

# CHELSEA WAVELENGTH

Volume 1 Issue 1



## Message From the Principal/ Founder Director



I would like to thank and congratulate the editorial team of the journal for the first issue. I am really proud to mention that my students from the college and school have worked with their heart and soul to produce this special issue of the journal. Chelsea International Academy always believes in excellence. We want our students to explore and express. I am very much sure that this effort of our students is going to set an example for others. I also believe that this publication will continue regularly in future. Education is not confined to classroom only and here in Chelsea we believe identifying the talents of every individual students. Once again, I would like to wish the team all the best and congratulate for their efforts.

*Sudhir Kumar Jha*

## From the Editor

*Nilisha Pokhrel, Level A2*

Chelsea International Academy has come up with this newsletter for the first time. We believe that the effect of this issue will be seen on the students, teachers and guardians as well. As a result of which, students and the editorial team as a whole, will get an inspiration for publishing the next issue. In addition to it, this will also help students to unleash their potentials.

This issue comprises articles, facts, poems, jokes and stories contributed by the students and the teachers of this institution. The content of the issue has tried to reveal the truth of the present situation. The efforts made by the entire Chelsea family to come up with this publication is an appreciable one.

Except the regular classes being conducted, Chelsea International Academy, has been giving priority to conduct the extra-curricular activities. The institution believes that this will help students in their all round development and also

provide them a platform where they can show their talent. This aspect of the institution has been highly appreciated by the parents and students themselves.

Today the world has been like a global village. With rising competition all around, it has been vital that in order to make oneself capable, bookish knowledge is not just enough. One has to struggle very hard to establish him or her as a good personality. For this, one needs to know the various ways of communicating according to the place and present him or her almost perfectly. This issue has provided a way for the students to communicate with others through their creations.

I believe that, this newsletter published by the students on behalf of the institution will not just encourage the students of this institution but other institutions as well, to present their creations. Students on the other hand will get a platform which will help them to reach their aim in the future.

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# Association of Chelsea Alumni (ACA)

## Committed to Excellence

*Ashish Silwal (Chelsea '08), Founder/ Secretary General 2008-2009, Association of Chelsea Alumni (ACA), Currently: Quinnipiac University*

Since the establishment of Association of Chelsea Alumni (ACA) as the official alumni body of Chelsea International Academy a little over 1 year ago on August 2008, we have been able to achieve a great deal of success. A-Level graduates have used the period of 1 year after their final exams and before joining University level of education by actively gaining valuable leadership, planning and management experiences while being involved in different socializing, community service, educational and extracurricular activities through our association.

The founding brothers and sisters from the class of 2008 felt a need to establish and maintain a lifelong connection dedicated to creating men and women of distinction who will go as the forefront leaders in their respective sectors while never forgetting to look back and help the Academy and brothers and sisters of coming years. And hence, Association of Chelsea Alumni (ACA) was formed. We aim to promote the exchange of information among Alumni and between Alumni and Chelsea International Academy, coordinate the organization of events of common interest and perform actions favoring the further development of everyone. While doing this, we also aimed to have a positive impact in the community in small and large scales both as a whole.

Our working committee is elected by the general members who include the alumni of Chelsea International Academy. We charge a small amount as membership fee. The president is the head of the association. The President represents as the centre of unity among the brothers and sisters. The Secretary General leads to manage the resources available to best interests to being parallel with the aims set by the founding brothers-sisters of the association. They head the working committee of usually 11 members which include positions like Vice President, Joint Secretary and Treasurer along with Executive Members to formulate plans-policies and implement them. The rights, duties and responsibilities of the elected leaders are well described in the official documents and contracts signed by them as a symbolic representation of the association being handed over by the previous board. The committee is of 1 year tenure.

Our association is still in a very young stage, however, yearning to grow up to be a substantial organization with the undying enthusiasm of our brothers and sisters. We have been able to organize a national level art competition for a second year in a row after it was initiated on 2008. Presence and support by the best artists in the country has given a

great value to the event which we expect to continue forever as a historic yearly event. Our brothers-sisters have challenged themselves to their full potentials by exposing themselves to the opportunity and challenge of organizing major events like this.

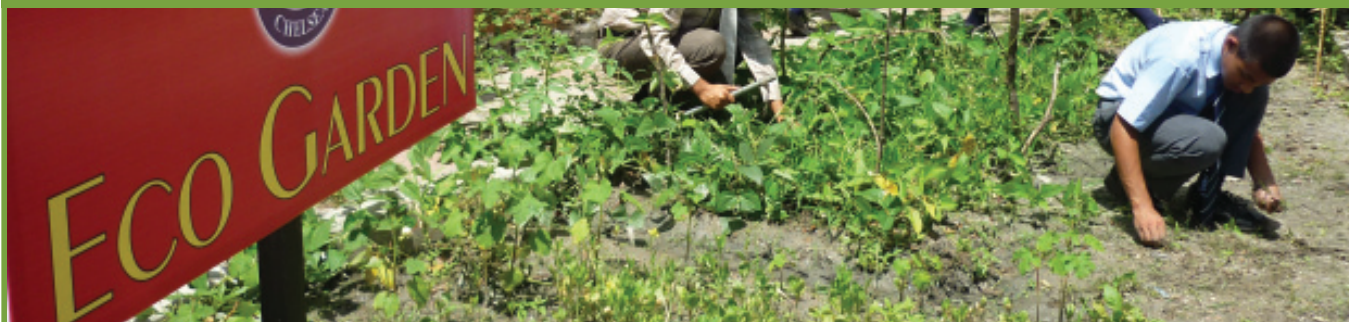
ACA was praised for contributing the Prime Minister's Relief Fund for Eastern Nepal flood victims immediately after its conception with a substantial amount of cash and other goods of basic necessities collected by the members with the help of some businesses in Kathmandu. We are committed to impact lives in the community who are in need of assistance that we can provide. We have also helped a small school by providing them with some art materials that we were able to collect with the help of kind and generous sponsors. One of our most recent program was an interaction program with the involvement of 5 different batches of Chelsea International Academy who came together to help those in need of guidance and counseling about higher studies after A – Levels. We hope to help our brothers and sisters from Chelsea International Academy in any ways possible.

The bonding between our brothers and sisters is very strong, diverse and we expect to make it the most effective than any other high school in the country in the longer term. Brothers and sisters who graduated from Chelsea International Academy are pursuing best possible higher education for a productive future and are also already actively involved in different clubs, organizations and even businesses; hence, impacting lives of others. They are well on their way to be the leaders in their desired fields.

Whether a brother-sister is a person who has been actively involved in extracurricular activities before graduating or just someone who is looking forward to get involved for the first time and explore their potential, ACA is definitely the perfect place to look into. Either way, we appreciate a genuine person who is willing to contribute their strengths, learn from others, surpass their potential, and have a lot of fun along the way!

The brothers and sisters of ACA are dedicated to improving themselves and preparing themselves for the challenging 'practical' world while also impacting others lives and bringing a positive change. We hope to bond all of our fellow 'Chelsians' so that we will be such a force with successful brothers and sisters in different sectors that we can not only contribute back to our school but also help each other to live lives of excellence.

# Eco Club in Chelsea International Academy



Environmental conservation and sustainable development is demanding increased attention in the world. Different countries have different eco policies and plans for different sectors like school, industry, residential area etc. By realizing the adverse impact on environment due to several activities, Chelsea Eco club was set up to minimize these problems.

*Tek Bahadur Bohara, EPH teacher*

Chelsea Eco Club was established in 2009. The main goal of the eco club is to work together to reduce the impact on environment and sensitize the school committee on environmental and sustainable issues. Our plan is to develop hands on activities and share information learned through volunteer students' research, presentation, projects and peer based education. The motive of this club is to spread the awareness of degrading environment among students and motivate them to promote and save the environment through different activities. Students enrolled in this club have already started to work on the eco garden project. The main objective of which is to utilize the barren land. Each class has Eco monitors who are responsible for maintaining the environment of the classroom. Eco codes have been displayed in the classroom green board.

The government in England wants every school to be sustainable school by 2020. The department for Children School and families (DCSF) launched their Sustainable Schools Framework in 2006 when the secretary of state for Education set up challenging long term aspirations for school to mainstream learning about sustainable development issues and sustainable practices in to everyday school life. In Nepal, government and concerned ministries lack such policies and plan for school. Some INGOs and NGOs are helping to set up eco clubs in communities and providing them environmental awareness –raising programs. In whole Nepal, there are 287 Eco clubs with a total of 80000 children participating in them (WWF, Nepal 2008).

Eco club is a group of people who are interested in doing something positive about environment. A group of people who are interested in doing something for environment can achieve much more than an individual can. Group promotes discussion, which can lead to innovation and exciting ideas. Working as a club is much more fun and in a good way to make friend.

Students are working on some planned projects under eco Club in Chelsea International Academy. Besides these different projects will be launched according to the need.

## Some project and activities are:

### Energy Conservation Project:

#### Activities:

- Research and suggest method of how can we reduce energy use in our classroom, cafeterias and offices
- Visit our students in different blocks for discussions and assign classroom, "Eco- monitors" to shut lights, open window pan during summer and collect recyclables
- Encourage children and adult to walk or cycle to school or to share transport
- Make a plan to conserve energy or find a more ecological ways of using energy

### Environment Awareness and Education Project:

#### Activities:

- Research books appropriate for the curriculum on environment related topics and read to the younger students on an arranged monthly basis
- Organizing campaign and rallies like "Say no to poly Bag", "Save Water", "Save Energy" and "Green and Clean City"
- Entering Environmental competition like Eco –Schools , an International award program that guides school on their sustainable journey, which has more than 40000 members schools in 46 countries around the world
- Outing to nature reserve, zoos or environmental centers
- Inviting speakers to present talks about different topics, for example a bird expert talking on how to identify birds
- Conducting trainings, exhibitions and organize work shop and seminar with other clubs, NGOs and INGOs
- Develop an educational /informational pamphlet for distribution

### Waste Management Projects

#### Activities:

- Try to manage waste in the school by producing organic compost to fertilize the plants in the garden
- Start the recycle projects by collecting cans, bottles, or papers
- Litter clean up for park and other space of streams and rivers
- Minimizing the use of the chemicals in the school
- Reducing amount of paper used when photocopying
- Reduce the no. of toilet paper use

### Eco Garden and pollution monitoring projects

#### Activities:

- Set up the eco garden in unused land of the school
- Conduct the research and find the cause and source of pollution
- Minimizing the activities that may cause pollution
- Tree plantation

# Nuclear Power - Only Answer to Global Needs or Not

Nilisha Pokhrel, A2 Level

Nuclear power was first introduced by a French scientist in the 1860s and has now become an efficient source of energy. It is now produced through the process of nuclear fusion and fission. Nuclear power has become a second source for electricity after coal in the United States of America, the maximum electricity consuming country. Although it is a prominent source of energy the statement that it only can be the answer to the global energy needs can still be argued.

Nuclear power is basically produced in the process of fission of Uranium. One tonne of Uranium provides manifold greater energy than the same mass of coal or biogas. Since it provides such a huge amount of energy, it can be taken, as an efficient source to fulfill the energy demands of countries like USA, China and Japan. However, nuclear power can only be synthesized in the countries that are involved in nuclear research and can invest huge sum of money. The developing and less developed countries where such facilities are not available will be deprived of the benefits of nuclear power. Thus one part of the world will get to enjoy the facilities of electricity and power whereas the other part, even if they have to import the energy, will panic, as it costs them much.

The other sources of energy such as wind energy, solar energy and hydro energy are more cost effective and can be produced in many parts of the world. Since they are renewable sources of energy, people and government do not have to fear for the extinction of the sources. Among all

the sources of energy, the solar energy is available everywhere. Also, setting up solar panels and converter is cost effective. With the increasing consumption of electricity all over the world, depending on the natural sources to generate energy can be considered to be more reliable.

Nuclear power can be taken as good source to fulfill global energy demand if the developed countries share their technology with the developing and least developed countries. Along with the fulfillment of the energy requirement, the competition of countries to produce more nuclear power may have dreadful consequences. A prominent question now is whether the huge amount of money being spent on the nuclear energy justifies its benefits or not. Providing more emphasis on the production of nuclear energy might be a hindrance to global peace. A nuclear bomb, where Uranium is used, is also a great source of energy. But this energy can be misused which can lead to mass destruction.

In my view, with the increased globalization and bulk consumption of energy worldwide, scientists and government have to work out to find other efficient sources of power than nuclear power. Since nuclear power is a recent finding, a detailed and profound study of it is also required so that we can know about its consequences in the long run. Greater emphasis should be given to nuclear power in those countries where the rate of consumption of energy is relatively very high so that no country of the world would have to face problem of energy crisis and hindrance in its pace of development aroused.

## Inter College Art Competition By Environment Club

The entire family of Chelsea Environment Club organized an art competition so as to bring awareness about the current degradation of environmental conditions. The message that environment club wanted to spread was well relayed by the arts, the students had created. The event was held on 25th November 2009 and included 18 participants. Their creation was judged by Mrs. Sobha Adhikari, the art teacher of Chelsea International Academy. The students who were able to grab the first, second and third prizes were Sarbani Ghosh, Hilson Shrestha and Saugat Ghimire respectively. The prizes were given out by Mr. Rajesh Adhikari, coordinator of A-levels.

## Chelsea International "A Plastic Free" zone

The Chelsea Environment Club is effectively fulfilling its duties as it has made rules to make Chelsea a plastic free zone, after having conducted the art competition in 25th November 2009. Raj Prasai, president of the environment club, says "Plastic covers more than 60 percentage of wastes that comes out from Chelsea everyday. A small step to make Chelsea a plastic free zone today can motivate others to reduce the use of plastic in future". From 15th Dec, 2009 anyone who uses plastic in the college premises is being fined Rs.10. The use of plastic in Chelsea has already been reduced to great extent and the goal will soon be achieved.

# It's in the **Game**

*Mukesh Ghimire, AS Level*

Television has grown to become an essential part of modern life. Its new aspect of 'vision' has been introduced into entertainment, and it can be found in almost every ordinary individual's living room. If it were not for television, the world would still be in its primary stages. Among the shows that are presented on television, game shows have caught the eyes of all age groups, from children to elderly. They have the strength to snatch people right out of their sofas into the TV screen. They have become quite the temptation in the modern world, where ordinary people will just walk into anything, with a sparkle in their eyes, and a hope in their hearts.

Game shows, ranging from 'Deal or No Deal' to 'American Idol,' have had an ever-increasing number of spectators, about more than a million. As entertaining as they are, these shows, that recreate themselves as different seasons, invite new people to participate in their 'game' every time, and among these millions of spectators, more than just a couple of thousands will want a piece. If it were not for the 'prize', which just about ranges from large sums of money to a lifetime of fame, people may not be so tempted to attend such shows. Attracted by this prize, people swarm the stage showing their swagger, and usually end up swallowing their pride. Besides this game of winning and losing, people are also interested in the publicity gained. Anyone would want to be seen on TV, even if it is just to say hi to their mothers. For them, reputation is a small price to pay for a chance at the game of fame.

There are shows that are about luck as well as talent. The ones regarding luck, such as 'Deal or No Deal', is targeted by all sorts of people, or a larger fraction of the 'ordinary' population, whereas the ones regarding knowledge, such as 'Who Wants to be a Millionaire',



attract a smaller fraction of the 'ordinary' population. Those that feel 'lucky', or just want a shot at the game, regardless of its consequences, will often find their way into the stage. Alongside the temptation, the hosts of such shows also do a great job at making the game look rather easy, thus tempting these people more by giving them a boost in confidence. There are also those that sit in front of their TV screens thinking: 'Even I could do that'. These would be more than eager to show their talent to the world with more of a swagger than those who fight with luck. This is not only due to personal decision, but even peer pressure finds its way to the contestants and leads them to the stage. These 'ordinary people' are usually not aware of all the dangers in life, so even the slightest push can send them a mile. Aside from motivations, it is the ordinary people themselves that are susceptible.

In the modern world, alongside other experiences in life, game shows have grown to be chased by quite a portion of the world's 'ordinary' population. It gives people chances at money and fame, but it also provides people with the rather important satisfaction in life. It gives people the confidence to hold the microphone and enrich the world with their precious talent. It gives the dumb a voice, the blind a sight and the dead a life. It makes life more colourful, where people can just go out there and stand in the spotlight. It gives people a chance to have the time of their lives in the slightest moment.

## Life Lessons from **Nature**

*Sarbani Ghosh, AS Level*

Navigating life's journey can produce its moments of triumph and hope, as well as worry, stress and sadness in the best of us. There are reasons enough for optimism and hope for us to look forward for positive things in life just as there are for us to pause and reflect.

Nature provides us ample opportunities to connect with those fountains of wisdom inside us that may have become obscured by our daily preoccupations. Sitting on a mountainside or by the side of a waterfall, or just by breathing in the cool, scented air of a forest can make us feel better and prepare us to face what life is putting in our path.

We can learn many other things from nature just by a close observation of our regular course. The shifting seasons teach us to accept change and not to be daunted by sadness. The saying, "Every cloud has a silver lining." expresses it well that "This too shall pass", in the messages that nature always delivers, carrying along the sense that we shouldn't be afraid of sadness nor get too euphoric in the face of happy circumstances.

Take time to connect with nature, whenever you feel the need of peace and joy. Care for nature to ensure that the future generations can also learn from its infinite wisdom.



# A Young Man's Perception

## on Nepalese Politics

Abhinav Khanal, AS Level

It is getting apparent day by day that politics in Nepal is developing into a mixture of joke and ludicrousness. In my sixteen year's life, I have seen some, if not a lot of Nepali politics. I have been alive enough to see one of the biggest parties; chief leaders celebrate his 80th birthday. I have seen the King being stripped of his 238 year old Crown by the people. I have also seen a dramatic rise of the Maoist Party to the helm of power. The journey of a 'Maobadi' rebel to the post of the Prime Minister of the country is quite amazing, isn't it? I was wondering the other day: how come an unknown political outfit till a few years ago could secure the majority in the Constituent Assembly elections? Usually, as I sit in front of my T.V. watching news and documentaries about the contemporary politics of Nepal, I think: Is politics of Nepal turning into a joke or a matter of ridiculousness?

Last year, when I was studying in Dhaka, in an economics class, my teacher was talking about communism and how it affects the rich ones. As he was finishing his lecture, he stopped by me and asked: Isn't Nepal a communist country? As most of you would expect, I did get angry and furious at him for making such a silly comment (I am sure he knows that Nepal is not a communist country!) The same day in the evening, I was pondering on what he said: was it right for him to make a joke of my country? Then this thought came in my mind: if people of the country can make fun of their own nation, why not that self obsessed arrogant teacher of mine? Nepal is a democratic nation of the world where all kinds of parties are active in political transformation of the country. Yes, through the free and fair elections, communists have secured their victory but it does not mean that Nepal turned into a 'communist' state. This is simply underestimating Nepal's political process.

I do not belong to any kind of political parties as I have not reached to that age to decide about alignment to a particular genre of politics. But, mind it; I am committed to freedom, justice and equality irrespective of race, religion and birth. I just want my country to be known for good causes rather than being ignored. For a decade or more, Nepal was known for the civil war, human rights violations and terrorism. Mere possession of the Mt. Everest or

having Buddha born in our country (that too has been otherwise claimed by a recent Bollywood movie in our neighboring country in South), we can not portray our country's positive image to outside world. Alertness among young people is required at the moment so that people should not feel ashamed of calling themselves a 'Nepali'!

So, who do we blame? Do not we blame the political parties for everything that is happening in Nepal today? No, we don't blame such 'useless' people for destroying the reputation of our country: we blame ourselves! We blame ourselves for choosing worthless leaders. After all, we are the ones who vote for these leaders and get them into the Parliament. I still don't understand how people actually believe what these politicians say! I have heard many speeches (most recently Obama's inaugural speech) and in most of them, the leader promises to improve the condition of the people. But Nepalese politicians are different. They do not opt for improving the condition: they believe in changing the condition from where it is. They do not promise us that the price of petrol will fall; they promise us that they will turn Nepal into Switzerland or Singapore! At this point, a famous quote comes in my mind: First look at your height before going for the good mangoes" (in the mean time you can aim for the smaller and less tastier ones!). Most people in our country do not have enough for a day's meal and our politicians aim to make this country a Switzerland! What a joke!

If I keep writing and complaining about these leaders, I know I will be someone similar to them. So, as I end, I want to say something simple: complaining is very easy, doing the same job would be tough. We always complain about our leaders for not doing enough, but if you sit in their chair for two minutes, you will understand everything: you will understand how difficult it is to rule a country with myriad problems. To get deeper understanding of the contemporary political developments and prospects of Nepal and Nepali people, I simply ask you to find out the major problems of present day Nepali politics and if possible, find out their solutions so that we can return to order and prosperity, peace and development – my major concerns.

## Riddles

Upama Uprety, Class:7

- Why does the man throw the butter out of the window?  
To see the butter fly.
- Why did the cat cross the road?  
To get across
- Why do witches ride brooms?  
Because vacuum cleaners are too heavy
- Which key opens banana?  
Monkey
- Why are film stars so cool?  
Because they have a lot of fans
- Why do we drink water?  
Because we cannot eat water
- Which person makes you smile the most?  
A photographer
- Why do people need wife?  
Because everything that goes wrong cannot be blamed to the government
- What is similar between a wife and life?  
You can't leave them easily

# Here At Chelsea

## C O N G R A T U L A T I O N S ! ! !



Shobha Limbu, receiving the award from John Fry, country director of the British Council in Nepal for scoring the highest marks in General Paper in Nepal (Oct/ Nov 2007).



Manish Jung Thapa, receiving the award from Ian Chambell, Regional Director of Cambridge University for receiving the highest marks in Biology in Nepal (Oct/ Nov 2008).



World Topper in General Paper, Abhimanyu Chettri, receiving the award from Rt. Hon. Vice-President of Nepal (May/ June 2008).



The Chelsea Senior football team before leaving for the Football tournament.



The talented youth judges with the experienced ones after the Chelsea Debate Fest 09.



The organizing team after a successful day in the Chelsea Debate Fest 09.



Judges and Guests during the Grand Finale of the Chelsea Debate Fest 09.



St. Xavier's jubiliant after winning the Chelsea Debate Fest 09. Anand Aditya, Chairman of Chelsea International, presented the award.



The Taekwondo team practicing for the upcoming tournaments. These are a bunch of hardworking students who practice for hours, just to perfect their skills.



Chelseans during the blood donation Campaign by the Lions Club of Kavre at Chelsea Int'l Academy.



Children celebrating Christmas with the Santa Claus – our very own Dal Bahadur Dai!



Korean Students from a Foreign University performing a Korean Art for the Chelseans.





Orphans from the Parijat Nestling Home performing in the Magic Show 'Spread a smile', organized by Chelsea Social Service Club.



Mr. Sylvain Sluyus with one of his many magic tricks to bring a smile in the face of small kids during the Magic show 'Spread a smile'



Children enjoy the magic tricks with sheer confusion on what the magician actually performed.



Kumaris after their performance on the occasion of Chelsea Day 2009. They seem proud to have performed in front of such esteemed guests.



A beautiful piece of art showcasing the two important things for every Nepali: the national flag and the Mt. Everest. This was one of the fascinating arts during the Art Competition hosted by the Association of Chelsea Alumni.



Another beautiful piece during the Chelsea Art Competition by the ACA. This shows the typical Nepali girl in a village of Nepal with her brother.



Participants of the Chelsea Art Competition hosted by the Association of Chelsea Alumni with the Organizers.



The victorious Chelsea Team after winning the 1<sup>st</sup> Prize in Debate Competition and 2<sup>nd</sup> Prize in Art Competition. Ananya Shrestha of AS also won the 2<sup>nd</sup> Prize in individual essay competition.



Students of the A2 level during the Community Service Competition held by 1U Initiative. Kundan Pathak of Chelsea won the Best Leader's award whereas the Team won the Best Song Award. This was an event where around 25 Chelsians worked in solidarity to bring about a change in their society.



The tired volunteers after Cleaning up the Gusheshwori Temple and areas near by during the Community Service Competition hosted by 1U Initiative.



Children from various schools painting and exploring their talents during the 1<sup>st</sup> Chelsea Art Competition.

# MOMENTS CAPTURED



# Realization- Now or Never

Prayash Raj Koirala, AS Level

Activism has been a keen interest of many people since the past few years. Among all the age groups, youths are the ones who seem to be more interested in it. As youths, they have an energetic feeling towards their keen interest. It is due to this enthusiasm that they

work hard for their country and the world as a whole. Getting into the history of activism, the starting of youth involvement in the community service and volunteering in different social works started after the concept of practical education got introduced. Activism became a part of their studies.

However, the question that arises here is that, are youths in fact dedicated towards activism? If yes, then what are the motivating factors for them? This question arises because myself being a youth, I have been involved in activism since some years and have seen many of the bitter facts for youths getting involved in these activities. Many are drawn into activism because they are more concerned to get recommendation and certificates so that they can apply in better colleges and universities for their further studies. Though they usually state that they want to develop their nation, help the poor, conserve the nature, serve the people; the trend of fake reasons goes on; the truth is that they volunteer in order to build infrastructures for their "bright future".

Though there might be some reason for their involvement, it is good for the country that they are involved with in. But my concern is about the fact for which they are involved. What I feel is that we go to study abroad because our country is far behind in providing quality education to us. There is no provision for proper education system in our country. So, I think we should try to restructure the education system of our country rather than migrate to other countries. If we are really interested towards activism why don't we all work for an improved education system of our country? Brain Drain has been a great problem of our country. It is due to lack of proper education system and few opportunities that it occurs. As the problem is gaining momentum, the result will be that after some years, there will be lack of literate citizens who can contribute to the development of the country. There is a real need of realization that if our country is not developed then we are also not developed. Wherever we go, our identity will remain the same, as a citizen of a poor undeveloped country who has come to other developed country for his/her further studies and career.

Therefore, I would like to encourage all my colleagues and all the youth force of our country, not to get involved in activism just for the shake of their own selfishness. Let's realize that our country needs us, and get unified to work together for converting the so-called "New Nepal" into a real "New Nepal" with everything new, restructured and developed. It's now or never!!

## Students of New Generation

Slesha Shah, Class-8

Study is fashion,  
Comics are lesson.

For cheating, there is no hesitation,  
As they are the students of new generation.

They think schools are jail,  
Compare teachers to heaven and hell.

They wait for holiday bell,  
Thinking how much time is left?

Instead of school, they go to cinema hall,  
Or else, go to play football.

It's there life definition,  
As they are the students of New Generation.

## Questions

Anmol Thapa, Class-7 "A"

Q. What is the capital city of Portugal?  
A. Lisbon

Q. What are the seven natural wonders of world?  
A. • Mount Everest, Nepal  
• The Great Barrier Reef, Australia  
• The Great Canyon, U.S.A.  
• Victoria Falls, Africa, Zambia / Zimbabwe  
• The Harbors of Rio de Janeiro, Brazil.  
• Paricutin Volcano, Mexico.  
• The Northern Lights, Europe (Australia)

Q. What is the capital city of Haiti?  
A. Port-au-prince

Q. What is the capital city of Chile?  
A. Santiago

Q. In Switzerland which languages are used?  
A. German, French

## AMAZING FACTS

Shobij Gautam, Class-6

- Babies start dreaming even before they are born.
- Intelligent people have more zinc and copper in their hair.
- Coca Cola was originally green in colour.
- Men can read smaller print than women but women can hear well.
- Guinea pig and rabbit do not sweat.
- Elephant can smell water from as far as 3 miles away.
- A snail can sleep for 3 years.
- A cockroach can live several weeks with its head cut off.
- A Venus is the only planet that rotates clockwise.
- Humans have a 'second brain' in their abdomen.

# Results – A Reality that has to EXIST?

Abhinav Khanal, AS Level

We all are aware about the phenomenon called 'exam-result'. From a 5 year old Nursery student to a 60 year old PhD student, everyone has faced the scare of results. Maybe when we are younger, the feeling is more intense as we anticipate the results with greater expectation. When young, the feel of competition is intense and it's always about knowing what the other person achieved!

This year I got the result of my O' Levels and honestly speaking, I was very disappointed with the way I performed. However, one thing I learned from this result was that whatever I do; my parents and friends love me. Had I received amazing grades, I'd be loved the same way as they love me today. At the end of the day, it's not always about Educational results. Rather it's about the result that I produce in life and the moments when I make my parents proud. I try making my parents proud and at moments I have. When I went to Japan, 20 years after my father went there, I did realize the proud smile in my father's face. When I became the first person in the family to go to Singapore, I did see the pride in the face of my relatives. These are moments that I really cherish.

Talking about results, I have to talk about a reality that does exist. When I finished my exams on the 21st of May, I gave a sigh of relief. I felt as if I am free from the study web. For 2 months, I got myself involved in various activities and spent times enjoying with friends and family. I did not feel any stress until 3 days before the result. Yes, that was the time when I got to know that the reality was just a few days later. I was scared, to be honest. I knew what I'd done and I would get what I deserved. On the day of the result, I was really busy. From the morning, I kept myself busy so that I wouldn't have to feel scared. I reached home at around 4:10 pm when the results were already

announced. I tried checking my results but the site did not open. At about 5:30 pm, the results were out and I did terrible! When I saw my grades, I was alone in my room. I had no reaction what so ever. A little moment later, my parents came and congratulated me on passing my O' levels. I didn't see the disappointment that I expected and that made me relieved. Now, if I was in the place of any young boy who is expected to do so much, I'd have probably committed suicide. But I knew that it was not the end of the world and I'll continue to fight, what so ever will be the consequence.

I don't know why I am writing this. However, I know that results are something that no one can escape and even when one grows old, we all are scared of the result. To all my friends out there, who are scared of results – take a chill pill! Enjoy your time because the result will come out one day and it's only about that ONE day. There is no need to spend 2 months worrying about what your results will be, what your mistakes were and what could have been better! There is no use regretting your action – regretting will NOT change anything! You should always learn from your mistakes and that is the most important point.

I know I've to get many more results ahead and I'm ready for all those results! To all my friends expecting more results, learn to take it easy – after all, there's always a second chance and even if you didn't do well, your parents are proud of you, and that is what really matters!



## S W I N E F l u

The 2009 flu pandemic is a global outbreak of a new strain of H1N1 influenza virus, often referred to as "swine flu" in the media. Although the virus, first detected in April 2009, contains a combination of genes from swine, avian (bird), and human influenza virus, it cannot be spread by eating pork or pork products.

The outbreak began in Veracruz, Mexico, with evidence that there had been an ongoing epidemic for months before it was officially recognized as such. While only mild symptoms are experienced by the majority of people, some have more severe symptoms. Mild symptoms may include fever, sore throat, cough, headache, muscle or joint pains, and vomiting, or diarrhea. Those at risk of a more severe infection include: asthmatics, diabetics, those with obesity, disease, and children with neurodevelopment conditions. In addition, even for persons previously very healthy, a small percentage of patients will develop viral pneumonia or acute



respiratory distress syndrome. This manifests itself as increased breathing difficulty and typically occurs 3–6 days after initial onset of flu symptoms.

Similar to other influenza viruses, pandemic H1N1 is typically contracted by person to person transmission through respiratory droplets. Symptoms usually last 4–6 days. To avoid spreading the infection, it is recommended that those with symptoms stay home, away from school, work, and crowded places. Currently, there are 12,121 confirmed deaths worldwide. This figure is a sum of confirmed deaths reported by national authorities and the WHO states that total mortality (including deaths unconfirmed or unreported) from the new H1N1 strain is "unquestionably higher" than this. The CDC estimates that, in the USA alone, and as of November 14, there had been 9,820 deaths (range 7,070-13,930) caused by swine flu.

Source: Internet



# SUPERCONDUCTIVITY:

## A Gift of Physics to Mankind

*Aakash Pokheral, Physics Teacher (A-Level)*

Superconductivity occurs in certain materials at very low temperatures. When superconductive, a material has an electrical resistance of exactly zero and no interior magnetic field. It cannot be understood simply as the idealization of “perfect conductivity” in classical physics.

The electrical resistivity of a metallic conductor decreases gradually as the temperature is lowered. However, in ordinary conductors such as copper and silver, this decrease is limited by impurities and other defects. Even near absolute zero, a real sample of copper shows some resistance. In a superconductor however, despite these imperfections, the resistance drops abruptly to zero when the material is cooled below its critical temperature. An electric current flowing in a loop of superconducting wire can persist indefinitely with no power source.

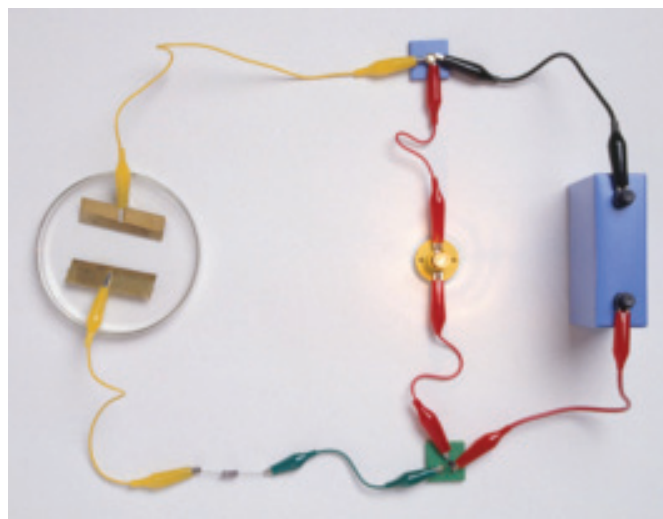
Superconductivity occurs in many materials: simple elements like tin and aluminium, various metallic alloys and some heavily-doped semiconductors. Superconductivity does not occur in noble metals like gold and silver, or in pure samples of ferromagnetic metals.

The simplest method to measure the electrical resistance of a sample of some material is to place it in an electrical circuit in series with a current source  $I$  and measure the resulting voltage  $V$  across the sample. The resistance of the sample is given by Ohm's law as  $R = V/I$ . If the voltage is zero, this means that the resistance is zero and that the sample is in the superconducting state.

Superconductors are also able to maintain a current with no applied voltage whatsoever, a property exploited in superconducting electromagnets such as those found in MRI machines. Experiments have demonstrated that currents in superconducting coils can persist for years without any measurable degradation. Experimental evidence points to a current lifetime of at least 100,000 years. Theoretical estimates for the lifetime of a persistent current can exceed the estimated lifetime of the universe, depending on the wire geometry and the temperature. Thus, a superconductor does not have exactly zero resistance, however, the resistance is negligibly small.

In a normal conductor, an electrical current may be visualized as a fluid of electrons moving across a heavy ionic lattice. The electrons are constantly colliding with the ions in the lattice, and during each collision some of the energy carried by the current is absorbed by the lattice and converted into heat, which is essentially the vibrational kinetic energy of the lattice ions. As a result, the energy carried by the current is constantly being dissipated. This is the phenomenon of electrical resistance.

The situation is different in a superconductor. In a conventional superconductor, the electronic fluid cannot be resolved into individual electrons. Instead, it consists of bound pairs of electrons known as Cooper pairs. This pairing is caused by an attractive force between electrons from the exchange of phonons. Due to quantum mechanics, the energy spectrum of this Cooper pair fluid possesses



an energy gap meaning there is a minimum amount of energy  $\Delta E$  that must be supplied in order to excite the fluid. Therefore, if  $\Delta E$  is larger than the thermal energy of the lattice, given by  $kT$ , where  $k$  is Boltzmann's constant and  $T$  is the temperature, the fluid will not be scattered by the lattice. The Cooper pair fluid is thus a superfluid, meaning it can flow without energy dissipation.

### USES

Superconducting magnets are some of the most powerful electromagnets known. They are used in MRI and NMR machines, mass spectrometers, and the beam-steering magnets used in particle accelerators. They can also be used for magnetic separation, where weakly magnetic particles are extracted from a background of less or non-magnetic particles, as in the pigment industries.

Superconductors have also been used to make digital circuits (e.g. based on the rapid single flux quantum technology) and RF and microwave filters for mobile phone base stations.

Superconductors are used to build Josephson junctions which are the building blocks of SQUIDS (superconducting quantum interference devices), the most sensitive magnetometers known. SQUIDS are used in scanning SQUID microscopes. Series of Josephson devices are used to define the SI volt. Depending on the particular mode of operation, a Josephson junction can be used as a photon detector or as a mixer. The large resistance change at the transition from the normal- to the superconducting state is used to build thermometers in cryogenic micro-calorimeter photon detectors.

Promising future applications include high-performance smart grid electric power transmission, transformers, power storage devices, electric motors (e.g. for vehicle propulsion, as in vactrains or maglev trains), magnetic levitation devices, fault current limiters, nanoscopic materials such as buckyballs, nanotubes, composite materials, and superconducting magnetic refrigeration. However, superconductivity is sensitive to moving magnetic fields so applications that use alternating current (e.g. transformers) will be more difficult to develop than those that rely upon direct current.

Finding a cost effective room-temperature superconductor has been an elusive dream of superconductivity research scientists for generations. If such materials could be developed in the future, they might revolutionize our understanding and use of nearly everything that is electric.

# The Village of Olland

Anupam Siwakoti, AS Level

In the wonderful village of Olland, there lived about 80 wonderful families. It was a small, tiny but very beautiful place that most of tourists never wanted to return from that village. But the main problem was that it was underdeveloped, uncivilized and economically poor place. But the people were hardworking.

Olland was a winter holiday destination for many tourists. Due to its pleasant atmosphere and healthy environment, many tourists came there. Since there were no proper infrastructures the numbers of tourists were gradually decreasing. The hardworking people could do nothing because they did not know any foreign language as well as they had no working skills.

In this beautiful village, there lived a boy named Jack. He too was from a poor family, uneducated but was hardworking person. But there was a problem, unknowingly he had fallen in love with a girl Nora. Now Nora was too in love with Jack but she did not know about it.

Fortunately or unfortunately, Jack had to leave the village. People had decided to send some of their youths to foreign country to change their fortune and help their village to develop. Jack too was going with the youths. Similarly, Nora too had to leave the village since only married girls were allowed to stay where as Nora had denied marrying.

For ten long years, Jack and Nora were building the steps of their future. They two had nearly forgotten each other and both of them had quite changed. Jack was now a modern player whereas Nora a beautiful model. Surprisingly, they happen to stay at same country and same building. Needless to say, they did not recognize each other as they had changed a lot. Even they changed their names. Jack was changed to Jarrod where Nora was changed to Norris. But still they had not met each other. They also had forgotten there village Olland.

After a week, staying at same apartment they met each other in a lift. After introducing each other they talked for an hour in Jarrod's room. They began to meet every day. They went out together. They ate together. They partied together. They even went to clubs and hotels together. They had been dating since a long time and now they began to feel very close to each other. Jarrod was thinking Norris for Nora where as Norris was thinking Jarrod for Jack. But both of them never talked about it. But now they were in deep love.

Before their marriage they wanted to go to there own respective village once for the last time. Both of them



changed themselves in their original form and went back to their village.

Now, Jack and Nora had met each other in their own village. Both of them were very happy to meet each other. They began to recall their old childhood memories. They began to remember the days when they used to play, they used to spend their time together. They had stayed there with each other for a month. They both remembered that they used to love each other 10 years back when they were cute teens. But both of them did not say anything about there present life. After a wonderful month in the wonderful village of Olland, they left each other and return to there cities in the form of Jarrod and Norris.

As per their words, Jarrod and Norris married with each other. As per the nature's will, their married life was not as they expected. Jarrod and Norris often remembered their true love Nora and Jack. So there marriage became unsuccessful and both divorced each other. They returned to their own village of Olland in search for their lovers.

But their fate was looking for something else. There village was no longer a village. It changed into a big city with tall buildings, wide roads, railways, ports, subways, cinemas, etc. the lovers were unable to find each other. After their great effort they were unable to find each other. At last they gave all their hope and began to live their own life. Jack started a small business where Nora was forced by their parents to marry another person.

After forty long years, they happened to meet each other. Now Nora was turned to an old widow. But they were not as so happy or excited as anyone can expect. They were in an unusual happiness but that was enough for their marriage. Therefore they lived happily ever after...

But the story does not end here. What about the village of Olland? What happened to the wonders of the village? Where were the beautiful places which the tourists loved once upon a time?

The answers for all those questions are; the wonderful village of Olland was changed into the city of Orlando. The trees and the beautiful romantic places were turned to boring buildings. Just like a dead flower, the Village of Olland was no more beautiful. The village of Olland was dead...

## विद्यार्थी जीवन

श्लेषा शाह, सदन निलो कक्षा ८

विद्यार्थी भनेका देशका कर्णधार हुन ।  
विद्यार्थी जीवन भनेको काँचो माटोफैं  
हुन्छ । जसरी एकपटक भाँडो बनाएपछि  
राम्रो होस् या नहोस् फेरि बदल्न सक्दैनौं,  
त्यसैगरी यस्तो अवस्थामा राम्रा  
बानीव्यहोराको विकास गर्न सकेनौं भने पछि  
गएर हामीलाई निकै गाह्रो हुन्छ । यस  
बेलामा मानिसहरु थाहा नभएर गलत  
बाटोमा लाग्न सक्छन् । त्यसैले उनीहरुलाई  
सही मार्ग देखाउन अभिभावक र गुरुवराले  
धेरै ध्यान दिनुपर्छ । हामी सबैलाई थाहा  
भएकै कुरा हो कि राम्रो बानी सिक्न धेरै  
समय लाग्छ तर नराम्रो बानी चाँडै नै  
सिकिन्छ । त्यसैले पहिले सोचेर र बुझेर  
राम्रो बाटो छानेर हिँड्नुपर्छ, नत्र पछि धेरै  
ठिलो हुन्छ ।

हाम्रो समाजमा नराम्रा मानिसलाई गलत  
दृष्टिकोणबाट हेरिन्छ । फरक यति मात्रै  
हुन्छ - दुवै जना एउटै समाजमा बसेर पनि  
राम्रो मानिसले इज्जत र सम्मान पाउँछ तर

नराम्रो मानिससँग कोही पनि बोल्न  
चाहदैनन् । हरेक मानिसको मनमा एउटा  
डर रहन्छ कि यस्ता मानिससँग संगत गर्दा  
आफु पनि कुलतमा फसिन्छ र समाजबाट  
बहिष्कार हुने स्थिति पनि आउन सक्छ ।  
यसै विद्यार्थी जीवनमा हामी विद्यार्थीहरु  
कहिलेकाहीं नराम्रो संगतले गर्दा अघोगति  
तर्फ पनि लाग्न सक्छौं ।

विद्यार्थी जीवन सबैभन्दा महत्वपूर्ण भएकोले  
यसलाई जीवनको स्वर्णकाल भनिन्छ । यो  
जीवनमा हामीले लगन र परिश्रम गर्नु  
भने भविष्यमा हाम्रो कदमले सफलता  
चुम्नेछ । विद्यार्थी जीवन सफताको साँचो  
हो, जुन परिश्रम र मिहिनेतले मात्र पाउन  
सकिन्छ । त्यसैले समयलाई खेर नफाली  
भविष्यको बारेमा सोचेर राम्रो कदम  
उठाउनुपर्छ । पछि गएर पछुताउनु भन्दा  
पहिले नै मिहिनेत गर्नु राम्रो हुन्छ । समय  
आफ्नो गतिमा बगिरहन्छ तर फेरी फर्केर  
आउँदैन ।

## देश परिवर्तन

राजश्री नेपाल, कक्षा ६ (क)

देश सुन्दर र शान्त देश  
आज युद्ध र हिंसाग्रस्त भएछ ।  
दौरा र सुरुवालको भेष  
हिपहपमा परिणत भएछ ।  
अझै पनि बदल्न आफ्नो भेष  
देश परिवर्तन ।

कलम र कापी हुनुपर्ने हातमा  
बन्दुकको नाल तेर्सिएछ ।  
पसिनाको थोपा चुहिने माथामा  
रगतको दाग पोतिरहेछ ।  
अझै पनि छ समय, आफुलाई बदल्न,  
देश परिवर्तन ।

बढ अगाडि शिक्षाको ज्योति फैलाउन  
मद्दत गर अरुलाई सुमार्ग पहिल्याउन ।  
अझै पनि विकासका काम गर  
देश परिवर्तन ।

## भानुभक्त

आदित्य खड्का

आदिकवि भानुभक्त  
धेरै असल थिए  
समाजलाई ज्ञानगुन  
उनले धेरै दिए

कवि थिए भानुभक्त  
कविता लेख्थे  
समाज हिँड्ने बाटो  
टाढासम्म देख्थे

शिर निहुराई भानुलाई  
सबले सत्कार गरौं  
पुष्पमाला हातमा लिई  
श्रद्धा सुमन चढाऔं

## मेरो देश

प्रवेश अर्जेल, कक्षा ८ ग

मेरो देश नेपाल  
छ सुन्दर र विशाल  
यहाँ हुन्छ धेरै  
बन्द र हडताल ।।

हरियो जङ्गल स्वच्छ वन  
गर्छ यसले नेपालको वर्णन  
लालीगुराँसको राज्य  
नेपाल  
हामीले राख्नु पर्छ हाम्रो नेपालको  
राक्षसी रूथाल ।।

## हामी साना

## बालक

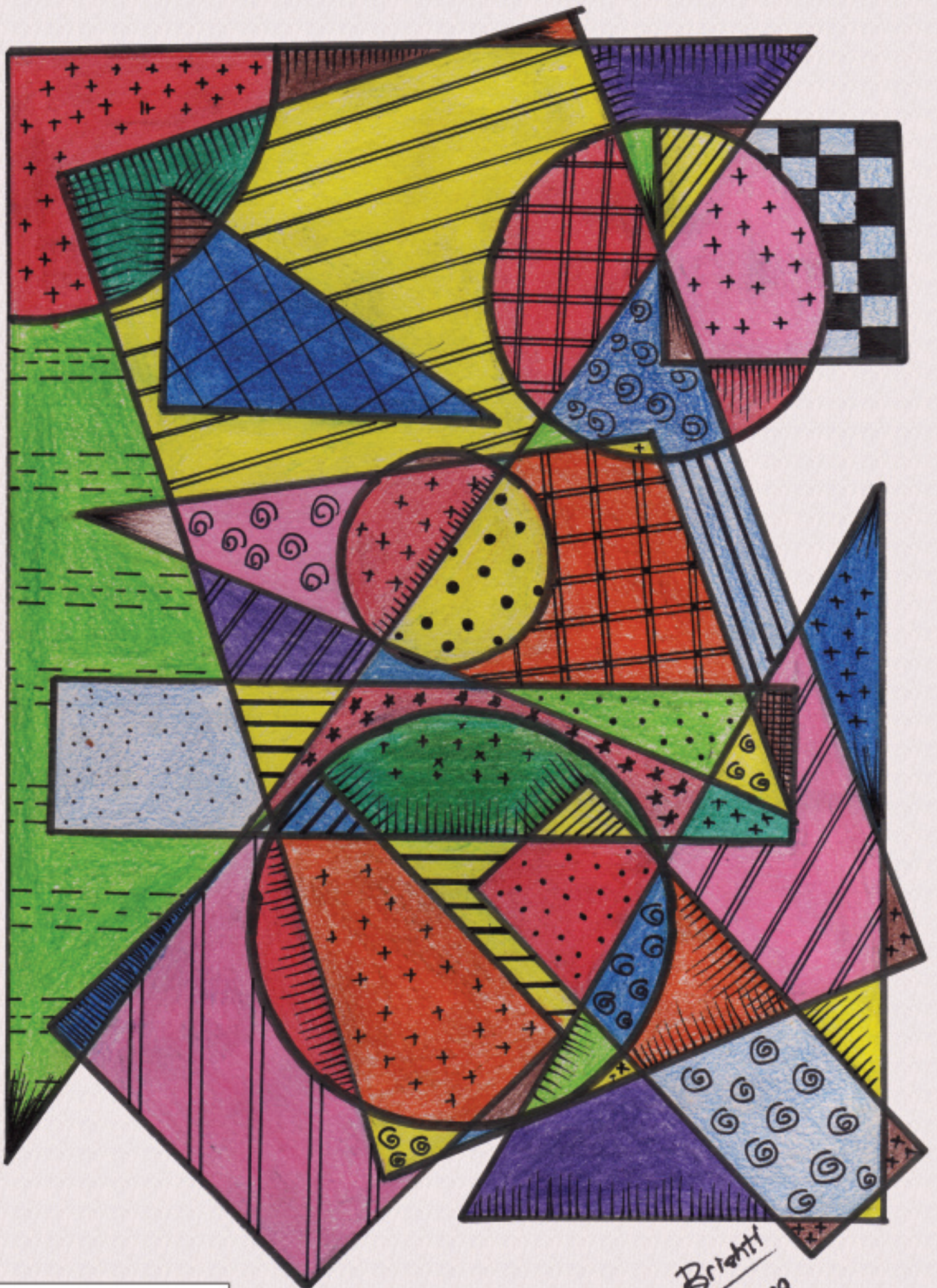
सन्दिश खोजु श्रेष्ठ, कक्षा - छ वर्ग ख

आजका हामी कोपिला  
भोलि फूल भई फुल्नेछौं  
हिंसाबाट माथि उठी  
शान्तिको सन्देश छर्नेछौं  
एउटा हातमा कापी कलम  
अर्को हातमा सिर्जना  
हामी पनि पुग्न सक्छौं  
तेन्जिङ जस्तै शिखरमा ।।









A Canvas Showcasing Various Shapes in Life  
Brishti Kayastha, AS Level