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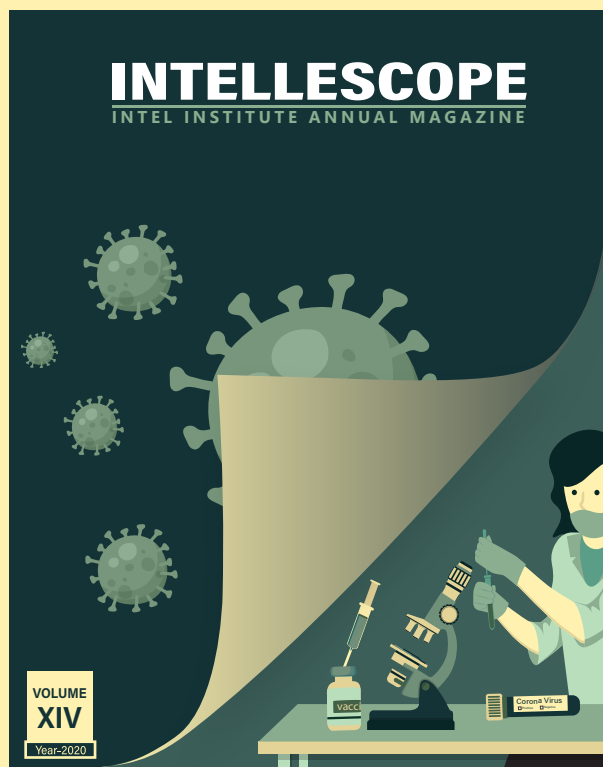
Year-2020



Dear All!

It's been great offering our Bridge Course, a well-known annual event, online despite severe **COVID-19** restrictions. We worked hard to set up this effective, enjoyable Zoom-delivered programme for your success in entrance exams. A new managerial venture, this unique teaching-learning system has been a ***Superb experience!***

INTEL INSTITUTE



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Moral Science for Next Generation



here everyone around the globe is striving to make a progressive achievement in the field of technology, I am here to talk about something that I consider equally important i.e. Moral Science.

Moral Science is the foundation of humanity. Moreover, it is what teaches us to live a life of dignity with virtues. Moral science is educating children to prepare themselves for life and to make them learn the importance of life. It is something that makes us able to pursue the eternal peace within our heart and minds.

Nowadays, Moral Science as a subject is not getting considered important at many places but I feel that it is the must requirement to every child who goes to school with the loads of books to know that, at school he is not just to learn to solve the numerical of science but also to learn to solve the thousands of numerical of his life with the the knowledge of values and norms.

As people are giving more importance to the technical education, children are getting much far from the moral knowledge. If people are going to carry it forward then the youths of next generation will be completely unknown about the virtues of life. This will make very deep impact on our social system and may even threaten our virtues. Nowadays people prefer virtual reality than sociality which is also the impact of lack of moral science.

Hence, as every other subjects moral education should also be considered important as it teaches us life lessons and prepares us to be social animal with humanity and to embrace our values.

Anuska Baskota
Siddhartha Vanasthali Institute

Skill Potential In Teenagers

Many of us say that life is too short. But we should consider that although life is too short, the things we will experience are much more than what we accept. Different stages of our life give us different experiences and moments to feel. Likewise teenage is one of those that gives us astonishing and fabulous experiences. From the beginning of Secondary level to the 10th grade we have been hearing that teenage is the hardest chapter of our life. In Fact it is the Storm and stress period. But what people think and recognize is teenage is the certain period of life where one has great energy, ability and potential to do many more things and make a difference. Teenage is thus a turning point in one's life, a period of increased potential.

Teenagers, of course! Have a great skill potential because most of the people in this stage become agile, daring, energetic and optimistic. Well! It is said that something is better than nothing. There comes a feeling of although we cannot do everything, we should try to do something that changes everything. Similarly nowadays teenagers are becoming more dynamic, as well as competing with each other that is fetching new skills and talent among them. Teenagers actually have a huge potential to expose and invent many

things that could lead our nation to the track of development. Day by day we are here listening and being conscious about the discoveries and inventions that teenagers are doing nowadays, reflecting their skills.

Today's teenagers have the ability to develop creativity skills. Using those skills they are inventing and performing many mind-blowing activities. We can take a look towards the example of the twins Brothers of butwal who have invented robots. This was only possible by their own creativity skill. Likely, some teenagers have potential to acquire leadership skills. Organization of different clubs, programs and camps wouldn't be successful without the counseling of energetic leaders. In addition teenagers are most familiar with social skills which is necessary for achieving assertive behavior and negotiating effectively. This is because in life, apart from talent, skill and money good manners and behaviors also matters especially for teenagers. Teenagers have higher potential to grab the self conscious skill that is required to develop ourselves.

In addition teenagers possess a unique skill that is critical thinking. Teenagers have the potential to analyze the matter, experience it and assess the factor that can influence. Likewise, after observing today's generation we can definitely say one of the best skill potential that today teenagers have is creativity skill. A different kind of skill that can bring lots of changes in society and make speechless.

This is what actual potential most of the teenagers are having nowadays. To generate new ideas, conceive of something new and build on other ideas is not an easy task. While teenagers are reflecting their potential in it. This is their skill. Even though they are not getting quite attention they are trying to develop and show many new things. Not only we everyone will say teenagers nowadays are moving in the track of development, grabbing the possible opportunities and skill potential.

In conclusion, skill potential in teenagers nowadays is developing gradually and has given a hope to the citizens for a prosperous nation. As today's teenagers are tomorrow's builders and what skill potential they carry are utilized here, citizens of here can be optimistic about the reflection of today's teenagers skill potential for a bright and developed future of the nation.

Babeeta Kafle
Gurukul Secondary School
Bharatpur-9 Chitwan

A person wearing a hat and a backpack is sitting on a large, dark, layered rock formation. They are looking out over a vast, hilly landscape covered in dense green and yellow trees. The sky is a mix of orange, pink, and blue, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

RECONNECT WITH **NATURE**

Life style is changing with world's development at a rapid pace
But the development has badly discomforted nature in the past few decades

Do you remember when was the last time you enjoyed nature without your phone?
Probably can't because in the war of technology and nature, technology has always won

This might not look like a huge problem at very first glance
Long term alienation from nature gives mental and physical pains

Our innate relationship with mother earth cannot so easily be forgotten
Feeling stressed, uninspired and unmotivated will soon be a burden

Thankfully it's never too late to reconnect with nature's ain
Still there are ways to become part of nature once again

Realizing that we are part of nature is the first step towards reconnection
Mother earth and our body constitutes same elements it is must to mention

Spending time in nature is the best way for connection rediscover
This is achievable even though you are an urban liver

Visiting local and national parks on weekends are all viable options
Once you're in nature, evilness dies and no existence of oppositions

The warmth of sun and wind on skin motivates to explore
Sound of moving trees, songs of singing birds and a lot more

Go a step further and take off the shoes from your feet
Interestingly this practice has psychological benefits

Going out into local parks once or twice a week in your usual surrounding is great
But experiencing a different part of our beautiful globe is invaluable in today's date

Standing on top of mountains looking at the breathtaking scenery as far as eye can see
Looking towards endless ocean and assuming to be on top of the world is best feeling to be

In the 21st century spending time staring at screens is an undeniable fact
Advising you to cut these habits out of your life seems to be unrealistic act

What you can do in this case is bring more nature into digital realm
Posting about nature on social media and awaring through nature based films

Theory of biophilia says human experience positive reaction even by nature's sight
Technolgy balancing nature and both remaining in coexistence sounds perfectly right

It you're looking for a new hobby to reinvent your connection with nature
Undoubtedly growing herbs indoor i.e. gardening is the perfect answer

Digital age drifted us further from what once was our natural habitat
More and more people are living a life where nature is just memory of distant

Even for our small necessity it's nature that we depend on
It's scarier to imagine that without nature earth is just a death zone

But still it's not late to find your roots back to nature again
Reconnect with nature or else the whole human kind will be in pain

Shalini Yadav
Satyawati Secondary School
Damauli, Tanahun



Memories

With those searching for something eyes, you were in front of the gate. Being an extrovert, I obviously took part in bhailo thing. I didn't care so much about the guy who was (looking) looking at us, but I wanted to know who he was and what's his story.

He looked kinda scared of firecrackers and I was confused how an eighth grader could be so. Yeah, I was introduced.

Later, I got introduced to him, he was good, average. I had a feeling of "he is the one" somehow, I don't know why. But, that has made all the difference.

In the first few weeks, he was neutral, he knew lot about science and right now I don't remember what we "talked" about. I just fell for the dimple on his left cheek thinking that we'll have dimpled kids.

I was so forward in all these matters because I'd never experienced bad things in a relationship so I told him I liked him. Yeah, I thought I was pretty and I talked well, but he said he didn't like me with that one word "no". I didn't lose my hopes though, I was tough. Next day, I asked him to go out with me again and all of a sudden he said "yes" but not to tell anyone about this "relationship".

Our relationship was online and offline, both, kinda perfect, no complaints, only love. I remember it was so what you call it "pure", no kisses, no hugs. I liked it that way. I loved the way he was so dedicated and I loved the way he could make me feel I was loved. He wasn't so expressive, quite shy. But I liked that he at least could share some stuffs. Those long and short walks that felt short, I loved it. Those messenger funny talks, lovely talks, everything.

Happiness doesn't last long, I say. His mother got to know about our relationship and she couldn't digest the fact. She became furious because she may have thought I'd ruin her child's academics and his life too. She separated us. He didn't oppose because he was unknown. When he knew it, it had been too late. I lost trust in him on the other side.

So we're now, in this hatred relationship, as I felt, I hated him because he couldn't help. I hated myself because I couldn't speak, I hated myself because I couldn't be with him.

I tried coping with these feelings of hatred and everything by liking someone else. I did, I liked someone else, but I ended up hurting him. I made crushes, liked them, imagined things and was happy but not content.

I got a guy, whom I started adoring. We dated, shared many memories. I forgot my past when I was with him. I was happy, satisfied and content too, I guess.

Him and I were in contact. I tried to understand that he wasn't so bad as I thought. We got friendly, flirty. I slowly kinda regained my feelings for him but I stopped them because I thought we're not right.

Until one day, my perfect adorable boyfriend broke up with me as he thought and was thinking that I'm good with the introverted guy.

I guess that was what I wanted, to get betrayed somehow so that I can escape and go to him but not this time because this time I'd fell for my boyfriend/ maybe just addicted.

I slowly regained my feelings for him, tried to love him, was successful and had good days with him. "We're in this vast ocean and there are many fishes", said a friend. "I want(ed) only him", I thought.

Right now, at this moment, I love him, I love him, really, though the term "love" is something I've never understood. I just have a strong feeling that we're good, our future will be better and our deaths, the best.

(feels good)

Talking about my perfect adorable boyfriend(ex), he was just a wall to lean on and a guider. I look at him that way now, not to get hurt and I wish him all the happiness he wants.

And now here I'm with all his love. He looks at me like I'm always good. He has grown to be more expressive, better in person, caring about every little thing. He has learnt not to be "neutral" and to wait. He has grown, a lot. He has been more dedicated and kind. He knows my value better, I guess and same goes for me. Time changes people and I like the way he was and he is. I hope we'll be good friends and soon a family.

Rajisa Shrestha
Little Angels' School



Treat Human with Kindness

We share the earth with 7 billion people who speak over 6,500 different languages. People often talk about English as a global language. With more than 350 million people around the world speaking English as a first language and more than 430 million speaking it as a second language, there are English speakers in most countries around the world. But the most understood language that not only the humans but even the animals can understand is the language of kindness.

Do you remember the last time someone was kind to you?

Do you remember the last time you were kind to someone?

I bet everyone wants to be treated with respect and kindness by everyone but in this world full of narcissism, it is very rare to find people who will actually put their ego aside and take the first step towards kindness.

People in our generation are very less sensible towards others' feelings. They have built up a mindset that they will not treat others with kindness and respect until others do so. There are very few people who actually take the first move. We shouldn't wait until someone treats us the way we want to be treated. That will be a very long wait. Instead we should take the first move and leave a little bit of kindness wherever we go. It will form a chain of people being nice to each other and slowly but definitely overwhelm the whole world and make it a better and safer place to live in.

DON'T WAIT FOR AN EXAMPLE OR INSPIRATION
BE THE EXAMPLE AND INSPIRATION.

Khushi Khadka
Daffodil Boarding School

TRUST

The thing which is precious
The thing which is suspicious
For someone it's like a mystery
Which never has any chemistry.

Trust which is must in all
If broken has a great fall
Breaking it is not a big deal
but gaining is the biggest appeal.

Trust is more than love
It has value more than love
The thing which is the most sensitive
It is common in our relative.

It is not easy to gain
When broken, Has great pain
Trust is like a glass
If broken all says, ALAS!

Muskan Jha
St. Mary's High School
Jawalakhel, Lalitpur



C^oVID 19

content

#HealthyAtHome



Staying Physically Active



Take Fresh and Healthy Diet



Healthy Parenting



Quitting Tobacco



Recognize, Avoid and Escape Fake News



Get Aware About Mental Health

Beating the Pandemic!



Frankly, we youngsters just out of school are dazed because of the fallout of the COVID-19 pandemic . . . Yet, happily, quite a few of us have come up with solutions to cope with this terrible, continuing problem.

It seems that what matters most is to protect ourselves physically. Two things, suggest experts, are crucial here: personal hygiene and wearing masks. Still, one feels this is not enough as we need to be fit – immune, healthy and energetic. Clearly, for this, daily exercise is a MUST. Yoga or calisthenics – indoors – are fine enough; walking or cycling – if the neighborhood is quiet and clean – are great activities!

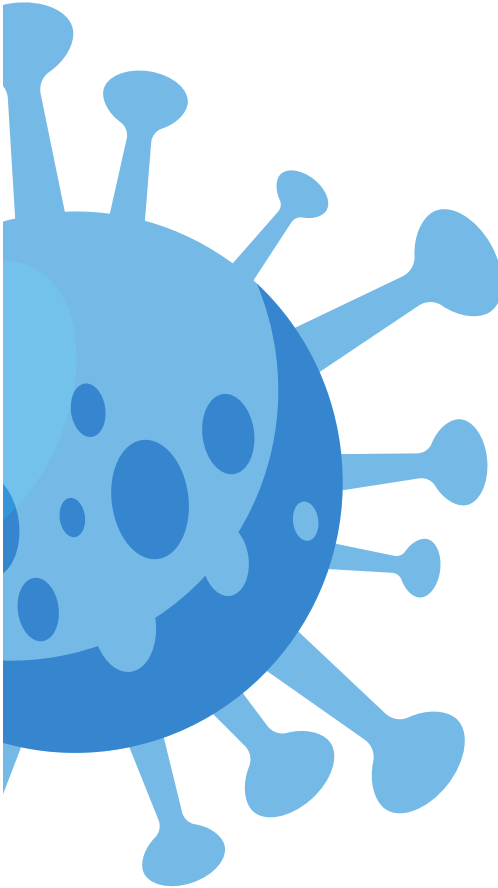
A sound mind in a sound body, an age-old truth, follows. We need to be positive, curious, and creative in our approach to this life situation; we should display strength of character and mental calmness. We MUST keep our negative emotions and mood swings under control. Meditation with deep breathing, relaxing music or active computer games prove invaluable. Even online courses – like the one we’ve enjoyed doing! – could help.

All these, or similar engagement, ought to keep us fit and fine. By staying connected to good ideas and worthy friends we can beat boredom and isolation. This would ensure our well-being as we move towards a rich, new virtual world.

Siddhartha Thapa
Meridian International School,
Baluwatar, Kathmandu



कोरोना



चीनको उहान यसको जन्मभूमि पथ्यो
छोटो समयमै यो भाइरसले विश्व भ्रमण गर्‍यो
COVID-19 नामाकरणपछि लोकप्रियता बढ्दै गयो
बडा विडम्बना यो महामारीले लाखौं जीवन लियो ।

बन्द बिरोधी सरकार देश नै बन्द गर्न बाध्य छन्
संसार भ्रमण गर्ने मान्छेहरु घरभित्रै बस्न बाध्य छन्
पृथ्वीवासीलाई संक्रमणले ठूलै पाठ सिकाए भै लाग्यो
व्यक्तिगत सरसफाई साथै प्रदूषणमुक्त पर्यावरण यसले माग्यो ।

राष्ट्र, धर्म, राष्ट्रियता सबैलाई यसले समान सोची
समयले पाइला चल्दै गर्दा हुँदैछ औषधीको खोजी
सानो देश नेपालमा पनि दिनानुदिन संक्रमण बढ्दो छ
अचम्मचाहीं के भने नि बच्ने उपाय बडो सजिलो छ ।

सामाजिक दूरी नै सबैभन्दा उत्तम उपाय मानियो
पोषणयुक्त खाना नै सबैभन्दा उपयुक्त ठानियो
रोग साभा भएपछि मलम एक्लोपन नै रहेछ
कोरोना नामक महामारीका कारण आज विश्व त्रसित भएछ ।

सर्वेश बैदवार

रिपुमर्दिनी सैनिक महाविद्यालय



COVID-19 through a bird's eye

I flew higher and higher above the cloud,
My wings spread and nature is all I think about.
I wonder where all the humans are,
Did they vanish and go too far?

Sky is clear and there's no hint of dirt,
Chirping and dancing I enjoy with my fellow birds.
When I return home it's peaceful and safe,
I wonder why there are yards of grave!

These days I hear siren and scream of pain,
Earth seems cooler even there's no rain.
The guy who used to haunt me, where is he?
With all the other humans did he also flee?

One blue bird told me that humans are sick
That's why they disappeared with a single flick
Did god punish them for destroying the nature?
Earth has grown beautiful with the lack of this creature!

Ankita Pandey
Lyceum Paradise Academy



Positive Effects of Covid-19 Pandemic

A huge pandemic has stroke world in November 2019, which started from Wuhan city in China.

Initially it was taken as an epidemic but slowly the WHO had to declare it as an pandemic on 11th March 2020.

Though we are taken back by this global pandemic, it has a number of effects that has been proved as a boon for nature. List of such boons are:

For the first time scince 2000 AD the water in ganges is been drinkable.

Due to lockdown the number of accidents that were happening at a number of millions per day have enclined to hundreds per week.

As masks, gloves, sanitizer's are now part of our lives about 200 types of fungal infections are know no more seen globally.

The world has noticed a massive amount of rainfall in decades which has given a turnover of millions to farmers in production and productivity.



Hundreds of birds that were on a verge of extinction are now back to life.



The annual continent shifting caused due to the core heating of the earth is now paused..



One of the biggest ozone hole over Antarctica is now healed completely.



After decades flamingo birds were seen in Mumbai beaches which are now 80% cleaner.



Due to cleaner environment globally a huge incline is seen in the respiratory diseases.

Sooner or later we are going to find the vaccine for corona disease but then we must be conscious towards what we are doing because small mistake of ours can cause a big pay for our parents.

Ansh Mishra
Janjyoti Secondary Boarding School
Gulriya-6, Bardiya.



A Tribute To Nature

Caring nature for rearing creatures,
Humans have done nothing like flatters,
So, sitting at home like in the theatre;
Let's see a tribute to nature by a micro creature. (Corona)
Pollution is no more,
Ozone takes its place once more,
Nature is rejoicing with its heart's core;
Keeping flatters inside locked doors.
Micro creatures are like teachers;
Humans are sluggish like backbenchers,
Plague, Flu etc taught them a lesson;
But, flatters didn't learn to stop bad mission.
Whining to the creator;
Isn't gonna abolish such micro creature, (Corona)
Untill humans have their nasty way,
Nature is never gonna be better.
So, sitting at home like in the theatre;
Let's see a tribute to nature by a micro creature. (Corona)

Roshan Chauhan
Shree Maisthan Vidyapeeth Madhyamik Vidyalaya.
Birgunj, Parsa



My Words

Don't turn back again
Look through my eyes
Make me suffer
Trap me in a plight
Don't show it again
The colours you hide
Trace me through
The woods of cries
Don't cut it within
Heart you call it
What by you swear
The soul it's wicked
Hush now, stall still
Listen you must to
Voice that lingers
On you all over
Long it was
Longer than eternity
A shriek with silence
Like an ordeal of innocence.

Simran Das
Kathmandu International School



**DON'T
QUIT!**



सफलताको सूत्र: परिश्रम

मा नव जीवन संघर्षमय हुन्छ । यहाँ हरेक व्यक्तिले आफ्नो जीवन सार्थक बनाउने सपना बोकेको हुन्छ । जीवनमा सफलता पाउन सबैजना तत्पर रहन्छन् । सफल व्यक्ति मात्रै यो संसारमा आफ्नो शिर उच्च राखेर हिँड्न सक्दछन् । सफल व्यक्तिहरु नै सबैका सामु परिचित हुन्छन् । जीवनमा सफलता प्राप्त गर्नका निमित्त सबैजना कर्ममा जुटेका हुन्छन् । हुंगे युगदेखि अहिलेको आधुनिक युगसम्म आइपुग्नु पनि मानिसको ठूलो सफलता हो । मानिसले आफूले गरेको कर्ममा सफलता हासिल गर्न नसकेको भए मानिस र जनावरको अस्तित्व समान हुने थियो । मानिस जंगली युगमै रहने थियो ।

यो संसारमा सबै जना सफल हुन चाहन्छन् तर सफल केही मात्र हुन्छन् । आफू सफल रहनुमा मानिसहरु भाग्यलाई दोष दिन्छन् । तर सफल हुनु र नहुनुको भाग्यको केही भूमिका हुँदैन । कुनै मानिसहरुलाई सफल हुने बाटो मिल्छ तर यसलाई भाग्यको चमत्कार कदापि भन्न सकिदैन । वास्तवमा निरन्तर परिश्रम गर्ने र इमानदारीलाई हतियारको रूपमा लिन सकेमा मानिस निश्चय नै सफलताको शिखरमा पुग्न सक्छ ।

परिश्रम गरेर सफलतामा कमाएका धेरै मानिसहरु छन् । तिनै मानिसहरुको जीवनमा अनेक बाधाहरु आए तर तिनीहरुले आफू सामु आइपरेको बाधा र चुनौतीहरु सामना गरेर सफलता हासिल गरेका हुन् । अनेक दुःख, कष्ट सहेर सफलता प्राप्त गरेका व्यक्तिहरु मध्ये एक किट्ठग सी जिलेट हुन् । उनी जिलेट कम्पनीका मालिक थिए । एक समयमा त्यो कम्पनी डुबेर उनी कंगाल भइसकेका थिए । तर उनले आफू सामु आएका बाधाहरुलाई हटाएर अघि बढे र अन्त्यमा सफलता पाएरै छाडे ।

सजिलो बाटो जो पनि हिँड्छ । महान् मान्छे महान् लक्ष्य लिन्छ र बाटोमा आएका सबै बाधाहरुलाई पन्छाउँदै गन्तव्यमा पुग्छ । पवित्र उद्देश्य साथ कर्ममा जुटे हामीले पनि सफलता प्राप्त गर्न सक्छौं अनि हाम्रो जीवन पनि सार्थक बन्छ ।

Birat Aryal
Triyog High School

A World We Ignore

We don't hear the screaming of violence,
We don't smell the fragrance,
We don't see the acids in the pouring rain,
We don't feel nature's suffering and pain.

The pain and suffering of our mother earth,
The acids in the tears from her own children's fear,
The fear of destruction and insanity.
She cries every time when she sees depravity.

The need that she used to give,
Now, has turned into a wild greed.
She is hiding face with tears,
And shows her rare fears.

There is a world that we ignore,
The world who has been murdered.
And to a surprise;
The murderer is her own children.
Yes, "HUMANS", The most dangerous creature,
Who has a "mother destruction" feature.

Sneha Roy Yadav
Galaxy Public School



My last day at school



My last day at school was chaitra 1st, 2076 and is still fresh in my mind. It has given me the separate and mixed experience of separation and freedom. When I look back this day, I feel nostalgic feeling about the time I spent in my school. Though I console myself that day by thinking that I would have the great time in the college, but lately I realized that something lost never come back.

Only few of us gathered there as our final exam was coming closer. That day I went to school without books and notes. I was feeling quite happy on the way to school thinking that I would not have to be loaded with homework and punishments in college. Though our heart was really heavy we were trying to show smile in our face. That day was really different than previous one as we had total freedom. We had no teachers watching and controlling us.

Later on we were taken to the hall of our school. The head sir gave us some precious suggestion about our exam and upcoming future. He made us aware about the possible wrong tracks that we might walk on. More than that, he asked for apology if he had done any mistakes from the part of school. We really became emotional. I thought about the school in which I have spent 11 long years. I thought about my best friends, teachers and the supporting environment.

After an hour of meeting we return back to our class. The whole class began to move over my head. We console ourselves thinking that the upcoming college days will be as beautiful as they were at school. We too promised each other not to fall apart. We also mention about our determination to get good marks in exam and get respect of school forever.

This is how we could pay the debt the school owe us.

Ayusha Dahal
Modern Boarding Secondary School



कहिल्यै नमेटिने भयो चोट

हरियालीले भरिपूर्ण भएको मेरो गाउँ चन्द्रपुरमा पर्छ। मेरो गाउँ सानो भए पनि यहाँ बस्ने चेलीबेटीको मन भने एकदमै ठूलो छ। मेरो घर नजिकै एउटा घर छ। त्यस घरमा गरिमा काकी, कोमल काका र बडो हजुरबा बस्नु हुन्छ। रोमा बितेको नि भन्दा आज चार वर्ष भएछ।

आजभन्दा निकै वर्ष अघिको कुरा हो। सोही काका काकीको चारै दिवालहरुमा खुसीयाली छाएको थियो। त्यो दिन असार १० गते आइतबार थियो। खुसीयाली हुनुको मुख्य कारण के थियो भने त्यस घरमा एउटी छोरी जन्मेकी थिई। निकै समयपछि त्यस घरमा सन्तान जन्मिएर नै होला आमाबुवा, हजुरबा-हजुरआमा लगायत त्यस घरका सदस्यहरुको अनुहारमा सुखैसुखको हाँसो झल्किएको थियो। काकाकाकीले बिहेपछि ज्योतिषसँग हात देखाउँदा त्यस ज्योतिषले काकीलाई- 'यो जुनिमा तपाईंले आमा हुनुको खुसी पाउन सक्नु हुन्छ।' भनेको थियो।

सम्पत्ति पनि थुप्रै भएको कारणले गर्दा नै होला काका र हजुरबा- 'अब हाम्रोसम्पत्तिमा आफ्नै सन्तानले राज गर्न नपाउने भए।' भन्दै साह्रै चिन्ता लिनुहुन्थ्यो। पछि त्यस घरमा लक्ष्मीले बास गरिन्। मैले चाहीं यो नानीको जीवन सुखैसुखले बित्ने भयो भनेर आफ्नो मन भित्र ऊ जन्मेको दिन उसलाई देखेर लाग्यो।

त्यस घरमा नि सोही भयो। समय बित्दै गयो। रोमा (जन्मेकी छोरी) पनि भन्दा १० वर्षक भई। काकाकाकी दुवै आ-आफ्नो काममा व्यस्त हुनुपर्ने भएकोले रोमाको हेरचाह गर्न एउटी आया दिदी राख्नु भएको थियो।

रोमा सानैदेखि उताउली स्वभावक भएकोले हजुरबा र हजुरआमा मात्रैले उसको रेखदेख गर्न सक्नु हुन्थ्यो।

साँच्चिकै भन्नुपर्दा काकाकाकीले अहिलेको जस्तो व्यवहार पहिला गाउँले हरुलाई गर्नु हुन्थ्यो। भन्छन् नि सम्पत्तिले भरिपूर्ण भएकाको मनमा डाह, ईर्ष्या र मै हुँ भन्ने भावना हुन्छ अरे।

उहाँहरुले गाउँलेहरु लगायत हामीलाई पनि सानोतिनोको नजरले हेर्नु हुन्थ्यो। अरुको राम्रो नहोस्, मेरो मात्र राम्रो होस् भनेर सोच्नु हुन्थ्यो। त्यसैले नै होला रोमा पनि मै हुँ स्वभाव कि थिई। ऊ हामीसँग खेलन्, हाम्रो घर आउन मन पराउँदैन थिई। ऊ खाली घरमै मोबाइल मात्रै चलाएर बस्थी। त्यसै कारणले नै होला ऊ एकदमै घमण्डी र निर्दयी थिई।

समय बित्दै गयो। रोमा पनि असार १० गते १५ वर्ष पूरा भएर १६ वर्ष लागि। तयसै साता त्यस घरको हजुरआमाको पनि मृत्यु भयो। हजुरबालाई पनि रोगले च्याप्न थाल्यो। तर काकाकाकीलाई आफ्नै कामको मात्र चिन्ता थियो।

उहाँहरू 'हामीले अहिले राम्रोसँग काम गरेनौं भने हाम्रा पुस्ताहरू भोकमरीमा परेर गाउँलेहरू जस्तै साधारण जीवन बिताउनु पर्छ।' भनेर सोच्नु हुन्थ्यो। वास्तवमा उहाँहरूको सम्बन्ध हरेक गाउँलेसँग नराम्रो नै थियो। त्यसैले त्यही एउटा आयाले घर, हजुरबा र रोमा तीनवटैको हेरचाह गर्थिन्।

वैसले उन्मुक्त भएकै रोमा पढाइमा भन्दा मोबाइल प्रति नै बढि रुचि राख्न थाली। आमाबाको अगाडि पढेको जस्तो गर्ने अनि आमाबा हिँडेपछि फेरि मोबाइलमा नै व्यस्त हुने। बिचरी ती दिदी आफ्नो एक छाक भात खान पुग्ने पैसा कमाउनको लागि त्यस घरमा मजबुरीले काम गर्थिन्।

यता रोमा दिन प्रतिदिन मोबाइलमा खै के जाति 'फेसबुक' मा व्यस्त हुन थालिन्। त्यतिखेर यो फेसबुक पनि भर्खर नै चलनमा आएको थियो। सोही माध्यमबाट उसको आफूभन्दा पाँच वर्ष जेठो एउटा मान्छेसँग प्रेम सम्बन्ध गाँसिन पुग्यो। तर यो कुरा काकाकाकीलाई थाहा हुँदैन।

रोमा त्यस केटासँग भेट्न पनि जान थालि। घरबाट चैं स्कूल जान्छु भनेर निक्किने तर पछि त्यो केटासँग घुम्न जाने गर्न थालि। यति मात्र नभएर त्यो केटालाई आफ्नो आमाबुबाको खल्लीबाट र आफूसँग भएको पैसा भिकेर दिन थाली। सो कुराको खबर उसको आमाबुबालाई भएन। उनीहरू दुवै मिलेर भाग्ने र एकअर्काको जीवन सँगसँगै बिताउने निर्णय गरे।

एक दिन राति रोमा त्यस केटासँग भागी। रोमाले त त्यो केटालाई आफ्नो हृदयदेखि नै प्रेम गर्थी। त्यो केटाले चाहिँ रोमालाई खाली एउटा खेलौनाको रुपमा लिएको थियो। त्यो केटाले रोमालाई त्यो रात घर लग्छु भनेर इन्डिया भगाएर लग्यो। सो कुराको पत्तो रोमालाई भएन।

बिहानीको आँखा खोल्दा रोमाले आफूलाई एउटा कुर्सीमा मोटो डोरीले बाँधेको पाउँछे। एउटा कुर्सीमा रोमा आफूलाई बाँधेको र अर्को कुर्सीमा त्यो केटाले चुरोटको सुस्केरा तानेको देख्छे। त्यो देखेर रोमा आत्तिन्छे र भन्छे- 'मलाई किन बाँधेको? तिमिले त दुवै जना बिहे गर्ने अनि घर जाने भनेको हैन। यो कहाँ ल्याएको मलाई।' केटाले भन्छ- 'हा... हा... बिहे अरे? मैले त केवल तेरो शरीरसँग खेलन र तेरो सम्पत्तिमा रमाउन तँलाई तेरो बाआमाबाट धेरै टाढा इन्डिया ल्याएको छु।

त्यतिखेर आएर रोमालाई आफूले सो कुरा आमाबालाई नभनेर निकै ठूलो गल्ती गरेछु भनेर महसुस हुन्छ। सोच त आयो नि तर ढिलो आयो। अब रोमाले चाहेर पनि केही गर्न सकिदैन थिई।

यता बिहान काकी रोमाको कोठामा जाँदा रोमालाई नदेखेपछि निकै आत्तिनु हुन्छ। धेरै समयको खोजपछि पनि रोमालाई घर, स्कूल, लगायत कहीं पनि नदेखेपछि हार मानेर दुवै थानामा गएर उजुरी लेखाउनु हुन्छ। यता त्यो केटाले रोमामाथि कुट्टि गछ। रोमालाई निकै दिन भोकै राख्छ। भोकले दाउरी भएकै १६ वर्षीय रोमामाथि त्यस केटाले बलात्कार गरेर मारिदिन्छ।

आफूले जन्माएको सन्तानको आफूभन्दा चाँडो मृत्यु भएको देख्दा कसको मन रुँदैन र? लास भेटिएको ८ दिनपछि हत्यारालाई रंगे हात पुलिसले पक्रिउन सफल भए। त्यस हत्यारालाई जन्म कैदको सजाय घोषणा गरियो।

छोरीको मृत्यु पछि बल्ल आमाबाको घैँटोमा घाम लाग्यो। छोरीको हेरचाह आफैँले गरेको भए, छोरीलाई समय दिएको भए, छोरीको मनमा भएको कुरा बुझ्न सकेको भए आज यो घटना हुँदैन थियो होला भनेर काकाकाकीले सोचन थाले।

सम्पत्तिले मात्र केही नहुने रैछ, जे छ त्यसैमा सन्तुष्टि हुनुपर्छ भन्ने कुरा काकाकाकी दुवैले तयस घटनाबाट बुझे। अहिले काकाकाकी पनि हामी जस्तै साधारण जीवन बिताइरहनु भएको छ।

Kritishree Acharya

Jan Joti Secondary School

The last glance- an indelible dream

"Do you have the courage to be what you want to be and whatever it takes?"; the old lady asked.

So, the thing is so simple and decorated. Probably, not being optimistic but certainly understanding the clear vision, I can say the journey of life is never easy but not difficult. No matter how hard it gets, never going to stop for whatever reason, I have promised this to none, but myself.

I displaced from difficulties, I didn't die, but succeed. I replied her.

If you don't have the desire to achieve something then, you'll never have fear of losing anything.

With smile she said, "The true success is not when you have everything and happy but that you do something that even if you'll lose everything you can die smiling."

I totally agreed her.

So, where's end then she asked. Don't know where my final destination is cause it's never a place but a new way of understanding thing and I've just started. I responded.

"If you have faith upon god, you'll get that written in your destiny but, if you have belief in yourself then, god will write your destiny accordingly what you want."

She went on learn from everyone, follow no one.

It's only you who can change you.

Suddenly I got a huge blaze of intense light and nothing surprisingly I broke up with my dream .

And cold hear the line back with last glance she was saying me, "Listen, you're limitless... you're infinite."

Aakriti Basnet
BKVM, Biratnagar





YOU, I & WE MATTER

Your life is gifted but not granted
Think about those for whom you are wanted
Life can be pandora box; full of wonders
Hard one or easy one you will need to ponder.

You cannot always be the best
If so, it will feel as if your life has been set
You exist and struggle that's what matter
Don't get your dream on the way to be scattered.

You will of course be judged
But don't let such things to get you budged
Think of people who are with you
Its ok and life matters even if there are few.
Giving up is never and will never be an option
Life may be hard under fierce sun
Struggle and your best version will be pulled now
or later
Always remember your existence matters.

Mandira Shrestha
Bhaktapur English Secondary School

ECO OR EGO?

Does perpetuity exist? Are perpetual resources actually perpetual? This is a question I try to find an answer for after knowing that we have already used the resources equivalent to 1.75 earths. What raised the inner curiosity in me to think about the topic "sustainability"? This particular topic of sustainability just remains a chapter in the social studies book of our school curriculum and most of us are able to give creative answers yet we lack the vision of a sustainable future. With financial success only being valid in our custom, we forget to look for the three sides of sustainability including environmental conservation, economic development and social development.

It's this present scenario of COVID-19 that has given me a time to rethink about the ecosystem outside my ego-centric lifestyle. This topic of environment conservation and sustainable development first stroked my mind 5 years back in 2015. I don't think any Nepali can possibly forget that traumatizing earthquake which left us stagnant for quite some time. It was so haunting that I still get goose bumps remembering the experiences of the violent waves of earthquake, collapsed houses, cries of victims followed by the mournful silence. We have yet not recovered from that disaster Dharahara yet to be rebuilt, heritages yet to be renovated and places yet to get back to normal aura of life.

This particular event had left its imprints on an 11 year old girl who was so excited to go to her new school just the next day when the disaster hit her hard. That innocent girl happened to be me. I am not trying to really emphasize on my



innocence or give a detailed story about the traumatizing experience that we continue to recall till date. But, I am trying to share a new concept that this I perceived after this event. During this disaster, I heard people telling how we can't fight with nature. The curious bubble popped up and I started to raise questions in the hope of finding my answers. Through research I was enlightened about the phenomena of earthquake and that we were the faulty ones. In fact, nothing would have happened to us if we had been sustainable with resilient houses, regular renovation and environmental policies. The continuous narrative of how we can't fight the nature seemed sort of an absurd argument to me. We never need to fight the nature, we need to befriend it. Earthquake was nature's way of giving us a loud vocal message to make us skeptic to what we have done.

Over the years, somewhere my enlightenment had vanished because I guess I turned a blind eye to this issue. Until our very dear COVID-19 was there knocking my door. It is such an irony and a shame that disasters as such have to come over and over again to give us reminders of the existential crisis we might soon face. COVID-19 is the seventh type of corona virus and we don't know how many more will confront us in near future. It is really funny to how less we are prepared to face a pandemic which we have been warned forever. Knowing that it's nowhere out of blue, we need to recheck our security systems and policies all over again. When a simple start up business can have so many back up plans, when our career choices can have so many alternative plans, why are we limited to certain theories for environment conservation? During quarantine, I took this online course of reimagining a better future post corona. Calculating my carbon footprint, discussing with amazing panel of like-minded individuals,

researching on case studies made me realize the true essence of sustainability.

It's high time we keep sustainability in our priority. Our ignorance towards our environment will lead us down the pit which we have ourselves made. It was my call to reflect upon myself and to scrutinize what I was doing. I now vow to follow a minimalist life and to be a better global citizen. It's time that we youth come up together because we are going to be the one who is most affected. And to those who think this is just the work of environmentalists, start researching and you will know what this all revolves around. Let us all take this thing seriously because life rarely gives a second chance and environment has probably given us so many chances. It's our call of ego or ego, or simply saying it's our choice of choosing demon over hero or hero over demon that's within us. So, what do you choose??

Rodin Bantawa
Paragon Public School

Darkness

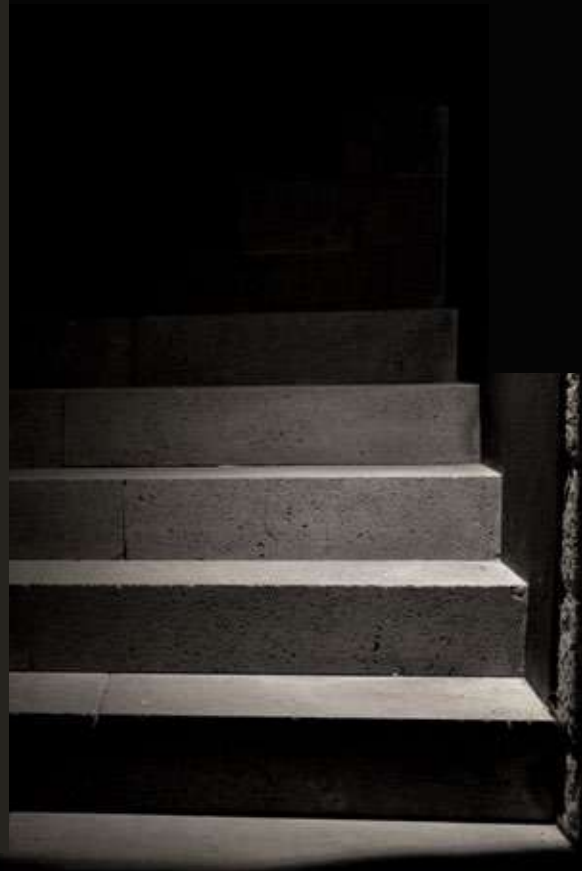
the darkness awaits,
for freedom to flow;
for it wants,
to slowly grow.

small was the hole,
it came out from;
grabbing massive,
like the blackhole.

the faith he received,
from its creator;
for it does everything,
with the power it perceived.

what does the almighty say,
tried his best with his ray;
for he did trouble to it,
he has to pay, everyday.

Rajisa Shrestha
Little Angels' School





Importance of Friendship in Life

Friends bind people in a bond of love, mutual trust, understanding and loyalty. Friendship is a relationship which involves mutual self-respect, trust, loyalty and affection. Good friends enjoy each other's company, share the same interests and are loyal to each other.

A friend is someone who stands by our side, even during difficult times. It requires honesty and mutual understanding and has to be nurtured with devotion and patience.

Just as it takes patience to grow a garden, in friendship, too, first a seed is planted and then it has to be taken care of, nourished and watered, daily, one has to tend it with love and care.

Friendship is man's emotional and psychological necessity. You can share your feelings, frustrations, and happiness. With your friend you can also depend upon your friend for keeping your trust.

A true friend never lets you down even under most threatening circumstances. He/She will never get away from you even under pressure.

The importance of friendship cannot be undermined because we cannot survive without good friends. It is a very important relationship in the emotional life of every human being, and is called a "fair-weather-friend."

The one, who supports his friends through emotional difficulties, is a "true friend". He is ready to make sacrifices in order to help his friends. A true friend is someone, whom you know will be there for you, whenever you need him.

Friendship is a necessary part of every human's life as none of us is self-sufficient. A friend is a trustworthy companion who cherishes special moments and memories of life with another person.

A good friend plays an active part in his friend's life. He is happy when his friend is happy. He feels achieved with his friend's accomplishments. They share affection, which fills them with positive energy. They spend time thinking of their friends, of who is important for them and how to find ways to help them.

Never rush to make friends because friendship needs a good foundation. We must accept our friend as he is. The essence of friendship is sincerity and giving one's self to your friend without thinking of getting anything in return. At times, when we meet new and interesting people, our loyalty changes and old friends are forgotten. A lesson to be learnt, "Do not forget old friends while making new friends."

Reshilesh Yadav
BKVM, Biratnagar

WOMEN IN NEPAL.

*"Women brought us into this world;
we have no right to disrespect them."*

Nepal with numerous mind-blowing beauties and glory still is appearing to be dull in the world map. The reason behind it is its main beauty and charming factor i.e. women are seem to be violated day by day. It is known fact that half of the total population of Nepal is covered by women. In addition, if women are being pressed or are being violated, how can the nation glow?

Nepal, historically popular for its bravery and as independent country. But women here are dependent with men. Nepalese society is patriarchal society where men are the head of family. Today in this 21st century, women empowerment and women education are increasing gradually. The societies and families still tie women with different social and superstitious ropes in their hands, which are controlled. Today women in Nepal are being as similar as puppet.

In one hand education, empowerment, literature, success, etc. in women are increasing. Likewise, in other hand women violence, evil torchers, social affect are also growing day by day.

A major cause of it is lack of security for women. If women were made secure and independent then every daughter, daughter in laws as well as every woman will be free from violence. We can look to those countries, which have higher security for women like United Arab Emirates, Saudi Arabia, and Qatar etc. where incident of violence is quite rare. There is a kind of different and tight security that none of the women feel that she is being violated.

In conclusion, women in Nepal are not well secured. Reason is the past practices as well as superstition. Well! It would be better to know, although men are physically strong than women but women are mentally far stronger than men are. It is being considered that, women and girls should be given a chance to be independent and trained for physical strength. Then the whole nation can wear a smile with glamour.

Babeeta Kafle
Gurukul Secondary School
Bharatpur-9 Chitwan



STOP VIOLENCE
AGAINIST **WOMEN**

सडक बालबालिका अधिकार

हामी बालबालिका गछौं चमत्कार
सर्वप्रथम सबैलाई मेरो नमस्कार
साना बालबालिका भनी नगरौं है हेला
यिनीहरु ठूलो भई काम लाग्छन् कुनै बेला ।

कति बालबालिका त बस्छन् पेटीपेटी
के खान्छन् के लगाउँछन् सोध्नु हुन्न भेटी
कति हिँड्छन् सडकमा सधैं बोकी भोला
खाते भनी बोलाउँदा कति मन रोला ।

न त पाउँछन् राम्रो लाउन न त मीठो खान
उनीहरु पाउँदैनन् कहिल्यै स्कुल जान
हेपछन् सारा दुनियाँ उसलाई खाते भनी
बुभुकेका छैनौं हामीले उनीहरुको जिन्दगानी

भर्री गर्मी नभनी खट्छन् सधैं काममा
तै पनि हुन्न गतिलो लुगा उनीहरुको आडमा
कसले देला माया ममता कसले देला आहारा
कसले गर्ला मद्दत उसलाई कसले देला सहारा
अभागी रहेछन् उनीहरु हुन पाएनन् भाग्यमानी



Sneha Karki
Damauli Model Academy
Vyas , Damauli Tanahun

VALUE OF TIME



IF YOU WANT TO KNOW

YOU MAY PLEASE

Value of a YEAR

Ask a person who has failed in the examination

Value of a MONTH

Ask a mother who gave birth to a pre-mature baby

Value of a WEEK

Ask the editor of a weekly magazine

Value of a DAY

Ask a person who works for daily wages

Value of a MINUTE

Ask a person who has missed the train

Value of a SECOND

Ask a person who has escaped an accident

Value of a MILLISECOND

Ask the person who lost the gold medal in the Olympics

So always aim higher, work harder with the best use of every moment, set a pace to win the race leaving no room for surrendering in your life because-

There is no easy path to glory,
There is no easy road to fame,
Life, however, we may view it,
Is no simple game;
But it's a call for determination,
For endurance and grief,
And a "don't know when to quit".

Muskan Jha
St. Mary's High School
Jawalakhel, Lalitpur

A photograph of a wooden suspension bridge in a forest. The bridge is made of wooden planks and is surrounded by tall trees and dense foliage. The bridge leads into the distance, disappearing into the forest.

Sway

I wandered as a wanderer,
Wanting to explore the unexplored.
Amazed by the picturesque view; I started to
ponder,
Had anyone ever thought about this road?

So into my imagination, I lost my track.
Chirpings and waves were all that I heard.
Came to a point where I couldn't even lift a sack,
But then had to select a path of two; the moment
I feared most.

Both roads taken by few, blessed or cursed.
I tried to figure out which one for me was the
safest.
Having faith upon Him, I walked the first.
Later realized that it was never the chosen one.

Scared to move forward, I turned around.
Went straight to that place where the decision
was made.
Mind was eager to take the second road; but
heart frowned.
Said that it wanted all the memories to fade.

Sakrita Bhattarai
St. Mary's High School
Jawalakhel, Lalitpur



WHO ARE YOU ??

The one you are to the world or the one you are to yourself? The face you show to the world or the one when you are alone? Well, you don't need to stress or get worried. You've got your whole life ahead to answer this question.

From childhood, we are taught to be well-managed and well-behaved, especially when we interact with the friends and relatives. But why do we do this? It might be to present ourselves as noble, leave a good impression on people, or to have a good reputation in society.

In the world, since the time we are toddlers, we are taught how to impress and influence others. In that process, we spend our whole lives trying to make an impact over others and ultimately, we forget to explore our inner selves. We are never true to ourselves. We only care about what the world thinks about us.

In any case, that is certainly not driving towards a prosperous life. We will struggle to gain inner peace unless we are true to ourselves. To know ourselves truly and express the self authentically, we need to cultivate a deep relationship with ourselves. Ultimately, this begins with the awareness of our thoughts.

Understanding when we are in or out of alignment may often be based on an intuitive feeling rather than a thought. Feeling of openness, inner joy and freedom are good signs that we are on the right path. Conversely, if we are not being true to ourselves, it may show through negative emotions, leading to unease, emptiness or a lack of fulfillment.

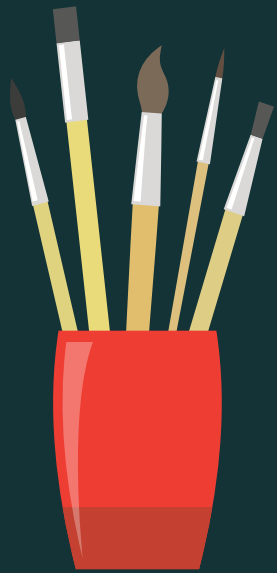
By learning to pay attention to our deeper senses and feelings, and by cultivating greater awareness in our lives, we can establish a strong connection with ourselves as well as feel confident knowing what is solely for us.

But what is true also yearns to be expressed. It is up to each of us to be courageous in bringing forth our truths to express them fully and authentically to the world. So, let's start the journey of being the self-loved and real version of ourselves from this very moment.

Surya Anuj Shah Sudi
BKVM, Biratnagar

ARTIST

CREATION GALLERY



Jessica Shrestha
Arun Jyoti Vidya Mandir



Saugat Chamling Rai
Nobel Academy



Deewa Dhakal
Gyankunj Secondary School



Anjanie Mahato
Desh Tilak High School



Shreeya Maharjan
Swarnim School



Saugat Tamang
Shree Ratna Rajya Secondary School



Kripa Shrestha
Gyan Niketan Secondary School ,
Baneshwor



Sanskriti Keshari
Nexus Int'l



Alish Bhandari
Bidhya Sanskar School



MY FATHER

The most important person
in my life
Who makes me smile
My love, My dad

He always show me right path
Through which I can travel with faith
I still remember your finger dad which
Teach me to walk

I still remember the smile
In your face
Which comes after my success

Rajvi Raj Bhandari
Shree Sodhasha Devi MA. VI.,
Achham

MOTHER

Thank you Mom
Three small words,
So much to add
For your love,
And your support
A million words
would be too short,
The word 'I Love you '
Seems too few
To express the love
I have for you!

Lakshya Adhikari
Eureka Residential Higher Secondary School
Dharan



आमा

नास्ति मातृसमा छाया
नास्ति मातृसमा गतिः ।
नास्ति मातृसमं त्राणं
नास्ति मातृसमा प्रपा



स

ष्टिकर्ताको उपमा पाएकी आमा लाग्छ, मेरो लागि उनी जति प्रिय अरु कोही छैन । दुई अक्षरले निर्मित आमा शब्दलाई न हामीले हेलामा पार्न सकिन्छ, न त बिसर्न नै । आफ्नो ज्यानको आहुति दिएर जन्माउने, हाम्रा हरेक खुसीका लागि मैनबत्ती जसरी जलिदिने, हरेक छोराछोरी जति नै ठूलो भएर गल्ती गर्दा पनि सानो बच्चाले गरे जस्तो मानेर क्षमा दिने, छोराछोरीको मायाको आस नगरी एकोहोरो प्रेम दर्शाइरहने निःस्वार्थ, निश्चल र विशाल हृदय भएकी आमा तिमी धन्य छ्यौं ।

आमाको काख नै सन्तानको पहिलो पाठशाला हो । नेपोलियन बोनापार्टले भनेका थिए "Give me a good mother, I will give you a good nation" आमाले अबोध सन्तानलाई जनम मात्र दिन्नन्, उसलाई असल संस्कार र शिक्षा दिएर यस धर्तीमा एक योग्य र सफल मानिसको रूपमा भित्र्याउँछिन् । हामी मान्छेको मात्र के कुरा, अबोध

पशुपंक्षीहरुमा पनि हामीले मातृत्वको भाव देख्न सक्दछौं । आफ्नो सन्तानलाई खोकिलामै राखेर वात्सल्य दिन्छन् र सन्तानको रक्षा गरेका हुन्छ । आमाको लागि सन्तानको सफलता नै आफ्नो सफलता हुन्छ । हिँड्न नसक्ने बच्चा बामे सर्दा, बोल्न नसक्ने बच्चाले तोते बोली बोल्दा आमाको खुसीको कुनै सीमा रहँदैन । त्यसैले आमाकै कारण हामी छौं र यो सुन्दर सृष्टि जीवन छ ।

आमाले सन्तानप्रति गर्ने माया र ममतालाई संसारको कुनै वस्तुसँग पनि दाँज्न सकिँदैन । भनिन्छ नि, अरुको लाख, आमाको काख । साँच्चै हाम्रा बाजेबराजुले उखान टुक्का चाहिँ मिलाएर राखेका रहेछन् । होइन त ?

आमाले सन्तानलाई गरे जति माया र त्याग सन्तानले आमाको लागि कदापि पनि गर्न सकेका हुँदैनन् । अहिले समयको परिवर्तनसँगै मानिस मेसिन बन्न पुगेको छ । हिजोआज छोराछोरीसँग आमाबुबालाई माया गर्ने समय त परै जाओस् दुई शब्द मीठो बोल्ने समय पनि छैन । जसले आफ्नो जीवनलाई

सार्थक बनाइदियो तिनै आमा आज सन्तानबाट अपहेलित भएकी छिन् । सन्तानको पालनपोषणमा आफ्नो सम्पूर्णता भेट्ने आमा आज सन्तानको लागि बोझ बन्न पुगेकी छिन् । सन्तानको लागि रातदिन भोक र प्यास बिर्सेर हुर्काउने आमा बुढेसकालमा सन्तानको घृणाको पात्र बनी वृद्धाश्रममा आँसु झारिरहेका ज्वलन्त उदाहरण हामी प्रसस्त देख्न सक्छौं । यो जस्तो मार्मिक कुरा अरु के हुन सक्ला र ?

हामीले आमा भनिरहँदा आफूलाई जन्म दिने मात्र नभई पहिचान दिने नेपाल आमालाई पनि भुल्न हुँदैन । हामी सबैलाई अवगत नै छ “जननी जमभूमिश्च स्वर्गादपि गरीयसी” अर्थात् आफूलाई जन्म दिने आमा र आफू जन्मेको जन्मभूमि सर्वभन्दा पनि महान् छन् । तर विडम्बनाको कुरा जसरी अधिकांश आमाहरु छोराछोरीको हेल्ला र तिरस्कारको पात्र बनी वृद्धाश्रममा आँसु झार्न बाध्य छन्, त्यसै गरी हामी नेपाल आमा पनि सच्चा सपुतको अभावमा आँसु झार्न बाध्य छिन् । कहिले सिमा विवाद त कहिले खिचातानीको पीडाले उनी निःसनन भै एक्लिनु परेको छ । यसै सन्दर्भमा हाम्रा राष्ट्रकवि माधवप्रसाद घिमिरेका केही वाक्यांशः

नेपाली हामी रहौंला कहाँ नेपालै नरहे
उचाइ हाम्रो उचिन्थ्यो कहाँ हिमालै नरहे ।

जसरी जन्म दिने आमा बिना कुनै सन्तानको अस्तित्व रहँदैन त्यसै गरी सारा नेपालीलाई कर्म र पहिचान दिने नेपाल आमा बिना कुनै नेपालीको अस्तित्व रहँदैन, हामी नेपालैका शान रहँदैन ।

जीवनमरणको दोसँधबाट उम्केर आफ्ना सारा इच्छा, चाहना र भावनालाई कुल्चिएर सदा सदा सन्तानको भलो चाहने आमा तिमी । प्रसवको वेदनामा आफ्नो पेटबाट बाहिरी संसामरा अडान चाहनेलाई ख्याल गर्ने आमा तिमी, सुत्केरी अवस्थामा ज्वानोको झोल नपाए पनि दुध नआए पनि मातृस्पर्शमा टाँसेर भुलाउन कै लागि भए पनि दुधको लाम्टो चुसाउने आमा तिमी । आफूले फाटेको, टालेको लुगा लगाए पनि सन्तानले राम्रै लगाओस् भन्ने पवित्र भाव व्यक्त गर्ने आमा तिमी लाई कोटि-कोटि प्रणाम छ । तिम्रो बयान मैले त के हजार ओटा जिब्रो भएका शेष नागले पनि कहिले गरेर सक्दैन आमा कहिल्यै गरेर सक्दैन । अन्त्यमाः

पुज्जे गर, जन्म दिने सृष्टि हुन् आमा
दुःखकष्ट भुलाइदिन्छिन् धर्ती हुन् आमा ॥

कृति विष्ट
ज्ञानोदय माध्यमिक विद्यालय
पुरानो कालिमाटी, बाफल

A photograph showing the silhouettes of two people, likely a mother and daughter, sitting on a beach at sunset. The person on the left is standing and looking out at the ocean, while the person on the right is sitting and looking up at the sky. The sky is filled with warm, orange and yellow clouds, and the ocean is visible in the background.

I know

I know, you are the world
I know, you are the one who brought me to this place
I know, you love me more than the size of the universe
I know, you are the one and only who will support me in difficult time .
I know, you are the one who will stay up whole night when I am sick
I know, you will feed me when I am hungry even if there is no food left
I know, you will cry with me when I cry
I know, you will smile and laugh with me in my happiness
I know, others give huge and the best gifts to their mothers
I know, you also want something but not that something which we get from money
I know, that all you want is love
And, I love you immensely. Maybe my love is nothing compared to your love for me but still.... I love you mom..
I want to thank you for everything you've done for me.
I also want to thank my grandparents for giving birth to a beautiful and a pure soul like yours...

Khyatee Wosti
St. Mary's High School

आमा

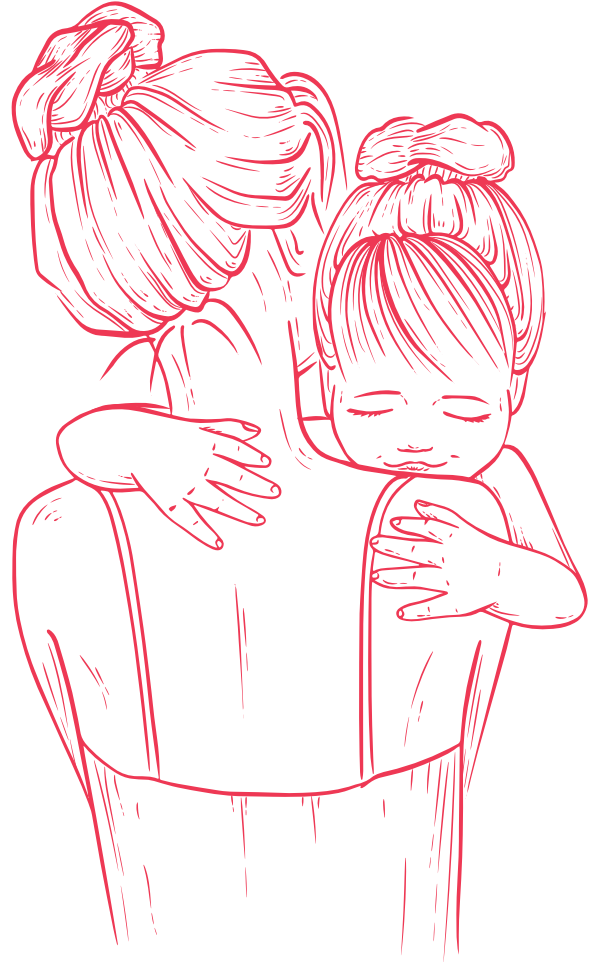
आमा तिमिले जन्म दिएर मलाई यस सुन्दर
धर्तीमा ल्यायौं बोल्न र हिँड्न सिकायौं र मीठो माया दियौं ।

मलाई ठिक र बेठिक सिकायौं गल्ती गर्दा गल्ती
सुधारिदियौं मलाई सानैदेखि हुर्कायौ बढायौ
र मलाई संसारको सबै खुसी दियौं ।


आमा तिम्रो माया सधैं रहोस् मेरो
शिरबाट कहिल्यै नहटोस् गर्छु तिमिलाई प्रणाम ।

साक्षी दास

काठमाडौं इन्टरनेशनल स्कूल



Man danger for wildlife



"Man is the most dangerous animal that has ever lived on planet"

Man is the most dangerous animal that has ever lived on planet' this is what is written in a zoo at Lusaka, Zambia. No other animal has done so much danger to the planet as man has done. He has denuded forests from the face of earth in his blind race of industrialization, resulting in, polluted the very air we breathe in. The innocent animals in the forests have been dragged to the verge of extinction. Still his hunger is unsatisfied. He has made the sacred affairs of life into mundane trade and commerce. For him animals are raw material for his production of profitable commodities. Any animal that comes within the range of his greedy, perception is gone forever. Animals like foxes, tigers, leopards, elephant, rhinos and many more, man hunts such animals to earn money. The man forgets that these animals are the part of ecological system.

The price of human greed is being paid by many innocent animal species. If this thing continues, the future generation will not be able to see the animals even in the zoo. So let's save them and respect them for our own benefit.

Pranav Ratna Tuladhar
D.A.V Sushil Kedia Vishwa Bharati



Why whales can't survive on land, although they breath with lungs?

Answer:For this we should know how whales become so large. Whales live in water where they have negligible effect of gravity.So they grow to such enormous sizes. That is the reason why aquatic animals are generally bigger than terrestrial animals.

Let's get to the point, when whale comes out of the water and stays in land, it's weight sky rocket because they have an average mass is 50,000 to 150000 and due to the effect of gravity of land too.They are not adapted to hold such a weight because till then most of their weight was cancelled by upthrust of water . As a result ,gravity crushes the whale, and it dies under its own weight just like a dying star.

Sampanna Neupane

THREAT TO BE AWARE OF: Antibiotics Losing Power



It's been almost a century since the discovery of Penicillin kicked off the era of antibiotics. Over the decades, the germ-killing drugs have saved millions of lives by making it possible to eradicate tuberculosis, pneumonia and other bacterial infections that had been scourged for millennia.

But a complex phenomenon known as antibiotic resistance is now sapping the drugs' curative power. Research has shown that taking an antibiotic can cause infectious bacteria in the body to develop resistance to antibiotics; these drug-resistant germs can trigger subsequent infections that are hard to treat successfully — and spread such drug-resistant infections to others.

Experts say the problem is compounded by improper use of antibiotics by doctors, hospitals and patients,

as well as by farmers and others in the agricultural sector (the drugs are commonly administered to livestock, as well as to humans).

Antibiotic resistance now poses an urgent threat in Nepal and around the world. Certain skin infections, sexually transmitted diseases, urinary tract infections and other ailments that once could easily have been eradicated with common antibiotics are now resistant to multiple drugs. Some "superbug" infections are resistant to all antibiotics — meaning that effective, and potentially life-saving treatment, is no longer possible.

Sanandan Khanal
ELIPs (Nayabazar, Kathmandu)

“The breath of Life ”

Fill those lungs
with strength,
with courage,
for it is power of life to do
something new,
for your voice can sing to
change everything around you
and probably the world one day,
which is the breath of relief,
The breath of life !!!

Anjanie Mahato
Desh Tilak High School



Being Respectable

A short story of a boy new to a hostel of a school



HOSTEL

BACKGROUND

The poem “Being Respectable” expresses an emotional story of a boy who is new to a hostel. This poem describes the speaker as an unripe minded student in compare to others and because of which he gets bullied in his hostel. The whole poem is about his ups and downs in his school life and his struggle to get his respect back. There are some lines in the poem a bit deep to understand. In the stanza four, he says “everyone played chess and I did ludo....” which tries to express that the speaker was very shortsighted in the beginning. He mentions the lack of social exposure made by his parents in the later lines as reason for this in the pre-stanzas. In the seventh stanza again he mentions “being....struggle was to get allied..” which conveys that how a student faces problems and feels helpless because of not being joined to any group in the school. However, his problems were not limited up to this. He further faces other problems as well. Then, finally one day he realizes his own superfluous activities and excitement was the real cause of his sufferings. Then, we can see further he slowly manages all his emotions and skills and arranges all his dream in sequence to a main fixed road of his life and further moral you will get through the poem itself.

**full form of b and w is black and white*

Wrapped in cotton wool, I was always
had social exposure in no ways.
The smartest boy of a B and W empty class ,
was to look the world without a green glass.

I made a step to new a new microcosm ,
and expected my journey to be awesome.
As expectations never meet reality of life,
everyone began to taste the fruit even unripe.

Excited to live in a better and new way,
everyone said, very weird I used to stay .
My unlike acts had become comic to others,
and all innocent habits turned jokes further.

was very imperfect out of the bookish world,
had another talents but all weren't impearled.
Had never faced identity crisis and bully earlier,
and neither had played any physical games ever

Everyone played chess and I did only ludo,
how the smarty selfish world is,I didn't know
Tried adapting a lot but I failed and failed
as I was fully ragged up in that student's jail!

Cautious and careful I always used to seem ,
afraid of making flaws and losing extant esteem.
Those days marked toughest times of my school life ,
it was a feeling like walking on edge of a knife.

Being alone, frequently I shouted and cried ,
those days my struggle was only to get allied.
Woe and vex had turned closest to me ,
literally, I had obliterated taste of bliss & glee.

Day and night I used to break into tears,
I was really hurt up to inside by own peers. ;
then mumbled to myself for few pair days,
realized own superfluous acts kept friends away.

Self-improvement was found to be the only key,
to solve all intricate and innocent flaws in me.
Dynamicity of efforts in varied field was also a fault,
so I determined a main road for rest of my jaunts .

The journey of being respectable is just eternal,
just ambition for respect makes no issue tackle.
Consistent efforts to passion being just unstoppable,
leads you to the shortest path of being respectable !!

Manish Gupta
BKVM, Biratnagar



Death Note: Anime Review

Japan animation in short known as anime is getting very popular. Anime is a handwritten and computer animation originating from Japan. Anime is derived from English term animation and is used to refer all forms of animated media. The anime industry consists of over 430 production studios and among them Funimation, TOEI animation are the most popular ones. Animes are made from manga (Japanese comic books). So, the main ores of anime can be said a manga. There are many anime series and anime movies among which Death Note is one of them.

If you are having interest in watching animes then Death Note is the best anime to start with. Death Note is an anime series but we can even find some man-made movies of Death Note related with the story of anime. Death Note is a Japanese manga series written by Tsugumi Ohba and illustrated by Takeshi Obata. The genre of this anime is mystery, supernatural thriller and psychology thriller. Death Note was first serialized in Shueisha's manga magazine Weekly Shonen Jump from December 2003 to May 2006. The 108 chapters were collected and published then its anime series was made from October 6, 2006 to June 26, 2007. Composed of 37 episodes the anime was developed by Madhouse and directed by Tetsuro Araki. Then many films were released and an

American film adaptation was released on Netflix on August 24, 2017.

The plot of the story is marvelous, also the character development is very good. The plot of the story begins this way, in Tokyo an intelligent high school Light Yagami finds the Death Note, a mysterious black covered that can kill anyone when the user knows the face and name of the target's face. Light first thinks that this is a pure prank done by a person and just keeps the notebook without using and in the evening when he goes to a manga store to buy manga he observes a gang trying to rape a girl and he uses the note and the leader dies. Light freezes and rushes to his home. Then Light begins to realize the power of the note and decides to use the note for the betterment of all mankind and starts killing many high class Japanese criminals before switching to international criminals around the world after 5 days he is visited by Ryuk a Shinigami (beings inspired by the Japanese god of death and the Death Note's previous owner). Ryuk is only invisible and only the person who has touched the Death Note can only see him. Ryuk then reveals that he had dropped the Death Note into the human note just to clear his boredom and is amazed by Light's actions. As numerous criminals and convicts begin to die due to heart attack and unimaginable coincidence accidents the government and the global

media confirms that a single mastermind is related to all these incidents and is termed as Kira "Killer", who is both feared and beloved by the public. "(Till here we can confirm that our Light is a protagonist but there takes a climax in the story)". Hoping to apprehend Kira, the INTERPOL (International Criminal Police Organization) requests the help of one of the best detective in the world, known as L, who has cracked many crime cases in the world and is recognized around the world. L confirms that the Kira is located in Japan. L stages a TV broadcast in which he tricks Light into revealing that he is in the Kanto region of Japan by manipulating him to kill a decoy. Humiliated, Light starts making plans to kill L, in the other side L confirms that the Kira has something linked with the Japanese's police investigation, which is led by Light's father Soichiro Yagami, this situation brings Light to an advantage of continuing his mission. But L then assigns FBI team to monitor the families connected with the investigation but Light kills the whole agents. Nonetheless, L manages to confirm the prime suspect of the Kira is Light Yagami. Around this time, Light graduates from high school to college. Light encounters L in the ceremony hall and L treats Light as his best friend and L recruits Light to the special Kira Task Force. After taking Light to the headquarters where the investigation is taking place, Light's father (Soichiro Yagami) tells L that it would affect his education but Light refuses to his father's idea and L supports Light.

Then, a famous actor/model named Misa Amane gains a Death Note from a Shinigami named Rem. (There are certain rules you have to follow while using the Death Note, and there is a supernatural option for the Death Note user, which is if you want to take the eyes of the Shinigami you can take it from them and in favor your lifespan will reduce, the eyes allows the user to know the name of any person user sees). Misa too commits too many crimes, and sends taped recording to the police and uncovers that the original Kira is Light. Infatuated to Light, she demands Light to be her boyfriend. Although Light doesn't like her, he agrees intending to use the Shinigami eyes of Amane to know L's name. Before, Light taking advantage of Amane, L deduces Amane that she is the second Kira and detains her. Rem, who has feelings for Misa, threatens to kill Light if he does not find a way to save Misa. Light arranges a scheme in which he and Misa temporarily lose their memories of the Death Note, and has Rem pass the Death Note to a less morally driven individual, Kyosuke Higuchi of the Yotsuba Group. Now with no knowledge of the Death Note, Light wholeheartedly joins the investigation. Together, Light and L deduce Higuchi's identity, arrest him, and discover the existence of the Death Notes and the Shinigami. When they touch the Death Note, Light and Misa regain their memories, and Light kills Higuchi with a piece of the Death Note, regaining possession of the book. However, L casts

suspicion on Misa, forcing Rem to murder L to save her. Rem dies in the process, as it is forbidden for Shinigami to prevent humans from dying. The task force agrees to cover up L's death and appoint Light as the new L. The investigation stalls as a result. Then the story continues and many primary characters involved at last Light is stated as Kira and is sent in prison, Ryuk realizing that Light will be spending rest of his life on prison, writes the name of Light in his death note -as Light promised to do at the beginning of the story. A year passes after Light's death, and while the world seemed to have returned to normal, a large cult has secretly amassed, worshipping Kira as the god and saviour.

In this way, the story ends but there is again another animated movie about the story of Death Note which continues that after Light's death. At the ending of the movie Light again meets L in the Shinigami world where both Light and L have also been converted into a Shinigami. So, I would like to suggest everyone to watch this anime. There are many animes among which I would like all the anime starters to watch this anime. Rumors are being made that the season two of Death Note will be released since there are many light novels of Death Note.

Ankit Khadka
GEMS School



जीवन कै हो ?

जीवनको परिभाषा मानिस अनुसार फरक फरक हुन्छ । जीवन भनेको जन्मनु र मृत्यु होइन, त्यसको अर्थ कसरी बाच्नु हो । मानिसले सफल जीवन तब पाउछ, जब उ आफैँ चाहिएको कुरा गर्छ । मानिसमा आत्मनिर्भर भएर बाच्ने क्षमता हुनुपर्छ । जीवन दुःख र सुख को समिश्रण हो ।

जीवनमा मात्र पैसा भएर सफल हुन सकिदैन । जीवन तीन आरमा निर्भर छ जस्तै: सुख, स्वास्थ्य र द्रव्य (धन) । यी तीन वटा कुरा भएपछि जीवनमा सफल बन्न सकिन्छ, यदि तीन वटा मध्येकुनै एउटा आधार कमि भएमा जीवन असफल हुनजान्छ । जस्तै कुनै मानिस सँग स्वास्थ्य र धन छ तर सुख शान्ति छैन तब उ आफ्नो जीवनमा बाँच्छ तर सधैं उ तनावमा नै बस्छ ।

त्यसैले यी सबै आधारको महत्त्व छुन र मानिसलाई यी सबै कुरा ध्यानमा लिएर जीवनमा हिडनुपर्छ । जीवनमा सफल भएपछि हाम्रा गल्तीहरु महान्भईहाल्छन् तर असफल भएपछि यी सबै कुराहरु उद्देश्यहिन जस्तै भएहाल्छन् । जीवनमा सफल र असफल भएमा मानिसको जीवनमा कसरी बाच्नु पर्छ, यी सबै कुरा हाम्रो हातमा छ । त्यसैले हामी गल्तीगरेपछि स्वीकार गर्नुपर्छ तब मात्र हामी

राम्रो हुन सक्छौ । मेरो विचार अनुसार जीवन त्यही हो, जुन आफ्नो विचारको रूपमा हिडन् प्रयास गर्छ । जीवनमा जो गल्ती गर्छ, त्यही सफल हुन्छ तर एउटा गल्ती फेरि गर्ने मान्छे सफल हुदैन । गल्ती भएपछि केहि नयाँ कुराको निर्माण हुन्छ तब विश्वमा विकास हुन्छ । हामी आफ्नो जीवन आफैँ लेख्नु पर्छ तब केहि कुराको विकास हुन्छ । त्यसैले मानिस जीवनलाई कसरी बाच्नु र त्यसलाई कसरी राम्रो बनाउनु पनि हाम्रो हातमा छ । यी सबै कुरा नै जीवन हो ।

Alok Mishra
Trijudhha School

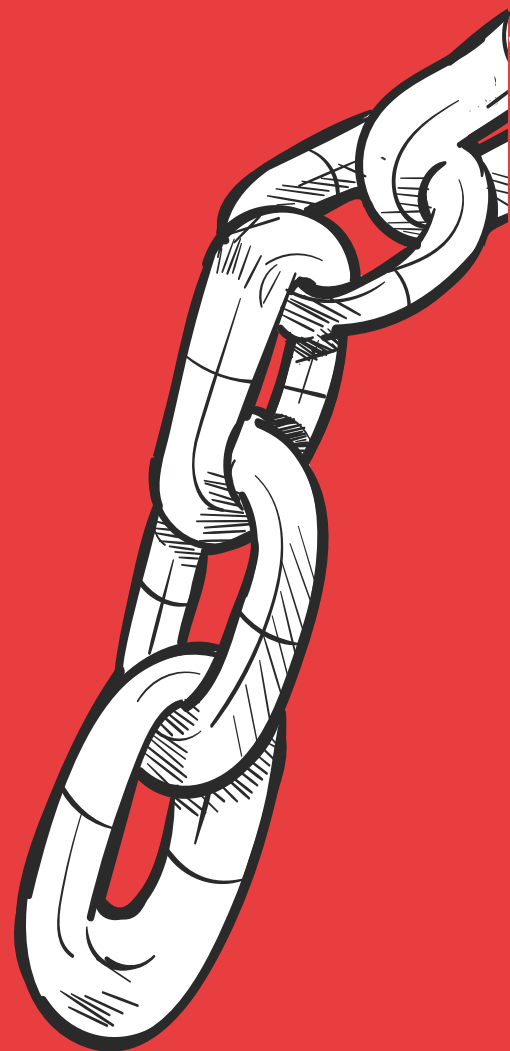
कै मा कैको महत्व

मन्दिरमा मुर्तिको
शरीरमा फुर्तिको
साहित्यमा कृतिका

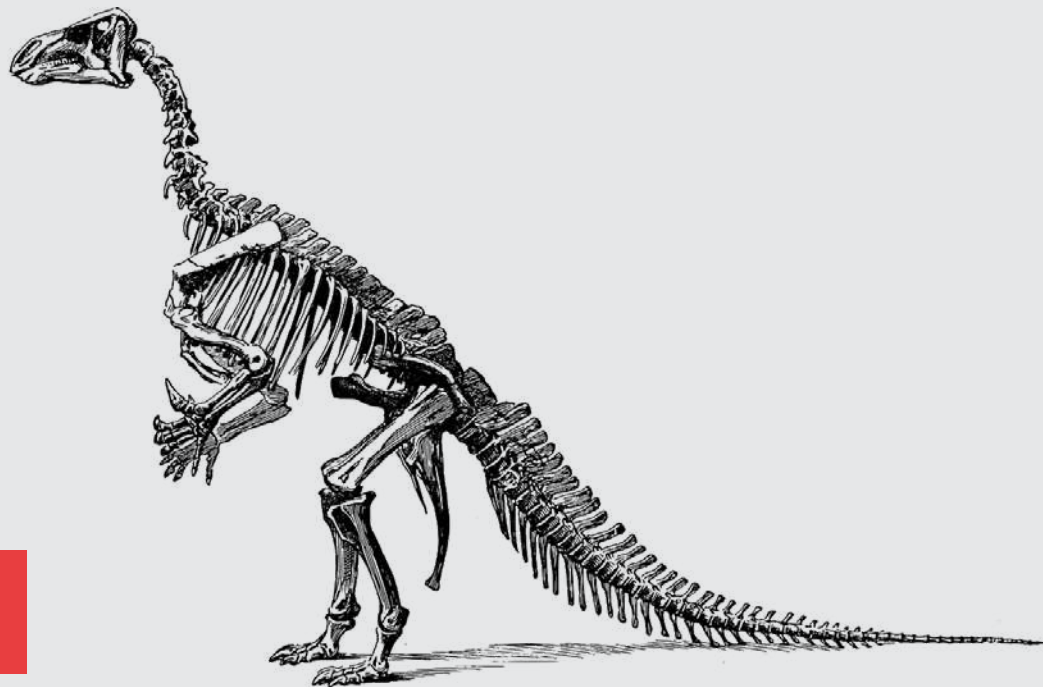
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बाटोमा साईडको
खानामा डाइटको

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Fossils



Fossil is any preserved remains, impression or trace of any once-living form a post geological age. Examples include bones, shells, exoskeletons, stone imprints of animals or microbes, objects preserved in amber, hair, petrified wood, oil, coal and DNA remnants. The totality of fossils is known as the fossil record.

Paleontology is the study of fossils especially their age, method of formation and evolutionary significance. Specimens are usually considered to be fossils if they are over 10,000 years old. The oldest fossils are around 3.48 billion years old to 4.1 billion years old. The observation in the 19th century shows that certain fossils were associated with certain rock strata led to the recognition of a geological time scale and the relative ages of different fossils. The development of radiometric dating techniques in the early 20th century allowed scientists to quantitatively measure the absolute ages of rocks and the fossils they host.

There are many processes that lead to fossilization, including permineralization, casts and molds, authigenic mineralization, replacement and recrystallization, adpression, carbonization and bioimmuration. A fossil normally preserves only a portion of the deceased organism, usually that portion that was partially mineralized during life such as bones and teeth of vertebrates or the chitinous or calcareous exoskeletons of invertebrates.

Fossils vary in size from one-micrometre bacteria to dinosaurs and trees, many meters long and weighing many tons. They may also consist of the marks left behind by the organism while it was alive, such as animal tracks or faces (coprolites). These types of fossil are called trace fossils or ichnofossils, as opposed to body fossils. Some fossils are biochemical and are called chemofossils or biosignatures.

Ramila Manandhar
West Point High School

दमौली बजार

सुनचाँदी हिरामणिको बनाई थाली ।
मुस्कुराए घामजून बन्दै नयाँ बेहुली ॥
आहा ! हेर कति राम्री मेरी दमौली ।
चन्द्रमुखी मुस्कान छर्छर्न मेरी दमौली ॥

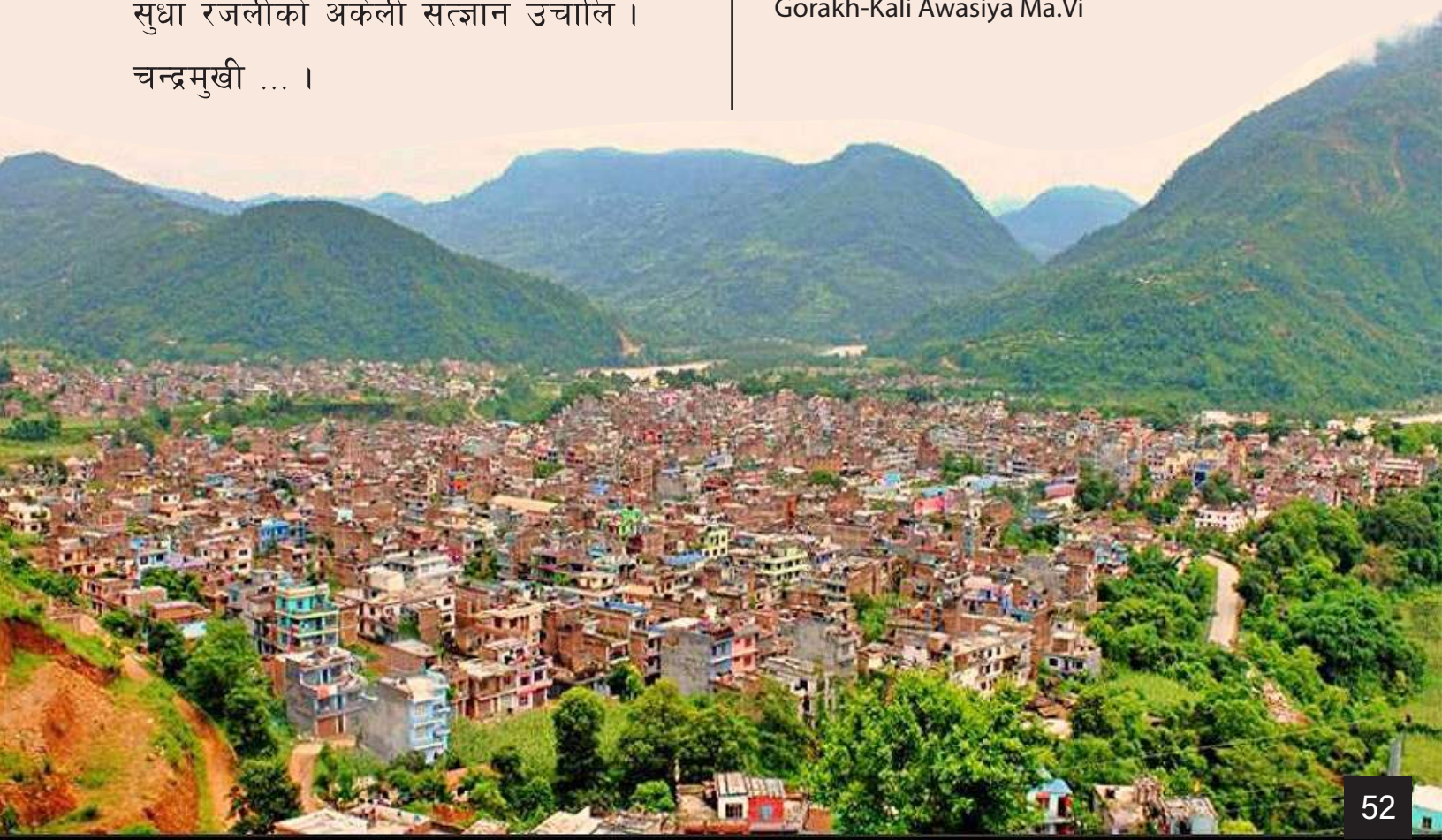
कोइली, मैनाले गीत गाई उही डाली-डाली ।
सौन्दर्य शोभा छरी सत्प्रतिज्ञा उचालि ॥
पूर्वी जगतकी सभ्यता उषा कान्तिकी माली ।
चन्द्रमुखी ... ।

देव बस्छन्, वरपर भूस्वर्गको छ आली ।
रुबी शशीको स्पर्शमा प्रकृति विश्व भुली ॥
सुधा रजलीको अकेली सत्ज्ञान उचालि ।
चन्द्रमुखी ... ।

नगरबासीमा छर सधैं मीठा खुसीयाली ।
पञ्चमन्दिर व्यास गुफामा सधैं हाँसीखेली ॥
शिव फूलबारीमा सेतीमादी बग्ने नागबेली ।
सबै मिली अघि बढौं सत्विचार निकाली ॥
चन्द्रमुखी ... ।

माया प्रेम देउ सत्यवती आज भोली ।
चिसो हावा खाई मायालाई पुलमा नौली ॥
सुख समृद्धि ल्याउ मौरी पुतली ।
विश्वमा दमौली हासोस् विकासले चुली ॥

Arpan Neupanae
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