँडी ठूलो, देश विकास त केवल बनाई
राष्ट्रघाति नेताहरुको अब छैन केही काम
संसद जान्छन् भन्ना खान्छन्, कुर्सीमात्र तानातान

हाकिमदेखि पिउनसम्म सबलाई चाहिने दाम
लाज पचाए शर्म पचाए बेच्न बाँकी नाम
काम केही गर्नु परे हात सार्छन् टेबुलमुनि
यस्तो प्रथा देशबाट हट्ने होला कहिले कुनि ?

प्रशासनका उच्च तह भ्रष्टाचारले भरिपूर्ण
देश विकासमा अघि सरी अन्त्य यसको गरिदेऊ न
जहिलेसम्म भ्रष्टाचार, नेपालको यस्तै हाल
उन्मुलन यो भए मात्र, बन्नेछ नयाँ नेपाल ।

- सुदिप पौडेल





समय छैन

हरेक खुसी छ मान्छेको दामनमा
तर एउटा हाँसोको लागि समय छैन
दिन रात दौडिरहेको संसारमा,
जिन्दगी जिउनलाई समय छैन

आमाको ममता अनुभूत गरेको छु
तर आमालाई आमा भन्ने समय छैन
सबै नाताहरू त मैले मारिसके
अब तिनलाई जलाउन पनि समय छैन

सबै नाम मोबाइल्मा छन्
तर मित्रताको लागि समय छैन
पराइको के कुरा गरौं
जब आफन्तको लागि नै समय छैन

आँखामा छ निन्द्रा धेरै
तर सुत्न पनि समय छैन
मन पीडाले पिरोपिएको छ
तर रुन पनि समय छैन

खराब लतमा यसरी फँसे कि
निस्कन पनि समय छैन
आमाबुबाको आशाको सम्मान कसरी गरौं
जब आफ्नै सपना पूरा गर्ने समय छैन ।

तिमी नै भन ए जिन्दगी
यो जिन्दगीको के हुन्छ
के हरपल मर्नेहरूलाई
समय छैन जिउनको निमित्त पनि ।

- आनन्द अग्रवाल

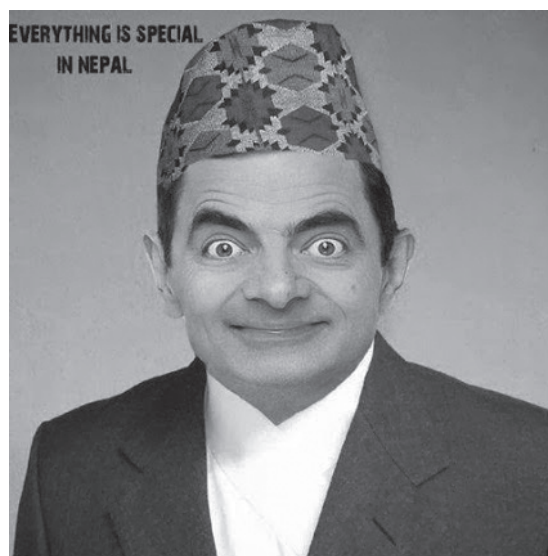
मेरो देश

चारैतिर हेर्छु जता लाग्छ मेरो देश राम्रो
संसारकै उच्च शिखर सगरमाथा हाम्रो
यी नदी, खोला, नाला अनि तालतलैया हेर्दा
साँच्चै मेरो मन रमाउँछ, डाँफे मुनाल देख्दा

हिमाल, पहाड, तराईमा विभाजित हाम्रो देश
धेरै संस्कृति छन् यहाँ र आफ्नै भाषा भेष
छन् धेरै हिउँले ढाकेका असंख्य हिमाल
जन्मेका छन् हाम्रा गोपालप्रसाद रिमाल

सुनजस्तै टल्केको छ हाम्रो मानिसको मन
मेहेनत गरेर कमाउँछन् हाम्रा मानिस धन
चार वर्ण र छत्तीस जातको फूलबारी यो देश
सबै मिली बसिदिएको भए हुन्थ्यो कति वेश ।

- आस्था मुलेपती





पर्खाइ... त्यो सुनौलो दिनको

सैतै हिउँका टोपी लगाएको सुन्दर हिमालयले आफ्नो मायालु काखमा हरियो पछ्यौरा ओढेकी पहाड परीलाई लिएर तराईको समथर, उर्बर फाँटमा विचरण गरे जस्तो लाग्ने मेरो देश, मेरो जन्मभूमि, मेरो कर्मभूमि हालको परिप्रेक्ष्यमा विनाशको भासमा फस्दै गएको छ, भाँसिदै गएको छ, अधो गतितिर धकेलिँदै छ । नेपाली आमाको न्यानो काखमा आज सबै सन्तान आतंकित छन्, त्रसित छन्,

जसको प्रमुख कारण हो, वैशाख १२ को प्राकृति ताण्डव । त्यो दिनदेखि नेपालीका मनका करूणामय आर्तनाद, रूवाइ र चिच्याहटले गर्दा सौन्दर्य तथजा मनोरम वातावरणको धनी मेरो जन्मभूमि आज कहालिलागदो वातावरणबाट गुञ्जिदै छ । आज नेपाली आमाका प्रत्येक सन्तानले गहभरि आँसु भएको आँखाले एउटा सपना देखिरहेको छ, जुन हो पर्खाइ त्यो सुनौलो दिनको जुन दिन नेपाल प्रकृतिको निर्दयी बज्रपातको चनौतिलाई पूरा गरी विश्वमा फेरि शान्तिघोष गर्न अग्रसर हुनेछ ।

नेपालीहरू आफ्नो देशको सौन्दर्यता र शान्त वातावरणसँग लडीबुडी खेल्दै आफ्नो दैनिक जीवन हाँसुखुसी चलाइरहेका थिए, त्यही बेला त्यो लोभलाग्दो शान्त वातावरणलाई चुनौती दिँदै वि.सं. २०७२ साल वैशाख १२ गते शनिबार ११ बजेर ५६ मिनेट जाँदा गएको महाभूकम्पले गोर्खाली वीर, स्वाभिमान तथा दरो मुटुलाई क्षतविक्षत हुने गरी

प्रभाव पारेको छ । नेपालीलाई प्रत्येक पायलामा संघर्ष गर्नुपर्ने बनाइदिएको छ । प्रत्येक मुठी सास, एक मुठी गासको लागि संघर्ष गर्नुपर्ने बनाइदिएको छ, निर्दयी प्रकृतिले ।

नेपाली जनमानसलाई त्रसित पारेको छ । यस भूकम्पले गरेको क्षतिले नेपाललाई फेरि उठ्न गाह्रो होला तर असम्भव छैन । नेपाल अब यस कहालिलागदो वातावरण फेरि उठ्नुपर्ने र विश्वमा आफ्नो अस्तित्व फेरि चिनाउनुपर्ने आवश्यकता खड्किएको छ । अब नेपाली मुटुमा विराजमान रहेको डर र पीडालाई हटाउन हाम्रो देश पुनर्निर्माण गर्नुपर्छ धरहरा ठडिनुपर्छ, मन्दिर उठ्नुपर्छ, बस्ती बसाउनुपर्छ र विनाशको कालो छायाबाट हिम्मत र मेहेनतको ज्योति बली सुनौलो दिनको प्रतीक्षामा सोपान चढ्नुपर्छ ।

यस महाभूकम्पले नेपालमा जति क्षति गरेको छ, त्यो भन्दा बढी देशको अवस्था अस्तव्यस्त पारेको छ । जनताको मन डर छ, प्रशासनमा अवरोध छ, राज्य शक्तिमा टोकाटोक छ र देशको अवस्था नाजुक छ । यस महाभूकम्पको क्षति त अतुलनीय छँदै छ तर यसबाट सिक्नुपर्ने कुरा पनि उल्लेखनीय छन् । बितेका कुराबाट प्राप्त ज्ञान, अनुभव तथा सीपको प्रयोग गरी नेपालका युवाले वर्तमानदेखि अनवरत रूपमा मेहेनत र परिश्रम गर्ने हो भने भविष्यमा त्यो दिन जुन दिनका लागि नेपालीहरू प्रतीक्षारत छन्





अवश्य आउनेछ । नेपाली युवाको लगनशील र मेहेनती व्यवहारबाट त्यो 'सुनौलो दिन' पर जानै सक्ने छैन । अनि त्यो दिन हामीकहाँ आफै आउनेछ । जुन दिन नेपाल आफैमा सक्षम हुनेछ, आफ्ना स्रोत र साधनको सदुपयोग गर्नेछ र विश्वमा शान्तिघोष गर्नेछ । विश्वमै एउटा प्रेरणाको स्रोत बन्नेछ नेपाल, त्यो दिन । विश्वले नेपालको प्रशंसा गर्नेछ, त्यो दिन । नेपालीहरू आपसमा सद्भाव र एकताका साथ राष्ट्र निर्माणमा निरन्तर लागि रहेछन्, त्यो दिन ।

हाम्रो सपनाको दिनको प्राप्तिका लागि प्रकृतिको निर्दयी बज्रपातको चुनौतिलाई सहर्ष स्वीकार गर्दै त्यो चुनौति पूरा गनु सारा नेपाली तन, मन, वचन र कर्मले लामुपर्छ । प्राकृतिक घात पछि काँपिरहेको मनलाई दरो बनाउनुपर्छ, डराएको मस्तिष्कलाई शान्त बनाउनुपर्छ र क्रमशः रूपमा मस्तिष्कलाई विकासप्रेमी बनाउनुपर्छ । त्यो विकासप्रेमी, प्रगतिशील र क्रान्तिकारी परिवर्तनको सोच लिई एकतामा मेहेनत गर्ने हो भने हाम्रो प्रतीक्षाको अन्त्य अवश्य हुनेछ ।

आजका नेपाली युवामाथि ठूलो जिम्मेवारी आइपरहेको छ, राष्ट्र निर्माणको । अब हाम्रो देशको भविष्य केवल अबका युवाको परिश्रम र मेहेनतमा अडेको छ । त्यस कारण नेपालको पुननिर्माण, पुनःस्थापना र अग्रगमनका लागि युवा शक्तिसँग हातेमालो गर्दै अगाडि बढ्नुपर्ने आजको आवश्यकता छ । यसका लागि एउटा कुशल राजनीति, कुशल प्रशासन र युवासँगको समन्वयात्मक कार्यको खाँचो छ । त्यस कारण अब नेपालमा राजनीतिज्ञ, सरकार, युवापुस्ता, नागरिक समाज, सरोकारवाला पक्ष तथा अन्तर्राष्ट्रिय सरोकारवालाबीच समन्वयात्मक तरिकाले विकास कार्यका साथसाथै देशका नीति तथा योजना तर्जुमा र कार्यान्वयन गर्नुपर्छ ।

हामी युवाकै हातमा भावी नेपालको आधार भएकोले नेपालको अग्रगमनको आधार तयार गर्न आजैदेखि लागुपर्छ । सहयोगी, सद्भाव, जिम्मेवारी,

पारदर्शिता, सामूहिक कार्य जस्ता चारित्रिक तथा नैतिक गुणको विकास गरौं, युवा अनि विश्वलाई देखाइदिउँ कि गोर्खाली वीर अभै पनि सक्षम छन्, आफ्नो देशको रक्षा गर्न होस् या निर्माण गर्न होस् । नेपालमा नेताहरूले दिने भाषणमा भै नेपाललाई स्वीटजरल्यान्ड बनाउने सपना छोडिदिउँ, नयाँ लक्ष्य लिउँ, एउटा पृथक नयाँ नेपाल बनाउने जसको तुलना विश्वमा कहाँ कतै गनु नमिल्ने होस् । हामी त्यस्तो नेपाल बनाउँ जसले पृथकता र अनुपमता हासिल गर्न सकोस् । आऊ युवा जुटौं, आफ्नो देशलाई यस्तो दर्दनाक परिस्थितिबाट उठाउँ र अधि बढाउँ । यसरी अधि बढाउँ कि नेपाल भविष्यमा पनि त्यसको आभारी होस् ।

यस्तो कहालीलाग्दो परिस्थितिबाट निस्कन विदेशीबाट प्राप्त सहयोगी हातहरूलाई समातेर आफ्नै परिश्रम, मेहेनत र लगनशीलताले नयाँ नेपाल बनाउँ, नेपालीको सुनौलो दिनको पर्खाइलाई मेटाउँ र नेपालीको सपना पूरा गरौं जसरी एउटा बच्चाले आफ्नी आमा तथा अन्यको हात समातेर आफ्नै खुट्टामा हिँड्न सक्छ र भविष्यमा उनीहरूको सपना पूरा गर्न कुनै कसर बाँकी राख्दैन ।

प्रकृतिले निर्दयी र त्रासपूर्ण घातपछि शोकसन्तप्त नेपालीमा आशाको नयाँ दियो बाली, त्यही दिगोको उज्यालोले यो विपद् रूपी अँध्यारोलाई चिदै अधि बढौं र प्रगतिका सोपान मिलेर पार गरौं । त्यही दियोको मुनि हामीले आफ्नो पीडालाई शक्तिमा रूपान्तरण गरौं, मानसिकतामा परिवर्तन गरौं र एकजुट भई विकासरूपी रथलाई अधि बढाऔं । नेपालमा सुखी र समृद्धशाली सुनौलो दिन ल्याउन गाह्रो हुने छैन, हामी सबै मिलेर लागेमा ।

अन्त्यमा, सबै नेपालीहरू एकजुट भएर देश निर्माणमा लागौं, मेहेनत गरौं, परिश्रम गरौं, समन्वय गरौं । त्यसपछि हाम्रो सुनौलो दिनको पर्खाइ एक दिन अवश्यक टुंगिनेछ । अवश्य टुंगिनेछ ।

- सोमनाथ अर्याल (सम्पादक)



ध्रुवसत्य कुरा

ध्रुवसत्य कुरा हजुर हाम्रो पृथ्वी गोलो छ
 ठूला कर्मचारी अनि नेताको पेट डोलो छ
 पेटभित्र घुस पस्ने र रक्सी बग्ने खोलो छ
 नेपाल आमाको कुम, कुहिना, आङ फाटेको चोलो छ

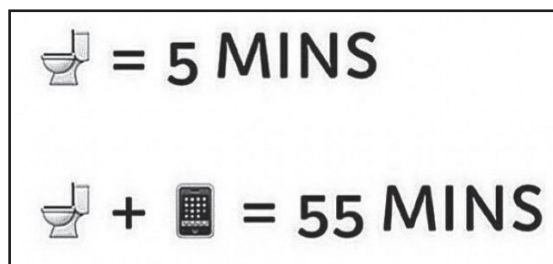
पृथ्वी हाम्रो गोल छ, जनेता भुठो बोल्छ
 काम गर्ने ज्यामी पनि काम नगरी टोल्छ
 दोबाटोमा जहाँ जसले पसल मात्र खोल्छ
 किन्न केही नसकेर हाम्रो मन पोल्छ

धाराछेउमा तीन दिनअघि राख्दा रित्तो डोल छ
 बजारमा नुनदेखि सुनकै चर्को मोल छ
 युवाहरूको मनमा रिस, हातमा कुट्ने रोल छ
 टिभीतिर आँखा लाउँदै विद्यार्थी बुक खोल्छ

दूध बेच्ने व्यापारी पानीमा दूध घोल्छ
 लोडसेडिडले एक हप्तामा सातै दिन पिरोल्छ
 तरकारीको भाँडा भित्र चोक्टा छैन भोल छ
 लेसै छिन्यो, जुत्ता फाट्यो, सद्धे एउटा सोल छ

कसले भन्छ साँचो कुरा,
 देशै 'डामाडोल' छ ।

- लोमश खतिवडा



शान्ति खोई

गोठको गाइले बिहानै बोल्यो,
 यहाँ मेरो निशान खोई
 गन्जको परेवा आर्तिदै बोल्यो,
 बसने मेरो बथान खोई

चिरबिरचिरबिर आवाजले बोल्यो,
 बस्ने मेरो घर खोई
 विछोडिएको चखेवा बोल्यो,
 मुटु मेरी खचेवी खोई

भाचिएको कलम बोल्यो,
 लेख्ने मेरो कागज खोई
 बन्दी एक विद्वान बोल्यो,
 बोल्ने मेरो आवाज खोई

अधिकार बहसकर्मी बोल्यो,
 आज मेरो अधिकार खोई
 विद्यार्थीका विधायक बोल्यो,
 यहाँ मेरो इजलास खोई

अनाथ एक बालक बोल्यो,
 परिचय मेरो बाबा खोई
 विधवा एक नारी बोलिन्,
 सौभाग्य मेरो चुरा खोई

ममताको खानी आमा बोलिन्,
 सहारा मेरो आदर्श खोई
 कर्मवीर सन्त महात्मा बोले,
 आधार मेरो आदर्श खोई

मन्दिरको मूर्ति बोल्यो,
 इतिहास मेरो सुरक्षा खोई
 शान्ति क्षेत्र राष्ट्र बोल्यो,
 आज मेरो शान्ति खोई ।

- श्याम शरण भण्डारी



आमा

बलेसीमा बसेर चाउरी परेकी आमा
 दिउँसोको प्रचण्ड घाममा
 थरथर काँपेका लुला हातले
 ती ओडारमा ओभ्फेल पारेर
 टट्याउन्जेल आँखा तन्काएर
 देउरालीको दोबाटोमा हेर्दी हुन्
 आँछ कि भनी कुर्दी हुन्
 अनि
 गोठालोले भँडा-बाखा उभो लिएपछि
 खर्कतिर आँखा डुलाउँदी हुन्
 तैपनि आउने कुनै छाँटकाँट नदेखिएपछि
 खिन्न हुँदै आँखा मिचेर
 आमा चुलोभित्र पस्दी हुन्

चिसा ठूटा ठोसेर फू-फू गर्दै
 कालो धुवाँको मुस्लोले रन्थिँदै
 आगो सल्काउँदी हुन्
 अनि
 हठात् उसैलाई सम्झना हुँदो हो
 'ढिँडो मस्काउने पिठो छैन'
 उनको हृदय भक्कानिएर आउँदो हो
 आमा आँखाबाट साउने भेल बगाउँदी हुन्
 बल्लतल्ल जिनतिन आफूलाई सम्हाल्दै
 मजेरीको गुन्द्रीमा पल्टिँदी हुन्
 'भोलि त आउँछ कि ?'
 नौ नौ महिना गर्भमा राखेर
 जन्म दिई
 पाँच वर्षसम्म आफ्नो लाम्टो चुसाएको
 छोरो सम्झी हुक्क-हुक्क गर्दी हुन्
 थाहा छैन उनलाई उनको त्यो



मुटुको टुक्रो
 कुनै मरुभूमिको तातो बालुवामा
 पाकिरहेको छ
 छातीमा गोली लागि लडिरहेको छ
 छटपटाइरहेको छ, चिच्याइ रहेको छ

उसको चिच्याहट सुन्ने कोही छैन
 रगत बग्दैछ, घाउ दुख्दै छ
 अनि धेरै बेरको छटपटाइ पश्चात्
 ऊ शान्त हुन्छ
 'भोलि त आउँछ पक्कै पनि आउँछ'
 भन्ने सोच्दा सोच्दै उनी निदाउँदी हुन्
 परदेशिएको छोरो घर फर्किने आशामा
 कुप्री भएकी आमा पिँडीमा बसेर
 छोराकै बाटो हेर्दी हुन्
 छोरालाई नै कुर्दी हुन्
 छोरो आउने आशामा अनगिन्ती स्वप्न बुन्दी हुन्
 आमा
 परदेशिएको छोरो आउने आशामा स्वप्न गगन डुल्दी
 हुन्
 आमा
 पूरा नहुने आशाको त्यान्द्रोको भरमा बाँच्दी हुन् ।

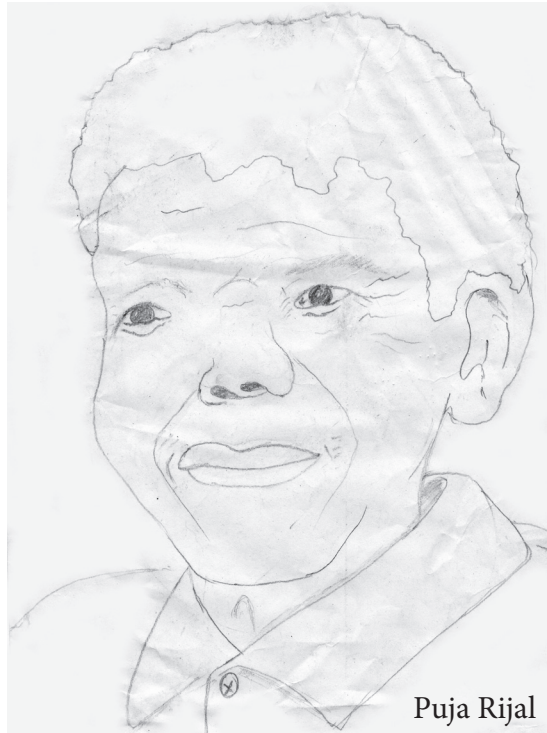
- सुदर्शन कुमार भट्टराई

Our Art Gallery

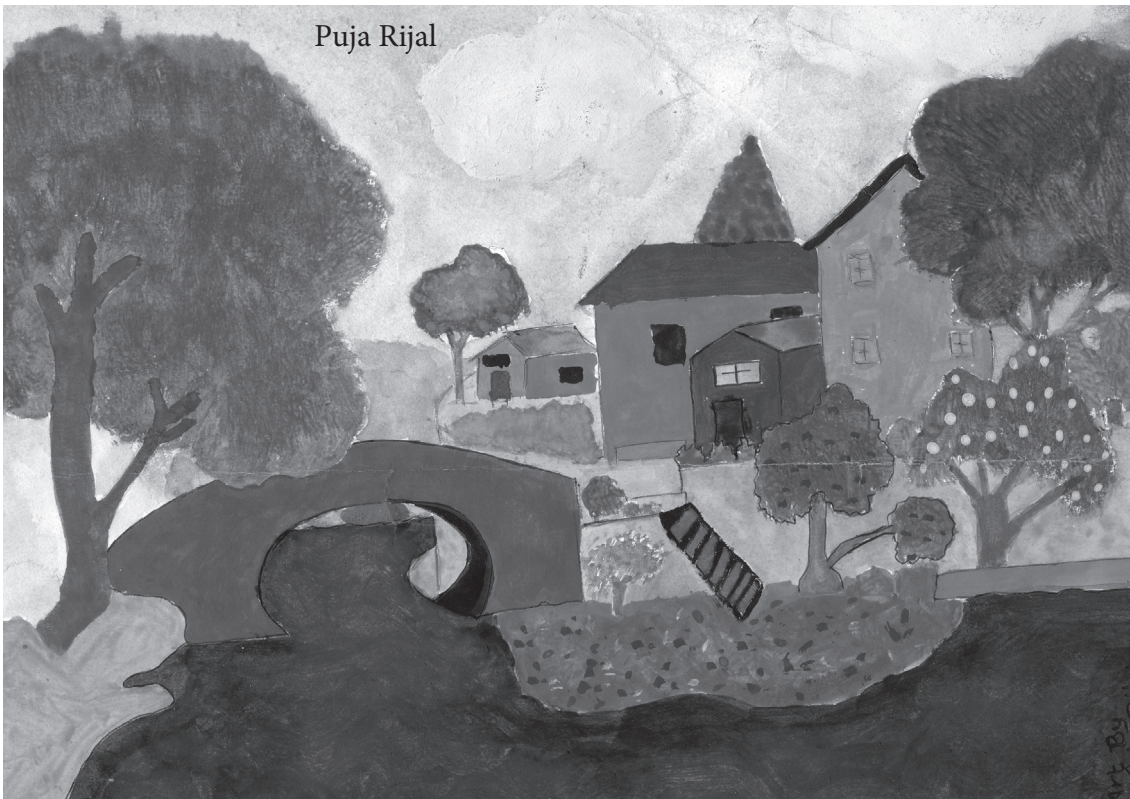
Puja Rijal



Puja Rijal



Puja Rijal



Our Art Gallery



Sarthak Regmi

Our Art Gallery



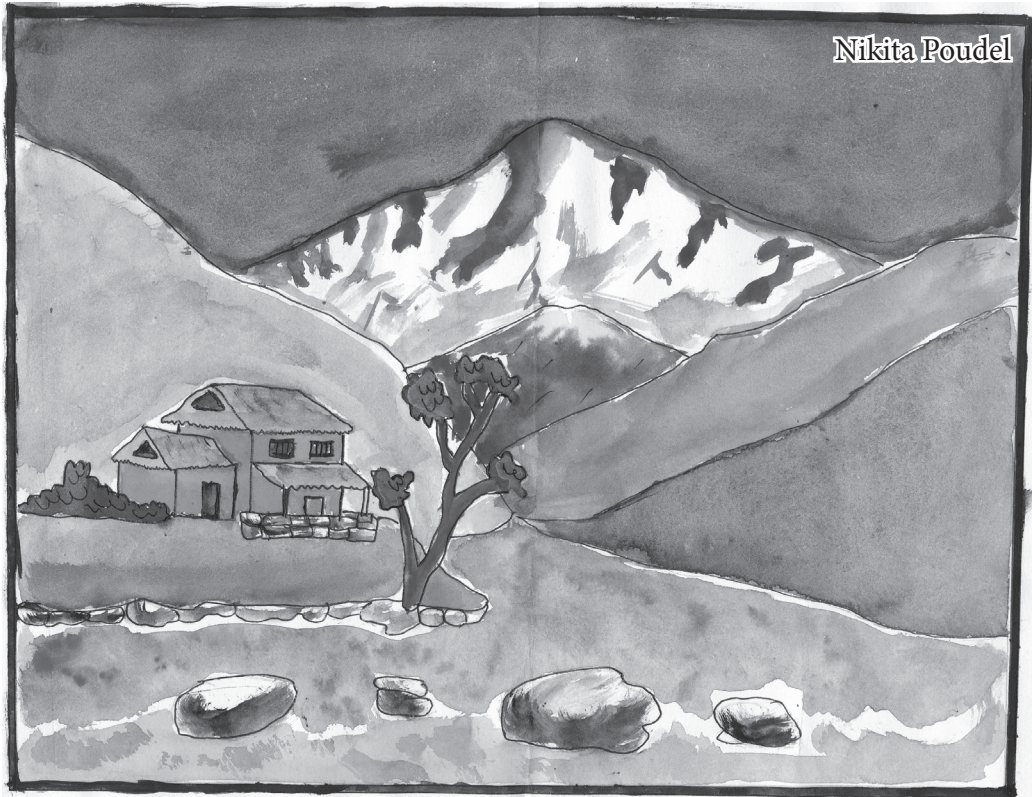
Kajish Shaky



Prasansha Basnet



Our Art Gallery



Nikita Poudel



Nikita Poudel



थुक्क भूकम्प

उसले भनेकी थिई, 'मेरो बारेमा पनि एउटा कथा लेख है ।' मैले पनि उसलाई उत्तर फर्काएको थिएँ, 'भ्याउँ भने कुनै दिन लेखौँला ।'

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मेरो घरअगाडि एउटा पुरानो घर छ । पुरानो भए पनि त्यो घर एकदमै नवीन छ । त्यो घरको सँगै हजारौँ घरहरू छन् तर यो घरले सबै घरलाई छाया बनाएको छ । मलाई रस बसेको छ त्यो घरदेखि । यो घरले हाम्रो समाजको चित्र कोरेको छ, त्यसैले यो एउटा सामाजिक धरोहर हो । मेरो घरको छिमेकी हो त्यो नवीन वस्तुकलाले भरिपूर्ण छ । यो घरमा एउटा पुस्तकालय छ, जहाँ बसेर म ज्ञानको ज्योति बालिरहेको छु । जहाँ म केही सिक्किरहेको छु, त्यसैले यो घर धपधप बोलेको ज्ञान घर हो । मेरो दुईटा खराब बानी छ, 'कि पढ्या

पढ्यै गर्छु कि घुम्या घुम्यै गर्छु ।' म सोच्छु घुम्लाई त संसार खाली छ तर पढ्नलाई यही घर सर्वोत्कृष्ट स्थल हो । दुई तल्लाको यो घरमा पहिलो तल्लामा पुस्तकालय छ र दोस्रो भाडामा छ ।

मानिसहरू त्यो घरमा आउँछन्, दुई चार वर्ष बस्छन् अनि जान्छन् । मानिसहरूको त्यो सनातन ओहोर दोहोरमा कहिले राम्रा युवा आउँछन् त कहिले कोही वृद्धवृद्धा । ती मध्ये भर्खर कोठामा नवआगन्तुक भएर एक नीला आँखावाली केटी आई । म फुरुङ्ग परें । किनभने, पहिलोपल्ट त्यो घरमा राम्री केटी आई भनेर । खै किन हो किन मलाई ती युवती आएपछि त्यो घर अझै राम्रो लाग्यो । ऊ राम्री थिई रे, सुनेको थिएँ । उसको रूपको बयानले मलाई गजबको शीतलता प्रदान गरिरहेको थियो ।

म एकदिन मेरो सर्वाधिक गन्तव्य स्थल





पुस्तकालय छिरँ । पुस्तकालयमा नयाँ नयाँ मानिसहरू आएका रहेछन् र नयाँ नयाँ मानिसहरू पनि नयाँ पुस्तकका खोजीमा रहेछन्, म जस्तै । मैले पुस्तकालयमा नयाँ युवती देखें । त्यही युवती जो मेरी छिमेकी बनेकी थिई केही दिनअगाडि । उसलाई देखासाथ र सुन्नासाथ म चिमोटिएँ । ऊ एकदमै सुन्दर थिई, शरीरले पनि सोचाइले पनि । मैले हिम्मत गरेर उसलाई सोधेकी थिएँ, 'तिम्रो नाम ?' उसले भनेकी थिई, 'सृष्टि' । नाम पनि सुन्दर रहेछ मान्छे जस्तै ।

उसको र मेरो प्रायः त्यही पुस्तकालयमा भेट हुन्थ्यो । हाम्रो प्रायः किताबको बारेमा चर्चा हुन्थ्यो । ऊ किताबको बारेमा आलोचनार राम्रो बयान पनि गर्थी । एकदिन मैले यस्तै कुरा गर्दा उसलाई भनेकी थिई, 'ब्यूटी विथ ब्रेन ।' ऊ मज्जासँग हाँसेकी थिई । उसलाई हाँसेको खुब सुहाउँछ । ऊ हाँसेको क्षण मैले जीवनको पहिलो पल्ट आनन्द हाँसिल गरें । प्रायः ऊ मलाई हेरिरहन्थी भ्यालबाट । उसले आफ्ना आँखा सानासाना पारेर मलाई हेर्थी । मलाई मज्जा आउँथ्यो । त्यो पुरानो घरको बार्दलीमा बसेर पनि ऊ मलाई चियाउँथी । म पनि मनै मनमा उसलाई मन पराउन थालेको थिएँ । उसलाई स्नेह, माया, जे भने पनि गर्थेँ उसलाई । तर मलाई ऊसँग आफ्नो भाव पोख्न डर लागिरहेको थियो । ऊसँग म निकट छु तर म आफ्नो मनको बह पोख्न सकिरहेको थिइन । खोई, मानिस प्रेममा किन डराउँदो रहेछ ?

एकदिन मैले उसलाई सोधें, 'तिमीलाई समर लभ कस्तो लाग्यो ?' उसले भनी, 'ठीकै छ ।' मैले भनँ, 'राम्रो छ, है ?' उसले भनी, 'राम्रै छ ।' मैले न्वारनदेखिको बल लगाएर हिम्मत जुटाएँ र भनँ, 'तिमीलाई मचाहिँ कस्तो लाग्छ ?' उसको गाला लालुपाते रङले रङ्गियो । ऊ केही नबोली त्यहाँबाट भागी । 'मैले केही अनिष्ट त गरिनँ ?' मनमा प्रश्न उब्जियो । खोई त्यो रात म सुत्नै सकिनँ ।

भोलि बिहान मैले फुसबुक खोलें । एउटा म्यासेज आएको रहेछ । सृष्टिले पठाएको त्यो म्यासेजमा उसले, 'I Love U' लेखेर पठाएकी रहिछ । म दङ्ग थिएँ । २०७२ साल वैशाख ११ गते उसले त्यो म्यासेज पठाई । म दङ्ग परें । म छक्क परें । खै, म के गरूँ के नगरूँ जस्तो लाग्यो । ऐना हेर्दा आफूलाई Adam Leviene र कहिले Adam Lambert सोच्थेँ । तर, म त उही काले हेमराज थिएँ । जे भए पनि ऊसँगको प्रेमको अंकुरणले मलाई गजबको सुख दिएको थियो । मैले उसलाई बोलाएँ र हामी कुनै ठाउँ घुम्न जाने भयौँ । हामी त्यो दिन पूरै रोमान्टिक पाराले फिल्मको जस्तै गफ गरिरहेका थियौँ । घर जाने बेला उसले मेरो गालामा चुम्बन दिई र मैले पनि पैंचो तिरँ । भोलि पनि भेट्ने इच्छा उसले व्यक्त गरी । सपना र विपनाको अन्तर थोरै हुँदो रहेछ । आँखा चिम्ल गरे सपना, आँखा उघारे विपना । मैले यस्तै सपना देखेको थिएँ त्यो बिहान र त्यो बेलुका साँचो भयो ।

बिहान म उत्साहित थिएँ, सपना र आशा बुन्दै बसेको थिएँ म । खाना खाएर छतमा बस्दा एउटा ठूलो अर्न्तनाद दिगदिगातमा व्याप्त भयो । भूइँचालो आयो, म भागैँ तर आफ्नै अगाडि मेरो गन्तव्य स्थल पुस्तकालय ढलेको देखेर बेहोसिएँ । आफ्ना सपनाकी परी, मेरी प्रेमिका पनि त्यहीँ बसिरहेकी थिई । उसको घर ढल्यो, ऊ ढली, ऊ मरी । मेरो मन मरेको छ । म मरेको छु तर शरीर बाँकी छ । बाँकी छ त केवल आँसु र उसको स्मृति र याद छ उसको हेराइ, उसको बात र उसको चुम्बन ।

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मैले आज कथा लेख्न फुर्सद पाएँ, कथा बुनँ तिम्रा लागि । तिमी त छैनौ, अब कसले हेर्छ यो कथा ? मसँग केवल दुई शब्द छन् भन्न, 'थुक्क भूकम्प !'

- हेमराज जोशी



Where there is a will there is a way

'Will' refers to not the ordinary desire but an unflinching, undoubting wish to achieve something. If you have the will to achieve, your goal, you will definitely overcome the huddles that come on your way. Every problem has its solution. Therefore, nothing is impossible if your will is strong.

Whatever inventions seen today were once a problem, but the will and the hard work of the inventors made it possible. Every successful man failed many times but with his unshaken faith and self-confidence he became successful one day. It does not matter how slowly you go as long as you do not stop. If your will is strong you can do what you want and you will definitely achieve your wish. Looking back at your failure and learning from it, prepares your mind to lead to succeed. The secret of success lies in the determination and dedication of a man.

Optimism keeps your hope and determination alive. It makes you think positively. If you have courage and will, you will invariably win. Have faith and confidence and begin the work here and now. Be certain that each day you and advance some distance and make some progress even if slow but endure it remains steady. You are bound to face obstacles, enroute to success, but with courage and strong will you can

tackle all of them.

Don't aim for success, if you want it, just do what you love and believe in and it will come naturally. Positive thinking, self confidence, hardwork and dedication toward the aim makes a man successful. The only think to start with is firm determination and 'will' and the way is yours.

- Soni KC

School life

Those eternal memories of school
Forever in my mind it will rule
Getting up early for daily classes
Period bells resulting in students rush
Doing homework was a dreadful chore
As a child I considered school a bore
Exams brought loads of stress
And failures used to depress
Realizing now how I ignored its bright side
And didn't take it as a fun-ride
Life was awesome then, without tension
Making more friends was the only intention
Every second was actually happiness blast
It hurts now that those best days have passed
Now things are like walking in a dark way
Left alone, with all my friends away
But my school days will now be my ray
That can guide me in a dark day.

- Aparna Tripti



Education and Life

Oh ! this 'education', everyone of us has heard about it. No doubt, we all have selfish desire to get the best of it, don't we ? A question darted my mind; what is education? Is it just a unique word in English, made up of all the vowels or it's just about literating the book? It's none of these!

E d u c a t i o n means to gain new things, filter the good ones and implement in one's life. Not only from thick books, but from every resource, we can have education. It depends upon our point of

view, how we take it. Education is a beautiful ornament that can decorate one's life.

Until we have blood in our body, until we respire, we have life. A thought now drags my mind about how important education is in life. Obviously, it's very important. After all it is a burning candle to our dark life. It is just like a ship

to sail in the deep ocean of trouble and sorrow. I don't think it will be wrong saying education and life are the wheels of a cart that support each other.

One who understands education and its importance has understood the mysterious life. Education is a ladder to success.

What I want to tell is that education is very important in life, study and hard labour are secrets of meaningful education. Everyone must study and labour hard but in the

field they desire. Only then they can succeed and fulfill their dreams because someone has rightly said,

'When wealth is lost, nothing of yours is lost but when education is lost, something is lost.'

Thank you



- Priyanka Kunwar



After SLC ...

Do we think like, we are grown up enough, after SLC? Do we feel like grabbing 100% liberty? Do we take ourselves as seniors?

Of course, we do. Everyone, the recent SLC appeared students feel themselves superior, but it's about handling ourselves, taking us to the right path. Three months, the precious 90 days of our life, is it worth it, if we waste all our 90 days getting puzzled, roaming around? Not at all. So, we may think, 'What do we do then?'

Guys, it's your turn now, go grab the opportunity. Don't waste the scintillating days of your life. New place, unknown faces new course, it's not that easy to get adjusted quickly. Every experience in our life is most, so why don't you experience your life in a new phase, joining the bridge course. It's great to collect new ideas. new knowledge & new friends.

Life isn't so simple, confusions arise from every corner. Now, we again get confused 'which bridge course then?' Are you finicky? Yeah, we all are. But you don't have to worry. Because the Nepal's best institute,

THE INTEL INSTITUTE is welcoming you. Intel makes you perfect in every sector. 'Knowledge' which is always available here Intel 'leading capacity' is what you will develop at Intel. Friendly teachers, beautiful atmosphere & sufficient facility, isn't this enough?

Do not circumvent our institute. You'll climb up the ladders in your precious 90 days. So, After SLC ... INTEL.

- Sibika Silwal

MOTHER

*In the kingdom of mother
There is no pain and bother
There is love that lasts longer
and there is trust forever*

*Your love is a form of art
That evolves from true heart*

*Your love is so tender and mild
No one can guess how much you love
your child*

*Your love and care are never fake
your sacrifices are for child's sake*

*By chance, when we come home late
for an hour, you take our test.*

*There is hidden love inside your anger
You try to protect us from every danger*

*Human life is certain and limited
But me and your love is purely unlimited.*

- Rubi Upreti

Money isn't everything

It can buy a bed - but not sleep
It can buy a book - but not knowledge
It can buy a clock - but not time
It can buy you a position - but not respect
It can buy you a medicine - but not health
It can buy you a blood - but not life

- Manisha Bhandari



Did you know?

1. The world's oldest known creature, a mollusc was 567 yrs until a scientist killed it by mistake.
2. In 1973, China proposed to give 10 million Chinese women to the US to boost the US population.
3. Playstation is illegal in China.
4. India has more mobile phones than toilets.
5. Japan suffers 1,500 earthquakes every year.
6. More than 90% of mobile phones are waterproof because youngsters use them even in shower.
7. 7% of Americans claim that they never bath.
8. Every second, Americans collectively eat 100 pounds of chocolate.
9. It took 73 years to find the wreck of the Titanic.
10. Mahatma Gandhi never won the Nobel Prize despite being nominated 5 times.

- Ashra Shrestha

We

Today's weak and tender bud,
Tomorrow we'll bloom and blossom
Today's raw day and mud,
Tomorrow we'll build the nation
Today's clumsy tots and clod,
Tomorrow we'll ride the ocean,
Tomorrow we'll halt the violation
Tomorrow we'll become so awesome

- Sudarshan Kumar Bhattarai

Martyrs

Oh! Martyrs, you're so great
For the glorious history, you dared to create

You were the gods of courage and bravery
You tried hard to end inequality and slavery.

You passed by our home but
We didn't recognize you
Now you're not here but
We apologize you.

On this day, we want to
Give you a tribute
So, please martyrs accept
Our grand salute!!

- Ruby Upreti

What money can and can't buy

You can buy watch
But you can't buy time & truth.
You can buy book
But you can't buy education
You can buy Bed
But you can't buy sweet dream
You can buy friends
But you can't buy friendship
You can buy clothes
But you can't buy personality and
prestige
You can buy men
But you can't buy his honesty
You can buy everything
But you can't buy father and mother.
- Biplove Sigdel



The Love of Football

*I often found it quite baffling
People's immense love for a sport
That's nothing more than ball handling
And a thunderous crowd of rare support
Male and female, old and young
The spirit takes over their head and souls
Holding them captive, and quite overhang
Until the scoring of the goals.*

*Have you noticed the deserted streets
On a day, a match is to be played
Have you observed the loud drumbeats
That accompanies a team-win parade?
I ask myself, is this love or obsession?
Is this fun sell-out without discretion?
That's a ball engaged in a ninety minute
session
Would elicit from so many, such weighty
expression*

*Football binds the country, they're so quick to
say
Football is antidote for dismay
Whether to watch or whether to play
Football reigns everyday
At this point, there's nothing more that I can
say
Other than pass the ball and let us play
Football it is any day
Football it is all the way.*

- Aastha Mulepati



Selfie

Teens Nowadays: But first, let me 'take a selfie !'

Isn't it funny how out of all the activities in the world, taking a picture of ourselves is the most entertaining to do? It has become the most popular photographic trend of this era. Girls pout, raise their eyebrows and tilt their head up while men are all about their biceps, abs and hairdo's. I'm not different ! I'm guilty joining the band wagon myself. You could even say I have a love-hate relationship with my front camera.

So; the question arises, why are we so obsessed. With selfies? Many people think its narcissism but let's see it from a different perspective: What if it's the opposite; low self-esteem? I mean, people who feel insecure about their appearance feel confident after getting a few likes on facebook & social app, don't they? So, what if the reason behind obsession over selfie is because they give us assurance that we are pretty good looking? In this case, the sad part is that the number of likes has shaped up our lives and we don't feel pretty unless we take a picture, post it online and get a few likes and flattering comments.

Does this mean we should stop taking selfies? — No ! But let's not let it define who we are. So come on and join the bandwagon ! open your front camera, say cheese ... and tap that capture button !

- Prashant Thakur



Nepal of my dreams



Dreaming is such a blissful moment where you can rejuvenate yourself and where your mind and heart get refreshed. Because of this you feel like dreaming more and more. There won't be anyone to pinch you or nag you while you are dreaming.

As being a girl of 16, I do have lots of dreams and wishes which I wanna make it come true. And I do have many dreams for my country Nepal. In my dreams, Nepal has unity and harmony among people, grants in people to protect the identity of the nation. I dream Nepal to have gender equality among man and woman without any kind of selfishness in them and being the support of each other during the time of need. I dream all the children though they may be so called poor studying and walking

on in their life for their bright future. Nepal being free from those viruses. I mean those corrupt politicians and being ruled by the all-rounder person who can feel and understand every person's problems and can motivate the people of the nation to move in the path of advancement.

I dream Nepal to be bound to change and be different tomorrow. Nepal raising its head high like the highest peak Mount Everest, having serenity like its own beautiful and tempting nature and making her motherland to have glow in her face with jolly.

I dream Nepalese youngsters being independent and hardworking and doing something rocking for the nation. I don't want my nation's people being bound to work as the puppets of those aliens. I dream of Nepalese people being encouraged from inside and want to bring sudden, revolution in the nation. I dream that those social injustice and so called caste partition be remain in the past not in the present.

So, lastly I dream my country being known for its progress in the whole world and represent itself as the best among all. I hope these dreams would come true. As though, things don't happen overnight but at least we can try for the change. So, let's not only dream, let's put our paddle on for the development of Nepal.

Thank you!

- Srijana Maharjan



Earthquake To Nepal; Curse or a Bless

Most of the things in the world are unpredictable unless they occur. Just like the earthquake that occurred in Nepal last month. There is something really unique about these unpredictable things. They're either really good or really bad, either a blessing or a curse. Now, most of the people may say that this earthquake was the worst ever curse that we faced. But, very few people are who take this earthquake more as a blessing than curse. I am one of them like most of the people, even I felt grief for the loved ones I lost, the heritages that my country lost and the pains that every Nepalese bear. Actually, I've lost nothing in comparison to those who've lost almost everything including their lives. In such a detrimental condition, it would be my silliness saying earthquake a blessing.

But, I do have my points. This earthquake has really taught me that nothing in the world is more precious than our own lives. When we got struck, we ran forgetting all those money, properties & luxuries without which we thought we couldn't live. We people had forgotten what humanity is in order to always be at the top. This mistake was realized by people only when they had nothing but only humans around them to save them from the mouth of death. The value of relationships would have been understood by people

only when they were apart from each other & praying for each other's safety. Earthquake also showed us the importance of unity.

Because when this incident happened, people, united together under the tents, forgetting the variations, their standards, cultures, classes & everything just to save each other's lives & shared each other's experiences. Our heritages always remained around us glorifying our pride but we never cared for them. But after they're miserably destroyed now, we miss them & cry for them like never before. People who provided services to quake victims might've felt that it is the greatest opportunity ever.

And, one of the greatest thing I learnt is that we're just human beings, just among millions of creatures made by nature. But we manipulated nature & its other creatures like we're the king of the world. This time, nature has reminded us our status, our limits. So, for me, this earthquake has become a very important phase of life otherwise, we wouldn't ever get an opportunity we learn so many lessons of life. That's why, I prefer saying this earthquake a blessing more than a curse.

Thank You

- Jyoti Gautam



Broken, not destroyed ...

Though the things now seem settled and life slowly returns to normalcy, the remnants of April 25th's earthquake still remains. Just another jolts here or there or when the odd aftershocks comes off and on, then the sense of foreboding slowly creeps in, clearly substantiating the aforementioned.

However, the aftermath of this deadly earthquake is not to be forgotten. From the trauma it has left in the people's mind to the colossal loss of life, from the monumental loss of heritages to the balance it has disturbed of people's hectic life, the carnage and destruction has been manifested in almost every sectors. Despite having experienced the earthquakes in the 1990, 2045 and on many more occasions, this earthquake of 2072 was a real revelation.

It has in fact brought to the fore many facts which would have gone unnoticed. The economic disparity, political instability, gross negligence in construction works, the wide gap between the haves and the have nots was disclosed. Likewise, Nepal which also happens to be one of the most risky zones when it comes to earthquake was ill-prepared for any sort of calamities

underlying the importance to prepare for any impending earthquake. Lack of awareness and the calmness and composure required before, during and

after the earthquake also loomed. And the woes continue.

While many rich people were able to cope with the situation, for the poor people, it seemed the worst nightmare of their life. With no roofs over their head and the difficulty in managing the square meals, life presented them the ordeal which was previously unthinkable. Despite plenty of relief materials accumulated from people, donor countries, and government itself, not everyone were lucky enough to receive it. Fate simply didn't smile upon them. Even



it won't be wrong to say that we were made to lie in the bed we had made and the need to resurrect the loopholes is imperative particularly now,

for the present and also for the future.

Nevertheless, we shouldn't be pessimistic. Things do not happen overnight. Nepal has shown signs of resilience after every unfortunate incidents and this one won't be exception either. With many helping hands in donor countries, it has made life of our country a little easier. All the fortunate ones heartily strived to help the unfortunates. We were broken but not destroyed. We have fallen to fly high, higher than ever before. And to the plaintive cry, "Can we bounce back?" replies a resounding "Yes, yes we can."

- Abhinav Anand



Why does student fail?

It's not the fault of the student if s/he fails their exams. What to do there are only 365 days in a year.

Now look there are around 52 rest day i.e. Saturday. So, $365 - 52 = 313$

They get summer, winter and festival holidays about 50 days. It is really to break your concentration of enjoying. Days left $313 - 50 = 263$

We need sleep of 8 hours a day. It means 130 days we sleep and games we have make our body fit so 1 hour playing time is very necessary so, 15 days for games. Now $263 - 130 - 15 = 126$

For eating we need at least 2 hours a day and come on we are social beings we need to talk right so 1 hour talking. That is 30 days eating and 15 days talking so we have 81 days left.

Out of 81 days we appear exams for 35 days in a year. We get 40 days holidays for national days, strikes, functions and exams preparations leaves i.e. 6 days left.

We become ill for 3 days and at least 2 days for movies and music.

1 day left

One day left and you have your birthday on that day, don't you?

OMG days to study no time to study. How can a student pass in this way?



- Smriti Phuyal

MOTHER

I wish I could give you diamonds
For each tear you cried for me
I wish I could give you sapphires
For each truth you have helped me to see

If I could give you rubies
For the pain that you have known
If I could give you pearl
For the path of wisdom you have shown
Then you will have a treasure, mom
That would mount up to the skies
That would try to match
The sparks of your lovely eyes
But I have no pearl, no diamond
I am sure you are aware

I want to give you gift most precious ever
My all the devotion, love and lots of care
- Prashant Bhushal

Golden Words of MOTIVATION

- We are like teabags whose true strength comes out when we are put in hot water. So whenever problem upsets you, just think that you must fight against problems and be the God's favourite cup of tea.
- The key to Happiness is not the thing that you never get Angry, Upset, Frustrated, Irritated or Depressed. It is only the way how fast you get out of all these things.
- Life is a Chemistry Lab, just dilute your sorrows, evaporate your worries, filter your mistakes, boil your ego and let your mind be cooled. You will see that you will get the crystal of love.

- Aparna Tripti



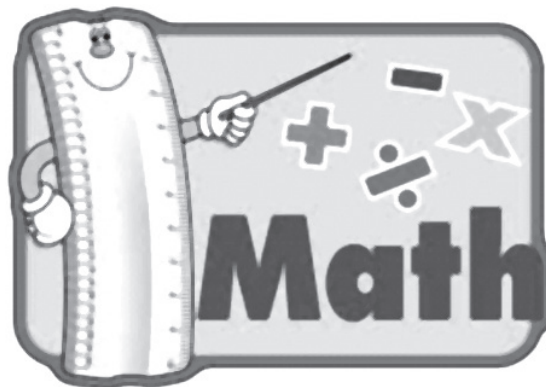
AMAZING FACTS OF MATHS

Mathematics is a subject that deals with numbers. Many people regard Mathematics to be boring. So, let's make Math a bit interesting and joyful by reading these amazing cool facts about it.

- The word "Mathematics" came from the Greek word "Mathema" which means learning, studying and science.
- The words "Geo-Metria" forms Geometry i.e. Geo=Earth and Metria=Measurement.
- The sum of numbers from 1 to 100 is 5050.
- The number 5 is pronounced "Ha" in Thai language. 555 is also used by some as slang for "Ha Ha Ha".
- "Four" is the only number in English language that is spelt with the same number of alphabets as the number itself.
- 2 and 5 are the only primes that end in 2 or 5.
- In America, Mathematics is known as "Math". They say "Mathematics" functions as a singular noun so per than "Math" should be singular too.
- The opposite sides of a dice always sum 7.
- "Fraction" is derived from a Latin word "Fractio" i.e. to break
- Among all the shapes with same perimeter circle has the largest area.
- Zero is the only number which cannot be represented by roman numbers.
- 40 when written 'forty' is the only

number with letters in alphabetical order, while 'one' is the only one with letter in reverse alphabetical order

- If there are fifty students in a class then it is virtually certain that two will share same birthday.
- In 1995 in Taipei, citizens were allowed to remove '4' from the street number because it sounded like 'depth' in Chinese. Still many hospitals do not have a 4th floor.
- In much culture number '13' is considered unlucky; well, there are many myths around it. One is that in some ancient European religions, there are 12 gods and 1 evil god. The evil god was called the 13th god. Other superstition goes back to "The Last Supper".
- An amazing fact: $12+3-4+5+67+8+9=100$
- Different names for zero includes zero, naught, nil, zilch and zip.
- Do you know what comes after million, billion and trillion? ANS= Quadrillion,





Quintillion, Sextillion, Octillion, Nonillion, Decillion and Undecillion.

- Do you know that '9' is the magic number?

=Multiply any number with 9 and then sum all individual digits of the result to make it a single digit, guess what the sum is '9'!!!

Now let's have a look at beauty of Mathematics:

$$1*8+1=9$$

$$12*8+2=98$$

$$123*8+3=987$$

$$1234*8+4=9876$$

$$12345*8+5=98765$$

$$123456*8+6=987654$$

$$1234567*8+7=9876543$$

$$12345678*8+8=98765432$$

$$123456789*8+9=987654321$$

Multiplication Magic (Without 8)

$$12345679*9=111111111$$

$$12345679*18=222222222$$

$$12345679*27=333333333$$

$$12345679*36=444444444$$

$$12345679*45=555555555$$

$$12345679*54=666666666$$

$$12345679*63=777777777$$

$$12345679*72=888888888$$

$$12345679*81=999999999$$

MATHS MAGIC TRICKS

TRICK NO. 1

STEP 1: Think of a number below 10.

STEP 2: Double the number you have thought.

STEP 3: Add the result with 6.

STEP 4: Half the answer.

STEP 5: Take away the number you have thought from the answer.

ANSWER=3

TRICK NO. 2

STEP 1: Think of any number.

STEP 2: Multiply the number you have thought with 3.

STEP 3: Add 45 to the result.

STEP 4: Double the result.

STEP 5: Divide the answer by 6.

STEP 6: Subtract the answer from the number you have thought.

ANSWER=15

- Neha Shah

You Science

Always you become great
And always you remain king
Although your reward is audacious
But ignorant think as you a mendacious.

Even god are in dilemma about you
And zeal to see your enthrall view
Only you are the assignments devoter
And we act as your reflector

Remaining busy on untold invention
You always eradicate our misconception
Our research makes you popular
And makes us to be peculiar

Except you, life goes on vain
That leads us to face brain drain
Misuse of it, creates destruction
But has dispersed the way of construction

World is exposing fascinating view
For this we all honor to you
We all should become its follower
Then only Nepalese become an explorer.

- Raju Gupta



Amazing Facts of Science

- ♦ Only 3 third of water in the Earth is freshwater. The remaining is salt water.
- ♦ Currently three-fourth of all the energy on the Earth is consumed by one-fourth of the human population of the Earth.
- ♦ The speed of reptiles and amphibians depends upon the temperature of their body. So, they often lie in the sun to raise their temperature and fill up the energy.
- ♦ It takes 8 minutes 20 seconds for light to reach the earth's surface from the sun.
- ♦ October 12th, 1999 was declared "The Day of Six Billion" based on 'UN Projections.
- ♦ Every year over one million earthquakes shake the earth.
- ♦ The largest hailstone weighed over 1kg and fell in Bangladesh in 1986 AD.
- ♦ A hundred pounds men would weighs 38 pounds on the moon.
- ♦ Butterflies taste with their feet.
- ♦ The Jupiter is so big that it could fit all the other planets in the solar system inside it.
- ♦ The highest temperature on earth was 1360°F (580°C) in Libya in 1922 AD.
- ♦ The lowest temperature on earth was -128.60°F (-89.60°C) in Antarctica in 1983 AD.
- ♦ The smallest mammal in the world is Hog the Nosed Bat that is just about 3cm long.
- ♦ About 3800 million years ago, the earth's surface was covered with volcanoes which poured out poisonous gases.
- ♦ The first creatures to move from water to land were Arthropods, such as spiders, millipedes and insects.
- ♦ Giraffe's tongue is 11 to 12 inches long.
- ♦ Tomato and Cucumber are fruits.
- ♦ The thermometer was invented by Galileo in 1607 AD.

- Neha Shah



MY HALCYON DAYS

I was in a fairy land; asleep, like I am now. An angel arrived in my room where I was asleep as a hobbit; though my body felt pristine. I was woken by sweet sound of bells. The angel had me dressed. She had prepared the breakfast and I enjoyed it until I heard a strange noise. She took me outside where there was a dragon with other hobbits on its back. All of us were taken to a palace which was as magnificent as heaven; it was called "School".

It was three in the morning that I woke up from my dream, feeling fragile. My mom came as she had heard some noise coming out of my room; while I was still contemplating about the dream. She asked me if it was the nightmare again. I turned to my mom and she exactly looked like the angel of my dream. I watched her in awed silence. Then I started to relate things; the angel in my dream was my mother who prepared the breakfast for me every morning, the sweet sound bells was the sound of my 'alarm clock' that I heard during my school days, the dragon was my school bus, the other little hobbits were my friends and that beautiful palace was my school. I felt like I lost to time. Time succumbed me to believe that those days are never going to happen ever again; but in the dreams.

I told my mom that I was fine. I tried

to get up but I couldn't summon the energy to get out of bed. My mother kissed me and left; while I lay thinking about my school again. I would say that the school days were the best days of my life, my halcyon days. I would love myself as a hobbit rather than being alone, like I am now, without school and friends. If only the reality was a dream and the dream was the reality. I would love to have this kind of nightmarish experience and go back in time miraculously again and again. My dream and the reality are in close proximity to each other; along with my willingness to have my halcyon days back.

- Rajiv Chaudhary

Height of irritation:

Sarthak: pen cha pen?

Prashansa: chaina yaar.

(ek chin pachi)

Sarthak: pen cha pen?

Prashansa: bharkharai bhanya haina.

Chaina! (Ek chin pachi)

Sarthak: oi pen cha pen?

Prashansa: sale aba ekchoti ajai sodh

hammer le tero tauko phutaidinchu!

(10 min pachi)

Sarthak: oi hammer cha?

Prashansa: choina.

Sarthak: teso vai pen cha pen?

- The Houdey



The Art Of Public Speaking

The power of eloquence does not come naturally to everyone. It takes a lot of guts to go up and deliver a speech of your own in front of a huge mass.

Many of us either would be scared out of our wits, remaining tongue tied or would blabber incessantly without making any sense. Just to make it clear, going up with a prepared script

want to emphasize on an important matter attracts a lot of attention. Usually, expressions add a touch of spontaneity to the entire act. An experienced speaker requires less practice than the person delivering one for the first time. As we begin to grasp the idea behind a power-packed delivery, it will not take us long to master the skill.

"At least confuse the audience if



and reading it monotonously does not qualify as "Public Speaking". So what exactly is Public Speaking? Moreover, how can we excel as a public speaker?

The most essential quality in an impressive speaker is the level of confidence, the speaker exhibits while addressing the mass in front of him/her. Through information about the topic beforehand and continuous practice (especially in front of a person or mirror) can do wonders to boost the confidence level of a speaker. In addition, proper gesticulation when we

you are not able to convince them" is another trick to be a good speaker. Public Speaking is not about what you say but how you express it. A thousand different people can say the same thing in thousand different ways, but only one can impress the audience by making the speech catchy and interesting with extraordinary intonation, considering the length and time with good knowledge on the context not forgetting the natural or original way of delivering a form of art.

- Prayog Bhattarai



REVIEW:

A Thousand Splendid Suns

A Thousand Splendid Suns, with one goal in my mind: I wanted to have a real cry. One of those books that truly move you, pulling on your heartstrings until you bawl like a child.

The main plot seemed to fill my criteria. Set in Afghanistan from the 1960s to the 1990s, spanning from Soviet occupation to the Taliban control, following the lives of two women in their marriages and in their war-torn country. Expecting domestic abuse, graphic war descriptions and a main theme of oppression in Afghan women, I was satisfied- yes, I will weep.

And so shall you but not for the reasons you would expect. A Thousand Splendid Suns covers much more than the aforementioned.

The novel is split in a dual narrative, the first being Mariam when she is nine, living on the outskirts of Herat with her bitter mother, anxiously in wait for the once-a-week visits from her wealthy father.

Branded a harami, an illegitimate child, Mariam faces many prejudices and blame not only from the family of her father, but also from her own mother. Hosseini introduces a naïve child whom

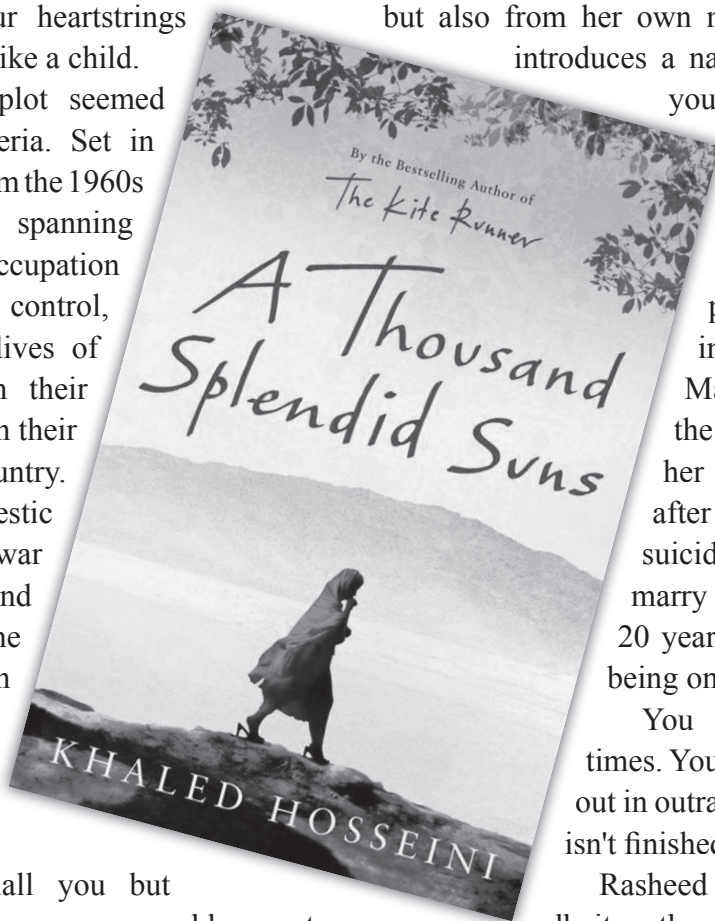
you immediately pity, and also feel a foreboding clutch the pages. Not soon into the story, Mariam discovers the emptiness in her father's love and after her mother's suicide, is forced to marry a man more than 20 years her senior, her being only 15.

You blink several times. You squirm. You cry out in outrage. But Hosseini isn't finished.

Rasheed is a kind man, albeit rather archaic in his manner and grumpy, but all things considered Mariam's life does not seem so terrible anymore. Until the miscarriage. And then the continual miscarriages.

Domestic abuse? Yup, I knew there must be some somewhere.

However, Hosseini does something





new. You pity the husband, for his past is one with sorrow much like Mariam's- it does not justify his actions- but you feel sympathy for his situation.

Then comes the second narrative- Laila. An innocent young child with a best friend who is a boy, a family torn by the war that steals her brothers away from her and in turn her mother's affection. Orphaned, torn from her love, Laila agrees to marry Rasheed. The stories of these two wives will make you gaze in awe at the sheer strength of love in desperate times.

All the way through the novel Hosseini weaves in information about Afghanistan's situation nevertheless it is only here that it takes a role in the story. Yet he makes sure that it is never a driving force in the novel- that is for the voices of these two women. Both trying to make do, muddling through life trying to find joy through the gloom, one innocent yet hiding a terrible secret and another bitter with age and resenting her life. Both still with a glimmer of hope in their eyes as they embark on a great journey.

Hosseini's writing is simple, and that is all it needs to be, a welcoming contrast to Mariam and Laila's complex situations.

By the end you are not only left with a tear, but with a fire lit within. It is above all a story of hope and of life, the heroism that comes with love and the inevitable strife that comes with living. Inspirational, outstanding, every man and women must read this tale.

- Prashansa Basnet (Editor)

When Geometry Collided with Physics

Once, a geometry teacher was walking in the school compound. He accidentally collided with a lady teacher who taught physics in the school. The lady teacher became furious and cried out, 'Did you allow your centre of gravity to fall beyond your legs and purposely struck at me ?'

The geometry teacher answered politely, 'Madam, you were making an acute angle with the horizontal surface and your projection shoulder coincided with my hands.'

'You shameless fellow ! Didn't you learn Newton's first law of motion ?' screamed the lady teacher.

'Madam, I'm not at fault. You ought to know that parallel lines never intersect !'

As the temperature of the lady teacher rose high, she shouted, 'I shall knock you down and change the position of the hair on your head with an external force in the form of my sandal.'

The geometry teacher now angrily said, ' You are at present, a line. I shall reduce you to ray, then to segment and then, to a point reducing to infinity.'

And by that time a crowd will have gathered in the compound making it congested.

- Ayush Sapkota



Sayings

1. Words mean things
2. What makes you different makes you beautiful
3. We cant spend our lives waiting to live
4. Life is a short poem that unfold one line at a time
5. Thats the thing about pain, it demands to be felt.
6. Tears are the silence of grief
7. Lifee and death are one thread. The same line read from different sides.
8. Sometimes the things that you cant change,end up changing us.
9. Be better than you were yesterday.
10. Living on Earth is expensive, but it does include a free trip around the sun.
11. If at first you don't succeed, destroy all evidence that you tried.
12. Despite the cost of living, have you noticed how popular it remains?
13. Isn't it scary that doctors call what they do "practice"?
14. A good laugh and long sleep are two best cures for anything
15. Everybody is born with genius, but most people only keep it a few minutes.
16. When someone says, "You've Changed", it simply means you've stopped living your life their way.
17. Life is like photography, you use the negatives to develop.
18. Stop worrying about the world ending today. It's already tomorrow in Australia.
19. Train your mind to see good in everything.
20. When nothing goes right, go left!
21. If there is a "WILL", there are 500 relatives
22. Born to express not to impress.
23. If you've never lost your mind, you've never followed your heart.
24. The richer you get, the more expensive happiness becomes.
25. If you like me, then raise your hand, If not then raise your standard.
26. When inspiration does not come to me, I go halfway to meet it.
27. Silent people have the loudest minds.
28. The trouble is that you think you've time!
29. Do more of what makes you happy.
30. Happiness does not buy you money.
31. If you can't convince them, confuse them.
32. Be a good person, but don't try to prove.
33. When everything comes your way. Then you are on the wrong way.



34. Experience is a good teacher, but she sends in terrific bills.
35. If you want to make your dreams come true, the first thing you have to do is wake up
36. If it scares you, it might be a good thing to try.
37. In "Success" all depends on the second letter
38. The harder you work, the harder it is to surrender
39. The secret of getting ahead is getting started.
40. If nobody sees you eating it, it doesn't contain any calories.
41. Doubt kills more dreams than failure ever will.
42. Comparison is the thief of joy.
43. It's better to be looked over, than overlooked.
44. Age is strictly a case of mind over matter. If you don't mind, it doesn't matter
45. When your only tool is a hammer, all problems start looking like nails
46. Talk is cheap. Until you hire a lawyer.
47. Ever stop to think, and forget to start again?
48. The problem with trouble shooting is that trouble shoots back.
49. A clear conscience is usually the sign of a bad memory.
50. If at first you don't succeed, redefine success.

The Way You Think, The Way You Become

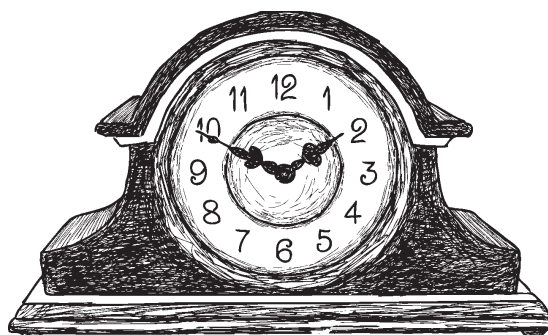
The happiest people on this earth are those who have the most interesting thoughts. As you think, so you become. One is certainly the product of one's thinking. If our mind is ingrained with the idea of success, it will automatically come to us. Sooner or later, the person who wins is the person who believes that he or she can. Success is within every one's reach, whatever be our physical, social, educational or economic limitation. In fact, many have risen to fame and become great, overcoming their drawbacks. Did you know that Franklin D. Roosevelt got himself elected four times in succession as president of The United States Of America despite being a cripple? Thomas Alva Edison, the greatest of all the inventors was a stone deaf. The world famous pianist and composer, Beethoven was totally deaf. Success has to be earned and it demands sustenance, diligence and sacrifice. One's attitude determines one's future. You need only the desire to move ahead. And then if you proceed in a logical manner you will surely succeed. The weakest creature, by concentrating its power on a single object can accomplish something where as the strongest by dispersing his powers over many things, may fail to achieve anything. To think a thing possible is to make it so. Now, if you want to scale the Everest and you are ever at rest, then you will certainly not make it. Courage spells victory and timidity defeat. Be bold, dare and do.

- Drishti Shrestha



The Value Of Time

In my school life I had many inspiring people. They taught me many great lesson of life. One of the inspiring people for me is our mathematics teacher Rabina Miss. She told us something that inspired me a lot. She taught us real value of time. She told us in somewhat this way:



The value of time is known only when someone is created a situation to feel it.

- Value of a year is only felt by a student whose friends are promoted in their studies but s/he is led backward.
- Value of 9 months is felt my only that lady who has kept her baby inside herself as her own part and with lot of care, joy and happiness.
- Value of 6 months is only known by a farmer who grows paddy and has only 6 months in their year as income earning time which determines their family's future and hunger of all the common people.
- The value of 3 months is only known by the season that shows
- their best faces in a very limited time and pleases the natural beauty.
- Value of 1 month is only realized when a doctor limits life time of a patient.
- Value of 1 minute is only felt when our important train is missed which could determine our future way ahead.
- Value of few seconds is recognized when one meets an accident due to miss by a second. I guess, we perfectly now know the value of few seconds by the recent massive earthquake.

In a Nutshell, I am greatly thankful to our Rabina Miss that she thought me a great value of life.

- Puja Rijal



Tremor, Terror, Trauma and Treat

The great earthquake that erupted on 25 April and 12 May this year making Barpak, Gorkha district, epicenter demolishing a huge mass of physical infrastructures in fourteen districts and human lives causing irreparable damage that can't be repatriated in the very immediate time to come, it may recovered within a small span of time if stakeholders have strong will power, but in the forthcoming extent, it can't be foreseen. It, as a natural disaster, devastated mostly the houses of poor people because they could not afford strong houses and now nothing left as they never had much to begin with now structure leaving them still more precarious condition, hence it is not the earthquake terrorized them, it is enforced poverty and systematic exclusion that has crushed them. Along with painstaking efforts to be made for the citizenry, parents have lost their loving children, children have lost their respected and ever-guiding parents and the country has lost its many precious and sacred historical monuments—great heritages that the future generations need to observe in the time to come, and its many economic resources, that is to say, we need to rebuild our lost physical structures as well as mental woes which can't be healed easily even in the long span of time. We remained panicked for a long time, and it's about

more than one month we have not come out of it. We still experience our houses trembling, find roads and land cracked under our feet, temples and other constructions fallen, boundary walls knocked down and making all of us homeless physically or mentally followed by other disasters land sliding, blockade of rivers and flooding that have never let us feel secured to lead to normal life. People living in tents and other open areas haunted by the fear being molested, raped, kidnapped or tomorrow will come or not as normalcy as usual, have been living lives waiting for unknown fear, children being here and there doing nothing and looking forward to rejoining schools, guardians hoping to sustain this calamity in any way, and finally governments looking for more supports to overcome this panic.

Unlike the much-said precautions that other natural calamities confiscate the life and properties of poor people, but earthquake would not discriminate between poor and rich, more than poor rich would be affected, the poor and disadvantaged who have borne the brunt of the disaster losing houses, cattle, relatives, and edible ingredients and longing for small sum of grains from every passer-by and visitor, but to their dismay they remain awaiting for a long time not getting what has been



expected and anticipated. They speak of their tragedy in a disquietingly matter-of-fact tone recounting the death of their near and dear one, cattle and missing relatives and other important things that could have helped them to cope with this horrible situation. They are now numbed by grief and so oppressed by the questions of immediate survival that brooding over their loss is a luxury they can barely afford or be it a sign of resilience. It is the decade long civil war that engulfed more than fifteen thousand people in the name of bring a great 'change' in the society, and now it is the great earthquake that became a 'signifier' for the loss of about nine thousand people and triple of them badly injured and about the same number missing, equally followed



by other natural disasters i.e. flooding and landslides, consequently making Nepali people more vulnerable to be borne to be ruined in any way, or in any way they are destined to be victims in any forms. Here, most of them were or are marginalized people who have paid more with their lives to remind us again: the longer lasting disaster we Nepali suffer from is the exclusionary nature of the Nepali state.

The present moment undergoing with an epithet 'It's arrived' aayo, that scares each one from small child to the elderly one out of their wits

becoming a synonymous with the great earthquake of April 25 and May 12 and many aftershocks that followed them consequently, has made life come to an unnatural standstill, hence, a flying plane, or a barking dog, or crowing crow is all everything to make us tremble in fear or traumatized. For these people, trauma has become an emotional shock producing a disturbance more or less enduring of mental function as this shock is central point in trauma. Now, the feeling of insecurity and inherent fear has deeply rooted in the general psyche – either living in 'safe' or 'unsafe'

accommodation one feels vulnerable to be ruined physically or mentally, even, sick, old or pregnant women feel more insecure being suffered from some sort of

psychological disorders or miscarriage. A number of physical issues and infectious diseases like body pain, heart disease, TB, cholera, malaria, among others, are related with psychological state, as a result people lose interest in self-care and personal hygiene because of the constant feeling of loss, insecurity and the scarcity of resources. Thus, it is natural for the survivors to suffer from acute stress reaction with some symptoms i.e. palpitation, anxiety, flashbacks, physical body pain, headache, panic attacks and insomania that could affect them for a long time,



or they have to go through trauma, in the time to come, or even the stress induced by disasters can escalate the ground of conflict and violence in the inflicted societies and panic can make each of them tense, short-tempered and aggressive leading to maladaptive coping capacity, that could ultimately lead them to intensifying self-destructive behaviors i.e. alcoholism, smoking and substantive abuse and finally to suicidal cases. In such condition, survivors can have assets of post traumatic stress disorder(PTSD), as an anxiety disorder that would remain problematic if it persists long time.

To come out of this horrible and unbearable situation, one should realize that he or she is not only victim as thousands are alike and the same events may affect many other people differently, hence, need time and emotional support to heal the mental loss engaging in the promotion of awareness of mental health and emotional wellbeing among the vulnerable population with an assure of having access food, shelter, basic medical care and community support. Having patience and compassion with others and oneself always helps one overcome grief and trauma. But, one should not be judgemental over individual experiences of loss and labeling human grief as any kind of mental illness is counter-productive. Restoring hope, strength and resilience among the traumatized people with any resources, besides self-confidence and sense of belonging to a community

can be taken as a sustainable way to manage mental distress, trauma and psychological insecurities in the precarious time with distribution of different kinds of relief materials. Likewise, for those who have lost their loved ones, accommodations, positive information is taken as a pivotal role in healing emotional stress and they should be assured that they have the support and are not left alone. Performing different kinds of entertaining and recreational programs, participating in counseling camps along with spiritual training and meditation organizations and even 'trauma-focused cognitive behavior therapy' for the traumatized. At the moment, comedians have been visiting different camps and educational institutes in order to make the victims and students laugh helping them forget their grief and pains, it's a part of 'laughtotherapy'. Besides, organizing musical programs along with songs by the popular artists and musicians themselves, theatrical performances, spiritual sermons, and mustering self-confidence in the victims and other commoners is another fundamental step in the process of healing trauma as part of treatment. Besides, the Nepal Academy of Music and Drama (NAMD), the sole of institution for enhancing Nepali music and drama has been organizing different recreational and informative programmes i.e. street plays across the country to help the society to move towards normalcy. The academy has organized cultural programme entitled Cultural Campaign



on Earthquake – 2072 that would run for 45 minutes to stage a drama which would mostly try to heal the inner pain – trauma providing the wailing victims entertainment that would help them forget the pain and awareness about the earthquake.

Besides, there can be other innumerable steps to follow to overcome the traumatic situations. One should recognize his or her symptoms as normal reactions to abnormal circumstances. Talking more about one's thoughts, feelings and reactions to the events with people that she or he trusts very much can help reduce the pain. Involving in different activities and keeping oneself busy creating a feeling of safety and

tranquility in the environment is another way to overcome the situation. And switching on light while sleeping, developing a discipline of meditation or listening to soothing music etc can be other assets in treatment. Likewise, as soon and much as possible, resuming the normal activities and routines can help one feel normal and security as she or he etches the way back to stability. As one feels in a recovery process, she or he should give himself or herself proper rest, nutrition and proper mind soothing exercises – mostly meditation. Thinking positively in everything, taking an affirmative actions on one's behalf, becoming aware of one's emotional triggers and learning to cope with them creatively are some meaningful steps to cope with. Sometimes thinking positively even on negative things i.e. earthquake and looking for some deeper meanings in what happened recently, and learning something new from such traumatic experience are some insightful measures. Depending on therapy – psychotherapy from experienced practitioners who have specialized in trauma can be very effective in helping people overcome the aftermath of trauma even the post traumatic stress disorders (PTSD). Finally having patience with oneself as healing can take long one can feel recovery slowly with meaningful insights.

- Badri Prasad Pokharel
**Lecturer, Bhaktapur Multiple Campus,
Bhaktapur**





WORLD OF EXCEPTION

As we know that our world is full of surprises, it creates a nevertheless ending joy. It lets us expect the unexpected. Exception is a word that is now making its dominance in this 21st century. Exception has led our world in surprising and enigmatic way. That's why everyone loves becoming an exception.

The nature of our world comprises a lot of exception. Only few have been known but the remaining ones are still mysterious like how Carl Sagan has quote "Somewhere Something Incredible is waiting to be known". We don't know how Exception has changed everything. It has even proved the thinking like those who don't go to school can't succeed in life. Its exception is Thomas Alva Edison. Edison wasn't able to go to school but had to sell Newspapers for earning money in train. Yet he succeeded in inventing a lot of devices especially electric bulb awesomely known as "The Wizard of Menlo Park". This is just an example of one exceptionalist. But what about others like Madam Curie (the first person to win two Nobel prizes in different fields), Albert Einstein (person of 20th



century) and?? It is just the beginning of Exception in our world.

Anyway let's forget the exception among people. What about the hidden exception in nature? Let us talk about our home planet The Earth. The rotation period of Earth is about 24 hours. But now Exception has raised and the rotation of Earth is slowing down by 0.002 seconds per century and after 180 million years the day will increase for 25 Hours!!

We know what speed of light really means? Nothing's faster than speed of light as we assume except?? Yeah our imagination. It even surpasses speed of light. Maybe you can observe it yourself. Voyager I Probe one of the space probe launched by NASA has gone out of the solar system and the message sent by it reaches to Earth in about 17 hours even at



the speed of light. This can explain us that how far are the celestial bodies from the Earth? Then what about Andromeda Galaxy? The universe, its expansion? Isn't these all exception for us? Absolutely they are as they contain something unknown! Can you imagine it?

This is just about interstellar space but what about Nature in Earth. Perhaps most of us have heard about insectivorous plant but have you ever heard about one terrific plant. A new species of plant known as Rinorea Niccolifera has been discovered that eats METAL!! Actually it is known for its ability to bio-accumulate nickel.

What can we conclude from these matters are that becoming an Exception is kind of Nightmare and challenging task but it is also an exception after all. So, I too love becoming an exception in this nature. What about you? Imagine yourself towards your Exception as Nothing is impossible even Impossible is an exception word which consists of three words I M POSSIBLE. You know in this mammoth universe we are exception among all as we have unique fingerprints and feelings. Thus, believe yourself and find your true nature that lies deep within you hidden that cherish your life.

- Sabhar Balampaki



ENIGMA

Always over a year ago
She used to get lost
Which made her to go
Towards the world of frost
I time traveled
Even if it wasn't a history
But so as to unravel
It's hidden mystery!
I was feeling bizarre and shocked
As the mystery was like of Quantum World
That made my mind locked
Leaving my body cold
The mystery was utterly unpredictable
And it was supremely harder to understand
Than the Modern Periodic Table
And surely a problem like of Hilde Moller Knag?

- Sabhar Balampaki

Sarthak ko english:

Sarthak ko dad: aja ta ekdamai kam-garyo.
Sarthak: dad can i bring you some juice?
Dad: bhayo chora.
Sarthak: ok then i'm going out to play, rest in peace.

-The Houdey



Technologies that might change the world!!!

1) Li-Fi



What if every light bulb in the world could also transmit data?

This is what li-fi (Light-Fidelity) tells us all about. It is a technology where light bulbs transmit data and the bulbs make every device to get connected to the network of a billion. In this technology 10,000 times more types of spectrum are used to transfer datum through LED light bulbs with even higher speed. With the speed of 100gbps data could be transferred with the speed of light. You can play high-definition video on your devices without buffering. The light is not detectible with normal human eye. This technology could be used in streets where a vehicle could contact with other vehicles to exchange information through their head lights and tail lights such that they could prevent accidents. The street lights and traffic lights could act as free access point. This technology would bring even greener future.



2) WI Power

Every mobile charger comes with a clutter. Well it might be an irritation to charge connected with a clutter. Clutter has a fixed charger length and it's difficult to use while charging and it's even more difficult to find a switch on the room. What this technology actually does is, it recharges your device without any charger. No, absolutely no wires at all. It is a system that can recharge batteries through the air, from up to 28 feet away through Wi-Fi. When your mobile is connected over Wi-Fi then the device gets recharged and hence the wires are not required at all for recharging.

- Sudeep Kunwar (Editorial Team)



A BEAUTIFUL MIND...

INTRODUCTION

Directed by: Ron Howard

Produced by: Ron Howard, Brian Grazer

Released on: 21st December, 2011

Running time: 2 hrs 15 min

Based on : A Beautiful Mind (book) by Sylvia Nasar

‘A Beautiful Mind’ is an exotic movie that narrates an elevator like life of a brilliant mathematician, John Nash.

SETTING

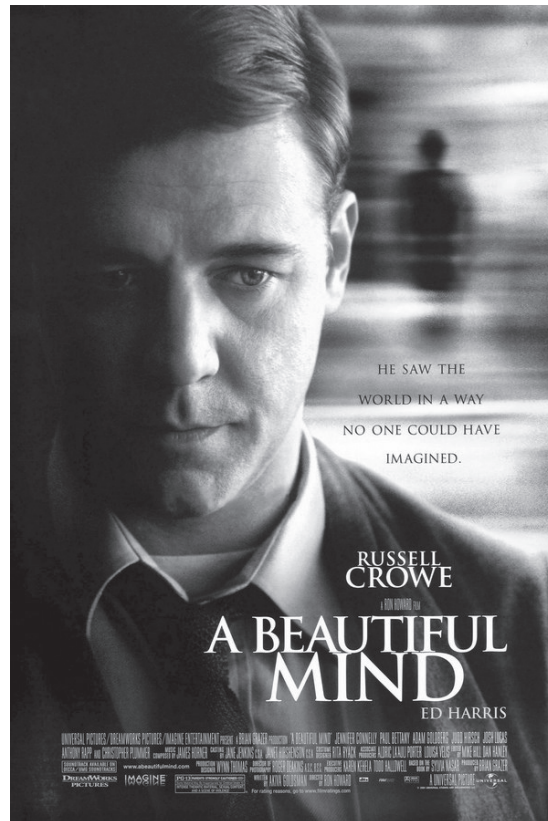
The movie is filmed in the ‘Princeton University’, ‘Massachusetts Institute of Technology’ and the ‘United States Department of Defense’. The other locations characterized in the movie belong to the locations of the U.S.A.

Characters

- John Nash : An independent mathematician with extraordinary ideas on whom the entire movie is based
- Alicia Nash : John’s student whom he falls in love with
- Charles Herman: Nash’s best friend in Princeton who is a literature student
- William Parcher : A government agent for the Department of Defence
- Marcee: John’s niece

Theme

This movie analyzes a genius and compares him with normal people. It delivers the message that to become a



genius, all you need is originality, a better perspective of looking at things and an optimistic mind. Also, love acts as an agent in transforming a dead soul to an enthusiastic body.

PLOT

John Nash, finds himself among a group of young mathematicians who are the puppets of their professors. But Nash aims at establishing a legacy by drafting and shaping some original ideas. He meets Charles Herman, his room-mate, who has a care free attitude and a whole lot of sarcasm.



Nash on the other hand shows abnormal like characters as he studies on the unusual stuffs of nature and later frustrates himself. One evening, Nash's friends discuss on approaching a group of women. This strikes his mind and he develops this idea into a new concept of governing dynamics . his professor gets blown by his exceptional work and five years later, Nash joins the Pentagon to crack encrypted enemy telecommunications. His ability to decipher codes mentally allures Parcher. Nash gets convinced to work with Parcher to thwart a Soviet plot. Nash sends his progress in hidden mailbox.

Meanwhile, one of his student Alicia, asks him for a dinner date and both turn that infatuation thing into sublime love. With Charles's and Marcee's advice, both tie the knots of marriage. Nash argues on quitting the job with Parcher due to a nerve-racking attack and also due to Alicia's pregnancy but Parcher blackmails him into work.

A few days later, Nash gets caught by a group of individuals and is thrown into a mental hospital. Dr.Rosen, a psychiatric confirms that Nash was suffering from schizophrenia, a serious mental disease. Nash comes to know that Parcher, Charles and Marcee were just imaginary, they never existed and gets loaded with bulks of medicines. He secretly stops taking those medicines and again gets involved with Parcher. Nash then reflects over the doctors words that Charlie, Parcher and Marcee never grew old and concludes that they were just imaginary. Nash then decides to stop taking those medicines and aims at dealing with his symptoms himself. Alicia

supports him.

Nash later joins Princeton and begins to teach. He then gets awarded with the Nobel Prize for his outstanding work in game theory. The movie ends with Charles, Marcee and Parcher staring at him, dejected.

CONCLUSION

This exceptional movie summarizes that our vision and struggle lies beyond those obstacles. And yeah ,”Winners don’t do different things, they do things differently.”

Sarthak:kokanjushi:

(Sarthak: morne bela.)

Sarthak: budi timi yehi ho?

Budi: ah yehi chu.

Sarthak: chorachori chai kata chan?

Chorachori: ah daddy hami yehichau.

Sarthak: teso vaye pallo kothako fan kina on rhakheko ta?

xxx

Sarthak: dai tyo t.v.ko kati?

Dai: ma pakhe haruly saaman bechdina!

After 1 month Sarthak: kapal, darikatera aucha

Sarthak: dai tyo t.v.ko price kati?

Dai: ma pakheharuly saaman bechdina!

After 1 month Sarthak: suit laera english ma bolcha

Sarthak: hey dude! What's the cost of that t.v. ?

Dai: ma pakheharuly saaman bechdina!

Sarthak: (risaudai): dai tapaily kasari tha huncha ma pakhe ho?

Dai: twake! Tyo t.v. hoina micro wave ho!

Moral: don't be oversmart!

- The Haudey



Animal testing: A necessity or savageness

“Everyone in this world is equal. But some are more equal than others.”

- George Orwell *Animal Farm*

The aforementioned cliché that comprehensively defines the world we are thriving in is a reminiscent of how human civilization has flourished over the years and how civilized defines the way we have. The omniscience in human ‘development’ has produced a drastic change in the biosphere, whereby the unquenched curiosity of the ingenious form of living being predominantly tries to overcome its own greatness, thus producing unprecedented level of advancement and sometimes, a catastrophic disaster.

The evolutionary change in human brain development has led to various experiments some of which are revolutionary whereas, some of which affects the where flora and fauna extensively, animals in this case. Experimentations on animals can be traced out from the medieval times when humans used domestic animals to test their medicines. Ever since animals have been subjected to various inhumane testing from using them

for lab testing to a literal ‘massacre’ just to test the effects of a nuclear weapon.

Such cruel experiments have been subjected to various criticisms both by environmentalists and religion and nature advocates. The inability of experimentalists to find an alternative for this cannot be neglected either. This dilemma or whether animal testing is a necessity or a savageness asked for an in-depth analysis to come for a conclusion.

The utilization of available resources to fulfill the needs and demands of human seems completely relevant to the pro text of ‘evolution’. In this case using animals for experiments also seems restorable. After all without the proper knowledge of side effects of any medicine, the use of such medicines on human will lead to controversy regarding human rights. This is the point where the concept of animal rights comes to existence, after all, they say, ‘everyone is born equal in the universe, so everyone is subjected to equal rights’

But what the concept of equality does not state is the fact of sharing mutual



benefit and 'benefit of a greater cause' for all compromise is the key to development. Even though, animal testing may seem totally savage in some ways, it is the end result that has lead to discovery of some ways, it is the end result that has lead to discovery of some of the greatest achievements human civilizations have produced so far vaccine and immunization for various disease would be the greatest assets in utopia had these experiment not been conducted.

The concept of experiment for a greater cause seems reasonable as well. A sacrifice of a small population of animals leads to discovery of new ideas and concepts that leads to saving the life of millions of such animals in days to come. For, instance, the vaccine of H1N1 and H5H flu became a reality when experiments were conducted on the birds that ultimately saved and has been saving lives of uncountable number of such disease affected animals.

Even religion seems to have a justification answer when it comes to sacrifice the happiness of someone for the happiness of a mass populace. The story of mass exodus lead by Noah as started in the bible proves this. Noah was compelled to save just two animals of its kind to allow

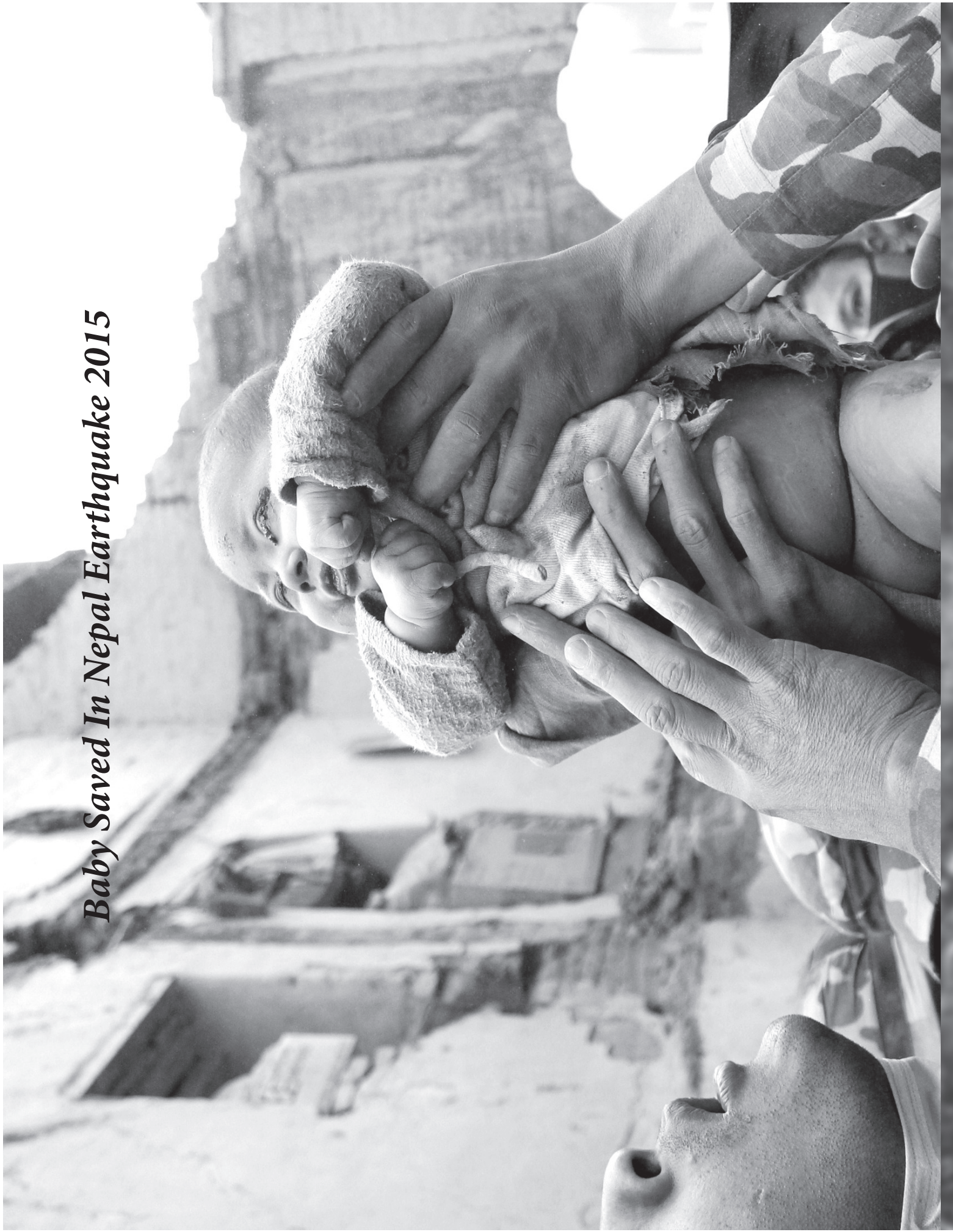
the accommodation of all kinds of animals in this ship. Had he saved all the human population alone, the existence of all other living beings would have ended. Therefore, testing on animals is acceptable in many ways.

However there are some instances when animal testing exceeds far above the concept of testing itself when animals are reported to be mercilessly slaughtered for apparently no reason. But this is not true in most of the cases. It is logical to think that humans are compelled to perform a mass slaughtered to perform a test when they have no alternative. Since human beings have greater perception of the world, not a single sacrifice of animals proves to be in vain.

To conclude the above points, animal testing is not savageness in any sense but as a desperate means to ensure good quality of life for all the living creatures. It ensures that the future generation will have a healthier, safer and peaceful environment to live in and an even better way to convert this world into an utopia. After all animal testing is but a cause for concern to heal the world.

- Saurav Shrestha

Baby Saved In Nepal Earthquake 2015



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