

INTELLESCOPE 2018

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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!!

Everyone seems to be having unexplainable thirst for knowledge nowadays but very few of us have realized the incomprehensible importance of virtue.

Our institute "INTEL" has been striving since the last twenty three years to parch our students not only with bookish lines but also with a little wisdom towards understanding life and I am immensely pleased that you all were a part of our Intel family this year. we hope that the knowledge and morals you've acquired here help you grow and build in life.

We are overwhelmed to proudly present you the new Intellescope magazine of the year 2018. Hope it helps you to relish the moments you've spent here in INTEL. May you all do tremendously well in your journey of success and prosper in life.

Happy Reading!!
Gyanendra Kumar Mishra



A Message from the Editors

we are overjoyed and extremely excited to present to you all this magazine that has been made possible by the support of entire intel institute including all the students, teachers and the everyone who made this magazine come out on time.

intellescope is more than a magazine to us. it has been created as a packet full of memories; memories that we could turn back on and remember with a lot of emotions; emotions that include excitement, joy, hunger, enthusiasm and not to miss Gyanendra sir's remarks that would open our eyes at times and get ignored the rest.

we congratulate those young passionate and energetic authors, poets and visionaries wh have contributed to shape this magazine. "INTELLESCOPE" is extremely delighted to carry those energy capsules that can tickle funny bone, light up the remote sensors of the brain and empower the demand of young reader into action. despite of our tireless efforts and hardwork we would like to apologize for the unintentional errors.

Finally, dear readers, go ahead and enjoy reading. May this mighty efforts of tiny hands and minds inspire you to take the road less travelled, never stop until you reach where you want .

HAPPY READING!

- The Ardent Learners



Aakriti Pant



Bibhuti Shah



Diwakar Uprety



Garima Rokaya



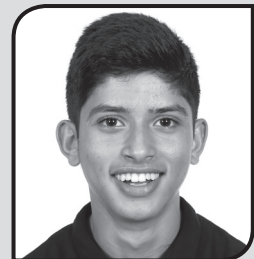
Riya Singhal



Sandesh Pandey



Sonika Neupane



Udhir Subedi

The Guru on a Motorbike

"I just know this piece of life from its origin to its ultimate."

- Sadhguru Jaggi Vasudev

A place where you go with your body however return with your soul, Isha has been a destination for many seekers, explorers, yogis, ravelers. Isha foundation, a non-profit, non-religious organization has been blessed and worked on enough that it still manages to live peacefully breathing a 'Yogic Air' that caresses it directly from the Velliangiri Mountains of Coimbatore, South India. Full of spirituality, Isha Foundation was founded by a motorbike loving yogi SadhguruJaggiVasudev in 1992.

'Sadhguru' literally meaning 'the

illiterate teacher', well known for his humor says that in this modern world, a guru is needed because they are GPS 'Guru Positioning System' lasted out from centuries ago, in an interview with well-known Indian journalist BarkhaDutt. Enhanced by long yogi-like beard and hair with a smiley face, Sadhguru talks about spirituality with logics, just as the modern society would need.

Sadhguru who claims to have not read the Gita, was born to Tamil parents on 3rdSemptember, 1957.

Known for his unique 'technology for well-being', the ShambhaviMahamudra, Sadhguru has sparked a 'silent revolution' all around the world. This is a technique



Most of your desires are not really about yourself. You just picked them up from your social surroundings.

- Sadhguru

has been worked upon for more than twenty years just to bring it out in its perfect form also by conserving what the age-old yogis' effort. Today's generation has encountered a lot of self-proclaimed yogis but Sadhguru has been successful enough to leave his mark by connecting modern western science with age old eastern science and bringing out a perfect sense of consciousness and awareness in people.

The Shambhavi Mahamudra yoga is just a tip of ice berg of what Sadhguru and his foundation run by millions of volunteers all around the world have contributed to the society. Among a lot of projects, there is a different project called 'Isha Vidya' that offers free education to children. Isha Vidya that currently is running 9 schools is based on the eastern education and Vedic sciences that need to be conserved.

From the reviving Rally for Rivers that worked on conserving rivers of India, to the Mahashivaratri event, everything has a distinctive significance. Enchanting everyone with his grace, Sadhguru has made a remarkable change in most of the people's life.

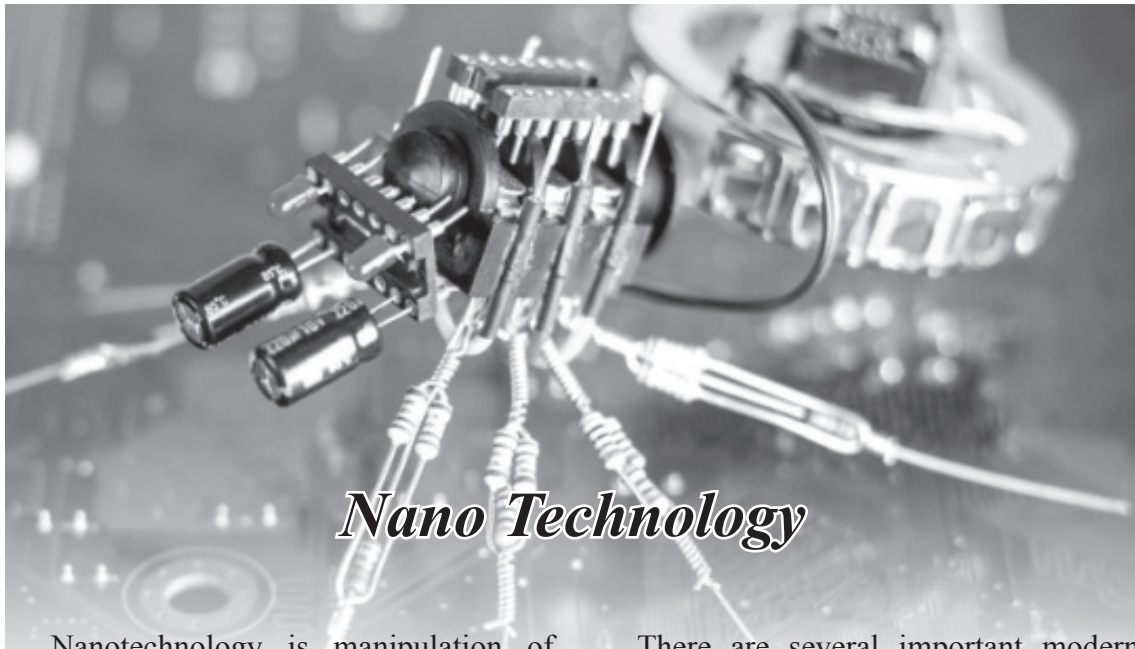
The necessity of such 'contemporary gurus' is that they guide us in a path to the divine, to liberation, to the highest point of life that one could imagine. Living is not 'running in circles, going nowhere' everyday and that is what we have been doing. The most painful thing about this race is that we are forgetting about life itself and sometimes even that we are alive.

'If it comes from west, it is science, if it comes from east, it is superstition.' This, unfortunately, has become the reality of our society. Our sciences and culture have significance in the way they are followed. These are experimented, experienced and then implemented. These sciences when taught, at times had been corrupted. But, this doesn't conclude that all of our sciences were wrong and we need to abandon them all. Sadly, that is what we are doing, bits by bits.

A person like Sadhguru may be needed in this era because he brings us in connection to these ancient scientific systems that required a lot of time and patience and care to bring them to this phase. We shouldn't discard those, rather continue the good in them. Then would there be significance of our culture. Not only this much, the yogas and all the kriyas re-introduced by Sadhguru makes us look at life from a different, better, clearer and better perspective.

Sadhguru is the need of time because he speaks sense, logic and science; he tells us to explore not to believe or disbelieve; in his own words both believers and non-believers are in the same boat that will take them to no deeper experiences. Making a clear break from mere customs and rituals; he enables us to explore the deeper dimension of life through his humor, yoga methods and kriya techniques. So, why not?!

- Bibhuti Shah and
Udhir Subedi



Nano Technology

Nanotechnology is manipulation of water on an atomic, molecular and super molecular scale. Scientists currently debate the future implementation of nanotechnology. This technology may be able to create many new materials and devices with the range of applications such in new medicine, nano electronics, energy production and various other products. Various new technologies can get into new phase which can completely modernize and make our life efficient.

In this article, we are going to discuss about rule of nanotechnology in the sector of health and its other applications. Nanotechnology in medicine offers some exciting possibilities. The use of nanotechnology in the field of medicine could revolutionize the way we detect and treat damage to the human body and diseases in the upcoming future. Many technologies only imagined a few years ago are making remarkable progress towards turning into unexpected realities.

There are several important modern developments. The Atomic Force Microscope (AFM) and the Scanning Tunneling Microscope (STM) are two early versions of scanning probes that launched nanotechnology. As of August 21, 2008, the project on emerging nanotechnologies estimates that over 800 manufacturer-identified nanotech products are publicly available, with new ones hitting the market at a pace of 3-4 per week. Nanotechnology has a prominent role in the fast developing field of tissue engineering. Further applications allow tennis balls to last longer, golf balls to fly straighter and even bowling balls to become more durable. Trousers and socks have been infused with nanotechnology so that they will last longer and keep people cool in the summer.

The better is the particle, the better is the substance; the better the nanotech, the better is the equipment.

- Anash Ansari

Life and Success

'Life' a word of great meaning. Let's start with a question. Question to myself and question to all reading this. Is life all about waking up and rushing to school, getting into college, getting a job, getting married, having children and then death? Some people even don't get half way through. Is that all what life means to us? Have we ever asked ourselves that if we are actually living or just existing?

Living our life is what that cannot be explained it's what you want or anyone knows in their inner heart. Life is to be lived, not just to survive. Surviving is when we just have a basic routine to be followed and if we have no enthusiasm in what we are doing. We are doing it, just for the sake of doing it. Question yourself are you really living your life?

Living our life in our own way leads

us to success and most important, we will be happy. (Let's take an example, what if Bill Gates or Obama or any other successful person.) We know hand chosen another fields which they don't have any enthusiasm? What if Lionel Messi had read science rather than giving his best in sports? Same goes for us. We all are gifted with talent. It is us and our heart that knows what we want, what we like to do, what we are better at and what makes us happy. If a student has an interest in writing and literature than, being a doctor, he/she lose their happiness. They lose their talent and world loses a writer which can touch hearts of people and contribute in literature.

So, let's decide what we want and how we want to live our life. Later, at the last seconds of our life, I bet that there would be a smile on our face and we will say, "Yes, I



lived my life well and I don't regret it."

But, remember just choosing or deciding how we want to live our life does not make us successful. Successful are those who realize that they can do it; they must do it and never give up. Giving up is the worst thing in life. Even if we fail a thousand times in their research gave up, then we would be lagging behind. So, let's keep trying and giving our best in what our heart likes.

Discipline is what that leads us to achieve our goal and eventually success. I think we must have misunderstood the concept of discipline. Being disciplined is not just greeting teachers, following rules just for the sake of others, it's the way how we behave, how we do our things too. Being disciplined is sticking to what you say, what you plan. If we think of reading or giving our time to our fields that we like and leave doing it from the other day, does it matter? No, being disciplined is getting up in winter from the warm bed and even if it's cold, starts continuing what we planned for. Let's make us so disciplined and trained that if we say that we will do it, we will remember and continue doing it. Giving just is a minute a day in something that you like is gonna make you professional in that field in 5 years. Discipline yourself, so that you can give is a minute or even more of your time to it every day, even if it's hot, cold or just anything, just stick to it. This is the thing that leads us to success.

The conclusion hence is, we are capable of achieving anything we want, if we really want it and need it. Need is going to get your success. When you get up in the morning, just close your eyes and imagine,

imagine how you would feel if you are standing in front of millions of people, praising you, clapping for what you have done. How great would you feel? This is going to give you inspiration. So let's enjoy every moment of life, work hard, be disciplined and live our life. Let's live each and every day making memories, learning from mistakes and struggling for success.

Lives your life on your terms and in a way that makes sense to you. Step out of your comfort zone, struggle, and work hard. Make every day of your life better than yesterday. Do something different every day. It is our life to live let's live it, everyday to fullest and "not just survive."

- Rekarna Bartaula
Occidental Public School

LET'S TALK

Feeling your happiness
It seems you are teasing me,
Looking at your eyes,
It seems you are trying to approach me.

Admiring your beautiful smile,
It seems you're in love with me,
When you often turn around,
It seems you are trying to ignore me.

Without talking how would things
resolve?
What is in hearts?
Peace and happiness come only after
we talk.

- Aayush Ghimire
LRI School

I won't be left behind

I run my faster
But still get beat
I land on my head
When I should be on my feet.

I try to move forward
But I am stuck in rewind
Why do I keep at it?
I won't be left behind.

The harder I am thrown
The higher I bounce
I give it my all
And that's all that counts.

In first place
Myself I seldom find
So I push to the limit
I won't be left behind.

Some people tell me you can't
Some say don't
Some simply give up
I reply I won't

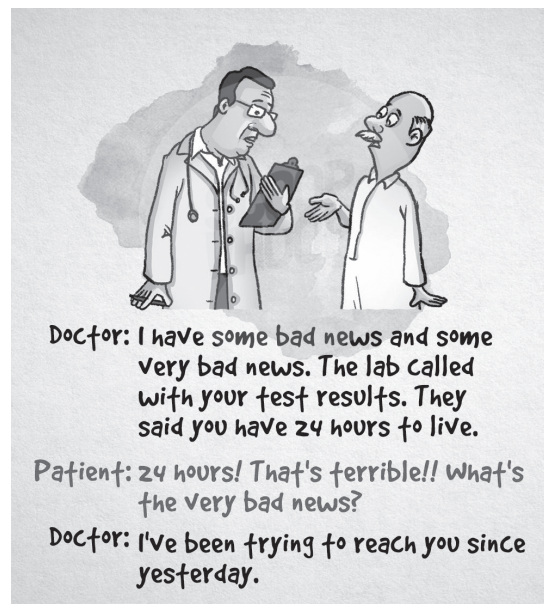
My power is here
Locked away in my mind
My perseverance is my excellence
I won't be left behind.

Make the best of each moment
The future is soon the past
The more I tell myself this
The less I come it last.

Throughout my competitions
I've learned what winning is all about
A plain and clear lesson
Giving out is the easy way out.

So, every night before I go to bed
I hope in a small way, I have shined
Tomorrow is a brand new day
And I won't be left behind.

- Anusha Bhandari
TBHSS



"Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation." –Oscar Wilde

Time

When asked, "What is the biggest mistake we made in life?" the Buddha replied, "The biggest mistake in that we think we have time." Time is free but priceless. We can't own it but we can use it. We can't keep it but we can spend it and once lost we can never get it back.

Time is more valuable than money. We can get more money but we can never get more time. Steve Job said, "Time is limited so don't waste it living someone else's life." There's good news and there's a bad news. The bad news is that time flies and the good news is that you are the pilot.

Imagine yourself you get \$86400 in your bank account everyday and at the end of the night all gone and another next day you get another \$86400 deposit in your account. What will you do with that money? Everyday you got 86400 seconds deposit in your life account. We don't waste it if it was money, so why do we waste it if it comes for time? Time is more powerful than those dollars. You can make more dollars but you can't make more time.

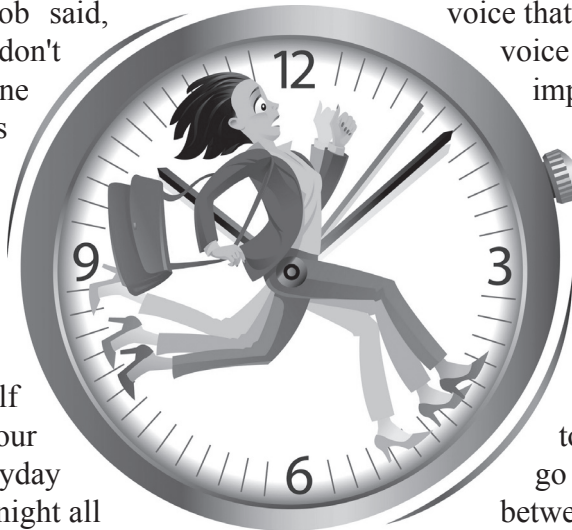
To realize the value of 1 year, ask a student who just failed a grade. To realize the value of 1 month ask the mother who missed her child in final month. To

realize the value of 1 week ask the editor of online magazine. To realize the value of 1 day, ask the couple who are in long distance relationship. To realize the value of 1 minute, ask the person who missed the accident and to realize the value of 1 millisecond, ask the person who came second in the Olympics.

Inside all of us are two voices. One voice that want us to uplift. One voice that make us to grow improve. And the other voice. The voice that holds us back, the voice that makes us lazy, the voice that restrict our potential. Everyday, every moment from the second we wake up to the last second use go to bed there's a battle between two voices. And guess who wins? The voice we listen, the voice we amplify. It our choice how to use our time.

Life and time are both two best teachers. Life teaches us how to make good use of time and times teaches us the value of life. As William Shakespeare said, "Time is slow for those who want, fast for those who are scary, long for those who are sad, short for those who celebrate and for those who love time is eternal."

- Agni Raj Shrestha
Modern Indian



Time and tide waits for none

The proverb 'time and tide' wait for none is well known. It draws our attention to the fleeting nature of time. What is time? We measure our existence in terms of certain mathematical instants, time and eternal. It has no beginning, no end. It is like as swiftly moving steam. It moves on and on without any type of rest. It does not wait for the convenience of man. It is like a gipsy man constantly moving. Tides are caused in the river or in the seas as a result of the magnetic pull of the moon. The ebb and flow of tide is according to natural laws. It is natural process. It does not wait for man. If a boat is to sail with tidal waves the boatman must be very ready for the tide, if he fails he misses the chance.

Though time is without beginning or end, yet for our convenience we divide time into the past, the present and the future and into hours, minutes and seconds that is the mathematical division of time. The modern age is the age of action, life is short and there is much to be done. We have therefore, to make the best use of our time. Time is precious and valuable.

There is a saying that time is money. This is true, for money depends on the proper use of time. We should attend to our

work punctually. We should utilize our opportunities properly. A man who wastes his opportunities spends time and can't attain success. Value of time is greater than that of money. Money lost can be recovered but the passage of time is beyond all human control. Even science cannot help us in checking time. Time goes on its own way. It does not obey anyone. Not even the most powerful dictator or ruler can cry a halt to the passage of time.

The proverb has a lesson for man. Since time is precious we must utilize every second of it. A stitch in time saves nine as the saying goes. Timely action very often prevents great loss. Step taken in time means less labour, better success, less chance of damage or loss. The average man is easy going and lazy. He does not realize the value of time. He seldom tries to do a thing when he can put it off till tomorrow. That is why the average man is average.

Take a school boy (student), ask him which he is not learning his task, the answer always is oh! I will do it tomorrow. But tomorrow find, him as unready as yesterday and the work is never done. So, not tomorrow but today not today but just now such behavior/eagerness should be there in any student to do any task in time and to achieve great success in life.

Lesson : Time flies away so be careful

Follow the time and give the identity of punctual person.

- Umesh Pant
Pravat Vidya Niketan



The Urge to Satisfaction

Home sapiens, the most blessed creatures with varieties of valuable gifts like discrimination power between wrong and right. Mental capacity which is the strongest among all the creatures, flourishing creativity and many more gifts which are aesthetically so perfect that it's even harder to imagine. Despite all of the valuable gifts, what's not there is 'satisfaction'. We reckon that getting all the valuable gifts, human beings should be the happiest among all. But they are still not satisfied with their valuable gifts. They want to open more and more. And the more they open, the more greed is instilled within them.

Humans have lots of choices in life. We get menus to choose our food, boutiques to style the choices of our dresses, get choices of shelter to live. But we still are not able to quench our thirst. We expect and desire more than our limitations we should be known to the fact that desire is the root cause of suffering.

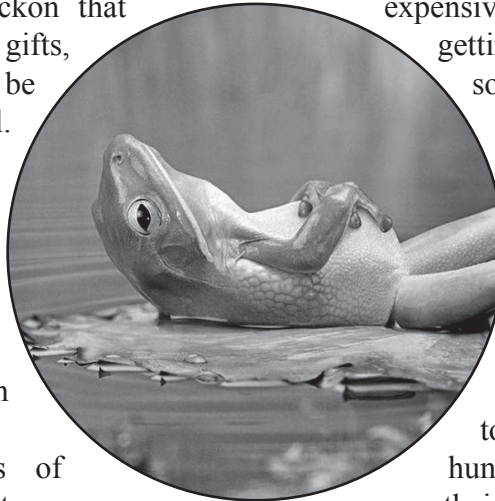
Animals, for example a dog eats whatever is given to him. He doesn't have menus to choose but the love they give us after the food is given to them is so satisfactory. when it's raining he may or may not be able to defend himself from

the rain but humans can even desire for a gold umbrella. When humans are poor they are compelled to satisfy themselves with a piece of bread but when the same human becomes rich, many slices of pizza also cannot satisfy him. That's the nature of the human.

Humans are putting a lot of efforts to satisfy themselves with cozy life style and expensive unities. But they are getting failed in doing so. The solution of satisfaction is helping hand. For e.g. we eat delicious food to satisfy our instant hunger and sweeten our tongue. But that cannot give us satisfaction in a long run. But when we give the same food to others when they are hungry. The beautiful smile on their face beautifies our own

smile with satisfaction which gives us inner bliss and peace making us so satisfied that remembering that thing always brings a beautiful smile on our face. Making others smile can brings us immense satisfaction. Our life becomes most beautiful when we beautify others life by giving our hands to the helpless, food to the empty stomach and spread smiles in all the faces. Enjoying every little things in life and changing 'I' to 'we' can bring the greatest satisfaction.

- Aakriti Khand
Sathya Sai Shiksha Sadan



The Way of Success

"Honestly think it is better to be a failure at something you love than to be success at something you note." George Burns

Do you have proven system that gives you the result you want, each and every time? Better yet, do you have a way to speed up your result and jump to the end in mind. If we look across the stories and studies of success, we find some common themes. By looking to the parents of success, we can identify a repeatable system. Let us recognize it as the way of success. The way of success is basically a method of improving your success in a systematic way. The way of success is a method for rapid result.

Well when you step in the way to success, you might fail several times. But don't lose the hope. Just remember then even "the coca-cola only sold 25 bottles the first year". So never give up.

Always think in the smart way. Take the correction decision in the correct time. Chose the options provided by the life wisely where you think you can profit. For e.g. "If you put bananas and money in front of monkey they will choose banana because they don't know money can bring more bananas."

In reality, if we offer job and business to people they will choose job because they don't know that business can bring more money than salaries.

Way to success:

Envision of future : In this step imagine

how the world be different when you accomplish your goals.

Map out goals : It is the basic step that will inspire you and help you vision turn into the reality.

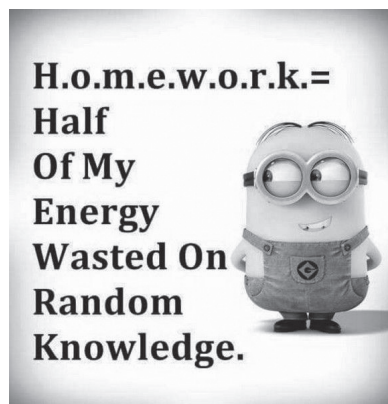
Model the best : Find the best stories, keep a role model and follow their path. Have a look to the motivational videos.

Map out the possible path : Figure out your goals and explore possible strategies aside from inspiration the model you find help show the different path.

Identify the test for the success : This helps to identify tests that helps you know when you are on track and to know when you are done.

Mapping out our success plan is great way to see the journey before you start. While you don't need to know every point along the path from A to B you need to have a frame of reference and a way to keep getting back on track. Your map will be your guide.

- Aditya Mandal
Nightingale Int'l SS



Reminiscence

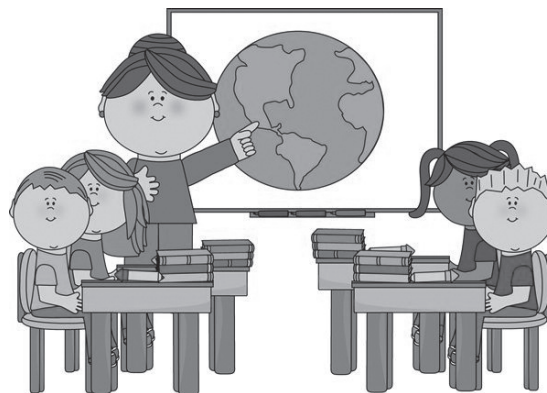
I was returning back to my classroom on a ten minute break. Oops! My body stopped and eyes stocked. I couldn't even blink my eyes. Because I'd miss a scene. She was there. I never noticed her there before. But it was all different. I gazed at the bright eyes from around thirty meters away. She was enjoying talks with her friends. She was wearing the dress of my favourite color i.e. pink. It was perfectly pink Kurta, Sharwal. I was speechless, astonished and mostly happy. And she... she was still gossiping with her friends.

So cute cheeks triggered a feeling on my mind. I wished to touch and pinch those, like I did of my little sister on her seventh birthday. They looked so soft and spongy and guessed 'must have been cared carefully.' The scene was heavenly. I... I just didn't want to blink my eyes and spoil the joyful moment. I was smiling thinking how beautiful she was. I was swimming in the pond of joys. And... suddenly, she turned a little towards me while giggling and noticed me. Oh! Really, I didn't roll my eyes away.

Wow! It ws all superlunary scenario her widened rosy lips allowing the dancing bright teeth to peep outside and glowing face with inclined charm. Just a simple smile could change her from an angel to a special ethereal and more beautiful being. At that moment, a special, unique and joyful feeling ascended and enclosed

my mind. It was so tough that my memory went out to stroll. But some seconds she looked at me. Then the wall that was closing my mind vanished. I felt as if the enclosed mind situation would have been remained for longer time. As I could get a rare opportunity to get dissolve in the next world of peace, calmness and joys for a couple of minutes more. When... when I noticed the approach of the teacher, my legs were dragged by unwilling will into the classroom.

All the supporter get to their works to increase the melody. The sun from the east spreads arms to hug all the conservants of nature. All organize together to form a place where there exists 'immortality'. A place where all delightful loving hearts exists freely is expanding the glory of life. What a place is named for 'heaven'. Heaven is an unknown place and is just believe on myth. Anyway, just imagining the picture of heaven brings the brightness and charm on every face, joy on every



hearts and oneness inside core, my right brain pondered. That day, I felt as if I get a glimpse of heaven, went in and returned. On the very day, I experienced the quote "love is most amazing and brilliant teacher." And heard that words of Buddha, "If you like the flower you pluck it, if you love the flower you water it daily." I also got a proof to the words of Geothe, "We are shaped and fashioned by these we love." Lively observed the view of woody Allen, "The heart wants what it wants. There is no logic to these things. You meet someone and fall in love. And that's that." Finally, remembered the golden quote by Morrie Schwartz, "Most important in life is to learn how to give out love and to let it come."

- Kapil Dev Nath
Sainik Awasiya Mahavidhyalaya

READ THIS OUT LOUD!

This is this cat.
This is is cat.
This is how cat.
This is to cat.
This is keep cat.
This is an cat.
This is idiot cat.
This is busy cat.
This is for cat.
This is forty cat.
This is seconds cat.



**NOW GO BACK AND READ THE
THIRD WORD ONLY IN EACH
LINE FROM THE START.**

Unanswered Questions

- How old are you before it can be said you died of old age?
- Why do we say we're head over heels, when we are happy? Isn't that the way we normally are?
- Can a school teacher give homeless child homework?
- How come French fries are not considered as vegetable they are just fried potatoes?
- Why does grape flavor smell the way it is when actual grapes don't taste or smell anything like it?
- Do dentists go back to other dentists or they just do it themselves?
- Can you plan a surprise birthday party for a psychic?
- Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- Why is it called people Republic of China when China is not republic?

- Barsha Devkota
St. Mary's SS

You: Teacher!
Teacher: Yes?
You: Would You Punish
Me For
Something
I Didn't Do?
Teacher: Of
Course Not.
You: I Didn't Do
My Homework.



DR. DEEPAK MAHARA

- 1. Let us go back to the time when you were ignorant about these big obstacles of life. Tell us about your childhood.***

My childhood was not so easy. I did not live a luxurious life. I belong to Doti district, one of the most underdeveloped areas of the nation. There was no transportation and communication facility. But still my parents urged and insisted me to receive each and every facility that was possible in those days. So when I was in grade 7, I came to Kathmandu.

- 2. What made you choose the medicine sector? Were you always zealous to become a doctor or circumstances destined this field for you?***

I was always passionate to become a doctor. In those days, any good student in the school urged to be either doctor or engineer. I also was a bright student. I always stood first in class. Apart from that, there was a hospital nearby my native place; the scenario also encouraged me much more.

- 3. Every doctor has a unique way of treating their patients through their skills and attitude. How would you like to delineate your way of treating them?***

I make them feel comfortable. I make them feel that I am beside them in any sort of obstacles. Obviously, I show a friendly towards them. Once you start feeling an arise of a doctor-patient bond, things change in a better way.

- 4. As you are the director of one of the***

biggest hospital of the nation i.e. Teaching Hospital there are tons of problems along with their respective consequences. During the time of Earthquake also there was a fearful and gut wrenching scenario out here in hospital. How did you manage such a big obstacle?

Well, disaster cannot be predicted. It can hit any moment. After the strike of earthquake I became hopeless for some time about the degrading scenario in the hospital. It took a lot of courage for anyone to withstand the moment at that time when anything could happen. But the commitment and dedication that each and everyone especially the young doctors showed is unforgettable. Our hospital has been retrofitted. We have program such as HOPE (Hospital Preparation for Emergency.) We have all the necessary equipments to cope up with the disaster. In the first day itself, 17 life-saving operations took place. In the tenure of ten days, the hospital was back into its regular form.

The building of the hospital was made by JICA, (a Japanese economic



development agency) 35 years ago. So a special mention goes to them for their contribution.

5. *How many camps have you conducted till today?*

Being doctor is my passion camps, so, are taken as a major part of being a doctor. Hence, I have been part of many camps. As I said earlier that I belong to Doti, a rural place, we didn't have much health facilities. This lack of facilities gave me an opportunity to observe and experience the pain and consequence of not having proper health facilities. I was inspired by this to conduct more camps, and so, I got into such camps more.

6. *Message to INTEL students.*

"Do what you love, love what you do" students so choose your career only if you love it not if someone forces you. "If you do what you love, you shouldn't work a day." And, always remember you are always a student. We always have something to learn from everything so, keep seeking.

7. *How do you manage your time?*

(*Chuckles*) Being a doctor doesn't only mean you need to devote your whole life to hospital. We were a family and without family we are nothing. That's quite difficult at times but yes that needs to be managed. And luckily my family understands or maybe I am good at counseling (*laughs*) so it doesn't really bother now.

Rapid Fire

Life	- Death	Wife	- My life
Smile	- Expression	Coat	- clinshiness
Medicine	- My passion		

Some Riddles

1. I am tall when I'm young and short when I'm old, what am I?
2. Where will the tail of the cow facing east face?
3. What has hands but can't clap?
4. What starts with letter 't', is filled with 't' and ends with 't'?
5. In a one storey pink house, there was a pink person, a pink cat, a pink fish, a pink chair, a pink table, a pink telephone and a pink shower; everything was pink, what was the colour of the stairs?
6. Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?
7. A cowboy rides into town on Friday, stays for three days and leaves on Friday. How did he do so?
8. If there are 3 apples and you take away 2, how many do you have?

Answer

1. *Candle*
2. *Down wards*
3. *Watch*
4. *Teapot*
5. *There is no stair at all, because the house is one storied*
6. *Grandmother, mother and daughter*
7. *His horse's name is Friday*
8. *You have 2 apples because you took away 2*

- Akriti Pandey

My apologies, dear lungs!

Research says, "A person living in Kathmandu might anytime forget to wear his pants but would never forget his mask." Well, our city completely justifies the nickname 'Dhuwamandu'.

It's difficult to conclude. 'Is it dust mixed in air or little air mixed in dust?' development here has just taken pace but there comes the darker face where roads and bridges are under construction and due to dust. Our atmosphere is under destruction. Who says, future can't be seen?

I know in future, you'd be buying oxygen and also a fresh drop of water. It sounds so much like an open invitation to cancer, asthma, bronchitis etc. management of pollutants is what we should learn and happy lungs is what we would earn. Don't just utter disgusts about the government, take local initiatives and put your best foot forward to peak them to the national level. If pollution is a trouble, 'don't mind troubling the trouble'. Pump up, if not for your place, then for yourself. Till then my apologies, dear lungs!

Caution : Turning a blind eye this issue might actually make you blind forever.

- Shayana Tiwari

Nepalese, see the bright side

Till yesterday I was in the darkness
But today a shaft of light struck my eyes

We the Nepalese say there's nothing
Neither infrastructure nor the opportunities here

But what have we done for the country.

Our nationality is our single identity
Our identity is our country
But have we ever thought

We would have lost this identity
If Balabhadras were not in the country.

We say 'politics is a dirty game'
Yeah we say

But stability is not as easy as cutting a lime

Huge transformation is taking place
So keep calm, it takes time, it takes time.

Our Nepal, as beautiful as a bride

Buddha and Tenzing are our pride
Then why, why are you leaving this holy land?

Unless you work for your country,
How can country's future be bright?
So Nepalese! Please see the bright side.

- Akriti Pandey
St. Capitano S.

Journey of Life

Intellectuals solve problems, geniuses prevents them. - Albert Einstein

Opportunity is missed by most people because it is dressed in overalls and looks like hard work. -Thomas A. Edison

Many much theories have been put so far about motivations for life by philosophers who exceed the theories of origin of live. It's an interesting subject defining life. Actually if we care, our life is based on 2R cycle i.e. recycle and reduce. Recycling involves our treatment and reducing focuses on reducing the alarming population growth.

Some tell that life is a long journey with happiness and sorrows. But it is also said to be of 2 days only. So, these philosophies have always created a dilemma for the readers. So, in order to succeed in our life, we must develop our own philosophy inspired by other thoughts. Everyone thinks opportunity is always hard. But have you ever thought human always choose hard way though they have the right and easy

way. So, always to be happy and one lakhs reasons to be sad. Since, we are always focused to preserve the minor things; we must able to be happy by thinking one thousand reasons.

You know the best thing about life is life. The true utilization of each and every moment in our life leads to success. One must have clear cut idea about his/her destination. Dreams are not those which come during sleep. Dreams are those which don't let us to sleep. The way to reach your destiny must be paved yourself. Inspiration encourages us. Actually, in order to succeed. We must solely focus on the target. As the drawing man thinks far life and breathe so, in that way, the person must treat his/her destination as his/her breathe. After this, none can stop him to reach destination. And one thing must be considered our destination must be right and fair. It mustn't aim to create inequality or treat the weaker worst. So, always fill your mind and heart with your fair



destination. The opportunity knocks your door. Failure is what gives extra ideas. So, don't hesitate to fail.

We have felt that our school life is best stage of life. After that, we leave our native place and come to city to study. We must learn to adjust many students have come to urban areas for many purposes. In roman, do as roman do must be entirely practice but it doesn't mean to leave our tradition, original culture. So, life is a way filled with struggle. After struggle there definitely comes happiness. We must learn to control our emotions.

In this miraculous life, we always have to struggle. After birth, struggle to talk, walk, during childhood days struggle to read and during college and school days struggle to study. After completion of study. Struggle to have a good job. Slowly proceeding to be married. Struggle to manage happy family life and so on. So, there are a lot of reasons to be anxious. So, learn to enjoy some moments. During study, you must study but after that you can enjoy with your friends.

So, my conclusion is life is boring for anxious people and a happy journey for the people who can have understood its meaning and focus for destination. Be serious in required matters and keep on enjoying the happy moments. But always keep in our mind your destination and success. You don't need to change yourself for world. You must be able to make the person beside you what is your ability and what you can do. Live with happiness.

- Rashmi Mishra
Radiant Montessori ES

Riddles

1. *What gets wetter and wetter, the more it dries?*
Towel
2. *What has an eye but can't see?*
A needle
3. *The more you take out of it, the bigger it becomes. What is it?*
A pit
4. *I travel around the world but only stay in one corner, what am I?*
A stamp
5. *I have 13 hearts, yet never alive, what am I?*
A pack of card
6. *I have a face but no eye, hands but no arms, what am I?*
A clock
7. *Every evening I get my assignment and I always fulfills it. But every time I do, I always be scolded. What am I?*
An alarm clock
8. *I'm not alive but I have 5 fingers. What am I?*
A glove
9. *What can be seen once in a minute, twice in a moment and never in a thousand years?*
Letter 'M'
10. *We kill and we give life we are either poison or fruit, you choose. What we are?*
Words

- Bishal Rimal

Where the Rainbow Ends

How do you feel when strangers stare at you? It's a mixed feeling for us girls. At first, one may be excited about the attention, but when it happens on a daily basis, it is not very exciting at all. We learn from experiences. While walking from home to school and from school to home, I have learnt a very important lesson of my life. In early days, when I figured people looking at me, I assumed that I was looking good. But when the number of people looking at me increased, I felt disconcerted, my self esteem tanked. Was I inappropriately dressed, or is there something on my face or clothes, do I look funny? The answers to all these questions were a resounding no, yet I wondered, what was there to look at?

Days passed and the same thing repeated every day. My friends tell me that I overthink, I thought maybe I was and therefore, started ignoring the stares. However, when men in their late 30's and 40's stare at you, it is impossible to be bold and strong.

Next day, I woke up as a brave fearless girl. Before setting out, I convinced myself not to think much on the matter and just take the whole situation light heartedly. I started accepting the stares as normal as the sun rising from the east. Earlier days were disturbing and tough, but it made me braver. Now such incidents do not bother me anymore. I am not alone, there are so many women facing the same situation every day, though no fault in their own. There is nothing wrong with the way we dress; it's a malady of a society that still

regards its women as objects. I know all men are not same but the thing is that we are living in a society where the presence of boys/men sparks fear upon girls.

So, if god asks me, 'If you want a superpower what would you choose and why?' then I will answer him, that if he could give me a superpower, I would like to transfer men into women and vice-versa for just 24 hours. Husband-wife, brother-sister, boyfriend-girlfriend, friends or simply strangers. For then each of us would know the untold, un-discussed and unheard pain, sufferings, desires and feelings of the other gender. This would be a giant leap to humanity, for after those 24 hours we would learn to respect everyone, and I guess that would be the world more beautiful than the place where the rainbow ends.

- Subiksha Poudel
Valmiki Shiksha Sadan



Intricate Love

David Franscella, a 22 years old boy sat on his bed, unaware of the bright and piercing sunlight outside his apartment. He didn't know what emotion was within him. His mind was too troubled for such small things. As he sat there, blankly staring at the carpet on the floor. His mind began to race with memories.

It was a cold day; with flakes of snow falling lightly on the soft ground. He could still remember it. The day he proposed Sarah! The most beautiful girl in his university. They had remained as 'just friends' for more than three years. Though he had loved her all along, he couldn't muster the courage to say it. But today he did it... and she accepted!

The first person he had told this thing was Benjamin, his best friend. 'and do you know what she said, Ben?' he asked. 'she said yes! Sarah said she loves me too.' He could see the happiness in Ben's eyes. Ben had known about his feelings for Sarah.

'Why have you kept a gun in your drawer?' Sarah asked suspiciously. They were in his living room, hanging out after college; as they always did in the past 8

months. 'My father is a police officer,' said David, 'He insisted me on keeping it. I've got a license too.'

'Hah, I thought you were a serial killer,' joked Sarah.

David chuckled. It was one of the many reasons why he loved Sarah, she could always make him laugh. After some time, Ben came to pick her up as always, since they were neighbours.

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Two weeks later, they were in the same room, the three of them. It was almost 12 o'clock and they were having a small party. All of a sudden, the doorbell rang.

'Who's that?

In the middle of the night,' said Sarah, sounding irritated.

'Wait a moment, I'll just go and check it out,' said Ben.

Ben carefully peeped through the hole and came running towards them, horrorstruck.

'What happened? Did you see some ghost?' asked David.

Sarah shorted, 'No Dave. May be he's seen prof. Kaarhenord. That's why he's so pissed off.'

'Worse,' said Ben, turning towards



David, 'Your mom.'

Now it was David's turn to be horrorstruck. All of them knew how strict his mom was. David thought she was the most over-caring mom in whole Canada.

He immediately opened the store room and asked them to hide there while he cleaned up the mess in his kitchen. He checked his breath, just to be sure. Unlike the other two, he hadn't drunk.

After all things were clear, he opened the door, acting as if he was too sleepy.

'What took you so long, David?' asked Emma, his mom.

'Mom! What a pleasant surprise,' said David, 'I was sleeping. Hope you didn't have to stay long.'

'No, my dear, I knew you'd be surprised,' Emma said delightedly as she entered the room. 'I had some work here in Toronto and just thought that you'd be upset if I didn't give you a quick visit here.'

The next day, while his mother was still asleep, David opened the store room and saw that Ben and Sarah were already ready. They immediately rushed out of the apartment. Thank god, thought David. My mother didn't get a slightest hint of it all.

He couldn't meet Sarah the following nine days, for she had gone to a vacation trip to Havana. She had said so herself. He hadn't seen much of Ben too. So today, he called him.

'Hello,' said Ben.

'Yeah, where are you? Could you do me a favour? Let's go to watch a movie today,' said David.

'I'm at home. But sorry Dave, I have some...'

'Sweetheart, whom are you talking to?' came a voice from behind. The call hanged up.

David was startled. That was Sarah's voice. What could she be - No, no, thought David. She can't lie to me.

He sat on his bed, unaware of the bright and piercing sunlight outside his apartment.

But now he understood it; he understood it all. How could he be such a fool? They'd shown some signs from the beginning. But since the store room incident, things had become weirder. He must have known it. His teeth clenched and he punched his bed in anger.

He knew what he had to do. He grabbed the unused gun from his drawer and drove to Ben's home. Ben, his best friend had betrayed him.

He would certainly have to pay for this. He went to Ben's home through the back door and saw him along with Sarah packing something in a bag.

When Ben saw David and the gun he was holding, he blurted out, 'It all happened so fast. I can explain, Dave. Just calm down.'

'Calm down?' shouted David, his fists clutching the gun even tighter. 'Ok, I'll calm down. But only after you're out of my life.'

Then he pointed the gun at Ben and shot. At that moment, Sarah came in front of him. The bullet hit square in her chest. 'I love him, Dave,' were her last words.

What had he done? Kill his own love? Without whom he couldn't live? He slowly moved the gun towards his head... and pulled the trigger. Everything went blank.

- **Bikalpa Pandey**

Sainik Awasiya Mahavidhyalaya

One Drop

I gazed at the scars in his arm. Blue marks on that Fairless skin. I gulped the lump at my throat and asked him, 'How... how did this happen?' He covered his arms under the sleeves of his shirt and smiled at me.

A cold shiver ran down my spine. His intense blue eyes suddenly appeared dark, lips looked so reddish and maybe I could sense, he was madly craving for something but trying to hide it.

'I... I gotta go. See you around,' he said and ran off. My eyes followed him till he was out of sight.

Clutching my coat tight around myself. I trotted my way, deeper into the forest. I had questions, my heart was desperate. I needed to know what was going on. My mind, I knew would not give up till I found the reason why? And maybe there was no better place than the woods to let my thoughts wander and travel a float. Wherever they liked.

He was my childhood friend, more like my buddy. It was really weird when I bumped into him back in 6th grade, right at the time when I was in trouble finding my class. It was my first day, damn it! Still, I do remember, so clearly... that he had smiled, flashing his bright white teeth.

I also know, I hadn't even waited for his sorry. Maybe I was running too late right then... but now? I had a forever to think of! Let go of my inhibitions, as much as I wanted and try knowing my life and also... which way it was heading...

After years, I had met him again, today... yeah! I know over time we had been good friends but don't know why that one mark caught my eye and why he grew so uncomfortable and awkward that he had to run away... indeed, why did he hide those marks... they were numerous but, just one? What was the connection?

'Ugh! Why is this all so confusing?' I shouted to myself.

As anticipated, no answer came, not that I had expected even.

I needed someone to answer my queries and why it was going this way?

Why in the world was I destined to meet him today? Why, the bloody heck, me had



"I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time I am right." –Albert Einstein

to notice his scars? And why, why was I thinking of him now? Guess, my heart still had not let go, the image of his blue eyes... that were ever so calm...

It was getting dark. I knew thinking of him was troubling me and I didn't want to hold back but still, I was in the woods. So, I thought I needed to go. But, guess my fate wanted something else.

A sudden move behind the trees, blow of wind. And out of nowhere, from the smoky shadows, emerged my flawless dreamboat, Alan.

Fascinated and shocked at the same time, I tried saying something. No words came out though, did they? Mesmerizing me with his crooked smile. He came close. Oh! But then I realized, my god! He had come way too close! 'Hey', I said and pushed him.

Once again, I discovered something even more shocking. He was freezing! Cold as ice! I had pushed him, just a slight touch in his chest but my hands were numb already... it was getting way too worse.

'Um,' I couldn't have completed if he hadn't taken a step before.

'Don't come near me,' I said.

'Really?' he twitched his eyebrows.

'Look, Alan... we can talk tomorrow okay? Its late... we should probably get going...' he didn't let me finish.

'I'm thirsty...' said he, clutching his throat.

'Huh?'

Swiftly, taking no time, he gracefully covered my hands with his own. That was weird! But oh! How hard as rock and cold as ice his hands were... gradually, I was losing warmth. I'd be freezing in no time.

'What are you doing?' I managed to say.

'Pour one drop!'

'What? What are you talking about?'

I couldn't understand until he brought his hand close and his sharp nail cut the tip of my finger. 'Ah! Shit. How dare you?' I exclaimed, covering my finger, nauseated at the sight of blood.

'Uncover,' he said in a deep tone. Never had I heard him speak like that to me. Honestly, I was scared. So, out of fear I removed my hand.

Without any notice, he came and freely... sucked my blood. I couldn't respond. I couldn't figure out what was happening and what was going on. After some seconds he stopped and rubbed his lips.

He didn't look at me, instead in a matter of clock-ticks he grabbed my hand and immediately, bit my arms. It was so sudden, I couldn't even blink. But then it started to make sense like.

Some kind of virus, I could see some bluish patch forming in my arm. Where he bit me and the next patch, I suddenly remembered was where he had kissed me when we were young. Soon my vision got blurry and the pain, unbearable.

I collapsed and a image kept fluttering before my eyes. That moment when I had kissed him back, in his arms back then I realized, we were destined together. I smiled at the memory and closed my eyes.

And when I woke up with a feeling of unusual strength and grace he was there. I smiled and he said, 'I told you darling! Just one drop.'

- Bhawana Khatri
Bijeshwori Gyan Mandir

Messed

Vimukti was always a quiet student in her school days. She would sit by the window and observe the world as it was. Vimukti's vocal cord functioned only during viva. During the other days, no one would even know Vimukti existed in their classroom.

It all began when she was in sixth grade. She was staring out of the window at the immense Camphor tree. The Camphor tree was one of the least things Vimukti fantasized the most about. She was gazing hard at the crevasses in the bark of the tree. She was wondering about the moss's life in the bark constantly sucking the end of her plait like it were some delicious Mohammad Chachcha's kulfi. It was the first week of her school and she had already realized that nothing would be good to her, so, she preferred sitting by the window sucking her hair as she observed the world sucking it all into her as well.

Her thoughts were racing from moss to cosmos when suddenly the not so peaceful classroom roared at once, "Good morning ma'am" lengthening the vowels a little too much that annoyed Vimukti. Always. Vimukti would never greet the teacher or sing the anthem, not even stand with her head high during these events. These, Vimukti considered were only ways to waste time. Chaotically, she sat down searching her science book, ruffling her bag pack.

She ran her hand into her books. Fished out books and turned each of them, clumsily.

"Congratulations..." The standing class bellowed prolonging the vowels again. Vimukti stood up to look at the person who was being congratulated quizzically. The person was smiling upto his ears flashing his crowded teeth awkwardly.

Vimukti pushed her glasses, tucked a tuft of uncombed hair and gawked at the boy tip to toe. The tips of his hair were sharply cut and brought forward to hide his forehead. His school shirt felt hard and smooth like the blades of a bird's feather. His eyes were deep and dark like a black hole... waiting for mysteries to be uncovered... His smile was beautiful with his eyes twinkling in joy. It was as though his pituitary gland was not so capable of secreting growth hormones making him look still like a 4th grade student. The mole and the black oversized watch on his fair wrist would replicate yin and yang. The ends of his pant hid the heel cap of his shiny black well-polished shoes.

The boy gently held his watch by his other hand's index finger and thumb and attempted to twist and turn it with the hand still with a packet of Chocolairs. He then opened his lips wide enough to attain a smile and offered the teacher chocolates. The teacher dived into the packet and brought out a hand full of chocolates. Hurriedly, the teacher stuffed half a dozen toffees in her mouth and congratulated the boy gangling with a lot of saliva oozing out from her mouth making her look gross. "Congratulations Nirvana!" She exclaimed.

"Nirvana!" Vimukti smiled impulsively looking at the camphor tree.

Vimukti turned her head around. Her eyes searched for Nirvana recklessly. Alas! To her utter dismay, he was gone!

- Bibhuti Shah

Amazing facts:

- * Li Fi a new high speed internet technology uses visible light instead of the radio waves used by wifi to transmit data. It is capable of reaching speeds upto 224 gigabytes per second.
- * During pregnancy, if the mother suffers organ damage, the baby in the womb send stems cells to repair the damaged organ.
- * Cubox, a computer that is equipped with 1GHz CPU, 2GB of memory, 2 USB slots, a HDMI port, is a €100 and it fits in your hand.
- * Top five most infamous viruses/malware
 1. Mellisa, 1999 - \$1.1 billion in damage worldwide.
 2. I love you, 2000- \$7 billion in damage and \$15 billion to remove.
 3. Mydoom, 2004- most expensive virus ever causing around \$38 billion in damage.
 4. Stuxnet, 2010- completely shut down Iranian nuclear program.
 5. WannaCry, 2017- attacked Windows XP users, shut down UK NHS computers for a whole day.

- Sumit Kumar mandal
Janaki Higher Secondary
Boarding School

Fragmentary Dreams

From the wish of ten cent's pencil
to the faerie of billions,
Faces of smiles
to laughters of jillions,

Like the waves created by sailing boat
we are leaving away things,
All what is left today are the sacchariferous
memoirs
and the piles of fragmentary dreams.

From teasing and poking habits as a child
to thousands of bullies and fights,
We were exhausted then but now
want to recall those moments in our lives,

Those habits of roaming
and discussions in vain,
Today; our innocently coated heart sheet
faded away,
left inside are the pages of fragmentary
moments.

Combining those fragments A, B, C with
Carbon, Bromide and Antimony,
All I am trying to do is make a pleasant
symphony.

Conclusion is that our life is in fragmentary
form,
No worries we will walk all way long.

No worries about that lurid past,
neither for the future that hides.
We will live in present my dear,
and stay thankful for this life.

#In_the_reminiscence_of_school_life

- Sushil Ojha
Shree Souvenir Boarding School

In a hurry...

A boy was born to a couple after eleven years of marriage. They were a loving couple and the boy was the gem of their eyes. When the boy was around two years old, one morning the husband saw a medicine bottle open. He was late for office so he asked his wife to cap the bottle and keep it in the cupboard. His wife, preoccupied in the kitchen and totally forgot the matter. The boy saw the bottle. Tempted by its bright fascinated color, he excited, he grabbed the bottle, opened it and drank it all. It happened to be a poisonous medicine meant for adults in small dosages. When the child collapsed the mother hurried him to the hospital, where he died. The mother was stunned. She was terrified how to face her husband. When the distraught father came to the hospital and saw the dead child, he looked at his wife and uttered just five words.

QUESTIONS:

1. What were the five words?
2. What is the implication of this story?

ANSWER:

The husband just said, "I am with you Darling."

The husband's totally unexpected reaction is a proactive behavior. The child is dead. He can never be brought back to life. There is no point in finding fault with the mother. Besides, if only he had taken time to keep the bottle away, this would not have happened. No one is to be blamed. She had also lost her only child. What she needed at that moment was consolation

and sympathy from the husband. This is what he gave her.

If everyone can look at life with this kind of perspective, there would be much fewer problems in the world. "A journey of a thousand miles begins with a single step. Take of all your envies, jealousies, unforgiveness, selfishness, and fears. And you will find things are actually not as difficult as you think.

MORAL OF THE STORY:

This story is really worth reading... Sometimes we spend time in asking who is responsible or whom to blame, whether in a relationship, in a job or with the people we know.

This is how we miss out something called...

"LIFE"

- Aaditya Bhardwaj



Okay! I Don't Love You

I still remember when our silly flirts were the only medium to hide our love and care. Love, that was free from selfishness, that was strengthening her, that was providing her sky to fly. After all three years of friendship was enough for her to allow me to play with her simplicity and solve her complications. And I could never ignore her, sculpted by scars, she was enough to seize my heed and heart. I never knew when did our bond get that stronger.

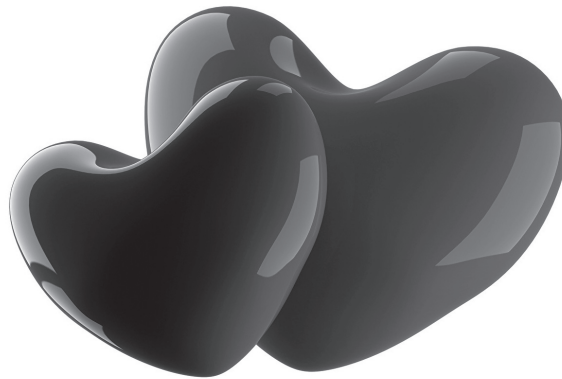
May be since then when her diary started getting my words and my stories being completed with her contents.

I have seen her suffering. I have seen her being helpless. I have felt how unfair god has been to her. I can define her as a fallen leaf and through all of these, I just keep on praying to god to strengthen me, not to be helpless when she needs me the most.

I was rebellious child with funny and insane talks and may be I was pouring all my goodness only to her. She was familiar to all my crazy and insane stuffs and so was I, to her mental breakdowns. How can a test be so long? For how long it's only her? And literally it had been too long. The tears had started fading her beauty inside but yet my handkerchief had always been there to

wipe her tears out. And I believe a day she will furnish her shine with those tears.

"Am I being attached to her? Are my feelings getting stronger? Love? No, stop. It doesn't exist in the world you live", I convinced myself. I was probably a fool, couldn't understand that it was inevitable. Everything happens for a reason, I continued. I continued loving her, nurturing her. I continued to be the azure sky with widening horizon.



I started saving chocolates for her. I started dreaming about her. Wait, those were not wet dreams rather getting her company when I am cooking food for our children and many more

romantic yet charismatic moments. Except her the whole school had started gossiping about us and even the teachers. When they used to talk about this to me, I used to pretend as if nothing such exists but deep inside I used to blush with joy and shy enough to show it. People generally get friend zoned and become so called best friend after rejection but to me, we were friends at first and then further things changed. But actually it was too difficult for me to play the role of friend and lover and still.

The level of my story was beyond

attraction, beyond so called things, beyond short timed feelings. I had heard somewhere that once you make a girl smile , she will be yours but the more her lips were getting wider, the more my heart was slipping. I ensure you, if she was my course book, I would have topped the exam. She was the reason I never tried to fall in love again. She is still the reason.

I approached her. Not a single special day, rather every day, every hour. I thought even she felt the same way, I do for her. I thought may be I can be the one for her, may be I can bring happiness in her life again. But I couldn't realize that she was still going through the trauma. She said," I need time to figure out everything. Time to know where I'm leading to. I know I won't get a guy like you, but I can't cheat on you". And I accepted.

I never wanted to capture and bound her in a relationship, rather I wanted to be the sky where she could fly . That is what love means to me. She once told me that someday she would be mine if lord wishes.

I have moved on in life probably by meeting more girls and even she knows that . But every girl has a vague demeanor in front of her . No matter what happens and who ever comes in my life ahead, noone can get the love and feelings that I owe to her.

When career and dispute became more eminent than love, jealousy decorated me from top to bottom. May be we were still best friend but ' so called ' had found space between us. Time changed and probably our relation too.

There were some complications because of which she needed to part me away from

me . It was alright till some extent but with increasing time my mind started getting occupied by random thoughts. Thoughts about her.

"She was like sand,
being slipped away from my hand.
I was like water,
Holding her together."

My situation then was like pulling a rope which was too difficult when it had already slipped for once and literally I couldn't even hold that if our relationship was not so deep. However I could move on but what about the time we spent together the memories we created forever and addiction she was to me.

May be the story would end someday but love continues. Everything happens for a reason, so is this. It was her love that taught me the meaning of love. Above all those biological needs, daily hangouts, romantic moments there is something, I'm still indulged till the end. The end which is undetermined. The end which I wish never to come.

The time changes but not the feelings. The situation changes behavior but not the person who he/she really is. So hold on to what is left , what's your own.

Even I have sacrificed a lot. Even I have pretended a lot just to hold on to her. And although people asked me to move on saying that she wouldn't understand, I counsel my heart saying , " she doesn't understand love but I do and I will embrace her and I don't know till when ."

So with fake expressions I always say," Okay, I don't love you "

Source: The Storyshelf

Out of my mind

Yeah, we met some months ago. Actually, my eyes met his eyes that day but I was in no hurry to talk to him. Mini-me repeatedly said to me, "Leave it." I was oblivious to what might be going through his head at that very moment. The following day we started talking and note it I was the one to begin conversation. Just a few words that any person says on meeting a new person.

For many days, we just shared our glance even after starting to talk as we had nothing to discuss about. He was that brilliant guy of our class who was confident enough to ask questions to teachers, express everything he should like answers and smart too. Life is always tough when you are talking to people smarter than you. Later, I talked to him more than the time and situation demanded. Never have I ever thought of love even after having a long companionship with the boys.

After conversations, I concluded: he can micro-analyse the beauty of girls for hours. Mini-me told me, "Why can't boys stop noticing things about girls?" Our every conversation ended with "good night", "Sweet dreams", "take care".

One day, the class became more silent than it used to be when the teacher was teaching. I felt like something is missing and my brain took no longer time to notice he was absent. It was during break when I was looking backward and a babbler asked me if I was searching for him.

This had no knee-jerk reaction. Of

course! I was missing a fellow who could tolerate me chattering and talking for hours and if crossed the limit would start ignoring me, making me realize what I said was enough. But I had nothing to tell to that babbler. I realized after a while that they had started linking my name with him. I wonder why these people can't think, there can also exist friendship only between a girl and a boy.

I was quite aghast knowing about it. I texted him almost about 150 words message and let him know about the rumour. He replied, "don't let these things spoil our friendship and we don't need to prove the fact that we are good friends." My phone beeped again when he texted something that read: "Think about the ways that will help me to express my feelings to a girl I love."

I thought some significant exists for me to be away from indulging in these illogical emotions. Even when people asked me about love, my answer would always be the same: "Out of my mind!" I feel suffocated when I think about such things. So, I replied: "I am sorry, but no idea." I was just concerned to what he thinks rather than what the whole world says.

So, I felt relieved to have my friendship bond getting stronger than to be spoiled by any other feelings. I repeated: 'Out of my mind'.

- Neetika Paudel

Scientific Love Letter

1 May, 2018

Dear hydrogen,

I know you may be little bit sad with everyone because I am stable and already in duple state but you are unstable and even scientists have declared you either metal sometimes and non-metal sometimes. Today I am sharing my inner feeling with you.

My feelings for you travel faster than speed of light and gravitons. You know that the earth was originated only 4.6 billion years ago but I loved you and fell in love with you billions of billions year ago because we are found in every star of this universe.

My love for you can't be measured in any multiple of 10 so, our love is beyond infinity and non- physical. Many scientists separated us in different groups and periods.

But in modern periodic table by Henry Mossley , you and me are in the same period. With little bit disappointment I am obliged to say that you are in group IA but I am in group 0 or 18.

You are 17 groups far from me so, we can't meet each other but I know I can feel and share my love with you even your are 1 parsec away from me.

One thing I have to regret for is that we both can't react at any cost as I am inert and can't react with any element. But your isotope, deuteriums can combine with each other in form of nuclear fusion to form me, your love and large amount of energy(Q).

My love, what can we do for this? We are natural elements and nature has provided such characteristics to us.

You are known to be the lightest element of the periodic table. You can fly above air, being lighter than air but I can't. No matter, the biggest force (love) can attract us as it has high intensity as much as one zetta weber so, our it won't let our love to separate.

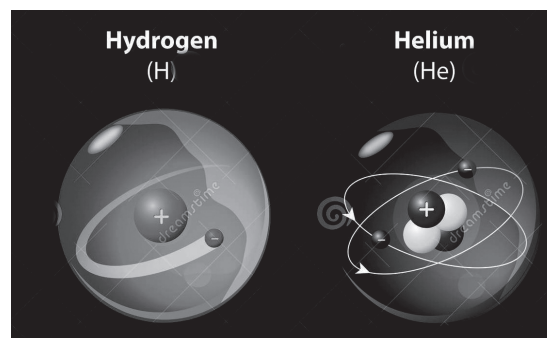
My love, I vow our love is truly pious, not false like such false arthropods, silkworm and blindworm.

We can't have any kind of bond with each other but the greatest bond, our love will always bind us together.

At last , I want to say that our love will exist until the sun turns out into black hole, until light travels in this universe and until molecules stop to vibrate.

Our love is eternal and I will love our until the destruction of whole universe.

*Loving yours,
Helium*



What if beggars were the god?

And what if beggars were the god?

No, I just simply asked myself,
how would the world be,
if beggars were the only god known to us.

Might be then, the whole world would be
a temple,
might be then, every street would be sacred,
might be then each home would be as
bright as the flaming candle,
and might be then we could meet god at
every few steps.

Cause everytime I walk outside,
I find hands pleading, asking for food to
eat,
clothes to wear and above all, to be loved.

And no matter, they are children or old, no
matter they are able or unable,
no matter they are begging or working,
the bowl remains empty ,
the expectations remain unfulfilled.

So what if beggars were the only god,
What if beggars were the only, whom we
worship everyday,

might be then those foods could fill some

empty stomach ,
might be then those clothes could cover
some naked souls,
might be then those incense could cover
the stinky smell of streets,
might be then, those candles could
enlighten some house,
might be then those stuffs could be of
worth.

And might be then, the whole world would
be full of love,
a beautiful place to live.

And what if beggars are the only god,
What if they are the one, whom we should
worship everyday.

- Sandesh Pandey
Nightingale Int'l Sec. School



HELLO... COME TO MY TEMPLE QUICKLY!
A RICH MAN IS DISTRIBUTING SWEETS HERE.

When duped by misogynist

Roaming in an isolated place
Trying to hide my tears,
Struggling to fight my fears,
When I realised I had been duped.
Not by a stranger, not by an enemy
But by someone special
Who turned out to be misogynist.
I had plaited my dreams by thread
Still waiting for time to spread
After every time I realised it was unfair
Because it was just my castle building in air.
I was bumble like bewilders
WHY misogynist? WHY misanthrope?
Couldn't think and act like teeter
It was the great mystery for me to solve for.
Though I was duped at dark night
Hoping of sunshine at morning sight
For everyone to end misogyny
Flourish the scent of humanism
Cuz I support feminism
Eventually, feminism is for humanism.

- Garima Rokaya
Tribhuvan Secondary School

Teacher : 2 Books + 2 Books?

Little Johnny : 4 Books.

Teacher : Now, I'll ask you a
tough one... 1,789,365
Books + 23,678 Books?

Little Johnny : LIBRARY..



Challenge of Higher Studies after SEE

School level education and college level or grade 11, 12 level studies are different. School level education is not competent to bridge the gap of grade ten to grade eleven. We find vast hurdle between these two grades. It is especially on science students, it is because only basic knowledge and concepts are taught until tenth grade. As such when students enter eleventh grade majority of student can't succeed, which is due to insufficient teachings during their schoolings and only basic terms taught. Many dreams of science students do not get fulfilled due to this gap and insufficient teachings. As a result students get depressed and end with changing faculties. We have many examples of students suffering and struggling in between at the middle of courses. In this ways we can conclude sound foundation and efficient teachings and courses are essentially required to update and upgrade the standard of teaching to avoid students encounter their difficulties.

At our bridge course, at INTEL we see fewer students leaving in the middle and not continuing. It is all because of above explained reasons. Serious concerns from the authorities is inevitable now to immediately change our traditional patterns of studies to safe guard and protect the future of all deserving students.

- Riju Chaulagai
West Wing Secondary School

Socializing and Types of People in Society

"Intimacy with most people will make you acquainted with vices and errors and follies enough to make you despise them."

- John Adams

In today's world socializing play a great role in uniting people of different ideas, creativity and stereotypes. In this there are mainly two types of people introvert and extrovert. Each has their advantages and disadvantages on socializing.

Extroverts tend to thrive on public recognition. They open up their thoughts and are great at making conversation with people. They are confident on what they are doing and rarely feel anxious or shy when they are talking to a crowd.

They are organizers. The good side of extroverts is that they can ease with any career and are expressive. They can share their feelings easily. They can let their heart out with anybody. It benefits them to feel good and relaxed. The dark side of extrovert is that they live for the moment. Extroverts cannot be alone for too long. They always need a companion. They never like a quiet and serene atmosphere.

Introverts are the type of people that love to spend their time on their own. Being an introvert myself I realized one thing about being introverted. It is that we are independent on ourselves. We don't depend on others by talking or hanging at

to make ourselves happy.

We are more self-aware. Introverts are good listeners. The disadvantages of introverts are introverts are regarded as weird or snobbish. It is at one of the things that I've felt as an introvert. They also have a hard time standing out on social media. They feel uncomfortable at their workplace, struggle to expand their networks and they always don't get invitation from their friends.

Extroverts and introverts are both that make up society and have different ways of socializing. It is the way of now we feel to interact with others with other people socializing is only possible when people are not feeling isolated and are in a familiar bond with each other in a society.

It helps in people sharing their feelings and thoughts with each other. From the type of introverts and extroverts we find in our society, we should take the good qualities from both of them like expressive, assertive, opinionated from extroverts and concentrated, independent, self-aware like the introverts. Which helps us in becoming a better person.

In conclusion, socializing is an important acceptable way of engaging ourselves to live in a society. Without socialization we cannot live in a peaceful environment.

- Promise Rijal
GEMS School

A Mother's Hand



There was a point in my life where I desperately needed my mother's hands; I needed them to make my breakfast, lunch and dinner. I needed them to keep me from squirming as she tried to work a comb through the tangled knots in my hair, I needed them to press a bandage to whatever body part I had managed to scrape or bruise that day, I needed them to keep me anchored to her so that I would not get lost in the swarm of people whenever out in public, I needed them to bring the covers up to my chin at night, I needed them to stem the flow of my tears.

I am eighteen years old and I no-longer need my mother's hands so desperately, but that does not mean I love them any less. I consider her hands to be a thing of beauty. Unfortunately, she doesn't share my opinion.

Our hands are a study of contrasts and I will often tangle our fingers together so that

I can make better note of our differences. Where her fingers are long and lean, mine are short and stubby. Her skin is dark to my white and the palms of her hands are thick with calluses. She often exclaims that she wishes her hands were as smooth as mine, but I love the leathery feel of her palm against my own. It comforts me like nothing else.

I think you can tell a lot about a person by just looking at their hands and what my mother's hands tell me is of a life of hard work. They are hands that are nearly always submerged in dishwater, hands that have been served by brief moments of carelessness in the kitchen. But never once have those hands covered; they have remained as steady as a surgeon's. And where she looks at them and sees the wrinkles and calluses she finds so ugly, I see something much different. I see hands that have successfully raised two children to adulthood.

Yes, if I believe in anything, I believe in the strength of my mother's hands. I can only hope that by holding them I can absorb some of that strength into my own.

- Alisha Tamang
Carmel High School

Cloning Facts & Evidences

Cloning Facts & Evidences

Molecular biology; the study of gene structure and functions at molecular level to understand the molecules basis of hereditary genetic variation and the expression patterns of genes. The molecular biology studies the flow of information from DNA to RNA to protein. The molecular biology field overcaps with other areas particularly genetics and biochemistry. As a part of molecular biology, gene cloning is the subject what I want to present here.

Gene cloning is making of multiple copies of a single gene, by which we can make a pure copy of individual gene. These cloning have been used in many sectors of biomedical and individual research. Alternation of the gene sequence for the production or change of protein product or cloning of genes into new organism is the main domain process of genetic engineering, genetics and biochemistry. As I have keen interest on genetics, I'm presenting short information about the modern technique of genetic i.e. gene cloning. I have prepared this by the research work on interest.

What is cloning?

The term cloning describes a number of different processes that can be used to produce genetically identical copies of biological entity. The copied material, which has the same genetic makeup as the original, is referred to as a clone. Researchers have cloned wide range of biological materials, including gene, cells, tissues and even entire organisms, such as

a sheep.

Do clones ever occur naturally?

Yes, in nature, some plants and single celled organisms, such as bacteria, produce genetically identical offspring through a process called asexual reproduction. In asexual reproduction, a new individual is generated from a copy of a single cell from the parent organism.

Natural clones, also known as identical twins occur in human and other mammals. These twins are produced when a fertilized egg splits, creating two or more embryos that carry almost identical DNA. Identical twins have nearly the same genetic makeup as each other, but they are genetically different from either parent.

How are animals cloned?

In reproducing cloning, researchers remove a matured somatic cell, such as a skin cell, from an animal that they wish to copy. Then they transfer the DNA of the donor animal's somatic cell into an egg cell or oocyte that has had its own DNA containing nucleus removed.

Researchers can add the DNA from the somatic cell to the empty egg in two different ways. In the first method, they remove the DNA containing nucleus of the somatic cell with a needle and inject into



the empty cell. In the second approach, they use an electrical current to fuse the entire somatic cell with the empty egg.

In both processes, the egg is allowed to develop into an early-stage embryo in the test-tube and then is implanted into the womb of an adult female animal.

Ultimately, the adult female gives birth to an animal that has the same genetic makeup as the animal donated the somatic cell.

What animals have been cloned?

Over the last 50 years, scientists have conducted cloning experiments in a wide range of animals using a variety of techniques. In 1979, researchers produced the first genetically identical mice by splitting mouse embryos in the test tube and then implanting the resulting embryos into the womb of adult female mice. Shortly after that, researchers produced the first genetically identical cows, sheep and chickens by transferring the nucleus of a cell taken from an early embryo into egg that had been emptied of its nucleus.

It was not until 1996, however, that researchers succeeded in cloning the first mammal from a mature (somatic) cell taken from an adult animal. After 276 attempts, Scottish researchers in Japan cloned eight calves from a single cow, but only four survived.

Besides cattle and sheep, other mammals that have been cloned from somatic cell include cat, deer, dog, horse, mice, ox, rabbit and rat. In addition, a rhesus monkey has been cloned by embryo splitting.

Have humans been cloned?

Despite several highly published

claims, human cloning still appears to be fiction. There currently is no solid scientific evidence that anyone has cloned human embryos.

Do cloned animals always look identical?

No clones do not always look identical. Although clones share the same genetic material, the environment also plays a big role in how an organism turns out.

What are the potential applications of cloned animals?

Reproductive cloning may enable researchers to make copies of animals with the potential benefits for the field of medicine and agriculture. Another application is to create clones to build populations of endangered or possibly even extinct, species of animals.

What are the potential drawbacks of cloning animals?

Reproductive cloning is a very ineffective technique and most cloned animal embryos cannot develop into healthy individuals. For instance, Dolly was the only clone to be born live out of a total of 277 cloned embryos. This is very low efficiency combined with safety concerns; present a serious obstacle to the application of reproductive cloning. In cloned animals, it has shorter chromosome where the tips of chromosome, telomeres, shrink. Besides this cloned animals with experience ageing before the normal time period the cloned sheep, Dolly died when she was six years old about half the average sheep's 12 years lifespan.

- Aakriti Dawadi

Manaslu Public Secondary School

HER

The wind carries an unusual eminence that swifts away indolence and melancholy that my heart owns. The flowers are at their best to burst out into the riot of colors. The scenario makes my heart delight every moment like there is no tomorrow. Time plays an unusual game and my vigilant brain is quintessential enough to embrace the past again and again. And hereby i go back again. Just to meet my bosom's hidden memories. Just to meet her expectation at least in the graveyard.

Dusk-the best time of the day. It dooms the magnificence that illumination possesses and welcomes the daring yet enchanting darkness. The road has absorbed each and every drop of rain water sagaciously and has become blissful than ever. The splash on the puddle by children grooves the vicinity with endearment and bewitchment. For me these rituals are just like the fading loyalty in the era of diabolism. It is like the coronation of humility in the ground of hell. Until someone stole this sordid heart forever and sowed a seed of euphoria. Her-a demure and stubborn damsel.

My past carried a tango of sorrow, happiness and contempt. Sometimes the feeling that everything is worth it strikes a chord deep into my heart. It insists me to grasp every mere moment that brings out a gargantuan smile. As soon as i walk past the gate of graveyard, my soul and spirit start to spell out reality. I remember her. Her smile had the power to change all the right doings into wrong and tyranny and remorse into jubilation. She was like a gentle breeze

asking to flow with the moment and grab it into the lenses of eyes forever. She taught me. She blessed me. She caressed me. And she completed me. That charisma was far more than enough to pour out all the agony and inhale the sweet scent of love.

I loved her. This world and its rituals are ruthless and stark enough to create vengeance. And trust me i am a bitter and despondent path of that ritual. I cherished vengeance, prejudice, darkness, illusion and purgatory. But my delirium made me meet her. A woman who is obsessed with euphoria and harbingers. I faded because those rituals made my solitariness and aloofness colorful.

But when i deciphered that i am happy, she roared out the reality and went back to the abyss of ignorance. She left me to walk the circles well renown. She brought back the azure sky and took the haunting darkness. My delirium became a paradise.

We make plans, time laughs. As i look at the tombstone, i just hallucinate and it brings out a sigh of relief.

I will never leave her. I know she is waiting.

Yesterday, she was gallant I was tired of the rituals of life and required an end. Today I am valiant enough to live But her delirium makes her tired and creates an end.

(Love carries a deep significance, you cannot ruin it by your perfect yet gut wrenching utopia.)

- Aakriti Pant

KELSANG SHRESTHA

An Astounding Rising Artist

Young and fresh, Kelsang Shrestha is an ardent and zealous adolescent who is striving to change his dream into a reality. Although just 16 he's already making strides, showcasing his potential amongst his friends and acquaintances. He has just appeared the SEE exams alike us and is all set to enthrall the listeners with his mesmerizing voice. As of now you can find him posting his originals on his Instagram handle (@kelsangshrestha). It won't be long till he makes it to stages across our country. He sits down to chat with the intellescope magazine editors.

1. *When did you start singing?*

I remembering singing since 1st grade. But I probably sang all the way from pre-school.

2. *What are dreams for you?*

For me dreams are aims that you want to achieve. Personally, I feel like our dreams should never remain just dreams, which is why I think I've got this far.

3. *How do you get ideas for your song?*

The sources to my songs are just thoughts hovering around my brain. Usually just things that take place or a burning issue followed by a complementing tune and wordplay.

4. *Are your parents supportive towards your passion?*

Yes, they are. They are both morally and financially supportive towards my music.



5. *When do you plan to release your album?*

I don't plan to release any sort of albums anytime soon. But I will see how my debut single goes and maybe a few other singles or EP could follow.

6. *How do you manage your studies and singing simultaneously?*

To me my studies are definitely a

priority. I work on my music when I'm free. Not as often, but as once I sit and catch a tune, I spend hours.

7. ***Next morning, you wake up as an advisor of Kelsang Shrestha, what advice would you give him?***

If I woke up as an advisor of Kelsang, I'd tell him to wear his spectacles regularly and just maybe get a pair of new shorts.

8. ***Whom do you admire the most in music industry?***

There are just so many talented musicians of our generation, it's hard to narrow down just to one artist. But Ed Sheeran has definitely influenced the type of music I play.

Know him better...

a. ***Describe yourself in three words.***

Buoyant , hard to satisfy, lazy-not lazy

b. ***Your inspiration in life***

My inspiration definitely would be my brothers. Growing up, they'd always be singing or playing the guitar and I think that's what got me into music.

c. ***Record of your original songs.***

About 20 decent ones. Well like every other artist, there are over a hundred songs and notes here and there either half written or just a few lines.

d. ***Favorite subject***

I don't have any favorite subjects (laughs) but I do enjoy doing math. I like literature too.

e. ***Rate yourself on following:***

- i) As a friend- 8
- ii) Your dressing sense- 7 but I wear the same all the time.
- iii) Your anger- 2 but low key 9 (laughs)

Story of Success

When your heart wakes up , then the brain,
works day and night without caring about pain,
the story of success then starts,
started for once and never ends.

Listened to world but focused on what heart was stuck,
worked till destiny could see in front,
to get to president start by the clerk,
obstacles came but continued to work.

Nothing comes easily believed in this fact
wrote the dream over the walls of my brain,
with an intention never to forget it,
as once it's ready, difficult to turn from it.

Somewhere had learnt,
"never turn back, don't get dishearten,
failure is a part so make it your friend,
compete with it, will certainly win."

Some proudness, some happiness,
still walking as success is journey,
and through this all,
never parted his smile away.

His story in my bookshelf,
Still gives courtesy to fight when I'm right,
Redeem my mistakes at every steps,
and move ahead without being stopped.

- Aditya jha
Nightingale Int'l Sec School

SHERLOCK



Director : Toby Haynes, Paul Mc Guigan, Euros Lyn

Productions : BBC productions

Cast : Benedict Cumberbatch, Martin Freeman, Amanda Abbington

Genre : Mystery

There is always difference between the things you like and the things you must like. Ordinary people like ordinary things whereas some peculiar people like something out of common, something that takes everyone's breathe away. If you are beyond belief then you must have watched Sherlock but don't worry if you are hearing the word "Sherlock" for first time, there is still a chance for you to be out of the crowd, for that you must watch Sherlock.

Sherlock is a TV-series created by BBC. The name BBC itself is levelheaded then Sherlock surely should be amazing. Sherlock presents the fictional work of Sir Arthur Conan Doyle in a bit modified way. The series includes the brilliant, insane genius Sherlock Holmes who calls himself consulting detective as a protagonist. There is John Watson as a friend and an assistant of Sherlock. These two buddies go around London to do some adventures related

to crime. Other detectives have cases, Sherlock and Watson have adventures. They do enjoy solving crime.

The thing that will mesmerize you is the ability of Sherlock to do deductions and interpret it. He really observes everything in an amazing way by predicting the results of each and every minimal details. Beside his deduction skills he is enriched with knowledge in biology, chemistry and has done masters in different types of cigar and ashes produced by them. There are other characters such as Jim Moriarty, who is an enemy of Holmes, Mary Morstan, who is wife of Watson, Mrs. Hudson, the landlady and so on.

Sherlock is called as a "psychopath" by lot of normal people but he replies by saying,

"I'm a high functioning sociopath not a psychopath"

There are more dialogues that makes you understand value of life and love Sherlock. No longer will you be a normal average person if you just watch Sherlock. The cast includes Benedict Cumberbatch as Sherlock Holmes, Martin Freeman as Dr. John Watson and more of your charming actors.

Sherlock has an IMDb rating of 8.7, I may be wrong but not the whole world. The show is indeed an awesome one. If you want to enjoy your free time watch this show and get your head to spin around some criminal cases of the London. Don't worry Sherlock will eventually solve it.

FIRST KISS

It was a loathsome day filled with the weary emotions of students. Emotions that were clouds on the sky; that wouldn't be quiet easy to be stable. They were confused within themselves; their physic at rest but their mind went wandering about some recent events. Events that would leave soul torn and hurt. The events were a nightmare that would awaken the pain in their hearts even in heart that was cold as stones or was believed to be so.

The stones were boulders that was hit by sea and storm or lets say carressed and nurtured carefully, gracefully with much love. The love was the root cause of the pain they were undertaking maybe it was love that would create pain in the end or something that was believed to be end.

Though the end didn't arrived cause story never ends. Maybe, the end did commence a new beginning- "BEGINING OF A STRONG BELIEF". But who knew what was coming in the road of young tired children. They were unknown of the silent storm to arrive and curse their ways ahead.

Although this curse did carry lot of memories and happiness hidden in it and the optimistic children were looking at this bright side of their curse. Luck had it that those friends "Sweet friends" were

to take interview of a new emerging teen sensation. No! What's curse in this? You might be startled. But the real deal was to take place.

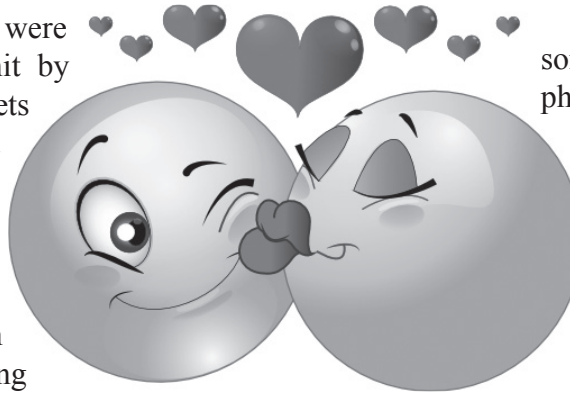
The excited ones showed up high energy, strength and enthusiasm regardless of the fact that they soon were worn out. The thirsty hungry young friends now wanted a break. Though they were reluctant to end the interview without a good photo session.

So as their desire they somehow completed the photo-session using the will power that they were full of. They bid a good bye to the interviewee.

He left with a smile, "good bye" and a souvenir that would bring remembrance

about us to him. We holded till he was out of our sight. Then we jumped and rushed towards the strand offering food. We had our lunch and it wasnt that long ago though it seemed we had been hungry for ages. Might be it was hunger: hunger to spend time with those wonderful friends, hunger to run and play together, hunger to tease those friends but in common it was hunger for "food" fresh tasty food to satisfy our stomach.

That sweet scent, I still remember it. It was enticing us We just hurried and watched over the menu list. Though it really was a



formality. Honestly I knew that we would all decide on MO:MO as always and why wouldn't we? We were hell hungry and only MO:MO could end our hunger. We ordered it and waited for it patiently. It was a awkward sight. Impatient ones pretending to be patient. I think its true " Time teaches impatient ones the lesson of patience".

"MO: MO pakisakyo" these words were pleasing music to our ears. We rushed towards it and then suddenly it storke in my mind "The girls are hungry too and its my duty to serve them first". So I executed my plan into action though I wasn't sure I could hold on for that long. We ate till our hearts content and as its scent suggested it was one of the best MO:MO's we had ever tasted. Might be the hunger made it tastier. Then came our thirst.

The water wasn't enough for us. We wanted something different, something better and something was hitting our eyes. The cold icy cola tempted us. We took our steps forward and reached for the strand. But the prices were too high. For a while we thought he had to pass on it. But our thrust for icy cola overwhelmed us and the high price couldn't stand in our way to taste that cool stuff. We tried to decide on for the flavours but we were too much confused maybe because it was our first time.

One of our friends asked the strander "Dai tapai kun recommended garnu hunxa. Tapailai kun flavor man parxa?". To our extreme surprise the starnder was rude to tell us "Hamilai Sab man parxa. Sab khanxau ta?". This was something we couldn't stand so we took on the challenge and ordered him to make cola of all the flavours. He seemed startled. He started

making those Stuffs. He molded it into beautiful shapes And poured it into glass. He added flavors into it. Slowly it changed colors and we were all given our random flavors.

I just sucked that ice to get some taste of that "ROSE" flavor. Alas! It was terrible seriously horrifying. I regretted having taken that flavor. And I was offered to taste another flavor. At once without thinking for a moment I took it and tasted it. It was sweet tasty. Oh! I really thought how much difference only those flavors could do. And looking at the expression on my face all other friends tasted it.

We were unknown of how he now swapped our cola's we were exchanging saliva. It seriously was a kiss. Kiss completed with the exchange of saliva. And it was all of ours first kiss we could never ever forget. It was done unknowingly. And we never realized when it started or when it was over. Though we enjoyed it.

They mixed them all and molded it into something new, something peculiar. After having finished it, they were now about to see the side- effects. I wondered what is it that is bringing pain to us. Without wanting to think about it our minds were stuck on it. The pain, the agony I am sort of words of how to describe it. Till now, I can feel the saliva. It was so gross.

Just thinking about it I cant swallow my own saliva. I guess we all were going through the same feelings. Our tongue wasn't our tongue anymore. And now whenever we would be asked "Have you ever kissed? The answer sure will be a YES". A big YES maybe that was what our luck had kept in store for us.

Technological Abuse and Its Threat to Mankind

Technology is anything that makes our living easier by decreasing the work load that a person must bear in order to lead a happy and fulfilled life. During primitive ages of human civilization, that is, about two million years ago, the state of humans was as low quality as animals. There was no facilities or technology that made human different from animals. But slowly as time passed by human started living in societies. Human interaction increased and this inturn increased sharing of ideas.

Sharing of ideas lead to bigger and better idea, and so it lead to development of technology. Technology bought us from the Stone Age to this advanced age. Now, most of the humans have access to luxurious life, all thanks to advancement in technology. But aren't there any back points of technology? No. But there are back points of abuse of technology.

First of all, the biggest threats we humans fear of technology are A.I. robots. Many science fiction movies and books have implemented this theory of A.I. robots taking over the world, destroying humanity, into their brain. Is it possible? Simple answer is, yes! But is it likely that A.I. robots could take over the world? I don't think so. But advancement in A.I. or artificial intelligence is so rapid that ramification of A.I. robots but some mad scientist may be possible. The most advanced A.I. human like robot of all,

'Sophia' is just the start. No one knows what kind of A.I. robots will be produced 10 years from now, and they might not be as gentle as Sophia. So, A.I. robots dooming mankind is a threat but it is not likely as we can just shut them down!

Now, let me come to more obvious threat to mankind due to technology; health. I know it doesn't sound right to say that technology is threat to human health, but its impacts are already seen. Technological

advancement in health sector is for human welfare but technological advancement in industrious sector may possess threat to human or any other, health. Pollution is one of the major disasters of 'half technology'.

I say 'half technology' as these technology are not fully developed enough to do work efficiently and not cause any pollution. Technology that has no adverse impacts or the environment should be developed in order to have no adverse effects on human health. Until and unless we perfect our technologies, these currently existing 'half technologies' possess threat to mankind. Every year more people die due to pollution than of cancer because of rampant use of 'half technologies'. Diseases like COPD or asthma, various types of cancers like lung and skin cancer, minor diseases like diarrhea, cholera are caused because of pollution. Radioactive pollution may also cause mutation in humans that may give

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birth to more dangerous diseases.

Another threat that may not seem like a threat to mankind now, but in future, it may be as dangerous as other threats I mentioned before. It is household abuse of technologies. This may not be seen much in underdeveloped countries or developing countries like ours, but is widely found in developed countries like USA and European countries. Technology has made our life so easier that humans have very less work to do. They do not have to walk as they have vehicles, they do not have to talk, and they can just use their one or two fingers to talk. This abuse of technology had made humans lazy, less creative and obese. Obesity has become a major problem of countries like England and USA. This trend has slowly started getting grasp of developing countries like ours. In a recent survey done by India, about 57% of Indians hadn't played any sport in a year. This is very dangerous statistics. Humans'

intelligence and creativity has made our fortune, but what if our future generation loses their superpower of mind? Mankind will be doomed. We will go back to primitive stage. Technology would gain dominance over human and it could be the end of mankind.

Now, let us talk about the biggest threat, 'Nuclear War'. Advancement in weaponry has given humans weapons more powerful than ever. If any crazy leader of a country decides to take over the world and gain dominance,

there won't be any man living to follow his dominance. Technology has provided weapons that could destroy all mankind for good.

So, nuclear wars, A.I. robots taking over the world, decrement in human creativity and intelligence and threat to human health that technology possess. In order to eradicate these threats more technological advancement is needed in some areas and a little slow pace technological advancement is needed in others. Development of technologies of weaponry and dangerous A.I. robots should be in slower pace, while advancement of 'half technology' is a must. So, our generation is the deciding factor of our future. We mustn't abuse existing technology and think to develop our 'half technologies'. Our effort may eradicate all the threats of technologies and make our world a better place to live.

- Nripesh Dhungana

निराकार आकाशमा

निराकार आकाशमा म आकार खोज्दै हिड्छु
निराशपूर्ण जिन्दगीमाम मिठास खोज्दै हिड्छु

नबुझेर हो वा नसोचेर हो ?
अज्ञानको भान्छामा म ज्ञान खोज्दै हिड्छु ।
दानवको आत्मामा म ईश्वर खोज्दै हिड्छु ।
सेतो त्यो दुधमा म श्वेत खोज्दै हिड्छु !

म आफ्नामा आफू खोज्छु
म आफूमा आत्मा खोज्छु
म त्यो विशाल आकाशमा आफ्नै
प्रतिबिम्ब खोज्छु

विशाल त्यो सागरमा जब म
सगर देख्छु
सोच्छु प्रतिबिम्ब हो सागर या सगर
प्रतिबिम्बै हुँकि म ?

म आफू खोज्छु तर भेटिदैन
र फेरी फर्कने बाटोमा
चर्मचक्षु खोज्दै हिड्छु

म पहाडमा आफू खोज्छु, नदीमा आफू नै
म उसमा आफू खोज्छु, म ईश्वरमा पनि आफू नै
म हरेक बिम्ब, प्रतिबिम्बमा आफू खोज्छु
म समय, समयमा आफू खोज्छु
तर फगत्,
अब त म नै रहिन

- युधिर सुवेदी

बालक र कलम

जीवनको युद्धभूमिमा एक सक्षम योद्धा तिमी बन,
अभ्यास गर, आफूलाई तिखार कलम चलाइकन ।

ती साना हात तिम्रा, त्यसमा भनै सानो कलम,
त्यही तिम्रो शक्ति हो, बढाऊ सफलता तर्फ कदम ।

कलिलो मन छ तिम्रो, जहाँ छन् विशाल सपना,
कलम चलाउ, सिक सिकाउ, बनाउनुछ सपनालाई
विपना ।

विद्यालय तिम्रो मन्दिर हो, ज्ञानका पूजारी तिमी बन,
शिक्षाको पूजा गर, गर ज्ञानको प्रसाद ग्रहण ।

तिमी एक योद्धा हौ , तर बन शान्तिको प्रतीक,
साहसी बन, सत्यतामा टिक, लिई गुरुको आशिक ।

आलस्यलाई पर भगाउ, समयसँगै कदम चाल,
आफूलाई ज्ञानले सवार गरी शिक्षाले मलजल ।

भविष्य के? तिमी त्यही कर्मठ बालक हौ,
विश्वसामु चिनीने जानीने तिमी नै बन्ने छौ ।

मित्रको आवत्जावत् चलिरहन्छ, यही त हो जीवन,
तर जीवनको साथी एउटै छ, त्यो हो तिम्रो कलम ।

- सायना तिवारी



असहज सुकुल मै...

लखतरान भइ गलेका पाउहरुमा
दिनभरको यात्रा गुट्मुट्याउँदै
अर्थ बिहिन सपना च्यापेर
परालको सुकुल तान्दै पुर्लुक्क पल्टिएँ म

मेरा दृष्टि केही घन्टाका लागि
बिदा बसेका बेला - अर्ध चेत मन
होस या बेहोस कसरी तय गरूँ म
शान्त तन भित्र सुस्तरि सल्बलाउछन् ।

कोहि छेउमा आएर बोल्दै छ
ए ! उठ हिड्ने बेला भयो तेरो
प्रश्न गर्छु म - कहाँ ? बाटोमा
अनि तपाईं ? म - बाटो... !

ओह डराए म, हात गोडा गले फेरि
सम्झे ती कठिन बाटाहरु
हिड्दा हिड्दा थाकेका मेरा पाइताला
तलि च्यातिएका थोत्रा जुत्ता भित्र ।

बिचरो - विवश बाटो
कोहि सज्जन कोहि चोर फटाहा
अनि पापी, धमाति.. दुःखी हुँदो हो मन
कु बिचारक लाई साथ दिँदा अनि प्रफुल्ल
सु बिचारक लाई गन्तव्यसम्म पुर्याउन पाउँदा

कसरी परिभाषित गरूँ म जिन्दगीलाई
दुई अक्षरले छुट्याइएका दुई पाटाहरु को..

सुबिचार, कुबिचारले ल्याएको उतारचढाव
भित्र रुमल्ली रहने विचित्रको कहानी

ए ! उठ् अल्छी नर्क कठिन छ यात्रा
संसारलाई बुझ्न छ अरुलाई चिन्न छ
जगत जानेर पुग्न छ गन्तव्यमा तैले
तर्क बितर्क बाटाका - अवस्था संग

तर..
म कहाँ अपाहिज निकम्मा
संसारका अनुभुतिलाइ हृदयका ऐनाबाट हेर्दै
संवेगात्मक अनगिन्ती दृश्यहरु
आँखा भएर पनि नदेख्ने कान भएर पनि नसुन्ने
अनि मुख भएर पनि नबोल्ने

आफ्नै जीवन रक्षाका निम्ति समेत मौन यी मन
कत्तिले चाहे..म तरुनी नै भइ रहूँ सधैं
नितम्बमा भरिएको सार्हो मासु
वेलन भैँ पुक्क फुलेका वक्षस्थल

कड्वा तेलमा पकाएको मालपुवा भैँ पुटुक्क गाला
टलक्क टल्किने प्रमाणपत्र नचाहिने बैँस बोकेर
अर्धचेत म घुमिरहुँ वरपर - ईर्ष्या, दोष
र दुर्भावना, दुर्गन्धित सहरहरुमा

अज्ञानता र चरम् गरिबीका बिच पनि
रासायनिक मलमा सर्लक्क मौलाएको तोरी भैँ
मेरो अल्लारे यौवन बार बार बिमोचन हुन्छ बजारमा

"Never let anyone disturb your composure, deter your accomplishment, or destroy your happiness." –Anonymous

२४० वर्षे राजतन्त्र भैँ ढलेनन् खै तामसीहरु पृथ्वीमा

मनका तालि भित्र धमिलो चित्र कोरिए कि म
अनि मेरा जिउँदै सपना आज फेरि
हावामा धुवाँ बिलिन भए जस्तै
नजानिदो गरि बिस्तारै बिस्तारै हराउँदै छ


आ


शून्य वातावरणको सत्य ब्यथामा
तीखो चिच्याहट गुन्जायमान
दौडदै आइपुग्छन् मेरा दुई नयन
बिउँफिदा म उहि असहज सुकुल मै'!!!


– रमेश पण्डित


राजन मेमोरियल इन्टरनेशनल स्कुल


WONDERFUL DEFINITIONS:


SCHOOL:  A place where Parents pay and children play.


LIFE INSURANCE:  A contract that keeps you poor all your life so that you can die Rich.


NURSE:  A person who wakes you up to give you sleeping pills.


MARRIAGE:  It's an agreement in which a man loses his bachelor degree and a woman gains her masters..!

FATHER:  A banker provided by nature.

CRIMINAL:  A person no different from the rest... except that he/she got caught.

BOSS:  Someone who is early when you are late and late when you are early..!!

POLITICIAN:  One who shakes your hand before elections and your Confidence there after.

DOCTOR:  A person who holds your ills by pills, and kills you by bills.

लोकतन्त्रको हत्या

राष्ट्रप्रेमीमा भ्रष्टाचारको सौख छ ।
दलाल नेताहरुमा पैसाको भोक छ ।
सत्ताधारीमा लोभ लालचको रोग छ ।
संविधानको लोकतन्त्रबाट वियोग छ ।

मेरो मृत्युको संवाद सुन
हृदय पीडाको अनुवाद सुन
देशमा विकासको सिधा योग खोज
संविधानको लोकतन्त्रबाट वियोग छ ।

राष्ट्र धर्मलिपिको हो देशको संविधान
देशबासीको शील, सम्मान र स्वाभीमान
घामलाई अँध्यारो बनाइ नगर अभिमान
लोकतन्त्रको हत्याबाट होऔँ सावधान ।

अन्त संघर्ष कथा लोकतन्त्रको सोचौ
अब न्याय व्यवस्थाको नयाँ आयाम राखौ
दिव्य दीप हृदयमा जलाऔँ
नयाँ स्वर्णीम विहानी सजाऔँ ।

सहीदको सम्झना गरी एक संकल्प उठाऔँ
आफ्नो सारा शक्ति देशको विकासमा लगाऔँ
बुद्धको शान्ति सन्देश जगतमा फैलाऔँ
जय नेपाल नारा लगाई गुञ्जायमान गराऔँ ।

– प्रशान्त कुमार पाण्डे

एमआइटी इङलिस बोर्डिङ स्कूल

म तिमी प्रेमिका होइन

सबै सम्बन्ध भन्दा अलग

सबै आफन्त भन्दा नजिक

संसार अटाउने मनको खुल्ला सिंहासनमा

तिमीलाई राख्ँ,

के यो मेरो भुल थियो र?

जीवनमा हर पानाहरु खुल्लै थिए तिम्रो सामु

कहाँ कहिले के लेखिएको थियो?

कोरिएका कतै मेटिएका कतै मेटाईएका मेरा अतीत,

सायद तिमीलाई भन्दा धेरै त आफैलाई

पनि थाहा छैन होला ।

आकाश लजाउदैन धर्तीलाई देखेर

धर्तीले घुम्तो हाल्दैन आकाशलाई देखेर

यस्तै यस्तै केही त थियो तिमी र म बीचमा

के यो मेरो भुल थियो र ?

आज किन बोल्दैनौ ? बोलाउदा पनि

के भयो सोध्दैनौ टोलाउदा पनि

कतै बिभाएको छु भने ती तिम्रा आँखामा

भारीदिनु निसङ्कोच यही जमिनमा

जहाँबाट उठेर तिम्रो आँखासम्म पुग्ने दुष्साहस गरौं

दुखाएको छु भने त्यो मुटुलाई

फ्याकिदिनु त्यही बगरमा जहाँबाट तिमीले टिपेका

थियौ एउटा जीवन ।

म तिम्रो प्रेमिका होईन !

न त श्रीमती नै

न दिदी न बहिनी

केवल मन सँगको साईनो हो तिम्रो र मेरो ।

तर प्रेमिका भैं मायालु

श्रीमती भैं दोस्ती

दिदी बहिनी भैं शुभचिन्तक

अवश्य बन्न सक्छु ।

म नारी तिमी पुरुष फरक यति हो ।

समाजले तेसाउने अनगिन्ती प्रश्नहरु त मेरा सामु

पनि छन् ।

नियमहरु छन् । कर्तव्य अनि जिम्मेदारी पनि ।

नरी पुरुषको सम्बन्ध प्रेमी प्रेमिका र लोग्ने स्वास्नीको

मात्रै हुँदैन बुझ्नु पर्छ यो समाजले ।

सायद तिमी डरायौ होला यो समाज सँग

जीवनसँग जोडिएको हरेक नातासँग,

त्यसैले त टाढियौ साईनो बिनाको सम्बन्धसँग।

समाज हो एक दिन परिवर्तन हुनेछ

सोच हो एक दिन बदलिनेछ ।

बदलिने छौ स्वयम तिमी पनि ॥

तर थाहा छ तिमीलाई ?

यी सबै नाता सम्बन्ध भन्दा कैयौं गुणा माथि छौ

तिमी

र रहिरहनेछौ जीवनभर ।

"There is no need for temples, no need for complicated philosophies. My brain and my heart are my temples; my philosophy is kindness." –Dalai Lama

कही कतै कहिल्यै नदुखे नाता गाँस्न चाहेकी हुँ
तिमीसँग ,
के तिमी र म साथी बन्न सक्दैनौं?

म तिमीसँग अधिकार खोज्न आउदिन
कहाँ छौ को सँग छौ सोध्न पनि आउदिन
बुझ्नेछु कि अब पनि बोलेनौं भने
साथी साथी रहेनौं ।

मन बदलिएको छ,
विचार साघुरिएको छ,
पाईला लुल्लिएका छन्।

भन्नेछु यो दुनियालाई सुन्नेगरी नारी र पुरुष बीचमा
साथीको सम्बन्ध कहिल्यै दिगो रहन सक्दैन ।
नबन्नु साथी कसैको, नबनाउनु यो नाजुक सम्बन्ध
जो एक भोक्का हावाले उडाउँछ,
सानो खहरेले बगाउँछ ॥

– रमेश पण्डित

राजन मेमोरियल इन्टरनेशनल स्कुल

Poem:

Chatting Chatting,
No Papa.
Girlfriend Setting,
No Papa.
Telling Lies,
No Papa.
Open Your WhatsApp,
Hahahaha...



आघात

उदास नहोस् यो मन
संहार भएर गइहाल्नेछ
सभ्यतामा रहोस् यो तन
नत्र संकटले धवस्त भइहाल्नेछ ।

विषादमाथि खिल्ली उडाइन्छ
सबैले क्लेश बुझ्न नचाहने
अहो ! कसरी उद्धार गरिन्छ
जब मदत गर्न नचाहने ।

मानिसको चक्षुले सम्पूर्ण स्थान अलग
अजय पनि धृष्टता छुपेको
परचक्री त सदा भैँ हुन्छ गलत
बकसमा जफत लुकेको ।

अभिमानमा टुल्याइ देखाउने
अन्तर्चिन्तनले पोलि नै रहने
सभ्यतामा बडाइ भेटाइने
वेदनाले घोची नै रहने ।

उत्कण्ठामा बाँचिरहेको सबै
तापनि केही नपाउने
मूक भएर नै बसिरहेको सबै
व्यथा बताउन नसक्ने ।

– अभिनिश सिंह
लोयल्टी एकेडेमी

संघर्ष : आत्मनिर्भर बन्नको लागि

“बाबु, छिटो उठ ! ढिला भई सक्यो !”

करिव चार महिना अगाडि मलाई यो सुन्दा सुन्दा दिक्क लागेको जस्तो हुन्थ्यो ! ह्या उठ्ने बेला थाहा भई हाल्छ नि मलाई, कती कराको होला !”

तर आज आएर मामु ले यती भन्दिए पनि हुन्थ्यो जस्तो लाग्छ ।

सानै छँदादेखि कहिल्यै एकलै बसिन्, मामुबाबा जता जानु हुन्थ्यो म पनि त्यतै नै जान्थे । जब १६ वर्ष को उमेरमा उहाँहरू सङ्ग छुटिएर आएर एकलै बस्न थाले तब बुभदै गएँ, ति गाली भित्र लुकेको माया !

एक्कासी यसरी परिवार बाट छुटिएर बस्दा साँच्चै नै गाह्रो हुदो रहेछ । एकलै पनि बसेको छैन, दिदी छे साथमा तर भन्छन् नि, आमा बिनाको घर घर जस्तै लाग्दैन भनेर ! साँच्चै यो घर घर जस्तै लाग्दैन मलाई ! स्कूलबाट घर फर्किदा जुन खुशी हुन्थ्यो त्यो अहिले कलेजबाट घर फर्किदा हुँदैन !

बेलुका कलेजबाट फर्किदा त दिदी पनि घर मै हुन्छे, त्यति सुन्यता को महसुस हुँदैन स तर हरेक बिहान जब दिदी कलेज जान्छे म आफुलाई चारै तिर बाट सुन्यताले घेरेको महसुस गर्छु । एकलै हुन्छु, अनेक कुराहरू गर्छु शून्यता मेटाउन, ठुलो स्वरमा गीत बजाउछु, सँगसँगै गीत गुनगुनाउछु तर अहँ त्यो शून्यता केही गरे पनि मेटिदैन ।

खाना पकाउछु, खाना डढछ अनि याद आउँछ मामु । हिँड्ने बेलामा मोजा भेटिदैन अनि याद आउँछ

मामुको । आफैँले राखेको आफ्नो पुस्तक जब भेट्दिन अनि याद आउँछ मामुको ।

जब जब याद आउछ तब एक्कासी आँखा रसाएर आउँछ । म कमजोर छु त्यसैले त्यो आँशु रोकी राख्न सकिदैन, ठूलो स्वरले गीत बजाउछु, अनि ढोका थुनेर डाँको छोडेर रुन्छु ताकी कसैले थाहा न पाउन कि म यति धेरै कमजोर छु, जब जब एकलै हुन्छु तब तब आँशु नै मेरो साथी बनिदिन्छ ।

“मामु ढिला भइसक्यो छिटो माम पस्किदिनु न !” भनेको पनि याद आउछ बेला बेलामा । अहिले त आफैँ पकाउछु, आफैँ खान्छु अनि आफैँ दौडिन्छु आफ्नो लक्ष्य पूरा गर्न ।

कहिले डढेको खाना यसै डष्ट विनमा फालेर हिड्छु त कहिले आधा मात्र पाकेको भात पानी खाएर जबर्जस्ती निल्छु । कति चोटि त पस्की सके को खाना पनि नखाइकन हिँडेको छु, कलेज बस छुट्छ भनेर ।

महिनाको एक चोटिजसो जब मामु भेट्न आउनु हुन्छ तब चैँ घर घर जस्तो लाग्न थाल्छ, केही दिनलाई नै भए नि कराउनु त हुन्छ मामुले, केही चोटिलाई भने पनि खोजिदिनु हुन्छ मेरो हराएको मोजा ।

केही दिन बस्नु हुन्छ अनि जानु हुन्छ, सरकारी जागिरबाट छुट्टी कति नै मिल्छ र !

अनि फेरि एकलो हुन्छु म । एकान्तमा यस्तै अनेकन लेख लेख्दै बस्छु रसाएको आँखा पुछ्दै !

अप्रत्यक्ष रूपले मौलाउने ती नेताहरुको मुख्याइ कस्तो जोडी भयो । कैयौं नेपाली कुर्सी र त्यो आशनको स्वाद लिन निस्केका, आज जोगी र रोगी भइ जीवन व्यतित गर्दै छन् ।

आधारभूत अधिकारका त के कुरा, आज रोग, भोक र शोकले नेपाली जनताको घाँटी अट्याएको छ । 'बाभा खेत नोलको भेष' को नारा कसरी हो कुन्नी तर राष्ट्रिय बोझ उठाउन विवश छन् । नेपाली नारी च्यातिएको धोतीले आफ्नो लाज छोप्न विवश छन् । गरिबीले प्रश्रय पाइरहेछ ।

साथसाथै धेरैले भूडीवालाको दैलो कुरे अनि नातावाद र कृपावादको सिद्धान्त पनि मौलाउँदै गइ उही कुर्सी दौडका सहभागीको प्रतिमूर्ति बनी छाँडे । देशका सेवकलाई पनि त्यहाँ पुगी कताबाट निष्ठुरीपनका सवालले घेर्न पुगे । प्रश्न अनुत्तरित छ साँच्चै त्यो कस्तो चमत्कारिक कुर्सी ?

— कुसुम खड्का



मर्न कति गाह्रो

धेरै बाँचे उमेरहरु जीवन अभै प्यारो
बाँच्ने रहर हुँदाहुँदै मर्न कति गाह्रो ।

आँखाभरि सपनाभरि खुल्छन् आशा-ज्योति
छातीभरि मुटुभरि खस्छन् आँसु-मोति
आँखाभित्र आँसु लुकाई हाँस्न कति गाह्रो
बाँच्ने रहर हुँदाहुँदै मर्न कति गाह्रो ।

पानी बनी बगैँ म त कुलो खनी-खनी
मुटुभित्र नि बगैँ हजुर रगत बनी-बनी
छहराभैँ बग्दाबग्दै सुक्न कति गाह्रो ।

पहाडको तरेलीमा कति शितल छाँया
सम्भनाको परेलीमा कति मीठो माया
मायाको अमरतामा जल्न कति गाह्रो
बाँच्ने रहर हुँदाहुँदै मर्न कति गाह्रो ।

कति फूलैँ गुराँस बनी लाली छरी-छरी
मायाप्रति पनि लाएँ हृदय भरी-भरी
हाँगाभरि फूल्दाफूल्दै भर्न कति गाह्रो
बाँच्ने रहर हुँदाहुँदै मर्न कति गाह्रो ।

एउटा कृति रचि छाड्छु मर्ने परे पनि
जीवन पराग छरि जान्छु भर्ने परे पनि
पहाड-तराईसम्मै बगछु सुक्नै परे पनि
जूनकिरी भैँ बलि जान्छु जल्नै परे पनि ।

धेरै बाँचे उमेरहरु जीवन अभै प्यारो
बाँच्ने रहर हुँदाहुँदै मर्न कति गाह्रो ।

— स्मिथ नेपाल

रिड मोडेल स्कूल

गुरु

नभमा जून तारा भैँ प्रकाश सबमा छरी
गुरु सुवास आभा भैँ पराग ज्ञानको भरी ॥

गुरु उषा बिहानीका ज्ञान भण्डारका धनी
गुरु प्रतीक शोभाका, करुणा ज्ञानका ध्वनी ॥

गुरु विना न संसार न ज्ञान नव सुन्दर
संसार मात्र पीडाको, काँडा दानवका सुर ॥

गुरुका शब्दमा छन् रे, सुधा काव्य गीता सब
गुरुको धन माथा रे, उनै हुन् देव केशव ॥

उनी हुन् शील्य रोप्ने रे, सत्कर्म अनुवादन
गुरु दिवा दिने अंशु, रोपेर नव जीवन ॥

गरी आर्जन आफूले, छर्ने सर्वत्र रे किरण
अस्मिता हुन् उनै बाग, पराग शिष्यको अर्पण ।

शिष्य हे नदिनू दाग, गुरुको मान ज्ञानमा
फुटेर जान्छ नाता त्यो, काँडा हो सब हालमा ॥

— पूर्णिमा भट्टराई

न्यू होरिजन इ. बोर्डिङ स्कूल

मुक्तक

गरीबको बस्तीमा क्रान्ति पठाइ दिन्छु
भ्रष्ट अनि सामन्तिको अनुहार जलाइ दिन्छु
तिमीले मलाई के सम्झिएका छौ महासय
म मुक्तक लेखेर सरकार ढलाइ दिन्छु ।

गरीबको बस्तीमा नुनतेल भारेर देखा
गाउँ-गाउँका कुना-कुनामा बजेट पारेर देखा
कि जागिर दे कि भत्ता दे
सक्दैन सरकार जनतालाई मारेर देखा ।

बेरोजगारी भई खर्च गर्ने कसलाई मन छ र
खल्ली टक्क्याइ बाढी नजिक सर्ने कसलाई मन छ र
गाउँ अनि सहरको त कुरा पनि बेग्लै छ
स्वाभिमान बेची सिमानामा मर्ने कसलाई मन छ र ।

घाम लागे नि ठिकै छ जून लागे नि ठिकै छ
यही गुन कसैलाई वैगुन लागे नि ठिकै छ
अदालतको इजलासमा उभिएर भन्छु
चोर्न मैले दिन चोरे कानून लागे नि ठिकै छ ।

— महेन्द्र विक्रम लामिछाने



स्मी पारसको प्रकाशन हुन लागेको नोबेल

प्रेम कि करियर ?

हामी जस्ता सम्पूर्ण प्रार्थीहरू प्रायःजसो अङ्किने र अलमलिने एउटै विन्दु हो प्रेम कि करियर ? असंख्य ऊर्जारूपी जोश र जाँगरका साथ आफ्ना सम्पूर्ण सपनाहरू पूरा गर्ने अठोटका साथ सुरु हुन्छ हाम्रो बाल्यकालरूपी जीवन । कति अद्वितीय हुन्छ है, त्यो निष्कपट आचरण, मोहरहीत सोच र चञ्चले, चुलबुले बानी ।

सारा संसारलाई आफ्नो क्षमता देखाउने एउटा मात्र संकल्प हुन्छ हाम्रो शैशवकालमा तर हामीलाई पहिलो भट्का लाग्छ तब जब हामी आफ्नो १६औं त के भनौं अहिले १४औं वा १५औं जन्मदिनको मोमबत्ती निभाउँछौं । तयसबाट निस्किएका धुवाँभैँँ अलमलिएको जीवन भइदिन्छ हाम्रो । किशोरावस्थामा छिर्ने बित्तिकै हाम्रा सम्पूर्ण पुराना र महत्वपूर्ण विचारहरू, संसार सुधार्ने सपनाहरू त्यही सेतो धुवाँमा कता विलिन हुन्छ, कता ?

अनि मनमा एउटै प्यास जाग्छ, शरीर अस्फूर्त हुन्छ र बेलाबेलामा त ज्वरो पनि आउँछ, प्रेमको । जति छोटो छ नि यो दुई अक्षरे 'प्रेम' त्यति नै गहन छ यसको भाव जसलाई बुझ्दाबुझ्दै चार पाँच वर्ष बित्छ र त्यतिबेला करियरको मोल शून्य बराबर भइदिन्छ । संसारै केटीमात्र (केटाको लागि) र कटामात्र (केटीको लागि) भए जस्तो महसुस हुन्छ ।

जति नै बच्न खोजे पनि चुम्बकले फलाम ताने भैँँ जस्तोसुकै महान योगी पनि यसमा अल्झिन्छन् । सबैलाई थाहा हुन्छ कि यो बाटो हिँड्नाले अवश्य पनि क्षणिक आनन्द त आउँछ तर स्थिर कहिल्यै पनि हुन सक्दैन । पछि करियर नबनेपछि फेरि अर्को

भट्का लाग्छ जब तिम्प्री प्रेमी वा प्रेमिकाले तिमीलाई आफ्नो विवाहको निम्तो दिन आउँछन् ।

हो, सत्य यही हो र जीवनोपयोगी कदम के हुन सक्छ भने हामी आफ्नो करियरलाई पहिलो प्राथमिकता दिऔं । करियर बनिसकेपछि त प्रेम गर्ने समय हामीसँग थुप्रो बाँकी रहन्छ ।

यस्तै एउटा कथालाई मैले एउटा नोबेलको रूप दिएको छु । युवावस्थाभन्दा पूर्वको किशोर किशोरीको कथा उल्लेख गरिएको छ त्यसमा, करियर र प्रेमका बारेमा अल्झिएका सम्पूर्ण साथहिरुका लागि एउटा सही मार्ग हुन सक्ने अनुमान छ मेरो ।

– स्मी पारस

सिरिया

आकास अँध्यारो, आयो आवाज चर्को
जब बारुदका गोला घर-घरमा दक्यौं ।

सक्कियो मानवता, सकिए मानव
दैवलाई पछाडि पार्दछ दानव ।

रक्ताम्य शरीर, आफू नचिनिने हालत
मेरो के दोष भनी सोच्दा हुन् बालक ।

के हो आतंकवाद के हो साम्राज्यवाद
क कसले थाम्ने क कसको काँध ।

खस्यो आँसुका ढिका, बग्यो रगतका धारा
धुलोमा मिसियो सिरिया सारा ।

सक्दैन केही यो उदासिन मन लेख्छ
खै कहाँ छ ईश्वर, के उसले देख्छ ?

– ममता अधिकारी
एबीसी रेसिडेन्सियल

आमाको माया

कुनै गाउँमा एउटा सानो परिवार बस्थ्यो । त्यस परिवारमा आमा, बुबा र छोरा थिए । उनीहरूको जीवन सामान्य तरीकाले बितिरहेको थियो । छोरा लार्य आमाले असाध्यै माया गर्थिन् । छोराको पनि आमालाई आफ्नो प्राणभन्दा बढी माया गर्दथ्यो । यो देखेर सारा गाउँलेहरू उनीहरूको प्रशंसा गर्थे । जहिल्यै जसरी त्यो दिन पनि छोरा आमा एकअर्कासँग कुरा गरिरहेका थिए । त्यति नै बेला छोराको आमालाई प्रश्न गर्‍यो- 'आमा तपाईं मलाई मेरो अठारौं जन्मदिनमा के दिनु हुन्छ ?'

आमाले त्यति बेला उत्तर दिइन्- 'जब तिम्रो जन्मदिन आउँछ त्यो दिन तिम्रो दराजमाथि हेर्नु त्यही तिम्रो उपहार हुनेछ ।'

त्यसपछि छोरा स्कुल गयो र आमा आफ्नो काम गर्न थालिन् । उनीहरूको जीवन यसरी नै बित्दै थियो तर एक दिनको कुरा हो छोरालाई एक्कासी ज्वरो आयो उनीहरूले नजिकको वैद्यलाई देखाए तर निको भएन । त्यसपछि उनीहरूले छोराको सहरको डाक्टर कहाँ लग्यो । अनि त्यहाँ डाक्टरले भन्यो कि उसको छोराको मुटुमा प्वाल छ भनेर तब उनलाई धेरै डर लाग्यो । उनले यसको उपाय पनि सोधे तर डाक्टरले भने कि तपाईंको छोरा बीस दिन मात्र बाँच्छ । त्यति नै बेला उसले आफ्नो मुटु छोराको दिने निर्णय गरिन् ।

एक वर्षपछि छोरा घर फर्कदा उसकी आमाको मृत्यु भइसकेको थियो । त्यतिबेला ऊ १८ वर्ष पुगिसकेको थियो । उसले आफ्नी आमाको कुरा सम्भयो र दराजमाथि हेर्‍यो त्यहाँ एउटा बाकसमा चिठी राखिएको थियो । त्यस चिठीमा उसकी आमाको

भनेकी थिइन् कि मैले तिम्रो जन्मदिनको उपहार मेरो मुटु दिए र तिम्रीलाई एउटा नयाँ जीवन दिएँ । यो कुरा पढेपछि छोराको आँखाबाट आँसु खस्यो र आफ्नी आमालाई सम्झियो ।

अतः यो संसारमा आमा जतिको माया कसैले पनि गर्दैन भन्ने सन्देश यस कथाबाट हामीले लिन सक्छौ ।

– सफलताश्री आले

श्री नव जीवन विद्याश्रम उच्च मा.वि.

गजल

काठमाडौंमा जीवन धान्ने काम खोज्दैछु
मानवविहीन सहरमा नाम खोज्दैछु ।

यहाँ त ईश्वरहरू ढुंगामात्र छन् रे
त्यसैले त साँचो मनको धाम खोज्दै
मानवविहीन सहरमा नाम खोज्दैछु
त्यसैले त साँचो मनको धाम खोज्दैछु ।

कति मान्छे भोकभोकै लडिरहेछन्
मीठो भोजन पेट भर्ने मामा खोज्दैछु
काठमाडौंमा जीवन धान्ने काम खोज्दैछु
मानवविहीन सहरमा नाम खोज्दैछु ।

सीताको इज्जतहरू लुट्ने रावणहरू मार्ने
पतिभक्ति, सत्यवादी राम खोज्दैछु
काठमाडौंमा जीवन धान्ने काम खोज्दैछु
मानवविहीन सहरमा नाम खोज्दैछु ।

– आयुष राय

श्री सरस्वती माध्यमिक विद्यालय

जीवन कला

जीवन नै कला हो । कसैको सिर्जना अनेक मञ्चमा मञ्चित नाटकभैँ पृथ्वीका छेउकुनामा आफ्नो भावभंगिमा सहित प्रस्तुत गर्ने प्राणीमध्ये मानिस पनि एक हो । यो प्रस्तुती समयको लामो अन्तरालमा एउटा अंशको रूपमा बिताउने मानिसको भोगाइ नै जीवन हो । अर्थात् प्रकृतिको एउटा कला नै मानव जीवन हो । मानवको क्रियाकलाप उसको सिर्जनाहरू कलाभित्र कला हुन् ।

अविरल, अनिश्चित र अनुभावत्मक यात्राको रूपमा मानिने जीवन, कला जीवन जीउने एक माध्यम हो । जीवनलाई रंगाउने कार्य कलाले नै गर्ने हुनाले जीवनलाई कर्कलाको पातमा अडिने पानीसँग तुलना गर्दा खासै फरक नपर्ला । त्यो पानी जतिबेरसम्म अडिन्छ त्यस्तै नै हाम्रो जिन्दगी कतिबेर कहाँ गएर टुङ्गिन्छ पत्तो हुँदैन । सबै मानिसमा कला अन्तर्मुखी वा आर्जित भएका हुन्छन् तर उसको सिकाइ र भोगाइमा पनि भर पर्छ । जिन्दगी अनन्त यात्रा हामी सबैले भोग्ने पर्छ तर यदि हामी कलात्मक छौं भने त्यो भोगाइ पनि अर्थपूर्ण हुन्छ । यदि चित्रकारले उसँग भएको कला चित्र स्वरूप प्रस्तुत गर्न सकेन भने उसँग भएको कलाको महत्व हुँदैन । त्यसैगरी जीवन सोचे भन्दा छोटो छ । जीवनको भोगाइबाट प्राप्त भएका ती अमूल्य कलालाई दर जमा लुगा सरह पोको पारेर राख्नुभन्दा बाहिर त्यसलाई प्रस्तुत गरेर उपयोग गर्न सकियो भने आर्जनमुखी र लाभदायी हुन्छ । जीवन र जीवनको परिभाषालाई सार्थक पार्न सोचे जस्तो सजिलो त छैन ।

सबैको जीवनमा उतारचढाव हुन्छ नै जसरी नै पाली साहित्य समाजमा उदाहरणीय बन्न पुगेका

अविरल प्रतिभा भ्रमक घिमिरे र पारिजात सबै नारीहरूको लागि उदाहरण बन्दै सफलताको शिखर चुमेका छन् । भ्रमक घिमिरेले आफ्नो जीवनका भोगाइहरूलाई समेटि आफ्नै खुट्टाका औंलाहरूले ‘जीवन काँडा कि फूल’ नामक किताब रूपान्तरण गरेकी छिन् । जीवनको सुरुवातमा कालो बादल लागेभैँ उनको जीवनमा अन्धकार लाग्यो । सूर्यको किरणसँगसँगै उनको जीवनमा पनि फूलहरू फूल्न थाले । जीवनमा भाग्यलाई होइन कर्मलाई विश्वास गरी कर्म गर्नुपर्छ अनि कर्म गरे जस्तो फल पाइन्छ ।

यदि भ्रमक घिमिरेले आफ्नो भाग्यमा विश्वास गरी ती पाउहरूले लेखन सुरु नगरेको भए के उनी अहिले यो मञ्चमा हुन्थिन् त ? अवश्य नै हुन्थिन् । उनले सकीनसकी आफ्ना खुट्टाका औंलाहरूले अक्षर कोर्ने कोसिस गरिन् र उनको त्यही कोसिसले आज उनलाई नेपाली साहित्यमा ऐनाको रूप भनेर चिनिन्छ । जीवनमा ामीले सही धारणा र निर्देशन प्राप्त गरेर कुनै एउटा निश्चित लक्ष्य लिएर त्यसका पछि लागि पन्यौं भने त्यो लक्ष्य प्राप्त गर्नमा कठिन हुँदैन ।

निष्कर्षमा जीवन नै कला र कला नै जीवन हो । मानव जीवनको भोगाइ सहज, असहज हुन सक्छ । दुःख वा सुखमय जेहोस् यी कलाका प्रारूपहरू हुन् । कसैका लागि तीतो हुन्छ भने कसैका लागि मीठो, नमिठो, दुःखान्त र सुखान्त बन्छ । अनि पुष्टिन्छ कथा, कविता, उपन्यास आदि विधा भएर बस त्यसैले जीवन कला हो । कला नै जीवनको अर्को नाम हो ।

– विभूति के.सी.

उज्वल शिशु निकेतन एकेडेमी

अधुरो...

त्यो छानो चुइयो, देखाइ भनिन् आमाले मलाई
त्यो आँगन भत्क्यो, देखाइ भने, बुबाले मलाई
घरको जेठो छोरो है थिएँ कर्तव्य ममा थियो
खुसीको साथ जहान पाल्ने त्यो ठूलो धोको थियो ।

एकदिनको कुरो, अल्लारे ठिटो, आयो है गाउँमा
पैसाको लालच देखाइ भन्यो, हिँड जाँ विदेशमा
फर्केर आए आमालाई भने, म विदेश जाँदैछु
धन है कमाई, चुहिएको छानो छिट्टै म टाल्नेछु ।

बहिनीको पढाई, नरोक्नुस् बुबा, पैसा म पठाम्ला
डाक्टर बन्ने, त्यो त्यसको ईच्छा, पूरा म गरौला
पैसा है कमाई, खुसीको साथ घरमा नै बसौला
अहिलेका लागि विदा है दिएस् घर चाँडै फर्कम्ला ।

लगाई टिको माला त्यो सिउरी विदा है दिए नि
अँगालो हाली चाँडै घर फर्केस् आमाले भनिन् नि
भोला र भम्टा उठाई आफ्नो बाटो म लागे नि
पछाडि फर्की इशारा गरी विदा भै हिँडे नि ।

सोचेको जस्तो थिएन सहज विदेशको जीवन
हरपल याद गाउँ कै आउँथ्यो त्यो पाखा त्यो वन
के गर्दै होलिन् ती आमा मेरी घरमा अहिले
कस्तो चैं व्यवहार गर्दै पो होला घरको भाइले ।

छोरोको याद हरपल आउला, त्यो गाउँको घरमा
पिँढीमा बसी आउला कि छोरो हेर्छन् है बाटोमा
मेरो नै लागि भनेर दियो बालेका होलान् नि
मनमा ठूलो सपना सजाइ बसेका होलान् नि ।

एक वर्ष बित्यो, आएन छोरो त्यो गाउँ फर्केर
आमाको मन मानेन अनि हिँडिन् है भनेर
पल्ला त्यो घरको रामेलाई बोलाइ, प्रश्न सोधिन् है
हे रामे बाबु, भन् न कान्छा खै मेरो छोरो है ?

नयनबाट आँसु त्यो भारी रामेले भन्यो नि
हे बजै अब आउदैन छोरो यो गाउँ कहिल्यै नि
विदेश गई छोड्यो है सास त्यो तिम्रो छोरोले
बाकसमा अब आउदैछ छोरो, भन्छ है रामेले ।

एक्कासी भूइँमा लडिन् है आमा त्यो कुरा सुनेर
घरकी लष्पी ती मेरी बर्नी आई है कुदेर
एक छिनपछि बाकसमा आयो त्यो मेरो लास है
साथमा आयो सम्पत्ति टन्नै अभाव मेरै भो ।

हे नानी मेरी दाजुको यादमा नभारेस् आँसु है
डाक्टर बनी बुबाको सपना पूरा त्यो गरेस् है
चुहिएको छानो छिट्टै है टाल्नु यो दाजु भन्दछ
दाजुको सट्टा तँ छोरो बन्नु त्यो घरलाई सुहाउँछ ।

अब्बल वर तेरो नै लागि खोज्न है पाइँन
त्यसका है लागि माफी दे नानी म असल भइन्
घरमा बुबा-आमालाई भन्नु, छैन यो छोरो है
मेरो पो सट्टा असल छोरो नानी तँ बन्नु है ।

सधैंको जस्तै मेरा नै लागि बत्ती त्यो बाल्नु है
साथमा राख्नु तस्वीर त्यो मेरो माला नि लगाई है
दशैंको दिन त्यो गाउँमा अब पिड हाल्न पाउन्न
तिहारको दिन नरोएस् नानी म अब आउन्न ।

"Any change, even a change for the better, is always accompanied by drawbacks and discomforts." –Arnold Bennett

आँखा ती फैलाई नभारेस् आँसु म पुछ्न पाउन्न
त्यो घरमा अब हर्षको बहार लिई म आउन्न
मैले त हैन दैवले रोजे मृत्युको बाटो है
लासलाई उठाई चाँडै पो लानु घाटको बाटो भई ।

चितामा सुनाई जलाउनु लास नभारी ती आँसु
हर्षका साथ विदाई दिनु पुछेर ती आँसु
कर्तव्य पूरा सकिन गर्न अधुरो भो धोको
राम्ररी पढेस् ए मेरी बहिनी पन्छाई त्यो डोको ।

सहारा तिम्रो सकिन बन्न हे आमा माझी देऊ
दुःख र चोट धेरै पो दिए हे बाबा माझी देऊ
सल्काई दाउरा जलाई चिता खरानी म भएँ
विदा दे नानी जीवनमा अब वायु भैँ म उडँ
नानी वायु भैँ म उडँ ।

– सोनिका न्यौपाने

सेन्ट मेरिज माध्यमिक विद्यालय

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

– ANONYMOUS

मेरो देश नेपाल

लौ हेर साथी सुन्दर देश नेपाल आमालाई
हिमाल, तराई, पहाड पर्वत मालालाई ।
खोला र नाला भरनाबाट संगति आएको
यही हो मेरो सुन्दर देश मनमा रहेको ॥

शिर हो मेरो सगरमाथा चाँदी भै भलल
गण्डकी, कोशी, कर्णाली हेर बग्दछन् सलल ।
पहाड मेरो छाती हो साथी खुशी छ मलाई
तराई मेरो बाँच्ने आधार गर्व छ मलाई ॥

कल्पनाशील मनले सिर्जेको स्वप्न भै
सुन्दर सुमधुर अनि निश्चल प्रेम भै ।
तत्त्वदर्शी यो वात्सल्य वश्य पवित्र चन्दन
सौन्दर्य निधि अलका अनि यहीँ हो नन्दन ॥

चुङ्का र ख्याली चौबन्दी चोली बालन संगीनी
दौरा र सुरुवाल पहिचान हाम्रो मारुनी ।
पूर्खाको त्याग तपस्यालाई नबिसौँ कसैले
स्वर्ग भै सुन्दर देशलाई सिंगारौँ सबैले ॥

– सदिक्षा क्षेत्री

लिटल फ्लावर्स इङ्गलिस बोर्डिङ स्कूल



साँस्कृतिक विविधता: हाम्रो विशेषता

सुन्दर मुलुक नेपालमा छ, साँस्कृतिक विविधता यहीं नै हाम्रो मूल चिनारी, यहीं नै हाम्रो विशेषता ।

‘साँस्कृति’ शब्दमा ‘इक’ प्रत्यय लागेर निर्मित माथि उल्लेखित ‘साँस्कृतिक’ भन्ने शब्दले साँस्कृतिसँग सम्बन्धित भन्ने अर्थको बोध गराउँछ । अनि विविधता भन्ने शब्दले चाहिँ कुनै पनि क्षेत्रमा पाइने फरकपन वा भिन्नता भन्ने अर्थ स्पष्ट बनाउँछ । यसरी समग्रमा ‘साँस्कृतिक विविधता’ भन्नाले कुनै पनि राष्ट्र, समुदाय वा सम्प्रदायका मानिसहरूका चालचलन भेषभूषा, रहनसहन लवाइखवाइ आदिमा पाइने फरकपन वा भिन्नता भन्ने बुझिन्छ । यसरी जे जसरी परिभाषित गरे तापनि साँस्कृतिक विविधताले समग्र समाज हुँदै राष्ट्रव्यापी मूल्य र मान्यता बोकेको हुन्छ । त्यसैले साँस्कृतिक विविधताको सुन्दर गहनाले सजिनु कुनै पनि राष्ट्रको लागि आत्म गौरवको विषय हो ।

सगरमाथाको शीतल काखमा सदा मुस्कुराइरहेको र प्राकृतिक सुन्दरतालाई आफ्नो पेवा बनाइसकेको हाम्रो ‘दुई ढुंगा बीचको सानो तरुल’ नेपाललाई अझ साँस्कृतिक अनुपम छटाहरूले नयाँ नबेली बेहुली भौँ सिँगारेको छ, स्वर्गकै सानो टुक्राको रूपमा परिचित गराएको छ । भौगोलिक हिसाबले विश्वकै मानचित्रमा विन्दु अंकित मेरो देश नेपाल साँस्कृतिक सुन्दरताले विश्वसामू नै आफ्नो परिचय अब्बल दर्जामा दर्ता गर्न सफल भएको छ । यसरी ‘बहुजातीय, बहुभाषिक, बहुभारमिक’ हाम्रो देश नेपाल बहुसाँस्कृतिक मुलुक पनि हो । मेचीदेखि

महाकालीसम्म अनि तराईका पहेँलपुर फाँटदेखि लिएर हिमालका सेताम्मे हिमचुलीसम्म हामी साँस्कृतिक अनेकौँ धुनहरू गुञ्जायमान भएको सुन्छौं जसले हाम्रो श्रवणेन्द्रिय आनन्दित भएको छ ।

तराईमा बस्ने थारु, यादव, मुसहर, राजवंशी आदिको आफ्नो छुट्टै साँस्कृति छ । पहाडमा बस्ने ब्राह्मण, क्षेत्री, राई, मगर, लिम्बु आफ्नै साँस्कृतिमा रमाइरहेका छन् अनि हिमालीय भोटेली र शेर्पाली साँस्कृतिको आफ्नै मौलिक विशेषता छ । यसरी यी

विभिन्न भौगोलिक क्षेत्रमा अपनाइने विविध साँस्कृतिले समग्र नेपाली राष्ट्रिय साँस्कृतिलाई विविधता नामक हारले समाजउन सफल भएको छ । यसरी विभिन्न साँस्कृतिलाई प्रतिनिधित्व गरे तापनि हरेक नेपाली जनमानसमा आपसी सद्भाव, सहिष्णुता, मेलमिलाप अनि बन्धुत्वको भावना मौलाएको छ । जसले

सिङ्गो नेपाली साँस्कृतिको जग वा आधारस्तम्भ बलियो र दरिलो बनाएको छ । जस्तै भन्नुपर्दा तराईका थारुहरूको महान चाड माघीमा ब्राह्मण र क्षेत्री समुदायका मानिसहरू पनि सहभागी भई मनाइरहेको हामी देख्छौं । त्यस्तै तराई क्षेत्रमा मनाइने छठ पर्व अहिले पहाडी क्षेत्रमा पनि मनाइने गरिन्छ अनि मुस्लिम समुदायका मानिसहरू पनि हिन्दुको होलीमा रमाइरहेका हुन्छन् । यसरी सिङ्गो नेपाली साँस्कृतिको यही विशेषता हाम्रो गौरवको चिनारी हो । पूर्खाको आविष्कार साँस्कृतिको नवीनतम रूप हो ।

‘मेरो देश नेपाल चार जात छत्तीस वर्णको साभा

इन्टेल निबन्ध
प्रतियोगितामा
प्रथम

फूलबारी हो' भन्ने राष्ट्रनिर्माता पृथ्वीनारायण शाहको वाणी नेपाली समाजमा गुञ्जित छ र यो वास्तविकता पनि हो । यसरी उहाँले पत्र-पत्र उनेर सिर्जित यो मुलुक नेपालका हामी नेपालीले आफ्नो साँस्कृतिक पहिचानलाई मात्र ध्यानमा नदिएर समग्र नेपाली

संस्कृतिको रक्षामा तैनाथ हुनुपर्छ र यस विविधता



नामक सुन्दर

वृक्षलाई अझ मलजल

गर्न आवश्यक छ । हामीले कदापी

संस्कृतिको विषयमा आन्तरिक द्वन्द्व सिर्जना गर्ने प्रयास कदापी पनि गर्नु हुँदैन किनभने यसले हाम्रो गौरव र महिमालाई उभो दिशातिर भन्दा पनि उधो दिशातिर धकेल्ने गर्दछ । अनि हाम्रो विविधता नामक चिनारीमा धब्बा लाग्न पनि केही कसर बाँकी छाड्दैन ।

हामीले पूर्खाको आविष्कार संस्कृतिलाई परिष्कार गर्दै अनन्त कालसम्म जोगाएर राख्नु पर्दछ । संस्कृतिको नाममा देखिएका विकृतिलाई भने हामीले जरैबाट निर्मूल गर्नु पर्दछ । अझै पनि हाम्रो समाजमा संस्कृतिको नकाव ओडेर कति विकृतिहरू यथावत् नै छन् । दाइजो प्रथा, छाउपडी, अन्धविश्वास, बोक्सी प्रथा, बली प्रथा आदि नेपाली समाजमा मौलाएका विकृतिहरू हुन् जसको अवस्था अहिले न्यून हुँदैछ जुन हाम्रो लागि गौरवको विषय पनि हो । यसरी समाजमा प्रश्रय हटाएर सफा, निश्चल

सगरको निर्माण गर्नु हामी सबैको दायित्व हे । यसो गरेमा मात्रै हाम्रो साँस्कृतिक विविधता हाम्रो असली विशेषताको रूपमा परिभाषित हुन लायक हुन्छ ।

साँस्कृतिक विविधता पर्यटनको पनि मुख्य स्रोतभन्दा अनर्थ नहोला किनभने संस्कृतिका पारखी पर्यटकहरू साँस्कृतिक विविधता आफ्नो समीपबाट नियाल्न पाउँदा औधी खुशी हुन्छन्, स्वर्गीय आनन्द प्राप्त गरेभन्दा पनि अझ बढी । यस अर्थमा हेर्दा साँस्कृतिक विविधताको सुन्दर फूल, अझ बगैँचा भन्दा पनि फरक नपर्ने हाम्रो देश नेपाल आफ्नो यही अमूर्त निधिले वर्षेनी

लाखौं

पर्यटन भित्राउने क्षमता राख्छ । यसबाट समग्र राष्ट्रलाई आर्कि रूपमा पनि टेवा पुगेको छ । यसरी साँस्कृतिक विविधता हाम्रो चिनारी एवम् पर्यटकीय जगत्को उच्च केन्द्र बिन्दु पनि हो । तसर्थ, साँस्कृतिक विविधता हाम्रो नेपाली संस्कृतिको सुन्दर विशेषता हो ।

अतः साँस्कृतिक विविधता वास्तवमा नै हाम्रो परिचय भएकाले यसको रक्षाको लागि व्यक्ति हुँदै र राष्ट्रव्यापी रूपमा नै अघि बढ्न आवश्यक देखिन्छ । यसरी हाम्रो यस विशेष परिचयलाई सही ढङ्गले परिचालन गरेमा हामी साँस्कृतिक रूपमा समृद्ध हुन सक्छौं र आफ्नो चिनारी कायम बनाइ राख्न सक्छौं ।

‘संस्कृतिको रक्षा, आजको आवश्यकता ।’

‘साँस्कृतिक विविधता, हाम्रो चिनारी ।’

— प्रतिक सिलवाल

आजभोली

आजभोली नेपालको यस्तै ताल छ
विकासको कछुवा भै चाल छ ।
देशभरि छाएको कलियुगी छाल छ
सारा देशबासीको भने बेहाल छ ॥

धनीहरुलाई पैसाको फालाफाल छ
भ्रष्टाचारीहरुलाई घुसको मालामाल छ ।
गरीबहरुलाई भने नुन विनाको छाल छ
शिकारीहरुलाई बन्दुकको नाल छ ॥

तस्करहरुलाई वनमा साल छ
गरीबहरुलाई भने राशनको गाल छ ।
गाउँहरुमा डाक्टर विनाको अस्पताल छ ।
स्कूल, क्याम्पसमा दिनदिनै हड्ताल छ ॥

दोषीहरुको लागि भने कानून नै ढाल छ
केटीहरुको छोटो अनि केटाको लामो कपाल छ ।
छोराछोरीले गर्दा बाबुआमाको बेहाल छ
मादल र डमरुमा भने माकुराको जाल छ ॥

के गर्ने हजुर
आजभोली नेपालको यस्तै ताल छ ।

– उमेश पन्त
प्रभात विद्यानिकेतन

फेरौं यो संसार

बादलै छोए आकाशै छोए के गर्नु त्यसले
मान्छे नि पशु सम्झेर हेला गर्दछ जसले ।

मानवी गुण नभए यदि के भन्नु मानव
आचार अनि संस्कार विना हुन्छ त्यो दानव ।

कुरीति अनि संस्कृति पनि मेटेरै करुणा
लुटेराहरु सोच्दछन् भोला आफ्नो नै भरुँला ।

कर्तव्य पूरा नगरे यदि भुलेमा दायित्व
शान्तिमा मिली नबसे सबै नहोला भातृत्व ।

सबैले अब आफैमा राम्रो सुधार ल्याएमा
पक्कै त राम्रो होला नि सबै उदार भएमा ।

सुधार गर्न आउन्न अरु हामीले गर्ने हो
नराम्रा कुरा फालेर अब राम्राले बर्ने हो ।

संसार भर अशान्ति रोकी शान्तिले भर्नु छ
ज्ञानको ज्योति प्रितिको मोती सबैमा छर्नु छ ।

पहल गरौं सबैले अब फेरौं यो संसार
विचार उच्च ल्याएर पारौं सपना साकार ।

– अमीर न्यौपाने
सक्सेस एकेडेमी

सभ्यताको सारथी: संघर्ष

जीवनलाई सुदूर यात्रामा सकुशल डोर्न्याउन जन्मपश्चात्देखि नै संघर्ष जीवनको अभिष्ट ध्येय जस्तै बस्दो रहेछ । चाहे त्यो अवोध होस् या लक्ष्यविहीन, जीवनमा संघर्षका ताते तातेहरुले आमाले हिँड्न सिकाएको डोर्न्याइले जस्तै बोलाउँदा रहेछन् । डुङ्गाले नाउलाई बोलाए भँ, आस्थाले अस्तित्वलाई बोलाए भँ । अतः पन्छिको टेक्ने हाँगो, पुतलीको बस्ने पुष्प जस्तै संघर्षका सरगमहरु जीवनका सारथी रहेछन् ।

आमाको को
खबाट धर्ती
अवतरण गर्दा
रुष्ट भएका
क्षणहरु पनि संघर्ष
नै थिए तर आज
केही भिन्न संघर्षमा
डुल्दैछ जीवनको



वर्तमान क्षण । अतः जीवनको कुनै कार्य होस् या कुनै कदम, त्यहाँ प्रेरणा र प्रेम मिल्यो भने छुट्टै मजा हुन्छ जीवन यात्रामा । त्यही प्रेरणामा दिव्य ज्ञान थपिदिने मार्गदर्शकको साथ स्वर्णीम बनन पुग्छ । फल प्राप्तिको उल्लास र अनुभव नै बेग्लै हुन पुग्छ । यही ममतामा ज्ञानको ज्योति छर्दा छुट्टै उल्लास आउँछ र सर्जकता छाउँछ जीवनको रथ हाँक्ने सारथीको कुशलतामा । संघर्षका भाकाहरु गाउँदा जीवनको कुनै मोडमा हरेक मनुजलाई अस्तित्व र खोजको संघर्षले एकलै हिँड्न सिकाउँछ । ज्ञानको प्राप्तिको संघर्ष हरेकका निम्ति अनवरत् तपस्या जस्तै हो ।

मर्त्यलोक आरोहणको कलिलै लाग्छ तर १५ वर्षमा ज्ञानको आरोहण लिएर काठमाडौं छिरेका हजारौं साथीहरुका भीडमा एकली आत्मा जस्तै घुम्दै छ यो मन पनि ।

नाउ उही छ तर तारिदिने डुङ्गा फरक (गुरुहरु), आस्था उही छ अस्तित्व फरक । तर पनि जब मन र मस्तिष्क पवित्र हुन्छन् र केवल ज्ञानको ज्योतिलाई चुम्न खोज्छन् तब केवल दृश्य देखाउने

आँखाहरु दिव्य
चक्षु बनेर हरेक
असल पथको
मार्गदर्शक बन्ने
छन् । यसै
सन्दर्भमा विद्यार्थी
पञ्च लक्षणमूले
का ग चे ष टा ,
स्वाननिद्रा, वको
ध्यानम्, अल्पहारी

अनि गृहत्यागको ।

केही गरौं भन्ने वितृष्णा राख्ने हो भने पसिना र विवेक त चाहिन्छ नै । विद्यार्थी जीवन नै आस्था र अस्तित्वको केन्द्र हो भन्ने लाग्छ । गृह त्याग विद्यार्थी लक्षण हो भन्ने कुराले अन्तर आत्मालाई भकभाउँछ । अवश्य नै सफलतामाथि त्याग र तपस्या त चाहिन्छ नै । सिद्धार्थ पनि ज्ञानको वितृष्णालाई पछ्याउँदै जाँदा गौतम बुद्ध बन्दछन् । तर आज हजारौं सिद्धार्थहरु चाहे एसईई पछि होस् या अन्य कुनै क्षण ज्ञान वा कुनै लक्ष्यका निम्ति त्याग गरिरहेका छन् । मनन होस् यी सबै सिद्धार्थ बुद्ध बन्दैनन् । यही नै

घर छोडेर संघर्ष गरेका शिष्यका निम्ति चुनौतीको विषय छ । आशा र चाहना सबैमा छ तर लहैलहै र हुलैहुलको बीचमा ती चाहनाहरू सिसा जस्तै फुट्न पनि सक्छ । तसर्थ विद्यार्थीले यो त्यागमाथि तपस्याको सुवास थप्नै पर्छ- बुद्ध बन्नको लागि । अब खाडीमा पैसाको बाढीको आशाले बुद्धको तपोभूमि छाडी शान्ति खोज्न हिँडेका नेपाली युवालाई नि यस्तै त हुँदो हो । के थाहा कहिले काठको बाकसमा कठपुतली बन्नु छ या त डायस्पोराको पात्र बन्नु छ ?

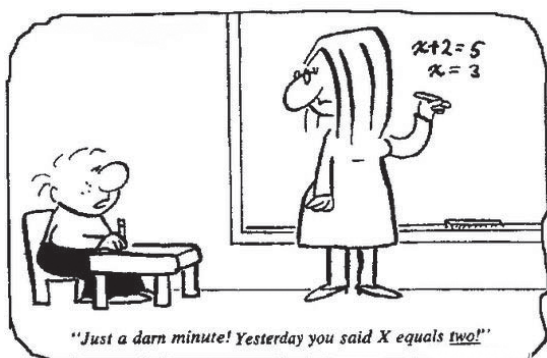
घरको न्यानो स्मृति, आमाबुबाको न्यानो साथ र भाइको सुमधुर प्रेमको धुनले अवश्य घच्चच्याउँछ । कतै परिक्षा दिँदा वा शुभ कार्य गर्दाका प्रेरणा र छर छिमेकको शुभआशीर्वादले अवश्य बोलाउँछ । वरिपरि हिँड्दा छरेका मीठा मुस्कानहरूको स्मृतिमा ओठहरू अवश्य रम्छन् । माटोको पनि सुवास आउने गृहदेखि धेरै टाढा रहँदा त्याग त अवश्य छ । तर पनि आत्मविश्वास राखेर धेरैका बीच टेलमटेल भएर हिँड्दा पनि एकान्त जस्तो लाग्ने ठाउँमा पसेर केही हुन्छ भन्ने दृढ विश्वास अवश्य हुन्छ । सुवास थप्नु छ, स्वर्णीमताको आभाष गर्नु छ यो त्याग तपस्याबाट ।

त्याग र तपस्याको संगमबाट कर्म र कर्मबाट भाग्य बन्छ र त्यही भाग्य जीवन यात्राको मीठो

शिरिष बन्ने कुराबाट अनभिज्ञ छैन म । मेरा हृदयका स्पन्दनहरू यी कुराबाट अनभिज्ञ छैनन् कि एउटा मान्छेको जीवन केवल उसैसँग मात्र नभई धेरैको आस्था र सृष्टिसँग पनि जोडिएका छन् । मलाई थाहा छ, मेरो सन्तानले केही गर्छ भने मातापिताको न्यानो आशाले परिखरहेको छ, गुरुहरूको आफ्नो शिष्यमाथिको भरोसाले ढक्ढकाइरहेछ, हाम्रो ठाउँ र समाजले हाम्रै कर्मदेखि आफैलाई गर्व गराउने ठाउँ खोजिरहेछन् । हिँड्दै छु म शिष्य पनि आशाको गरुङ्गो भारी बोकेर । चुनौती धेरै छन् तर पनि विश्वास हुनुपर्छ कि आफ्नो सभ्यता अडिग रहन्छ । आफ्नो इच्छाशक्ति र आत्मविश्वास प्रतिको अडिगताले मन, मस्तिष्क र इन्द्रियहरूलाई अवश्य ज्ञानी नाउ बनाई एक शिष्यको ढुङ्गा तर्नेछ भन्ने विश्वास त अवश्य हुनुपर्छ यी संघर्षको यात्रामा । अवश्य हाँकिनेछ सभ्यताको सारथी, आस्था पारखी बनेर... के यही हो त संघर्ष ?

– पूर्णिमा भट्टराई

न्यू होरिजन ई. बोर्डिङ स्कूल



हल्ला गर



म सानो छँदा आमाको परी हुँदा
जब जब रात पथर्यो आमाले कथा सुनाउँदा
म अर्को सुन्ने भनी ढिपी गर्थे
कुन्नी किन हो बा भन्ने गर्थे
हल्ला नगर भूत आउँछ
त्यही रातदेखि त हो
मलाई कालो मनपर्न छोडेको
त्यही रातदेखि त हो
मनको कालो जिज्ञासाले भर नछाडेको ।

जब म हल्का बढेँ
दाइ स्कुल जाँदै गर्दा
रुँदै म पनि जान्छु भन्थे
कुन्नी किन हो बा भन्ने गर्थे
हल्ला नगर भूत आउँछ
त्यही दिनदेखि त हो
मलाई उज्यालो मनपर्न छाडेको
त्यही दिनहरुदेखि त हो
मनका कुरा बासँग गर्न छाडेको ।

जब म अभै बढे
घरको करेसामा हाँसी-हाँसी खेलिरहँदा
काकाले एक दिन मेरा छाती समाएथे

म रुँदै दौडेर आमालाई सुनाउँथे
कुन्नी किन हो
आमाले भनिन्- हल्ला नगर मान्छेले सुन्छ ।

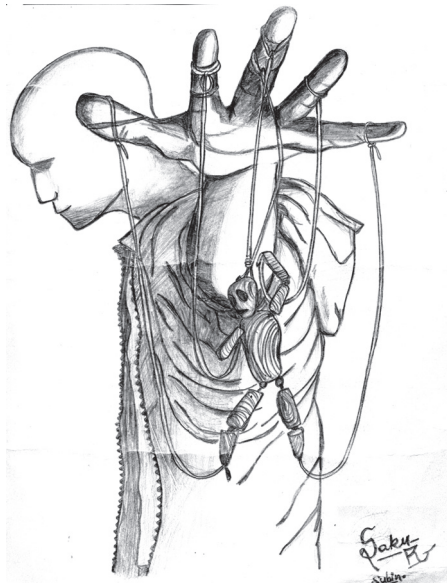
सोही रात आमाको कोठामा केही गुनगुन सुनेथे
लाग्यो आमाको परी त अभै रहेछु
उर्तेन लागेको मन आशाले पुरियो
त्यसको ठीक चार दिनपछि
आमाले कपालमा रातो धागो बेरिदिइन्
परेली गाजलुसँग साटिदिइन्
लाग्यो उनले मेरो बाल्यकाल फिर्ता गरिन्
म मुसुक्क हाँस्दै सोधेँ- म को हुँ आमा ?
आमाले भनिन्- तिमी त मेरी परी है !

सोही दिन घरमा आएथे
कहिल्यै नदेखिएका पाहुना
सँगै आएको थियो काला बाक्ला जुँगा भएको डर
लाग्दो मान्छे
उसको छेउमा राख्दै गर्दा म डरले काँप्दै
आमा डरलाग्दो भनेथे कुन्नी किन हो
आमाले भनिन्- हल्ला नगर मान्छेले सुन्छन्
हो त्यही दिनदेखि त हो
मैले घर छोड्नु परेको
त्यही दिनदेखि त हो
मलाई आमा प्रतिको विश्वास टुटेको ।

सोही रात डरलाग्दो मान्छे मेरो चोली खोज्दै गर्दा
उसका ताता सासले मलाई पोल्दै गर्दा
म रुँदै चिच्याएथे
मेरो मुख थुन्दै मेरो फरिया खोल्दै
भनेथ्यो- हल्ला नगर मान्छेले सुन्छ
त्यही कालो रातदेखि त हो
मलाई बोल्न मनपर्न छाडेको
आफ्नो शरीरका भर पर्न छाडेको ।

आज जब मेरी छोरी पुतली भैँ नाँच्छे, गाउँछे
म भन्दिन कि छोरी हल्ला नगर
म भन्छु कि छोरी तिमीले हल्ला गर्नु पर्छ
सपना सजाउनु पर्छ
मान्छे आउनु पर्छ
मान्छेले सुन्नु पर्छ
चिच्याउ ताकि
आँखा खोली निदाएका मान्छेहरु ब्यूँफिनु पर्छ
यति हल्ला गर कि
तिम्रो मन विना तन कसैले छुने आँट नगरोस्
मर्द बनाउँदाका हातहरुले
तिम्रो मुख थुनिदिँदा तिम्रा आवाज कमजोर नबनुन्
छोरी... तिमीले हल्ला गर्नु पर्छ ।

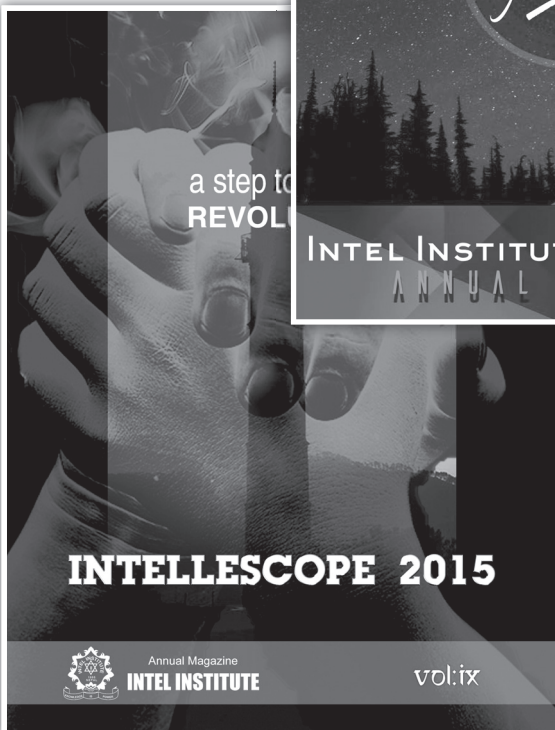
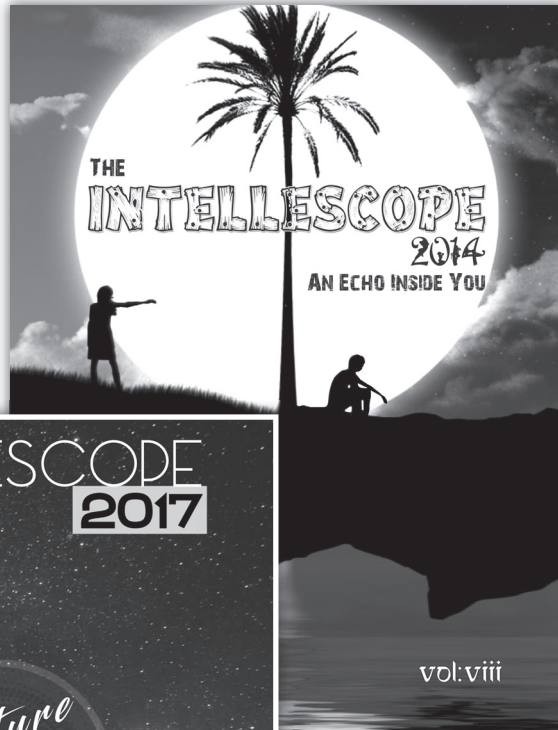
- रक्षा कार्की
न्यू एभरेष्ट एकेडेमी



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School - Paffodis Public School
Add. of school - Vidya path chowk,
Janakpurdham - 4

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Previous Years...



छात्रवृत्ति (Scholarship)



अश्विन कार्की

राष्ट्रिय परीक्षा बोर्डद्वारा प्रदान गरिने ।

सामुदायिक विद्यालय (Community/Government Schools) बाट SEE दिएका गरीबीको रेखामुनि रहेका जेहेन्दार, अपाङ्ग, दलित, मधेसी/मुस्लीम, आदिवासी जनजाति, सहिद एवम् वेपत्ता परिवारका छोराछोरी, जनआन्दोलन तथा मधेश आन्दोलनका घाइते र दूर्गम तथा पिछडिएको क्षेत्रका विद्यार्थीहरूलाई कक्षा ११ र १२ मा निःशुल्क अध्ययनका लागि छनौट गरी (छात्रवृत्ति प्रवेश परीक्षामा उत्तीर्ण भई योग्यताक्रम अनुसार) विभिन्न कलेजहरूमा सिफारिस गरिनेछ ।

विद्यार्थीले जुन कलेजमा पढ्न चाहेको हो सोहि जिल्लास्थित राष्ट्रिय परीक्षा बोर्ड (यस अघि उच्च माध्यमिक शिक्षा परिषद्) को कार्यलयमा सम्पर्क गरी छात्रवृत्ति आवेदन फारम बुझाउन सकिन्छ ।

सम्बन्धित कलेजद्वारा प्रदान गरिने ।

क) प्राईभेट वा संस्थागत विद्यालयमा पहिलेबाटै छात्रवृत्तिमा अध्ययन गरी SEE दिएका विद्यार्थीहरूलाई सम्बन्धित कलेज मार्फत कक्षा ११ र १२ मा निःशुल्क अध्ययनका लागि छनौट गरिन्छ । विद्यार्थीले जुन कलेजमा पढ्न चाहेको हो सोहि कलेजमा सम्पर्क गरी छात्रवृत्ति आवेदन फारम बुझाउन सकिन्छ ।

ख) कुनै पनि विद्यालयबाट SEE दिएका विद्यार्थीहरूले आफूले जुन कलेजमा पढ्न चाहेको हो सोहि कलेजमा विभिन्न Category मा जस्तै SEE highest GPA , District Topper, Entrance Topper, Excellent Award, Talent Scholarship (Arts, Sports, Science) को आधारमा पनि कलेजले छात्रवृत्ति प्रदान गरिरहेका हुन्छन् । यस्ता छात्रवृत्ति कलेजको आफ्नै नियम अनुसार हुने भएकोले सम्बन्धित कलेजमा सम्पर्क गरि के कस्तो अवस्थामा प्रदान गरिन्छ बुझ्न सकिन्छ ।

Sponsorship/ Funding द्वारा प्रदान गरिने ।

कुनै पनि विद्यालयबाट SEE दिएका विद्यार्थीहरूलाई सरकारी, गैरसरकारी, प्राईभेट वा बैदेशिक सहयोगकर्ता, व्यक्ति, संघ, संगठन तथा बैंक, वित्तीय संस्थाहरूद्वारा पनि विद्यार्थीहरूलाई छात्रवृत्ति स्वरूप अध्ययन गराइरहेका हुन्छन् ।

CTEVT द्वारा प्रदान गरिने ।

सामुदायिक विद्यालय (Community/Government Schools) बाट SEE दिएका विद्यार्थीहरूलाई ३ वर्षे विभिन्न Diploma level का कोर्सहरूमा जस्तै Nursing, HA, Lab Tech, Radiography, Pharmacy, Ayurvedic, Ophthalmic, लगायत Agriculture / Overseers का बिषयहरूमा छात्रवृत्ति प्रदान गर्दछ ।

यस वाहेक कक्षा ११ मा भर्ना भैसकेपछि नियमित अध्ययन गरिरहेका नेपाली विद्यार्थीहरूलाई भारतीय दूतावास काठमाण्डौले महात्मा गान्धी छात्रवृत्ति (Mahatma Gandhi Scholarship Scheme by Indian Embassy Kathmandu) अन्तरगत छनौट भएकाहरूलाई छात्रवृत्ति स्वरूप रु २०००/- प्रति महिना रकम प्रदान गर्दछ ।

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