

INTELLESCOPE - 2019

INTEL INSTITUTE ANNUAL MAGAZINE

www.intelinstitute.com



#EDITORIAL CREW

Well it was obviously a challenging task and we were a bit puzzled at the initial phase because we were assigned to incorporate all the ideas and creative writings of thousands of students and prepare a fine magazine within the duration of 20-25 days that must not look so much bulky. As well not only just publishing articles but we were too occupied with the task of collecting them, editing them, understanding their messages and presenting them in a beautiful way. So, working for Intellescope magazine had been challenging as well as an awesome experience.

Definitely we all the members of Intellescope magazine crew had put our entire strength to shape this magazine into a fine piece. For sure, we can't forget the long hours that we had spent in the classrooms of intel institute convincing our fellows about the essence of publishing this magazine and pursuing them to acquire the best articles. Similarly we had put our prime effort to include the most wonderful articles about current issues and varied topics in our magazine that would make it so much splendid and worth reading. Another thing is that we got to meet lots of new people and new minds that possessed extraordinary strength. So, we consider ourselves fortunate enough for getting the privilege of working for the Intellescope. At the same time, we also must realize that we too are humans and we too make errors. Strictly speaking, no one is perfect as it is divinely said that "no one is perfect so pencils also have erasers". Thus, we just want to imply that if some inevitable mistakes come in front of you, just let us know via any medium that you find comfortable.

Finally, we would like to extend our sincere gratitude to the Intel Institute for granting us such wonderful platform and continuously motivating us to achieve our goal. And yes! these wonderful moments with Intel will always remain in our memories. So, once again we would like assure readers that this book won't allow you to get bored even for a second and would make a humble request to provide us your feedbacks. So, at last we just want to tell you to always remain motivated, never allow gloom to sit on your face and enjoy reading!

- EDITORS OF INTELLESCOPE

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 elicted 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 intelescope

team foe 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, Greetings to you!!

Everyone seems to be having unexplainable thirst for knowledge nowadays but very few 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 2019. 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**

INTELLESCOPE 2019

AT'S INSIDE? PEACE **SOLIDARITY USEFUL APPS** HAIKU **SOCIAL MEDIA HACKING** OF BEING AVERAGE **MOVE ON JUSTICE** DENIED INTERNET INFINTY

01	ADVISOR : KANCHAN SHARMA
90	COORDINATOR:
03	GYANENDRA KUMAR MISHRA
PO	EDITORS: ANUGYA DAHAL
06	AYUSHA RIMAL BIBHUTI THAPA
06	ISHA KARKI KUSUM SHRESTHA MONSOON NEUPANE PRATIK POUDEL
01	UTKARSHA NEUPANE
08	PUBLISHER: INTEL INSTITUTE PVT.LTD BAGBAZAR, KATHMADNDU PH; 4249090, 4243944
09	EMAIL : INFO@INTELINSTITUTE.COM WWW.INTELINSTITUTE.COM
10	FOR FEEDBACKS : INTELLESCOPE2019@GMAIL.COM FACEBOOK.COM/INTEL-INSTITUTE

Γ

BLACK HOLE:

A LANDMARK DISCOVERY

Albert Einstein first predicted black holes in 1916 with his theory of relativity. The term 'black hole' was coined in 1967 by American astronomer John Wheeler, and the first one was discovered in 1971.

The first modern solution of general relativity that would characterize a black hole was found by Karl Schwarzschild in 1916, although its interpretation as a region of space from which nothing can escape was first published by David Finkelstein in 1958 AD.

Although, the history of black hole is interesting and mysterious, the first photo of a black hole is interesting and mysterious, the first photo of a black hole was unveiled by astronauts on April 10, 2019 AD. One of the star-devouring monsters scattered throughout the universe and obscured by impenetrable shield of gravity.

The image of a dark core encircled by a flame-orange halo of white hot gas and plasma looks like any number of artists' renderings over the last 30 years. The supermassive black hole now immortalized by a far flung network of network of radio telescopes is 55 million light years away in a galaxy known as M87 (Messier 87), in the Virgo galaxy cluster.

The image of the black hole of the

black hole at the center of the Messier 87 galaxy shows the effect of the accretion disc as well as the black hole's shadow in the center. The black hole has been determined to have a mass 6.5 billion times that of the sun, with an uncertainty of 0.7 billion solar masses. Although black holes are inherently invisible because of their extreme density and gravitational field, the researchers have managed to obtain images near the point where matter and energy can no longer escape the Event Horizon.

The Event Horizon Telescope (EHT), which first turned in 2007, consists of eight radio dishes in six different locations across the globe all operating at a wavelength of 1.3 mm. The EHT project worked continuously for two years to get photo of the black hole.

The multiple independent EHT observations have now resulted in the first image of a black hole including its shadow, revealing a ring like structure with a dark central region. The diameter of the ring is 42 microarc seconds with a width less than 20 micro-arc seconds.

In conclusion the advancement and progress that humanity has taken in this field is a milestone. It is immense and remarkable.

Sujal Gupta Bal Kalyan Vidya Mandir

DESIGN YOUR PRESENT

Isn't it so ironical that us humans only realize the importance of something or someone after we have lost them? We humans are mostly focused on ourselves. We usually don't try to appreciate the things we have, rather are busy in worrying about the 'what if'. What I mean by the phrase 'what if' is that we keep thinking "What if I had a bike?" while still having a finely working scooter. "What if I had a big mansion?" while still having a sweet home. We keep longing for the things we don't have. That makes us forget what we own and stop being happy with what we already possess. This reveals the dissatisfaction inside us. It is our unanimous nature that we only realize the value of something when we lose them. Just take the example of love. It is true that when you love someone, you want to spend time with them. When a boy or girl gets into a relationship with someone they love with their heart, they feel the happiest of all in the whole world. Their life becomes wonderful. It feels like you got everything in life. But it is the first phase of relationship. As the time passes by, they feel faded in their feelings. Though deep down they feel the same, they start getting confused about their own feelings. Then they may start over thinking and that may lead to misunderstandings, arguments and the daily conversations turn into the conversations by chance. Ultimately, the love that held them together gets weak and breaks them apart. Even though they break up

with their own consent, they both start feeling low and realize that their love was without doubt unconditional. But the time gets too ahead now for the realization.

The above example is to clarify that

after we lose them. We may be

we realize the importance of someone

sometimes harsh to our parents even in small matters, but we realize their significance only when we lose them. We only need the light when it is dark, we only need the sun when it is getting cold and we only realize someone's love when we let them go. And rather than just realizing the things and regretting later, let's start appreciating what we already have. Love your possessions, don't exceed the limit of greed in the name of desire, forget the past, live the present and be hopeful for a wonderful future. Life starts being beautiful when you love the present. Start it doing today onwards. No matter what you have, be satisfied on what you possess and stay happy. Be an alchemist, design your present, and live where you are at the moment.

#LIVE_FOLLOWING_YOUR_OWN_
DESIGNS

Saurav Poudel Paramount Boarding School, Butwal, Rupandehi



TO MY MOM

From the way I was a child, To the day I am adult; From where I began understanding things,

To the day I got my own wings, Your sweet and caring love has never fallen short,

In every situation, you've been my support.

I want to hold you right and hug you; I only want to say you ,"I love you."

Bibek Kumar Sah Pathibhara Secondary School



BRAIN TEASERS

- 1) What is at the end of a rainbow?
- 2) I am lighter than air but a million men cannot lift me up?
- 3) What is full of holes but can still hold a lot of water?
- 4) I am tall when I am young but I'm short when I am old. What am i?
- 5) What goes up but never comes back?
- 6) What two things you can't eat for breakfast?
- 7) If 1=5, 2=10, 3=15, 4=20 then what equals to 5?
- 8) What has hands but can't clap?
- 9) Which word in the dictionary is spelled incorrectly?
- 10) What occurs once in every minute, twice in every moment, yet never in a thousand years?

5) Age 6) Lunch and Dinner 7) I because (1=5 and 5=1) 8) A clock 9) Incorrectly 10) The letter M

4) Candle or Pencil

3) Sponge

əlddud A (S

M The letter W

YUSWERS:

Rajeeb Mahato Trinity Secondary School, Kathmandu

DRUG ADDICTION

Drug addiction refers to habit of regularly taking the substance that affects the nervous system. Some of the drugs are cocaine, heroin, opium, brown sugar, hashish, etc. The youths especially teenagers are found to be intaking the drugs. Drug addiction has been a common and deeply rooted social problem in society.

Various causes have been sorted out for drug addiction. Anxiety and stress has been a major cause among youths and teenagers. Teenagers and youths commonly have the thought that stress is reduced if drug is inhaled. Sometimes , teenagers try to imitate their elders. They even imitate the habitat of taking drugs from their elders. At first, they provide drug free of cost and slowly they start asking huge sum of money. Then the youths and teenagers commit crimes such as stealing, murder, etc. Some other causes for drug addiction are love tragedy, domestic violence, etc.

It negatively affects the individual, society and even the whole country. Drug addiction reduces the thinking capacity and creatively of people. As youths are more lured towards drug addiction, it has bad consequence in the development of a nation. Youths are the pillars for development of a nation, but if their productivity decreases then obviously negative impact will be observed in development of a nation. Besides this, the peace and harmony of society will be disturbed due to rise in criminal

activities. It even leads the family to financial crisis. The family loses its social prestige in the society. It's also produces complete instability, irritation, fatigue and infertility. Some of them can be victimized of fatal diseases like AIDs and Hepatitis B. They may even commit suicide in their extreme stage of drug addiction.

So, drug addiction should be uprooted at any cost from the society. Strict laws should be made, amended and implemented against the people indulged in drug addiction. Awareness campaigns should be organized in every places so that people are aware about adverse effects of drugs. As 'empty mind is a devil's mind'. Various skill generating activities and employment opportunities should be provided to youths. Medicines are also the drugs so pharmacy mustn't provide any medicines until and unless they are prescribed by doctors.

Every high-dose medicines should be provided with specific age criteria. The program of rehabilitation and reformation has to be started and implemented to lessen the gravity of this problem. All the sectors concerned should be responsible to solve it. The plants from which drugs are extracted should be uprooted. The drug abuses should be provided with strict punishment. Through these ways drug addiction which is regarded as major social problem can easily be reduced and solved.

Aayushma Pant L.R.I school

THAT'S WHY I LOVE YOU, NATURE!

You look amazing with green dress, Sky lies over and watery base; Looking at you gives me a pleasant feature,

You are home to different living creatures;

That's why I love you, Nature!

Mountains look sad in the rising run, Covered with snow, looks like platinum. You're peaked at number 1, even in literature,

Making me gaze, forgetful my pain, you're my preacher;

That's why I love you, Nature!

You look fascinating, fearless, floating just so right,

Sparkling, so hearty as stars twinkling at night;

Love to ramble around, what an adventure,

My heart goes on pounding; you've for your own spectre,

That's why I love you, Nature!

You blow my hair off, the breeze of nature,

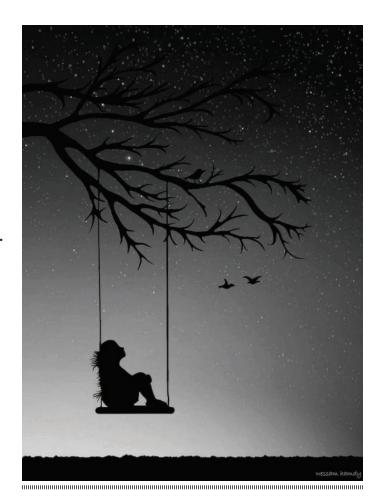
You contain everything, young and nature.

You always stay with me, what a friendly nature;

That's why I've always loved you nature,

And that's why I'll be loving you, Nature!

Preeti Shrestha Dhading Boarding Secondary School



RIVALRY

Condition in which people compete for the same thing,

Undermining friendship, relationship and everything.

Feeling that initiated whether we want or don't;

Should be followed even though we can or cannot.

It has got no limit of ages, Remains as well between the sages, Makes an individual an actor, Who even doesn't hesitates act filthier;

It prevails while sleeping in bed, Or while testing under the tree shed. Remains as well while playing games, And inside the classroom, it's still the same.

It is the feeling precious than gold, Teaches us to be smarter and hold. Helps one to shine from a rabble; Ends laziness and makes one nimble.

Starting from a devotee and fanatic need,
Leads one to perform heroic deed;
Can simply develop crazes;
And cannot be described in just 1 or 2 pages!

Rohit Kr Rouniyar

SCIENCE PUNS BUT ONLY PERIODICALLY

gafgaggy

What is Infinity?
Infinity is an idea of something that has no end. In general, it is something without any bound. It is a state of endlessness or having no limits in terms of time, space, or other quantity.

However, in mathematics, infinity is the conceptual expression of such a numberless number. It is often treated as if it were a number that counts or measures things: "an infinite number of terms, but it is not the same sort of number as natural or real numbers.

For example, A list of natural numbers 1, 2, 3, 4,.....no matter how long you count for, it can never reach the end of all numbers. Similar way, the neverending universe, if you travel in the fastest spaceship, you can't reach the end of an unending universe.

Meaning

A set of numbers can be defined as infinite if there exists a one-to-one correspondence between that set and a proper subset of itself.

Let us consider an example x+1=x, this is only possible when x is an infinite number. The addition of 1 won't result in the change on the original number.

Another way to represent infinite number is 1x, when $x \square 0 <$

The infinity symbol ∞ is some time called the lemniscate and is a mathematical symbol representing

the concept of infinity. The sign of infinity is used more often to represent a potential infinity, rather than to represent an actually infinite quantity such as the ordinal numbers and cardinal numbers. For instance, in the mathematical notation for summations and limits.

Source:

https://byjus.com/maths/infinity/

END OF THE WORLD

The sun was a fiery orange ball in the red sky. The land was bare, rough and dry for as far I could see. I was a survivor among a very few other humans. Almost everybody else had perished away, unable to adapt in the extremely harsh atmosphere.

I was exhausted to the point where dragging my foot along was an arduous task and was taking all my determination. My feet was covered in



blisters from walking on rough, heated ground. My whole body was covered with rashes caused by the heat. It was 6:30 p.m. according to my sturdy watch, the only device surviving with me but the merciless sun was showing no signs of setting. Not that the nights were any better. They were bitter cold and it was ironical how waiting for the heat of the sun; even scorching heat was the only thought that I could hold on to for surviving the night.

I was really tired. Tired from deep within my body. I could feel something that held me together for so long fail and my knee was soon crashing on the rough ground. I had used up all my energy and I was finally dying. Black spots were dancing around my eyes and a numbing sensation was spreading throughout my body. I gave up completely. Summoning my last bit of energy, I lay on the ground drawing shallow, labored breaths and slowly closed my eyes.....

The bell rang loudly, signaling the end of the class and bringing me out of my stupor. "So class" the teacher said "this is how the effects of climate change is going to increase over time and make the planet unfit for survival of organisms. That's it for today. Don't forget what I taught you till the next class."

Anchhisa Nalbo Limbu St. Mary's High School

BELIEVE IN THE GOD

I had a memorable incident that I saved,

An accident when I was just fifteen; Some people glanced but some gazed and gazed,

I had a memorable incident when I was a teen.

Gosh! At that very moment I fell from the bike;

All I could remember I caused a great strike.

Some panicked and some were shocked;

Seeing my wound and the flowing blood.

Taking the bike we were walking like nothing happened,

But I swear it was a deadly accident. Cleaning the stains I mud,

All I could think was" Oh! Thank you God."

That was a good lesson I learnt at least ;

Hope that wouldn't happen to any or the rest.

With all my strength I walked to the school myself;

Surprised and shocked everyone came to help.

Told I was fine, but was compelled; Taken to the doctor, for the whole day I was laid;

And when I told about the incident, "You're lucky! Believe in the god" they said.

Saugat Gurung International Cooperative Academy

DREAMS LOST IN SCHOOL

Deep in long and narrow passage, In front of stupid stupid expectations as ghost!

Indie the four walls of classes; Some where my dream is lost.

There lies, a lie behind beautiful voice They pretend to be an angel, But they didn't prefer my choice; Alas! My dreams disappeared inside four walls of jail.

Took my precious time, Never let me built my legacy, Never let me shine; My dreams stuck in a school policy.

Instead of leading me, my passion leaves me.

Its all when I step in the house, letting my dreams go like a fool;

This isn't the way to my dreams that I see,

But cant change my track, and my dream is lost somewhere in school.

R.N. Raut Peace Zone Model Secondary School



BEYOND

Beyond my limit there will be my best, That keeps me strong in every test; No matter how much time it takes, I learnt it all by my previous mistakes.

Beyond the storm there will be my rainbow.

This is not the war of bow and arrow. This is war to destroy my fear; And war to learn to control my tears.

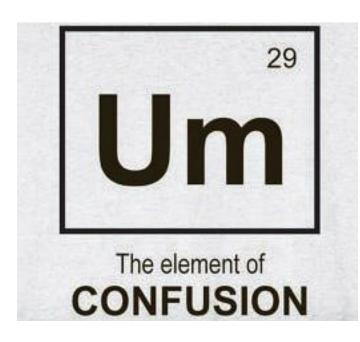
Beyond what everyone sees, there will be my empire,

Where I will have fulfilled all my desires.

I've got dreams and for it, I will fight; No matter whether it's day or night.

Beyond the dark there will be light, For that sight, I will fight, Beyond my fear there will be a world, A world, where there is no value of gold.

R.N. Raut Peace Zone Model Secondary School











ONE DAY

One day, I'll be waiting for you.
One situation, that will be totally new.
Being the best, as I will feel;
When I'll be able to reach the peak of the hill.

One day;

It will be longer than Neil, In which I can achieve my all dreams. It will be greater than Amazon, In which I can walk with a fearless freedom.

One day,
It will be more beautiful
That whole world will stare at me;
It will be more dutiful

That whole world will be inspired by me.

One day,

It will take time to achieve, And, I am still a developing bud; Along with my maturity, I will achieve the day by grace of god.

One day, I am waiting for you, With a hope of achieving something new.

Diamond Rawat Surkhet Horizon Academy

YOUR LIFE

Life is not what you think, Life is not what you feel, Life is that which comes and goes by;

Life is journey full of experiences, So travel onwards, get success. It's your life go on, get success, But don't look back, don't look down; Don't quit, you should go on.

Back is your past, stop worrying about it,

Walk on and your future, create it; It is your life so live it; Passing clouds will pass so don't cry for it.

Live your life, don't waste it, don't be lazy,

But don't think it will be easy;
Because life is not what you think,
Life is not what you feel,
Life is that which come and goes by
But make it bigger and greater where
everyone will die to call you mine;

Sabina Gyawali Shree Jyoti English Secondary Boarding School









DID YOU KNOW

- •Leonardo Da Vinci could write with one hand and draw with the other at the same time.
- Because heat expands the metal, the Eifel tower always leans away from the sun.
- •A Saudi Arabian woman can get a divorce if her husband doesn't give her a coffee.
- Yellow stone is the worlds first national park. It was established in 1872AD
- •A single cloud can weigh more than 1 million pounds.
- Cigarette lighter was invented before matchstick.
- •You can't kill yourself by holding your breathe.
- Cows kill more people than sharks do.
- •Women feel twice as men but tolerate more than men.

- Wall of glass will bounce higher than wall of rubber.
- •On Jupiter and Saturn, diamond rains.

Aayushma Pant L.R.I school

I WANT TO LIVE

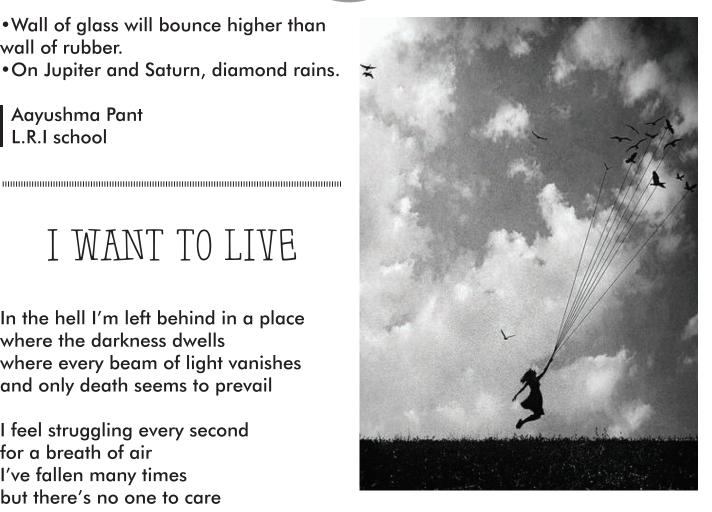
In the hell I'm left behind in a place where the darkness dwells where every beam of light vanishes and only death seems to prevail

I feel struggling every second for a breath of air I've fallen many times but there's no one to care

I am living with the devils and have forgotten to sense fear I die every moment as there is nothing to bear

But, I want to come out in the alare of the sun and I want to realize the heaven in the freshness of the dawn.

Sushant Panta Swarnim School



LIFE HACKS

- Take nap for 10-20 min- to boost alertness, energy, and refresh yourself.
- If your calculator runs out of batteries in the middle of an exam, rub the ends of the batteries together. This can give you up to an extra fifteen minutes of extra battery life.
- By charging your laptop battery only up to 80% instead of 100% you can greatly extend the usable lifespan of the battery.
- When grocery shopping, the cheapest items will be on the top and bottom shelves, not at eye level.
- Confused by a Wikipedia article? Click "simple English" on the left list of languages and it will whisk you to a simplified version.
- To instantly untangle headphones, pick a point about halfway along the

wire and shake it.

- •Follow the two minute rule: if you see something that needs doing and it can be completed within two minutes, do it immediately.
- Candles will burn longer and drip less if they are placed in the freezer for a few hours before using.
- Can't afford Microsoft word? Get OpenOfficer; it's the same thing except it's free and has a lot more features.
- Forgot your computer password? Boot up in safe mode (f8 during startup), log in as the administrator, and then change your password.
- If you're coughing uncontrollably, raise your hands above your head and it will stop.
- Feeling sick? Eating 10-20 almonds is the same as having an aspirin.
- •The three best possible hangman words yo can pick:
- 1)Rhythm
- 2)Zephyr
- 3)Sphynx
- •Olive oil will remove sticker glue from most surface. Soak a rag in oil, let sit on the surface for 5-10 minutes, an wipe off.
- •Don't have internet on your phone. You can GOOGLE(466453) AND they will give you search results for things like a local coffee house, last night's basketball score, a quick dollars-toeuros conversion, etc.

LEARN IT

Life is an opportunity, benefit from it
Life is a beauty, admire it
Life is a dream, realize it
Life is a challenge, meet it
Life is a duty, complete it
Life is a game, play it
Life is a promise, fulfill it
Life is a sorrow, overcome it
Life is a song, sing it
Life is a struggle, accept it
Life is a tragedy, confront it
Life is an adventure, dare it
Life is a luck, make it
Life is too precious, do not destroy it
Life is a life, fight for it

Manika Adhikari Bigyan High School



EXTENSION OF EMPTINESS

What is bliss?

A question might be arising to everyone. Let me clear it. Bliss is the happiness, the joy, the contentment when people are successful or safe or even lucky. They attain bliss. The pursuit of happiness is something this country is based on and different people feel blissful for different reasons.

There is saying that "don't cry because it's over smile because it happened". obviously for every minute you are angry you lose sixty seconds of happiness. Actually, bliss cannot be understood and it is extremely difficult to achieve.

Stretching sound is music Stretching movement is dance Stretching the smile is laughter Stretching life is celebration Stretching emptiness is bliss

The most common mistake we do after attaining bliss is that we feel it difficult to lose. Happiness or bliss is everywhere. Finding mom with favorite dish after returning home is bliss, hostel life is bliss, sleeping on father's arm is bliss, fighting for a mere chocolate and actually getting is bliss, getting money from relatives is bliss being able to get the support from parents is bliss, finding mom and dad on time is bliss and the list continues...

But not everyone is happy. Some lost their mom and dad before telling how lucky we were to get them as parents, some lost their children and the chance to witness them grow, some their loved one, some get robbed and some get raped etc.

We all are well aware that we cannot always attain bliss. But we can never stop finding it. Nothing in this materialistic world can give you contentment. The world is misery and what is to be achieved is emptiness.

Sakshi Mandal L.A. Hattiban



INTERNET TROUBLES KIDS

Influence of internet on kids has become an alarming issue with prolonged exposure to technology ending up in physical cognitive and social implantation. Think about how much time your children spend on electronics and what could be it doing to their health and intellect? Instead of reading books and learning form experiences they are stuck to a screen that is leaving them unable to interact in real life. Thus, with the sense of urgency, the children must be enthused to come out of virtual world and realize the real one!

Internet is the result of modern and high technological science that is wrapping up the entire globe within a small zone. This is a milestone in the world's technological community. Similarly, internet has played a peaking role in the success journey of many individuals. It has become best ever friend of all as it offers us amazing facility of penetrating through any information or idea from any corner of the world. In the present world, the internet has made everyone's life easier and simpler as we no longer need to go outdoor for paying bill, shopping, watching movies or performing business transactions. With internet, communication has become further relevant and swift. However, we aren't still realizing the adverse impacts it is making upon the young minds! The internet is continuously distracting kids from doing homework, chores etc and



the creativity of students is significantly condensed. As well as, due to the influence of internet many children have been victimized by cyber bullying and soon. In addition to this, many people are busy checking their social medias which results in the loss of productivity in long run. Just because of social medias, children may lack sufficient verbal communication skills. Internet can addictive and can lead to family abandonment due to parents not paying attention to their kids. This makes children reluctant to live in an isolated world where they can't share their problems with anyone. Isn't it ridiculous?

All in all, internet is a very powerful tool, but at the same time we must be well conscious about its adversities and alert people about its proper usage. Otherwise, internet itself will one day result the doom of mankind.

Karina Pradhan

Of Being Average

What's wrong with being average? Well, everyone dreams to be special, unique, exceptional and talented too but this is very rare. We often feel that being ordinary is synonymous with fiasco, but why? Why don't we value ourselves on being average? And even if we are average why is it embarrassing specially to our parents and teachers huh? Many people consider being on extraordinary level as the most important thing, but do they even know being average may keep us happy for a longer time which is the main thing that matters. We can remain happy by our sustainable performances and for this we must be able to recognize our weaknesses, accept our limitations and learn from our faults. The world always wants the best but what if we try to remain average?

-To the average students Jasmine Kafle Occidental Public School





EDUCATION SYSTEM OF OUR COUNTRY

The future of a nation can only sparkle when the stars of future are taught to emit light rather than heat.

Actually, the education system of our country which is still orthodox is not as productive as other systems. It is only limited to memorizing texts and attending exams which is entirely wrong. And just because of lack of a decent education system, our country is lagging behind in the path of progress. An unsuitable education system doesn't allow the students to comprehend the demands of present. Thus, system of practical education and exams have been introduced to solve this hitch. And even though there is a so-called practical education system in our country, it is quite inappropriate (particularly in underprivileged areas). The students of most of the schools

of our country of rural and remote areas (because the trend is less common in urban areas) are getting full marks in practical exams without any assignments or tests. This sounds weird, but dear readers this is true in many schools because the schools and concerned ones lack proper equipment, mechanism and awareness. They are not focused about the true purpose of practical education.

How much do you think is it wise for the future of our country and the million stars of future? If this will continue then what about the practical education for students? I think this will eventually lead our education system towards darkness. I think this is one of the topics about which everyone should be aware of.

Pradeep Kumar Murau Paschimanchal E. School

Riddles

1)An eight-letter word can have a letter taken away and it still makes a word. Take another letter away and still makes a word. Keep on doing that until you have one letter left. What is the word?

2)A doctor and a bus driver are both in love with the same woman named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

3)You live in a one storey house made entirely of redwood. What color would the stairs be?

4)Can you name three consecutive

days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday?

5)Three playing cards are in a row. Can you name them with these clues? There is a 'TWO' to the right of a 'KING'. A 'DIAMOND' will be found to the left of a 'SPADE'. An 'ACE' is to the left of a 'HEART'. A 'HEART' is to the left of a 'SPADE'. Now identify all three cards.

6) Can a man legally marry his widow's sister in the state of California?7) What room do ghosts avoid?8) When does Christmas come before thanksgiving?

Answers:

1) The word is starting, starting, starting, string, string, sing, sin, in, I.

2) Because an apple a day keeps the doctor away.

3) You live in a one storey house.

4) Yesterday Today, tomorrow.

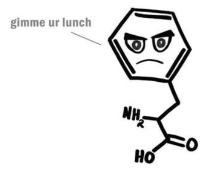
5) The cards are: - Ace of Diamonds, king of Hearts and Two of spades.

6) No, because she is a widow which means her husband is already dead.

7) Living room

8) In the dictionary

WHAT DO YOU CALL AN ACID WITH AN ATTITUDE?



A-mean-oh acid.

SOCIAL MEDIA HACKING

We all are very familiar with the social media applications and websites. Among then, most common social media networks are Facebook, twitter, Instagram, email, etc. These social media networks are by millions and billions of users every day. People have their different private and confidential information in those networks. So, if anyone got access of any individual's any social media account, then his/her private data will be accessed by that particular person who are so called as hackers and the process of getting unauthorized access to anyone's data is known as hacking. When this activity occurs, the private data will not be private anymore and the hackers can do anything with that account as the hacker will get full control over that account

The most common way of hacking social media accounts is phishing and social engineering. Phishing is the fraudulent/illegal attempt to obtain sensitive information such as usernames, passwords and credit card and details by disguising oneself as a trustworthy entity in an electronic communication. Phishing is an example of social engineering which is being used to deceive users. It is done by creating fake page of any social media site and providing any fake offer to the user on whom the attack is being

done. Like increasing likes on posts, or earning money for free and different ways of social engineering is used to convince the user to fill up their username/ email and password in the fake site and hence after filling up the data, the account is hacked.

Every second 870 photos are being posted on instagram.55 million photos and videos are posted every day on Instagram. 54 thousand posts are uploaded in every second on Facebook. 300 million photos are uploaded every day on facebook.14.5 billion spam mails are sent everyday as phasing attack.

Talking about the ways to be safe from such attacks is very simple. First of all, don't open any type of link or mail sent by any untrusted person or untrusted websites. Don't be so greedy for money or likes as there are ways to deceive you. Don't use any auto like applications as they follow the same strategy of phasing. Don't link your social media accounts to any thirdparty websites or applications unless it is trusted or rated high. Check the URL of the website or link carefully and the email of the sender of mail or any kind of link. if that seems to be trustworthy then only fill up your data.

Manish Giri Om National Academy



LET'S MOVE ON

Yesterday is history, tomorrow is mystery but today is a gift of god that is why it is called present. Past, we can recall it and Future, we can just imagine but at present we can do a lot of things that can make substantial impacts on our whole life.

Recalling the past and crying is not the way of perceiving it however we must be smart enough to learn from it. We must realize the mistakes we have made in the past and make sure not to repeat those again. We should

never forget out the memories that we'd made in the past and allow them to inhabit within us forever because they can stand as the guidelines that may aid us to shape the future. As well, Imagining the future is not so bad but anticipating a decent one without sweating for it may ruin life. Only imagining and expecting doesn't count for bright future. You must make your own plans, strategies, workout on them, devote time for their sake, sharpen your skills and ignite the fire inside you. Even APJ Abdul Kalam once said" if you want to shine like the sun, first burn like the sun".

Never give up, never allow gloom sit on your face and never slow until you finally prove that you can make it happen. Move on from your past and always march ahead to your future. Don't give up, always remain hopeful and ignited. Your glorious future is waiting for you.

Suprina Shakya NK Singh Memorial English



LIFE CHANGING MOMENT

Though life gets stiff, never give up, There exists always a person to change our life's setup,

Persistence overcomes unanticipated hardships

So, struggle keeping the time in our grip.

"Working smart worth a bunch than hard work", our social studies teacher instructed me. These spellbinding words still resonate in my ear-drums today and undoubtedly these words gave me a straightforward direction in my life. In point of fact, his enthralling verses enthused me to lead a smart life with an unequivocal destination.

Bouncing back to grade 9 obliges

me to recollect my life events which was just narrowed to book as a rote-learner who kept on mugging up the bookish lessons. As I was an introverted student, I never wished to share my feelings with the classmates and was nothing more than a nuisance for all the classmates and the teachers cum the principal. Hopelessness had really drowned me in its own ocean. Not only my ECA performances but also the academic results withered though I burned the candle at both the ends.

Consequently, frustrations inside me picked up a purpose to exhibit itself in this external world. As a saying goes," There is always a person to hold the hands of helpless ones" and I was also not an exception. I was left barely alone but our social studies teacher, though had some displeasures, did have an optimism towards me so, he often said, "This boy will be phenomenal one day." These charmed words filled me with motivation and supplied prodigious energy which entrenched an ardent desire of ushering things that are out of the box. But, before the climax entry. the twist in the life-story of mine was yet to come.

I don't know how it happened but freakish vibes started circulating through my nerves right after the farewell programme which was given to our senior SEE entrants by our classmates. In the programme, there were some second-rate moments which most likely were the traps of the classmates that pushed me into the shallow ditch of loneliness, however, solitude always stayed by my side with patience and hasn't left me till this date. That very day taught me to mull over the fact that what the life really is. Since then I had started walking the path of spirituality being highly mesmerized by the sessions of Sandeep Maheshwari. Slowly and gradually, an eternal hunger of progress and growth got a place in me and a sound came from my inner soul," I mustn't be the same in my coming 365 days. I want to grow beyond boundaries." Even though, this motivation couldn't work in class 9 but it made me listen to my inner soul vehemently in class 10 and within 300 days of my class



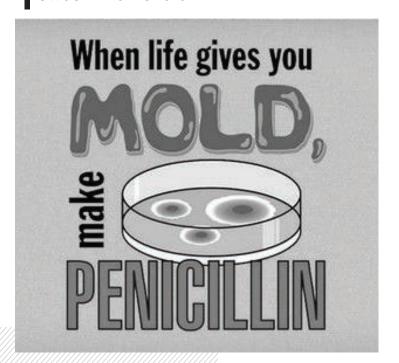
10 life, my persistence and hard work handed me the crown of 4.0 GPA in the pre-board exam. Still, I kept on working super smart and hard for SEE. In fact, I fabulously appeared my SEE. Really, my SEE was far better than my expectations.

Marching towards next section of my life, APJ Abdul Kalam asserts, "One best book is equal to hundred good friends but one good friend is equal to a library." This quote has a positive impression in my life as it has driven my life to a next level. I always sauntered a lonely road on the boulevard of broken dreams but Suraj, one of the students of our class, backed me out of the blue. Unexpected friends are true friends was solely upheld from this experience. The day is still fresh in my mind and keeps on flashing upon my inward eyes. The influx of a true friend made me cross the threshold of a new world which I always envisaged of. Not only in study but even in the real life I am indebted of his help. Even today, we both spot

every single dusk and dawn together and aid each other in the hard times. Recently and most prominently, after stepping into the city of dreams and dream-weavers, Kathmandu, to give eternity to knowledge gaining hunger of mine, I joined a number of educational institutions. From the same token, I always had a reverie of studying in a top-ranked college for A-levels which turned into veracity after I cracked the A-levels entrance of Budhanilkantha School. This, indeed, is the sole turning point in my life from my standpoint.

By and large, life is never as affable as the bed of roses, we also stumble across the pathway of prickly thorns. Thunders and tornadoes keep on driving us crazy. Thus, in such conditions walking out on is not a good option to pick up but facing it up is the best idea. Though independence is a noble virtue, there are always some internal and external factors which make us feel great. In a nutshell, we must keep on unveiling the best version of ourselves and never be restricted to a full-stop.

Rishikesh Yadav Swastik Pathshala



USEFUL APPS FOR STUDENTS

DUOLINGO



Duolingo is a platform that includes a language-learning website and app, as well as a digital language proficiency assessment exam. The app and the website are free. As of January 2019 the language-learning website and app offer 85 different language courses in 24 languages. The app has about 300 million registered users across the world.

KHAN ACADEMY

Khan Academy is a non-profit educational organization created in 2008 by Salman Khan with the goal of creating a set of online tools that help educate students. The organization produces short lessons in the form of videos. Its website also includes supplementary practice exercises and materials for educators. All resources are available for free to users of the website. The website and its content are provided mainly in English, but is also available in other languages.



QUORA



Quora is an American question-andanswer website where questions are asked, answered, and edited by Internet users in the form of opinions. Users can collaborate by editing questions and suggesting edits to answers that have been submitted by other users.

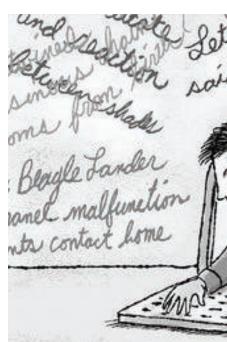
OYA OPPORTUNITIES

OYA Opportunities is making your access to opportunities across the globe more accessible and gettable than ever with the belief that 'Opportunity is your Future'. With the app you can have in your hands the details of various opportunities like Competitions, Awards, Conferences, Exchange Programs, Internships, Entrepreneurship Events, Model United Nations (MUNs), Academic Conferences, Jobs, Scholarships and Fellowships from different parts of the world.



WHAT IS

Are you familiar with Haiku? Maybe you have heard people mention it but do not know much about it. Well, do not worry because we are here to help you cover all of the basics. Haiku is a traditional form of Japanese poetry in which you create short simple poems following a very basic structure. Unlike, say, a limerick, the goal of a Haiku is not necessarily to be clever or funny though many modern examples are both. Haiku does not even need to rhyme. They are usually used to evoke a sense of imagery or feeling, to capture a moment in time, saved in words for others to enjoy. There is usually an observation of the world around you and often a sense of appreciation. The roots of Haiku ao back several centuries but the modern form of Haiku and even the name are more recent developments, only about 100 years old. However, its popularity has slowly but surely spread beyond Japan, and Haiku has become an internationally beloved form of poetry.



WHAT ARE THE RULES OF HAIKU?

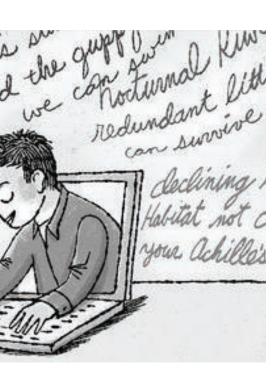
Every Haiku poem is (and must be) comprised of 3 separate lines and have a total of 17 syllables. It can have as many or as few words as you like within those guidelines. Each line has to have a specific number of those syllables. The 1st and 3rd lines have exactly 5 syllables and the 2nd(middle) line must have exactly 7 syllables. So the poem will end up with the syllable structure 5 - 7 - 5. For example:

- 1 Writing a Haiku (5)
- 2 Is easier than you think (7)
- 3 Anyone can try (5) If you think it sounds fun, trust me it

is! As long as you follow these rules you have yourself a great start to making your own haiku. With modern Haiku that might be enough since the rules are somewhat more relaxed, but we do not want our Haiku to be average. We want our Haiku to be great.
Just think of it as a challenge to make

Just think of it as a challenge to make all of your Haiku even better.

A HAIRU?



WHAT ARE SOME FAMOUS HAIKU IN JAPAN?

Matsuo Basho (1644 – 1694): an ancient pond / a frog jumps in / the splash of water ah tranquility / penetrating the very rock / a cicada's voice

Yosa Buson (1716-1783): the canola flowers / the moon in the east / the sun in the west an evening breeze/water laps at the leg / of a blue heron

Kobayashi Issa (1763 – 1828):

the baby cow / goes on a trip / the autumn rain

Masaoka Shiki (1867 – 1902):

flutteringly / floating in the breeze / a single butterfly

SOME NEPALI HAIKUS TO MAKE POETRY FEEL LIKE HOME

फागुको दिन,
रिङ्गन हल्लाहरू मुसो एक्लो म !
क्याफेरिनामा,
फूल काँडाको हाँसो हिमाल मौन !
हावा हुर्रामा,
बच्चा हुर्क्याएको थ्यो उडेर गयो !
शब्दको वर्षा,
बेमौसमी फूल भैं घण्टको रण्को !
सारौँको हुल,
बिस्कुन सुकाएको एक्लो परेवी !

दिनेश चापागाजी

- Editors



AN INTERVIEW WITH PARSHU ARYAL

PARSHU ARYAL is an inspiring female entrepreneur who has made her mark in this industry by establishing her own firm, OYA Opportunities. OYA Opportunities is a part of OYA Inc, a global organization that works to empower youths in entrepreneurship and academia throughout the world. The ambassador of Asia for Clinton Foundation has made herself and her nation proud. We hope to see much of her in future.

WHAT ARE THE STRUGGLES YOU HAD TO FACE ON YOUR JOURNEY?

Growing is a journey. And my journey has just begun. I had started this journey only two and a half years ago, right after completing my bachelors. As is the case with growing I too had to face various struggles and overcome many challenges while making the best of the opportunities I had. My first international trip made a lasting impression on me. I participated in many events abroad and found that most of the participants were from developed countries rather than developing countries. And I thought "Why not us? What are we lacking?" That is how OYA came to be. At the beginning it was hard because people didn't understand. Still many parents in our society want their children either to be a doctor, an engineer or a lawyer. So, It was difficult for me because I had changed my field from microbiology to business. Changing fields was the major challenge. The second was definitely being a girl. Raised up in a society where people believe that women should choose a secure option, taking a risk was difficult. People

usually check if there is a head of the company who is a male. It has gotten better and I believe that this mind set of people will change in given time.

 WHAT IS IT LIKE TO BE THE CEO OF AN INTERNATIONAL FIRM OYA INC? COULD YOU BRIEFLY TELL US ABOUT THE MANAGERIAL DUTIES AND THE RESPONSIBILITIES THAT COME WITH IT?

Well, along with opportunities, there come numerous responsibilities and it was really challenging to grow a startup to a global company. So, after being the CEO of an international firm OYA Inc, I am usually occupied with lots and lots of responsibilities that include managerial duties, communication, maintaining the recognition of firm in international standard and everything that is required to boost up this firm and take it to an another level. So. since the initial phase of the firm, me along with my fellow mates have been handling all the issue that have appeared on our journey and because of our continuous devotion, we have been able to set OYA Opportunities as one of the leading opportunity sharing platform around the entire globe. Thus, every day we are facing new, further complex hurdles and working for the best of OYA Inc.

 BEING AN AMBASSADOR OF ASIA FOR CLINTON FOUNDATION IS INDEED A GREAT FEAT. COULD YOU TELL US LITTLE MORE ABOUT CLINTON

FOUNDATION AND ITS WORK IN ASIA-PACIFIC REGION?

The Clinton foundation is a non-profit organization founded by the former US president Bill Clinton. So talking about its objectives and contributions, it mainly prioritizes the promotion of the youths and aids to unleash the real potential that they possess. Similarly, it functions a lot to exalt the status of young entrepreneurs and broaden their scopes by facilitating either with financial services or by providing them with mentorship. And as I was the first ambassador of Asian region, I had to put a large effort in order to encourage the young minds of Asia. As well, OYA Inc was also awarded as the best startup by the Clinton foundation. Thus, it has been a great experience working with Clinton foundation.

 SUPPOSE THERE IS A YOUNG GIRL WHO WANTS TO BE AN ENTREPRENEUR AND START HER OWN BUSINESS, BUT SHE DOESN'T HAVE ANY SUPPORT? IF SHE REACHES OUT TO YOU FOR HELP, HOW WILL YOU ENSURE THAT SHE RECEIVES PROPER GUIDANCE AND STAND ON HER OWN FEET?

We have established OYA INC. with the aim of empowering youths in entrepreneurship and academia throughout the world. Our initiative Global Entrepreneurship Bootcamp has groomed over 500 entrepreneurs from over 70 different countries who have launched over 60 diffirent ventures that are doing well in the global market.

So, yes, will definately hep her with the knowledge and resources required to start her own business.

ACCORDING TO OUR FINDINGS
WE CAME TO KNOW THAT YOU
ATTENDED HARVARD. WHAT ARE THE
DIFFERENCES IN THE EDUCATION
SYSTEM IN OUR COUNTRY AND IN
HARVARD? WHAT PROMPTED YOU
TO RETURN BACK AFTER STUDYING
THERE?

Definitely there are obvious differences between our country and abroad in terms of education. Students in international universities such as Harvard study with freedom. Similarly, people over there don't judge you on the basis of your grades, that is something I like and something that we don't

have here.

My days at Harvard was a life changing experience. It was at Harvard, that I realised my true potential and my passion to empower youths. While exploring life at a top notch university in one of the most developed countries in the world, I realised there is lot to be done back home. The developing world has a lot to learn from the devreloped nations. It was that instant, I decided to come back home to better understand the problems of youth from developing nations and empower them in academia and entrepreneurship.

WHAT MADE YOU TO CHANGE YOUR FIELD FROM MICROBIOLOGY TO BUSINESS? DO YOU THINK YOU MADE THE RIGHT DECISION?

I clearly remember that my entrepreneurial journey started after my undergrad. When I started traveling to various parts of the world, I started realising my dreams and intrests.

Ofcourse, what I am doing now and my academic background then was totally diffirent. I decided to choose my passion of exploring the world and opportunities and I am living my dreams. So, yes, I made the right descision.

 DO YOU HAVE ANY INITIATIVE TO PUSH YOUNG MINDS TO PURSUE ENTREPRENEURSHIP IN THEIR FUTURE?

Yes, We have been orginazing Global Entrepreneurship Bootcamp from the year 2017. It is an intensive 4-day program that helps young minds turn their business ideas into startups. Till date we have successfully organized four editions of Global Entrepreneurship Bootcamp. With the strong alumni network of over 500 entrepreneurs in over 70 countries, we have been pusing young minds to pursue entrepreneurship, especially focusing in Asian and African regions.

HOW WOULD YOU DEFINE SUCCESS IN YOUR OWN WORDS? DO YOU THINK YOU HAVE ACHIEVED "THE SUCCESS "?

It is one of the most frequently asked question on interviews that I have to answer. And I always say that success is a journey. It is a learning journey, a journey of growing. It has highs and lows, truly an exhilarating roller coaster ride. My journey has just started. I won't say I'm successful but when I achieve something I feel successful. When I began my startup I felt successful, I felt successful when I won the 'best startup' award', I felt successful when I went to Harvard. There is no such point in life for me where I will say 'I'm done. I'm successful.' Even most successful people still have wishes and desire to achieve something. I'm on the journey of being successful.



Our initiatives OYA

Opportunities(oyaop.com) and OYA School(oyaschool.com) are truly meant for the students like you. We believe that the high school and undergrad are the most precious time for the students to shape their future. It is the time they can explore lot of option: try, or even fail them.

We started OYA Opportunities with the aim of connecting students with various opportunities such as conferences, scholarships, exchange programs,



fellowships, competitions, awards, academic conferences, and many more. Students like you can grab these opportunities from our platform.

Another such platform is OYA School. It is a platform that allows students to get information and details about colleges and universities across United States of America, United Kingdom and Australia. Students can select from over 1500 colleges and universities and select the one that best fits their needs. Through OYA School, we are aiming to remove mediator costs by helping students apply directly to the preferred college or university.

SUCCESS

Let me share a life story of a person with you. There is a man well known throughout the globe for his success and is admired by everyone. However, before reaching his goal, he faced hundreds of adversities. He is the man who failed in business at the age of twenty one, was defeated in a legislative race at the age of twenty two, failed again in business at the age of twenty four, had his sweet heart died when he was twenty six, had a nervous break down at the age of twenty seven, failed in an effort to become vice-president at the age of forty seven, lost a senatorial race at the age of forty nine and finally was elected as the 16th president of United States of America. His name is Abraham Lincoln. This legendary figure endured a steady stream of failure and defeat before becoming the president of United States. Thus, he is one of the greatest examples of persistence. He suffered thousands of defeats before his ultimate triumph.

So, success doesn't mean as absence of problem, it's all about tackling obstacles coming on the way and standing firm in front of every difficulty. Success is not measured by how high we go up in life but it is measured how many times we bounce back after falling down. Therefore, never expect support from others, be the writer of your own fate, conquer yourself before others and live the life as a race then everyone will follow your footsteps. Let us start shaping our future today onwards and let us muster up the

determination to turn our dreams into reality as it is divinely said that "There is no elevator to success you have to take the stairs."

Anil Shrestha Ananda Niketan Vidyashram



Solidarity

The walls had gaping holes in them and in front was a dune of bricks. The roof looked warped. Just below was a makeshift tent where 20 people were crammed in. All of them looked drained and worn out. A kid was crying because there was too much chaos and his mother tried comforting him but didn't succeed. All were just grieving and their hopes seemed to be devastated. I collected myself and thought how I had escaped unhurt through this terrible quake while others had been stripped off their possessions, lost their loved ones and wounded themselves. I wished I had had a magical baton that could undo those horrifying moments. Covering my emotions, I moved towards those people with heavy heart and started uttering sympathetic words. I spent few instants with them talking about the earthquake, their lives. And before I left, one of them replied "Thank you for your warm company". It was really awful! and even though they looked at me with big smiles, I could still feel the pain they were having. I was amazed at the effect I had on these people and started pondering a word that would define my actions. I named it 'solidarity'. So, what solidarity really is? Solidarity is to extend oneself for the good of another. Solidarity is to come together as one. It is to work together for dreams and rebuild what we've lost. Solidarity is to exalt our hopes, strengthen our beliefs and uniting our faith. It has been about 4

years since the deadly earthquake had struck our nation however it is still fresh in our reminiscences and till the date the consequences of it can be felt. We need solidarity to overcome this too. Thus, solidarity matters a lot for us. Solidarity can take many forms. It may involve finding strength to go and help tear down a dilapidated building or ioining forces to build a new house. It can also take the form of simple actions like sharing a meal with some of the affected families, playing together with the children, singing songs as loudly as possible and making those innocent children realize that this is not the end. In other words, any action that helps restore some hope in those who have lost everything is actually an act of solidarity. True solidarity makes us embrace someone's pain and allow us to realize the true meaning of HOPE that is 'Hold On Pain Ends'. So, let us all ignite the solidarity inside us and make it the magical wand that makes everything beautiful.

Bhawani Aryal Gandaki English Boarding School



Jokes

Wife: What are you doing? Husband: Killing mosquitos Wife: How many did you kill?

Husband: A total of 5, 2 females and 3

males

Wife: How did you know whether they

were male or female?

Husband: 2 of them were near mirror

and 3 near beer

Doctor: You must drink at least 10

glasses of water every day.

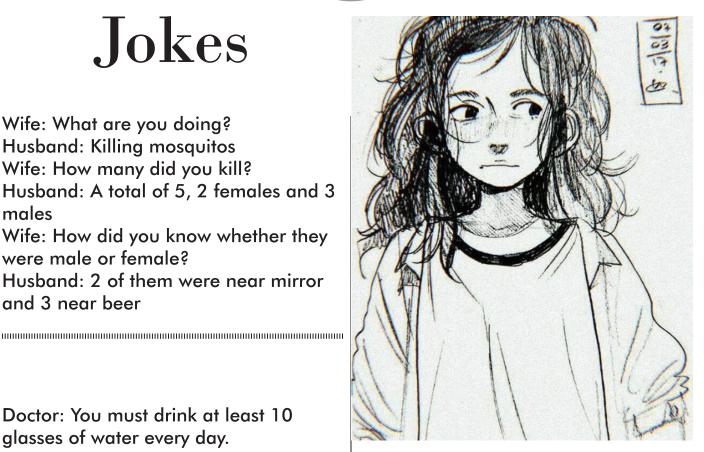
Patient: Is it possible? Doctor: But why?

Patient: Because I have only 4 glasses

at home.

Jasmine Rani Mandal Bhimeshwor Rudra Secondary School





NOTHING GIRL

Maybe I wear baggies And white socks with flip flops Maybe I don't like listening to rave And I'm not on social mountaintops Maybe I don't care about things that make your world twirl Maybe you look at me and think Gee, what a nothing girl!

Maybe I like to give smiles Which maybe be odd today And maybe I allow my imagination to At times fly away Maybe you don't understand this And that's why you cannot see If this makes me a nothing girl That's okay with me

The world makes you believe Your personality must not be detected Your face must me picture perfect

And wear clothes best just to be accepted
Maybe I look at you
And feel sorry you are blind
Robots you've become
'Yourself' is what you'll never find

God made you as well as me
This means I'm something
The world is a liar
And if I must be nothing
For you to see it
Then so be it!

Anshu Pudasaini St. Mary's High School

FIRST IMPRESSION IS THE LAST IMPRESSION

First Impression is the moment when people observe and capture someone's image when they first meet. It sets the character of the person in one's mind and perception also plays a major role while determining the impression of an individuals. Looking good and well-dressed at your first encounter with one's senior officers always makes a positive impression of you that leads them to believe in you and your work.

First impression always matters. For instance: Rohit Kumar Paudel, a national cricket player, was selected by hitting just two sixes in just two balls during his selection. Since the selector

was impressed by his batting style in their first meet, now he never misses a game.

HOW TO MAKE A GOOD FIRST IMPRESSION

Clothes are responsible for 80% of the first impression that we make as clothes cover 80% of our body. The grooming, hairstyle and various other elements determines one's appearance. As an illustration, one's accessories such as purse, briefcase and watch are certain elements that are responsible to create certain impression to others. Apart from clothing, one's positive attitude, cordial behavior, and situational gesture will also make a good first impression.

A FIRST IMPRESSION SAYS EVERYTHING

"You never get a second chance to make a first impression." The fact is that when we meet a person for the first time, our brain makes a judgment about them in approximately four second and the judgment is finalized largely within 30 seconds of the initial meet. As per the survey of the American Personnel Consultants, about 3/4 of the participants where men and women responsible for hiring people for various large companies. The survey concluded that, the people responsible for hiring new recruits generally decide to hire them or not within 30 seconds of their first meet.

So, I suggest that one should try to make a good first impression on others. If done so, a lot can be achieved.

Samip Rawal Shree Birendra Vidhya Mandir

JUSTICE DENIED

26th July 2018, is regarded as the 'black day' for the women of the entire nation. Once again another nepali daughter has been raped and murdered. Nirmala the heard name of a 13 years old child was added in the long list of victims of rape. Once again it was just another case for government for not being able to provide justice to the little soul. On 26th July 2018, again women of the entire nation were reminded that the country they live is not yet secured enough for them to live freely and grab all of their freedom that they deserve.

Nirmala and many more are still knocking the door of justice. Unfortunately they were never provided with one. They represent the women of the entire nation. There are many Nirmala's in the nation roaming around in search of justice. She was just 13 years old and was not spared by the rapists is something that cannot be denied. Women of the entire nation lost their dignity, hope and freedom when a young teenager at a tender age of 13 murdered. Even the women above the ages 50 are the victim of rape culture. This proves that rapists got not limits and are unscrupulous. It's nearly about a year still the little innocent soul is waiting for justice to be provided. Candle walks, protests and many other acts took place for few days or months but later on it was unbothered to drag until she gets justice. Probably because people thought she was not their daughter, their wife or their family member or not them as well. But they

didn't think that if rape culture is not uprooted from the society tomorrow Nirmala can be anyone isn't it?

Definitely the standard of women has been uplifted a lot in our society in comparison to the past few years but we are still lagging behind when we are to provide them with security, respect, and much more. It is very important for everyone to respect every women as equally as men. They should not be considered weak in both physical and mental aspect. Mentally, women should be strong and confident enough to defend themselves. In terms of physical aspects, every women should be taught about self- defense and its implementation. Women should ace their confidence and be able to protect themselves. They can be their best helpers. No one can help them be better than themselves. Many rape cases would not occur if girls were taught of something called self-defense ever before.

It's been a year and Nirmala could not get justice yet. Justice is being delayed day by day. Not only Nirmala in case of other women as well. Killing the dreams of women, the culprits are set free in the society encouraging other people to become rapists. They do not only take life of a woman but also kill the entire family. Many families are devastated when a woman in their family is raped. Thus the culprit is to be hung till death. If not done so rape culture will be promoted in our society and many more Nirmala's will suffer from the same problem. Let her be the last victim of rape. Let us all get united to provide justice to the little soul and bring an end to the rape culture. In her case, let justice not be denied.

Smarika Bhattarai St. Mary's School

Most selfish letter 'I' = neglect it Most satisfying letter 'we' = use it Most poisonous three letters 'ego' = kill it

Most sweet four letters 'love' = value it

Most pleasing word 'smile' = give it Most unkind word 'betray' = avoid it Most attractive word 'success' = achieve it

Most irritating word 'jealousy' = distance it

Most powerful word 'knowledge'= get it

Most essential word 'confidence' = gain it

Manika Adhikari Bigyan High School



MISSED OUR ONLY HOME

The Earth is our only home and we have messed up our only world!

The Earthquake that hit Nepal in 2015 that claimed over 9000 lives. The flood in Kerala that ransacked dozens of houses in 2018. People in Africa who are suffering from acute heat and drought. The Californian wildfire, the most destructive and deadliest ever recorded. The icebergs that are melting at an alarming rate. And it could get worse.

Climate change is real. And our trash promotes it.

A plastic bag carelessly thrown on the street, a chocolate wrapper that happened to slip out can do more damage than one would expect.

Animals are victims because of the debris of trash we pile up. These hungry animals consume plastic bags, bottle caps, glass shards etc. which cause intestinal blockage and result in their death.

There is a giant floating plastic doom in the currents of Pacific Ocean called the "Great Pacific Garbage Patch" which spreads across 6 million sq. miles which is almost twice the area if U.S.A. This patch of junk hampers the ability of the ocean to absorb carbon dioxide from the atmosphere speeding up climate change. According to a study about 8 million metric tons of plastic ends up in the ocean annually.

About 1, 00,000 aquatic animals die from our trash.

How much longer are we going to ignore the gravity of this problem? It is still not too late. We have 12 years left to make it right, to reverse climate change. If we don't take action right now then there will be no future left. We must not give up the hope for our future.

We must work together to save our planet because there is no 'Planet B'.

-Anonymous

FRIENDSHIP

Friendship is a devoted relation between two individuals in which both of them have true feeling of love, care and affection to each other without any demands and misunderstandings. Generally, friendship occurs between two people having same tastes, state of mind and sentiments. It is considered that friendship has no any restrictions of age, sex, position, caste, religion and creed. However, sometimes it can be seen that economic disparity or other differentiations affects the friendship. Thus, it can be stated that true friendship is possible between two like minded and uniform status people sharing the feeling of fondness with

each other.

There are many people around who remain with us only at the times of prosperity but genuine friends are always present in our good days as well in hardships. Thus, our adversities allow us to recognize our real friends. Money is dear to everyone but it doesn't count in case of real friendship. Intimate friends share each other's experience and in such ways that they reside in each other's mind forever. They pay attention towards each other and together witness the milestones and unexpected changes of life as well the feats and failures.

Sometimes, friends get apart due to the ego and matter of self-respect. Proper understanding, satisfaction and helping nature are indispensable to sustain friendship forever. True friends never exploit but tend to motivate each other to do right things in life. But sometimes the meaning of friendship turns entirely due to fake and fraud friends who always use others to fulfill their wants. Some people have tendency to unite quickly but they also tend to terminate their friendship as soon as their interests get fulfilled. It is difficult to say something bad about the friendship but it is true that any careless person gets cheated in the name of friendship. Nowadays, it is very hard to find true friends in the vast crowd of people nevertheless if someone has a true friend, no other in the world is blessed than him in life.

True friendship can stand between humans and even between humans and animals. There are numerous movies showcasing the friendship between humans and animals and this exists in real life too. No one has ever doubted in their true friendship.

It exists in



our accomplishments and miseries. Therefore, true friends are one of the best assets of our life.

Sanjan Kr. Paswan J. R. Secondary School



OUR UNEXPECTED BONDING

I never came here looking for a single fellow

but now when I've found you, I want you to know

I 'd forgotten how to smile, how to cry and how to be me

I 'd forgotten the immense pleasure of a heart filled with glee

I was intoxicated with life.... (studies and family)

Never stopping for fun, it just wasn't there you see

But since I 've found you it's been a complete turn around

I smile and laugh again, nothing now gets me much down

Chatting, laughing and the fun games we play

hey dear! You make me jolly every day It seems so silly on just a machine...... how can someone reach you to become your everything?

Asta Shakti Suman Sharma Ganga Secondary School

HEALTH SECTOR IN NEPAL STILL A MISERY...

On the morning of 7th May, Tuesday I wish flipping through the daily newspaper when a headline caught my eye. The headline read "Death of child due to blood mismatch calls heart center's safety protocol into question" As I continued reading the article I learned that a five year old with 'O +ve' blood was transfused 'A +ve' blood at Gangalal Hospital which ultimately caused her demise.

I felt my heart sinking because of sympathy for the little girl and her family, fueled with the frustration at how reckless the working mechanism of Gangalal Hospital was. Let us understand the fact that Gangalal Hospital is renowned through the nation for its treatment provided to patients with heart diseases. People from all over the country flock to his hospital in hopes of better treatment for their terminal illness. But incidents like this make public lose their faith and question the safety protocol of the hospital.

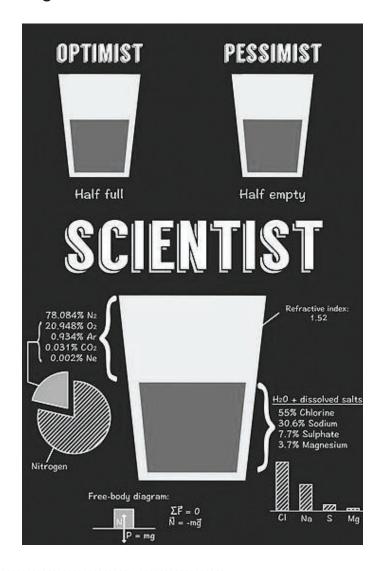
Hospital officials have blamed a "clerical error", the actual investigation is still being carried out. The family of the deceased has charged the hospital and its doctors with negligence and

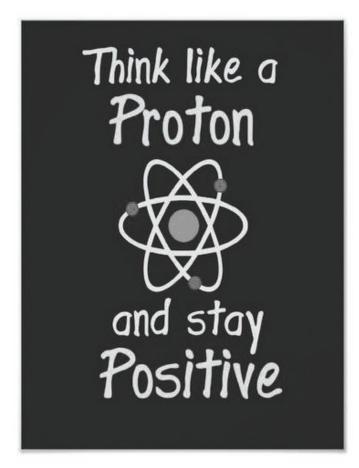
refused to accept the body, demanding for compensation.

News like this aren't new or even news to us anymore. Incidents like this have become so common that people don't really care anymore. But people should be more attentive and demand justice and take action so incidents like this aren't repeated in the future.

Instead of making the health services more accessible and available to every Nepali citizen effectively and efficiently, if hospitals keep on making blunders without the slightest regard for an individual's life I'm unsure about the medical revolution that Nepal ought to bring.

-Agranee





FACTS 101

- •An octopus has 9 brains and blue coloured blood.
- •An ostrich's eye is bigger than its brain.
- Honey is the only food which never gets spoiled.
- To make one tea spoon of honey,12 honey bees have to work for their lifetime
- •The most eye catching colour for the human eye is 'Yellow'. That is why taxis are painted yellow.
- •In every commercial, ads and

- available images of watches and clocks; the time is 10:10.
- If you draw a straight line with a pencil till it finishes, the line would be about 56km long.
- •Leonardo da Vinci took almost ten years to paint the Mona Lisa.
- •A snail can sleep up to 3 years.
- •A cockroach can live up to one week without its head. The only reason it dies is because it can't drink water.
- Scorpions can hold their breath for 6 days underwater.
- Ethiopia has 13 months in their calendar and the current year there is 2011 A.D.
- According to a study creative people feel difficulty in sleeping early.
- •Only 8% of the world's money is in the form of paper while the rest is in digital form.
- •If human eyes were a camera, its capacity would be 576 M.P. (Mega Pixels)
- •Today's Mathematics has decimal with base 10 but in ancient times it was 60. So 1 minute has 60 seconds and a circle has 360 degrees.
- Human dislike their voice when they hear it on a recording.

Vivekananda Gupta Mitra Memorial Boarding School

OUTRAGE AND DIRE WARNINGS AFTER ALABAMA EFFECTIVELY BANS ABORTION

As Republicans lawmakers in Alabama shared fist bumps and cheers after passing a measure that would effectively ban abortions in the state, Democrats and reproductive rights activists around the country are expressing outrage over the legislation, which many fear could trigger a Supreme Court challenge to Roe v. Wade.

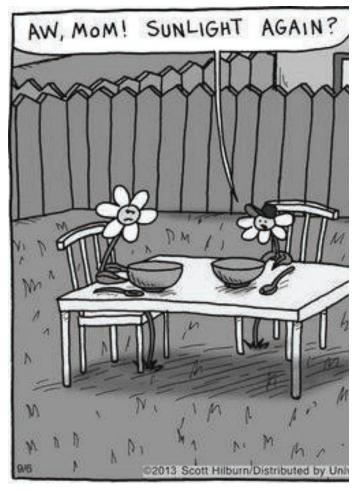
The measure, which is expected to be signed by Alabama's pro-life Republican governor, would be the most restrictive abortion ban in the country. It would also make it a felony punishable of up to 99 years in prison for doctors who perform abortions. In a particularly controversial move, Republicans rejected the inclusion of exceptions for cases of rape or incest. **Democratic White House hopefuls** were nearly unanimous in condemning the bill and warned that the bill was designed to ignite a renewed fight to roll back abortion rights on the national level.

The Alabama vote—which comes at a time when other states such as Georgia and Kentucky are seeking limit abortion access with so-called "heartbeat bills"—

follows Supreme Court Justice Stephen Breyer's own warning earlier this week that conservative members of the court were increasingly eager to overturn established legal precedents. In doing so, Breyer cited Planned Parenthood v. Casey, a 1992 ruling that essentially upheld Roe—a reference widely interpreted as an indication that he believes abortion rights are in danger. This law is sexist and isn't about pro-life it is about a bunch of mysogynists trying to control women. This is outrageous in the 21st century!

-motherjones.com





OH! THIS CLASS TEN!!

Oh! this tenth class,
Makes my mind blast;
Trigonometry and geometry,
Makes me loose my memory,
Circle and triangle,
Makes my heart tangled.

Pressure and cell division,
Makes my eye, "Blurred vision"
Reaction and metal,
I don't know how to settle,

History and geography, Never makes me happy, Politics and culture; Makes my mind tortured. Virus and system, I never wanted to listen, HTML and QBASIC, They all are pathetic.

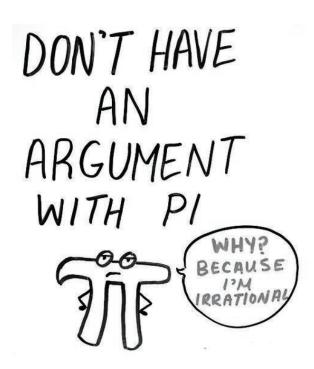
Environment and pollution,
I don't have any solution.
Demography and population
I really dont know their calculation.

"Nibandha" and "Byakaran" Don't know how to "ucharan" "Jivani" and "Katha" Nobody knows my "byatha"

Grammar and Essay Makes me busy night and day, Listening and speaking, I feel like sleeping.

Don't be sad don't feel sorry, "Why to worry?" say "Jai aba baki bholi"

Sumit Sah Siddartha Sishu Sadan School



NASA TO ECHO SANSKRIT IN SPACE

"Sanskrit is a scientific language."
"Sanskrit is the best language for computer programming."
"NASA to use Sanskrit as a programming language."
"NASA to echo Sanskrit in space."
"The NASA website also confirms it's Mission Sanskrit."

Those are article titles and snippets often listed when one looks up "Sanskrit" on their favorite search engine. They're flooded with websites that suggest without any scope of plausible deniability that NASA is very involved in Sanskrit studies. They make claims that the US actively urges their young to learn Sanskrit and that American kids were imparted Sanskrit lessons after "Sanskrit experts refused to offer help in the scientific concept of the language" apparently.

Of all the claims, the most baffling one is that NASA had been working on a project called "Mission Sanskrit" because the people at NASA are supposedly of the opinion that Sanskrit is the best language for computer programming. This is something that could be fact checked in under a minute and found to be false but that doesn't seem to be happening. Sure, the internet is filled with hoaxes and I think most people will agree with me in that the best way to catch a hoax

is to be tricked into believing in them

once or twice and learning to see the pattern in what eventually becomes a series of obvious falsehoods. However. in this particular case, for most people who were conned into believing in the process of this ancient nigh dead language, this is not just a matter of discovering they were wrong about it. People have a strong sense of belongingness with Sanskrit and they will uncritically assimilate anything good that is said about the language. This is not helped by the fact that it appears to them that an organization, known for its great strides in the fields of aeronautics and astronautics, seems to support those claims.

This would not have been a serious problem if the hoax remained confined in the minds of the believers, who would all individually, in their own private moments of curiosity, come to find out the truth about it sooner or later. But these lies have repeated so many times, that people can no longer realistically come to nip it in the bud. It has turned into a feedback loop with the source being a figurative echo chamber of websites that simply affirm without linking to their sources of that supposed information.

I know NASA has a lot on its plate and it isn't the best use of their time to take a break from innovating in order to clarify that the outrageous claims made about them are hoaxes. I, however, do not want people believing that this organization is pursuing obvious dead ends. I believe it is the brightest of the bright that get to work there and at this point I cannot stand propaganda being pushed in their name. NASA has the final say in whether or not the claims about them

are true and I think they should make the real truth about them known. source: Change.org

Down and drained As if I lost my energy, Don't know what's wrong! Don't know what's going on.

As if I'm intoxicated by drugs, As if a sorcerer casted a spell; Tried and tried and tried oh! Boy: A million times.

Don't know what's missing, Don't know what's leaving me; But the things within just gets blurred, Every attempt seems to be in vain.

Don't know how appropriate it is, Want to escape but then again chains pull me,

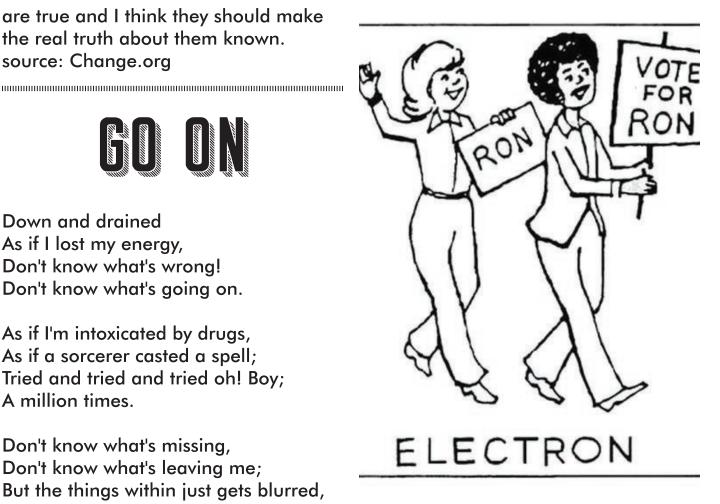
Ambition and imagination and promises are calling,

Trusting your sleepless night and hard work, go on!

The crown of happiness, appreciation and

Touch the heart and soul of your own.

Shiwanu Dhungana V.S. Niketan Secondary School



Life is a painting and its how you paint it.

You have one life. You are the artist. Don't just make life work, you make it a masterpiece. When you are the artist of your life, it reminds you constantly that your life is your responsibility.

Your future is like a canvas on which each thought you experience leaves its mark. Indeed, the subject you focus more becomes the main theme in painting of your life. You can paint a wonderful future by making purposeful marks. You can't truly express yourself until you've found your voice. The tone, style, personality you use to express yourself without fear. The greatest and most important adventure of life is

discovering who you are and spending time doing what brings out the best in us. Try experimenting. The world has come this far because few individuals dared to try. Dared to dream. You can't make, create do or start anything worthwhile if you are not willing to experiment. Find inspirations from the greats. Start exploring what's possible and make every move in that direction. The only way to succeed is to try. Nobody gets it right the first time. Artist try different ideas until they find what works for them. Everything meaningful in life takes time and perseverance. One of the greatest impediments to living a fulfilling life is our impatience, the urge to hurry up the process, express something and make a quick splash. Artist don't work like that. If you want to be best at anything, you need to value the process have patience and practice a lot. When you practice something-anything you improve, you grow, you advance, you gain a skill and confidence in the process because you aet better with time.

Great life work of art, like a healthy portfolio, takes time to be made. Your best work and life is ahead of you and will emerge with patient attention, time, practice and strategic action. Go get it!

Pranisha Tandukar

PRIORITY CHANCES

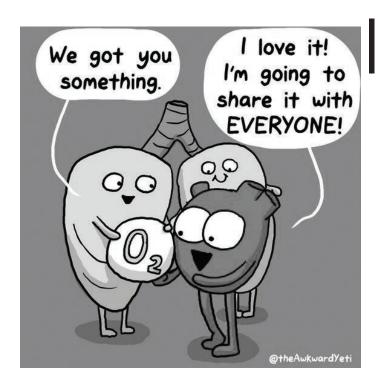
Before I appeared my SEE, I had toiled day and night for good grades. I considered that examination as my everything, my ultimate goal and gave my best to have an excellent grade sheet. Now, I have arrived Kathmandu from Jhapa for Advanced Science Courses that would bridge my school and college life. However, nowadays I seem to devalue the significance of SEE. Ironically! that exam which used to be my everything has now turned less significant for me.

The teachers of my institute (where I'm having my bridge course classes) are marvelous and have been encouraging me for my '+2' studies as well when I ask them regarding the essentiality of SEE results, many of them advise me not to be much influenced by the results. In their words a good SEE grade sheet has some importance however there are many such things besides it that would determine a student's future. I have now deeply comprehended their opinions and agree with them. Really the knowledge and talent of a student can't be evaluated by his/her grades. I think this is the reason why I am less concerned about my SEE results. Another reason might be the change in my priority. Some months ago, SEE was my prime point of attention but now my priority has shifted to a new track and yes, I am just focused at passing the entrance examination of my dream college. For this, I am laboring more than I did for my SEE.

My current priority is short-termed. It

will expire right after the rise of my new and fresh priority. In this way, the chain, I think will keep binding me until my demise and this applies not only to me but to all fellow people on this planet.

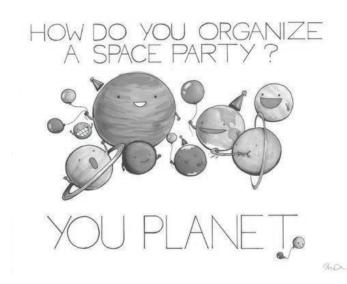
meters long and 88 meters wide can fly in the sky. On December 21, 1988 the flight of this is said to be worth of 25 million dollars. The plane can wipe a weight loss of tons at a time.



Rabi Kishan Yadav Sagarmatha H.S. School

THE LARGEST PLANE

The biggest plane ever since the biggest flight to the airport was built in the Ukraine of the then unintended Soviet Union. The carrier of the carrier named the Antonvan AN-255 Maurya is 285000 kg. The plane which is 84



Wounded heart

A bullet of loss injured
the core of my heart
I again fell down on the ground
while stepping on the tower,
the tower of my dream
that I had built
the tower at lofty height
not so far from my hand
but, the top was for another
he could only reach there
why? why? I failed and
why he succeeded?
a point to ponder!

Name: — Rasik Nepal School: — Himalaya secondary school



Be Careful What You Plant

If you plant honesty, you will reap trust. If you plant goodness, you will reap friends.

If you plant humility, you will reap greatness.

If you plant perseverance, you will reap victory.

If you plant consideration, you will reap harmony.

If you plant hard work, you will reap success.

If you plant forgiveness, you will reap reconciliation.

If you plant openness, you will reap intimacy.

If you plant patience, you will reap improvements.

If you plant faith, you will reap miracles.

But...

If you plant dishonesty, you will reap distrust.

If you plant selfishness, you will reap loneliness.

If you plant pride, you will reap destruction.

If you plant envy, you will reap trouble. If you plant laziness, you will reap stagnation.

If you plant bitterness, you will reap isolation.

If you plant greed, you will reap loss. If you plant gossip, you will reap enemies.

If you plant worries, you will reap wrinkles.

If you plant sin, you will reap guilt. So be careful what you plant now, as it will determine what you will reap tomorrow. The seeds you now scatter will make life worse or better, your life or the ones who will come after. Yes, someday, you will enjoy the fruits, or you will pay for the choices you plant today.

Source:

-Amy Rees Anderson's Blog

Manika Adhikari Bigyan High School

BE YOURSELF

Today we all fail to realize that we are perfect even with all of our imperfections, and that our flaws are what makes us unique. The media and society are responsible for the obsession over perfection. People want to be accepted; they want things to be perfect in every single aspect of their lives.

Our culture, created by the society, reinforces certain standards that we cannot live up to. The women with their half-a-serving of hips gracing the cover of magazines; lavishly dressed wearing an average person's annual salary around her neck. These things never fails to make us insecure about our appearance. Our goal then turns into being like everyone else instead of being us.

We fail to understand perfection is not attainable, it is just something we need to use a guideline to achieve our best self. People spend so much of their time trying to fit in. As teenagers we care way too much about what people think of us; the way we talk and act; the dress we wear. We deny the chance of being ourselves, who we actually are. This is a problem!

We must always stay true to ourselves and stop worrying about what others think about us. We do not need to be perfect anyway, all that we should do is become the best version of ourselves and that is all that we need; it is what makes us beautiful and unique. It is what makes you, the "real you."

Anshu Pudasaini St. Mary's High School Jawalakhel, Lalitpur



TO MY MOM

From the way I was a child, To the day I am adult; From where I began understanding things,

To the day I got my own wings, Your sweet and caring love has never fallen short,

In every situation, you've been my support.

I want to hold you right and hug you; I only want to say you ,"I love you."

Bibek Kumar Sah Pathibhara Secondary Boarding School

Beauty

I see all things, There's something best. Presume they have the wings; That differs from the rest. It's like a riddle for me, I just want to rigor, To everything I see; And one who is the creator. Does everyone want riot? And all those rifts. Can't they stop, damning the nature gift. It's a balm That's really rare. Makes the monster calm: And all you need to do is care.

They are all isolated,
And like the fairies.
All that is needed;
Are thoughts of imaginaries.
And that's what beauty really is
Who can ever dare to seize?
Neither monster nor god,
It's only our imaginary thought!

Name: — Kusum Shrestha School: — LRI School



UTOPIANISM

AND MY DREAM

As the time passes by, the day will come when I will lie upon a white sheet, wrinkled and unmoving with a body that has ceased to function and a life that has ceased to exist.

When that happens, I ask you to not try and resurrect me with the use of modern technologies. Do not call it my death, call it the next step towards the divine life. Give my vision to the person who has seen nothing but darkness, so that he can finally see his family and witness the beauty of nature. Give my heart to the one whose heart beats are so faint that it's barely there so that his heart can beat steadily. Give my kidneys to the one who is dependent on a machine. Give away my bones, tendons, ligaments and cartilages to a differently abled child.

I hope for a future where a child who cannot speak can finally cheer for their favorite team, sing their favorite songs and communicate in a way they never could. Where is happy and abled. That is my utopia.

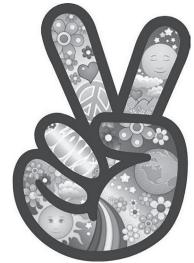
Burn what is left of me and lay the ashes on the ground so that I can return as the soil that helps plants grow. If you must bury, let it be my weakness and my wrong deeds. Give my sin to the devil and my soul to God. Remember me not in your memories but in the good deeds that you do. If you do all I have asked I will live forever.

Sumi Thakur Nazareth School

WORLD PEACE

World peace begins with inner peace. The world is a common home for all humans to live with undying peace and it offers to promote brotherhood relations. Peace begins with refusal to involve in violence and by spreading love, understanding amongst living ones. Peace is existence of justice and lets everyone to enjoy their deserved rights. It is the idea of a perfect state of happiness, liberty and harmony within and among all individuals and nations. It offers everyone a decent life with esteem. United nations proclaimed universal declaration of human rights on 10th December 1948 which is a milestone document in the history of human rights. And according to it, 'upholding human rights are intrinsically linked to sustaining peace'. Thus, human rights stand as the foundations for world peace. About 35% of women worldwide have experienced either physical or sexual abuse. Globally one out of three students (teens) are suffering from bullying. Daily newspapers are always occupied with various crime issues and terror problems. All these facts and incidents reveal that there is still lot to do for ensuring world peace. Site of humanity is heaven for humans to live peacefully which is only possible by sustainable peace. Peaceful environment creates mentally sharp, physically alert and socially active humans. Those humans lead march of justice, dignity, equality and equity. So, let's join our hands and raise voice together for world peace.

Let not guns fire again
Let not civilians die again
I dream a world of peace
Where everyone can live a life of ease



Prena Thapa Bhanubhakta Memorial Academy, Kathmandu

THEIR ERA, OUR ERA

Change, I define it as the conversion of days, events and other aspects from their initial state. One of the best examples of change is the change of generations. Generation generally refers to the production or earning. In other way it also means to be change in series of ages and time period. It's a different thing that it's only of a single family or the whole world.

We all are already known about the fact that we were not like this during the evolution of humans as we are today. The whole world, it means from the generation of people (those who were initially born on earth) to the generation of today's kids.

WOMEN EMPOWERMENT

Today women empowerment is one of the most talked matters around the entire globe. Many governments across the whole world are busy advocating women environment within and outside their territories to assure gender equality and encourage the status of women in our societies. But are all the women of our community enjoying their deserved rights? This is another topic to concern about.

Women empowerment is the process through which a woman elaborates and recreates what she can do. In today's date, empowering women is one of the most obligatory factors for massive and collective social change as well as for economic development. We can't imagine a prosperous present and future without appropriate inclusion of women in developmental activities. Only accepting men's participation wouldn't allow a swift pace of development and many wellknown intellects and world leaders have argued about this fact too. Thus, empowerment of women is a stipulation for the advancement of a society. Similarly, gender equality, wide education and awareness are obvious essentials for women empowerment. Even though in many nations around the globe, women are achieving equality in terms of education, health and recognition in administrative fields, we haven't seen gender equality in economic opportunity yet. The women usually lack business possessions, financial rights as well women's

entrepreneurship rates are quite significantly low. Besides these, security status of women is miserable. The daily papers are often occupied with the incidents of women harassment, girl trafficking, rape cases, domestic violence and more. Thus, from these things we can conclude that there is still lot to do in the field of women empowerment.

Several national and international agencies, movements and organization have been commencing various steps for the sake of women and they have been able to make substantial impacts upon the status of women. One of such movements is 'ME TOO' movement. Activist Tarana Burke is the one to initiate the 'ME TOO' movement that has now captured the attention of the whole world. She started this movement back in 2006 AD, which encourages women to reflect their unity to each other in any sort of violence. Empowering women is the key to social transformation. Change without the role of women is unrealistic. Thus, if the world wants prosperity, women must come forward, make the difference and make our world a better place to live.



VISIT NEPAL YEAR 2020

Nepal, a nation located on the lap of the Himalayas is noted around the entire globe for its tremendous affluence of natural resources, magnificent culture, brilliant art, architectures and mesmerizing beauty. The heaven may even lose its bright in front of Nepal's beauty. Though it is stretched in a small region, its beauty and splendor sparkle the brightest in the world. Probably there is no other country in the world which is more blessed than Nepal. Nepal is too contented by its unique affluence that it doesn't require economic prosperity to earn fame. Peaking mountains, rumbling rivers, mighty hills, deep valleys, towering springs, extensive plains, a unique blend of art and culture frame the beauty of our country. Because of this, every year our country prepares for a large influx of tourists who arrive here to witness the fascinating atmosphere. Hence, Nepal holds an immense possibility in tourism industry.

According to statistics about 1,173,072 foreign tourists visited our country only in 2018 and this has pumped a lot to the financial status. Thus, tourism is considered the largest industry in Nepal and the chief source of foreign revenue. However, this wouldn't have been possible without various tourism campaigns our country had conducted in the past. 'Visit Nepal Year 1998' and 'Nepal Tourism Year 2011' are some of such campaigns through which our country achieved great feats. Thus, Nepal has always

been trying hard to exalt the standards and scopes of tourism. And yet again Nepal has come up with 'Visit Nepal Campaign 2020' that intents to promote it as a major touristic destination across the entire globe and further nourish the economic situation of the nation. Nepal has anticipated the year 2020 as the year of tourism prosperity and is envisioning to attract as many as 2 million foreign tourists. Throughout the year, the tourists will be getting reasonable packages,



sound accommodation facility, proper tourist goods, warm hospitality, proper means of entertainment, guidance and transportation all at a very sensible rate. Although the MoCTCA (Ministry of Culture, Tourism and Civil Aviation) had planned to celebrate Visit Nepal Year in 2018, it was postponed due to the various delays in the construction of infrastructure. Similarly, many people added a question mark upon the security standard of Nepal after being struck by the devastating earthquake. However, it was soon cleared that Nepal was affected majorly in about 5 districts and minorly in about 7 districts but all other destinations were entirely untouched. Similarly, after the earthquake, all the

trekking routes, temples and other commercial buildings were precisely checked by government approved engineers and the monuments that required renovation are on their way to get completed by 2020. As well, government has prepared to complete the expansion of Tribhuvan International Airport and construction of Gautam Buddha International Airport before the Visit Nepal Year. Likewise, various private sectors have also extended their support to government for the success of Visit Nepal Year 2020. The private hotel sector has also planned to add about 4000 new rooms in four and five-star class in major city areas. Hence, it seems that all sectors are preparing for the best of Visit Nepal Year 2020. Nepal is a paradise for adventure lovers consisting 8 out of 14 highest mountains, fast flowing rivers allure rafting and kayaking, trekking is always fascinating here and even it is the perfect example of cultural diversity. It consists the roots of Hinduism and Buddhism thus, besides nature lovers, religious devotees too love visiting Nepal. So, Nepal is an exceptional nation. It has never been colonized as its identity has always been protected

visit Nepal Lifetime 2020 Experiences

by valiant Gurkhas. So, being the citizens of an independent nation, we must strive for its prosperity. Thus, let's join our hands and launch bold actions to make Visit Nepal Year 2020 successful in its purpose.

Utkarsha Neupane Nawalpur Secondary School, Bardgh

THE TIME HAS COME

The time has come
For us to show up
For us to speak up
For us to do the best
And to beat the rest

The time has come
For us to save our glory
For us to maintain the history
And not to keep the development a
mystery
Otherwise it shall fade
And we shall meet the future dead

The time has come
For us to take the initiation
For us to be the inspiration
For us to utilize the time
And for us to mind the gold mine

The thing that never comes back
The thing that cannot be hacked
It is the time
It has come
And it will never look back

Karan Aryal Shree Gaurishankar Secondary School

THE TREND OF FOREIGN EMPLOYMENT

The dawn of 21st century has allowed

human beings to strive for new inventions and this significant effort has transformed the present day into the day of science and technology. Besides, this is the era of finance as it seems obvious that people are prioritizing money over all matters. In the present scenario, the people of developing countries tend to migrate towards developed countries anticipating sweet employment opportunities. They dream to have a decent standard of life, proper health facilities and appropriate privileges to extend their skills and knowledge. As well as, people are in continuous search of extensive areas to show case and interact their talent and ideas with larger mass of individuals. Therefore, the trend of foreign employment is increasing. The individuals of many countries are residing within a small region. This may sound appropriate in one sense. However, the individuals are loaded with some responsibilities that they have to accomplish towards their nation. The trend of foreign employment seems to increase in developing countries which are struggling for development. These countries usually lack proper opportunities and facilities. Thus, youths being tempted by such privileges in foreign countries, fly abroad. This process leads to a further serious hindrance called brain-drain. Braindrain is a slang term indicating the departure of highly skilled and qualified individuals to foreign land. The rate of brain-drain is very high in context

of our country. This is why, the pace of development is very slow in Nepal. Youths are the pillars of nation and the nation hopes for a change from them. So, the youth must be enthused to carry the nation towards prosperity. They must work for their nation and find out new ways to utilize the unused affluence of country. Sanduk Ruit, a senior ophthalmologist who has achieved a milestone in the history of Nepali medicine is a perfect example for the Nepalese youths. Even though, he moved abroad for studies, he returned Nepal and is now achieving great feats. Thus, foreign employment itself is not a bad thing but considering our current condition, we must make sure to reduce foreign employment and utilize the human as well natural resources to shape the tomorrow of our country.



Pratistha Bhatta White Secondary school, Kathmandu

UNFAIR AND LOVELY

Beauty standards. The society sets a beauty standard and on that outwardly basis of physical attractiveness you judge someone without even knowing them from the inside. Either pretty or not.

Fair skin is the Eurocentric beauty standard that has been ingrained in our society. It's always fair and lovely.

Growing up I'd never thought much about my skin tone but all the beauty commercials promoting whitening products, the pretty faces on T.V. that were all fair, my classmates wanting to be just a shade lighter, got me thinking. With a sinking feeling I realized then, my skin wasn't fair enough.

When I think of it now, when I think of colorism as a concept being ritualized in our society, a really small fact absolutely breaks me. More than the T.V. commercials, more than the society, it was really me all along convincing myself that darker shade just wasn't pretty enough.

It was the third time in a week that I'd been applying lemon juice on my face, to make my skin lighter. And finally all these years of frustration and anger at how stupid colorism is, swells up.

I stare at my reflection in the mirror for the longest of time and I want to apologize to myself for convincing myself that dark skin isn't pretty enough, for trying to scrub the melanin

out of my skin, for hating my skin tone because I'd told myself it just wasn't fair enough. Holding back my tears, I choke out in a hoarse whisper "You're beautiful" to myself. And for the first time in a long time I feel beautiful.

I am unfair and lovely and proud.



Isha Karki St. Mary's High School







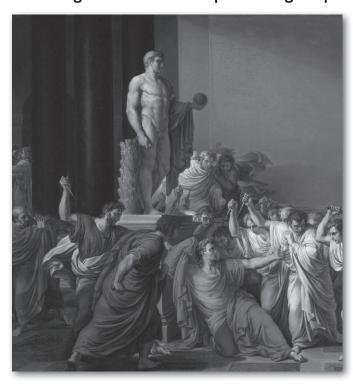


The assassination of Julius Caesar

Gaius Julius Caesar was born on 12/13 July 100 BC to a patrician family in Rome. Despite being a part of aristocracy, his family did not have much wealth. Regardless of lack of wealth and political influence, Caesar set himself apart as a smart and confident individual. He joined the military at a young age, demonstrated his power on the battlefield, and eventually built up his own personal army. Throughout his early career, Caesar managed to secure multiple positions in the government. By the year 60 B.C., at the age of 40, Caesar was elected to the position of consul, one of two men in charge of leading Rome at the same time. During his time as consul, Caesar passed a number of reforms through the Senate. Julius Caesar's rise to the powerful position of consul had been dramatic. Years of military triumphs had made him the wealthiest man in Rome. After defeating his rival Pompey the great, who was a military and political leader of the late Roman Republic, in a bitter civil war, his power was at its peak. His victories and initiatives, such as distributing lands to the poor, had made him popular with the public. Many senators sought for his favor by showering him with honors. Statues were built, temples were dedicated and whole month was renamed, still called July today, in his honor. More importantly, the title of dictator, meant to grant temporary emergency power in wartime, had been bestowed upon Caesar several times in succession.

In 44 BCE, he was made dictator perpetuo, dictator for a potentially unlimited term.

Fearing a return of monarchy their ancestors had fought to abolish, the senators along with the aristocrats whose own power and ambition were impeded by Caesar's rule started conspiring against his. A group of conspirators calling themselves as liberators began planning for assassination. Leading the group of conspirators were the senator Gaius Cassius Longinus and his friend Marcus Junius Brutus. Brutus had a hard time deciding on whether to join the group



or not. Even though he had sided with Pompey during the civil war, Caesar had personally intervened to save his life. Not only did Caesar save his life, he even accepted him as a close advisor and elevated him to important posts. Opposing unchecked power wasn't just a political matter for Brutus, it was a personal one. He claimed descent from Lucius Junius Brutus, who had helped overthrow the tyrannical

king. Instead of seizing the power himself, he made Rome a republic. Brutus didn't want to conspire against a man who treated him like a son, but in the end Cassius's insistence and Brutus's own fear of Caesar's ambitions won out.

On March 15, 44 BCE, at a senate meeting held shortly before Caesar was about to depart on his next military campaign, as many as sixty conspirators surrounded him, and stabbed him with daggers from all sides. As the story goes, Caesar struggled fiercely until he saw Brutus. Despite the famous line, "Et tu, Brute?" written by Shakespeare, Caesar's last words are unknown. Some ancient sources claim he said nothing while others record the phrase, "And you child?" It is believed that when Caesar saw Brutus among the conspirators he gave up the fight covering his face. After his death was announced to the public, Rome was in chaos. The attackers had underestimated Caesar's popularity among the people. When Caesar's friend and Co-consul Mark Antony gave a passionate speech on the day of Caesar's funeral, it whipped the crowd into a frenzy of grief and anger. As a result the liberators were forced out of Rome. The ensuing power vacuum led to a series of civil wars during which Brutus committed suicide.

Source: Ted-ed

Anugya Dahal Brihaspati Vidyasandan

ECOLOGY AND MAN

1st in Intel Essay Competition

Ecology refers to the surrounding and environment around us. The ecology plays a very significant role in the existence of human beings. The ecology consists of flora and fauna, vegetation's, animals and so on. The existence of human beings is only possible with the help of ecology themselves, the cause of the depletion and destruction of the environment as the activities of the human beings. This is a burning issue not only to the environmentalists but also to anyone who is trying to embrace a eco-friendly lifestyle. Such activities of the human beings has caused the death and extinction of many species of animals and birds. E.g. dado, etc. People are misusing the aspects of ecoloay.

The environment provides us with all sorts of nutrients that we need in order to grow. It provides us oxygen, fruits, vegetables and so on. Without this, we couldn't even imagine the existence of human beings. Through the help of environment only, we are being able to do all sorts of industrial and commercial activities. Our economic, social, individual statue all depends all the environment aspects. The ecology around as evened and changed according to the circumstances. Before in the early age, there were Stone Age people who were also known as savages and the environment at that time wasn't as diverse as it is right now. Then, the environment and our planet kept on evening and changing and finally reached the present. Also, our mother planet, is the only planet where life is possible.

We all are very much aware about the

fact that we, humans are the one and only cause of environment deterioration. The environment is becoming more and more polluted each day. The major cause of the deterioration of environment is the use of non-biodegradable trash. It is important to understand what nonbiodegradable trash is only discarded item that cannot be broken down by any living organisms. These are many types of non-biodegradable trash such as cells, bottles, etc. Dangerous chemicals and tenures are also non-biodegradables as in plastic grocery bags, plastic cans, plastic bottles and other similar materials. While biodegradable wastes break and becomes a part of the soil, nonbiodegradables don't. Non-biodegradable are accumulating at a very fast rate in the environment which poses a threat to infinite members of living organisms not only that, the use of non-biodegradables poses a threat to our health as well as it is a major health hazard.

The most wide-reaching effect of the use of the non-biodegradable materials by humans is the pacific garbage patch, all area of the Pacific Ocean which is heavily polluted by all sorts of plastics. "The size of the path extends over a very large area, ranging from the size of the state of Texas to the over more size of the continented US, however the exact size is unknown." The pacific garbage patch will double its size is the vent 10 years, if which causes the death of infinite number of massive animals, if human don't make efforts to reduce the accumulation of the non-biodearadable wastes. Plastic debris is major cause of extinction of massive life, where 100,000 die each year. Nonbiodegradables effect the health of fishes, seabirds and other marine creatures. Animals who consume plastics face several digestion problems and starve to death. Hypo plastic hide beneath the surface to water and pose a great threat to marine creatures.

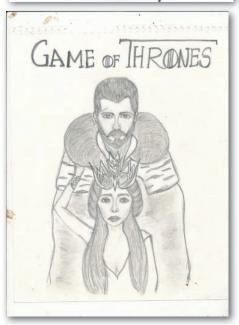
Such effects are not only seen in the oceans but also all around the world and by that, I mean the Savanna grassland, Antarctica and so on. The giraffe which is a very common animal in the central Africa region is about to get extinct now. The polar bears two are being endangered due to global warming, as their shelter are being destroyed. Pandas too are endangered due to the same season. The only cause of such destruction is the activities of humans. Out of 100%, about +1% of pollution is caused due to the large industries that throws a huge amount of chemical, toxins and wastes. Another season is people cut down trees for settlement because of which many animals are endangered and almost extinct.

There are many ways to reduce such activities, but the most easy, suitable and reliable one is to recycle. Everyone can participate in this. This will also help to reduce the accumulation of nonbiodegradables in the environment. Another solution is to replace nonbiodegradable wastes with the ones that biodegrades. Nowadays, we can even get the biodegradable form of plastics. The most important solution is to "Say no to plastics." If all people participate and more equal efforts then we will be able to save our planet. We should also conduct awareness programs and campaigns. Illegal hunting and poaching of animals should be banned and industries which throws out pollution in large amount should also be banned. We humans, need to know that we are the only cause of this and also are the only ones who can stop this from happening and getting worse. If the environment gets extinct, then our existence too will extinct above all, "Save mother Earth."

Chhimi Dolkar

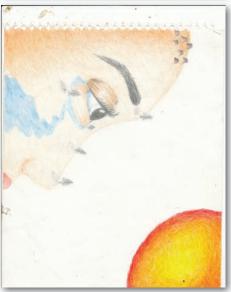
ART & GALLERY



















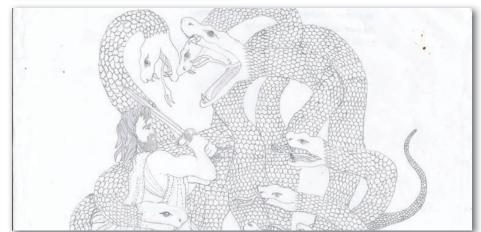














INTEL SPORTS WEEK











INTEL

STUDENTS AT NES WORKSHOP











प्रभाकर काफ्ले सगँको आन्तरवार्ता

9) तपाईंलाई Harvard / MIT तर्फ के कुराले प्रोत्साहन गरायो ?

बिराटनगर, मेरो जन्मस्थल अनि शिक्षा थालनी स्थल भनु न, सानैबाट पढाईमा लगाब भने थियो नै। राजधानी बहिरका विद्याथीको लक्ष्य नै राजधानीमा नाम चलेक कलेज म १०+२ पढ्ने हुन्थियो ।अनी अवसरको तुलना गर्नं नपर्ला किनकी राजधानी भनेको राजधानी नै हो। राजधानी प्रवेश पछी पाएको एउटा अवसर को सन्दर्भ जोड्न चाहे।सन २०१७ को फिजिक्स ओलिम्पियाडमा नेपालका लागि काश्य पदक जित्न सफल भए । यस मानेमा अभौ आफ्नो क्षमता बढाउने कुरा आयो अनि म त्यता तिर प्रोत्साहित हुन पुगे जस्तो लाग्छ।



२) तपाईंलाई Harvard / MIT को बाटो तय गरेर त्यहाा सम्म पुग्दा के कस्ता बाधा अवरो धले सम्बोधन गर्न पुगे ,अलिक बिस्तारमा भनिदनुहोस्।

मिनस समय अनुसार चल्नुपर्ने कुरासँग सबै अवगत नै छन। जब १० कक्षा सम्म जिवनको लक्ष्य बारे मलाई सोधिन्थ्यो कहिले डाक्टर त कहिले ईन्जिनियर भनेर प्रश्न को बिट मार्थे। आहिले भने खुशी लाग्छ म ति दुबै मात्र भनेर भुत्ती खेल्न भने परेको

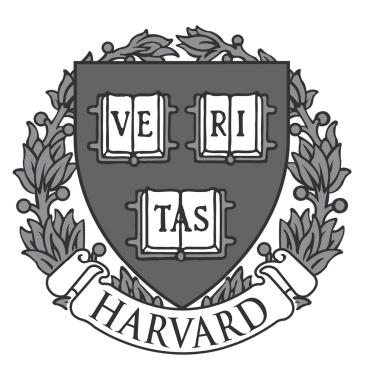
छैन। घर परिवार को , समाजको , सबैको मन राख्न पढेको भए ,अरुको लक्ष्यलाई सिरोपर गरेको भए अवश्य नै म Harvard / MIT लाई आफ्नो भन्न सिक्दिन्थे होला। अत : यो बाटो चुनेर अगाडी बढ्दा सुचना प्रवाह , बुवाआमा र समाजको म सफल हुदिन कि भन्ने डरलाई सामना गरेर अगाडी बढेको ह।

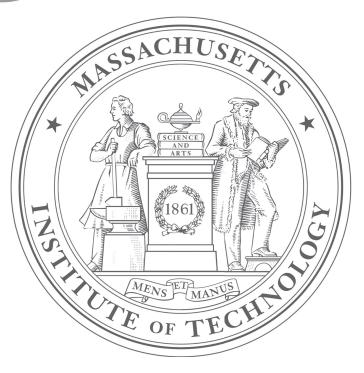
३) बिश्वप्रख्यात महाबिद्यालय Harvard / MIT मा तपाई प्रवेश गर्न सफल हुनु भएको छ, अब ति दुई मा तपाई को रोजाई कुन हुने छ र किन ?

पहिले देखी कै कुरा गर्ने हो भने मेरो मन कम्प्युटर विज्ञान तर्फ थियो,अनी त्यसैले मेरो भुकाव प्रविधिक क्षेत्र तर्फ नै छ ।विश्वको कुरा गर्ने हो भनेज्बचखबचम लाई नै सबैले बढी प्रख्यात मान्छन् तर प्रविधिक क्षेत्र को कुरा गर्नेको हो भने MIT धेरै नै अगाडी छ जस्तो लाग्छ ।वेब्येज निर्मता बर्नेर्स ली पनि MIT कै एक प्रध्यापक रहेका छन् ।त्यसैले म िय विभिन्न कारणले MIT लाई रोज्दै छ ।

४) Harvard / MIT बहेक अरु कुनै बिश्वबिद्यालय मा तपाईले प्रबेश गर्नको लागि प्रयास गर्नु भयो कि भएन ? अनि के प्रथम पटकमै तपाई Harvard / MIT का लागि चुनिनु भयो ?

Harvard / MIT बाहेक मैले अरु १० बिश्विबद्यालयका लागि प्रयास गरेको थिए। अनि Harvard का लागि दोस्रो प्रयास मा र MIT का लागि पहिलो प्रयास मै चुनिए। केहि समयको मे हनत अनि धैर्यता पछी नितजाले पनि मेरो साथ दियो र म आज तपाईंहरु सामु छु।





५) के नाम चलेका कलेजहरुले ग्रेडलाई नै प्राथमिकता दिएर विद्याथी छान्ने गर्छन् कि अन्य अतिरिक्त कामकाजको पनि त्यसमा भूमिका हुने गर्छ ,भन्दिनुहोस् न ?

जसिर नेपालको अवस्थाको कुरा गर्दा ग्रेडलाई नै सबै कुरा मिनन्छ बाहिर त्यस्तो हुँदैन ।अतिरिक्त कामहरुलाई बढी मान्यता दिने गरिन्छ, त्यसैले पढाईसँग अरु कुरालाई पिन संगै लग्न आवश्यक छ । विद्यार्थीको क्षमता बिकास अनि उज्वल भविश्यको लागि सोचेर मात्रै कलेजहरुले काम गर्छन त्यसैले ग्रेड मात्रैको कुरा त्यहाँ आउनै सक्दैन ।

६) युवा बिदेश पलायन हुने क्रम जारी नै छ, अनी छिटै नै तपाई सयुक्त राष्ट्र अमेरिका जादै हुनुहुन्छ, देश फर्केर केहि गर्ने बिचार राख्नु भएको छ कि समुन्द्रलाई ब्याकग्रौन्ड बनाएका फोटालाई नै जिन्दगी बनाउने सोच्नु भएको छ ?

मलाई लाग्छ देश बनाउने समय नै यही हो त्यसैले बिदेश गएर उतै रमाउनु मेरो ठुलो गल्ती हुनेछ भन्ने कुरासँग म पिर चित छु। नेपालमा प्रविधिक शिक्षाको एउटा थालनी गरेर अधी बढाउने मेरो ठुलो रहर छ।त्यसैले म बिदेश मै भने अवश्य बस्नेछैन। कयौ लक्ष्यका साथ बिदेश जाने छु र अनि यही ने पालमा आएर सबै सपना साकार पर्ने छु।

जीवनको संगीत यात्रा

अमूल्य छ यो जीवन मैले पैसाले किन्छु बेच्छु भन्न सिकनँ द :खको समुद्र यो जीवन मैले दु:खमा पनि सुखमा पनि सधैँ रमाउन सक्छु भन्न सिकनँ मिहिनेत खोज्छ यो जीवन मैले मिहिनेत गरेर सधैँ फल पाउँछु भन्न सिकनँ एक्लो हो यो जीवन मैले सबैलाई आफ्नो भन्न सिकनँ निष्ठ्री छ यो जीवन मैले कहिले सिकन्छ भन्न सिकनँ सहयात्री छन् यो जीवन मैले सधैँ साथ पाउँछ भन्न सिकनँ अनौठो छ यो जीवन मैले कहिले समाएको हात छुट्छ भन्न सिकनँ सङ्घर्ष छ यो जीवन मैले सङ्घर्ष नगरी बाँच्छ भन्न सिकनँ त्यागले भरिपूर्ण यो जीवन मैले आफन्त गुमाउनुको पीडा खप्नु पर्दैन भन्न सिकनँ अचम्म छ यो जीवन मैले सधैँ रमाएर बिताउँछु भन्न सकिन ।।।

प्रशुम्ना अधिकारी विष्णुमती आवासीय मा.वि



मेरो प्यारो बुबा

शब्द छैन तपाईको बारे व्याख्या गर्ने बुबा आफू दु:ख भेली मलाई सुख दिने बुबा ।

चाहना हाम्रो पूरा गर्ने तपाई नै हो बुबा अनगिन्ती दु:ख भेली मलाई सुख दिने बुबा ।

आफ्नो पेटलाई भोकै राखी मेरो पेट भऱ्यो बुबा मेरो ओठको मुस्कानलाई आफ्नै हाँसो सम्झ्यौ बुबा ।

मलाई मसँग परिचित गराउने तपाई नै हो बुबा आफ्नो संसार भुली मलाई संसार देखाउने बुबा आफू दु:ख भेली मलाई सुख दिने बुबा ।।

पुष्प राय श्री बाजु माकी माध्यमिक विद्यालय फुलबारी, सिराहा



अर्थ

सपनामा ताजमहल बनाउनुको के अर्थ । व्यर्थै ढुंगामा जल खन्याउनुको के अर्थ ।।

मानवता र सेता भाव चटक्कै बिर्सेका छौ । हाम्रो धर्म महान् भन्दै जनाउनुको के अर्थ ।।

नव प्रदेशको नाममा आफ्नै हत्या गरिरहेछौ । ईद, दशैं, क्रिसमसहरुलाई मनाउनुको के अर्थ ।।

सेता भाव करुणामा धर्म हुनसक्छ । यसलाई छोडी मठमन्दिर बनाउनुको के अर्थ ।।

सुशान्त कार्की पायनियर्स एकेडेमीख कैलाल

बुढा- "तलाइ कित भनु कि खाना बनाउने बेला मोबाईल नचला भनेर, दालमा नुन नै लागेको छैन, कित खल्लो छ ।"

बुढी- "हजुरलाई पनि कित भन्नु खाना खादा मोबाईल नचलाउनु भनेर, दाल यी यता छ, हजुरले पानी हालेर

खानुभाछ" 😆 😆

को छ ?

जनता बोल्छन्, आवाज उठाउँछन् जनताको बोली सुनिदने को छ ? साँचो र भूटो बोल्ने को आज सत्यको बाटो हिँडिदिने को छ ?

नेता अरे थरीथरीका चाहिने रे चिल्ला गाडी आफैँ पैदल हिँडी जनताको आँसु पुछिदिने नेता को छ ?

आफ्नै दिदीबहिनीको इज्जत लुट्छन् तिनलाई सजाय दिने को छ ? जोगाउने तिनै देशका सिपाही मातृभूमिका लागि लड्ने को छ ?

बलात्कार गर्दे हिँड्ने त्यो कुपुत्रलाई च्याप समाई दुई भापड हान्ने दाजु र भाइ को छ ?

हत्या र हिंसाका चपेटामा परेका ती व्यक्तिलाई न्याय दिलाउने को छ ? हत्यारालाई छिटो सजाय दिन सच्चा न्यायपालिका कहाँ छ ?

गणतन्त्र, लोकतन्त्र नाम मात्रै भयो यसलाई अपनाउने को छ ? देशको हितमा लड्ने सच्चा नेापली को छ ?

रामले जस्तै सीतालाई माया गर्ने श्रीमान् को छ ? नारी सधैँ अपहेलित हुन्छन् यहाँ उनीहरुलाई बचाउने को छ ?

को छ ? अनुराधा कोइराला जस्तो नारीको अस्तित्व बचाउने को छ ? बदभद्र कुँवर जस्तो देशलाई जोगाउने ?

गौतम बुद्ध जन्मे यही

देखाए शान्तिको माग त्यसलाई अपनाउने को छ ? यो देशको घाउमा मलम लगाइ दिने सच्चा वीर गोर्खाली को छ ?

अस्मिता खितवडा बूढानिलकण्ठ विद्यालय नारायणस्थान, काठमाडौं

स्वार्थी माया के लाई खााचो ?

भुलिदेऊ भो अब तिम्रो पछि पर्दिन म स्वार्थी यो संसारमा तिमी विना मर्दिन म ।

आफ्नै संसार बनाउने मिहिनेत गर्छु अब म माया के हो बुभाँ मैले अब कहिल्यै माया गर्दिन म ।

छोडेर जान्छन् विश्वास तोडेर जान्छन् लक्ष्यमा नपुग्दै गन्तव्य मोडेर जान्छन् धेरै देखे प्रेम कहानी, आधा अधुरा सबै मुटुमा बस्ने बस् हृदय फोडेर जान्छन्।

मायामाभन्दा सुन्दरतामा मोह छ यहाँ अलि धन देखे तन, मन जोडेर जान्छन् दोषी बनाइ निर्दोषलाई आफू ओभानो देखे आदर्शको च्यादर ओढेर जान्छन् ।

सबै कुरा आजै गरौं भोलीको भर हुँदैन जसरी भाषण अनि गोलोको भर हुँदैन मीठा कुरा गर्नेहरुको विश्वास नगर्नु रे फेरिन सक्छ मनस्थिति बोलीको भर हुँदैन रे । आँखा चिम्लेर हामफाल्ने नगरेको राम्रो बगाउन सक्छ खहरे खोलाले पनि हाँसीखुसी बाँचौ हामी कसैको देखासिकी नगरी अत: दुईचार दिने चोलाको केही भर हुँदैन ।

कैशल राज देवकोटा प्याराडाइज बोर्डिङ स्कुल सिन्धुली

कलंकी, काठमाडौं

गजल

जिउने रहर मरिसक्यो कफन ओढाइ गए हुन्छ मुर्दा सम्भी आर्यघाटमा चिता सजाइ गए हुन्छ

जिन्दगीभर हातमा हात साथा साथ हुन्न भने आजै अलग बाटो रोजी बहाना बनाइ गए हुन्छ

केही समय यात्रासँगै पछि अलपत्र पार्नुभन्दा एक काँटी सलाई दिन्छ आगो लगाइ गए हन्छ ।

रजुल कौसल/राहुल दुबेश्वर महोत्तरी ग्लोरी उच्च मा.वि. रामगोपालपुर-४, महोत्तरी



मेरो अधुरो प्रेम

मायाको जंजिरले बाँधेर मलाई छाडी गर्यो कोरेर सलाई आगोको बीचमा छ मेरो जिन्दगी बितेको समय सोध्छु म हर घडी ।

नजलाऊ मलाई भनी आग्रह गर्दा अनलको तापले मलार्य पोल्दा मेरो स्वर त्यो भीडमा भाँसियो मेरो यो शरीर माटोमा मासियो।

शरीर त खाइसक्यो आगोले मुक्त गऱ्यो माया मोहको धागोले परतन्त्र थिए भए म स्वतन्त्र ज्ञात छ मलाई केवल मायाको मन्त्र ।

थाहा पाए पुगेछ मेरो मिति परिवर्तन गर्न सिकन सृष्टिको रीति दु:ख कष्ट नहुने कस्तो यो ठाउँ यहाँ पनि सोच्दैछु तिम्रो नै नाउँ।

घरमा छ साथमा छ छायाँ मरे पिन लाग्छ मलाई तिम्रै माया तिमी खुसी होऊ यति छ इच्छा स्वर्गको बाटोमा गर्दैछ तिम्रो प्रतिक्षा ।

ईश्वर गौतम ग्रीन भ्याली एकेडेमी ललितपुर, धापाखेल ।

किन यस्तो ?

हरपल, प्रतिपल परिवारमा एउटा भुिलकने घामसिर बन्न खोिज्छन् । जस्तो परिस्थिति आउँदा पनि हरदम आमाबुबाको सुख र खुसी रोज्छिन् । तापिन दु:खमा नै आपना दिन काट्नु पर्ने उनको कर्म कस्तो ? आखिर छोरीको जीवन किन यस्तो ?

गर्भमा नै छोरी हो भने थाहा पाउँदा त्यहींबाट ऊमाथि हिंसा सुरु पापीहरु गर्ने गर्छन् जन्मदेखि नै आफ्नो पहिचान र अधिकार हासिल गर्न छोरीहरुले लड्नु पर्छ छोराले जे गर्दा पिन ठीक तुल्याउने अनि छोरीलाई चाहीं सधैं बन्देज लगाउने यो समाज कस्तो ? आखिर छोरीको दैनिकी किन यस्तो ?

लिंग छुट्याई गर्भमा छोरी हो भन्ने थाहा पाउँदा तुहाइन्छ छोरीलाई पढ्न निदई केवल घरको काममा नै सीमित गराइन्छ । मिहनावारी हुँदा गोठमा राखिन्छ कसैलाई छुन पिन दिइदैन उसको दिनहरू कित पीडादायी हुन्छ केही चासो नै लिइदैन ।

विवाह
गर्नु अघि बूढीकन्या रे
विवाह गरेपछि अहिलेसम्म बाँभो छ रे
विवाह अघि स्कुल नजा रे
विवाहपछि छोराछोरीको हेरचाह मात्र गर रे
जन्म दिएर संसारमा बाँच्न सिकाउने आमाबुबा
छोडी पराइको घर जानु पर्ने
आफ्नो अमूल्य जीवन त पराइलाई त्यागे
अभ त्यसमाथि टन्न दाइजो लानु पर्ने।

दायित्व पूरा गरेर पिन अधिकार छोरीलाई नसुम्पिने यो समाजको चलन कस्तो ? हैन यो छोरीको जीवन किन यस्तो ?

आयुष्मा पन्त एलआरआई स्कुल

समभना

ती माटाका भाडा र ढुङ्गाको घर अभै पनि याद छ मलाई, तिमी घासी र म गोठलो अभै पनि याद छ मलाई. त्यो काठको डन्डी र काठकै बियो अभै पनि याद छ मलाई, तिम्रो हारमा मलाई भएको पिडा अभै पनि याद छ मलाई. तिम्रो र मेरो सपनाको घर अभै याद छ मलाई, माटोको सिन्ध्र पछुयौराको डोली अभै पनि याद छ मलाई, पातमा थियो बिहेको निम्तो अभै याद छ मलाई, माटोको भातेर गोठला जन्ती अभै पनि याद छ मलाई, थालको दमाहा र पातको नर्सिंह अभै पनि याद छ मलाई, तिमी दुलही हुँदा रोएको नाटक अभै पनि याद छ मलाई, फुलको शुङ्गार र फाटेको चोली अभै पनि याद छ मलाई, पातको माला कासको बाला अभै पनि याद छ मलाई, तिमी आमा र म बुवा अभै पनि याद छ मलाई, काठको छोरा काठकै छोरी अभै पनि याद छ मलाई, कती रमाइला थिए ति हाम्रा बाल्यकाल अभै पनि याद छ मलाई,

तिमीले त बिर्सेयौ होला अभै पनि याद छ मलाई ।।

सन्देश पौडेल शिशु मिलन ईंग्लिश हाई स्कुल ब्ढानिलकण्ठ,काठमाडा

हाम्रो प्यारो जन्मभूमि नेपाल

हिमाल, पहाड, तराई हाम्रो देश नेपाल सुन्दर, शान्त प्रकृतिको फूलबारी विशाल गौतम बुद्ध, भृकुटी शान्ति र मित्रताको सन्देश स्वतन्त्रपूर्वक बाँच्न कसैलाई छैन बन्देज ।

उत्तरितर अग्ला हिमाल सधैँ हिउँ पर्छ हिउँ पग्ली नदीनाला भरना बनी बग्छ डाँफे भई मलाई पिन उड्न मन लाग्छ सगरमाथा शिखरमा चढ्न मन लाग्छ ।

सुन्दर छ, राम्रो छ, प्यारो छ हाम्रो देश हामी सबैको जात अनुसार अलग छ भेष राम्रो देखिन्छौ हामी हाम्रो आफ्नो भेषमा विखण्ड नल्याऊ है साथी हो हाम्रो देशमा ती लाली गुराँस फुलेर रातै जङ्ग ढाँकेका यो देश मेरो सुन्दर कित छन् मौरी नाचेका भेष छ हाम्रो दौरा र सुरुवाल पटुकी बाँधेको साडी र चोलो घुँघुँर बजाई सानीले नाचेको ।

बुद्ध जन्मे यही देशमा सीता जन्मिन् यही भृकुटीको रङ पनि छ नि जहीँ तहीँ मातृभूमि एउटै हाम्रो, हामी नेपाली सम्भौँ सबले एउटै रगत माया बसाली ।

हिमचुलीका शिखरहरु हाँसिरहन्छन् सधैँ मयुर नाच्छ कोइली गाउँछ त्यही पाखामा सँगै कलकल गर्ने छहरा ती विश्वमा नै सुन्दर प्रकृतिको देन ठूलो हाम्रो देश नेपाल ।

बिग्रदै गएको देशलाई जोगाउन लागौ सबै मिलेर आपसमा मिलन नभए मौका जान्छन् उछिट्टिएर यसै सुन्दर नेपाललाई बनाऔं सुन्दर ठाउँ सुन्दै यो मन रमाउने नेपाल कित सुन्दर नाउँ।

निबगार विष हामी यो देशको माटो बिशाल बनाई छाती सबको लिउँ सुन्दर बाटो गौरववान् भई भनौं हामी नेपाली तराई, पहाड, हिमाल मात्रै होइन हामी सबै नेपाली ।

पी आर्यन यादव बालकल्याण विद्या मन्दिर



गन्तब्य (मुक्तक)

आफ्नै भाषा आफ्नै रीति आफ्नै हो रिवाज नगरौं विलम्ब शिक्षित बनौं हुन्छ नशामुक्त समाज भए चाकरी लोप हुन्छ निर्भिकता जागौं नेपाली, बनौं शिक्षित, लोप गरौं रिक्तता ।

रक्सी, चुरोट, अन्त्य गरौं, गरौं मानसिकता विकास नभए अन्त्य छिट्टै हुन्छ, सामाजिकताको विनाश कुलतमा लागी मानिसले नै गर्छ मानिसको हिंसा आफ्नै दुष्कर्मले निम्त्याउने गर्छ यातना र विध्वंश ।

आफ्नै भाषा आफ्नै रीति आफ्नै हो रिवाज नगरौं विलम्ब शिक्षित बनौं हुन्छ नशामुक्त समाज मृत्यु नहुञ्जेल हुँदैन सिमा विलासकोख भए स्वाभिमान विकास हुन्छ, आत्मविश्वास त हो अरुलाई गर्ने हिंसा अरु पापी हुँदैन रे आफूले गरौं धर्मनीति कसैले पापी भन्न सक्दैनन् रे ।

आफ्नै भाषा आफ्नै रीति आफ्नै हो रिवाज होऔं स्वाभिमानी, नगरौं हिंसा बन्न सक्चौ चतुर्भुज ।

ब्रिजेश प्रसाद जुद्ध बोर्डिङ स्कुल रौतहट

रुप

राम्रो भन्न मिल्दैन हेरेर सुन्दर रुप, मन सफा हुन सक्छ जित नै भए पिन कुरुप, एउटा अनुहारभित्र अनेक रुप लुकेको हुन्छ, यसै रुपले त मिनसलाई छलकपटमा पार्छ ।

मुखमा रामध्राम बगलीमा छुरा भनेर भन्छौ, मनिसको रुपले नै यस्ता उखान टुक्का बनाउछौ, समय आइपदी मनिसले आफै् वास्तविक रुप देखाउछ, यही वास्तविक रुपले नै उनिहरु लाई सही चिनाउछ । संसारमा सबैभन्दा डरलाग्दो नै हुन्छ मनिसको रुप, मनिसको ठुलो हतियार नै हुन्छ उसको रुप, भित्री जस्तो सोचेपनि बाहिर हासो देखाउछ, मतलब नभए पनि ख्याल गरेर नाटकी रुप देखाउछ ।

रुप त रुप नै हो यसलाई कसले बुभ्ग्न सक्छ, छिनमै दनाव छिनमै साधु बनेर हामीलाई छुलिदिन्छ, बाहिरी सुर बनेर ,असुर सोचाइ मनमनै खेलाउछ, घोर कलियुगको बेलामा सबैलाई यही रुपले चलाउछ ।

पानीबाट बरफ बनाउदा पिन अिल समय लाग्छ, त्यसैगरी रुपबाट पर्दा हताउन पिन अिल समय लाग्छ, जित नै लुकाए पिन एकदिन खुलासा हुन्छ, नै हुन्छ, जित नै बाक्लो पर्दा लगाए पिन त्यो क्सर्छ नै कर्छ।।

बिनिता गुरुङ



सुपा देउराली

पछाडिको

रहस्य

सन्त्रासको साँघुरो सडकखण्ड पार गर्न जगिदस्वरको नाममा आफ्नो जीवन सुम्पिदै यात्रा गर्दा सुपा देउराली मन्दिर र लाहुरे टाँसिएको भीरको विषम् दृश्यले मुटुमा चिसो नपस्ने शायद कमै होलान् । मानिसहरुको घुइँचो अनि, मोडमा गाडीहरु एक्कासी रोकिँदा त्रासको परिवेशमा लुकेको श्रद्धाभावले सुपा देउरालीको महिमा त बढाएको छ नै साथै उत्सुकता पनि । उत्तर मुक्तिनाथदेखि दक्षिण लुम्बिनीसम्म अनि, पूर्व पाथीभरादेखि पश्चिम उग्रतारासम्म अर्घाखाँची जिल्ला सन्धीखर्क/शीतगंगा नगरपालिका मानामै चिसो हराभरा मिने लेकको काखमा अनि, शीतखोलाको छडछङ गर्ने पानीको संगीतमै अबल छ, सुपा देउराली ।

पुरानो इतिहास बोकेको यसको रहस्य वैज्ञानिक युगमा समय सान्दर्भिक नभएता पनि किंवदन्तीमा गाभिएको छ । जिल्लाकै अघि दरबार र खाँची कोटमा चौबिसे (मगरात) राज्यका र ाजाहरुको प्रभुत्व रहँदाको समयमा जिल्ला क्षेत्रतर्फ गरिबी व्याप्त थियो । नुन ल्याउन १२ दिन १३ रातसम्म, जटिल शैल पर्वत चाल्दै घरपरिवारको स्नेहलाई एकातिर पोको पारेर धाउँदा पनि राम्रोसँग छाक टार्ने स्थिति थिएन ।

त्यसैक्रममा लाहुर पस्नेको पिन लहर नै थियो । हालको सुपा देउराली निजककैको गाउँका एक दम्पित भारत पस्ने क्रममा सुपाको भगवती सामु समृद्धिको कामना राख्दै भाकल राखे । लाहुरेलाहुरेनीको भाकल यस्तो थियो कि- 'आफ्नो इच्छा पूरा भए देवीको ठाउँमा शक्ति पाठ स्थापना गरी केही धन खर्चेर पूजा सामग्री चढाउँला भनेर । समय बित्दै गयो, देवीको शिक्तले होला लाहुरेहरु धनाढ्य भएर अथाह वैभव आर्जन गरी समृद्ध भए र एक समयमा घर फिर्ने भए । सञ्चार, यातायातको सुविधा नभएकोले महिनौ हिँडेर आउनु पर्थ्यो उतिबे ला । एक दिन बाटोमा ठीक सुपाको निजकै आएँदा लाहुरेले बिर्सिएको भाकल सिम्भयो । लोभ लालचको स्पर्शले उनीहरुले देवीलाई छलेर त्यिह बाटो नगएर देवीले नदेखुन भनी अर्को भीरको माथिल्लो बाटो जान लागे । सोचे कि त्यसो गरे भाकल चढाउनु पर्देन होला ।

देवी भगवितको अस्तित्व भएरै होला । त्यहाँ एउटा त्यस्तो

घटना घटयो कि शायद त्यो क्नै फिल्मी भागभन्दा कम थिएन् । एउटा उखान 'कहाँ जाला मछली मेरै ढडिया भनेभै अर्को बाटो लागेका लाहरे लाहरेनी पर्वतको विशाल पत्थरमा पोस्टर भैँ प्रतिरुप भएर टाँसिए । पछिपछि यो घटना सर्व छाँयो र चहलपहल बढ्न थाल्यो । यसै ठाउँमा अद्भूत एउटा आकर्षक मन्दिर खडा गरियो । जुन विशाल भीरको एक छेउमा अडिग छ । लाहर टाँसिएको, शिला अभै पनि त्यसै ठाउँमा नै यथावत छ । त्यस्तो संरचनामा अडिग रहनु र वरपरको सडक क्षेत्र अति नै दुर्घटनाग्रस्त देखिए तापिन कहिल्यै नभएको र नहनुमा स्पा देउराली देवीको ऐश्वर्य शक्तिको वर्णन हुने गर्छ । यति मात्र होइन, यस मन्दिरमा उठेको कुल रकम (दान, दक्षिणा, भेटी) नजिकैका विद्यालयहरुको स्तरोन्नतिका निमित्त खर्च गरिन्छ । जिल्लाकै अग्रज धार्मिक स्थलमा पर्ने सुपा देउराली दर्शन गर्ने, भाकल चढाउने र भ्रमण गर्नेको अविच्छिन्न लहर लाग्छ । अत: प्रचारप्रसारको खाँचो भएता पनि मन्दिर र सेरोफेरो प्रसिद्ध नै छ ।

विकास बस्याल श्री ज्ञान प्रकाश मा.वि. अर्घाखाँची

चुट्किला

(विद्यार्थीको विज्ञानको मौकि परीक्षा चिलरहेको थियो ।) शिक्षक : पानी पर्ने बेलामा बिजुली चिम्कन्छ अनि गड्याङगुडुङ पनि गर्छ । तर किन बिजुलीको प्रकाश पहिले देखिन्छ र आवाज पनि सुनिन्छ ?

विद्यार्थी: (हाँस्दै) यहाँ गुरुबुबा यो त कित सजिलो छ, किन कि हामी मान्छेको आँखा अगाडि र कान पछाडि भएकाले पहिले बिज्लीको प्रकाश देखिन्छ र पछि आवाज स्निन्छ ।

दिपा काप्री सिद्धार्थ मोडल मा.वि. काठमाडौं



म नै देश हुँ

नेपालको ध्वजा म नै हूँ नेापलको मुटु म नै हूँ। माटोसँग अटुट नाता भएको धर्तीपुत्र हूँ आखिर म देश निर्माणको लागि चाहिने शुत्र हूँ।।

जाबो कर तिर्न पछािड हुँदिन म आफ्ना आँखा बेचेर आलिसान महलमा बस्दिनँ म । आमालाई लात हान्ने विश्वासघाती पिन छैन म कालो धनको पिछ पर्ने लाछी स्याल पिन होइन म ।।

नेपालको देशप्रेमी कहिल्यै मर्देन नेपालीको देशप्रेम कहिल्यै सिकदैन । देश गरिब छ भन्दै कहिल्यै आत्तिदैन आफ्नो स्वार्थको लागि देशलाई कहिल्यै भाँडिदैन ।।

मेरो पुर्खाले ठड्याएको सभ्यता म नै जोगाउँछु मेरो देशको आनन्द र उन्मुक्तिमा म नै रमाउँछु । म गरिब हुन सक्छु, अभावमा रहन सक्छु तर एउटा सच्चा नागरिकको कर्तव्य सदैव निभाउँछु ।।

राष्ट्रभक्तिले राष्ट्रप्रेम जगाइरहेको हुन्छ मेरो मस्तिष्कले हरक्षण देश विकासको योजना बनाइरहेको हुन्छ । पृथ्वीनारायण शाहको सम्मान विना मेरो आधार लर्बराइरहेको हुन्छ मेरो ढुकढुकीले आफ्नो जीवन देश निर्माणमा समर्पित गर्न कराइरहेको हुन्छ मलाई विश्वास छ, यो मेरो देश छोटो र छरितो कविता हरेक नेपालीमा कर तिर्ने चेतना जगाई नै दिन्छ ।।

संदिप कुमार गुप्ता गौतम माध्यमिक विद्यालय पर्सा, बिरगंज

आजको नेपाल

निर्मल निलो आकासमा आज कालो दाग लागेको छ बुद्धको जन्मभूमि नेपालमा आज कोलाहल मिच्चरहेको छ सारा देशभिर अशान्तिको खोलो बग्न थालेको छ द:ख, पीडाको देशको ढोका ढकढकाइ रहेको छ ।

भ्रष्टाचारले देशलाई खोको बनाउने भयो अन्याय र अत्याचारले जनता डुबाउने भयो कलम उठाउने हातहरमा खुकुरी उठ्न थाल्यो वीर गोर्खालीको नाममा आज शिर भुक्न थाल्यो।

हेर आज नेपाल आमा रोइ रहिछिन् ६ वर्षिक बालिका नि बलात्कृत भइरहिछिन् नारी सम्मान गर्नेहरु त बिलिन भएछन् नेपालीपन र सभ्यता आज काचै बनेछन्।

सुगन्धित पुष्पभूमि मरुभूमि भएछन् धुवाँ र धुलोको बादल नै बनेछन् आफ्नै मामा, दाजुभाइ हत्यारा पो रहेछन् मानवताको कुरा त नेपालीले चटक्कै भुले छन् ।

हो आजको नेपाल यहि रहेछ प्रकृतिको सारा उपहार नष्ट गएछ गुन्यु र ढाका आज हराइ गएछ अशान्ति र विदेशीपन देशैभरि छाएछ ।

त्यसैले

सानो ठूलो जात छोडी समानताको छानो ओढी जाग सारा नेपाली हो काँधमा काँध जोडी भ्रष्टाचारलाई अन्त्य गरी कुरीतिलाई मेटाऔं अब प्रकृतितर्फ लिम्कएर नेपाल आमा हसाउँ अब ।



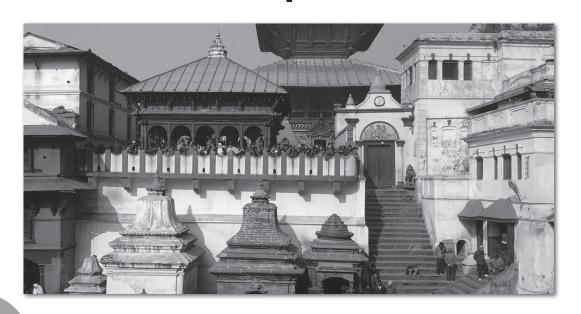
इतिहास निर्माणको सुन्दर क्षण

मेरो देशको सगरमाथा, पाइला राखेर, शेपी दाइ, श्रेष्ठ भाइ, यादव दिदिको, अन्हार नियाल्दा, म पाउछु शान्ति सद्भाव ,एकता र विश्वाश, त्यती मात्र होईन, कर्मठ पखुरिका भरमा सार्थक जीवनको, परिभाषा दिइरहेको देख्छु र, विश्वाशका साथ भन्छु, हे स्वाथी मनहरु मबाट केहि लिन खोज्छौ. सक्दैनौ मेरो आत्मविश्वाश , मेरो भाषा र सस्कृति, मेरो देश को लुम्बिन, चोखो पाइला राखेर, चौधरी दाइ,भटट काका र माभी दिदिको, पोशक नियाल्दा, म देख्छु, अनेकता भित्रको एकता, असमानाता बिचको समानाता. त्यती मात्र होइन,

अहिन्साको मन्त्र पढाउँदै,
सेवा नै धर्म हो भन्ने विचार,
पढाईरहेको देख्छु र,
ढुक्क साथ भन्छु,
हे स्वाथी मनहरु,
मबाट केहि लिन खोजछौ,
तर,
सक्देनौ मेरो पवित्र भुमि,
गर्वमान इतिहास र एकता पूर्ण वर्तमान ।

मेरो देशको जनकपुर, एकनासले उभिदा, सिताको पवित्रता, धर्तिपुत्रहरुको राष्ट्रियता, म देख्दछ, स्वभिमानसहितको विशालता, सैर्ष सहितको सफलता. त्यती मात्र होइन, मित्रताको महिमा पढाउँदै, त्याग र समर्पणको शिक्षा दिलाउदै, राष्ट्रिय एकताको भावना बोकेको देख्छु र, साहसका साथ भन्छु, हे स्वाथी मनहरु, मबाट केहि लिन खोज्छौ, सक्दैनौ मेरो देश प्रेमी मन , सुखी र समृद्धिको चाहना र इतिहास निर्माणको सुन्दर क्षण ।।।।।

गृष्मा मिश्र त्रिज्योती मा।वि कपन , काठमाडौं



बद्लिदो समय

सत्य बोल्दा यो समाजमा जान्ने भइन्छ हज्र. भ्रष्टाचार गरी कमाएको धनले मान्ने भइन्छ हज्र, विश्वास भन्ने चिज कहाँ छ र आज. अकीको करा सुनेर आज परिवार भाडिन्छ हजुर, देखासिकिको जमाना आएपछि आज. ऋण काढेरै भएपनि महल ठढाइन्छ हज्र, सहयोग गर्न धर्म हैन रे सुन्न्स, असहायलाई अनेक थरी गाली दिइन्छ हज्र, गल्ती बिना नै सजाय भोग्नेहरु ति, निदीश पश्को बली चढाइन्छ हजर्, फुल फुलाएर वास्ना छुर्न' त कता हो कता, फ्ल्नै नदिइ कोपिला मै भाचिन्छ हज्र, मिहिनेतको जमाना त कहाँ रहृयो र आज, आज सिकने काम पिन भोलिलाई साचिन्छ हज्र. रितिरिवाज र सस्कृती खै कहाँ हराए कुन्नि, आधुनिक रे जमाना देखासिकी पो गरिन्छ हज्र, गुन्द्रक ढिडो त अब एकादेशको कथा जस्तै भयो, उब्जाउ हुने जिमन छैन खै भोलि अनिकाल ले पो मरिन्छ हजुर 11

ओशिना राई लालिगुरास ईंग्लिश स्कुल ओखलढ्ङ्गा



मेरी आमा

जगत् जननी, त्यागको मूर्ति, ममताकी खानी निर्मल, पवित्र, संवेदनशील अनि मनकी रानी ।

राजकुमार र परीको कथा सुनाउँछिन् मेरी आमा कल्पनामै पनि रमाउन सिकाउँछिन् मेरी आमा ।

बाल हठसँग दिक्क हुँदा पिन मलाई माया गर्ने सारा गल्तीहरु माफ गरेर स्नेहले आँचलमा बेर्ने ।

सात समुद्र पारी पनि आशीर्वाद सन्देश पठाउँछिन् सम्भेर हररात मलार्य नै सिरानी आफ्नो भिजाउँछिन् ।

चौतारी हो तिम्रो विशाल हृदय मेरो दुःख बिसाउन एक जुनी काफी छैन ममताको मूल्य चुकाउन ।

तिम्रो स्नेह, अनमोल माया अनिदो त्यो रातको सल्लाह, सुभाव र दु:खमा दिएको तिम्रो साथको ।

गौरव साह सेन्ट जोसेफ स्कुल विराटनगर-२, मोरङ



बालश्रम

हे आमा कहाँ छौ तिमी ? मन उसको रुन्छ खानेलाउने कलिलो उमेरमा शोष उसको हुन्छ ।

ऊ सरहको साथीको स्याहार उसले गर्छ खानेलाउने कलिलो उमेरमा आमाको काख त्याग्न बाध्य हुन्छ ।

स्कुल उसले देख्या छैन, न त कक्षा कोठा ऊ सीमित छ, त्यही आँगन, चुलो अनि चौका ।

इँटाभट्टा, होटेल र रेष्टुरेन्ट उसको घर खानलाउन पर्याप्त छैन, बस् निरन्तर काम गर ।

मरिमेटी काम गर्छ, त्यसमै सन्तोष खोज्छ ल्काइकन पीडा आफ्ना म्स्क्राउन खोज्छ ।

जीवनदेखि हार मान्दै मनलाई ऊ सम्भाउँछ जीवन मेरो यस्तै रैछ भनी आफूलाई कोस्छ ।

हे जगदिश्वर हटाऊ यी विकृतिलाई, यी विसंगतिलाई हक देऊ, अधिकार देऊ यी उभिएका कोपिलाई ।

आज तिमी शरण देऊ, भोलि उसले स्पर्श गर्छ हेरि राख उसले तिमीलाई स्वर्ग युगमा डोऱ्याउँछ ।

लुकिरहेका छन् हजारौं प्रतिभा एउटा छाप्रो भित्र अब तिनलाई प्रष्फुटन गराउन अघि सरौं मित्र ।

सम्पदा सापकोटा तरुण मा.वि. काठमाडौं

भानुलाई कोटी कोटी प्रणाम

चौतारीमा म उभिहेरेथे
भानुको नाममा किवता पिन लेखेथे
हर दिशामा हरियालीलाई अँगाल्दो गगनले चुमेथे
मन रमाउँदो रहेछ हेर कस्तो
प्रकृतिको यो मन रुभाउँदो चित्र देखेथे ।
चित्रकार आफैँ मन मिस्तष्कमा
रंगीन आकार कोरी बसे भैँ
आफ्नो भाग्यका त्यान्द्राहरुलाई
जिन्दगीका हर्षहरुसित अमर गराउन खोजे भैँ।

हे भानु ! तिमी कतै त्यही तनहुँ मै डुलिरहेछौ कि ? कुनै अमरकथा फेरि रची रहेको छौ कि ? पहाडका टाकुराहरुबाट लम्कदै पवनले संदेश लिराइदिन्छ भन्ने आशा राख्दै ।

तिम्रो रचनाले फेरि मेरो मन मुग्न गरी
हृदयको तृष्णा मेटाउँछ कि ?
जीवन जिउन सरल पारी बुफाई दिन्छ कि ?
हजुरको भक्तजन गाउने म पनि दरिद्र घरानाको
तर मनको आँखाबाट हजुरलाई मेरो सादर प्रणाम ।

रेनु मण्डल ज्योति एकेडेमी सितापाइला



कसको के महत्व

विद्यार्थीको के महत्व अनुशासन छैन भने शिक्षाको के महत्व ओठमा मुस्कान र गुणस्तरीय छैन भने।

साथीको के महत्व दुःखमा साथ दिँदैन भने बालबालिकाको के महत्व बालअधिकार पाएका छैनन भर्न ।

फूलको के महत्व त्यसमा बास्ना छैन भने अन्त्यमा मेरो के महत्व यदि मैले मिहिनेत गरिने भर्न ।

आयुष अर्याल श्री गण्डकी इङ्गलिस बोर्डिङ स्कुल तम्बास-१, गुल्मी



मेरो रोजाइमा इन्टेल

४-६ कक्षादेखि नै एसएलसी कित छिटो पास भइएला भैँ मानिन्थ्यो आम्मै एसएलसीपछि त यहाँ जाऔंला, यो गरौंला भन्ने ठानिन्थ्यो एसएलसी सिध्याएका विद्यार्थीलाई बडो चासोका साथ सोधिन्थ्यो के गर्नु हुन्छ त ?

जवाफमा लगभग सोधेजित सबैले भन्थे अब म ब्रिज कोर्स पढ्छु नि त ।

१० कक्षाको पढाइ गर्न किहल्यै हार खाइएन विद्यालय जीवन कित छिटो सिकयो पत्तै पाइएन एसइइ सिकयो, ३ मिहना के गर्ने भन्ने अलमलमा पिरयो इन्टेलको बारेमा पत्तो लागेसी यी पढ्ने निधो गिरयो ।

ब्रिज कोर्स के होला ? कस्तो होला भन्ने जिज्ञासाले आफ्नो खाली खोजी गरें

चैत्र २६ गते यो मेरो जिज्ञासाको उत्तर खोज्न बागबजारको इन्टेल पुगें

ब्रिज कोर्स पिन त पढाइ नै हो, त्यही विद्यालय जस्तो झ्याउ लाग्दो त होला नि भनेर सोचें

तर ब्रिज कोर्स पढ्दै जाँदा त दिमागी पुल पो रहेछ भनी आफ्नो मनस्थिति फोरें ।

लाग्छ मैले ब्रिज कोर्सका लागि इन्टेल छानेर राम्रो निर्णय गरें म त इन्टेलको शान्त वातावरण, अनुशासन देखेर दङ्ग परें शिक्षक, शिक्षिकाले पढाउने, बुक्ताउने तरीका मलार्य निकै मन पऱ्यो

पढाइप्रतिको मेरो नकारात्मक विचार, मनोभाव सबै हट्यो ।

१०, ११-१२ बीचको लामो दूरीलाई इन्टेलले छोटो बनाइ दियो ब्रिज कोर्सको लागि सबभन्दा राम्रो र भरपर्दो ठाउँ इन्टेल हो भन्ने मलाई अब प्रष्ट भइदियो ।

आयसा पन्त एलआरआई

पागल

छिनमै हजारौं सपना बुन्दै छिनमै मनभिर पीडा उन्दै कहिले हाँसो त कहिले रोदनसँगै गन्तव्यविहीन यात्रामा बेसुरमा भौतारिदै हिँडेको छ विचरा त्यो पागल ।

कस्तो विडम्बना समय बिगरहेछ समयसँगै व्यर्थको जिउँदो लास जीवन बिताइरहेछ कहिले चन्द्रमा नै छुने जोशमा हिँड्छ त कहिले थिकत मुद्रामा यहाँ होस् मै हुनेहरु त ठगेर पेट पाल्न खोज्छन् तर उसलाई बेहोसीमा भ्याइ नभ्याइ छ कतै के सोच्दो हो ? से खोज्दो हो ? सुनकोशी त के हो र त्योभन्दा उपर सुसाइरहेछ न भोकले हो न त प्यासले हो खै केले हो विचरा त्यो पागल ।

सजाउँथे होला जिन्दगी फूलबारीमा कस्तो विडम्बना काँडामै जीवन परेछ यति ठूलो सजाय दिने निष्ठुरी ईश्वरको खेलसँगै आफ्नै नियतिले पनि छलेछ विचरा त्यो पागल ।

अपमान गरेको सहर बसिदैन ।।

नेपाली विषय त्यतिकै ओभ्रेलमा परेको छैन यो त हाम्रो सहयोग विना कदापि सम्भव हुने थिएन । अन्य विषयको उत्थानलाई कम गर्नुपर्छ नेपाली विषयको विकासका लागि मनसुन न्यौपाने

सन्देश पौडेल शिशु मिलन हाइ स्कुल बुढानिलकण्ठ, काठमाडौं ।

नेपाली विषय

आठ वटा विषयमध्ये एउटा हो नेपाली पर्देछ यो विषय ओफेलमा जानी नजानी । सात वटा विषय हामी पद्छौं अंग्रेजीमा मात्र एउटा विषय पद्छौं नेपालीमा ।।

गणित र विज्ञानको किरा छ हाम्रो मस्तिष्कभिर फैलाउँदैछन् यी विषय हाम्रो मनमा दानव सरी । गणित र विज्ञानले मात्र पुर्याउँछ होला जीवनमा साहेता त्यही भएर त होला मलाई नेपाली विषय चाहिँदै भनेका ।।

के त्यो नेपाली विषयको महत्व छैन छैन भने किन कुनै विद्ववान विदुसीबाट भनिएन । एकमा एक जोडे दुई हन्छ र H2o पानी हुन्छ भन्ने जानियो गणित र विज्ञानमा के त्यित जानियो भन्दैमा नेपाली विषयलाई नै हटाइदिने त ।।

अंग्रेजीको A-Z हाम्रो मुखमा तुन्द्रुगै भुण्डिएको छ हामी धेरैले अहिलेसम्म क देखि ज्ञ सम्म जानेको छैन ।। नेपालीको माउ शब्द संस्कृतिको घाँसबाट अंग्रजीमा ग्रास बनेको यो त मात्र त्यसको सानो महत्व न हो ।।

अिहले तिमी अंग्रेजीमा मन्तव्य दिन अिघ बढ्दै जान्छौ कुनै दिन नेपालीमा मन्तव्य दिन नसक्दा खुब पछुताउँछौं। अन्य विषयहरु भैं नेपालीलाई पिन पढाईको मूल सूचीमा राख्नुपर्छ अरु विषयको कदर भैं बोर्डिङमा यसको पिन गर्नुपर्छ ।।

नेपाली विषयको गृहकार्य चाहिँ कहिले गणित, विज्ञान विषयमा गरिदैन नेपाली विषयमा चै गणित विज्ञानको गृहकार्य नगरको दिन नै हुँदैन । यसरी नेपाली विषयको बदनाम गर्नु कदापि उचित हुँदैन राष्ट्र भाषामा आधारित विषयको अघि सर्नुपर्छ ।

यो किवता हो ती तमाम विद्यार्थीको लागि जो बदनाम गर्दैछन् नेपालीको महत्व जानी नजानी । गणित, अंग्रेजी विज्ञानका पुजारी हामी यसैले रोकिएको छ हाम्रो भाषाको विकासको गाडी ।।

परिभाषा मानवताका

'जो मानिसले हरहमेसा अरुको मद्दत गर्छ, उसले नै सबैबाट सम्मान, प्रेम प्राप्त गर्छ ।

माथि उद्दरण चिह्ननमा उल्लेखित कुरालाई म सिद्धान्तभन्दा पिन एक असल मानिसको आचरणका रुपमा अस्तित्व दिन चाहन्छु । मानिसको यस गुणले नै जहाँसम्म लाग्छ उसलाई अरु प्राणीबाट भिन्न देखाउन सहयोग गर्छ । तर मानव भएर उसले मानवताको परिभाषा बुभेको हुन्छ भन्ने चाहिँ अवश्य हुँदैन ।

यस संसारमा रहेका कमै मानिसले जीवनमा मानवतारुपी आचरण पालना गरेका हुन्छन् । ती मध्ये मदर टेरेसा पिन एक हुन् । जसले मानवताको सही मतलब संसार सामु उजागर गरे की छिन् । मानवता भनेको आफ्नो नि:स्वार्थ मनदेखि प्रत्येक आवश्यकग्राहीहरुलाई जसरी भए पिन जस्तो अवस्थामा पिन मद्दत गर्नु हो । मानवताको तात्पर्य माथि मानव सहयोग मात्र नभएर हरेक जीवको आवश्यकता अनुसारको सहयोग हो । यसै प्रसंगमा एउटा छोटो कथानक वस्तु प्रस्तुत छ :

एक राजा थिए । जो कोमल र नाजुक मनले सुशोभित थिए । चराचुरुङ्गी र जनावरसँग कुराकानी गर्न सक्ने अलौिकक क्षमता भएका ती राजाले एक दिन परेवा र चील भगडा गरिरहे को देखे । परेवाले राजालाई चीलसँगबाट आफ्नो जीवन बचाउन राजासँग विनम्रताका साथ अनुरोध गर्छ ।

राजाले चीललाई परेका छोडि दिनका लागि लाग्ने जे जित दिन तयार भएको कुरा चील समक्ष भन्छन् । चीलले परे वा बराबरको मासु दिने भए परेवा छोडिदिने कुरा व्यक्त गर्छ । राजाले एक क्षण पिन नसोचिकन आफ्नो पाखुराको मासु काटेर चीललाई दिन्छन् । त्यसै समयमा चील र परेवा देवदूतमा परिणत हुन्छन् र ती मानवतावादी राजालाई आशिष दिएर त्यहाँबाट लाग्छन् । अतः राजाले मृत्युपछि स्वर्गमा सम्मान पाउँछन् ।

धर्ममा विश्वास गर्नु राम्रो हो तर भगवान्सँग जोड्नु कदापि उचित होइन । भगवान्ले कहिल्यै पिन कसैको कुभलो चिताउँदैनन् । गरिब, असहाय, अपाङ्गहरुको मद्दत गर्नु नै सबै भन्दा ठूलो धर्म हो । ६ दिनदेखि भोकोलाई खान दिनुमा धर्म कि शिवलिङ्गलाई दूध चढाउनु धर्म ? कपडा नपाएर च्यातिएको लगाएको दीनदु:खीको सहयोग गर्नु धर्म कि भाकल गरेर कपडा चढाउनु धर्म ? अतः सेवा नै प्रथम धर्म भन्ने कुरा बुझ्नु अत्यावश्यक छ ।

मानवता भनेको नै बुद्धिमताको नितजा हो । जसले मानव सभ्यता व्यङ्ग्य गर्छ र मानवतालाई मानव बाहेक अरु कुनै प्राणीले राम्ररी बुझ्न सक्दैन । मानवीय सेवाको लागि पैसा नै आवश्यक पर्देन । जसलाई आवश्यकता परेको बेला जे पिन मद्दत गरिन्छ, त्यिह नै मानवको धर्म हो । एउटा अपाङ्गलाई बाटो काट्न मद्दत गर्नु, बृद्धहरुको सामान बोकिदिनु पिन मानवीय कार्य नै हो ।

जित सक्दो चाँडो हामीहरूको जीवनमा रहेको मानवताको महत्व बुछौ त्यस पश्चात् मात्र हामी मानव पृथ्वीमा रहेको उद्दे श्य परिपूर्ति हुनेछ ।

निकिता अधिकारी कालिका आवासीय मा.वि. प्यूठान





प्रोत्साहन

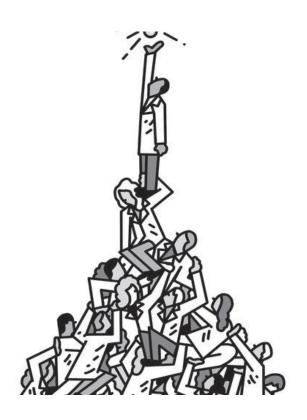
डुल्यौ भने पानीलाई दोष दिन्छौ, लड्यौ भने ढुंगालाई दोष दिन्छौ। साँच्यै नै मानिसको बानी बडो अजीवको छ । जीवनमा केही गर्न सकेनौ भने भाग्यलाई दोष दिन्छौ।

यदि यस्तै गितिविधिसँग मानिस अघि बद्छ भने जीवनको छहार

गिमा ऊ कहिल्यै ओत लाग्न सक्दैन । त्यो महाकिविको 'उद्देश्य के लिनु उडी छुनु चन्द्र एकुले हामीलाई हर क्षण धिक्कार्छ । हाम्रो जीवन त्यो नेपाली निबन्धको प्रकार जस्तो भएको छ जहाँ वस्तुपरकलाई सबैको समर्थन हुन्छ तर आत्मपरकलाई सुरुवात गर्न र अन्त्यसम्म लैजान जसलाई पिन हम्मे हम्मे नै हुन्छ । मानिसको सर्वाङ्गीण विकासका लागि शिक्षाको मन्त्र आवश्यक हुन्छ तर शिक्षाबाट विञ्चत बालबालिका पिन हामी सामु हजारौं सङ्ख्यामा छन् । शिक्षाको उद्देश्य सत्यको समुद्घाटन लोक हितको भावना र सौन्दर्यको उपासना गर्नु हो । जीवन र जगतको बारेमा सत्य र तथ्यहरुको खोज र अन्वेषण गरी वस्तु जगत र आध्यात्मिक जगतबाट मानिस लाभान्वित हुन्छ ।

अतः भिनन्छ शिक्षा एक जीवनोपयोगी कला हो । शिक्षालाई विद्याको पर्यायवाचीको रूपमा लिएको पाइन्छ । त्यसैले यदि कुनै व्यक्तिले शिक्षाको महत्व बुझ्छ भने अवश्य नै उसले संसारलाई शिक्षाको अर्थ बुभाउने सामर्थ्य राख्छ ।

अन्जली तिमिल्सिना युरेका हाइस्कुल



आफू र अरु

जीवन र मरण प्रकृतिका नियम हुन् । तर एक जीवनकालमा मानिसले विभिन्न कल्पना र वियोगहरु सँगालेर राख्नु पर्छ । यसै जीवनमा सबैले गर्नुपर्ने काम गर्छन् र जानेर अथवा नजानेर नगर्ने काम पिन गर्छन् । मानिस असल बन्न चाहन्छ । ऊ सुमार्गमा हिँड्न चाहन्छ । ऊ आफूले चाहेको कुरा प्राप्त गर्न चाहन्छ तर सक्दैन ।

किनिक मानिस सामाजिक ओभेलमा बिल्भिन्छ । अरुले के भन्छन् भनेर सोच्न थाल्छ । यसो गर्नु समाजमा उचित छ कि छैन भनेर सोच्छ ।

अरु मानिसको सोच र समाजको आकारको बोध गर्दै एउटा मानिसले आफ्नो अस्तित्व हराउँछ । त्यसै समाजले बनाएको अस्तित्वहीन पहाडमुनि दिबएको मानिसको मनका भाव विनासित्तिमा पिसिएर जान्छन् ।

यितकै होइनन् बेला-बेलामा पीडा सहेर, दुःख खपेर । तर के हाम्रो जन्म यसै समाजको बोध गर्दै यसको बोभलाई आफ्नो शिरमाथि लिन भएको हो ? कदापि होइन । अरुले नगरेको काम हामीले किन गर्न सक्दैनौ ?

यस जीवनरुपी रंगमञ्चमा हामीले अरुको अनुसरण गर्न जानिएन भने हामी केवल व्यङ्ग्यको पात्रमा सीमित हुन पुग्छौ । यसै संकुचित जीवनमा मानिसको भावना र विचार, जीवन र मरण, समय र काल बितेर जान्छ ।



अब सोच्ने पालो तपाईको । आफ्नो लागि बाँच्ने कि युगौंयुगदे खि जीर्ण भएर चिलआएका ती तुच्छ मूल्य मान्यताका लागि । त्यो पापी समाजका लागि । उत्तर तपाईको हातमा छ । अत: बाटो कस्तो छ भनेर सोच्नु हुँदैन खाली यित सोच्नुपर्छ कि बाटोले मेरो लागि पर्खेको छ र मलाई यसको अन्त्यसम्म पुग्नु छ । किनिक यो गन्तव्य मेरो हो । यसमा केवल मेरो हक छ ।

आत्मपरक निबन्ध लेख

सुजल गुप्ता बाल कल्याण विद्या मन्दिर

देशप्रति मेरो कर्तव्य

सूयैका किरणहरुले जब मेरो देशलाई छुन्छन् । तब मेरो देश विश्व बन्न पुग्छ । किनभने म सगरमाथा हाँस्दै गरेको देख्छु, डाँफे नाच्दै गरेको भेट्छु, कोशी गतिशील बग्दैछ र यसको गतिशीलतामा म आफ्नो जीवन बुझ्छु । मेरो देश, मेरो सर्वश्व हो किनभने यसले मलाई जीवन दिएको छ । बुद्धको ज्ञान, कर्मठ हात, दूरदर्शी आँखा र विपतमा अन्नपूर्णको स्थिरता र धैर्यता साथसाथै कर्ममा कर्णालीको जस्तो गतिशीलता प्रदान गरेको छ । देश मेरो धङ्कन हो र मेरो तनको एक-एक रगत र यसको माटोमा शायद नै अन्तर होला ।

मेरो देश हेर्दा त सानो छ तर विश्व सिँगार्ने तत्वको उपस्थिति मेरो देशमा छ । कृषि मेरो देशको प्रमुख पेशा हो । यहाँ किसानहरु मिहिनेत फलाउन रातिदन तत्पर छन् । एक सय ते इस जातजाति र एक सय पच्चीस भाषाको एकतामा एउटा सुन्दर, शान्त र विकासशील राष्ट्र निर्माणमा म जस्ता सबै नेपाली लागे का छन् । ताप्लेजुङमा जाडो हुँदा, भापामा गर्मी हुने, लिलतपुर मा गहुँ फल्दा मोरङमा सूर्यमुखी फुल्ने, पूर्वमा कोशीको बहाव त पश्चिममा महाकालीको गित, सगरमाथाको उचाइ र मुसहर नियासम्म भाग आदिले मेरो देश सुसज्जित छ । तसर्थ यसलाई न त खाद्य सङ्कटछ न त ऊर्जाको डर । न त उचाइको त्रास छ न त गिहराइको चाप । तसर्थ, मैले अभै मेरो देश सिँगार्न सक्नु पर्छ । यसमा अवसर नै अवसर छन् ।

आजको रात्रीमा चिम्लिएका नयनहरुले भोलि देशलाई स्वाभिमानी देख्न सक्नुपर्छ । मैले गोरेटोलाई सामर्थ्य प्रदान गर्नु पर्छ । मैले गैंडा र डाँफेको संरक्षण गर्न सक्नुपर्छ । मैले राजनीतिको नाममा आएका काँडाहरुलाई जाँतोले पिस्न पिछ पर्नु हुँदैन । मैले डिस्कोलाई अँगालेर लोक दोहरी र मेलापातलाई छोड्नु हुँदैन । पँधेरोको कलकल पानीलाई तयागेर मैले मिनरल वाटरको बोतल समाउनु हुँदैन । मैले त देश सिँगार्ने हो । तसर्थ मैले मेरो आफ्नो

देशको स्वर, खाना, चाडपर्व, ऍंचोपॅंंचो र पहिरनलाई सिँगार्न सक्न्पर्छ ।

आँखाभिर विकास देखेर म मध्य पथमा निदाउनु हुँदैन । मैले त देशले दिएको कर्मठ हातले पिसनालाई उर्बर भूमिमा फलाउनु पर्छ।

देश मेरो सर्वश्व हो । आज म जे छु, त्यमसा सबै मेरा देश नै देश छ । स्वाभिमान भण्डा र चन्द्र र सूर्यले मलाई ताप र शितलता प्रदान गर्छन् । दिमनी दिदी र बाहुन बाजेको छोराको बिहे अब मैले गराउन सक्नुपर्छ । स्वयम्भूका सम्यक आँखाहरुलाई भ्रष्टाचार र बलात्कारको दृश्य हेर्न मन पर्दैन ।

मैले त निर्मला पन्तको बलात्कारीलाई पकड्ने वातावरण बनाउन सक्नुपर्छ ।

मेरो देश म जस्ता धेरैले बनेको छ । मेरो कुनै पनि गलत कदमले देशलाई ठेस पुग्न सक्छ । तसर्थ म गम्भीर र

विवेकशील बन्नु जरुरी छ ।

अन्त्यमा, देशलाई टुक्र्याउने र धेरै देश बनाउने भावना हुन्छन् तर मेरो भावनामा मेरो देश सिङ्गो नेपाल हो । नेपालीहरालई टुक्र्याएर धेरै ठूला र साना जाति बनाउने भावना हुन सक्छन् तर मेरो भावनामा नेपालको एउटा मात्र जाति हो । तसर्थ म नेपालीको विश्व नै नेपाल हो ।

पुष्कर दाहाल इमिनेन्ट कञ्चनजंघा अङ्ग्रेजी बोर्डिङ स्कुल



एसइइ पछिको पहिलो दिन

कता नर्सरीदेखि एसइइसम्म करिव करिव एउटै बाटो हिँड्दै आएकी थिएँ । एसइइपछि यो बाटो मोडियो । लगभग १३ वर्षदे खि हिँडिरहेको मेरो एउटै बाटोले एसइइ परीक्षापछि दोबाटो भट्के को हो कि भन्ने मलाई अनुभूति भयो । कताकता आफैँमा रनभ्ल्ल परेजस्तो पनि भएँ । सधैँ पढाइ, पढाइ अनि पढाइको पुच्छर पऋेर हिँडिरहेकी म । परीक्षाको अन्तिम दिनमा त कतै अर्के लोकमा आइपुगेकी त छैन भन्ने सोचमा परे किनभने भित्रैदेखि एउटा पढाइको बोभ मबाट हल्ङ्गो भएको थियो । परीक्षा सिकएपछि घरमा आए । विगतका तीतामीठा क्षणहरु मस्तिष्क नामक पुस्तकमा अंकित हुँदै गए । तीतामीठा क्षणहरुको सम्भनामा कतिबेला निदाएँ पत्तै भएन । बिहान घामले ढोकाबाट सटक्क पसेर मलाई भक्भकायो । उसले सिरकबाट निकालेर मलाई बाहिरसम्म डोऱ्यायो । म पनि उसले देखाएकमो बाटो हुँदै बाहिरसम्म आएँ । घामसँग आँखा जुधेँ लगत्तै फल्यास्स साथीहरुसँग बनाएको भेट्ने योजना सिम्भए । मस्तिष्क खुसीले तरङ्गीत भयो । हतार-हतार उफ्रदै, रमाउँदै तयार भए र भेट्ने योजना बनाएको ठाउँसम्म पुग्नको लागि पाइला अघि लम्काएँ । घरबाट निस्केर आफ्नै गतिमा अघि बढिरहेको थिएँ । बाटोमा सानो चौतारीले बटुवाको प्रतिक्षा गरिरहेको थियो । तीन-चार जना लामो-लामो कपाल पालेका, लगभग २०-२२ वर्ष उमेर भएका जस्ता देखिने य्वाहरु गाँजा तान्दै आफ्नै संसारमा तल्लीन देख्दा मेरो मन नराम्ररी दुख्यो । सोँचे देश हाँक्ने जिम्मेवारी बो केका युवा पिँढीको यो हालत देख्दा मेरा पैतालाहरु लल्याकलुक भएर गले । मनमा अनेक कुरा खेलाउँदै म अगाडि त बढें तर मेरो मन र मस्तिष्क उनै युवाहरुको क्रियाकलापमा भृत्ती खेलिरहे को थियो । गाडी चढ्ने ठाउँनेर पुगैं । गाडी कोचाकोच भए पनि बल्लतल्ल गाडी चढें । चढेको एकछिनमा एउटा सिट खाली भयो र म त्यही गएर बसें । झ्यालबाट बाहिर नियाल्दा हरकोही आफ्नै दुनियाँमा व्यस्त थिए । असिनपसिन हुँदै कोही गन्तव्यमा पुग्न सडक पेटीबाट हिँडिरहेका थिए । कोही जीवन बाँच्नकै लागि सडकपेटीमा अरुको जुत्ता सिलाउन व्यस्त देखिन्थे । केहि पर प्रोपछि ३-४ जना केटाहरु खै के कारणले हो हेलमेट हानाहान गरेर रगताम्मे हुने गरी भगडा गरिरहेका थिए । गाडी आफ्नै गतिमा अगाडि बढिरहृयो । सँगसँगै मेरो मन पनि साथीसँग भेट्ने योजना बनाएको गन्तव्यमा आइपुग्यो । म पनि बसबाट ओर्ले । साथिहरु अघि नै आइसकेका रहेछन् । एकछिन अघिसम्म साथसिँग भेट्ने जुन उमङ्ग ममा थुप्रेको थियो । बाटोमा देखेका क्रियाकलापले तयो सबै सेलाइसकेको थियो । मेरो अन्हार

मिलन देखेर उनीहरुले निकै खोजीनिति गरे तर मैले केही भन्न चाहिदन । मितिष्कमा देखेका कुराहरु सल्बलाइ रहेका थिए । मिलन अनुहार नै लिएर दिनभर उनीहरुसाग घुमे र बेल्की गह्ना पाइला लिएर घरितर फर्किए ।

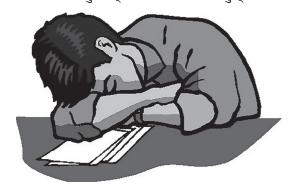
शिक्षा के.सी. होली गार्डेन हाइस्कुल बालाजु, काठमाडौं ।

स्टुडेन्टका बानी

पाहल,
काक चेष्टा, बको ध्यानं,
स्वान निद्रा तथैव च ।
अल्पहारी, गृहत्यागी,
विद्यार्थी पंच लक्षणमं ।।
अहिले,
पब्जी चेष्टा, फेसबुक ध्यानं,
घोर निद्रा तथैव च ।
गुट्काहारी, बोतलधारी
विद्यार्थी पंच लक्षणं ।।

भावार्थ : पिंहले, कागको जस्तो जान्ने अथक प्रयत्न गर्नु, बकुल्लाको जस्तो कामप्रति ध्यान गर्नु, कुकुरको जस्तो थोरै सुत्ने गर्नु, आवश्यक मात्र खाने गर्नु र घरको मोह त्यागेर बाहिर बसेर अध्ययन गर्नु विद्यार्थीका पाँच लक्षण हुन् ।

अहिले, पढाइ, लेखाइ छाडेर पब्जी खेलमा लिप्त हुनु, फेसबुकमा ध्यान दिनु, अल्छे बनेर धेरै सुत्नु, गुट्खा सुर्ती खानु, रक्सी बियर सेवन गर्न् विद्यार्थीका पाँच लक्षण हुन् ।



देशप्रेमी मनोभाव

स्वर्गीय छाना भएको उदाउँदो देश हाम्रो एकताले बाँधिएको सुनौलो हात राम्रो हिमालदेखि तराईसम्मको नेपाली सङ्गम स्वर्णिम भूमिमा भयो सूर्यको आगमन ।

तर, आज सयपत्रीको माला दुिकन पुग्यो कि ? किमलाका ताँतीहरु छुट्टिन पुगे कि ? के भयो, यो देशलाई बढ्न गयो भ्रष्टाचारिता ओइलाउन गयो चुँडिएको फूल भैँ नेपाली मानवता ।

सरकार र विदेशको मुख ताकेर नबस युवा कर्मशील पाइला चाल्नतर्फ लाग् आफ्नै भूमिका ती अलौकिक सम्भावना पहिचान गर्नतर्फ जाग ।

कठिन समयमा एकअर्काको हात थामौला मिलीजुली दिनको एक छाकले भोक टारौंला बिहानीको सूर्योदयको पहिलो किरण चुमौला एकसाथ लाखौं पाइला चालि फड्को मारौंला।

चन्द्रमा थापा मगर सिद्धार्थ शिक्षा सदन बाग्लुङ



माग्ने

घरघर आउँछन्, माग्ने मलाई केही देऊ भनेर तर, हामी निष्ठरी मानिस भन्छौ 'तुँ यहाँबाट गईहाल भनेर । लुगा छ फाटेको टाटे पाङ्ग्रे चारै तिर टालटुल पारेको विश्व जान्दछु भन्ने मानिस खै माग्नेको कुरा बुभेको ।।

धर्मकर्म जान्दछु, भन्ने मानिस माग्नेको चैं कस्तो कर्म हो कहिले काहीँ मनभरको गाली र एक दुईको सिक्का दिनु नै धर्म हो । लाखौँ रुपैयाँ धर्मकर्मको नाममा दान दिन सक्छौं हामी तर, माग्नेलाई दुई गाँस खान दिन दाँतबाट परिसना भाछौँ हामी ।।

यो प्रश्न हो सारा मासिनहरुको लागि जो देखाउनका लागि धर्म गर्दछन् माग्ने घरमा आउँदा एक जोर पुराना कपडा दिन समेत पछि हट्छन् । ईश्वर समेत सोच्दछन् मानिस कसरी यति बैगुनी भयो भनेर होला यसरी मानव चोलाको सिर्जना गरेकोमा आफूलाई धिकार्दैछन् होला ।।

मानिस धेरै जान्ने बुक्त्ने भएकाले माग्नुलाई विकृति ठान्दछन् त्यही भएर होला उनीहरु माग्नेलाई हेला गर्दछन् । दुईचार जना ठग भए भन्दैमा सारा माग्नेहरुलाई दोस्नु हुँदैन जान्ने बुक्त्ने मानिसले अरुको बारेमा नराम्रो सोच्नु हुँदैन ।।

यो किवता हो ती तमाम मानिसहरुका लागि जो माग्नेलाई हेला गर्दछन् जानी नजानी । ती माग्नेहरुको परिस्थिति नबुभ्त्ने हामी धिक्कार छ हाम्रो देखावटी मानवताका लागि ।।



महिला हिंसा र रोकथामका उपाय

इन्टेल निबन्ध प्रतियोगितामा प्रथम

महिला र पुरुष द्वै भगवानुका सुष्टि भए पनि द्वैजनालाई गरिने व्यवहारमा भने भिन्नता देखिन्छ । आजको समाजमा जित अवसर पुरुषले पाएका छन्, त्यित नै अवसर महिलाले पाएका छन् भन्न मुश्किल छ । महिला पुरुष समान हुन् भनिएता पनि उनीहरुप्रति गरिने व्यवहारबाट प्रस्ट हुन्छ कि पुरुषभन्दा महिला पिछडिएका नै छन् । आजको युगमा आइपुग्दा धेरै सामाजिक, सैद्धान्तिक विचारहरुको विकास भए पनि महिला हिंसा भने हटेको छैन । प्रजातान्त्रिक समाजको स्थापना भइसक्दा पनि महिलामाथि हुने हिंसात्मक क्रियाकलापमा क्नै कमी आएको देखिदैन । महिला हिंसा आजको विश्वको प्रमुख विषय बनेको छ । नारीलाई विश्वको सुष्टिकर्ता माने पनि उनीहरुमाथि हिंसा हुने गर्दछ । महिला हिंसाको मुख्य कारण भनेको अशिक्षा हो । शिक्षा मानिसको आधारभूत पक्ष भए पनि अभै पनि विश्वका विभिन्न क्नामा बसोबास गर्ने मानिसले शिक्षा हासिल गर्न सकेका छै नन् । उनीहरु त्यिह पुरानो र साँघुरो विचार लिएर अघि बढिरहे का छन् । जन चेतनाको विकास उनीहरुमा हुन् पर्ने हो, त्यो नभएकाले उनीहरुले के सही, के गलत भनेर छुट्याउन सकेका छै नन् । महिलालाई सधैँ पुरुषभन्दा कमजोर हुन्छन् भन्ने गरिन्छ । उनीहरुको शारीरिक बनोट हेरेर हो अथवा पहिला-पहिलादेखिको विचार हो । तर महिलालाई पुरुषभन्दा कमजोर मानिन्छ । यहि विचारका कारण नै आज महिला पछि परेका छन् । उनीहरु माथि हुने हिंसामा कुनै कमी आएको छैन ।

हामीले पत्रपित्रका, समाचार आदिका माध्यमबाट थाहा पाइरहन्छौ कि दिनदिनै महिलामाथि कुनै न कुनै किसिमको नराम्रो घटना हुने गर्दछ । मानिस यित निर्दयी छ कि एउटी सानी बालिकालाई आृनै बुबाले बलात्कार गर्दा समेत सहेर बस्छ । अभ थाहा नै नभएको जस्तो गरी तर्केर हिँड्न खोज्छ । हाम्रो समाजले महिलालाई हेर्ने दृष्टि नै फरक छ । जुन छोरालाई जन्म दिन आमाले लाखौं कष्ट गर्छिन् त्यिह छोरा ठूलो भएर आमारुपी नारीको बलात्कार गर्दा यो समाज केही बोल्न सक्दैन । त्यित मात्रै नभएर उनीहरुमाथि हुने कुटिपटा विरुद्ध पिन बोल्ने आँट कसैले गर्न सक्दैनन्, अभ गर्न चाहदैनन् ।

नेपालमा पिन हामीले महिला हिंसाका थुप्रै समाचारहरु सुनिरहे का हुन्छौ । चेलीबेटी बेचिबखन, बलात्कार, घरेलु हिंसा, कुटिपिट आदि जस्ता घटनाको पिन नेपाली समाजमा कुनै कमी छैन । महिलालाई विभिन्न देशहरुका वेश्यालयमा बेच्ने दलालहरु खुलेआम घुमिरहँदा पिन नेपाल सरकारले केही गर्न सकेको छैन । त्यित मात्र नभएर पूरा देशलाई नै जगाएको निर्मला हत्याकाण्डको पहेली पिन आजसम्म सुल्भिएको छैन । एक १४ वर्षकी बालिका बलात्कार गरेर सत्तामा बस्ने ती भ्रष्ट नेताहरुलाई सजाय दिने कानुन नेपालमा नभएकै कारण आज महिला सुरक्षित महसुस गरी हिँड्न पाइरहेका छैनन् । दिनदिनै १० वटा भन्दा बढी महिला हिंसाका विषयहरु महिला आयोगमा आउने गर्छन् । महिलामाथि बोक्सीको आरोप लगाई कुट्ने प्रविधि, घरेलु हिंसा, भेद्भाव आदि जस्ता नकारात्मक सामाजिक विषयले महिला अधिकारमाथि औंला तेस्याइदिएको छ । महिलाहरु अानै समाजमा पिन सुरक्षित भएर हिँड्न पाइरहेका छैनन् । उनीहरु घरदेखि कार्यालयसम्म पुग्न पिन सयौंचोटी सोचेर हिँड्नु पर्छ । यस्तो नारीमाथि कुनै आदर-आचरण नभएको समाज कसरी विकसित हुन्छ ? कसरी सभ्य हन्छ ?

नेपोलियन बोनापर्टले भनेका थिए, "मलाई शिक्षित आमा देऊ, म तिमीलाई शिक्षित राष्ट्र दिन्छु ।" तर यहाँ त्यहि आमाको इज्जत लिटन्छ । आमालाई देवी मान्ने समाजमा आमामाथि हिंसा हँदा त्यसको विरुद्ध बोल्ने कोही हुँदैनन् । महिला सशक्तिकरणको विषय उठिरहेको भए पनि यसले समाजमा खासै प्रभाव पारेको छैन । नेपालको लिखित संविधानमा महिला अधिकारको विषय उठाइए पनि अभै पनि धेरै महिलाहरु हिंसाको शिकार हुन पुगेका छुन्। उनीहरुले अभै पनि न्याय पाएका छैनन् । नेपालमा महिलाको साक्षरता दर कम छ । त्यसैले पनि होला नारी सशक्तिकरण खासै प्रभावशाली भएको छैन । जम्मा ५८ प्रतिशत नेपाली महिला शिक्षित छन् । बाँकी अभै पनि अन्धकारमै जिवित छन् । उनीहरुले थुप्रै सामाजिक अपहेलना सहन् परिरहेको छ । महिला हिंसाको विषय चर्किन थालेपछि यसको रोकथामका निम्त थुप्रै क्रियाकलापहरु भइसकेको छ । जर्मन नारीवादी नेतृ क्लारा जेटिकनले हरेक मार्च ८ का दिन नारी दिवस मनाउने परम्पराको सरुवात गरिन् । उनीले राजनैतिक पार्टीमा महिलाको औपचारिक भूमिका हुनु पर्ने भन्दै नारीको अस्तित्वको निम्ति आनो जीवन समर्पित गरिन् । त्यति मात्रै नभएर विश्वका आज थुप्रै महिलाहरु जस्तै मिसेल ओबामा. इसाबेल पेरोन. एन्जेलो मार्केल आदि अरु महिलाहरुका निम्त प्रेरणाका स्रोत बन्न प्गेका छन् । त्यसै गरी नेपालमा पनि महिला हिंसा रोकथामका निम्ति थुप्रै क्रियाकलाप भएको देखिन्छ । विभिन्न राष्ट्रिय तथा अन्तर्राष्ट्रिय संघ, संस्थाले महिलाहरुलाई अभ हौसला दिने काम गरेका छन् । त्यति मात्र नभएर उनीहरु महिला हिंसा रोकौ अभियानमा पनि लागिपरिरहेका छन् । महिला अधिकारका विषयलाई पनि अभ बढी महत्व दिन थालिएको छ ।

यसरी महिला हिंसा सम्बन्धी थुप्रै कार्यक्रमहरुको सञ्चालनले यसमा केही परिवर्तन आए पिन पूरै रुपमा निर्मूल भने भएको छैन । अभ पिन थुप्रै तुटीहरु सच्याउनु पर्ने देखिन्छ । महिला पुरुष दुवैको समाज भूमिका हुनु जरुरी छ । अनि मात्र देशको चौतफी विकास सम्भव छ । यसका लागि सर्वप्रथम महिला पुरुष दुवैलाई समान व्यवहार गरिनु पर्छ । यसर्थ महिला हिंसाको अन्त्य गर्न सके समृद्ध नेपालको कल्पना गर्न सिकन्छ र सुखी नेपालीको भविष्य सुनिश्चित गर्न सिकन्छ ।

महिला हिंसाको अन्त्य

समृद्ध नेपाल र सुखी नेपालको सिर्जना ।

खुशीु आचार्य

छाववृत्ति (Scholarship)

नेपाल सरकार स्थानीयतह द्धारा प्रदान गरिने ।

जेहेन्दार, अपाङ्ग, दिलत,मधेसी/मुस्लीम, आदिवासी जनजाति, सिहद एवम् वेपत्ता परिवारका छोर छोरी, जनआन्दोलन तथा मधेश आन्दोलनका घाइते र दुर्गम तथा पिछिडिएको क्षेत्रका विद्यार्थीहरुलाई कक्षा ११ र १२ मा नि:शुल्क अध्ययनका लागि छनौट गरिनेछ।

विद्यार्थीले जुन कलेजमा पढ्न चाहेकोहो सोहि कलेजको स्थानीयतह (वडा कार्यालय) मा सम्पर्क गरी छात्रवृतिको लागि सिफारिस लिनुपर्नेहुन्छ र सो सिफारिसको आधारमा सम्वन्धित कलेजले नियमानुसार (योग्यताक्रम अनुसार) छात्रवृति प्रदान गर्दछ ।



आश्विन कार्की

सम्बन्धित कलेज द्वारा प्रदान गरिने ।

(क) प्राईभेट वा संस्थागत विद्यालयमा पहिलेबाटै छात्रवृति मा अध्ययन गरि SEE दिएका विद्यार्थीहरुलाई सम्बन्धित कलेज मार्फत कक्षा ११ र १२ मा नि:शुल्क अध्ययनका लागि छनौट गरिन्छ । विद्यार्थीले जुन कलेजमा पढ्न चाहेको हो सोहि कलेजमा सम्पर्क गरी छात्रवृति आवेदन फारम बुक्षाउन सिकन्छ ।

(ख) कुनैपनि विद्यालयबाट SEE दिएका विद्यार्थीहरुले आफुले 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 छात्रवृति प्रदान गरिरहेका हुन्छन्। यस्ता छात्रवृति कलेजको आफ्नै नियम अनुसार हुने भएकोले सम्बन्धित कलेजमा सम्पर्कगरी के कस्तो अवस्थामा प्रदान गरिन्छ बुभ्त्नसिकन्छ।

Sponsorship/ Funding द्धारा प्रदान गरिने ।

कुनैपनि विद्यालयबाट SEE दिएका विद्यार्थीहरुलाई सरकारी निजामती, नेपाल प्रहरी, नेपाली सेना, गैरसरकारी, प्राईवेट वा बैदे शिक सहयोगकर्ता व्यक्ति, संघ संगठन, सहकारी तथा बैंक वित्तिय संस्थाहरु द्वारा पनि विद्यार्थीहरुलाई छात्रवृति स्वरुप अध्ययन गराईरहेका हुन्छन्।

यस वाहेक कक्षा १९ मा भर्ना भैसकेपछि नियमित अध्ययन गरिरहेका नेपाली विद्यार्थीहरुलाई भारतीय दुतावास काठमाण्डौले माहात्मा गान्धि छात्रवृति (Mahatma Gandhi Scholarship Scheme by Indian Embassy Kathmandu) अन्तरगत छनौट भएकाहरु लाई छात्रवृति स्वरुप रु २०००/ प्रतिमहिना रकम प्रदान गर्दछ ।

CTEVT द्वारा प्रदान गरिने ।

सामुदायिक विद्यालय (Community/Government Schools) बाट SEE दिएका विद्यार्थीहरुलाई ३ वर्षे विभिन्न Diploma level का कोर्षहरुमा जस्तै Nursing, HA, Lab Tech, Radiography, Pharmacy, Ayurvedic, Ophthalmic, लगायत Agriculture र Overseers का विषयहरुमा छात्रवृति प्रदान गर्दछ ।

24 years of excellence!!

Your Best Pathway to Higher Education Secondary **Fducation** Examination **Students Awaiting Results**

Advanced Science Course

Advanced Management Course

10+2 Entrance Preparation

A-Levels Bridge Course



EL INSTIT

The Premier Institute in Nepal for Bridge Courses

Bagbazar, Kathmandu, Ph: 4243944/4249090

Shape Your Future











KIST College & SS is a modern, professionally-managed institution committed to excellence in teaching-learning & academic performance.

Welcome!

Visit our state-of-the-art, centrally-located campus, see our cutting-edge facilities, and meet our dedicated faculty.

Then, make the right decision for your future success!

Admission forms are available at KIST office and also online at www.kist.edu.np



PO Box 20828, Kamalpokhari, Kathmandu, Nepal **Tel: 4434990, 4434178**, Email: info@kist.edu.np

www.kist.edu.np

Commitment to Excellence



Commitment to excellence in education and overall development

Skilled, experienced faculty dedicated to expert teaching-learning

Well-designed tutorial system to give individual attention & support

Competitive prep classes for medical, engineering and management entrance tests

Fine academic environment with a pragmatic, student-centred approach

Modern library & well-equipped laboratories serving all learning needs

Motivator for furthering your educational or career objectives and life goals

Peaceful environment and safe, well-engineered infrastructure

Spacious premises for both indoor and outdoor activities

First-rate amenities on campus and well-managed transport & hostel facilities





Bachelor's Programmes TU-Affiliated BSc CSIT | BBM | BCA | BBS | BA



Dillibazar Height, PO Box: 26111, Kathmandu, Nepal

Tel: +977 1 4445955/4445956, Fax: 4437867

Email: info@trinitycollege.edu.np, www.trinitycollege.edu.np

Education for the Future